



TeloYears Media FAQs

What is TeloYears?

TeloYears is a simple genetic test that reveals the cellular age encoded in your DNA so you can know how well you're aging. Now available from the company founded by the winner of the 2009 Nobel Prize in Medicine, TeloYears measures the length of your telomeres, which are the protective caps on the ends of your DNA strands that tend to shorten and fray with age. Your TeloYears test report provides your age in TeloYears, or the actual age of the typical man or woman whose telomere length is similar to yours.

What are telomeres?

DNA, considered the building block of life, is found in nearly every cell in our bodies in small packages called chromosomes. Telomeres are the protective caps on the ends of these chromosomes that tend to shorten and fray with age.

Why are telomeres important?

For our bodies to heal and function properly, cells must divide to replace old, worn out cells. Telomeres protect our DNA and prevent genomic instability during this division.

What happens to telomeres as we age?

When we are born, our telomeres are generally at their longest. However, throughout our lives, every time our cells divide, telomeres shorten. At a certain point, our chromosomes will reach a critical length and can no longer be replicated. When this occurs, the cell enters into a state of growth arrest known as "cellular senescence," which is the cellular equivalent of aging.

Do everyone's cells age at the same rate throughout their lifetime?

No. The rate of change of your telomere length is very individual and can be affected, both positively and negatively, by many contributing factors including genetics, lifestyle, stress and environment. In fact, the rate of change is not constant even within the same person's lifetime. You may be able to slow the rate at which your telomeres shorten with lifestyle interventions. Telomeres can shorten more rapidly during periods of stress such as serious illness or infection. Likewise, during periods of good health, the telomeric rate of shortening can slow significantly. Finally, proper diet, exercise and stress management have been shown to increase telomere length.

Why should I take the TeloYears test?

In today's genetic information age, knowing how old you are is more than just counting how many birthdays have passed. The TeloYears genetic test reveals your cellular age so you can discover how well you're aging at the level of your own DNA. And because telomere length changes over time, you can use your TeloYears results to set a baseline, make adjustments to your fitness and lifestyle regimen, and track your progress through retesting.

What do my TeloYears test results tell me?

Your TeloYears test report will contain several valuable data points. First, the test will inform you on the length of your telomeres and how it compares (as a percentile) to others of your same age and gender. Second, the report will give you your age in TeloYears. Your age in TeloYears is the actual age of a typical man or woman whose telomere length is similar to yours. Finally, the test report allows you to track your TeloYears results over time.

What if my age in TeloYears is older than my actual age? Whether you are older or younger in TeloYears than your actual age, the news is good because you have taken the first step to positive change. Unlike your actual age, which moves in one direction at a constant rate, cellular aging can be slowed or even reversed. Taking the TeloYears genetic test is a proactive way to become more engaged in improving your lifestyle management.

What does average telomere length (ATL) mean?

ATL is the mean length of all telomeres in a given sample. TeloYears uses leukocytes or white blood cells (WBCs) found in a single drop of blood.

How does TeloYears measure telomere length?

The TeloYears test is offered by Telomere Diagnostics, a CLIA (Clinical Laboratory Improvement Amendments) certified laboratory located in Silicon Valley, California. The company was founded by four of the world's leading scientists in Telomere Biology—including one who won the Nobel Prize in Medicine in 2009. At Telomere Diagnostics, we measure the average telomere length found in the DNA using qPCR (quantified polymerase chain reaction), which is the most accurate method of measuring telomere length and by far the most referenced in scientific literature.

What cells are sampled? Why?

TeloYears measures the average telomere length of leukocytes or white blood cells because they're easy to obtain from a single drop of blood and are the most frequently studied in the scientific literature on telomere length.

How established is the science behind TeloYears?

Telomere biology started in 1931 with the discovery of telomeres in both corn and flies. In the following decades, thousands of studies have been focused on the role of telomeres in a countless array of disease processes - aging, cancer, cardiovascular disease, diabetes, psychological disorders, stress, etc. Pubmed.org alone returns over 20,000 published papers for the search term "telomere". The corpus of data on the importance of telomeres to human biology is both vast and compelling.

In recognition of the importance of telomere biology, the 2009 Nobel Prize in Physiology or Medicine was awarded to the team that discovered how telomeres protect chromosomes during cellular replication. One of the scientists in this team was the founder of the company that makes TeloYears.

How do I buy TeloYears?

Go to www.teloyears.com, click on “Buy Now” and complete the purchase form. A TeloYears at home sample collection kit will be mailed directly to your doorstep.

How do I take the test?

The TeloYears test uses one drop of blood from your finger applied to an absorbent blotter strip. The entire process takes about 5 minutes. You then return it to the TeloYears lab in the pre-paid envelope. You will receive your TeloYears results 2-3 weeks after your sample is received.

How long does it take to get results?

The TeloYears test report will be mailed to you in 2 to 3 weeks from the receipt of your sample. To view a sample test report, visit <http://www.teloyears.com/how-it-works.html>

How much does TeloYears cost?

\$89

Why use TeloYears as opposed to other telomere length measurement tests?

TeloYears is simple to use, actionable because you can track your progress over time through retesting and available direct to consumers for a reasonable price.

When should I retest?

Telomere length changes over time and can be affected by disease, lifestyle and environmental factors. For routine monitoring, testing every 6 to 12 months is suggested.

Is the TeloYears test approved by the FDA?

The test is available for use under CLIA, the federal governing body over lab-developed tests (LDTs), of which TeloYears is one.

Does the test hurt?

All you feel is a minor sensation when the small lancet pierces the skin of your fingertip. The finger stick is a similar method to that used in at-home blood glucose monitoring.

Is my blood sample safe and secure in ordinary mail?

We are confident about using regular mail as the United States Postal Service routinely delivers biological specimens securely from individuals to their corresponding laboratory.

How can I be sure my test results remain private and will not be shared with other people or companies?

Your test reports are kept absolutely private according to the company's Privacy Policy and are available only to you and the ordering doctor that maintains compliance with the HIPAA security rule, which regulates privacy and security of your health information.

For more information and to purchase TeloYears, visit www.teloyears.com

The TeloYears test is not intended for screening, diagnosing, treating or preventing diseases or medical conditions. The test is available for individuals between the ages of 20 to 80 within the United States, except for the state of New York.

The information provided by the TeloYears test should not be used to replace medically appropriate screening tests recommended based upon actual age or other risk factors, nor should the information be used to make decisions about diagnosis or treatment of diseases or medical conditions. The Telomere Diagnostics lab is regulated under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) as qualified to perform high complexity clinical testing. The performance characteristics of this test were determined by Telomere Diagnostics. It has not been cleared or approved by the U.S. Food and Drug Administration.