

Snapshot: How Your Organs Age Differently

Brain Age

- Aging signs: forgetfulness, slower processing, emotional changes
- Markers: BDNF levels, MRI findings, memory and cognitive tests
- Influences: stress, sleep, exercise, omega-3 intake
- Note: Aging brains show volume loss in critical areas like the hippocampus and prefrontal cortex—affecting memory and decision-making.

Heart Age

- Aging signs: reduced endurance, high resting heart rate, palpitations
- Markers: Heart Rate Variability (HRV), blood pressure, diastolic function, cardiac age calculators
- Influences: activity level, visceral fat, insulin resistance
- Note: You can be 50 years old but have the heart of someone 70 if you're sedentary and inflamed.

Lung Age

- Aging signs: breathlessness, reduced exercise tolerance
- Markers: FEV1, spirometry-based lung age calculators
- Influences: smoking, air pollution, abdominal obesity
- Note: Lung function naturally declines with age—but faster in smokers and those with chronic inflammation.

Liver Age

- Aging signs: poor digestion, fatigue, elevated liver enzymes
- Markers: Fibrosis scores, ultrasound, ALT/AST, Fatty Liver Index
- Influences: alcohol use, sugar intake, obesity, medications
- Note: Nonalcoholic fatty liver disease (NAFLD) is now common in people in their 30s and 40s.

Kidney Age

- Aging signs: fluid retention, high blood pressure, fatigue
- Markers: eGFR, urinary albumin, creatinine
- Influences: hydration, protein intake, medication use, diabetes
- Note: Kidneys filter blood over 50 times a day. Aging reduces their efficiency.

Pancreas Age

- Aging signs: post-meal fatigue, sugar cravings, abdominal fat
- Markers: Insulin secretion patterns, HOMA-IR, oral glucose tolerance test (OGTT)
- Influences: high-carb diets, snacking frequency, obesity
- Note: Beta-cell exhaustion is one of the earliest signs of type 2 diabetes.

Vascular Age

- Aging signs: cold hands/feet, erectile dysfunction, leg pain
- Markers: Arterial stiffness, Coronary Artery Calcium (CAC) score, pulse wave velocity
- Influences: hypertension, smoking, refined carbs
- Note: Stiff arteries increase the risk of strokes, heart attacks, and kidney failure—even if cholesterol levels are normal.

Skin Age

- Aging signs: wrinkles, dryness, sagging, pigmentation
- Markers: Collagen breakdown, glycation damage, elastin loss, skin elasticity tests
- Influences: UV exposure, sugar intake, collagen loss, smoking
- Note: Your skin reflects what's happening inside—oxidative stress, inflammation, and glycation show up here first.