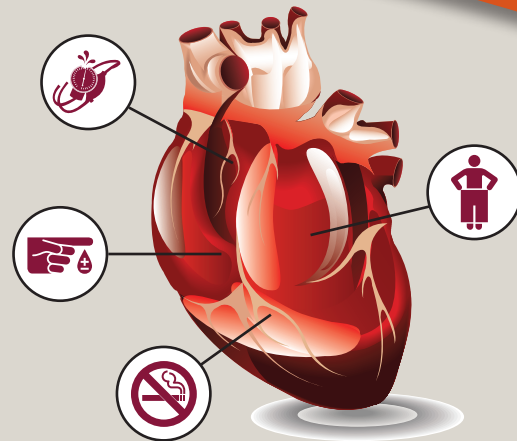


Examples of actual age vs. heart age

Many people have a heart age that is greater than their actual age because of certain reasons.

| Actual Age | Reasons | Heart Age |
|--------------------|---|-----------|
| 45 year old male | <ul style="list-style-type: none">• Smoker• High blood pressure (systolic blood pressure of 150 mm Hg)• Diabetic• Healthy weight (body mass index (BMI) of 23) | 75 years |
| 50 year old female | <ul style="list-style-type: none">• Non-Smoker• High blood pressure (systolic blood pressure of 148 mm Hg)• Diabetic• Obese (BMI of 32) | 85 years |



Source: Framingham Heart Age Calculator, www.cdc.gov/heartdisease/heartage.htm



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