PROFESSIONAL OVERVIEW

Healthspan & Longevity Intelligence System

A multidimensional educational framework for understanding healthy aging

The idea

Health is not one laboratory value, fitness test, or “biological age.” The System is designed to help adults organize existing health information, recognize strengths and concerns across separate domains, and identify a manageable next step. It keeps important weaknesses visible rather than averaging them into a single longevity score.

Framework: three complementary dimensions

DISEASE-RISK CONTROL	PHYSICAL RESERVE	INTRINSIC CAPACITY
Heart & Vessels	Aerobic Reserve	Sleep & Recovery
Metabolic Control	Muscle & Strength	Nutritional Resilience
Kidney Health	Mobility & Balance	Cognitive Capacity
	Bone & Fracture Resilience	Sensory Capacity
	Body Composition	Psychological & Social Resilience

How a user moves through the System

- **01 Enter** — Begin with available measurements and responses; add new information later.
- **02 Interpret** — View 13 domain results separately. Some are numerical; others are categorical or contextual.
- **03 Decide** — Read an explained direction: Maintain, Verify, Improve, or Clinical follow-up. Safety notices remain separate.
- **04 Act and review** — Choose one Action Plan focus; record observations, save Trends snapshots, or explore hypothetical What If scenarios.

Design choices that matter

- **No single headline score.** Strong performance in one area cannot cancel an unmet need elsewhere.
- **Visible uncertainty.** Missing inputs are not assigned a zero; measured and estimated information are distinguished.
- **Two different messages.** A numerical band summarizes a domain, while a direction describes the kind of attention warranted.
- **Accessible starting point.** The current browser-based tool is free to explore and requires no account.

Example (illustrative): An active adult might have favorable strength and aerobic results alongside concerns about sleep or metabolic control. The System keeps both findings visible and encourages attention to the specific uncertainty or concern.

SCIENTIFIC STATUS & COLLABORATION

Evidence, limits, and opportunities for review

Scientific basis

The domain interpretations draw on established risk factors, guideline-based thresholds, functional reference data, and healthy-aging frameworks. Examples include ACC/AHA cardiovascular guidance, ADA diabetes standards, KDIGO kidney guidance, WHO healthy-ageing and ICOPE frameworks, EWGSOP2, CDC STEADI, and aerobic-fitness reference data. Support for these components does not validate the System's custom architecture.

What is—and is not—validated

The 0–100 composite domain scores, descriptive score bands, input-support rules, and recommendation-priority formula are custom product constructs. They have not been independently clinically validated as a combined system or shown to predict disease, disability, or mortality. A What If scenario illustrates the software's response to changed inputs; it is not a forecast of treatment benefit.

This is an educational tool, not a diagnostic, prescribing, or treatment system. Potential clinical concerns are displayed separately to encourage appropriate professional evaluation. User-entered values and device estimates are not independently verified.

The independent review we are seeking

- **Clinical content and safety** — thresholds, interpretation, omissions, wording, and escalation guidance.
- **Methodology** — domain structure, input provenance, uncertainty labels, scoring logic, and unintended misinterpretations.
- **Usability** — whether adults can interpret Results, distinguish Verify from Improve, and use the Action Plan without overload.
- **Evaluation design** — feasible studies of comprehension, task completion, repeatability, appropriate follow-up, and longer-term usefulness.

Suggested first review (10 minutes)

Open the guided tour or Quick Assessment; examine the difference between a domain score and its direction; then explore one Action Plan pathway. Even a small set of specific observations—especially confusing instructions, missing context, or safety concerns—would be valuable.

EXPLORE THE PROJECT

Interactive System: https://yourhealthyprostate.com/healthspan-longevity-intelligence-system/

Evidence & Methodology: https://yourhealthyprostate.com/healthspan/methodology/

For Professionals / Feedback: https://yourhealthyprostate.com/healthspan/for-professionals/

Project lead

Makhsud Tagirov, PhD (Biotechnology) | Creator, Your Healthy Prostate (launched 2018)

Healthspan Intelligence is an independent health-education project; this overview does not imply clinical validation or endorsement by ACLM.