BUCHealth

OUR MOST COMPREHENSIVE ASSESSMENT

Extend Longevity Epigenetic Report
The Complete Map of Your Health

"It reveals the details your body whispers to you, but no standard check-up can hear."

10 genetic panels · 111 genetic variants · Integrated with your laboratory results and health history · Physician-approved, end-to-end health roadmap.

Patient Information Brochure
Prof. Dr. Halil Coşkun · Prof. Dr. Berna Uslu Coşkun
London · Istanbul

WHY THIS REPORT

Not Just a Report, the Complete Map of Your Health

Why are you so sensitive to caffeine? Why do some foods leave you bloated while others around you are unaffected? Why does the same medicine work differently for you than for others?

The answer to many of these questions lies somewhere a standard check-up cannot see: in your genetic code. The Extend Longevity Epigenetic Report brings all of our specialist panels together in one comprehensive assessment; no SNP is left out. The result: not a fragmented view, but a complete picture of your health.

111	10	3
genetic variants (SNPs) analysed	genetic panels combined in one report	layers, physician-approved assessment

> *Genomics and epigenetic research have grown many times over in the past decade: evidence that the genetic profile shapes not only disease risk but also medication response and nutritional needs grows stronger every year. Genetic science is now part of the clinical decision room, not just the laboratory.*

SCIENTIFIC RIGOUR

How Is This Report Prepared?

Your genetic findings, laboratory results and health history are interpreted within the scientific literature and clearly defined data limits, according to four core principles.

01 · GENETIC BASIS

Use of SNP Data

Your genetic data are based on SNP results analysed with genotyping panels that meet international standards. Each variant is assessed for direction of effect and level of evidence; genetic findings provide predisposition and context — on their own, they are not grounds for a diagnosis or treatment.

02 · METHOD TRANSPARENCY

What It Measures, What It Does Not

SNP genotyping reads the DNA sequence; it does not directly measure epigenetic changes such as DNA methylation, or biological age. This distinction is stated clearly in the report. Genetic claims with insufficient evidence are not used in the patient report.

03 · PATHWAY-BASED ANALYSIS

Not a Single Gene, a Whole System

Interpretations are not based on a single gene; they are built by assessing genes, regulatory regions and clinical findings within the same biological system together. Where several data points point in the same direction, the interpretation is strengthened; where data disagree, cautious language is used.

04 · PHYSICIAN APPROVAL

Nothing Enters the Report Without Approval

The report is first prepared as a physician work package; every item is approved, edited or removed by the physician. The report does not make a diagnosis and does not replace clinical decisions; final decisions are made through physician assessment.

> *The aim is to better understand your individual biological tendencies and to guide informed lifestyle choices that support your health.*

WHY NOW?

Why Precision (Personalised) Medicine?

Standard health checks are designed for the "average person". Precision medicine is designed for you.

The traditional model of modern medicine offers general advice based on population averages: the same nutrition advice, the same supplement dose, the same check-up panel for everyone. Yet two people of the same age, the same weight and the same lifestyle can have completely different rates of biological ageing, different inflammatory loads and different responses to medication. At the root of this difference lies genetic and epigenetic variation.

The impact of genetic and epigenetic testing on health is growing fast: in cardiology, oncology and pharmacogenetics, treatment decisions are increasingly shaped by the individual genetic profile. Precision Medicine (personalised medicine) shapes diagnosis and treatment decisions according to a person's genetic profile, biomarkers and lifestyle data; it is an approach at the centre of today's longevity and functional medicine practice. The Extend Longevity Epigenetic Report is the most comprehensive clinically applicable form of this approach.

1

Integrated Approach

Genetic data, the health form and laboratory results are assessed together.

2

Physician-Approved

Each finding is presented not as raw data but as a clinical interpretation approved by your physician.

3

Personalised Guidance

Your results show the most suitable next step and protocol for you.

DIMENSION	TRADITIONAL APPROACH	PRECISION (PERSONALISED) MEDICINE
Testing & Screening	— Standard ranges by age and sex	✓ **Monitoring prioritised by genetic predisposition**
Nutrition Advice	— General population guidelines	✓ **A plan interpreting laboratory, history and genetics together**
Medication Information	— Assumption of average efficacy	✓ **Drug–gene information added as context to the physician's assessment**
Prevention Strategy	— Intervention after symptoms appear	✓ **Proactive intervention when a risk is identified**
Timing	— Reactive	✓ **Proactive and predictive**

This difference is the main reason why treatment protocols in cardiology, oncology and pharmacogenetics around the world are increasingly shaped by the individual genetic profile.

SCOPE

10 Panels, One Report

We present 10 panels, each a field of expertise in its own right, side by side with your laboratory values in one holistic assessment.

01

Methylation & One-Carbon Metabolism

MTHFR · MTRR · MTR · TCN2

Shows your individual background in the folate–B12–homocysteine cycle together with your B12, folate and homocysteine measurements.

02

Cardiometabolic Health

APOE · LPA · TCF7L2 · HFE · F5

Places your cholesterol, blood sugar, iron balance and clotting tendency side by side with your lipid and glycaemic values.

03

Hormonal Health & Life Stages

COMT · ESR1 · CYP19A1 · SHBG

Assesses your differences along the oestrogen, testosterone and thyroid axis together with life stages such as menopause/andropause.

04

Neurocognitive Health & Stress Resilience

APOE · BDNF · COMT · FKBP5

Shows which habits are a priority for you to protect your stress response and your brain in the long term.

05

Gut Health & Food Tolerance

LCT · HLA-DQ2/DQ8 · FUT2 · NOD2

Shows your genetic sensitivities to food components such as lactose and gluten, and points to watch in your diet.

06

Immune Balance & Autoimmune Predisposition

PTPN22 · IL2RA · CTLA4 · STAT4

Assesses your autoimmune predisposition together with thyroid antibodies and inflammation markers.

07

Liver Health & Biotransformation

PNPLA3 · TM6SF2 · GSTP1 · CYP1A2

Shows your predisposition to fatty liver and your conversion pathways together with liver enzymes and glutathione.

08

Sleep & Circadian Health

CYP1A2 · ADORA2A · MTNR1B · CLOCK

Shows how you process caffeine and how sensitive your internal clock is to sleep, light and caffeine habits.

09

Tissue Integrity: Skin, Hair & Connective Tissue

AR · MC1R · COL5A1 · VDR

Assesses your tendency to hair thinning, sun sensitivity and connective tissue together with vitamin D, ferritin and zinc.

10

Pharmacogenetics & Drug Response

CYP2C19 · CYP2C9 · VKORC1 · SLCO1B1

Shows the tested variants related to medicines you use or may use in future, and the GLP-1/GIP treatment context.

Scope note: This panel is not a hereditary cancer screen, full pharmacogenetic genotyping or a coeliac disease diagnosis.

THE QUESTIONS THAT MATTER MOST TO YOU

Genetic Answers to the Questions You Wonder About

This report also answers questions you often meet in daily life but have never known the answer to.

☕ Caffeine Metabolism

CYP1A2 · ADORA2A

Shows how fast you process caffeine and how your individual caffeine sensitivity relates to your sleep.

🌾 Gluten Sensitivity

HLA-DQ2 · HLA-DQ8

Shows the genetic background for coeliac disease; it does not diagnose, and a negative result alone does not rule out coeliac disease.

🥛 Lactose Tolerance

LCT / MCM6

Shows your capacity to digest milk and dairy products on a genetic basis.

🩸 Clotting Tendency

F5 · F2

Shows an inherited clotting tendency that is useful to know before hormone therapy, contraception or long journeys.

🫀 Cholesterol & APOE

APOE · LPA · PCSK9

Shows how your LDL cholesterol may change over time and why regular monitoring matters for you.

💉 GLP-1/GIP Treatments

GLP1R · GIPR

Shows small differences linked to response and side effects with GLP-1/GIP treatments; medication is not chosen on this result.

🫁 Fatty Liver

PNPLA3 · TM6SF2

Shows your genetic predisposition to fat build-up in the liver together with your liver enzymes.

💊 Drug Response

CYP2C19 · CYP2C9 · VKORC1

Shows the tested variants related to how medicines such as stomach protectors, blood thinners and statins are processed.

> *"I shouldn't drink coffee in the afternoon", "why does gluten bloat me", "why can't I lose weight as fast as everyone else" — with this report, you no longer guess the answers; you know them.*

METHODOLOGY

A 3-Layer, Physician-Approved Assessment

Genetic data from 111 SNPs are combined with the health form and laboratory layers; the report is finalised by the physician, who approves every item.

REQUIRED · LAYER 1

1

Genetic Data

Genotyping of 111 SNPs across 10 panels; each variant is assessed for direction of effect and level of evidence.

RECOMMENDED · LAYER 2

2

Health & Lifestyle Form

Your health history, medicines and supplements, nutrition, sleep and goals from the online form place the genetic data in clinical context.

RECOMMENDED · LAYER 3

3

Laboratory Panel

A 28-test core panel; the basic input for the cardiometabolic assessment, phenotypic age and support recommendations.

OUTPUTS

What Do You Get From the Report?

Not a list of numbers; an end-to-end health strategy led by your physician.

Measurement & Analysis

- Clinical summary — your genetic, laboratory and form findings interpreted together
- Cardiometabolic assessment and all your laboratory results, with reference ranges
- Phenotypic Age (PhenoAge) — your age calculated from your blood values, compared with your calendar age
- Findings and information cards across 10 panels (APOE, COMT, glutathione, GLP-1/GIP…)
- Five-axis integrated pathway analysis

Guidance & Recommendations

- Personalised nutrient distribution and key food sources
- Vitamin/mineral recommendations — based on measurements and history
- IV infusion protocols and longevity supplements, with level of evidence
- Vaccination recommendations for your age and health history
- Pharmacogenetic information notes and monitoring recommendations

WHAT WE DO DIFFERENTLY

Beyond Findings: Integrated Analysis Layers

The Extend Longevity Epigenetic Report offers three further analytical layers that go beyond individual panel findings.

Phenotypic Age (PhenoAge)

- A scientific measure calculated from nine routine blood values and your age, showing the body's level of wear
- Compared with your calendar age on a visual scale; the areas affecting the result most are identified
- Transparency: "biological age" is not calculated from genetic data; for an epigenetic clock, you are referred to EPIC array analysis

Integrated Pathway Analysis

- Five connection axes: heart–brain, caffeine–sleep–blood sugar, gut–immunity–brain, methylation, liver–metabolism
- For each axis, the scientific link, what it means for you and the points of focus
- A connection-network visual shows how the systems relate at a glance

Evidence-Based Support Plan

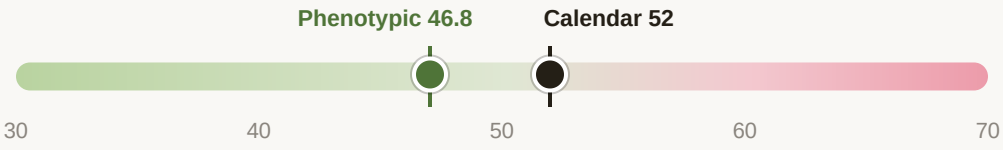
- Supplement recommendations are based on measurements or health history; a genetic finding alone does not create a recommendation
- For each recommendation: why it is recommended, the evidence, your current use and follow-up
- Dose and administration are set by the physician; medication changes are made only by physician decision

ILLUSTRATIVE EXAMPLE · PHENOTYPIC AGE

52 → **46.8**

Calendar age — Phenotypic age

5.2 years in your favour



← more favourable profile · · · more advanced profile for age →

Calculated from your albumin, creatinine, fasting glucose, hs-CRP, lymphocyte %, MCV, RDW, ALP and white blood cell values (Levine et al., 2018). The values shown are fictional examples.

AN IMPORTANT TRUTH

Your Genetics Are Not Your Destiny, But Your Starting Point

Your DNA sequence is fixed from birth to death; but when and to what extent your genes are active — that is, your epigenetics — is continuously shaped by your lifestyle. These changes are reversible. This report shows you which of your systems need support; the rest is in your hands, through the right nutrition, supplements and lifestyle choices.

"Your genetic profile is not a life sentence; it is the first line of a personalised roadmap."

SUITABILITY

Who Is It Ideal For?

Full Profile

Those who want a complete genetic profile

Proactive

Those who want to manage healthy ageing proactively

Executive Health

Executives aiming to optimise performance

It is also the ideal next step for anyone who started with a smaller panel (Mini Longevity Epigenetic or one of the specialist panels) and is now ready for the full profile.

WHAT'S INCLUDED

Extend Longevity Epigenetic Report

A physician-approved, end-to-end health strategy — our most comprehensive assessment.

Included	Description
Genetic Analysis	10 panels, 111 genetic variants — no SNP from any sub-panel is missing
Laboratory Assessment	Cardiometabolic assessment, phenotypic age and all your results with reference ranges
Physician Approval	Prof. Dr. Halil Coşkun or Prof. Dr. Berna Uslu Coşkun — every item passes physician approval
Support Plan	Nutrition, vitamin/mineral, longevity supplement and vaccination recommendations
IV Infusion Protocols	Cellular Harmony · Master Detox · Metabolic Ignite · Immune Shield · Glow & Skin Support · Bariatric Recovery · Follicle Guard — following physician assessment
Integrated Analysis	Five-axis pathway analysis, pharmacogenetic and GLP-1/GIP information notes

THE NEXT STEP

Map Your Health in Full, Starting Today

From sample collection to the final report, the whole process is managed in our clinic. At the first consultation, your results are reviewed with your physician and an end-to-end health strategy is set for you.

Request a Consultation →

PHONE & WHATSAPP
+90 532 054 00 49

WEB
www.buchealth.co.uk

CLINIC
London · Istanbul

BUCHealth · This content is for patient information and does not replace medical diagnosis or treatment.
Panel content, findings and recommended protocols are assessed by the relevant physician and are subject to clinical approval.