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Effective health age resulting from metabolic condition changes and lifestyle maintenance program

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Abstract

The author reviewed his data from 2012 through 2019 and focused on both of his metabolic conditions and health lifestyle details. He then developed an "Effective Health Age" model by using the GH-Method: math-physical medicine approach in comparison with the "Real Biological Age". He defined Effective Health Age based on the evaluation of his multiple medical examination reports and his ~2 million data of his lifestyle, metabolism, and diseases over an 8-year period. This is different from the "Real Biological Age" or "Chronological Age" defined as the actual amount of time a person has been alive. In 2014, the author developed a mathematical metabolic model, including 4-categories of diseases (body outputs) and 6-categories of lifestyle details (body inputs). He started to collect his data of weight and glucose beginning on 1/1/2012 and other lifestyle data from 2013-2014. He further assembled those 10-categories (with a total of ~500 detailed elements) and combined them into two new biomedical terms: the metabolism index (MI), which is a combined daily score to show the body health situation, and general health status unit (GHSU), which is the 90-days moving average number to show the health trend. He further developed a simple equation to calculate his effective health age as follows:

Effective Health Age= Real Biological Age * (1+((MI-0.735)/0.735)/2)

He then utilized his annualized MI data to calculate his effective health age in order to compare against his real biological age. (Up to 250 words)

Biography

Gerald C. Hsu received an honorable PhD in mathematics and majored in engineering at MIT.He has spent ~30,000 hours in endocrinology research with an emphasis on diabetes. First, he studied six metabolic diseases and food nutrition and conducted his own diabetes research. His approach is "quantitative and precision medicine" based on mathematics, physics, optical and electronics physics, engineering modeling, wave theory, energy theory, signal processing, computer science, big data analytics, statistics, machine learning, and artificial intelligence. His main focus is on preventive medicine using prediction tools. He has written, published, and presented more than 240 medical papers. (Up to 100 words)