

2026 Biological Age & Longevity Tracker

A Patient Advocate Tool for Independent Health Researchers

Optimal Biomarker Targets

Use this table to compare your results against 2026 longevity benchmarks. These targets focus on "Healthspan" and systemic resilience.

Marker	Standard Range	Longevity Target	Longevity Rationale
Albumin	3.4 – 5.4 g/dL	4.5 – 5.0 g/dL	Strong protein status & liver synthetic function.
hs-CRP	< 3.0 mg/L	< 1.0 mg/L	Low systemic "Inflammaging" (IL-11 control).
HbA1c	< 5.7%	5.0% – 5.4%	Optimal metabolic fuel without frailty risk.
RCDW	11.5% – 14.5%	< 12.5%	Lower "cellular noise" & youthful cell turnover.
Alk. Phos.	44 – 147 IU/L	< 70 IU/L	Associated with slower biological aging rates.
Cystatin C	0.6 – 1.0 mg/L	< 0.85 mg/L	More accurate measure of GFR/kidney age than Creatinine.
Systolic BP	< 120 mmHg	115 – 125 mmHg	Protects the "Vascular Bridge" & cognitive health.

Doctor's Conversation Script

Use these prompts to collaborate with your physician. Approach the conversation as a **co-manager** of your health.

Opening: "Doctor, I'm focusing on my 'Healthspan' and metabolic resilience this year. I've been tracking my data and would like to look at a few markers that go beyond the standard screening."

Requesting hs-CRP: "I'm interested in my systemic inflammation levels. Could we add a high-sensitivity CRP (hs-CRP) to my panel? I'd like to see if my current anti-inflammatory protocols are effective."

Addressing RCDW: *"I noticed my RCDW (Red Cell Distribution Width) has been [high/stable]. I've read that in longevity research, this is a strong proxy for cellular health. Can we track this more closely as a trend?"*

Handling Resistance: *If your doctor says "That's not necessary for your age," try: "I understand these aren't standard diagnostic markers, but as someone managing [Diabetes/Vascular risk], I find these proactive targets helpful for my motivation and lifestyle adherence. Could we run them this once as a baseline?"*

Advocacy Steps

- **Trend, Don't Triage:** A single lab is a snapshot. Look for the "slope" of your data over 6–12 months.
- **Bring the Research:** If a doctor is skeptical, offer to send them the 2026 CTAD or NIH summary on biomarkers.
- **The "Co-Manager" Mindset:** You own your data. The doctor provides the clinical expertise to interpret it safely.

Developed by Tommy T. Douglas | aginghealth.website
Independent Health Research & Patient Advocacy

Disclaimer: This tool is for educational purposes only. Tommy T. Douglas is an independent researcher, not a licensed medical professional. The targets provided are based on longevity research and may differ from clinical diagnostic standards. Always follow the guidance of your primary care team regarding medical treatments.