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Longitude Clinical

Routine risk assessment for common chronic diseases

Longitude
Powered by Nightingale Health

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Interpretation guide

This test estimates the patient's risk of developing a set of chronic diseases based on the patient's blood values, age, and sex. The results should be interpreted in the context of the overall clinical picture. For example, if the patient has a well-controlled diagnosed condition, the test may show a low risk, which should be considered when evaluating the test results.

Steps for interpreting the results

1. **Review the clinical summary page:** Evaluate the risk profile and result categories. How does the patient compare to their age peers?
2. **Review the disease-specific pages:** Evaluate the absolute disease percentages for each disease. Are they clinically significant?
3. **Review basic blood values page:** Check cholesterol, apolipoproteins, creatinine, and eGFR.

To further evaluate the condition, consider performing additional clinical examinations (e.g. BP, BMI, family history). Also consider additional blood tests (e.g. fatty acids, amino acids, inflammation, Lp(a)) or other relevant, disease-specific investigations.

Interpreting the risk profile on the clinical summary page

The result categories shown in **green**, **amber**, and **red** in the report are determined by comparing the patient's test results to those of individuals in the same age group. The categories are defined as follows:

Average or lower
The result is at or below the 50th percentile in the age group.

Higher than average
The result is between the 50th and 85th percentile in the age group.

Notably above average
The result is above the 85th percentile in the age group.

Important: Coloured result categories are always relative to age-matched peers.

Interpreting the disease-specific pages

The disease-specific pages start with the coloured result category. Below the category, the report shows the risk of developing each respective disease as an absolute percentage value (10-year risk). When interpreting the results, it's important to note that chronic diseases are strongly correlated with age.

Younger patients: The risk of developing any disease is typically low in absolute terms. The result categories (Average or lower, Higher than average, Notably above average) provide additional insight by comparing the patient to their age peers.

> Example: A **notably above average** result for a young patient indicates a substantially less favourable result category compared to their peers. While the absolute risk for a young patient is likely low and suggest no intervention, this result category indicates that the patient is on an adverse trajectory and the risk is likely to rapidly increase with age. **The notably above average result category allows for early interventions, often decades before the absolute risk prompts action.**

Older patients: The risk of developing any disease in the report is typically on the high side in absolute terms. The result categories (*Average or lower*, *Higher than average*, *Notably above average*) provide additional insight by comparing the patient to their age peers.

> Example: An **average or lower** result for an older patient indicates a more favourable result category compared to their peers. While the absolute risk for an older patient is likely on the high side, this result category indicates that the patient is on a favourable trajectory and the risk is less likely to become an issue in comparison to their peers. **The average or lower result category allows for a more detailed stratification of the absolute risk for older patients and more targeted interventions.**

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Clinical summary

Your risk profile for common chronic diseases in comparison to other women your age

The result categories indicate how your 10-year risks compare to other women of your age. For evaluating the disease-specific risks, see the risk page of each disease.



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Heart attack

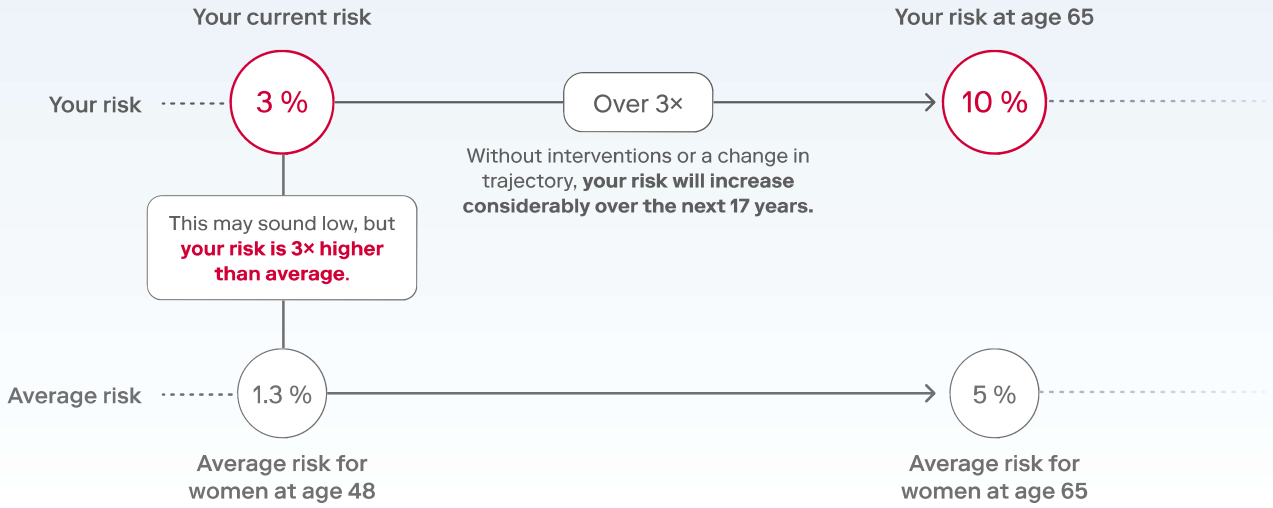
Your current result category

Notably above average
In comparison to women your age

Heart attack is one of the most common causes of death. It occurs when an artery supplying blood and oxygen to the heart muscle is occluded.

Your current 10-year risk and future projection

What is your current risk, how it compares to other women your age, and what happens when you get older.



What factors increase your risk?

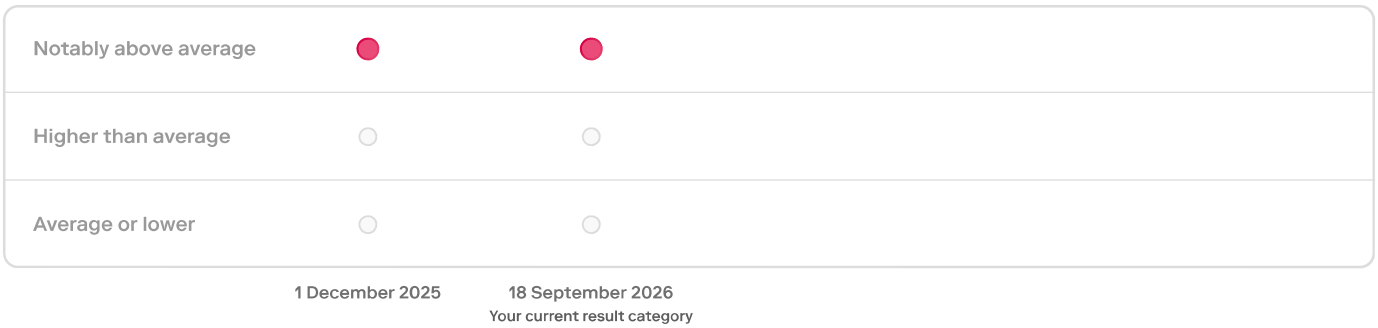
- **Lifestyle** can account for up to 80 % of your risk. Poor diet, sedentary lifestyle, smoking, excessive use of alcohol, high stress, and lack of sleep may influence the **clinical risk factors** and your risk.

How to improve?

- See the **Lifestyle guidance page** for information on lowering risks through healthy habits.
- Consult your healthcare provider to assess and manage the **clinical risk factors.**

Your progress over time

Your result category has stayed the same since your last blood test.



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Ischaemic stroke

Your current result category

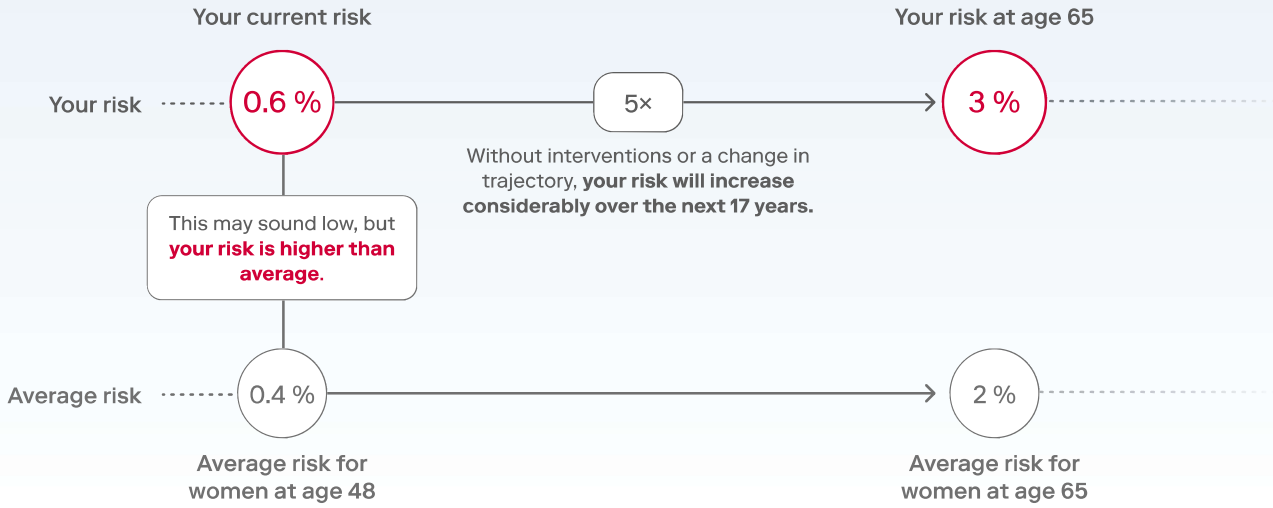
Notably above average

In comparison to women your age

An ischaemic stroke can cause brain damage or even death. It happens when a blood clot blocks a blood vessel in the brain. Smoking, an unhealthy diet, high blood pressure, and lack of exercise increase the risk.

Your current 10-year risk and future projection

What is your current risk, how it compares to other women your age, and what happens when you get older.



What factors increase your risk?

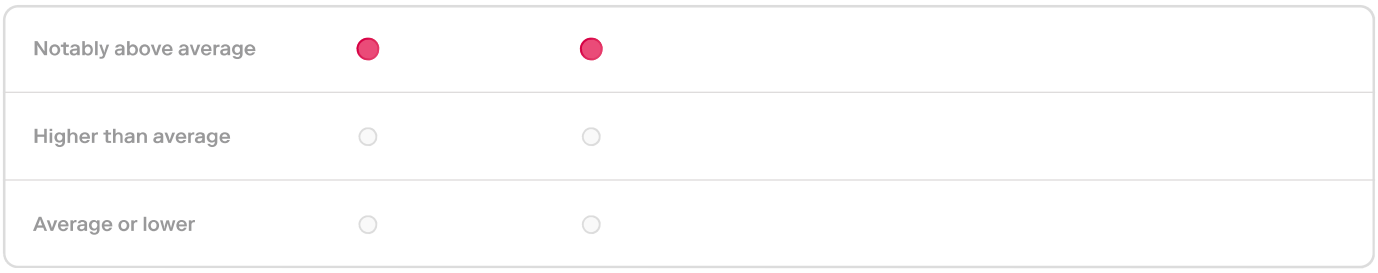
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SAMPLE

Type 2 diabetes

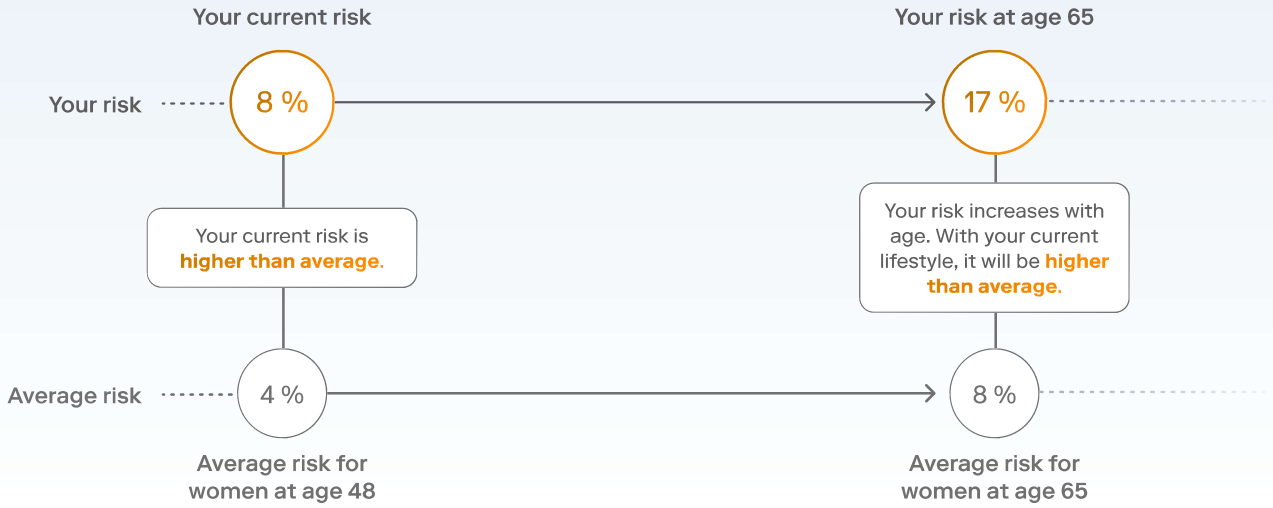
Your current result category

Higher than average
In comparison to women your age

Type 2 diabetes is a common condition that causes high blood sugar and can damage the eyes, kidneys, nerves, and the heart. It can often be prevented and even reversed through lifestyle choices.

Your current 10-year risk and future projection

What is your current risk, how it compares to other women your age, and what happens when you get older.



What factors define my risk?

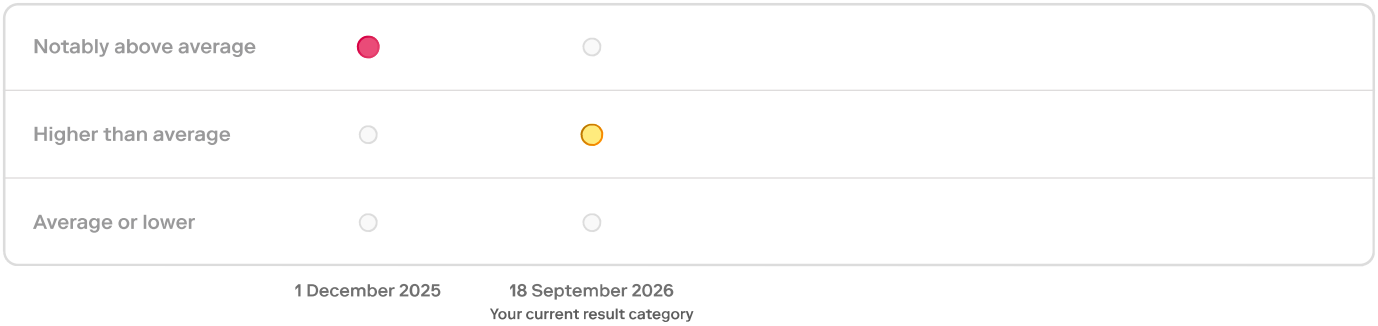
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How to improve?

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Your progress over time

Your result category has improved since your last blood test. Keep up the good work!



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Chronic kidney disease

Your current result category

Average or lower
In comparison to women your age

Chronic kidney disease is a long-term condition in which the kidneys slowly lose function. It is very common in older people. Diabetes and high blood pressure are major risk factors, both strongly linked to lifestyle.

Your current 10-year risk and future projection

What is your current risk, how it compares to other women your age, and what happens when you get older.



What factors increase your risk?

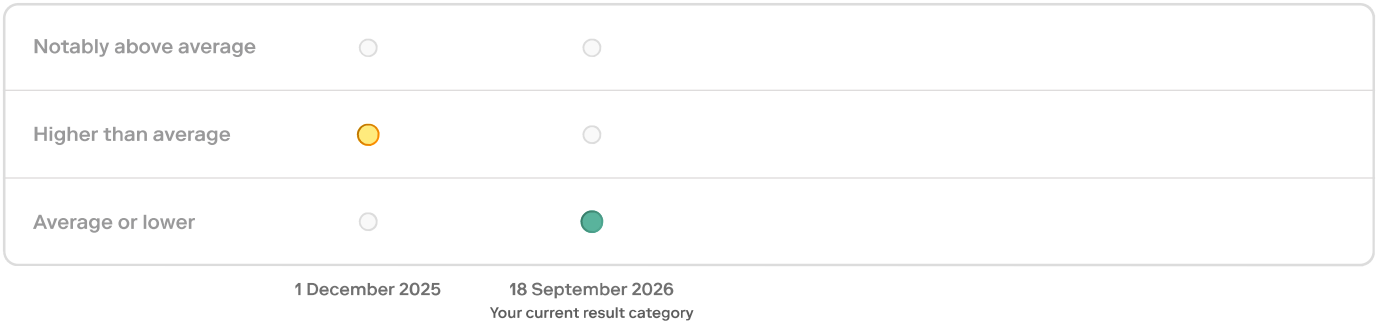
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Fatty liver disease

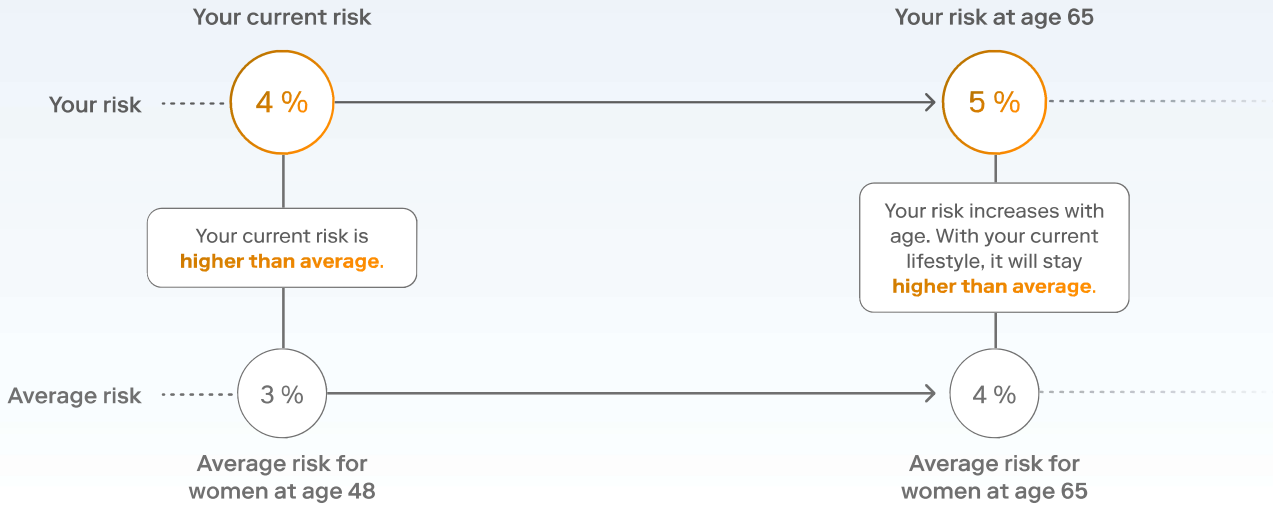
Your current result category

Higher than average
In comparison to women your age

In fatty liver disease, excess fat builds up in the liver. It is a common condition often linked to diabetes and being overweight. It can cause severe liver damage, but can be prevented with a healthy lifestyle.

Your current 10-year risk and future projection

What is your current risk, how it compares to other women your age, and what happens when you get older.



What factors increase your risk?

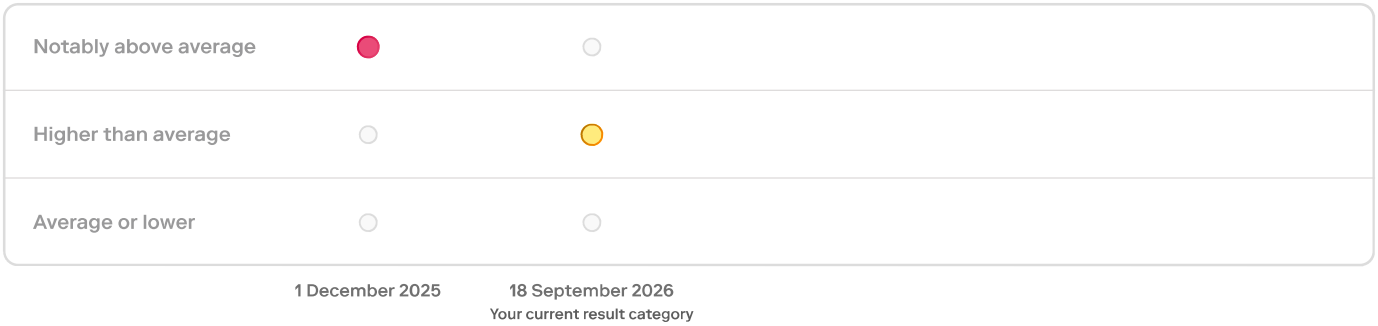
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Blood test results

6 results within recommended range

4 results outside recommended range

Lipid profile

	Within recommendations	Outside recommendations
LDL cholesterol (mmol/L)	2.9 (< 3.0)	≥ 3.0
HDL cholesterol (mmol/L)	1.4 (> 1.2)	≤ 1.2
Total cholesterol (mmol/L)	4.9 (< 5.0)	≥ 5.0
Total triglycerides (mmol/L)		1.8 (≥ 1.7)

Glycated hemoglobin

	Within recommendations	Outside recommendations
HbA1c (mmol/mol)	29 (20–42)	< 20 or > 42

Apolipoproteins

	Within recommendations	Outside recommendations
Apolipoprotein B (g/L)		1.0 (≥ 0.9)
Apolipoprotein A1 (g/L)		1.3 (≤ 1.4)
Ratio of apolipoprotein B to apolipoprotein A1 (ratio)		0.75 (≥ 0.60)

Creatinine

	Within recommendations	Outside recommendations
Creatinine (µmol/L)	55.0 (50.0–90.0)	< 50.0 or > 90.0
Estimated glomerular filtration rate (eGFR) (mL/min/1.73m²)	110 (> 83)	≤ 83

Consult a healthcare professional for clinical interpretation before making medical decisions.

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Lifestyle guidance

Diet

Recommendation:

- Eat plenty of vegetables, fruits, and whole grains.
- Choose lean proteins (like beans, fish, chicken).
- Use small amounts of healthy oils.
- Cut down on foods high in sugar, salt, and saturated fat.

Why this helps?

This helps to keep your weight, cholesterol, and blood pressure in check and prevents blood sugar spikes.

Weight

Recommendation:

- Aim to maintain a healthy body weight by following a healthy diet and having a sufficient amount of exercise.
- As a rule of thumb, a body mass index between 20 and 25 is considered healthy.

Why this helps?

Being overweight is a risk factor for many common chronic diseases. Achieving a healthy body weight lowers the risks and increases wellbeing.

Exercise

Recommendation:

- Aim for at least 150 minutes of brisk activity each week.
- Do muscle-strengthening exercises twice a week.

Why this helps?

Exercise strengthens your heart, lowers blood pressure, improves cholesterol, helps control weight, and keeps blood sugar stable.

Alcohol and smoking

Recommendation:

- Don't smoke.
- Keep your alcohol consumption as low as possible.

Why this helps?

Quitting smoking lowers strain on your heart and also broadly improves other aspects of your health.

Recovery

Recommendation:

- Sleep 7–9 hours each night.
- Manage stress with healthy habits (e.g. relaxation, hobbies, socialising, exercise).

Why this helps?

Good sleep and stress control help keep blood pressure, weight, and blood sugar balanced.

How do lifestyle changes lower the risk?

Heart attack

A heart attack happens when blood flow to the heart is blocked. Smoking, high cholesterol, high blood pressure, and extra weight all make this more likely. By keeping your arteries healthy with better diet, activity, and avoiding smoking, you greatly lower your risk of a heart attack.

Type 2 diabetes

Being active, eating balanced meals, and keeping a healthy weight improve how your body handles sugar. Healthy habits can prevent diabetes from developing or even reverse it.

Fatty liver disease

Too much fat in the liver can lead to damage over time. Eating well, moving regularly, keeping weight healthy, and limiting alcohol all reduce liver fat. This prevents liver scarring and keeps your liver working properly.

Ischaemic stroke

Ischaemic stroke is caused by blocked blood vessels in the brain. High blood pressure and smoking are major triggers. Controlling blood pressure, improving cholesterol, and staying active protect your brain and lower the risk of stroke.

Chronic kidney disease

Kidneys are damaged over time by high blood pressure and high blood sugar. Healthy habits keep both under control and reduce strain on the kidneys. Protecting your kidneys this way lowers the risk of long-term kidney problems.

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