

Table 1. Description of Allostatic Load Formulations

High Risk Quartile	Lowest/Highest 10%	Clinical Values	Z-Score
<p>The high risk AL index ranges from 0-12 [18].</p> <p>Based on the sample data, quartile splits are computed. A point is given for each biomarker in the high risk range:</p> <p><i>Upper 25th risk quartile:</i></p> <p>Systolic BP</p> <p>Diastolic BP</p> <p>MAP</p> <p>Resting Pulse</p> <p>Fibrinogen</p> <p>CRP</p> <p>LDL</p> <p>Hb1AC</p> <p>Waist-Hip Ratio</p> <p><i>Lower 25th risk quartile:</i></p> <p>IGF1</p> <p>HDL</p> <p>DHEAS</p>	<p>The lowest/highest AL index ranges from 0-12.</p> <p>Based on the sample distribution, if an individual has a measure that is in the lower 10th or above the 90th percentile a score of 1 is given [53].</p>	<p>The clinical values AL index ranges from 0-12.</p> <p>A sum is computed for each value considered out of normal clinical range:</p> <p>Systolic BP >140mmHg [41]</p> <p>Diastolic BP >90mmHg [41]</p> <p>MAP <70 or >110 [16]</p> <p>Resting pulse < 60 or >100 [42]</p> <p>Fibrinogen >4.0g/L [24]</p> <p>HDL <1.03mol/L [10]</p> <p>LDL >4.1 mmol/L [10]</p> <p>CRP >3.0 [45]</p> <p>Hb1AC >6.5 [40]</p> <p>DHEAS <i>men:</i> > 65 years <0.5umol/L and >5.6umol/L, aged 65 to 75 <0.3 umol/L and >6.7umol/L, aged 75+ <0.3umol/L and >4.2umol/L;</p> <p><i>women:</i> <65 years <1.4 umol/L and >8.0 umol/L, between 65 and 75 <0.9umol/L and >6.8umol/L and > 75 years <0.4umol/L & >5.3 umol/l [50]</p> <p>IGF-1 - men <5 and >26 women <4 and >23 [32]</p> <p>Waist-Hip Ratio men >0.90, women >0.86 [63]</p>	<p>The z-score is a combined summary of the high risk for each biomarker based on sample distribution of the total score.</p> <p>Score range: -1.54 to 2.42</p>