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New Test Measures Cumulative Effects of Stress on the Body, Predicts Future Wellness or Illness

Cincinnati, OH – Allostatix, LLC, a start-up biotechnology company, has developed and launched a health measurement tool that can effectively diagnose and predict an individual's future wellness or illness – with a level of predictability as high as 88-percent. Using an individual's blood and biometric measurements to gather data on multiple body systems, the test can determine how the cumulative effects of stress have impacted an individual and can confidently predict health trajectory three to five years into the future and beyond.

The Allostatix Load Test™ is based on the medical concept of allostasis and allostatic load – the science of how the body's systems adjust to stress—concepts that became well established in the 1980s. As daily stresses continue to build and keep the body's stress response turned "on," the body systems weaken and accumulate allostatic load. As allostatic load increases, an individual's likelihood of developing diseases also increases. Researchers at UCLA, Rockefeller University, Princeton University and the University of Wisconsin, among others, have studied over the last 25+ years how an individual's health is related to different measures of allostasis. The published research, consisting of thousands of studied participants, shows that measuring allostatic load allows for the confident prediction of an individual's future health and possible health problems.

In addition to individual blood and biometric markers, the Allostatix Load Test uses information from a database of national and international research—a neural network technology platform that becomes more and more accurate as additional data are entered into the network—to predict an individual's future health trajectory.

“We have the opportunity to approach health risk assessment in a whole new way,” said Bruce McEwen, Ph.D., a neuroscientist and neuroendocrinologist at Rockefeller University who pioneered research starting in the late 1960s that later became the basis for allostasis and allostatic load, and chair of the Allostatix, LLC, Scientific Advisory Board. Teresa Seeman, Ph.D, of UCLA, an epidemiologist and member of the Allostatix, LLC, Scientific Advisory Board, who pioneered the validation of allostatic load adds, “By measuring allostatic load, we can better determine the cumulative impact of daily life stresses on an individual's overall health and predict likely future health problems with great confidence. In essence, we can give employees a pretty solid indication of where they're headed if they don't act to change their health risks.”

The new test has practical implications for businesses and their employees as it can predict future negative health trajectory, even in individuals who may appear healthy and who have no obvious symptoms of illness. Armed with this information, individuals who are predicted to have future health problems, can take advantage of employer wellness programs and/or make appropriate lifestyle changes to lessen risks or prevent illness altogether. The test differs greatly from traditional Health Risk Assessment (HRA) tools that typically rely on self-reported data.

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Allostasis and allostatic load are not new concepts, and there are now numerous longitudinal studies that demonstrate correlation between high allostatic load and poor physical health (*see Editor's Note). But the Allostatis Load Test is the first commercial health measurement test that measures an individual's allostatic load and translates the results into a meaningful score and future health implications.

"We know we are on the leading edge of health risk prediction," said Gordon Horwitz, CEO and founder of Allostatis, LLC. "This is the first time this science has been applied to assess and predict future health status. We're finding people with in-range lab and biometric values – normal blood pressure, body mass index, cholesterol – who are, in fact, at high risk for developing serious illness because of the way their body is reacting to stress. These people would likely not be identified as 'at-risk' if assessed with traditional HRAs or typical blood or biometric tests alone."

Individuals are given a health status and prediction report (HSTAT™) which identifies their risk level as low (green), medium (yellow) or high (red) risk and provides an overview of how each system is currently being affected by stress. Employers receive an in-depth, aggregate report displaying only summary information and comprehensive wellness recommendations. (Allostatis is HIPAA-compliant, maintaining anonymity of each individual's protected health information.) The Allostatis HSTATs are customized for employers, driving employees to their company's wellness program, if applicable, or directing employees to their physician or other wellness partner.

Cost of the Allostatis Load™ test varies depending on an organization's needs and desired level of predictability. Allostatis customizes its scope of services based on an employer's current collection of blood and biometric measurements as part of an existing benefit structure (if applicable) and supplements those measures with additional tests to increase predictability. An additional level of service includes Allostatis's complete coordination of on-site orientation and screening sessions. In general, the cost of the test ranges from \$50 to \$300 per individual.

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About Allostatis, LLC

Cincinnati, Ohio-based Allostatis, LLC, is the creator of the Allostatis Load Test™, a predictive diagnostic tool that measures the cumulative impact of daily life stresses on an individual's whole body health. The company's predictive measurement is conducted through a blood and biometric analysis and is based on 25 years of longitudinal medical research. Allostatis's Scientific Advisory Board consists of industry-leading research MDs and PhDs from UCLA, Rockefeller University, the University of Pittsburgh and the University of Cincinnati. For more information, visit www.allostatix.com.

* Editor's Note: For additional supporting materials, please visit the online news room at www.allostatix.com.