

Can you push Furniture about? Ability to function..Different

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<http://www.salon.com/wire/ap/archive.html?wire=D8FP7D280.html>

Found this today. Seems BMI and Lipid profiles not the standard we think of here.

Does anyone know how to get this test?

Below edited for copyright stuff.

Bill

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Test Helps You Predict Chances of Dying

By LINDSEY TANNER AP Medical Writer

February 14, 2006 | CHICAGO — It sounds like a perfect parlor game for baby boomers suddenly confronting their own mortality: What are your chances of dying within four years? Researchers have come up with 12 risk factors to try to answer that for people who are 50 and older.

This is one game where you want a low score. Zero to 5 points says your risk of dying in four years is less than 4 percent. With 14 points, your risk rises to 64 percent.

Just being male gives you 2 points. So does having diabetes, being a smoker, and getting pooped trying to walk several blocks.

Points accrue with each four-year increment after age 60.

The test doesn't ask what you eat, but it does ask if you can push a living room chair across the floor.

The quiz is designed "to try to help doctors and families get a firmer sense for what the future may hold," to help plan health care accordingly, says lead author Dr. Sei Lee, a geriatrics researcher at the San Francisco Veterans Affairs Medical Center, who helped develop it.

Snip

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The test is based on data involving 11,701 Americans over 50 who took part in a national health survey in 1998. Funded by a grant from the National Institute on Aging, the researchers analyzed participants' outcomes during a four-year follow-up. They based their death-risk survey on the health characteristics that seemed to predict death within four years.

Their report appears in Wednesday's Journal of the American Medical Association.

Dr. Donald Jurivich, geriatrics chief at the University of Illinois at Chicago, took the test and got a nice low score. Jurivich is 52. He said he'd feel better about his score if both his parents hadn't died prematurely.

He praised the survey for measuring people's ability to function -- such as being able to move a piece of furniture or keep track of expenses -- signs that can be more telling than other health factors.

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