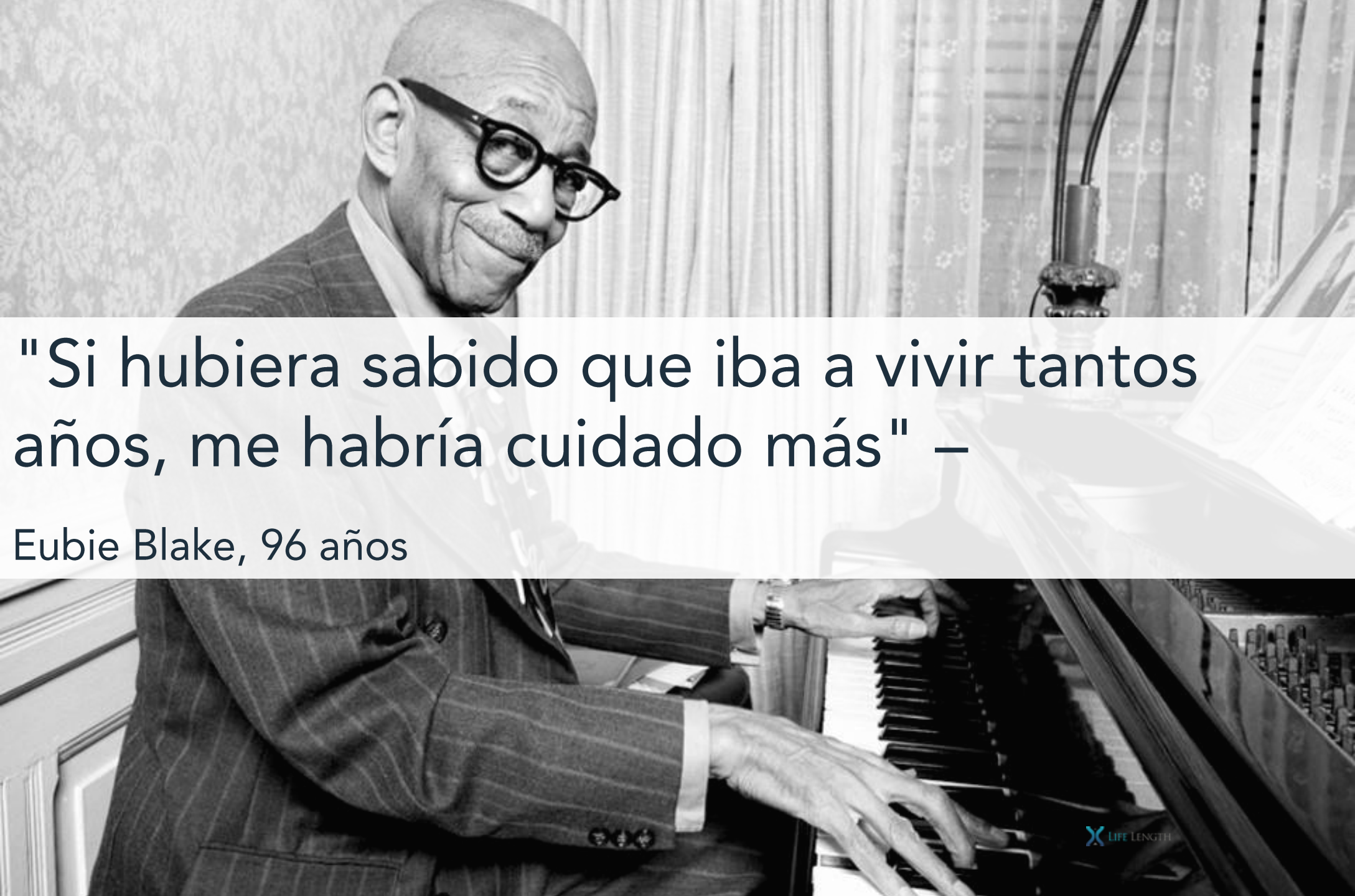


A 3D illustration of a chromosome, shown as a thick, blue, textured rod. A red DNA double helix is wrapped around the rod. The chromosome is oriented diagonally from the top-left towards the bottom-right. The background is a dark blue gradient.

# TELÓMEROS

Qué son y por qué debo medirlos

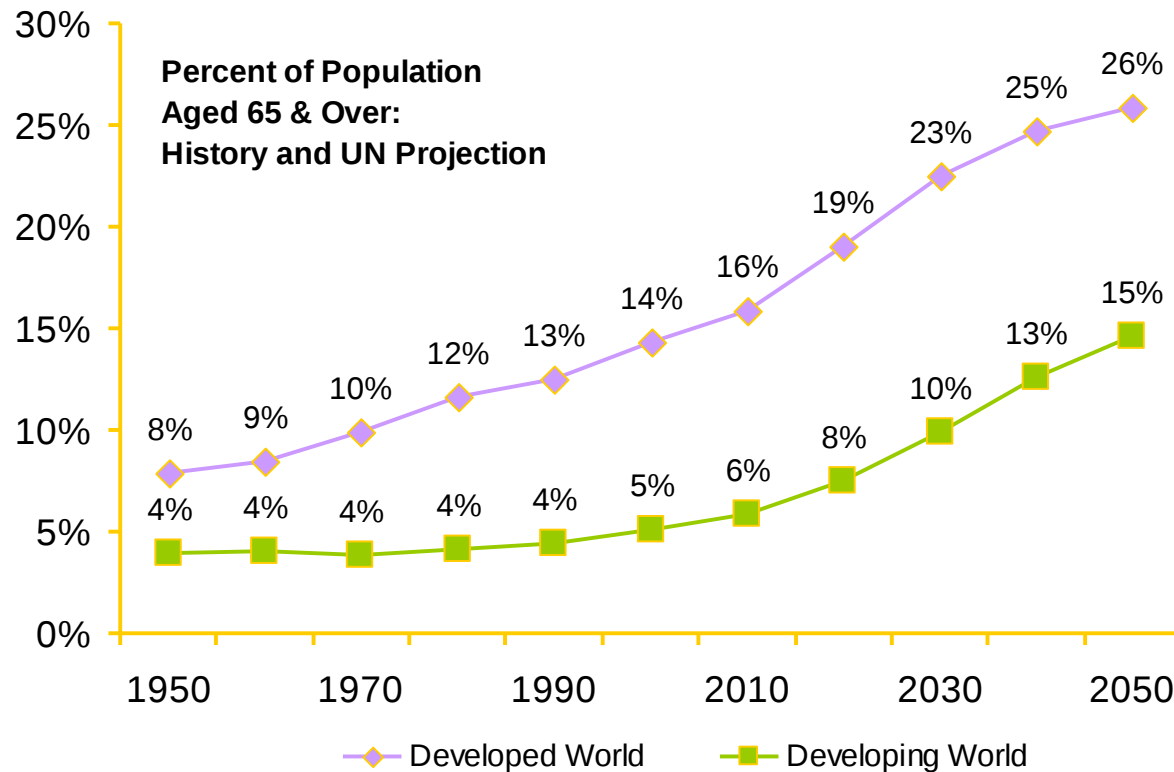
A black and white photograph of an elderly man, Eubie Blake, wearing glasses and a pinstriped suit, smiling while playing a piano. The image is split horizontally, with the top half showing his face and the bottom half showing his hands on the keyboard. A semi-transparent white banner with text is overlaid across the middle.

"Si hubiera sabido que iba a vivir tantos años, me habría cuidado más" –

Eubie Blake, 96 años

# EL MUNDO ESTÁ ENVEJECIENDO

Cambio en la demografía, especialmente en el mundo desarrollado



Source: UN (2005)



**“La esperanza de vida en los países desarrollados  
está aumentando en tres meses por año”**

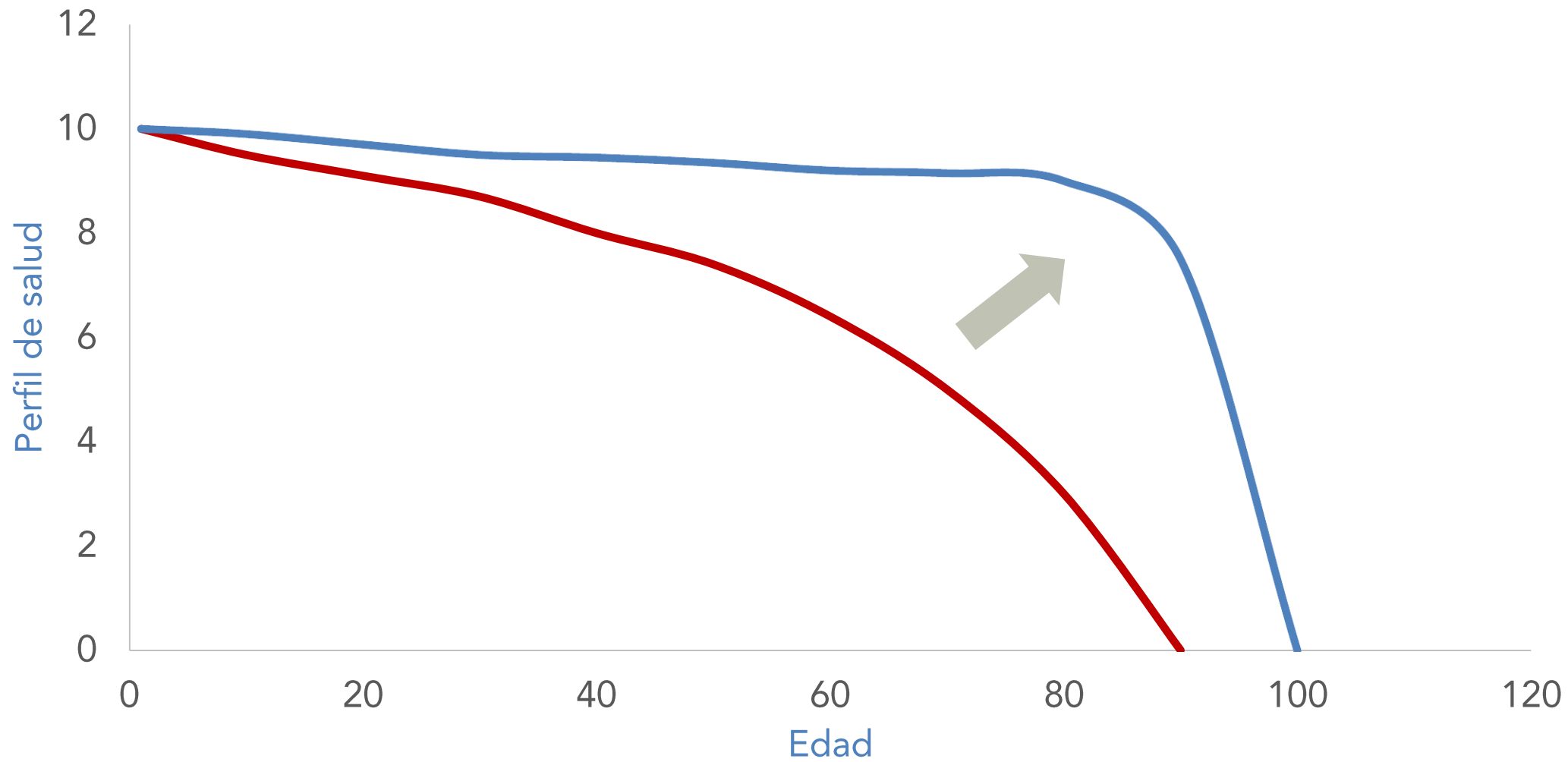
Las personas mayores son más propensas a desarrollar enfermedades crónicas:

- Cáncer
- Diabetes
- Enfermedades del corazón
- Enfermedades neurodegenerativas

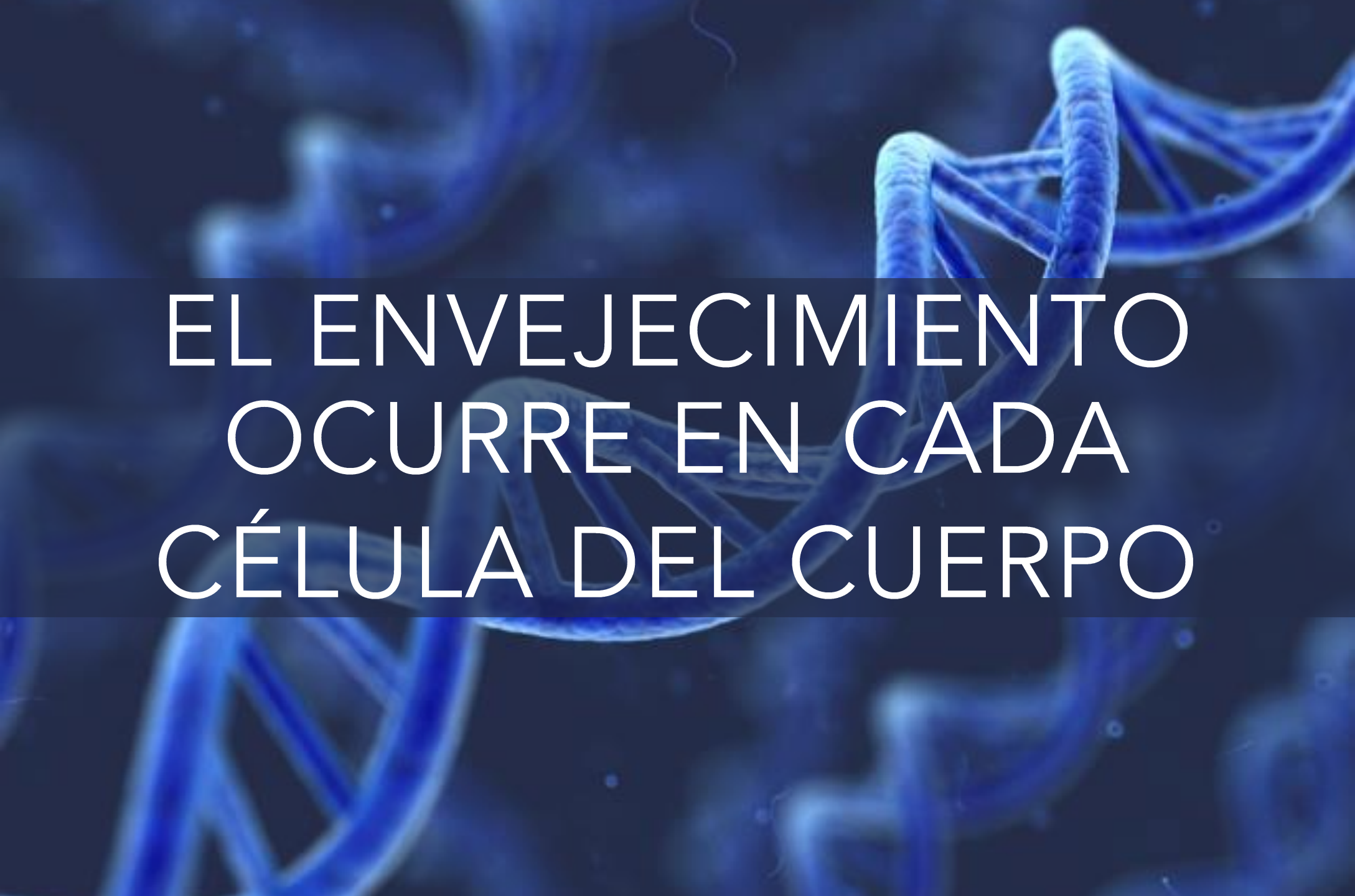
# VIDAS MÁS LARGAS

¿más años saludables, o más años de enfermedades y dependencia?

## Maximizar la calidad de vida



— Evolución típica de la salud    — Evolución óptima de la salud



EL ENVEJECIMIENTO  
OCURRE EN CADA  
CÉLULA DEL CUERPO

# ¿QUÉ SON LOS TELÓMEROS?

Los telómeros son los extremos protectores de los cromosomas, que juegan un papel muy importante en el proceso de envejecimiento

Telómeros de una célula joven



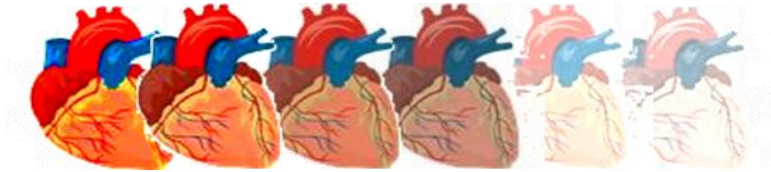
Telómeros de una célula envejecida



# A medida que la células se dividen...



... los telómeros se acortan



los órganos envejecen



y como consecuencia,  
envejecemos

¿Por qué debería preocuparse por sus

TELÓMEROS

Los telómeros cortos tienen  
**CONSECUENCIAS**

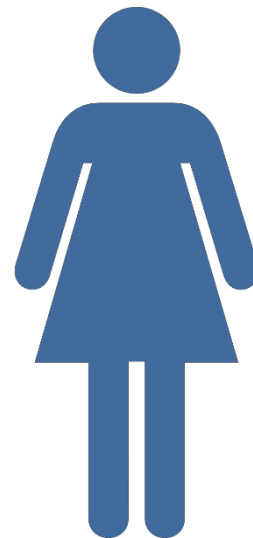
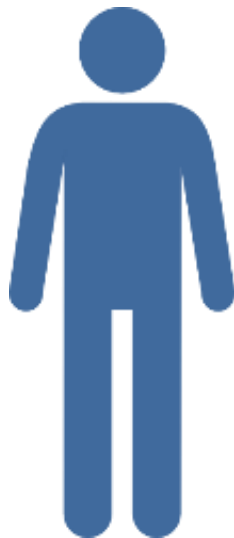
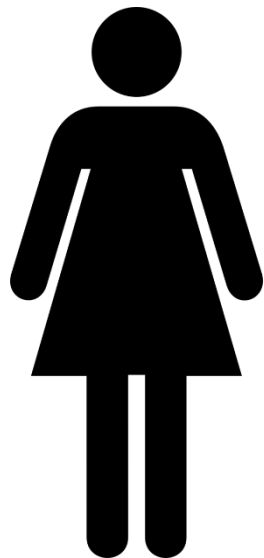


A person is running away from the camera on a dirt path. The path is surrounded by tall grass and trees. The sky is blue with white clouds, and the sun is low on the horizon, creating a warm, golden light. The person is wearing a white tank top and dark shorts.

# TELÓMEROS Y SALUD CARDIOVASCULAR

La longitud telomérica es un factor de riesgo  
independiente para

# ENFERMEDAD CARDIOVASCULAR

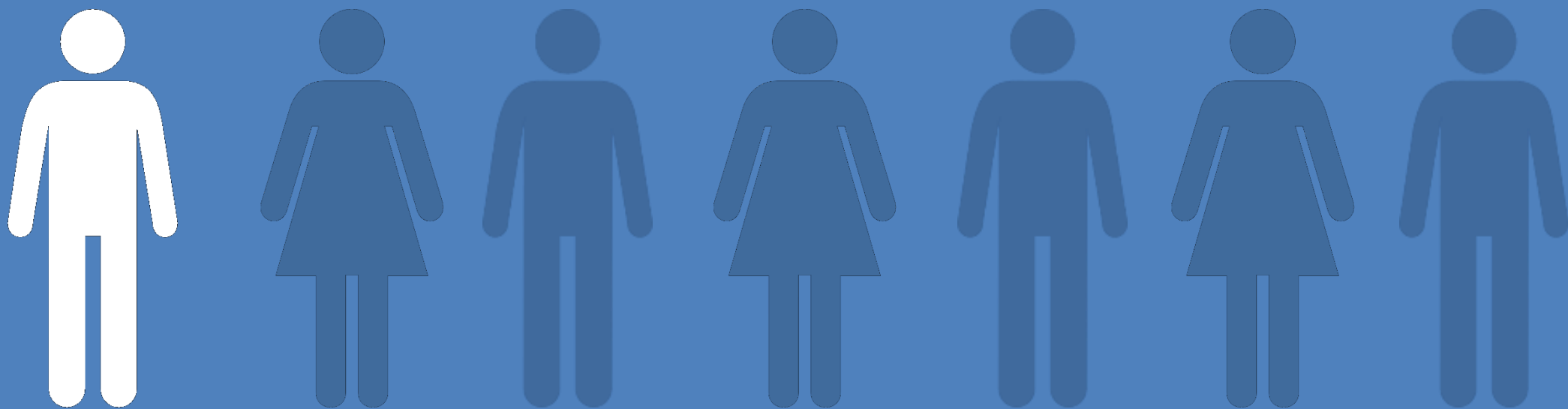


# 1 de cada 3 muertes

en España se debe a enfermedades del corazón

A close-up photograph of three donuts dusted with powdered sugar, arranged on a silver-colored metal tray. The donuts are golden-brown and have a soft, porous texture. The background is a blurred pattern of light and dark squares, suggesting a checkered tablecloth. A semi-transparent dark grey horizontal band is overlaid across the middle of the image, containing the title text in white.

# TELÓMEROS Y DIABETES



# 1 de cada 7

españoles podría desarrollar diabetes tipo 2



# TELÓMEROS PARA COMBATIR CÁNCER

CANCER RESEARCH UK  
61  
TESCO

985  
TESCO

CANCER RESEARCH UK  
341

CANCER RESEARCH UK  
984  
TESCO

JACKWILLS  
CANCER RESEARCH UK  
2229  
TESCO



FUTURO DE LA  
MEDICINA

PREDICTIVA

PREVENTIV  
A

PARTICIPATIVA

PERSONALIZADA



PRESENTE  
~~FUTURO~~ DE LA  
MEDICINA  
PREDICTIVA  
TÚ

PARTICIPATIVA

PREVENTIV  
A

PERSONALIZADA

El % de telómeros cortos determina la aparición

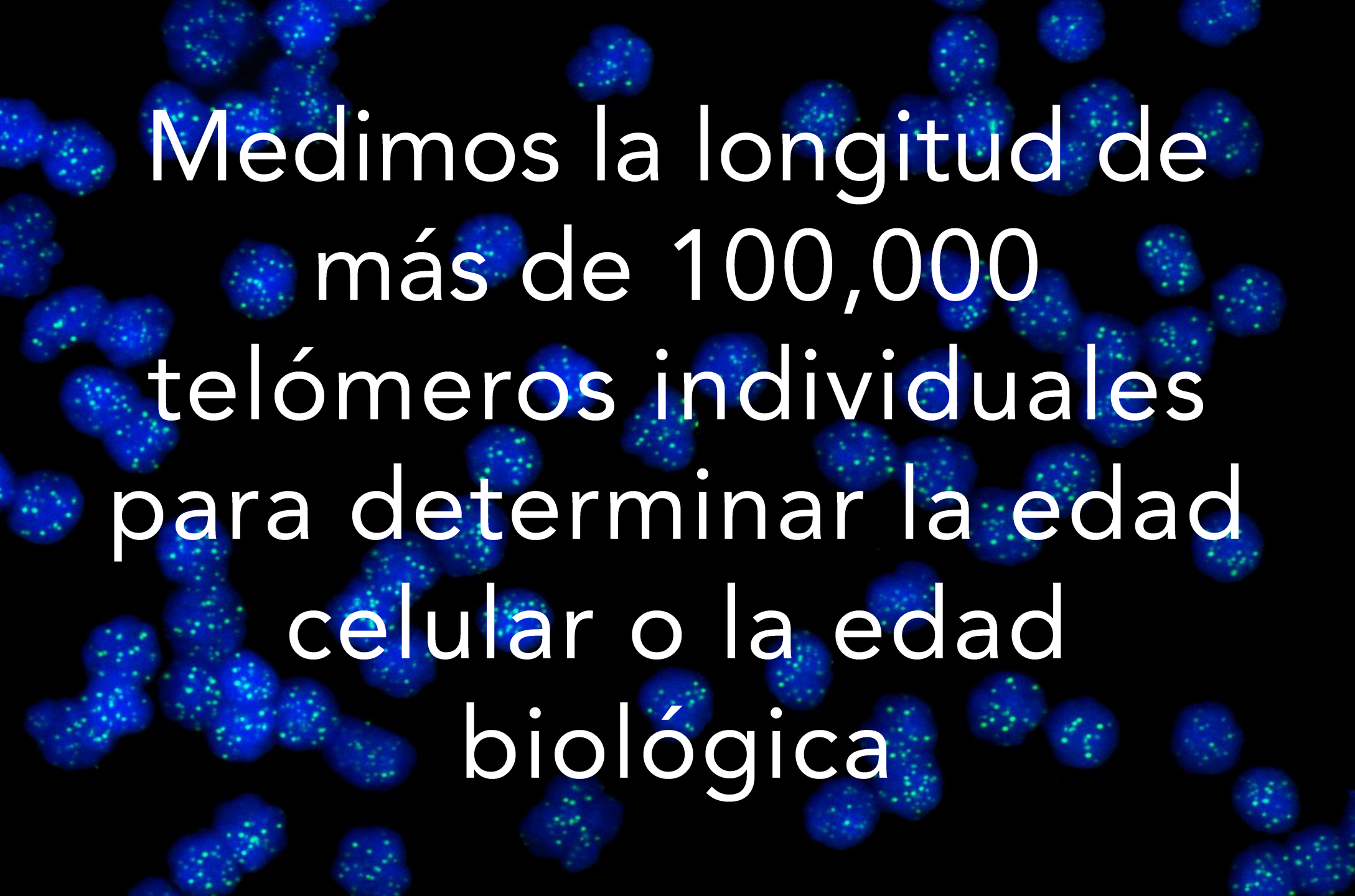
**DE LA ENFERMEDAD**

Una rueda pinchada es todo lo que  
se necesita para detener el viaje



A hand holding a pen is visible in the lower right corner, pointing towards the text. The background is a blurred image of several chromosomes, showing their characteristic X-shape and banding patterns, set against a blue gradient.

Life Length es la única compañía  
capaz de medir el porcentaje de  
telómeros cortos en células  
individuales

The background of the slide features a microscopic view of numerous cells. Each cell is stained with a blue fluorescent dye, likely DAPI, which highlights the nucleus. Within the blue-stained nuclei, there are numerous small, bright green fluorescent spots. These spots represent telomeres, which are the repetitive DNA sequences at the ends of chromosomes. The overall image has a dark, almost black background, making the blue and green fluorescence stand out.

Medimos la longitud de  
más de 100,000  
telómeros individuales  
para determinar la edad  
celular o la edad  
biológica

La longitud  
telomérica integra  
genética, estilo de  
vida y factores  
medioambientales



FACTORES MEDIOAMBIENTALES



ESTILO DE VIDA



GENÉTICA

¿Qué puedo hacer si tengo cortos los  
**TELÓMEROS?**

A low-angle, close-up shot of a person's legs running on a treadmill. The person is wearing dark, textured leggings and white sneakers with red accents. The treadmill is silver and modern. In the background, there are large windows with a grid pattern, letting in bright light. The gym environment is visible through the windows, showing other exercise equipment and a clean, modern interior.

EJERCICIO



ANTIOXIDANTES



# DIETA MEDITERRÁNEA



OMEGA-3

A serene landscape photograph featuring a long wooden pier that stretches from the foreground into a calm body of water. The pier is constructed of weathered wooden planks and is flanked by vertical wooden posts. At the far end of the pier, a small wooden structure, possibly a gazebo or a boat dock, is visible. The water is still, reflecting the vibrant colors of the sunset sky. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon, where the sun is setting. In the background, a range of dark, silhouetted mountains spans the horizon. The overall mood is peaceful and contemplative.

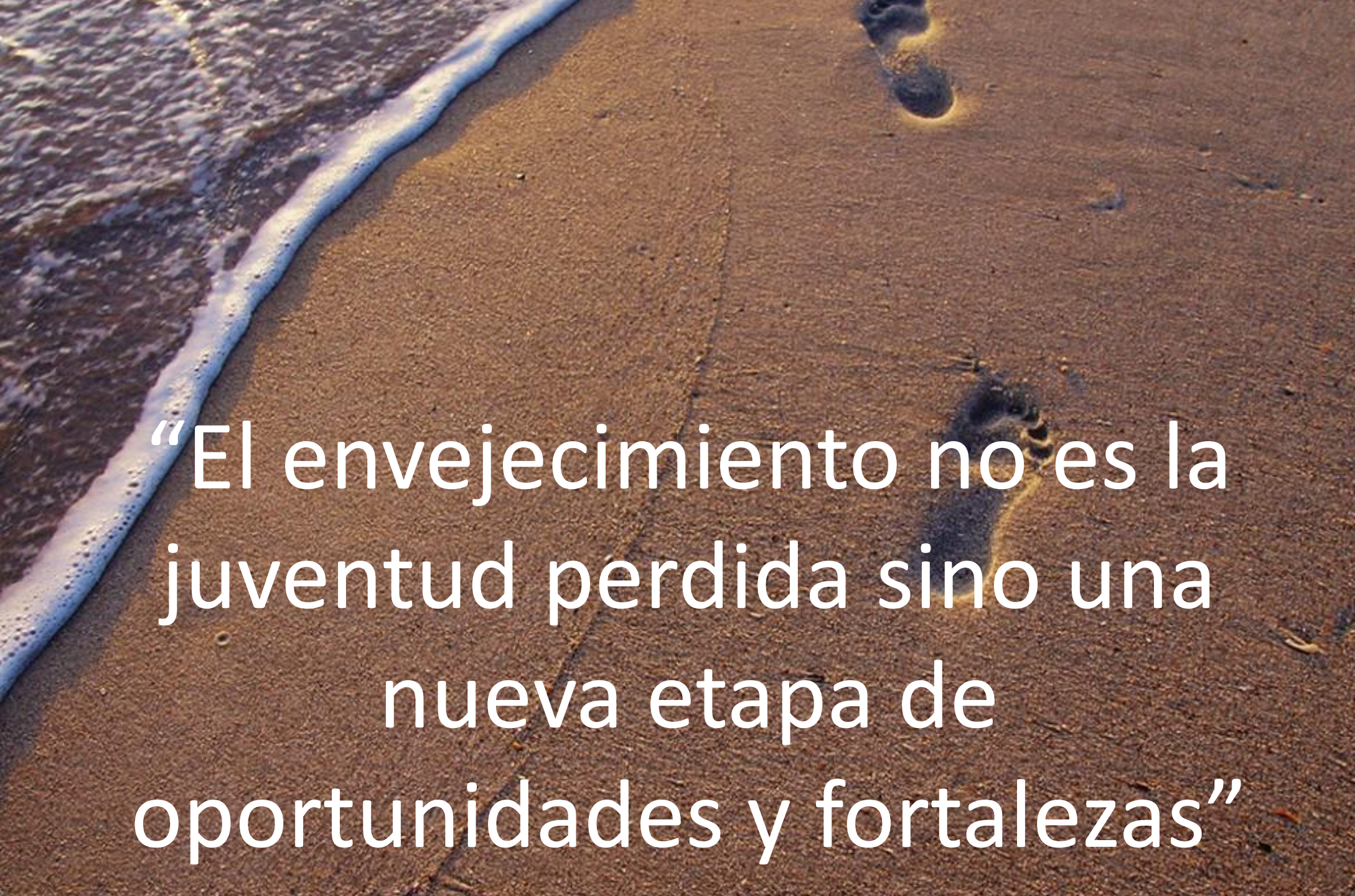
MINDFULNESS

A close-up, shallow depth-of-field photograph of a person's hands holding a vintage camera. The camera is dark-colored, possibly black or dark brown, and features a prominent lens. The lens has "ZENZANON" and "7947786" inscribed on it. The person's face is blurred in the background, and the overall scene is brightly lit, suggesting an outdoor setting. A semi-transparent dark grey banner is overlaid at the bottom of the image, containing white text.

Monitorizar tu proceso de  
envejecimiento con medidas  
anuales

A male doctor with dark hair, wearing a white lab coat over a light blue shirt and a patterned tie, is leaning forward and speaking to two patients. He has a stethoscope around his neck. The patients, a woman with brown hair on the left and a man with dark hair on the right, are seen from the back/side. They are in a bright, clinical setting with large windows in the background. The doctor is holding a clipboard and pen, and the text is overlaid on the lower half of the image.

Y revisar los resultados  
con el médico



“El envejecimiento no es la  
juventud perdida sino una  
nueva etapa de  
oportunidades y fortalezas”



MIDE TUS TELÓMEROS PARA  
UN FUTURO  
SALUDABLE



LIFE LENGTH

[www.lifelength.com](http://www.lifelength.com)