

# Predictable death through blood test, accuracy up to 83%

Quantitative 14 metabolites in the blood can predict whether a person is at risk of death within 5-10 years or not.

According to a study conducted by a group of Dutch data scientists, quantifying 14 blood metabolites can predict whether a person is at risk of death within 5-10 years.

This means that, looking at the results of a blood test, the doctor can see the death of the patient. The research has just been published in Nature Communications.



The researchers collected medical data from 44,168 people between the ages of 18 and 109, including death records and test results measuring 226 different substances in the blood.

5,512 of those 44,168 died during a nearly 17-year follow-up. After analyzing this result, the researchers extracted 14 independent biomarkers that could be used to predict mortality.

They tested these 14 markers to predict the mortality rate of a group of 7,603 Finns, who had their blood tested in 1997.

1,213 of them died. What's amazing is that 83% of these deaths were predicted by 14 blood test indices as they occur within 5-10 years. When estimating the death rate for people over 60, that accuracy has dropped to 72% but that is still an impressive figure compared to many other death predictions.



For a long time, medical researchers have done a lot of research to try to predict the death of humans. Certain diseases like diabetes, heart disease and cancer are identified as a countdown to death. From blood test results including blood sugar, cholesterol, glycoprotein acetyls, unsaturated fatty acids, albumin . researchers can trace the culprit of these diseases and predict the problems topical kidney and liver.

The discovery of 14 biomarkers in the blood can well predict a person's early mortality rate of great significance in medicine, especially in the treatment of patients who have other clinical signs.

For example, can physicians make decisions on whether to perform highly invasive surgery on patients? Patients can also make an effort to improve their health through lifestyle by looking at those numbers. Blood stats can be changed by lifestyle, from which their fate will also change.

Finding traces of death in the body may help scientists find ways to deceive death with new treatments or interventions in the future.

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