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**DO YOU WANT TO LIVE FOREVER?**

**ORACLE HEALTHCARE’S INNOVATIVE HEALTH ASSESSMENTS SHOWCASED ON NINE NETWORK**

SYDNEY, 24 June 2024

Australia’s Nine Network is shining a spotlight on preventative health and longevity through its groundbreaking new series ‘[Do You Want To Live Forever](https://9now.nine.com.au/do-you-want-to-live-forever/2024-exclusive-tracy-grimshaw-what-to-expect-a-current-affair-return-to-tv-dr-nick-coatsworth/7b4af7ac-23b6-48f8-ba68-8b9db8872c42)’ and news program ‘[A Current Affair](https://9now.nine.com.au/a-current-affair)’. Sydney-based [Oracle Healthcare](https://oraclehealthcare.com.au/) has been singled out as the provider of leading solutions for health and longevity in both productions.

As demonstrated through Nine’s programs, [Oracle Healthcare’s solutions](https://oraclehealthcare.com.au/services/) – including full body scans, 3D skin mapping and fitness assessments including VO2 Max, cardiology with cardiac ultrasound, exercise physiology and dietetics – set a baseline against which individualised preventative health care regimes are designed.

News program “[A Current Affair](https://9now.nine.com.au/a-current-affair)” attended the Oracle Healthcare clinic last week, and presents a deep-dive into specific technologies used in their comprehensive health assessments, specifically focusing on DEXA and VO2 Max testing. These two tests formed a significant component of the testing undertaken by the participants of “Do you Want To Live Forever” and contributed to the biological ages calculated as their baseline metric.

Nine Network Medico and host of ‘Do You Want To Live Forever’, Dr Coatsworth, highlighted the significant connection between these tests and longevity. He stated, ***“The most important [tests being] Vo2 Max which is how well your body and your muscles are utilising oxygen and then the DEXA scan which is an emerging technology we're using to look at the mix of subcutaneous or under-the-skin fat as opposed to fat that encases the organs which is less healthy."***

Pointing out the life-changing nature of the research in “Do You Want To Live Forever”, investigative journalist Tracy Grimshaw says "We're talking to people about how they can improve their quality of life and address issues that might lead to a premature death."

Medical founder of Oracle Healthcare, [Dr Lena Attebo](https://oraclehealthcare.com.au/practitioners/), says the solution is “forming caring relationships with clients, empowering them to take control of their wellbeing – today and tomorrow,” a statement supported by her 30 years' experience as a doctor practicing in comprehensive medicine.

“While [individuals](https://oraclehealthcare.com.au/health-assessments/) must take personal responsibility, Oracle Healthcare’s breadth of technology solutions accelerates their progress by pin-pointing critical next steps”, Dr Attebo continues. Oracle Healthcare’s long format consults with an interdisciplinary team is supported with diagnostics include DEXA body composition, Functional movement screening, audiometry, spirometry, blood tests and stress cardiac ultrasonography to investigate cardiac health.

“Importantly, [employers](https://oraclehealthcare.com.au/corporate-health-assessments/) are now proactively supporting their employees by providing comprehensive health assessments, allowing for early disease detection and reducing health risks from the effects of being “always-on” including eating poorly, exercising infrequently and shouldering excessive stress”, she said.

ENDS

**About Oracle Healthcare**

Oracle Healthcare is a premium interdisciplinary health assessment clinic based in St Leonards, Sydney. Providing real benefits to both individuals and leadership teams, we help clients take charge of their health, incorporating technology-based diagnostics and the latest in preventative medicine.

**About Nine Network’s production “**[**Do You Want To Live Forever**](https://9now.nine.com.au/do-you-want-to-live-forever/2024-exclusive-tracy-grimshaw-what-to-expect-a-current-affair-return-to-tv-dr-nick-coatsworth/7b4af7ac-23b6-48f8-ba68-8b9db8872c42)**” and news program “**[**A Current Affair**](https://9now.nine.com.au/a-current-affair)**”.**

 “[Do You Want To Live Forever](https://9now.nine.com.au/do-you-want-to-live-forever/2024-exclusive-tracy-grimshaw-what-to-expect-a-current-affair-return-to-tv-dr-nick-coatsworth/7b4af7ac-23b6-48f8-ba68-8b9db8872c42)” is a four-part series tracking the health journey of 4 couples. Episode one, first aired on 17 June 2024, investigates the participants setting a baseline with investigations including DEXA body composition and Sub-Max VO2 testing. The upcoming episodes track the impact that changes in diet, exercise, sleep and stress can have over a 12-week period. A glimpse into the lives of a town in Japan where individuals regularly live to over 100 years old is shown through Dr. Coatsworth’s eyes, and supports lifestyle practices as the cornerstone for longevity.

DEXA provides a [body composition scan](https://oraclehealthcare.com.au/dexa-body-composition-scan/) which shows body fat percentage, bad fat, and muscle mass, and can also be used to measure [bone mineral density](https://oraclehealthcare.com.au/dexa-bone-mineral-density-scan/). The [VO2 Max](https://oraclehealthcare.com.au/services/) shows the maximum rate at which your heart, lungs and muscles can effectively use oxygen during exercise. Evidence shows that VO2 Max and muscle mass both correlate with longevity.

**For Further Information**

Further information can be found at oraclehealthcare.com.au

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