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Getting older obviously has an impact on everybody's body, but just because two people have the same number of years under their belt doesn't mean they are physically declining at the same rate.

Looking deep into a person's eyes could be a far better way to measure their true biological age, and this could provide a glimpse into the future health of patients.

A [machine learning](#) model has now been taught to predict a person's years of life simply by looking at their retina, which is the tissue at the back of the eye.

The algorithm is so accurate, it middle-aged and elderly adults bracket of 3.5 years.

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cardiovascular/non-cancer mortality, together with the growing evidence of the link between eye and brain, may support the notion that the retina is the 'window' of neurological diseases," the authors [write](#).

Because only 20 people in the study died due to dementia, the authors were unable to link this specific brain disorder to retinal health.

They also point out that cardiovascular-related deaths have gone down in recent years, as medicine continues to prevent what would once have been fatal events.

This means that retinal health could be a marker for cardiovascular health, despite the fact that retinal health is not a marker for cardiovascular mortality.

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