



Health Screening Report

Test Dataset 1 (Male)

Order Number:	OS-001695
Screening Date:	30/01/2020
Gender:	Male
Age:	34
Height (m):	1.62
Weight (Kg):	96.0

Thank you for taking part in your recent health screen with us. Here's your report with details of your results.

These tests are designed to give you an overview of your general health and help you to identify any potential risks or areas for improvement. Please be aware, all information that has been provided to you during your health screen is provided for general information only and should not be treated as a substitute for the medical advice from your own doctor or healthcare professional. The information provided isn't used to prescribe, diagnose or treat a health condition and we always recommend that you consult your GP if you're concerned about your health.

If you want to discuss your screening results, get in touch with us through the booking portal or on 01270 588555.

Body Composition

Body Mass Index (BMI)

Your BMI result shows it may be advisable to lose weight as being overweight can lead to health problems. You could look to reduce your weight with a healthy, balanced diet and exercise.

Body Mass Index (BMI) refers to the relationship between body weight and height. The BMI categories provide a guide as to whether some weight should be lost or gained. The BMI figures are produced by the W.H.O. Unfortunately, they do not take into account heavy bone mass or muscle mass - so some people will be deemed heavy - even though they may simply be heavy boned or very fit. Statistics show that the risk of heart disease increases as the BMI rises over 25.

Your body mass index

28.0
Overweight

Body Fat Percentage

Your body fat percentage shows you may benefit from reducing the amount of fat in your diet.

Body Fat % refers to the % contribution of your total body weight which is body fat. The test works by measuring the resistance to a tiny electrical current flowing through the body and then calculating 'lean water' tissue and 'water depleted' (fatty tissue). Because the test is based on hydration, it is possible for people who are extremely fit, on medication or have high water retention to receive a slight variance on results. Additionally, body fat percentage can be loaded against people who are very light.

Your body fat percentage

52.0%
Poor

Visceral Fat

You may benefit from reducing your visceral fat levels. Visceral fat is the fat in the internal abdominal cavity, surrounding the vital organs in the abdominal area. Healthy levels of visceral fat can reduce the risk of heart disease, high blood pressure and delays the onset of type 2 diabetes. You may be able to reduce this with a healthy, balanced diet and exercise.

Visceral fat is the fat in the internal abdominal cavity, surrounding the vital organs in the trunk (abdominal) area. Even if you have a low body fat percentage you may still have high visceral fat. Body fat shifts as you get older and tends to transfer to the abdomen. Research shows that having healthy levels of visceral fat reduces the risk of heart disease, high blood pressure and delays the onset of type 2 diabetes. A result of between 1 and 8 is judged to be a healthy level of visceral fat, between 9 and 12 is reasonable but needs improvement and a figure greater than 13 indicates the need to changes in lifestyle and nutrition to reduce visceral fat to within recommended levels.

Your visceral fat

12.0
High

Total Body Water Percentage

Body water is the total amount of fluid in your body. Your body needs water in order to function properly and prevent dehydration. Your results show that you may benefit from increasing your water intake and maintaining healthy body fat levels.

Your body water percentage

38.0%
Low

Body Composition - continued

Bone Mass

Bone mass is not a test for osteoporosis. Osteoporosis is a different condition which looks at bone density and not mass. However, having a good level of bone mass is a healthy objective to prepare your bones for the future. One of the best ways of increasing bone mass is exercise, especially weight bearing exercise. It is worth noting that people with high bone mass can often have high BMI even though they technically may be healthy.

Your bone mass

2.2_{Kg}

Low

Muscle Mass

There is no right or wrong amount of muscle mass. However, increasing muscle mass will help increase the metabolic rate which is important if you are trying to control weight. We advise you of your muscle mass so you can monitor your composition at the annual health screens. As your exercise levels increase, you develop more muscle mass and reduce body fat. You may find that your weight might even increase at a certain point, as your muscle mass increases. This will depend on the type of exercise you do. Muscles consume energy and as your muscle mass increases, the rate at which you burn energy (calories) increases which accelerates your basal metabolic rate (BMR) and helps you to reduce excess body fat levels and lose weight in a healthy way. The potential increase in body weight may impact your BMI and it's not uncommon to have an elevated BMI due to having higher than average muscle mass levels.

Your muscle mass

52.0_{Kg}

Resting Metabolic Rate

Resting metabolic rate is the number of calories your body needs to function effectively. Once we know your metabolic rate we can calculate the number of calories needed to lose weight steadily, without reducing your metabolic rate. This is important because if your metabolic rate decreases it will make it even harder for you to lose weight and much easier to put it on.

Your resting metabolic rate

2321_{Kcal per day}

Your metabolic age

38

Cardio

Blood Pressure

Systolic blood pressure is the highest pressure exerted against arteries when your heart contracts and pushes blood around the body. Your systolic blood pressure is currently within the recommended healthy range and therefore should not cause any increase in your cardiovascular risk.

Diastolic blood pressure represents the pressure exerted against the arteries when your heart relaxes. Your diastolic blood pressure is slightly elevated and it is recommended that you self-monitor regularly. If you have several results above 90 we recommend you have further monitoring with your practice nurse or GP.

Blood pressure is the measurement of blood pressure in your arteries. The systolic pressure (the higher figure) is the pressure when your heart pushes blood out and the diastolic (lower figure) is the pressure when your heart rests between beats. The ideal blood pressure is often described as 120/80mmHg. Causes of high blood pressure (other than genetic) can be lack of physical activity, being overweight, too much salt, too much alcohol, smoking and stress. People rarely feel ill from high blood pressure, so it can go undiagnosed for some time.

Your systolic blood pressure

120_{mmHg}

Normal

Systolic blood pressure target

100-140_{mmHg}

Your diastolic blood pressure

96_{mmHg}

Elevated

Diastolic blood pressure target

60-90_{mmHg}

Pulse Rate

Pulse rate should preferably be between 60 and 75 beats per minute. A rate of more than 80 would indicate the need for self-monitoring. Pulse rate can often be reduced by increased exercise and marathon runners can have a resting pulse rate as low as 35 beats per minute. If your resting pulse rate is above 100 on three consecutive occasions you should bring this to the attention of your GP.

Your pulse rate

85_{bpm}

Normal

Arteriosclerosis Risk

Pulse pressure is the difference between systolic and diastolic blood pressure. Your pulse pressure is higher than the normal range. Increased pulse pressure over a long period of time can cause the elasticity in the arteries to reduce and that in turn increases the chances of arteriosclerosis (hardening of the arteries). You may benefit from relaxation techniques such as yoga and breathing techniques which can help to reduce stress.

Arteriosclerosis is fundamentally the hardening of the arteries. It is not directly linked to high blood pressure or cholesterol and it can progress without prominent symptoms in the beginning. Arteriosclerosis can lead to complications such as stroke and heart attacks. Causes can be smoking, poor diet, too much alcohol and too little exercise.

Our test is not specifically testing whether you have or have not got Arteriosclerosis, what it is looking at is the risk of you getting it by assessing the pulse pressure from your blood pressure results. One issue that can make the risk appear greater is when your systolic (higher figure) is particularly high and this can be caused by White Coat Syndrome or excessive stress.

Your pulse pressure difference

54

Higher than normal

Cardio - continued

Lung Function

Your lung function result is normal. This suggests you are not currently at risk of respiratory issues such as asthma or COPD (chronic obstructive pulmonary disease).

Your lung function

> 85%

Normal

Lung function target

> 85%

Cardiovascular Cohesion

The cardio cohesion test shows that you may need to improve your ability to relax your cardiovascular system. Techniques that may help you include mindfulness and yoga breathing. Cardio cohesion is the correlation of your heart, nervous and respiratory systems all working together.

The cardio cohesion test showed that you improved your result even in a potentially stressful situation.

Your cardiovascular cohesion

Average

Your cardiovascular cohesion improvement

Improved

ECG - Resting

The ECG (electrocardiogram) tests the quality of electrical impulse and waveform generated by your heart. An abnormal wave form could be the sign of an issue with your heart that requires further investigation. We recommend that if you have received an abnormal result you should bring it to the attention of your GP. However, if you have also been advised that you have either high blood pressure or cholesterol then you should bring it to the attention of your GP and request a 12 lead ECG review at the earliest convenient opportunity.

Your ECG - Resting

Irregular or
Deviating Beat

ECG - Exercise

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Your ECG - Exercise

Irregular or
Deviating Beat

Blood Oxygen Saturation

Your blood oxygen saturation levels are normal. Blood oxygen (sometimes known as sats) can be effected by haemoglobin levels and respiratory issues.

Your blood oxygen saturation

> 97%

Normal

Blood Tests

Random Blood Glucose

Your blood glucose level is elevated and it is recommended you bring it to the attention of your practice nurse or GP. However, the result may be elevated if you did not fast prior to the assessment.

Random blood glucose is the measure of glucose in the blood stream. A reading of greater than 11 would indicate the need for further monitoring with your GP, for issues such as diabetes. We treat a level of 7.0 or greater as elevated and requiring attention.

Your random blood glucose

7.80_{mmol/L}

Elevated

Random blood glucose target

up to 7.0_{mmol/L}

Total Cholesterol

Your total cholesterol result is elevated and should be considered in conjunction with the HDL (high density lipoprotein) cholesterol or 'good' cholesterol. Cholesterol is a fatty substance in the blood that plays a vital role in how the body works, however too much can increase risk of heart disease.

Your total cholesterol

5.9_{mmol/L}

Elevated

Total cholesterol target

up to 5.5_{mmol/L}

HDL (Good) Cholesterol

Your HDL cholesterol (High density lipoprotein cholesterol) is greater than 1.0 which means that it is contributing positively to your total/HDL cholesterol ratio. HDL cholesterol is often referred to as 'good' cholesterol as it carries cholesterol from other parts of the body back to your liver, where it is able to be removed from your body. Higher HDL levels can mean a lower chance of getting heart disease. Increasing activity levels, a healthy diet and avoiding smoking can help to increase your HDL levels.

Your HDL (good) cholesterol

1.95_{mmol/L}

High

HDL (good) cholesterol target

1.2_{mmol/L} or higher

HDL Cholesterol Ratio

Your HDL cholesterol (high density lipoprotein cholesterol) ratio is in the healthy range. The cholesterol ratio is the total amount of cholesterol divided by the amount of HDL cholesterol. The higher the HDL cholesterol, the lower the ratio. The ratio is useful in predicting risk of cardiovascular disease.

Your HDL cholesterol ratio

3.00

Good

HDL cholesterol ratio target

4.0 or lower

Blood Tests - Continued

Haemoglobin Test

Your haemoglobin levels are normal which indicates that you do not have low levels of iron in your blood stream. However, this does not mean that you should reduce your intake of iron-rich foods in your diet.

Your haemoglobin test result

14.0_{g/dL}
Normal

Haemoglobin test target

12-16_{g/dL}

Prostate Disease Test

The results show that you have a PSA (prostate-specific antigen) level above 4ng/ml. The result does NOT show that you have prostate disease but PSA's (protein) that are common in Prostate Disease. We recommend that you bring this to the attention of your GP.

Your prostate disease test result

> 4_{ng/mL}
Elevated

Lifestyle Review

Alcohol Consumption

You are below the recommended maximum limits of alcohol unit consumption. This can reduce your risk of a wide range of health problems that are exacerbated by a high alcohol intake. More than 14 alcoholic units per week, especially if taken over the course of just 2 or 3 days, can affect health over a longer term e.g. kidney disease, heart disease, blood pressure etc.

10 units per week
Less than
recommended
maximum

Tobacco Consumption

Your risk of developing lung cancer is significantly lower than those that smoke. Smoking can also impact cholesterol levels and cardiovascular risks.

Never

Caffeine Consumption

Your caffeine intake is higher than a healthy range. Decaffeinated drinks are a half measure of a full caffeinated drinks. You should look to gradually reduce your intake as part of a balanced, healthy lifestyle.

4 cup(s) per day
Higher than
recommended

Caffeine from coffee, tea and energy drinks tightens the arteries and increases blood pressure. It is recommended restricting caffeine intake to no more than 4 cups per day and never after 4pm.

Water Consumption

Your daily water intake is lower than the recommended amount. You should look to increase this to 2 litres per day.

2 250ml glass(es) per day
Less than
recommended

Water is vital as it is required for every chemical reaction the body undertakes. It is particularly key in terms of reducing fat, stripping away cholesterol and helping to reduce stress. We recommend a good guide to be 8 glasses per day.

Exercise & Activity

This is a good level of exercise. Try to keep your programme varied, as your body tends to get used to doing the same exercise all the time.

Active

Dysfunctional Stress

We assess dysfunctional stress levels, which is stress that presents itself in a detrimental way, for example, disrupted sleeping patterns. High dysfunctional stress indicates that stress is affecting you. You may benefit from trying yoga and breathing techniques which can help to reduce stress. In addition, increasing your water intake and walking in fresh air may also be beneficial.

High