



Health Screening Report

Test Dataset 2 (Female)

Order Number:	OS-001703
Screening Date:	05/01/2020
Gender:	Female
Age:	52
Height (m):	1.64
Weight (Kg):	72.0

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

26.7
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

46.0%
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 for changes in lifestyle and nutrition to reduce visceral fat to within recommended levels.

Your visceral fat

10.0
Need to make some changes

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

41.0%
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

1.8_{Kg}

Average

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

42.0_{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

60

Cardio

Blood Pressure

Systolic blood pressure is the highest pressure exerted against arteries when your heart contracts and pushes blood around the body. It is the highest level your blood pressure reaches when your heart beats. Your systolic blood pressure is high enough to be considered hypertension. We recommend you have further monitoring with your practice nurse or GP.

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

160_{mmHg}

High

Systolic blood pressure target

100-140_{mmHg}

Your diastolic blood pressure

90_{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

25_{bpm}

Low

Arteriosclerosis Risk

Pulse pressure is the difference between systolic and diastolic blood pressure. Your pulse pressure is high. 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). We recommend you bring this to the attention of your GP.

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

75

High

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 are able to relax your cardiovascular system even in a potentially stressful situation. Cardiocohesion is the correlation of your heart, nervous and respiratory systems all working together.

The cardio cohesion test showed that you did not improve your result in the second test. Techniques that may help you include mindfulness, yoga and breathing techniques.

Your cardiovascular cohesion

Good

Your cardiovascular cohesion improvement

Not Improved

ECG - Resting

The ECG (electrocardiogram) tests the quality of electrical impulse and waveform generated by your heart. Your current ECG result is normal.

Your ECG - Resting

Normal

ECG - Exercise

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 - Exercise

Irregular or
Deviating Beat

Blood Oxygen Saturation

Blood oxygen saturation levels below 97% can indicate low haemoglobin (Iron) levels in the blood stream or respiratory issues such as asthma. We recommend that you increase the level of iron-rich foods in your diet.

Your blood oxygen saturation

< 97%
Low

Blood Tests

Random Blood Glucose

Your blood glucose levels are within normal levels. It is advisable to continue to maintain this with a healthy balanced diet and exercise.

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

5.5_{mmol/L}

Normal

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

5.50_{mmol/L}

Elevated

Total cholesterol target

up to 5.5_{mmol/L}

HDL (Good) Cholesterol

Your HDL cholesterol (High density lipoprotein cholesterol) result is average. 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 may mean you have a lower chance of getting heart disease. Increasing activity levels, a healthy diet with good levels of nuts and oily fish and avoiding smoking can increase your HDL levels.

Your HDL (good) cholesterol

1.00_{mmol/L}

Average

HDL (good) cholesterol target

1.2_{mmol/L} or higher

HDL Cholesterol Ratio

Your total cholesterol to HDL cholesterol ratio (high density lipoprotein cholesterol) is higher than recommended. This ratio is useful in predicting the risk of cardiovascular disease. Your result is currently in the high risk band and the aim should be to reduce your total cholesterol/HDL cholesterol ratio to below 4. Increasing activity levels, a healthy diet with good levels of nuts and oily fish and avoiding smoking can help with this but you should also refer to your GP.

Your HDL cholesterol ratio

5.50

High

HDL cholesterol ratio target

4.0 or lower

Blood Tests - Continued

Haemoglobin Test

Your haemoglobin levels appear to be lower than the recommended level. It is recommended to increase the iron-rich foods in your diet in order to help increase your iron levels. We recommend that you bring this to the attention of your GP.

Your haemoglobin test result

9.7_{g/dL}

Low

Haemoglobin test target

12-16_{g/dL}

Lifestyle Review

Alcohol Consumption

You could benefit from reducing your 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.

15 unit(s) per week

Higher than recommended maximum

Tobacco Consumption

Smoking increases your risk of developing lung cancer and cardiovascular issues. There are no safe levels of tobacco exposure. We would suggest quitting smoking and your GP will be able to offer help and support for this.

Occasional

Caffeine Consumption

Your caffeine intake is within a healthy range. Decaffeinated drinks are a half measure of a full caffeinated drinks. You should continue to maintain or reduce this as part of a balanced, healthy lifestyle.

0 cup(s) per day

Healthy

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.

3 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

Exercise can be key in terms of controlling weight and stress and increasing our feeling of well-being. 4 brisk walks of at least 45 minutes per week, with 4 sessions per week of high intensity activity is a good level of exercise.

Poor

Dysfunctional Stress

We assess dysfunctional stress levels, which is stress that presents itself in a detrimental way, for example, disrupted sleeping patterns. We do not specifically assess what is causing you stress. A 'moderate' result indicates that whilst you are coping with your level of stress, there are key areas which are surfacing as dysfunctional stress. 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.

Moderate