



Your Horizon Health Check Results

Please find the results of your health check. This report contains all your clinical measurements and blood test results with London Medical Laboratory doctor's comprehensive review of every result, including comments on how they compare with standard reference ranges, and highlighting everything that may need further investigation or follow-up with your GP* .



Your details

Name

Patient's Name

DOB

01/01/2000

Package

Horizon Health Check

Date of assessment

14/12/2022

Location of health check

London Medical Laboratory King's Cross

Health Check Professional

Antzela Buzani

*It is important to note that blood tests and health checks of this nature alone are not a substitute for seeing a doctor, particularly if you are feeling unwell. You should not confirm a diagnosis or start any treatment without a consultation with a doctor or a suitably trained healthcare professional. There are many times when blood test and health check results which are out of range are insignificant but there are other times when they are not. They always need to be interpreted in the context of the rest of your health and this can only really be determined with a full clinical history and examination with a doctor.

An introduction to your Health Check

Congratulations on having made the decision to invest in your wellbeing. London Medical Laboratory is pleased to provide you with this report on everything that we found in your blood test, physical checks and lifestyle and mental health questionnaires. We very much hope this will help you in your quest to be healthy.

A health check is an excellent way to screen for underlying health risks. The goal is to detect potential problems as soon as possible; giving you the information you need to make lifestyle changes, commit to further investigations, or start treatments so you have the best chance of living a longer, healthier, and happier life.

Your results

If the screening tests in your health check come back in the normal range, it means you are at a low risk of having the conditions you were screened for. This does not mean you will never develop these conditions in the future, just that you are at low risk at this moment in time. This is why regular health checks are recommended.

If your results show you have a higher risk, it means that you may have the condition that you've been tested for. You will always need to see your doctor who will consider further tests to confirm any suspected diagnosis, or give you more information about how to directly address your risk factors. You can then be offered the necessary treatment, advice and support which can only be provided by a doctor who is able to take a fuller and more targeted history and examination than is possible with a screening health check.

Finding out about a problem or a health risk early can save lives. However, health checks are often not conclusive in themselves. Some serious health problems will not be uncovered in health checks and suspicions about conditions may be raised that with further investigation may turn out not to be a problem at all. There is the risk of unnecessary anxiety with any screening test but we believe it is always better to know about potential health problems as soon as possible, and a health check with a blood test has been proven to be very good at identifying a wide range of potential health problems that you may not otherwise be aware of.

If you have any questions about your laboratory tests or need more information about what your results mean, please talk to your doctor who will be able to consider your results within the context of the rest of your health and lifestyle.

Our doctors at London Medical Laboratory review the results of your health check in this report and have provided a general explanation of what each result may mean and some advice about what you can do to improve your health. We also encourage you to discuss your results with your GP, particularly if you have any concerns or are feeling unwell in any way.

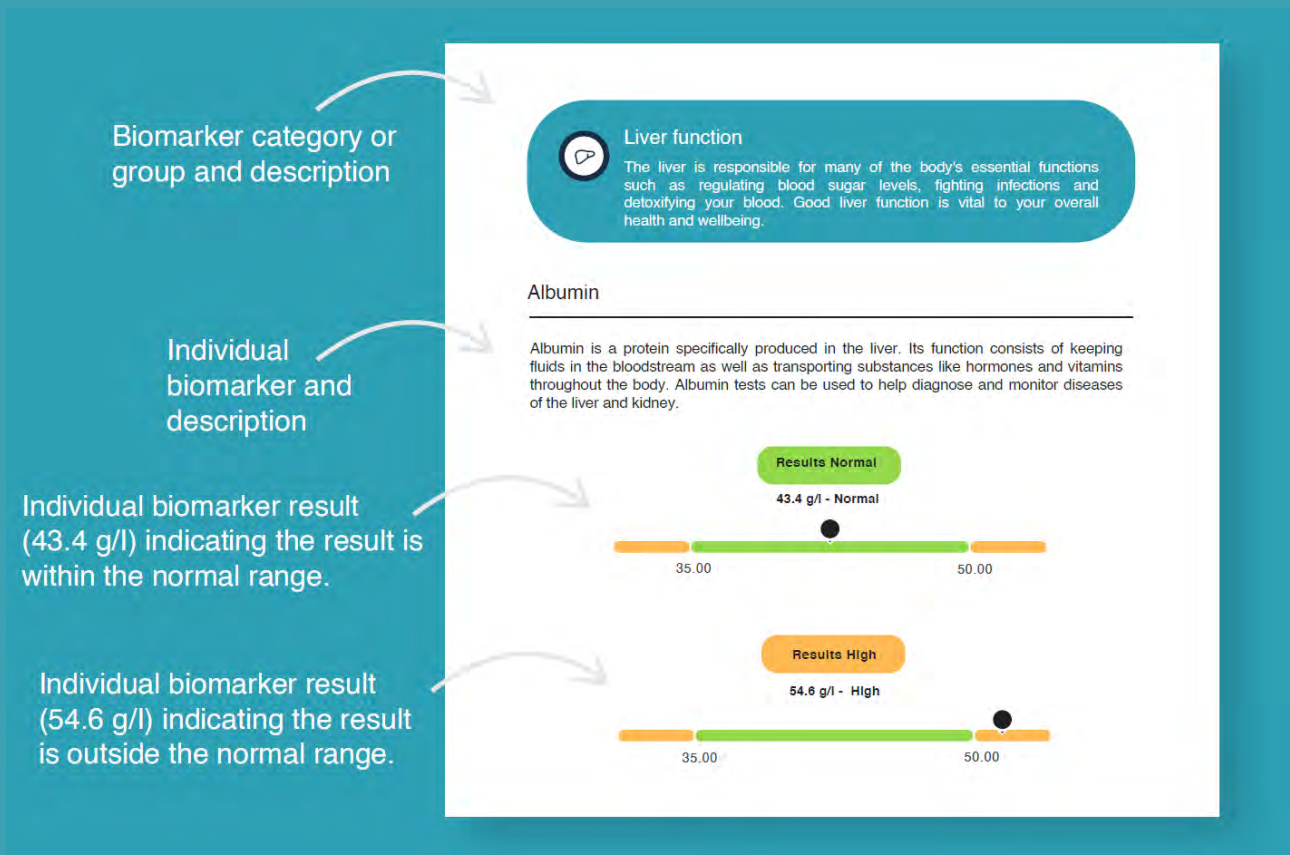
Understanding your results

Example only. This is not your blood test result. This is only intended to show you how to read your results in the report below.

Laboratory results are provided with reference ranges which are based on the normal test results of a large group of healthy people from the same age group and gender as yourself.

Sometimes, healthy people get results outside the reference range, while people with health problems can have results in the normal range. If your results fall outside the reference range, or if you have symptoms despite a normal result, you may require more testing or wish to discuss the result with your GP.

For simplicity, we have provided your results graphically, so they are easy to understand. Any result flagged amber is outside of the standard range. Normal results are in green. Please see the figure below.



If you see 'invalid result' on any of your report pages, it's nothing to worry about. Please call our Customer Service team on 020 7183 3718 and if required we will be able to arrange another blood test appointment free of charge or post you a home testing kit which you can post back to our laboratory.

Doctor's Report

Dear ,

Thank you for coming to us to find out more about your health. We hope this information can be of some guidance to help you live a healthier, happier and longer life.

We summarise the key elements here, but please read the complete report as there is more detail about the tests and what they indicate below.

Blood Tests:

It is important to note that blood tests alone are not a substitute for seeing a doctor, particularly if you are feeling unwell. You should not make a diagnosis or start any treatment without a consultation with a doctor or a suitably trained healthcare professional. There are many times when test results which are out of range are entirely insignificant but there are other times when they are not. They always need to be interpreted in the context of the rest of your health and this can only really be determined with a full clinical history and examination.

Having said that, if viewed without knowing anything about your health otherwise, there are some results outside the average range.

Your alkaline phosphatase level is slightly lower than normal. Whilst slightly low levels are usually not a cause for concern, there are a few reasons and factors that may decrease them e.g., not getting enough zinc or magnesium or a rare genetic disorder called hypophosphatasia (HPP) which affects bones and teeth, amongst others. I would advise you to discuss this result with your GP to consider if further investigations are warranted.

Your serum iron and transferrin saturation levels are high. This is commonly caused by the recent intake of iron-rich foods and or an iron supplement. I would advise you to discuss this result with your GP in the context of your overall health to consider further investigations and follow-up.

Your overall cholesterol profile is high across most tests. If you are not already aware of this it may be sensible to see a doctor to consider ways to treat this. Lifestyle changes such as a healthy diet and exercise should be considered but there are times when you need more help and this can take the form of medication, especially if you also have other health concerns such as high blood pressure or if you're overweight.

Your total cholesterol over HDL ratio (= cardiovascular risk calculation) is still normal because your HDL (considered "good cholesterol") is higher than normal, which is good. Even though HDL cholesterol is considered cardio-protective we would still advise lifestyle changes for elevated lipid levels in general.

Below are a few lifestyle changes that might lower your lipid levels:

- eat heart-healthy foods like foods rich in omega-3 fatty acids, increase soluble fibre into your diet, eliminate trans fats and reduce saturated fats
- increase your daily physical activity
- lose weight if you are overweight
- drink alcohol in moderation if you drink
- if you are a smoker: consider to stop smoking

Your vitamin D level is lower than it should be. This is most likely due to a lack of sunshine and/or a lack of vitamin D in your diet. Low levels can cause fatigue/tiredness, a weakened immune system, low mood and can also reduce fitness. I would recommend that you start taking a daily vitamin D 1000iu supplement. Consider rechecking your Vitamin D level in 3 months with a blood test.

Your RDW (Red Cell Distribution Width) is out of range. This test is a measurement of the range in volume and size of your red blood cells. A low RDW means your red blood cells are all about the same size. I would advise you to discuss this result with your GP to consider if further investigations are indicated.

Other Tests:

We checked your blood pressure and your reading was 122 (Systolic) / 93 (Diastolic) mmHg, which is higher than average. If you are not already aware of this, you should see your GP to check whether the increase in your blood pressure is persistent and if so, to consider treatment options.

Your body mass index was within the healthy range, which suggests that you are at a healthy weight. Keep up the good work.

Your grip strength suggests that you are not at high risk of health problems related to this measure.

At your health check, your ECG suggested you do not have atrial fibrillation which is a heart condition that causes an irregular and often abnormally fast heart rate.

Based on your body fat percentage measurement (26.30%), you are not at high risk of health problems because of the amount of fat in your body.

Your peak respiratory flow test has not identified any significant lung function impairment. Avoiding cigarette smoke and keeping fit will maintain lung health. If you are on treatment for lung conditions, ensure you take your medications and see your doctor for medical reviews.

You can be pleased about your waist measurement as it suggests that you don't have more belly fat tissue than recommended.

Your alcohol consumption level is acceptable as you are not currently drinking more than the weekly alcohol cut-off considered harmful to your health.

Your diet questionnaire suggests you are not eating a well-balanced variety of healthy foods. If you eat foods and drinks containing sugar, eat them mainly at mealtimes rather than in between meals, to reduce the risk of tooth decay. Reducing the amount of salt in your diet can also help keep your blood pressure down.

Your exercise questionnaire suggests that you are not currently at high risk of health problems because of a lack of exercise. Keep up the good work.

We were pleased to hear that you do not smoke which is very good news for your health.

From your responses to the questions about anxiety and depression, it would appear that you do not have any significant problems with your mental health.

I hope this has been helpful and please let us know if there is anything else we can assist with.

Wishing you the best of health,

Diego

Dr Diego Fernando Moreno Pereira, MD

London Medical Laboratory



Background Information

We ask for general background information as part of our Health Check because this kind of information can suggest potential health risks and can help us evaluate the results of your Health Check laboratory tests and clinical measurements.

Thanks for taking the time to let us know about:

Question	Answer given
Current medical conditions	Very good
Past medical conditions	Very good
History of surgery / operations	None
Current medications	None
Allergies	None
Alcohol per week	Not Reported
Cigarette smoker	No
Family medical history	None

Blood test results

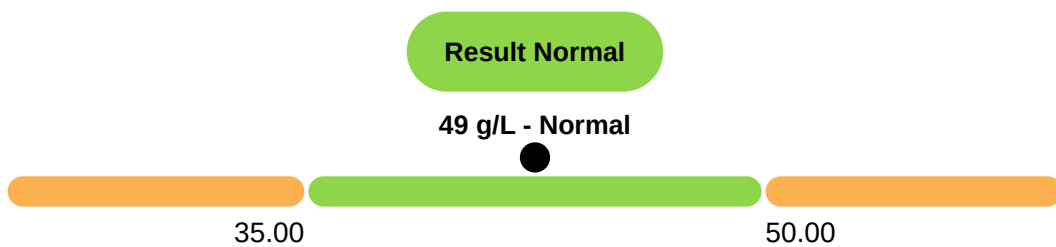


Liver Function

The liver is responsible for many of the body's essential functions such as regulating blood sugar levels, fighting infections and detoxifying your blood. Good liver function is vital to your overall health and wellbeing.

Albumin

Albumin is a protein specifically produced in the liver. Its function consists of keeping fluids in the bloodstream as well as transporting substances like hormones and vitamins throughout the body. Albumin tests can be used to help diagnose and monitor diseases of the liver and kidney.



Comment: No comment

Globulin

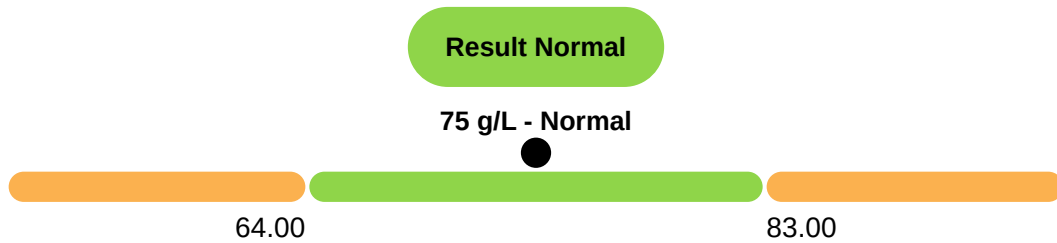
Globulin is a protein produced in the liver by the immune system. It is important in liver function, blood clotting and fighting infections. Globulin tests can be used to diagnose conditions including liver damage or disease, kidney disease and autoimmune disorders.



Comment: No comment

Total Protein

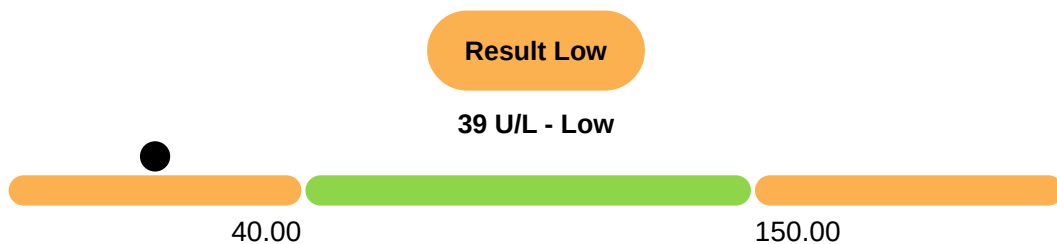
Total Protein is the total amount of two proteins found in the serum of the blood, these are albumin and globulin. Albumin is needed to keep fluid in the bloodstream whereas globulin is an essential part of the immune system. Total protein tests are used as an indicator to there being a problem with albumin or globulin levels.



Comment: No comment

Alkaline Phosphate (ALP)

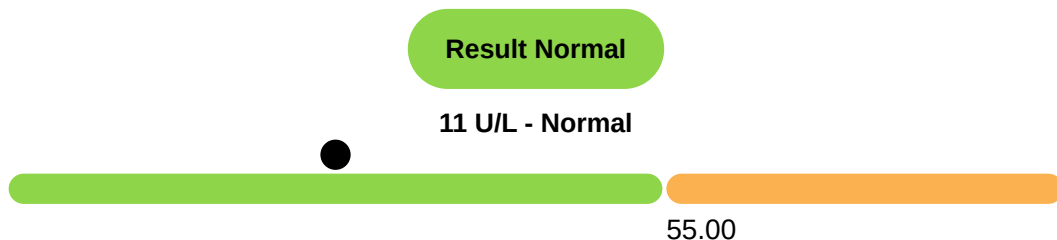
Alkaline Phosphate (ALP) is an enzyme found mostly in the liver and bone. ALP tests can be used to diagnose liver or bone disease.



Comment: No comment

Alanine Transaminase (ALT)

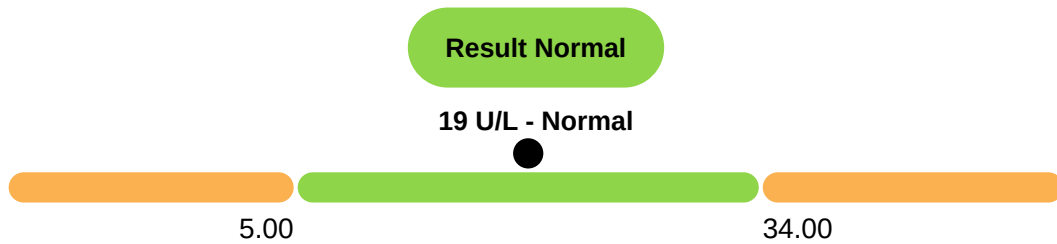
Alanine Transaminase (ALT) is an enzyme which can be found mostly in the liver and in small amounts in the heart, kidneys and the skeletal muscle. It is released into the bloodstream during an injury to the heart, liver, kidney and skeletal muscle. ALT tests can be used to diagnose liver disease.



Comment: Reference ranges apply to adults (>18 years).

Aspartate Aminotransferase (AST)

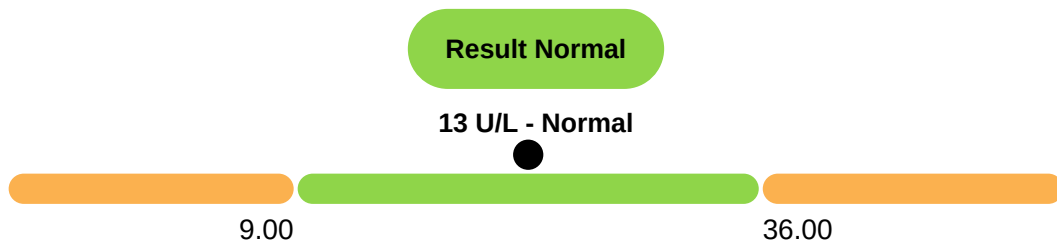
Aspartate Aminotransferase (AST) is an enzyme produced by the liver. It is released into the bloodstream during an injury of the heart, liver and skeletal muscle. AST tests can be used to detect liver disease.



Comment: Reference ranges apply to adults (>18 years)

Gamma Glutamyl Transferase (GGT)

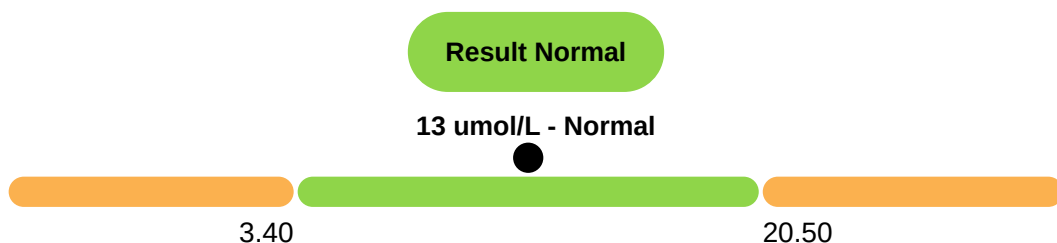
Gamma Glutamyl Transferase (GGT) is an enzyme mostly found in the liver and is also present in the gallbladder, spleen, pancreas and kidney. It is a significant enzyme used in the liver metabolism of drugs and other toxins. GGT tests can be used to detect liver disease and bile duct injury.



Comment: No comment

Total Bilirubin

Total Bilirubin is a test which measures the amount of bilirubin in the blood. Bilirubin can be found in bile to help digest food. It is also produced from broken down haem, which is old red blood cells that used to carry oxygen around the body. Total bilirubin tests can be used to diagnose and monitor liver diseases and certain types of anaemia.



Comment: No comment

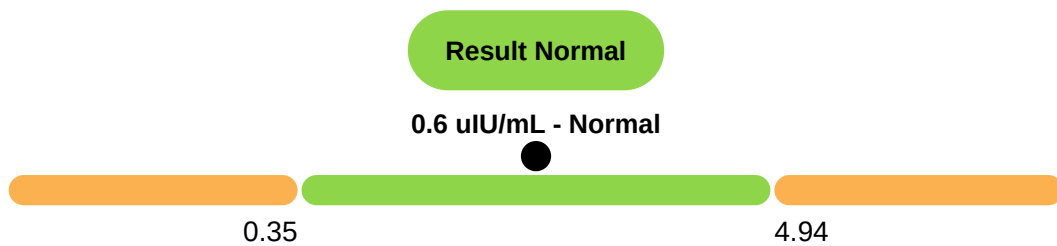


Thyroid

Thyroid disorders are common but often remain undiagnosed. If your thyroid isn't functioning properly it can cause tiredness, mood problems and weight issues.

Thyroid Stimulating Hormone

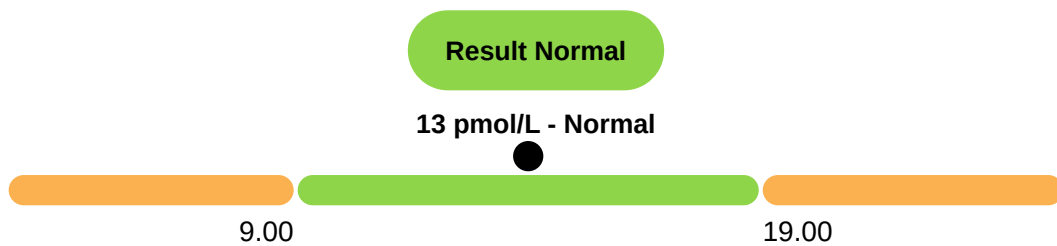
Thyroid Stimulating Hormone (TSH) are made by the pituitary gland in the brain to stimulate the thyroid gland (located by the throat). The hormones that are produced are used to regulate weight, body temperature and muscle strength. Levels of TSH are measured as it is an indicator of thyroid disease and is commonly tested with Free T4 and Free T3.



Comment: No comment

Free T4 (throxine)

Free T4 (free thyroxine) is a hormone produced by the thyroid gland. This hormone is involved in several body functions including metabolism and growth. It can be used for the diagnosis of thyroid diseases such as hypothyroidism or hyperthyroidism as well as aiding the diagnosis of female infertility problems. Free T4 is commonly tested with Free T3 and TSH.



Comment: No comment

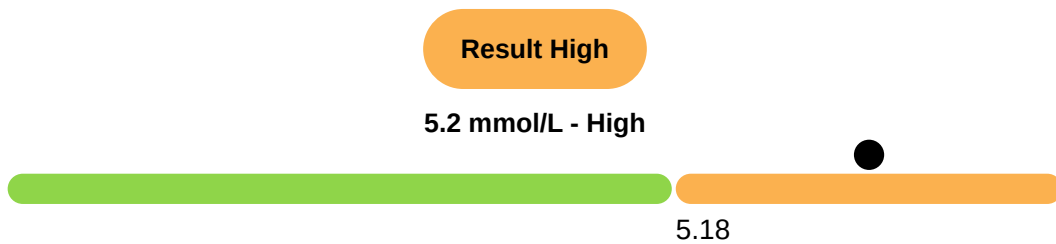


Cholesterol

High cholesterol levels can cause your arteries to become blocked - leading to coronary heart disease, heart attack or stroke. Finding out about high levels of cholesterol can help you to make the positive lifestyle and dietary changes needed to improve your chances of a long and healthy life.

Total Cholesterol

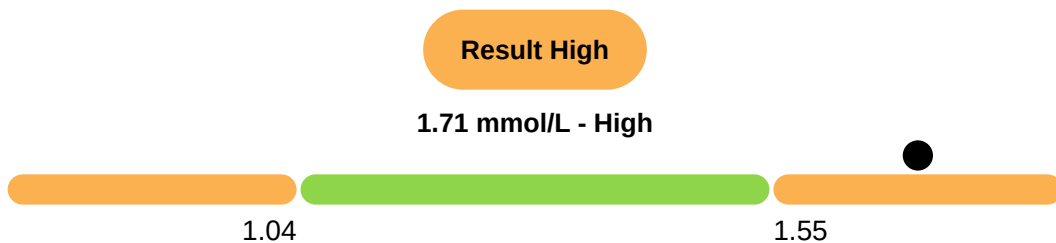
Total Cholesterol is a measurement of the total amount of cholesterol in the blood. This includes low-density and high-density lipoprotein cholesterol. Cholesterol is used to produce hormones for development, growth and reproduction.



Comment: No comment

High Density Lipoprotein (HDL)

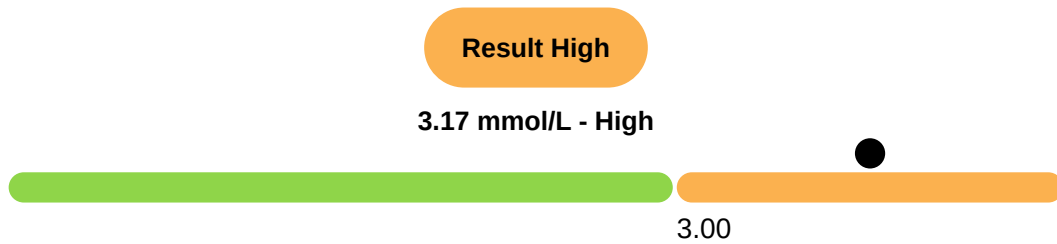
High Density Lipoprotein (HDL) is a form of cholesterol which is considered 'good' cholesterol because it helps remove cholesterol from the heart's arteries.



Comment: No comment

Low Density Lipoprotein (LDL)

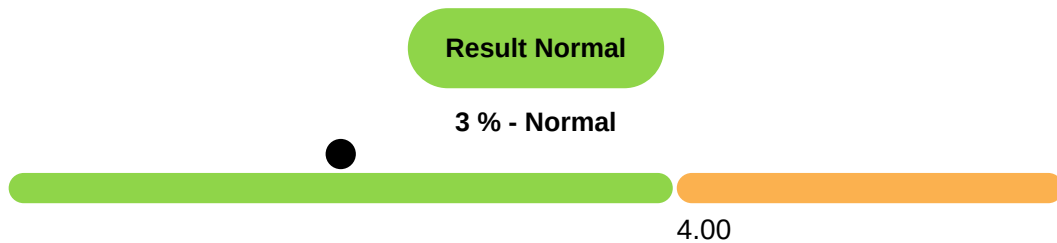
Low Density Lipoprotein (LDL) is considered 'bad' cholesterol because it contributes to cholesterol build-up and blockage in the arteries.



Comment: No comment

Total Cholesterol: HDL Ratio

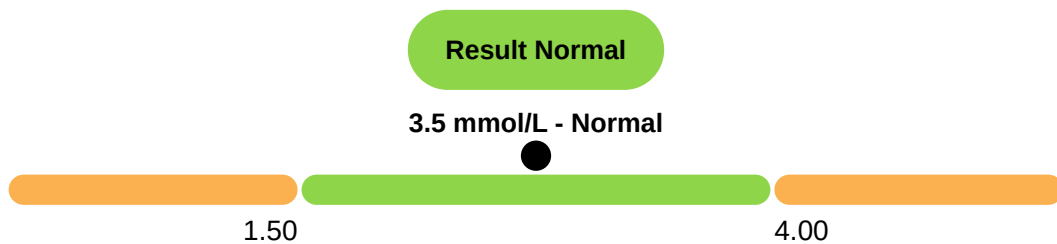
Total Cholesterol: HDL Ratio is a mathematical calculation which indicates the ratio of total cholesterol versus 'good' (HDL) cholesterol in the blood.



Comment: No comment

Non-HDL Cholesterol

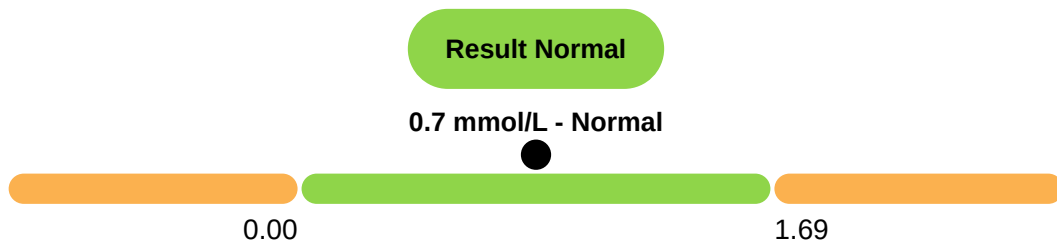
Non-HDL Cholesterol is a measurement of the total amount of cholesterol in the blood excluding the 'good' high-density lipoprotein cholesterol (HDL).



Comment: No comment

Triglyceride

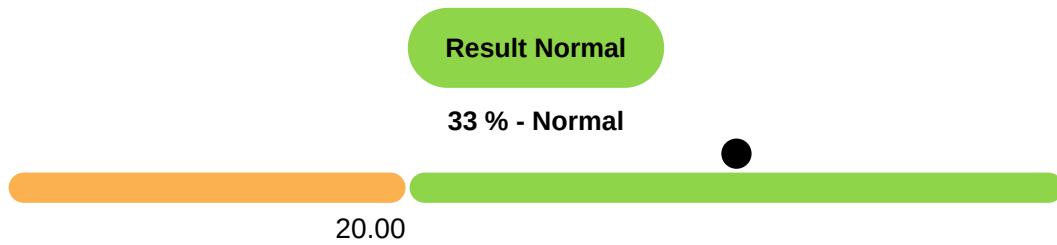
Triglyceride is another type of fat (not the same as cholesterol) found in the bloodstream.



Comment: No comment

HDL percentage

This is the percentage of Total Cholesterol that consists of 'good' (HDL) cholesterol.



Comment: No comment

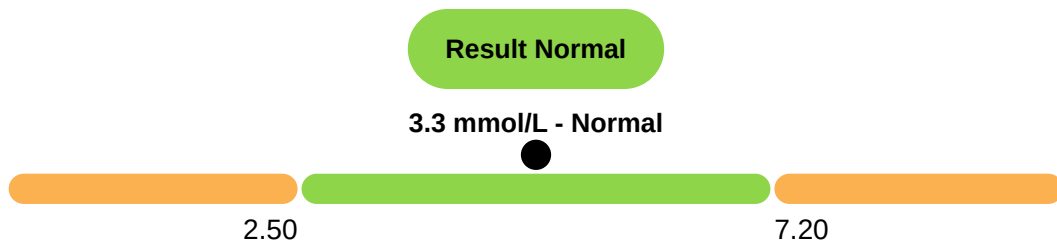


Kidney Function

Your kidneys play a vital role in keeping your body functioning including the removal of waste products, releasing hormones to regulate blood pressure and controlling the production of red blood cells. A healthy kidney function is vital to your overall health and wellbeing.

Urea

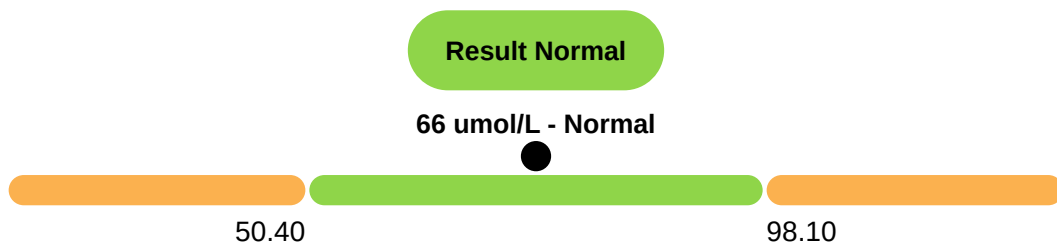
Urea is a waste product of the amino acids found in proteins. It is released into the bloodstream and the kidney filters urea out of the blood and excretes it in the urine. Urea tests are used to show how well the kidneys are working as well as an indicator for diseases affecting the kidneys and liver.



Comment: No comment

Creatinine

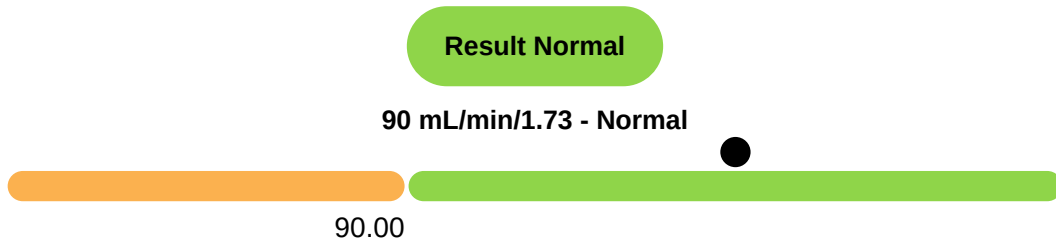
Creatinine is a waste product produced by the muscles during contraction. It can be found in the blood and urine as it is excreted by the kidneys. Creatinine tests are used as an indicator of whether the kidneys are working normally.



Comment: Reference ranges apply to adults (>18 years)

Glomerular Filtration Rate

Glomerular Filtration Rate (GFR) is a measurement of glomerular function. Glomeruli are the filters in the kidney used to filter waste products from the blood. GFR tests are used to detect and monitor changes in the kidney status.



Comment: For UK guidelines: www.renal.org/information-resources CKD-EPI eGFR is not suitable for calculating drug dosages or for patients with unstable creatinine or extremes in muscle mass or diet. Please note: reference range changed on 04/11/2022

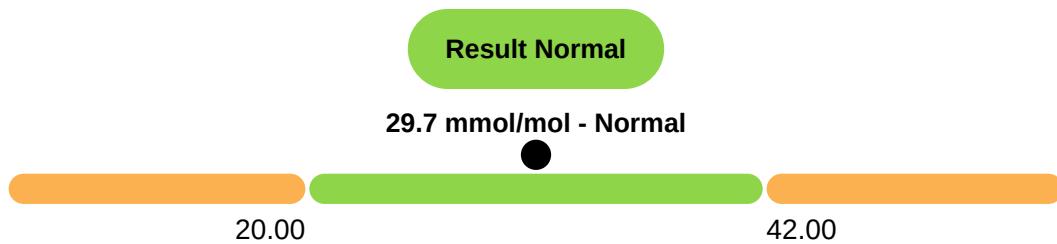


Diabetes

Checking your levels of HbA1c is a way of confirming if you have (or are at risk of developing) diabetes. Unmanaged or undiagnosed diabetes is one of the leading causes of mortality. For anyone who already knows they have diabetes, regular HbA1c checks are essential to monitor progress.

HbA1c (Glycosylated Haemoglobin)

Haemoglobin A1c (HbA1c) test is used to measure the average level of blood sugar over the past two to three months and is commonly used to diagnose and monitor diabetes. The sugar is called glucose which builds up in the blood and binds to the haemoglobin in the red blood cells.



Comment: HbA1c is accepted for the diagnosis of type 2 diabetes in the UK. However it should not be used in the following context: haemoglobinopathy trait, anaemia, pregnancy and childhood.

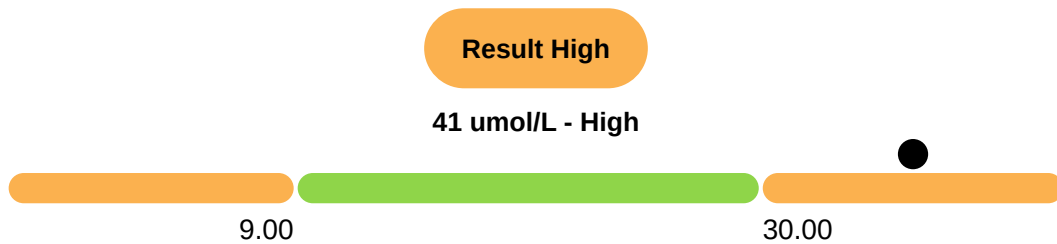


Iron Studies

Iron studies are a set of blood tests used to measure the amount of iron carried in the blood and stored in the bodies tissues. Iron deficiency can be the cause of a wide range of symptoms such as fatigue, chest pains and a shortness of breath.

Iron

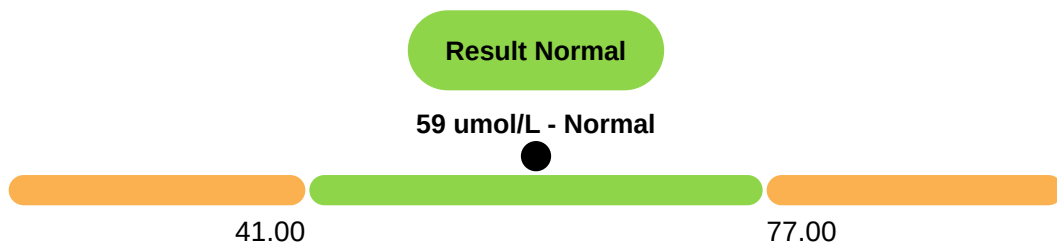
Iron is a mineral which is needed for making red blood cells, which transports oxygen in the blood, and is important for healthy muscles, bone marrow and organ function. Iron is measured to show the amount of iron in the blood. Low levels of iron can indicate anaemia whereas high levels can indicate liver disease.



Comment: No comment

Total Iron Binding Capacity

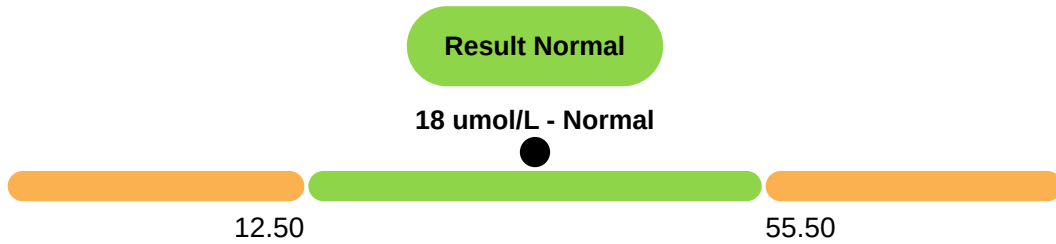
Total Iron Binding Concentration (TIBC) is the maximum amount of iron that can be transported in the blood. Iron is used for the transportation of oxygen in the blood. TIBC tests are used to determine iron status and its absorption. This can be used to help diagnose Anaemia and iron overload conditions such as Haemochromatosis. Your TIBC will be impaired if you also have existing liver disease.



Comment: No comment

Unsaturated Iron Binding Capacity

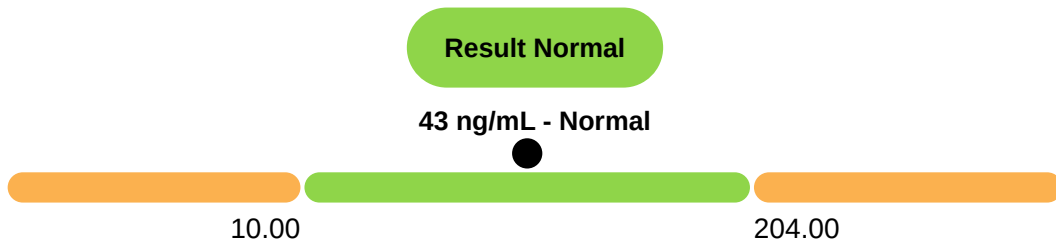
Unsaturated Iron Binding Concentration (UIBC) is the amount of transferrin that is reserved for the iron transportation. Iron is used for the transportation of oxygen in the blood. UIBC tests are used to monitor treatment for iron toxicity.



Comment: No comment

Ferritin

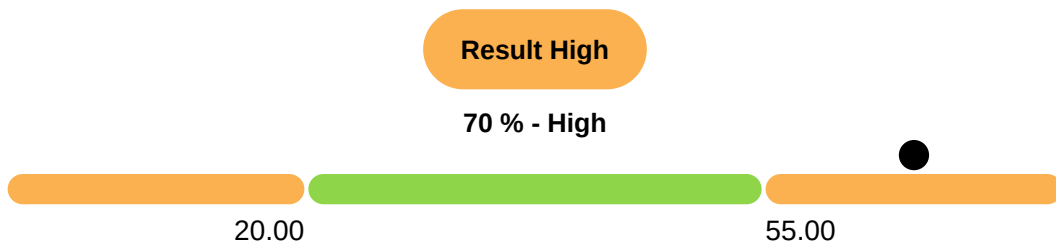
Ferritin is a blood protein that is used to store iron. Iron is used for the transportation of oxygen in the blood. It is measured to understand how much iron the body stores. Ferritin test are used to diagnose anaemia and liver disease.



Comment: Please note change in reference range (25/08/2022). Ferritin levels below 30 ng/mL have been reported as indicative of iron deficiency anaemia.

Transferrin Saturation

Transferrin is an iron-binding glycoprotein that is produced by the liver. It is used to transport iron which transports oxygen in the blood. Transferrin tests are used to determine iron status and can be used to diagnose anaemia. Transferrin saturation is the value of serum iron divided by the total iron-binding capacity of the available transferrin.



Comment: No comment



Gout

Gout is a common and complex form of arthritis that can affect anyone and is caused by high levels of uric acid. Once diagnosed there are ways to manage symptoms and prevent recurrence.

Urate (Uric Acid)

Urate (Uric Acid) is a product of the breakdown of purines from substances such as DNA or from digesting certain food and drinks like alcoholic beverages. It is removed by the kidneys and excreted in the urine or in the stools. Urate tests are used to detect gout and diagnose the cause of recurring kidney stones formation.

Result Normal

0.26 mmol/L - Normal



Comment: No comment

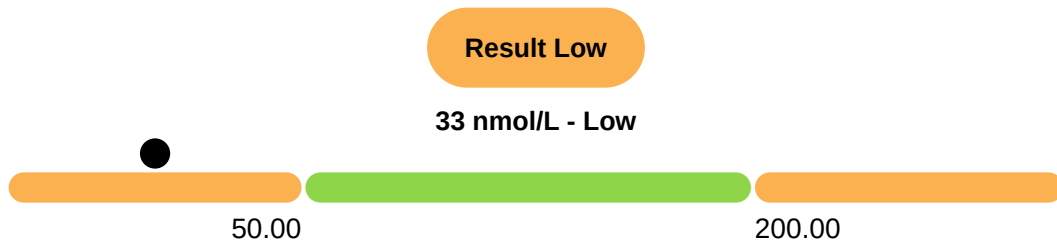


Vitamin

Vitamins are a group of substances that our bodies need for normal cell function, growth and development. Vitamin deficiencies can be the cause of a wide range of common symptoms and conditions.

Vitamin D

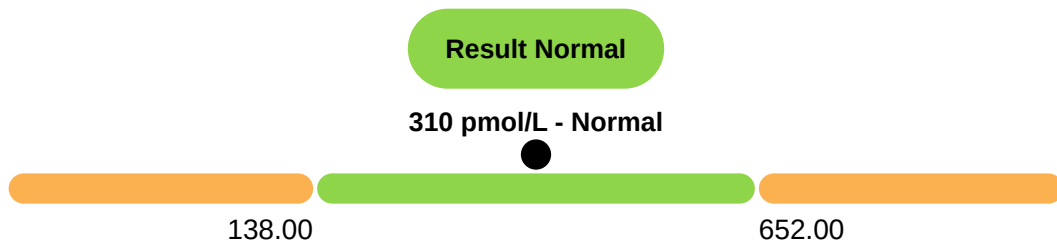
Vitamin D is a vitamin which is used in the regulation of calcium and magnesium absorption from the gut, it is also important for the growth and health of bones. Vitamin D comes from two sources; it can be ingested from foods and supplements or be produced in the skin once it is exposed to sunlight. Vitamin D tests are used to identify vitamin D deficiency and to monitor diseases that interfere with fat absorption like Crohn's disease.



Comment: Interpretation of results: Deficient <25 nmol/L Insufficient 25 - 49 nmol/L Normal Range 50 - 200 nmol/L Consider reducing dose >200 nmol/L

Vitamin B12

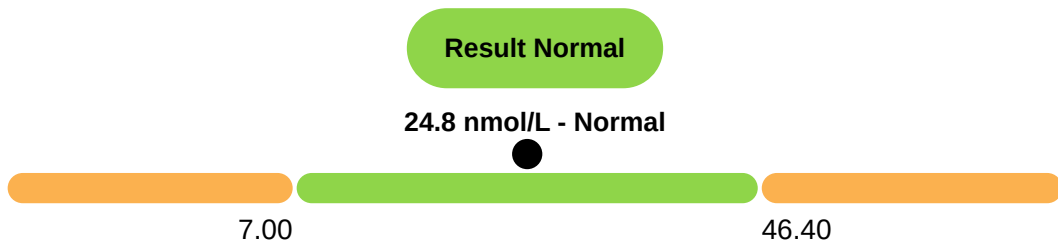
Vitamin B12 is a vitamin which is necessary for the formation of red blood cells, tissue and cellular repairs and nerve health. It can be found in animal products such as poultry, milk and eggs. Vitamin B12 tests are used to help diagnose the cause of anaemia.



Comment: Levels above 295 pmol/L are rarely associated with B12 deficiency induced haematological or neurological disease respectively.

Folate

Folate (Vitamin B9) is a vitamin which is necessary for the formation of red blood cells, tissue and cellular repairs and is important during pregnancy. It can be found in leafy green vegetables, yeast and citrus fruits. Folate tests are used to help diagnose the cause of anaemia.



Result Normal

24.8 nmol/L - Normal

7.00

46.40

Comment: Folate deficiency is typically associated with serum levels less than 7.9 nmol/L.

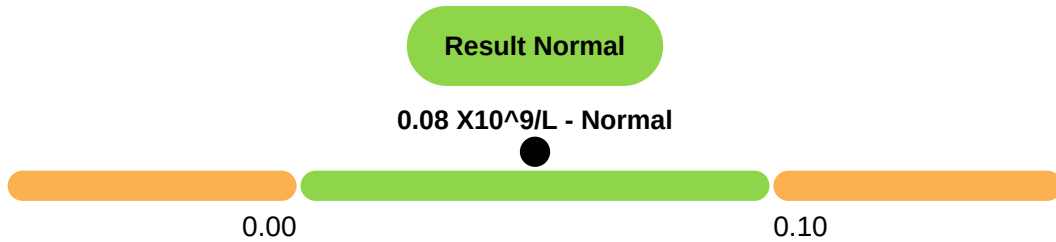


Blood Cells

A full blood count can be used to check your overall health and may help detect a wide range of issues such as infection, anaemia and leukaemia.

Basophils

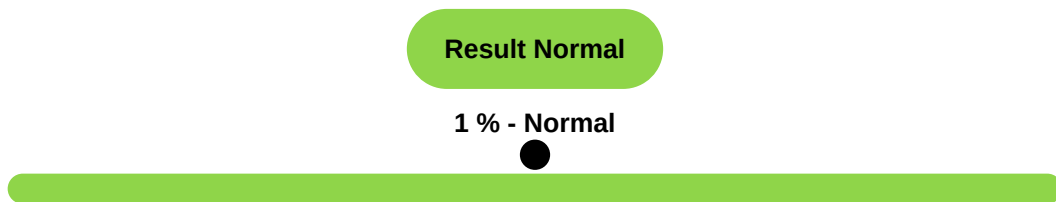
Basophils are one of the several kinds of white blood cells you have in your body. Basophils are a part of your immune system and are created inside of your bone marrow.



Comment: No comment

Basophils percent

This is a laboratory calculation based on the number of basophils as described in the section above.



Comment: No comment

Haematocrit

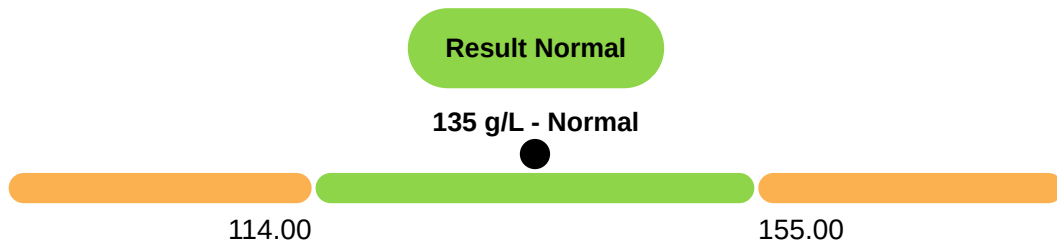
This test tells how much of your blood is made up of red blood cells. A low score may be a sign that you don't have enough iron, the mineral that helps your body make red blood cells. A high score could mean you're dehydrated or have another condition.



Comment: No comment

Haemoglobin

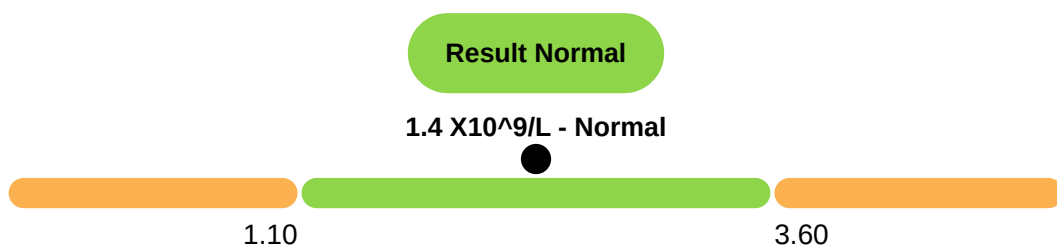
This is the protein in your blood that holds oxygen.



Comment: No comment

Lymphocytes

Lymphocytes are a type of white blood cell. They're an important part of your immune system.



Comment: No comment

Lymphocytes percent

This is a laboratory calculation based on the number of lymphocytes as described in the section above.

Result Normal

19 % - Normal



Comment: No comment

Mean Cell Haemoglobin

Mean Cell Haemoglobin is the average mass of hemoglobin (Hb) per red blood cell (RBC) in a sample of blood.

Result Normal

32.8 g/L - Normal



Comment: No comment

Mean Cell Haemoglobin Concentration

Mean Cell Haemoglobin Concentration is the average concentration of hemoglobin in your red blood cells.

Result Normal

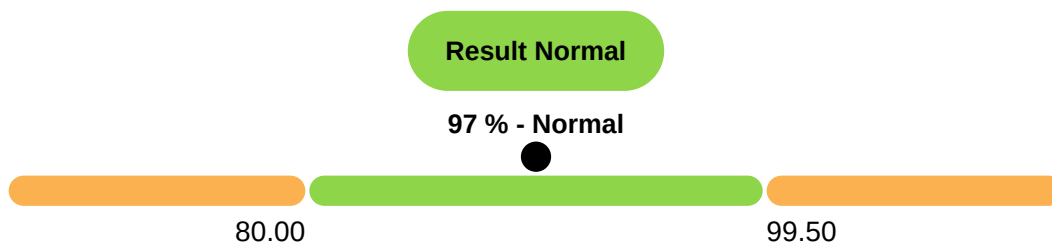
338 g/L - Normal



Comment: No comment

Mean Corpuscular Volume

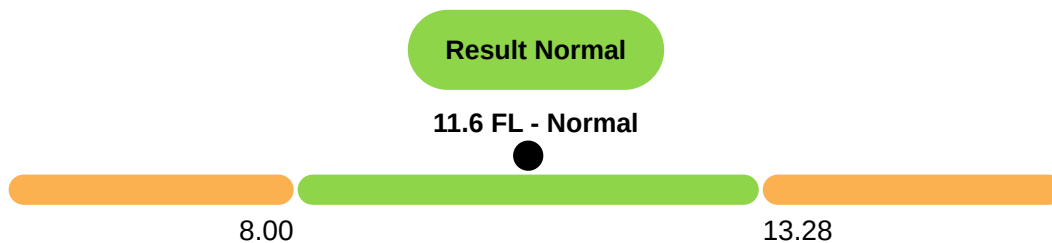
MCV blood test measures the average size of your red blood cells.



Comment: No comment

Mean Platelet Volume

Mean Platelet Volume (MPV) tests show the mean number of platelets you have in your blood.



Comment: No comment

Monocytes

Monocytes are a type of white blood cell in your immune system. Monocytes turn into macrophage or dendritic cells when an invading germ or bacteria enters your body. The cells either kill the invader or alert other blood cells to help destroy it and prevent infection.



Comment: No comment

Monocytes percent

This is a laboratory calculation based on the number of monocytes as described in the section above.

Result Normal

7 % - Normal



Comment: No comment

Neutrophils

Neutrophils are a type of white blood cell. They make up the biggest number of all kinds of white blood cells. They kill and digest bacteria and fungi to help your body fight infections and heal wounds.

Result Normal

5.6 X10⁹/L - Normal



Comment: No comment

Neutrophils percent

This is a laboratory calculation based on the number of neutrophils as described in the section above.

Result Normal

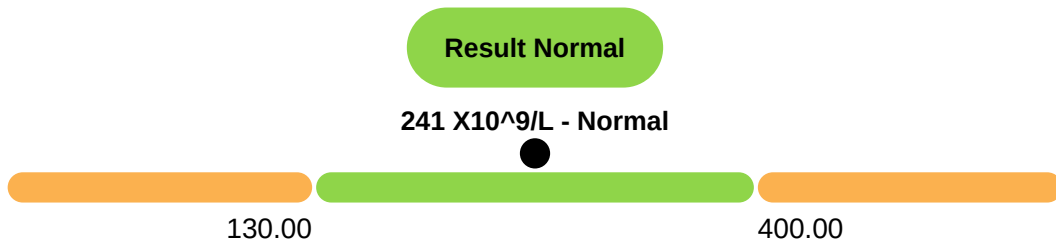
74 % - Normal



Comment: No comment

Platelet Count

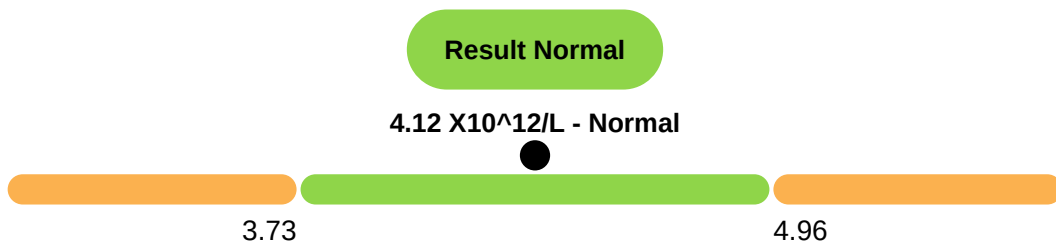
A platelet count is a lab test to measure how many platelets you have in your blood. Platelets are parts of the blood that help the blood clot.



Comment: No comment

Red Cell Count

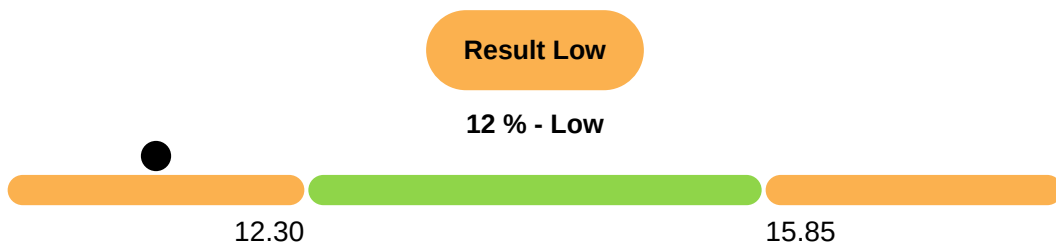
A red blood cell (RBC) count is a blood test that tells you how many red blood cells you have.



Comment: No comment

Red Cell Distribution Width

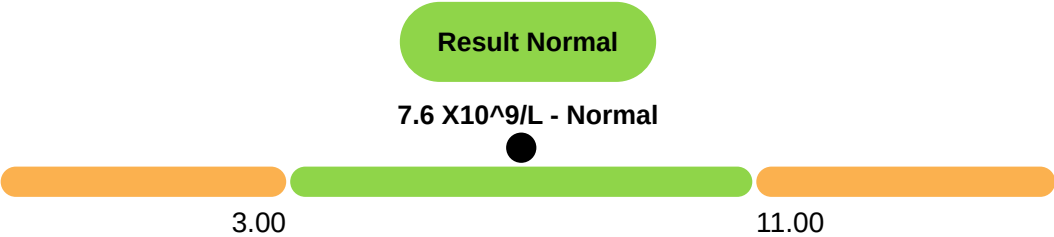
A red cell distribution width (RDW) test measures the differences in the volume and size of your red blood cells (erythrocytes)



Comment: No comment

White Cell Count

The White Cell Count measures the number of white cells in your blood.



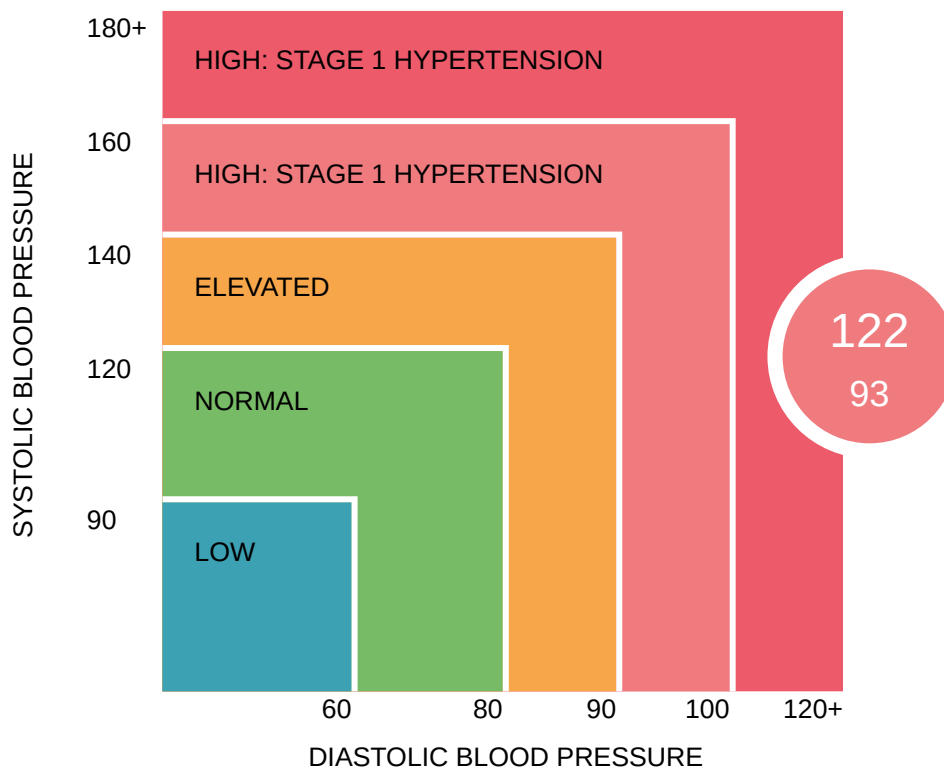
Comment: No comment

Personal Health Measurements



Blood Pressure

Blood pressure is the strength with which your blood is pushed around your body. Low blood pressure (hypotension) is not usually a problem, although it can cause dizziness and fainting. High blood pressure (hypertension) can increase your risk of developing serious problems, if not treated. Generally, ideal blood pressure is considered to be between 90/60 mmHg and 120/80 mmHg. High blood pressure is considered to be 140/90 mmHg or higher and low blood pressure to be 90/60mmHg or lower. Please see the figure below.



The risks that may arise if someone has high blood pressure include:

- Heart attack or stroke
- Heart failure
- Kidney damage
- Eye problems
- Dementia

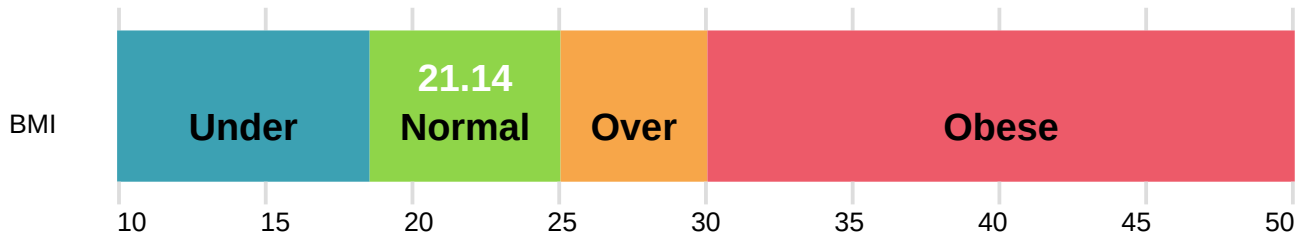
Result - 122 (Systolic) / 93 (Diastolic) mmHg

At your Health Check, your blood pressure reading was **122 (Systolic) / 93 (Diastolic) mmHg**. Your blood pressure is high, and you require further assessment by your GP.



Body Mass Index (BMI)

BMI takes into account natural variations in body shape, giving a healthy weight range for a particular height. Muscle is much denser than fat, so very muscular people, such as heavyweight boxers, weight trainers and athletes, may be a healthy weight even though their BMI is classed as obese. Please see the figure below for guidance. It can be very hard to change long-term habits in the areas of eating, exercise, alcohol and smoking. You don't have to do it on your own. With support from friends, family and professionals, you're more likely to be successful. That's why London Medical Laboratory wants to use the opportunity presented by a Health Check to prompt you to make healthy decisions.



Result - Height: 159.00 cm / Weight: 53.45 kg

BMI calculation: 21.14

Good news, your BMI suggests that you are a healthy weight. Keep up the good work and maintain a healthy weight through diet and exercise.



Grip Strength

Grip strength is a measure of muscular strength or the maximum force/tension generated by one's forearm muscles. It can be used as a screening tool for the measurement of upper body strength and overall strength. It is most useful when multiple measurements are taken over time to track performance. Research indicates that grip strength can predict physical disability (such as cardiovascular disease, hip fractures, cognitive decline) and help evaluate a patient's overall health.

Result - Average: 67.82

Good news, your grip strength suggests that you are not at high risk of health problems that are thought to relate to this measure. Keep up the good work.



1-Lead ECG

Single-lead electrocardiograms (1-lead ECGs) are used for the detection and monitoring of atrial fibrillation, bradycardia, tachycardia & normal heart rhythm.

Result - 64.00 BPM, Atrial Fibrillation - No

At your health check your heart rate was 64.00 beats per minute which is within the normal range. Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness. Enhancing your overall fitness may improve this acceptable result and reduce your heart rate even further.

Good news. At your health check your ECG suggested you do not have atrial fibrillation which is a heart condition that causes an irregular and often abnormally fast heart rate.



Body Fat

Measuring Body Fat Is Important for determining fitness. Carrying too much fat is a condition called obesity, and it puts a person at risk for many serious medical conditions including heart disease, diabetes and even certain forms of cancer.

Result - 26.30 %

Good news. Your body fat percentage at your health check was found to be 26.30%. This means you are not at increased risk of health-related problems as a result of the amount of fat in your body. Keep up the good work.



Peak Respiratory Flow

Peak respiratory flow is a test to measure the rate at which air flows out of the lungs. It can be used to assess the health of your lungs. Peak respiratory flow will vary depending on your age, your height and whether you're a man or a woman. The expected values are higher in younger people, taller people and men. Normal adult peak flow generally range between around 400 and 700 litres per minute, although scores in older women can be lower and still be normal. The most important thing is whether your score is normal for you and whether it is going up or down over time.

Result - Max: 550

Good news, your peak respiratory flow is within the normal range and has not identified any significant impairment of your lung function. To maintain lung health, avoid cigarette smoke, pollution and keep physically fit. If you are being treated for lung conditions such as asthma or chronic obstructive pulmonary disease, ensure that you take any prescribed medications and regularly see your doctor for medical reviews.



Waist Circumference

Waist measurements are a good way to check you're not carrying too much fat around your stomach, which can raise your risk of heart disease, type 2 diabetes and stroke.

Result - 75.00 cm

Good news, your waist measurement suggests that you are not carrying too much adipose (fat tissue) around your stomach. Keep up the good work and maintain a healthy amount of body fat through diet and exercise.



Alcohol

Alcohol overuse increases the risks of many significant health problems including:

- High Blood Pressure
- Strokes
- Pancreatitis
- Liver Disease & Cirrhosis
- Mouth Cancer
- Oesophageal Cancer
- Breast Cancer
- Bowel Cancer
- Accidents & Injuries
- Depression
- Infertility
- Dementia

Result

Good news, your responses to the questionnaire about alcohol suggest that you are at low risk of alcohol-related health problems. It's recommended to drink no more than 14 units of alcohol a week, spread across 3 days or more. That's around 6 medium (175ml) glasses of wine, or 6 pints of 4% beer. There's no completely safe level of drinking, but sticking within these guidelines lowers your risk of harming your health. Keep up the good work.



Diet

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight. If you have special dietary needs or a medical condition you should ask your doctor or a registered dietitian for advice.

Result

Fruit and Vegetables

Your diet questionnaire suggests that your diet is good in this area.

Fat

Your diet questionnaire suggests that your diet is good in this area.

Starchy foods

Your diet questionnaire suggests that your diet is good in this area.

Sugar

Foods high in added sugar include soft drinks, sweets, jams, cake, puddings, biscuits, pastries and ice-cream. If you eat foods and drinks containing sugar, eat them mainly at mealtimes rather than in between meals, to reduce the risk of tooth decay.

Sugar can count for a lot of additional calories during the day, especially if you add sugar to every drink.

The guideline daily amounts for sugars are:

Men	Women
120g	90g

Guide to food labelling

A lot of sugar	A little sugar
15g or more of sugars per 100g	5g of sugars or more per 100g

Salt

Reducing the amount of salt in your diet can help keep your blood pressure down, especially if this is part of a healthy diet that includes plenty of fruit and vegetables. Reducing your blood pressure reduces your risk of having a heart attack or stroke.

The guideline daily amounts for salt are:

Men	Women
6g	6g

Guide to food labelling

A lot of salt	A little salt
1.5g of salt or 0.6g of sodium	0.3g of salt or 0.1g of sodium



Exercise

Adults should do some type of physical activity every day. Exercise just once or twice a week can reduce the risk of heart disease or stroke.

Result

Good news, your responses to the questionnaire about exercise suggest that you are not currently at high risk of health problems because of a lack of exercise. Keep up the good work.

Try and do some type of physical activity every day. Exercising just once or twice a week can reduce the risk of heart disease or stroke.

Aim to do strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week.

Reduce time spent sitting or lying down and break up long periods of not moving with some activity.



Smoking

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for Tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

Result

Good news, you responded to our question about cigarette smoking by stating that you do not currently smoke. Keep up the good work.



Anxiety

Anxiety is a feeling of unease, worry or fear. We all feel anxious at times, but anxiety may be a mental health problem if your feelings are very strong or last a long time. Fortunately, there are treatments for anxiety and these usually involve a combination of lifestyle changes, talking therapies and might include medicines.

Result

Good news, your responses to the questionnaire about anxiety suggest that you are not currently at high risk of anxiety-related health problems.



Depression

Depression is a low mood that lasts for weeks or months and affects your daily life. Symptoms of depression include feeling unhappy or hopeless, low self-esteem and finding no pleasure in things you usually enjoy. Fortunately, there are treatments for depression and these usually involve a combination of lifestyle changes, talking therapies and might include medicines.

Result

Good news, your responses to the questionnaire about depression suggest that you are not currently at high risk of depression-related health problems.

Results for your Doctor

This section contains all your clinical and blood test results. Your GP may prefer to see your test results in this format. The results that fall outside the standard reference ranges are highlighted in red.

Test	Result	Units	Reference Range
Personal Health Measurements			
Height	159.00	m	N/A
Weight	53.45	kg	N/A
Blood Pressure Systolic	122	mmHg	N/A
Blood Pressure Diastolic	93	mmHg	N/A
Liver Function			
Albumin	49	g/L	35.00 - 50.00
Globulin	26	g/L	16.00 - 37.00
Total Protein	75	g/L	64.00 - 83.00
Alkaline Phosphate (ALP)	39	U/L	40.00 - 150.00
Alanine Transaminase (ALT)	11	U/L	< 55.00
Aspartate Aminotransferase (AST)	19	U/L	5.00 - 34.00
Gamma Glutamyl Transferase (GGT)	13	U/L	9.00 - 36.00
Total Bilirubin	13	umol/L	3.40 - 20.50
Thyroid			
Thyroid Stimulating Hormone	0.6	uIU/mL	0.35 - 4.94
Free T4 (throxine)	13	pmol/L	9.00 - 19.00
Cholesterol			
Total Cholesterol	5.2	mmol/L	< 5.18
High Density Lipoprotein (HDL)	1.71	mmol/L	1.04 - 1.55
Low Density Lipoprotein (LDL)	3.17	mmol/L	< 3.00
Total Cholesterol: HDL Ratio	3	%	< 4.00
Non-HDL Cholesterol	3.5	mmol/L	1.50 - 4.00
Triglyceride	0.7	mmol/L	0.00 - 1.69
HDL percentage	33	%	> 20.00
Kidney Function			
Urea	3.3	mmol/L	2.50 - 7.20
Creatinine	66	umol/L	50.40 - 98.10
Glomerular Filtration Rate	90	mL/min/1.73	> 90.00
Diabetes			
HbA1c (Glycosylated Haemoglobin)	29.7	mmol/mol	20.00 - 42.00
Iron Studies			
Iron	41	umol/L	9.00 - 30.00
Total Iron Binding Capacity	59	umol/L	41.00 - 77.00
Unsaturated Iron Binding Capacity	18	umol/L	12.50 - 55.50

Test	Result	Units	Reference Range
Ferritin	43	ng/mL	10.00 - 204.00
Transferrin Saturation	70	%	20.00 - 55.00

Gout

Urate (Uric Acid)	0.26	mmol/L	0.15 - 0.35
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Vitamin

Vitamin D	33	nmol/L	50.00 - 200.00
Vitamin B12	310	pmol/L	138.00 - 652.00
Folate	24.8	nmol/L	7.00 - 46.40

Blood Cells

Basophils	0.08	X10 ⁹ /L	0.00 - 0.10
Basophils percent	1	%	
Haematocrit	0.4	L/L	0.35 - 0.45
Haemoglobin	135	g/L	114.00 - 155.00
Lymphocytes	1.4	X10 ⁹ /L	1.10 - 3.60
Lymphocytes percent	19	%	
Mean Cell Haemoglobin	32.8	g/L	27.00 - 33.50
Mean Cell Haemoglobin Concentration	338	g/L	310.00 - 365.00
Mean Corpuscular Volume	97	%	80.00 - 99.50
Mean Platelet Volume	11.6	FL	8.00 - 13.28
Monocytes	0.5	g/L	0.30 - 0.90
Monocytes percent	7	%	
Neutrophils	5.6	X10 ⁹ /L	2.00 - 7.00
Neutrophils percent	74	%	
Platelet Count	241	X10 ⁹ /L	130.00 - 400.00
Red Cell Count	4.12	X10 ¹² /L	3.73 - 4.96
Red Cell Distribution Width	12	%	12.30 - 15.85
White Cell Count	7.6	X10 ⁹ /L	3.00 - 11.00