Your Personalised Health Screening Report

PRIVATE & CONFIDENTIAL

John Smith
25 Bushy Park Road
Rathgar
Co. Dublin

Your ref: **FH8D65B35F** Date: 26/05/2016

Dear John,

Thank you for choosing **Personal Health** for your health screening.

On the following pages is your full health report which is prepared based on your screening and test results. Used as an annual screening tool, medical screening is well known to keep people in the full of their health until much later in life.

Keep in mind that a screening process does not attempt to replace the doctor-patient relationship that you have with your GP and it cannot possibly cover all eventualities. We would advise you to discuss any health or wellbeing concerns you have with your GP.

Please take your time reading through the full report. A simple flag system of green, amber and red as illustrated below should make the report easier for you to follow.


Normal


Abnormal


Very Abnormal

Sincerely,

Dr. Jack Halligan
Personal Health

Your Report Summary

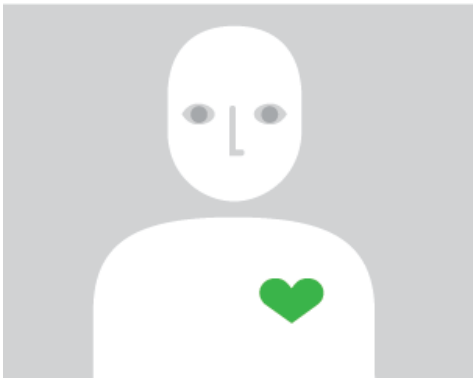
Normal

Abnormal

Very Abnormal

Report Content

- Cardiovascular Disease Risk (QRISK®2)
- Body Mass Index
- Lipid Profile
- Physical Exam
- Renal
- HBA1c
- Thyroid
- Mental Health
- Blood Pressure
- Total Cholesterol
- Electrocardiogram
- Musculoskeletal
- Liver
- Anaemia
- Testicular Self Exam
- Urinalysis



CARDIOVASCULAR DISEASE RISK (QRISK®2)

A 'risk factor calculator' is often used by doctors and nurses to predict the chances of any individual having cardiovascular disease within the next ten years. It gives the risk as a percentage, meaning that if your “risk score” is 10% that only one in ten people with the same blood pressure, sugar level and cholesterol etc. as you would be expected to have cardiovascular disease within the next 10 years.

Your QRISK®2 Cardiovascular Disease Risk Score is **24.62%**

The score for a healthy person with same age, gender and ethnicity is **3.0%**

Your relative risk is **8.3**

Your QRISK® Healthy Heart Age is:	**75**

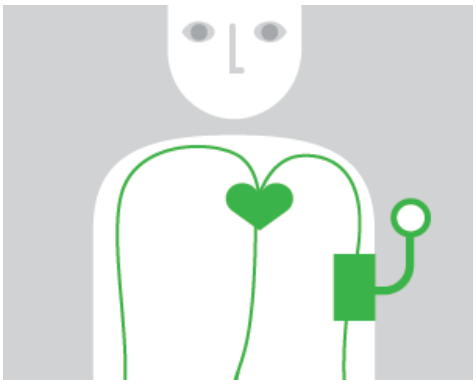
The purpose of calculating the score is that, for people at high risk, research has shown some benefit to preventative measures from exercise programmes and tackling cardiac risk factors such as weight, exercise and diet habits to taking certain preventative medication such as cholesterol lowering medication.

Given that your risk of having cardiovascular disease in the next 10 years is very high (>20%), we would recommend visiting your GP at your earliest convenience to carry out a full and formal cardiovasuclar risk assessment and to discuss preventative treatment options available.

QRISK2-2014 Disclaimer Notice

The calculations above make use of the QRISK2-2014 algorithm and related source code that was released by ClinRisk, Ltd under the GNU Lesser General Public License and has the following disclaimer:

"*The initial version of this file, to be found at http://svn.clinrisk.co.uk/opensource/qrisk2, faithfully implements QRISK2-2014. ClinRisk Ltd. have released this code under the GNU Lesser General Public License to enable others to implement the algorithm faithfully. However, the nature of the GNU Lesser General Public License is such that we cannot prevent, for example, someone accidentally altering the coefficients, getting the inputs wrong, or just poor programming. ClinRisk Ltd. stress, therefore, that it is the responsibility of the end user to check that the source that they receive produces the same results as the original code posted at http://svn.clinrisk.co.uk/opensource/qrisk2. Inaccurate implementations of risk scores can lead to wrong patients being given the wrong treatment.*"



BLOOD PRESSURE

Ideal average blood pressure, (also known sometimes as BP), is typically around 120/80.

The first number, always the higher number, is the pressure in the blood vessels when the heart is beating and the lower number is the pressure in-between beats, when the heart is relaxed.

High blood pressure is generally accepted as being persistently over 140/90 according to medical guidelines. Because of the medical problems you mentioned it is generally advised to aim for a blood pressure on the lower end of normal.

Your Blood Pressure Reading was **150/85**

This is on the high side of normal.

It is worth noting however that blood pressure can change in different circumstances, for example, stress, exercise, periods of weight gain and inactivity and many other factors can affect your blood pressure.

The only way of knowing that your blood pressure is high (even intermittently) is to have it checked regularly, even if this is only once a year.

Yours is quite possibly just slightly higher than your normal reading because you were in a clinical setting - it tends to put everyone's blood pressure up slightly!

- It is worth checking the next time you are in with your GP or in a pharmacy where they can check it.

- Smoking is known to be one of the highest risk factors with blood pressure. Giving up smoking is likely to make a huge improvement to your health. While some people choose to go “cold turkey” it can be very difficult and there are many alternative facilities available to help you.

    - Products from your pharmacy such as patches and gum can help.

    - In certain cases medication taken for about 12 weeks or so can be prescribed by your GP.

    - Many people find books and internet chat rooms helpful.

- Many online advice and support networks can also give good tips.

- Your body mass index is slightly higher than normal and can elevate blood pressure. It is also a risk factor for cardiovascular problems

- Your current exercise levels fall short of the World Health Organisation recommendation of 30 minutes brisk exercise at least 5 times a week. Increasing physical activity will help lower your blood pressure.

General Measures you can take to keep your Blood Pressure normal:

- Avoid excessive caffeine.

- Avoid stressful situations

- Keep salt to a minimum

- Try to eat at least five portions of fruit and vegetables a day.

- Keep to a healthy weight.

- Getting fitter with regular exercise will help to keep blood pressure down.

That said blood pressure is not diagnosed on a single reading but rather a series of readings or a trend. On a particularly stressful day your blood pressure could be raised and still be normal most of the time.

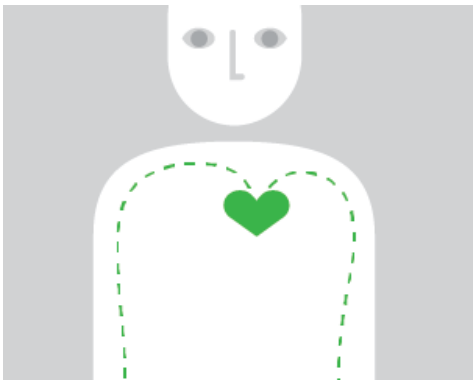
BODY MASS INDEX

Your Body Mass Index (BMI) is a measure of your body fat based on your height and weight. Your height was measured at **182.0 cms** and your weight was measured at **90.0 kgs.**

Based on these measurements, your Body Mass index is **27.2** kg/m2 (Normal Range - 19.0 - 25.0)

This is slightly higher than normal and if left unchecked can be associated with , or worsen many diseases in the future, from diabetes, blood pressure and depression to certain types of cancers. That said yours is only slightly over the normal range.

Note: BMI is simply a calculation in which the weight in kilograms is divided by the height in metres squared. It is thus of use as an estimate of body fat in most people, but can give "falsely" high results in those with high muscle mass and a low percent body fat.



TOTAL CHOLESTEROL

Cholesterol is a fatty substance known as a lipid. It is mostly made by the liver from the fatty foods we eat and is a normal part of a functioning body but having an excessively high level of lipids in your blood can have a serious effect on your health. It can increase your risk of having a heart attack or stroke.

Your cholesterol is **6.4** mmol/L **[Slightly high]** (Normal Range - Less than 5.0)

High cholesterol levels over a long period of time can result in narrowing of the blood vessels making less space for blood (and therefore oxygen) to flow through. Generally speaking it has no symptoms until the part further “downstream” of the narrowing is not getting enough blood or oxygen. This might be anywhere from the heart, (increases angina risk) to the brain (increases stroke risk) to your toes…

Because of the medical history you have, best practice guidelines recommend that you aim for a cholesterol level on the lower end of normal.

ACTION

Management of high cholesterol begins with changing what you can in terms of your own lifestyle habits. You can help avoid high blood cholesterol by eating a healthy, balanced diet that is low in saturated fat. Saturated fat is found in foods such as fatty cuts of meats and meat products such as sausages, all types of cream and ice-cream, dairy products such as butter and cheese, chocolate, cakes, biscuits and crisps.

It’s very difficult to cut these things out completely but there are things you can do including:

- Try to eat at least five portions of fruit and vegetables a day.
- Omega 3 plain fish oils available in capsule form from your chemist are particularly good at lowering the bad fat ratio. Discuss this first with your doctor though as there are certain effects that these have which will occasionally be relevant to you.
- Keeping those foods to a minimum especially sweets, cakes and dairy produce. When you do eat them choose low fat varieties. Supermarkets have a wide range of low fat options these days – from biscuits to skimmed milk. Where at all possible swap the regular full fat version for a substitute.

- Increasing frequency of brisk exercise will always help to lower cholesterol.

- Your good fat/bad fat ratio could always be improved by foods high in omega-3 (for example tuna, salmon, linseed, walnuts etc) and by avoiding fried foods altogether as well as general cholesterol lowering measures.

- Your red meat intake is quite high. Try to eat more lean meat and choose chicken or fish over red meat when possible.

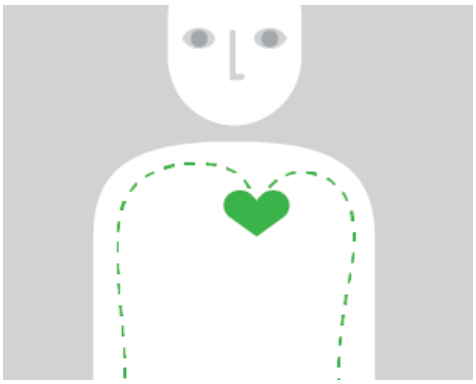
- Alcohol tends to push up cholesterol quite a lot and should be kept to a minimum.

- Changing to low fat or cholesterol lowering products could decrease your cholesterol level. Examples of cholesterol lowering products include margarine alternatives and products containing plant sterol esters.

- Lecithin from health food stores and the cholesterol lowering yoghurt drinks in supermarkets may be effective.

Generally if you make significant changes to your lifestyle you should see a reduction in Cholesterol within 3-6 months. At this point your GP can recheck the level. Because you have had a slightly abnormal reading this time you should try to fast for 12 hours before the next test for maximum accuracy

That said, your cholesterol level is only slightly higher than normal range.



LIPID PROFILE

Cholesterol is comprised of “Good Fats” and “Bad Fats”, generally referred to as a lipid profile. Ideally, your total cholesterol should be under 5 with higher good fats and lower bad fats.

"Good Fat" – the higher the better

- Your **HDL** is **1.50** mmol/L **[Normal]** (Normal Range - Greater than 1.00)

  About HDL: *A low level of HDL (High density lipoprotein) can actually increase your risk of heart disease. The ratio of total cholesterol to HDL may also be calculated. This is your total cholesterol level divided by your HDL level. Ideally you would like this ratio to be below 4.5 as a higher ratio increases your risk of heart disease.*

  Your Ratio is: **6.4 : 1.50** = 4.27 **[Within recommended range]**

"Bad Fat" – the lower the better

- Your **LDL** is **3.40** mmol/L **[High]** (Normal Range - Less than 3.00)

  About LDL: *LDL (Low density lipoprotein) is the main part of cholesterol involved in making little fatty lumps inside your blood vessels called atheroma. These are a big underlying cause of various cardiovascular diseases. Aim to keep it as low as possible.*

- Your **Triglycerides** are **1.50** mmol/L **[Normal]** (Normal Range - Less than 1.70)

  About Triglycerides: *High triglycerides are part of a condition called metabolic syndrome, which includes high blood pressure, increased belly fat, low HDL, and high blood sugar. Often people underestimate the extent to which high triglycerides increase your risk of cardiovascular disease and most are unaware that a very high level also has effects on the liver, the pancreas and even has an association with dementia.*

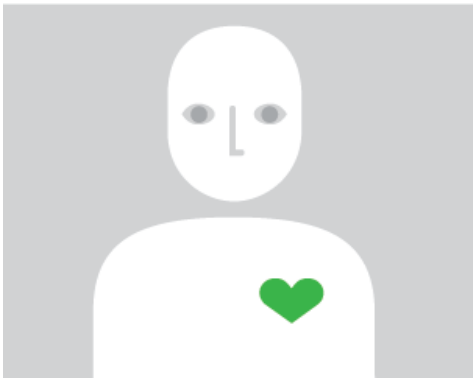
Generally we would recommend repeating this blood test with your GP when you are next in. Ideally you should fast overnight and book an early morning slot.

ELECTROCARDIOGRAM

The tracing of your heart shows a normal rhythm and rate and no evidence of previous cardiac injury. This is a normal result.

If you have had episodes of chest pain or tightness, palpitations or feeling very unwell, especially on exercising this should be discussed with your GP urgently as your GP would probably want to arrange an exercise Electrocardiogram which can pick up more than one done at rest. This is because the limitations of a resting ECG are that if someone has an intermittent abnormality it may not pick it up.

Even with your previous medical history the Electrocardiogram can be normal when taken at rest.



PHYSICAL EXAM

The results of your physical examination are listed below:

Auscultation of Lungs	**Normal**
Auscultation of Heart	**See comments below...**
Musculoskeletal	**Normal**
Neurology	**Normal**
Ears, Nose, Throat	**Normal**
Dermatology	**Normal**

Ejection Systolic Murmur left sternal border.

MUSCULOSKELETAL

Musculoskeletal pain is pain that affects our muscles, ligaments, tendons, bones and joints and the causes of this pain can be quite varied. For instance, muscle tissue can be damaged with the wear and tear of daily life and through injury. Pain is a complex symptom that affects us both physically and mentally. Your response is as individual as you are.

You indicated that you do not seem to be suffering from any aches and pains at present which is positive. If you experience pain or discomfort in the future the following guidance may help.

Aches and pains that last for a few days are relatively common and may settle spontaneously with rest and simple painkillers. However, there are a few symptoms you should watch out for that demand medical attention such as; severe pain, pain that affects your ability to perform basic daily tasks, or where the symptoms affect your ability to do your job.

Further to this, aches and pains that are associated with a temperature or fever, unintended weight loss, a past history of cancer, pins and needles or weakness in a limb, or where there is clear history of injury to the affected painful area, should be assessed medically.

RENAL

The kidneys regulate the amount of fluid and salts in our bodies and get rid of certain waste products. They also play an important role in regulating blood pressure.

The kidney function test is made up of different readings to diagnose the performance and efficiency of the kidneys.

Very slight variations off the normal range for these readings are not usually significant.

Your Urea is **6.0** mmol/L (Normal Range - 2.7 - 8.0)

Your Creatinine is **70** umol/L (Normal Range - 62 - 106)

This is a normal result.

LIVER

The function of the liver is usually assessed by checking the levels of the chemicals that it produces.

Your Bilirubin level is **20** umol/L (Normal Range - Less than 24)

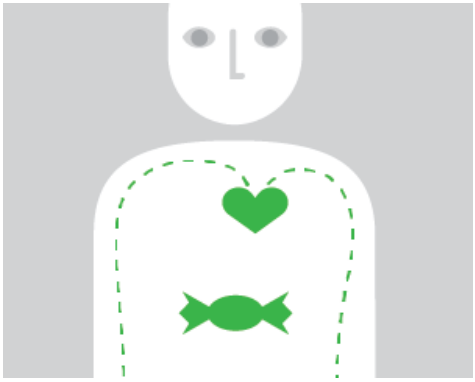
Your ALP level is **50** IU/L (Normal Range - 40 - 130)

Your ALT level is **35** IU/L (Normal Range - Less than 41)

Your AST level is **30** IU/L (Normal Range - Less than 40)

Your GGT level is **50** IU/L (Normal Range - Less than 60)

These are all normal.



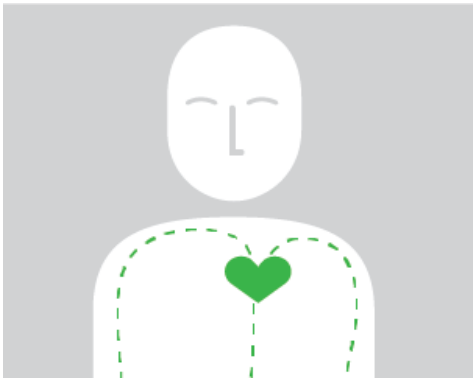
HBA1C

HBA1c is a blood test that can give an idea of what someone's average sugar levels for the preceding couple of months has been.

HBA1c can be used to diagnose either a) diabetes or b) pre-diabetes. In addition it can be used in diabetics to measure how successful a patient's current medical treatment is.

Your HBA1c result is **36** mmol/mol (Normal Range - 20 - 42)

This is within the current normal range.



ANAEMIA

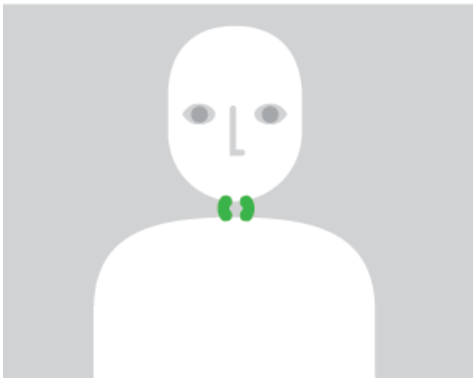
Anaemia is where the haemoglobin (also called the blood count) is slightly lower than expected.

Your Haemoglobin (anaemia test) was **13.5** g/dL (Normal Range - 13.0 - 17.0)

Your White cell count was **6.00** 10e9/L (Normal Range - 4.00 - 10.00)

Your Platelet count was **200** 10e9/L (Normal Range - 150 - 410)

These are all normal.



THYROID

Your thyroid is a small gland at the front of your neck. It's job is to produce thyroid hormone which controls your metabolism.

The pituitary gland controls the thyroid gland by making thyroid stimulating hormone (TSH).

TSH increases the work rate of the thyroid and so if the level of thyroid hormone falls low the pituitary will usually produce more TSH to increase the thyroid hormone level.

If the level of thyroid hormone is too high the pituitary will reduce the amount of TSH it makes in order to reduce the level of thyroid hormone again.

Your thyroid hormone level (FT4) is **2.6** pmol/L (Normal Range - 10.5 - 22.0)

Your level of thyroid stimulating hormone is **50.000** uIU/mL (Normal Range - 0.270 - 4.210)

This means that your thyroid gland is underactive and may be giving you any of the symptoms associated with too little thyroid hormone. This is best managed by discussing it with your GP, in the context of whether you have any symptoms or clinical signs, and whether it is persistently abnormal or just a once off.

Your TSH result means that your thyroid gland is sluggish and needs more stimulation than normal to make thyroid hormone. It is consistent with the T4 hormone result.

Too little Thyroid hormone can cause any of the following and more…

- Exhaustion
- Low mood
- Slow heart rate
- Weight gain
- Constipation
- Changes to hair and voice

- Feeling cold
- Weakness
- Muscle aches

TESTICULAR SELF EXAM

Testicular cancer is rare. However, it is the most common cancer in males between the ages of 15 and 35. There is no screening test for testicular cancer available.

However some doctors recommend that it is important to try to do a TSE (testicular self-examination) every month so you can become familiar with the normal size and shape of your testicles, making it easier to tell if something feels different or abnormal in the future.

Lumps or swelling may not be cancer, but they should be checked by your doctor as soon as possible. Testicular cancer is almost always curable if it is caught and treated early.

You've indicated that you do not carry out testicular self examination (TSE). That's a pity because any unusual lumps or bumps could be a sign of testicular cancer and you might pick this up by performing a TSE.

We would recommend that you try to perform a TSE at least once a month.

TSE is a difficult technique to do properly. Please see our recommendation for carrying out a TSE below.

How to perform a testicular self examination:

- It's best to do a TSE during or right after a hot shower or bath. The scrotum (skin that covers the testicles) is most relaxed then, which makes it easier to examine the testicles.

- Examine one testicle at a time. Use both hands to gently roll each testicle (with slight pressure) between your fingers. Place your thumbs over the top of your testicle, with the index and middle fingers of each hand behind the testicle, and then roll it between your fingers.

- You should be able to feel the epididymis (the sperm-carrying tube), which feels soft, rope-like, and slightly tender to pressure, and is located at the top of the back part of each testicle. This is a normal lump.

- Remember that one testicle (usually the right one) is slightly larger than the other for most guys - this is also normal.

- When examining each testicle, feel for any lumps or bumps along the front or sides. Lumps may be as small as a piece of rice or a pea.

- If you notice any swelling, lumps, or changes in the size or colour of a testicle, or if you have any pain or achy areas in your groin, let your doctor know right away.

MENTAL HEALTH

Mental health is not just the absence of mental illness. It is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community (World Health Organisation, 2007).

Mental Health is about:

- How we feel about ourselves
- How we feel about our interactions with others/relationships with others
- How we are able to meet the demands of life

It is important you keep in mind that a screening is not a substitute for a complete mental health evaluation. It does not provide a diagnosis but rather offers an indication of whether or not you show symptoms consistent with psychological distress.

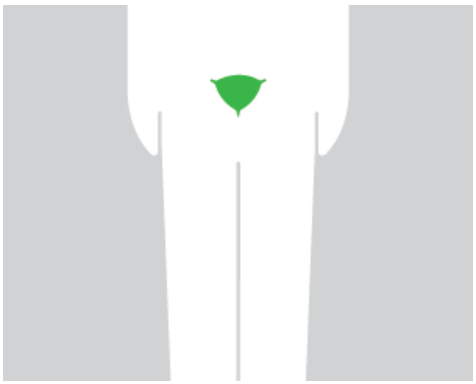
Please note that it is likely that your scores on this questionnaire will be higher if you have been experiencing a lot of stress recently.

While this scale is not designed to make a mental health diagnosis or take the place of a professional diagnosis, it indicated that you may have a number of symptoms of psychological distress. If you are worried about any aspect of mental wellbeing, we strongly advise you to make an appointment to talk with your GP as soon as possible. Your GP can arrange for you to receive appropriate help and support. A range of support is also available to you in the community. We advise that you speak with family, friends, or contact the Samaritans on 1850-60-90-90 (ROI) / 08457-90-90-90 (UK) or log on to http://www.samaritans.org.

It is again worth remembering that this is not a diagnosis, but your answers suggest that you may be showing signs of psychological distress.

Below are your answers to the mental health questionnaire, which have shown you to have some signs of psychological distress:

Question: Have you Recently ...	Your answer
Felt that you are playing a useful part in things?	Less than usual
Felt capable of making decisions about things?	Less than usual
Felt constantly under strain?	Much more than usual
Been thinking of yourself as a worthless person?	Much more than usual



URINALYSIS

Urine analysis is a very important health test as it is possible to discover diseases of many different origins with this simple examination.

Your urine analysis was negative for white cells, microscopic blood, sugar and protein. This is a normal result and shows no problem with the kidneys and bladder.