

RediCare

Health Assessment Report

Joe Murphy
Date Completed: 24 September 2020



Personal Details

Full Name: Joe Murphy
Date Of Birth: 01/06/1980
Gender: Male

Summary

Height: 183 cm (6 ft 0 in)
Weight: 110.00 Kg (242.51 lbs / 17 st 4 lbs)
BMI: 32.85
Waist: 105 cm
Systolic BP: 150 mm hg
Diastolic BP: 100 mm hg
Heart Rate: 80 bpm
Total Cholesterol: 5.75 mmol/l
Triglycerides: 2.5 mmol/l
HDL: 1.85 mmol/l
LDL: 1.6 mmol/l
HbA1c(mmol/mol): 44 (6.2 %)

Introduction

The Body Mass Index (BMI) rating is an indicator of total body composition. It is calculated by dividing your weight in kilograms by your height in meter squared (m²). A healthy BMI for an adult is between 18.5 and 25.

Body mass index (BMI) is used to estimate the total amount of body fat, but it does not differentiate between body fat and muscle mass and may not accurately reflect changes in body composition.

Differences in BMI between people of the same age and gender are usually due to body fat; however, calculations will overestimate the amount of body fat for body builders, some high performance athletes and pregnant women. BMI calculations may underestimate the amount of body fat for the elderly or people with a physical disability who may have muscle wasting.

BMI Value

32.85

Graphical Summary



Rating

Obese 1

Source: Adapted from WHO, 1995, WHO, 2000 and WHO 2004.

Summary

Your BMI as calculated from your height & weight is higher than the recommended range. A body mass index of 30.00 - 34.99 carries increased health risks as it is classified as **Obese Class 1**. If you increase your physical activity and follow a diet which is low in fat and high in fiber you can lose excess weight.

Carrying excessive weight is a major health risk resulting in increased and earlier onset of disease and death from conditions including high blood pressure, diabetes, heart attack and stroke, arthritis and some cancers. Carrying extra weight can also be a major risk factor for sleep apnea and poor quality of life. You should aim to adopt a healthier eating regime and incorporate daily exercise with guidance from a health professional.

Introduction

Waist to Height ratio is an indicator of the body shape which in turn helps assess your risk for obesity, Heart diseases, diabetes, stroke, and hypertension.

Waist to height ratio is a stronger predictor of cardio-metabolic risks than BMI. Waist circumference has a direct correlation with the risk of developing heart diseases. Greater waist circumference ('apple' shape) is linked to higher morbidity and mortality risks. Pear shape causes less health risk when compared to apple shaped body type. So men and women should keep their waist circumference to no more than half their height.

Waist to Height Ratio

58% (105.0cm)

Graphical Summary

	Underweight	Healthy	Overweight	Obese
Female	< 42	42 - 49	49 - 58	>58
Male	< 43	43 - 53	53 - 63	>63

Rating

Overweight

Summary

Your waist to height ratio places you in the Overweight category. Carrying excessive weight is a major health risk resulting in increased and earlier onset disease and death from conditions including high blood pressure, diabetes, heart attack, and stroke. Lifestyle modifications are recommended to reduce your health risk.

Introduction

Blood Pressure is the measure of the force that the heart needs to pump blood through the body. There are two different measures:

- **Systolic** measures the contraction phase or pumping pressure of the heart
- **Diastolic** measures the relaxation phase of the heart or the pressure in the arteries when the heart is filling up with blood.

Blood pressure can vary throughout the day and be affected by physical activity, stress, smoking and caffeine intake. High blood pressure is a major risk factor for diseases such as Coronary Heart Disease, Stroke, Heart Failure, Peripheral Vascular Disease, Kidney Failure.

Your Systolic BP

150 mm Hg

Normal	Pre Hypertension	Stage 1 Hypertension	Stage 2 Hypertension	Stage 3 Hypertension
< 120	120 - 140	140 - 160	160 - 180	≥ 180

Your Diastolic BP

100 mm Hg

Normal	Pre Hypertension	Stage 1 Hypertension	Stage 2 Hypertension	Stage 3 Hypertension
< 80	80 - 90	90 - 100	100 - 110	≥ 110

Rating

Stage 2 Hypertension

Blood Pressure Medication

No

Summary

Your Blood Pressure is classified as **Stage 2 Hypertensive**. It is recommended you contact your G.P.

You need to review your lifestyle to lower your blood pressure. The following lifestyle measures are recommended:

- Maintain a normal body weight (body mass index 18.5-25)
- Reduce salt intake to under 6g per day
- Limit alcohol consumption to under 3 units per day for men and under 2 units for women
- Engage in aerobic activity, at least three days per week.
- Consume at least two portions of fresh fruit and five of vegetables every day.

Introduction Resting heart rate (RHR) is the number of beats in one minute when you are at complete rest. Your resting heart rate indicates your basic fitness level. The fitter you are, the less effort and fewer beats per minute it takes your heart to pump blood to your body at rest and your RHR will be a lower number.

Resting Heart Rate 80 bpm

Graphical Summary



Rating Average

Summary Resting Heart Rate usually rises with age and is generally lower in people who are physically fit. Your resting heart rate is average. Increasing your level of physical activity may improve your rating. Monitor your heart rate first thing in the morning over the coming weeks to see if it changes. If your RHR continues to be high you should visit your GP to see if your thyroid is overactive, you are anaemic, or you have an infection or other cause of an increased heart rate.

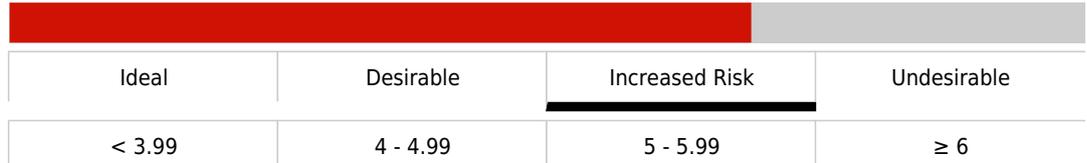
Total Cholesterol

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Introduction Cholesterol is a waxy substance that is produced naturally in our liver and other organs. We also absorb cholesterol from food that comes from animals such as meat, poultry, fish, seafood and dairy products, especially egg yolks. Our bodies need a certain amount of cholesterol to make cell membranes, insulate nerves and to produce hormones. Too much cholesterol however, can affect your health. A cholesterol level below 5mmol/l is desirable.

Cholesterol Reading 5.75 mmol/l

Graphical Summary



Rating Increased Risk

Cholesterol Medication No

Summary Your Total Cholesterol level is in the **Increased Risk** range. This places you at an increased risk of having a heart attack or stroke. Regular physical activity and a healthy balanced whole food diet will contribute to lowering your cholesterol levels. It is recommended you consult your GP on a regular basis.

Triglycerides

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Introduction Triglycerides are the fats you use for energy and come from the fatty foods you eat. You store what you do not use in the fatty tissues of your body and in your blood. Excess triglycerides in the blood increase heart problems.

Triglyceride Reading 2.5 mmol/l

Graphical Summary



Rating High

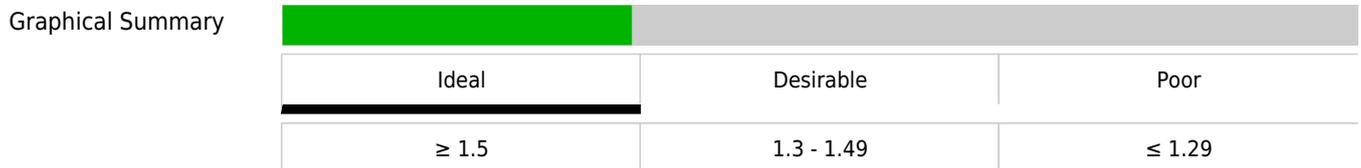
Summary Your triglyceride level is in the **High** range. Elevated levels of triglycerides can gradually clog the blood vessels and put you at a far higher risk if a coronary heart attack and stroke. It is recommended you consult your G.P on a regular basis. Regular physical activity and a healthy balanced whole food diet will contribute to lowering your

LDL

Introduction	Low-density lipoprotein or LDL as it is more commonly referred to is the main cholesterol transporter and carries cholesterol from your liver to the cells that need it. If there is too much cholesterol for the cells to use, this can cause a harmful build-up in your blood. Too much LDL cholesterol in the blood can cause cholesterol to build up in the artery walls, leading to disease of the arteries. For this reason, LDL cholesterol is known as 'bad cholesterol', and lower levels are better.										
LDL Reading	1.6 mmol/l										
Graphical Summary	 <table border="1"> <thead> <tr> <th>Optimal</th> <th>Near Optimal</th> <th>Increased Risk</th> <th>High</th> <th>Very High</th> </tr> </thead> <tbody> <tr> <td>< 2.6</td> <td>2.6 - 3.3</td> <td>3.3 - 4.1</td> <td>4.1 - 4.9</td> <td>≥ 4.9</td> </tr> </tbody> </table>	Optimal	Near Optimal	Increased Risk	High	Very High	< 2.6	2.6 - 3.3	3.3 - 4.1	4.1 - 4.9	≥ 4.9
Optimal	Near Optimal	Increased Risk	High	Very High							
< 2.6	2.6 - 3.3	3.3 - 4.1	4.1 - 4.9	≥ 4.9							
Rating	Optimal										
Summary	Your LDL cholesterol level is in the Optimal range. Regular physical activity and a healthy balanced whole food diet will contribute to maintaining desirable cholesterol levels.										

Introduction High-density lipoprotein (HDL). HDL carries cholesterol away from the cells and back to the liver, where it is either broken down or passed from the body as a waste product. For this reason, it is referred to as 'good cholesterol', and higher levels are better.

HDL Reading 1.85 mmol/l



Rating Ideal

Summary Your HDL cholesterol level is in the **Ideal** range. Foods high in unsaturated fats such as oily fish, avocados and small amounts of nuts will increase your level of HDL. Regular exercise will also help maintain favorable HDL levels.

Introduction The total cholesterol to HDL ratio is a better indicator of cardiovascular disease than total cholesterol alone. The ratio is calculated by dividing the HDL figure into the TC figure to produce a ratio. The lower the ratio the lower the risk of a coronary episode based on your cholesterol. For men an acceptable ratio is below 5 and for women below 4.5.

Ratio 3.1:1



Rating Ideal

Summary Your cholesterol to hdl ratio places you in the Low Risk category. A diet high in healthy fats and regular exercise will help keep your risk low.

Introduction

Haemoglobin A1c, often abbreviated HbA1c, is a form of haemoglobin (a blood pigment that carries oxygen) that is bound to glucose.

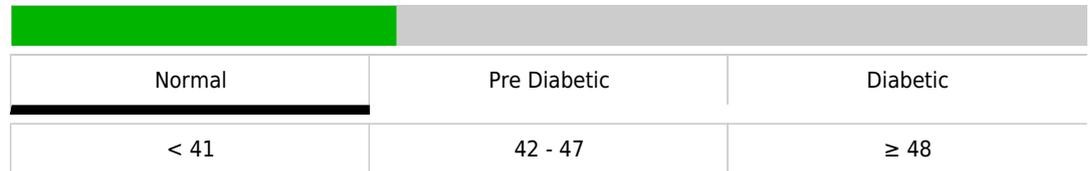
The blood test for HbA1c is routinely performed in people with type 1 and type 2 diabetes mellitus. HbA1c levels are reflective of how well diabetes is controlled. It is also used to test the level of risk an individual is at of developing diabetes.

HbA1c levels are reflective of blood glucose levels over the past 120 days or so, and do not reflect daily ups and downs of blood glucose.

HbA1c Rating

44 (6.2 %)

Graphical Summary



Rating

Normal

Currently on Diabetes Medication

No

Summary

Your HbA1c level is in the '**Normal**' range.

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