

Report for: **Jane Fitness**

Date: 18-Mar-05

Congratulations on completing this important step in evaluating your current lifestyle, identifying your health risk, and learning how to improve your heart health.

1

CPQ

Risk Identification

The Metabolic Screening Profile[®], MSP, identifies behaviors that may be detrimental to your heart health. Specific answers have been classified as **Redline** measurements by a panel of healthcare experts. These responses are defined as health behaviors or circumstances that are a threat to an individual's physical health and require specific attention to modify or improve. The type and quantity of these high-risk behaviors serve as a warning sign for possible future heart and metabolic disease.

2

CPQ

Cardio-Metabolic Profile

The MSP is a snapshot of your current health status. It is used to help you become aware of the health practices that can impact your heart health and overall well-being. The emphasis in this profile is put on factors that you can control. Health enhancement recommendations are established from guidelines of leading health institutions in the U.S., including:

American Cancer Institute
American Heart Association
Centers for Disease Control

American College of Sports Medicine
National Institutes of Health
USDA Dietary Guidelines for Americans

Medical research has found specific lifestyle practices that are associated with increases in longevity and improved health. Your current health profile was compared to data from studies on Americans. According to those comparisons, the MSP has rated your heart health in several domains on a scale from "High Risk" to "Ideal". Responses to questions in the MSP that suggest risk will show a red **1** (which designates one **Redline** measure) in the far right column.



Degenerative Disease

Metabolic Screening Profile

Name: **Jane Fitness**

REDLINE MEASURES FOR CARDIO-METABOLIC & DEGENERATIVE DISEASE

The following responses were determined by your answers to specific questions regarding your general health status and risk for heart disease, stroke, and diabetes.



Redline

GENERAL HEALTH

Your Health and Changes Over the Last 5 Years

OK

Improvements in your health usually just don't occur, they come as the result of effort. Congratulations on taking the necessary steps to achieving a healthier you! But don't stop now- make a commitment today to continue your efforts toward achieving Optimal Health for you (and your family).

Care by a Physician

OK

You indicated you had not seen a physician for a period of at least three years. If you have a positive family history of disease or multiple risk factors yourself, more frequent visits are advised. Many physicians will help design a program to optimize your health as well as manage symptoms or problems associated with illness or disease.

HEART DISEASE

Family History

OK

You did not record any family history for heart disease

Your Blood Pressure

OK

Your blood pressure was not determined to be in the hypertensive ranges. If you don't know your blood pressure level you should try to participate in a screening soon

Blood Pressure Treatment and Medications

OK

The tendency is for blood pressure to increase with age. If it is occasionally elevated now, expect it to increase in the years to come. You should monitor your blood pressure at least twice a year and more often if it becomes erratic or you become symptomatic. See your personal physician if there are any significant changes.

Blood Cholesterol Levels

OK

Foods like butter, meat, lard, coconut and palm oils, hard margarine and vegetable shortenings are high in saturated fat, trans-fatty acids and/or cholesterol. These foods can cause elevated blood fat and cholesterol levels, which as documented by numerous medical studies, are a significant factor leading to the narrowing of healthy blood vessels as a result of the formation of "plaque" which is deposited in the walls of these vessels. Reducing your intake of animal products (especially red meats), high-fat dairy products and egg products to less than three per week will help lower blood cholesterol levels.

This page's total Redline measures = **0**

Out of a possible **7**

Heart Disease Risk

REDLINE MEASURES FOR HEART DISEASE

Heart, Stroke and Diabetes, continued...



Redline

HEART DISEASE, CONT.

Smoking Status

OK

The risk of disease for ex-smokers at the end of five years is almost the same as non-smokers if no disease was present at the time of stopping. You are to be congratulated for giving up the behavior that is the single greatest cause of death and disease in the United States. Do not under any circumstances consider starting again.

Diabetes

OK

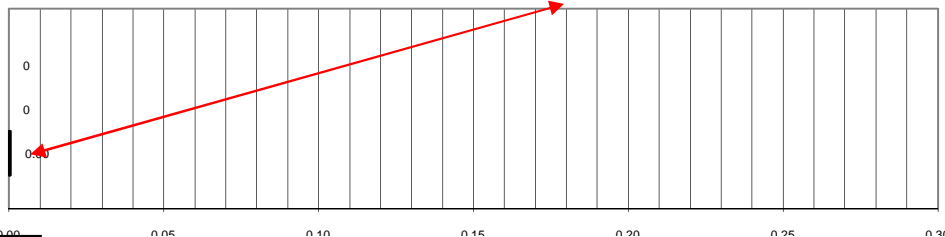
A fasting blood sugar (glucose) level above 126 mg/dL is a red flag for diabetes. It is important to keep your sugar level close to normal. People whose blood sugar level runs high (diabetics in particular), who have excessively high levels of cholesterol and blood fats, and who carry abnormally high levels of abdominal body fat, are especially at risk for heart attack. A normal blood glucose should run between 65-115 mg/dL.

According to the National Cholesterol Education Program (NCEP) and the National Institutes of Health recent guidelines, "diabetes poses as great a risk for having a heart attack in 10 years as heart disease itself, and the threat from multiple risk factors can be equally great." To better identify overall risk, the following scoring tool was developed to predict a persons chance of having a heart attack within 10 years. The tool below calculates risk separately for men and women based on age, total cholesterol, HDL (the "good" cholesterol), systolic blood pressure, treatment of high blood pressure, and cigarette smoking. The percent risk score was determined **only if blood cholesterol and blood pressure** were available at the time of the LPQ profile. The "risk assessment tool" was based on newly analyzed data from the landmark NHLBI-supported Framingham Heart Study.

RISK ASSESSMENT TOOL

You are at a...

Less than 1% risk for developing CHD* in the next 10 years



Your Risk Estimate

Lowest Risk Estimate for your age & gender group (Total Chol<160, HDL>60, Optimal SBP (120), Non-Smoker)

Low Risk Estimate for your age & gender group (Total Chol 160-199, HDL 50-59, Normal SBP (<130, Non-Smoker)

* CHD equals Coronary Heart Disease. This score does not apply to individuals with existing heart disease.

This page's total Redline measures = **0**

Out of a possible **2**

REDLINE MEASURES FOR CARDIO-METABOLIC DISEASE

Heart Attack, Stroke and Diabetes, continued...

YOUR CARDIO-METABOLIC PROFILE

Your cardio-metabolic profile below summarizes the major cardiovascular and metabolic risk factors associated with heart disease, stroke and diabetes. These factors are responsible for 3 out of the top 4 causes of death in the United States.

Risk factors are evaluated using standards from the National Heart, Lung, and Blood Institute.			Risk Level			
			Ideal	Good	Moderate	High
Non-modifiable risk factors:						
Age	35	yrs				
Family history of premature disease	0	#				
Gender	f	m/f				
Modifiable risk factors:						
Smoking status	0	#				
Lipid Panel						
Total Cholesterol	160	mg/dL				
LDL ("bad")	98	mg/dL				
HDL ("good")	41	mg/dL				
HDL Ratio (Chol/HDL)	4	mg/dL				
Systolic blood pressure (top #)	122	mm/Hg				
Diastolic blood pressure (bottom #)	72	mm/Hg				
Diabetes	n	yes/no				
Metabolic Syndrome*	n	yes/no				
Obesity (waist circumference)**	32	inches				
Physical Inactivity		x/week				



*This new risk category called "Metabolic Syndrome" is largely related to obesity and physical inactivity and is strongly associated with the development of diabetes, stroke and heart disease. The clinical identification of Metabolic Syndrome is to have any three of the following: **abdominal obesity, high blood pressure, low HDL, high triglycerides and/or high fasting glucose.**

The above report summarizes your risk for coronary heart disease (CHD) and stroke. According to the American Heart Association, heart attacks are the leading cause of death in America.

** The American Heart Association now classifies obesity as a major risk factor for heart disease. Excess fat around the abdomen is a stronger cardio-metabolic risk factor than overall obesity. An increased risk for disease is seen in men with a waist circumference > 102 cm (>40 in) and women with a waist circumference > 88 cm (>35 in).

This page's total **Redline** measures = 1
 Out of a possible 7

REDLINE MEASURES FOR SYMPTOMS OF HEART DISEASE AND STROKE

The following responses were determined by your answers to specific questions regarding symptoms for heart attack and stroke. Symptoms for heart attack can include: 1) Chest pressure, squeezing or pain that lasts for a few minutes, or that goes away and comes back. 2) Pain or discomfort in one or both arms, the back, neck, jaw or stomach. 3) Shortness of breath without undue exertion. 4) Breaking out in a cold sweat, nausea or lightheadedness.

**SYMPTOMS**

Redline

HEART ATTACK SYMPTOMS**OK**

- 1 You currently did not report symptoms like chest pain and tightness that might be related to a heart attack or heart disease.

2
3
4

STROKE SYMPTOMS**OK**

- 1 You currently did not report any symptoms related to a stroke.

2

Symptoms of type I diabetes**OK**

- 1 You currently did not report any symptoms related to type 1 diabetes.

Symptoms of type II diabetes**OK**

- 1 You currently did not report any symptoms related to type II diabetes.

The total number of **Redline** measures = **1**
Out of a possible **20**

This page's total **Redline** measures = **0**
Out of a possible **4**