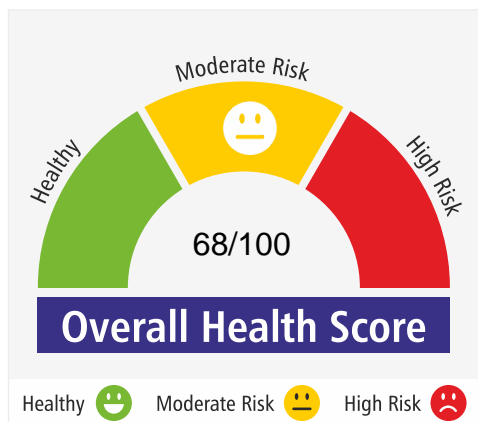


Name: SOUMYA RANJAN, (Male) 23 Years

Date: 02-Dec-2023



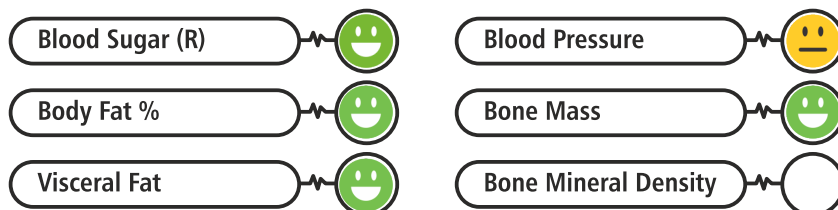
VIJAYA
DIAGNOSTIC
CENTRE



Health Summary

Dear Soumya ranjan

We thank you for undergoing your Health Assessment Screening with Vijaya Diagnostic Centre. Please make a note of the below observations:



Important Parameters at a Glance

Chronic Disease Risk Assessment

DIABETES RISK Blood Sugar (R)	116
CARDIAC RISK Heart Rate	70
HYPERTENSION RISK Blood Pressure	138 / 86

Height (cm)	167
Body Fat %	22
Bone Mass	2.9
DCI/ BMR	2408
Body Water %	52.3

Weight (kg)	71.4
Muscle Mass	52.8
BMI	25.6
Metabolic Age	28
Visceral Fat	9

Bone Mineral Density

Bone Quality Index	0
Z Score	0
T Score	0

Recommended Tests



Bone Mass Ranges



	Weight Vs Bone Mass (Women)		
Weight	Less than 50 kg	50 kg - 75 kg	75 kg and above
Bone Mass	1.95 kg	2.4 kg	2.95kg



	Weight Vs Bone Mass (Men)		
Weight	Less than 65 kg	65 kg - 95 kg	95 kg and above
Bone Mass	2.66 kg	3.29 kg	3.95kg



Visceral Fat Rating*

Healthy Level : 1-10 Excess Level : 11-59

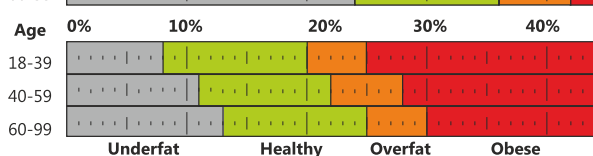


Healthy Body Water % Range

Female : 45-60% Male : 50-65%



Healthy Body Fat % Ranges



* Visceral fat is the fat accumulated in the internal abdominal cavity, surrounding the vital organs in trunk (abdominal) area. High levels of visceral fat are not considered ideal. All readings are based on TANITA machine analysis.

Do you know?

Indian Council of Medical Research (ICMR) conduct studies on **lifestyle disease**, estimated proportion of all deaths due to Non-Communicable Diseases (NCDs) has increased from 37.09% in 1990 to 61.8% in 2016. The main factors contributing to lifestyle diseases include **bad food habits, physical inactivity, wrong body posture, and disturbed biological clock**

It is **recommended** by international consensus and understanding that men and women, above 30 years of age, should undergo **annual preventive health checkup** to keep track of health.

For Special Discounted Health Check Packages, please call:
Hyderabad - 767090 6115, Gurugram - 91000 96247, Vizag - 96526 58007

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