

## Selcouth Health Care

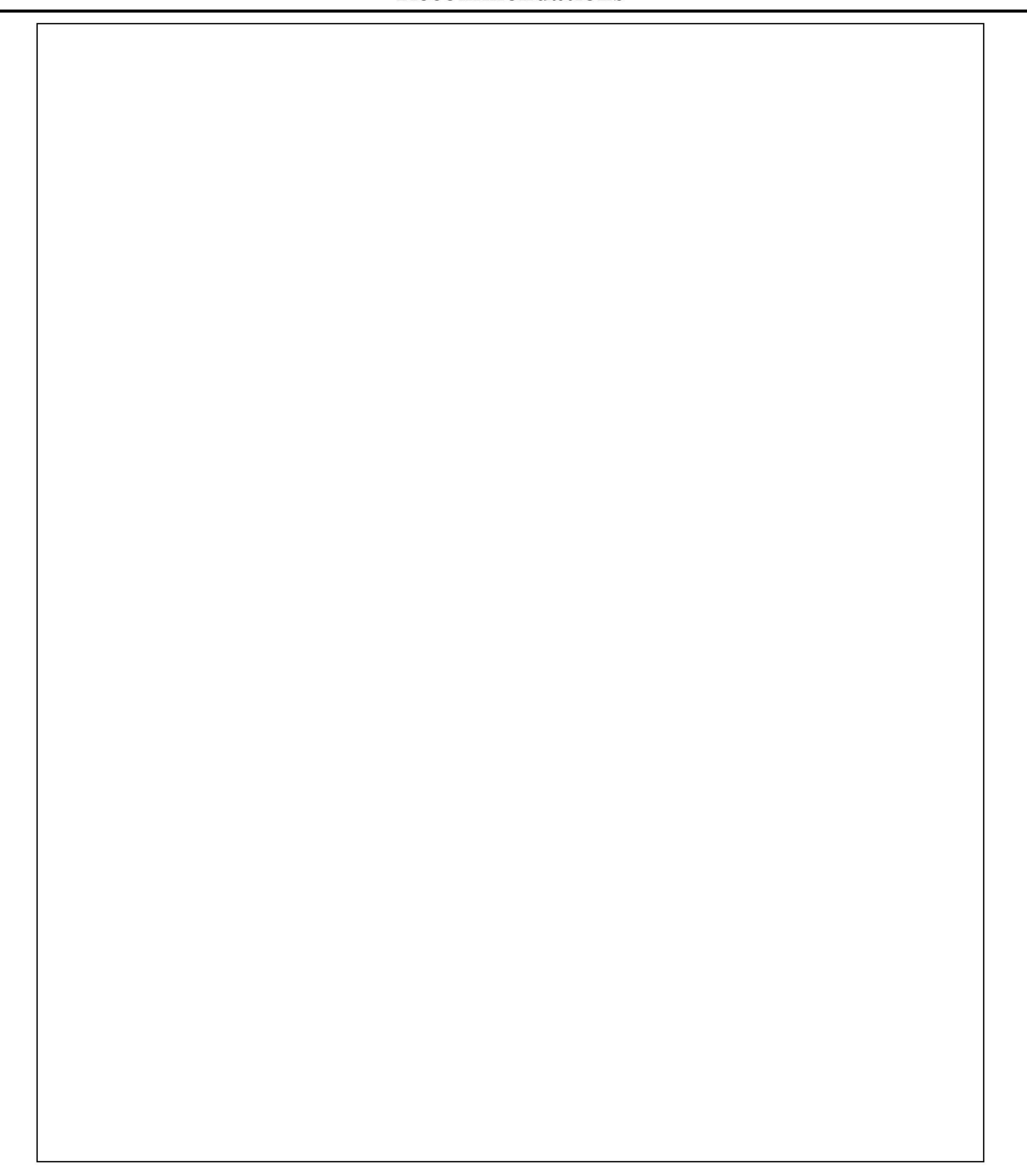
## Your Personal Health-care Assistant

NO. OF ATTACHED SHEETS: DATE OF EXAM MEDICAL RECORD REPORT OF MEDICAL HISTORY NOTE: This information is for official and medically-confidential use only and will not be released to unauthorized persons 2. IDENTIFICATION NUMBER 1. NAME OF EXAMINEE 3. AGE SANGAM MAN BUDDHACHARYA Sel-02 5. EMAIL ADDRESS 4a. HOME STREET ADDRESS sanbuddhacharya@gmail.com Pulchowk, Lalitpur 4c. STATE 4d. ZIP CODE 4b. PHONE NUMBER 9806616916 44600 6. PURPOSE OF EXAMINATION 7. STATEMENT OF EXAMINEE'S PRESENT HEALTH AND MEDICATIONS CURRENTLY USED (Use additional pages if necessary) b. CURRENT MEDICATION REGULAR OR INTERM. a. PRESENT HEALTH c. ALLERGIES (Include insect bites/stings and common foods) e. WEIGHT d. HEIGHT 62.7kg 167cm /5.6ft 8. EXAMINEE'S OCCUPATION 9. ARE YOU (Check one) RIGHT HANDED LEFT HANDED

PHYSICAL EXAMINATION							
	Weight(kg) 62.7		Height(cm)	167			
BMI	Body Mass 22.1			Status:	Ideal		
	Temperature	Celsius(°C): 36.7	Fahrenheit (°F): 97	Status:	Normal		
	Blood Pressure	Systolic(mmHg): 117	Diastolic(mmHg): 80	Status:	Normal		
	Pulse(bpm) 68			Status:	Normal		
02	Oxygen Saturation (%	) 98		Status:	Normal		
Recommendations							

BODY PARAMETERS CHECKUP							
	Muscle Rate	49.0	Status:	Ideal			
	Body Water	56.5	Status:	Ideal			
20	Bone Mass	2.6kg	Status:	Insufficient			
	Metabolic Rate	1492k <b>c</b> al	Status:	Low			
	Protein Rate	22.4	Status:	Excellent			
	Visceral Fat Index	5	Status:	Ideal			
E	Muscle Mass	30.5kg	Status:	Ideal			
	Subcutaneous Fat	15.2	Status:	High			
	Standard Weight	60.9kg	Status:				
	Metabolic Age	l6yrs	Status:	Young			
	Fat Mass	10.1kg	Status:	High			
	Fat Free Weight	52.6kg	Status:	Good			
	Protein Mass	14kg	Status:	Excellent			
	Obesity Level		Status:	Ideal			

## Recommendations



## **APPENDIX**

	Muscle Rate:	The proportion value which is calculated from muscles of human body, weight, height, etc, indicate human's physical health and strength.	
	Body Water:	The percentage of water content in body composition. Adequate water can boost the body's ability to burn fat, which increase the metabolic rate in healthy men and women.	
8	Bone Mass:	Bone tissue consists of bone minerals(calcium, phosphorous etc) and matrix(collagen fiber, ground substance, inorganic salt, etc.) per unit volume.	
	Metabolic Rate:	Basal Metabolic Rate(BMR) is the minimum necessary energy needed in an inactive state.	
	Protein Rate:	Protein plays a vital role in the body, as it builds and maintains muscles, organs and other tissue.	
	Visceral Fat Index:	Visceral fat area can lead to health-lead complications more likely to occur.	
E	Muscle Mass:	The total muscle weight, including skeletal muscle, cardiac, and smooth muscle.	
	Subcutaneous Fat:	Subcutaneous adipose tissue (fat) lies between the dermis layer (skin) and fascia layer (connective tissue).	
	Standard Weight:	Standard Weight is one of the important measurement of physical health condition. The relationship between height and weight can be a basic indicator of one's well-being.	
	Metabolic Age:	Metabolic Age is based on basal metabolic rate, comprehensively calculated from height, fat, and muscle. It is a reference to evaluate if you are actually older or younger than Metabolic Age.	
	Fat Mass:	Body Composition fat tissue ratio.	
	Fat Free Weight:	The weight deducting body fat, it reflects physical health condition.	
	Protein Mass:	Protein is an important component of all cells. The amount of protein refers to the actual weight of the protein in human body and is one of the indicators of physical health.	
	<b>Obesity Level:</b>	Obesity level indicates the difference of actual weight and standard weight. It is an index of fat disease.	