June 02, 2023

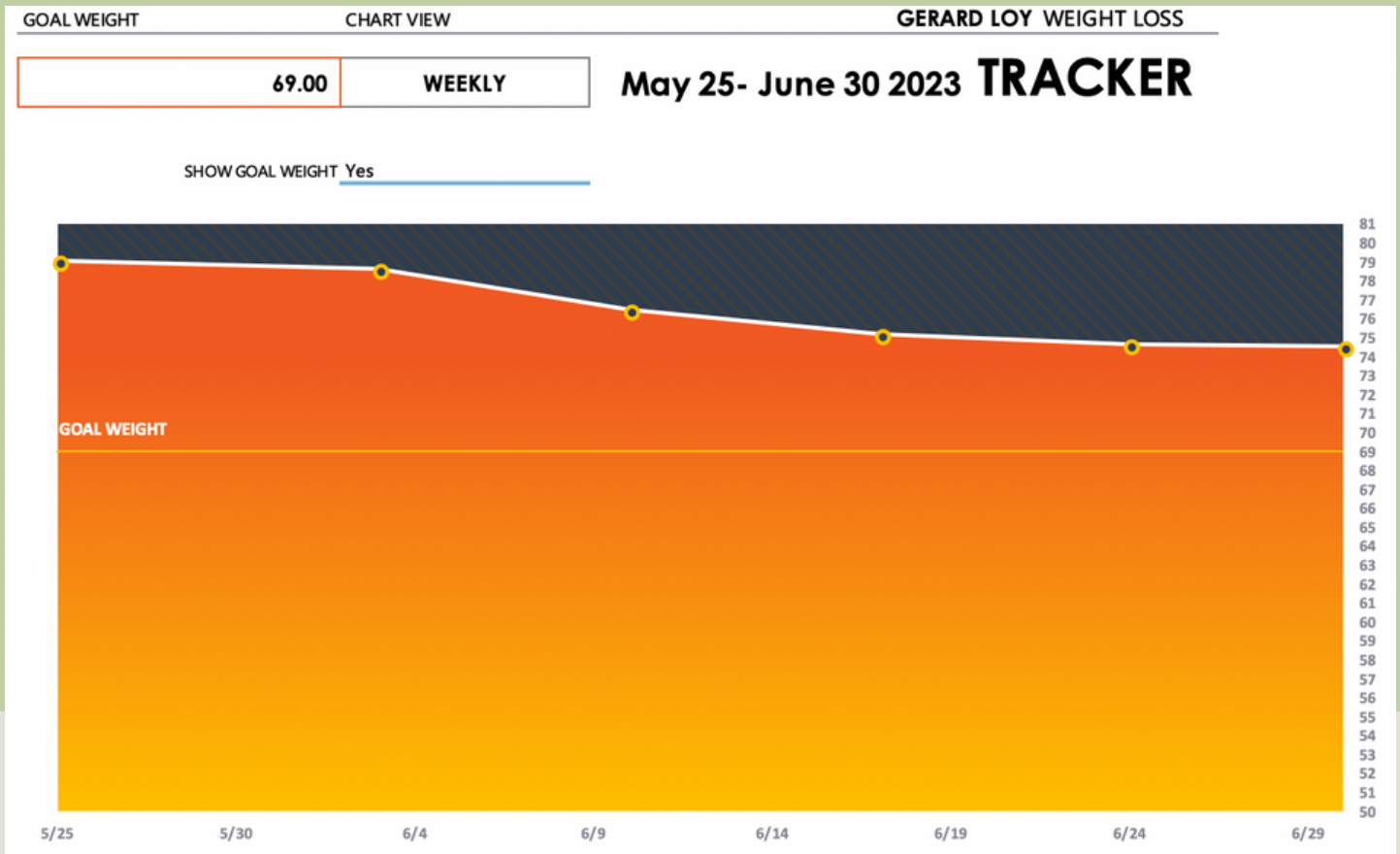
100 years Strong

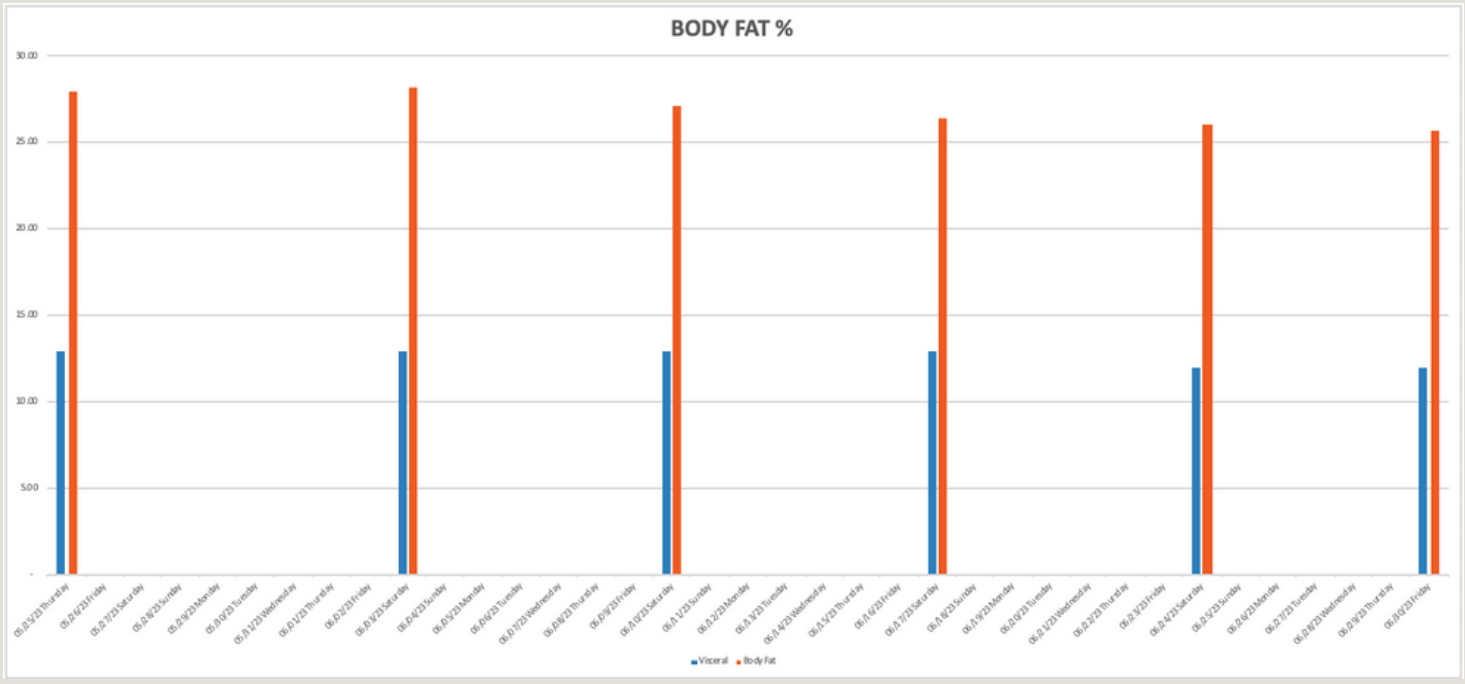
Gerard Loy
40/M

JUNE 2023 PROGRESS

HOUSE of GAIA
BATANGAS

April 25 - June 30

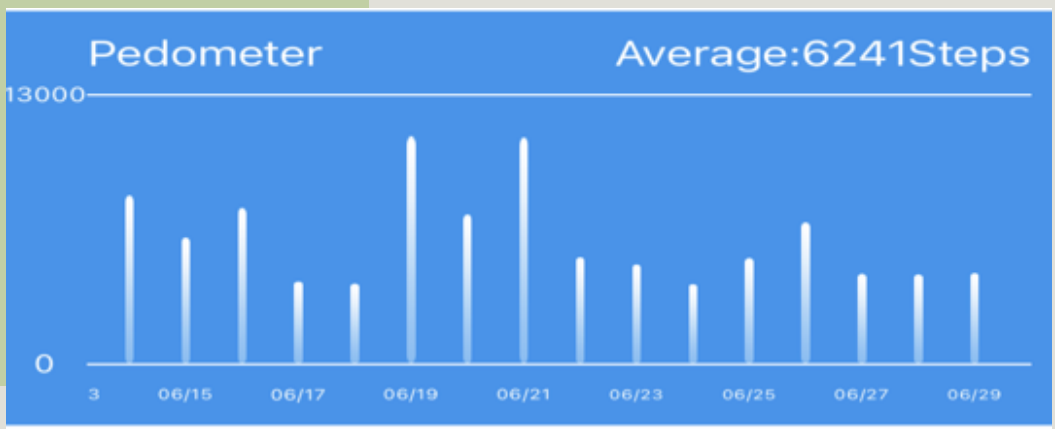


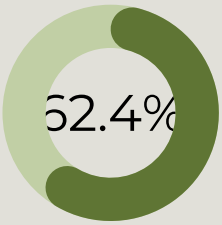


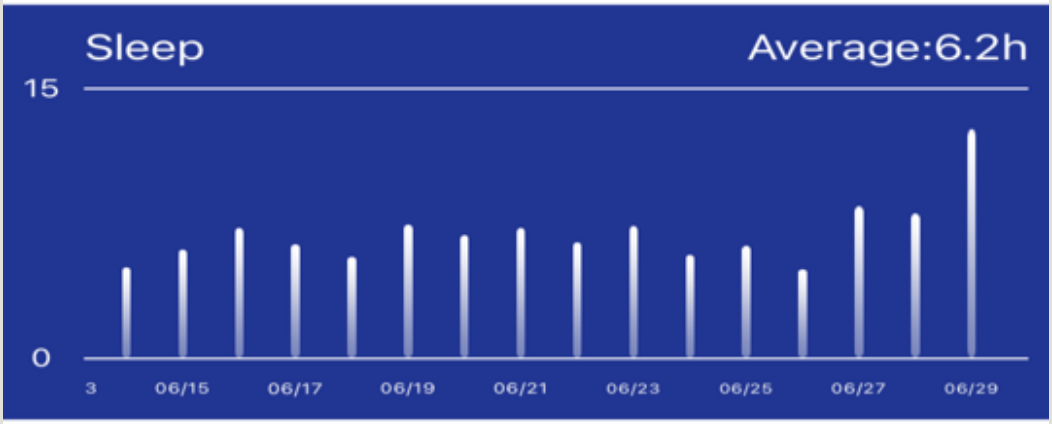
O2 RING MONTHLY AVERAGE:

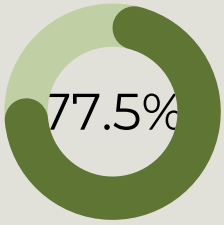
DATE	SCORE
6/16/23	9.9
6/17/23	9.4
6/18/23	7.9
6/19/23	8.1
6/20/23	9.8
6/21/23	9.2
6/22/23	9.1
6/23/23	8.5
6/24/23	9.3
6/25/23	8.5
6/26/23	9.4
6/27/23	9.8
6/28/23	9.8
6/29/23	9.8
6/30/23	9.1
Average	9.1733333

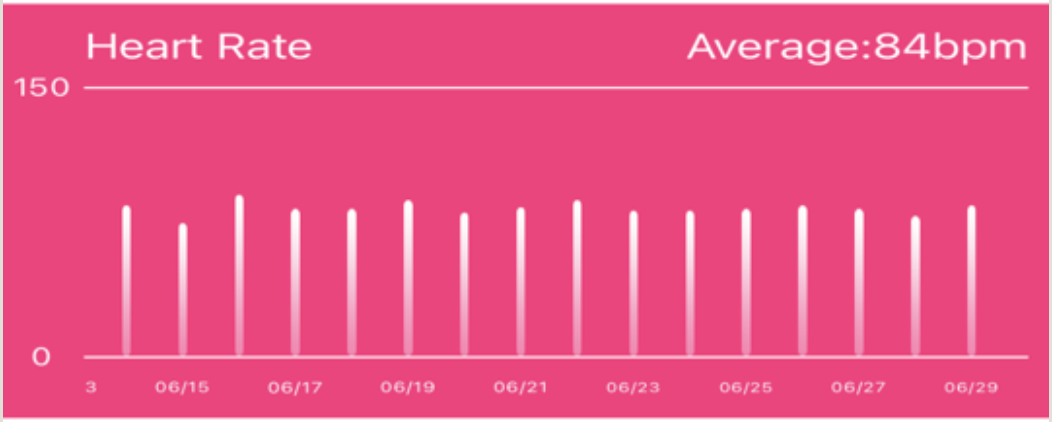
Dashboard Summary

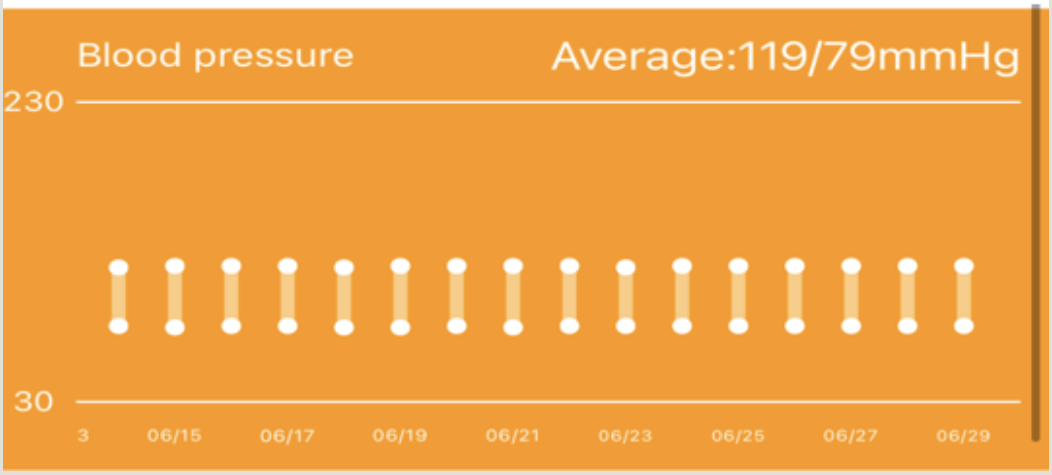












Continuous Glucose Monitor:

Gerard K. Loy
DOB: 07/16/1982
MRN: _____
DEVICE: FreeStyle Libre +

PAGE: 1 / 1
Generated: 06/20/2023

AGP Report

June 7, 2023 - June 20, 2023 (14 Days)

LibreView

GLUCOSE STATISTICS AND TARGETS

June 7, 2023 - June 20, 2023	**14 Days**
Time Sensor Active:	**91%**

Ranges And Targets For	Type 1 or Type 2 Diabetes
Glucose Ranges Target Range 70-180 mg/dL	**Targets** % of Readings (Time/Day) Greater than 70% (16h 48min)
Below 70 mg/dL	Less than 4% (58min)
Below 54 mg/dL	Less than 1% (14min)
Above 180 mg/dL	Less than 25% (6h)
Above 250 mg/dL	Less than 5% (1h 12min)

Each 5% increase in time in range (70-180 mg/dL) is clinically beneficial.

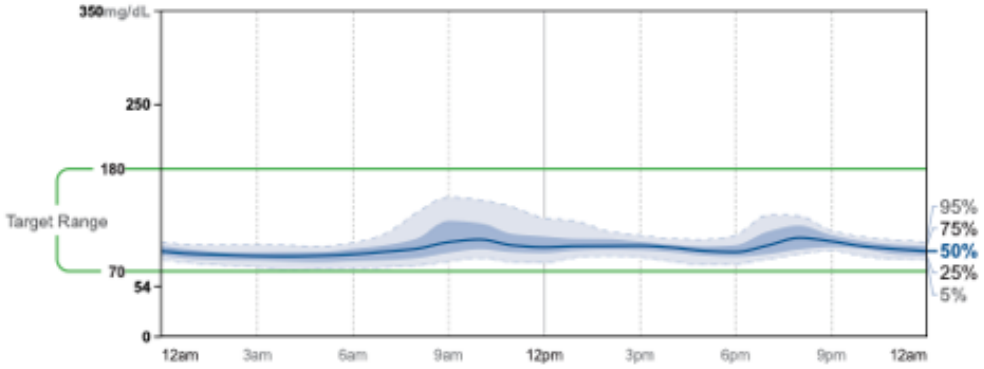
Average Glucose	**95** mg/dL
Glucose Management Indicator (GMI)	**5.6% or 38 mmol/mol**
Glucose Variability	**15.7%**

Defined as percent coefficient of variation (%CV)

TIME IN RANGES

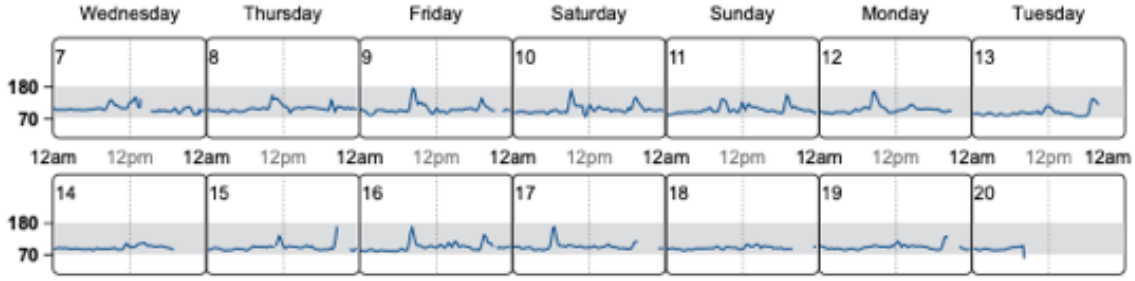
AMBULATORY GLUCOSE PROFILE (AGP)

AGP is a summary of glucose values from the report period, with median (50%) and other percentiles shown as if occurring in a single day.



DAILY GLUCOSE PROFILES

Each daily profile represents a midnight to midnight period with the date displayed in the upper left corner.



Source: Battelino, Tadej, et al. "Clinical Targets for Continuous Glucose Monitoring Data Interpretation: Recommendations From the International Consensus on Time in Range." Diabetes Care, American Diabetes Association, 7 June 2019, https://doi.org/10.2337/dci19-0028.

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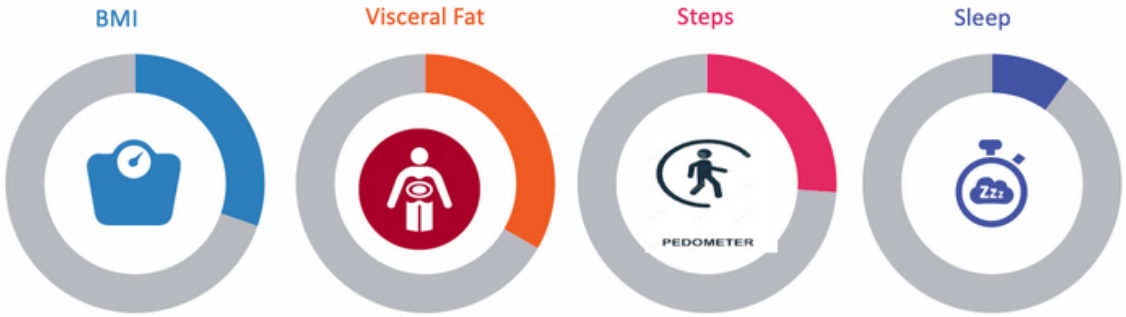
BATANGAS

Live Longer... Better...

100 Years Strong

	BMI %	Visceral Fat %	Pedometer monthly steps	Sleep (hrs.)
Starting number	28	13	4982	6.0
Current number	25	12	6291	6.2
Goal number	19	10	10000	8.0
Percentage of goal reached	30%	33%	26%	10%



Body Mass Index (BMI)

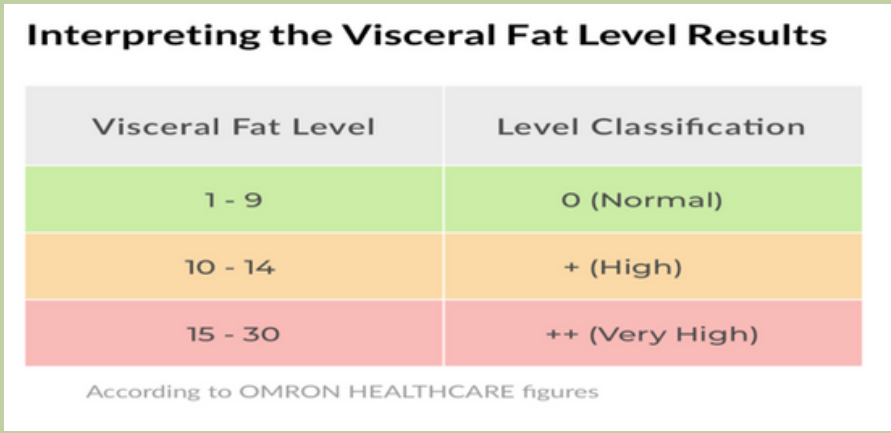
Range	BMI
Underweight	< 18.5
Normal	18.5 - 24.99
Overweight	25 - 29.99
Obese	≥ 30

This guide is in reference to WHO standards

Determining how much you should weigh is not a simple matter of looking at a height-weight chart, but includes considering the amount of bone, muscle and fat in your body's composition.
Excess body weight and adiposity cause insulin resistance, inflammation, and numerous other alterations in metabolic and hormonal factors that promote atherosclerosis, tumorigenesis, neurodegeneration, and aging.
According to the World Health Organization and many medical societies, BMI should be maintained in the 18.5–24.9 kg m−2 range to achieve optimum health.

Visceral fat = fat surrounding internal organs

Too much visceral fat is thought to be closely linked to increased levels of fat in the bloodstream, which can lead to common diseases such as hyperlipidemia and diabetes, which impairs the ability of insulin to transfer energy from the bloodstream and using it in cells. In order to prevent or improve conditions of common diseases, it is important to try and reduce visceral fat levels to an acceptable level.



Interpreting the Visceral Fat Level Results

Visceral Fat Level	Level Classification
1 - 9	0 (Normal)
10 - 14	+ (High)
15 - 30	++ (Very High)

According to OMRON HEALTHCARE figures

People with high visceral fat levels tend to have large stomachs. However, this is not always the case and high visceral fat levels can lead to metabolic obesity. Metabolic obesity (visceral obesity with normal weight) represents fat levels that are higher than average, even if a person's weight is at or below the standard for their height.

Pedometer/Movement

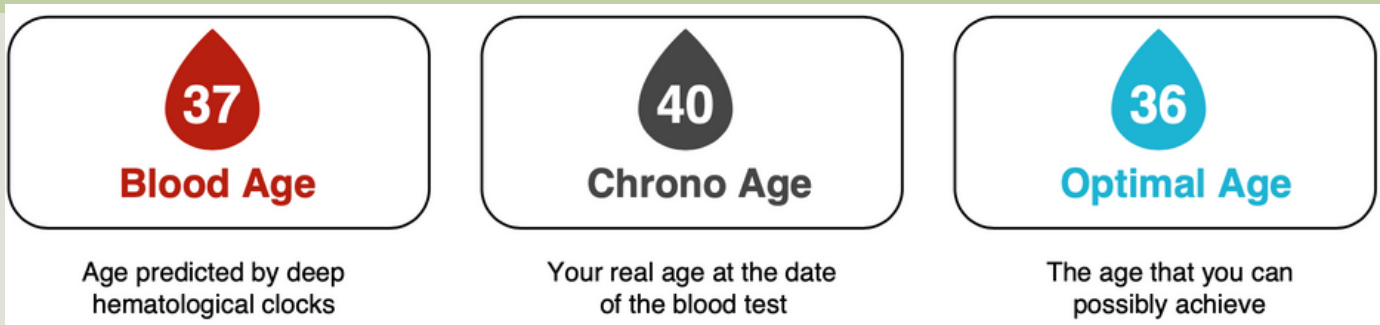
The fitness goal of 10,000 steps a day is widely promoted, but a new study suggests that logging even 7,000 daily steps may go a long way toward better health.
Middle-age people who walked at least 7,000 steps a day on average were 50 percent to 70 percent less likely to die of any cause over the next decade, compared with those who took fewer steps.
Lower risk of premature death was observed for both women and men, Black and white, who took 7,000 steps or more, according to results published this month in JAMA Network Open.

Sleep

Rest is just as important as healthy physical stress. During deep sleep, intensive cerebral regeneration takes place, which is crucial for maintaining intact cognitive functions and reducing the risks of neurodegeneration. The duration of deep sleep decreases with age and extra attention is required to
Sleep quality control

- Comfortable temperature (not higher than 22 ˚ C)
- Physical activity in the morning
- Do not drink coffee and tea in the second half
- Eliminate sources of light and noise pollution
- Fresh bedding (in addition to regularly changing linen every 2 years a pillow and a mattress every 10 years, it is advisable to use an orthopedic one)

Blood Age

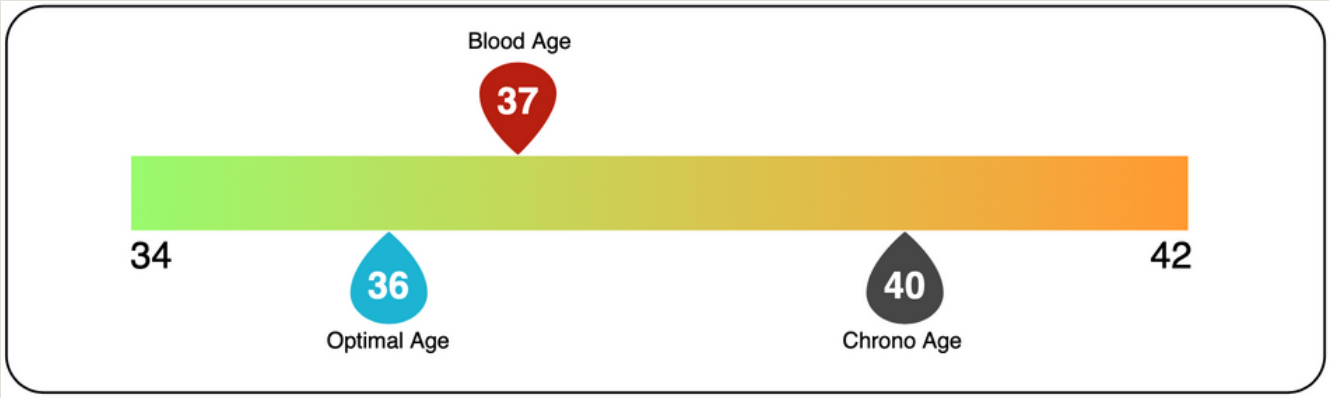


Blood Age represents the intensity of your aging processes that we measure using a patented digital model of aging, an aging clock. The model analyses the footprints cellular aging leaves in the blood and reports your pace of aging.

You are a slow-ager as your BloodAge is lower than your real age. You have few signs of aging-related damage in the blood. You are doing good and should focus on maintaining a slow pace of aging.

Your body is **3 years younger** than you are chronologically.

Regardless of being a slow or a fast ager, you can always do better! Read this report to the end to learn how you can



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