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American Institute for Preventive Medicine

Welcome Elaine

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Actionable HRA

Results for Elaine

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Sex

You answered: Male

## Are you pregnant?

You answered: No

**What is your waist circumference? To find this, place a measuring tape snugly around your middle, just above your hipbones. Do this while you stand relaxed. Do not pull in your stomach. Measure your waist just after you breathe out.**

You answered: Women: 61-86 centimeters

About that:

Good for you! Your waist circumference of less than 86 cm puts you at a reduced risk for type 2 diabetes, coronary heart disease, and high blood pressure.

## What is your blood pressure?

You answered: Less than 120 systolic and less than 80 diastolic

About that:

Congratulations! Your blood pressure is in the normal range. Follow a healthy lifestyle to help prevent HBP.

Get to and stay at a healthy weight.

Do regular physical activity.

Limit sodium to 2,300 milligrams (mg) per day; 1,500 mg if you already been diagnosed with HBP, , or are middle-aged and older.

If you choose to drink alcohol, limit it to:

No more than 2 drinks per day if you are male

No more than 1 drink per day if you are female or age 65 or older. (One drink = Small bottle (330 ml) regular beer, 150 ml table wine, 50 ml 80-proof liquor, whiskey, gin, vodka)

Eat 5 or more servings of fruits and vegetables a day.

Take prescribed medicines and follow other treatment measures for health conditions you have, such as diabetes and abnormal cholesterol levels.

## Blood Cholesterol

You answered: Based on a blood test, my total cholesterol was less than 200 mg/dL.

About that:

Good for you, it is desirable to have a total blood cholesterol less than 200 mg/dL.

## Cigarette Smoking

You answered: I do not smoke.

About that:

Good for you! Smoking is one of the worst things anyone can do for their health!

## Physical Activity

You answered: For at least 5 days in an average week, I spend 30-60 or minutes (for at least 10 minutes at a time)

About that:

Good for you! You are making physical activity an important part of your life. Your active lifestyle is helping you control your weight and lowering your risk for many chronic diseases. For increased fitness, add more minutes of physical activity to your weekly schedule.

## Stress

You answered: During the past year, stress has had a lot of effect on my health

About that:

Practice Stress Management Tips and consult your doctor if you have any of these problems:

You need alcohol or drugs to deal with stress.

You are often anxious, nervous, or confused about how to handle a problem.

You have been part of a traumatic event in the past and;

Have recurring, intrusive thoughts of the event.

You are easily startled.

You have a hard time concentrating.

You avoid people, places, and thoughts that recall the event.

You feel detached from others.

Also, Pacifico offers an outpatient counseling service. Consultants will take place only in our Pacific Health Center located on the premises of the Clinic Tezza. This service enables you to improve your relationships, self-esteem, and vocational attitude, among other aspects related to mental health. Access this service by calling our Central Information and Consultation 01 513-5000. The fee is only copayment or deductible S /. 20 including VAT per visit. The frequency of visits is determined by the attending physician.

## Sleep

You answered: I usually get 7 to 8 hours of sleep per night.

About that:

Continue getting the recommended amount of sleep per night for adults. Practice Healthy Sleeping Habits.

## Allergies

You answered: Yes

## **Arthritis**

You answered: Yes

## **Asthma**

You answered: Yes

## **Back Pain**

You answered: Yes

## **Cancer**

You answered: No

## **Chronic Bronchitis / Emphysema**

You answered: No

## **Chronic Pain**

You answered: No

## **Depression**

You answered: No

## **Diabetes**

You answered: No

## **Heart Problems**

You answered: No

## **Heartburn or Acid Reflux**

You answered: No

## **Headache or Migraine**

You answered: No

## **Osteoporosis**

You answered: No

## **Thyroid**

You answered: No

## Stroke

You answered: No

## High Blood Pressure

You answered: Sibling

## Heart Problems

You answered: Father

## Diabetes

You answered: Nobody

## Cancer

You answered: Nobody

## High Cholesterol

You answered: Father

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