



YOUR HEALTH ASSESSMENT REPORT

26th October 2015

Complete Health
Oxford

Dr Robert Marsden

Customer name: Mr DANIEL HAYWOOD

ID number: 138322

Date of birth: 19/06/1967

bupa.co.uk

YOUR HEALTH ASSESSMENT REPORT

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Your personal health report

Thank you for visiting us for your Complete Health assessment. We hope you found your visit to be beneficial and enjoyable. Our aim is to give you a detailed understanding of your current health status and to provide practical guidance on how best to enhance your future health and quality of life.

Over the next few pages you will find a comprehensive summary of most of the results from your health assessment. If some of your tests have been sent away for external analysis, we will notify you of the result as soon as possible.

Date: 26th October 2015

Time: 08:30

Location: Oxford
Ground Floor, 7600, The Quorum
Alec Issigonis Way
Oxford

Medical action plan

- maintain present excellent life style but reduce waist a little further and watch alcohol
- blood pressure

For full details, please see page 4.

Previous appointment history

Date	Bupa location	
31-10-2011 08:00	Reading	BUPA PRACTITIONER
27-11-2009 11:45	Guildford	Dr Nicolette Ray
26-10-2015 08:30	Oxford	Dr Robert Marsden

MEDICAL SUMMARY

It was a pleasure to meet you today. I am glad to hear all is well at home and at work.

You are aware of and generally seem to keep to a healthy lifestyle. This is excellent as it will be contributing to your good results and future wellbeing. Clinical examination was normal. Should there be any change in your current problems, or should any new ones arise, you should of course consult your own GP. I hope you found your visit both useful and reassuring, and suggest that you return for a further health assessment in 1-2 years.

Your stated alcohol intake is around the recommended safe maximum weekly intake of 21 units for men. Regularly consuming more than this limit per week can have an adverse effect on your health. It can raise your blood pressure and harm your liver and nervous system. I would strongly urge you to keep your intake to within the recommended safe limit. Remember that your declared intake is around an extra days worth of calories each week.

Because of your family history of raised cholesterol and hypertension, you need to be particularly vigilant with regards to your own risk factors.

There are a significant number of abnormalities in your blood count. I suggest that you discuss these results with your GP for a further assessment.

The Haemoglobin, Red cell count and haematocrit (packed cell volume) are all below the normal range suggesting a possibility of iron deficiency or other cause.

Your kidney function is abnormal and will need further assessment if this abnormality persists on further testing. Please ask your doctor to repeat this test for you in 2 to 4 weeks.

You have a slightly raised creatinine and low eGFR. I would suggest you are well hydrated when you attend for a recheck

We calculate your risk of coronary heart disease by looking at various risk factors. This gives you a 5% risk of developing coronary heart disease within the next 10 years. This score is better than the average for your age which is 11%.

Your specific concerns

-

nil specific

Medical issues you need to address

maintain present excellent life style but reduce waist a little further and watch alcohol

- Moderate alcohol intake

Current guidelines recommend not regularly drinking more than three or four units a day for men, and two or three units a day for women. Buy yourself an alcohol measure for your home so that you can see how much you're putting in your drink. Have two or three alcohol free days each week. Visit our alcohol calculator to find out the units and calories of what you are drinking - <http://www.bupa.co.uk/health-information/tools-calculators/alcohol-calculator>.

- Increase fruit and veg

Aim to eat a minimum of 5 portions per day. Add fresh fruit to deserts and breakfast cereals. Snack on fresh fruit/veg.

- Reduce calorie intake

Control fat intake. Control sugar intake. Ensure a good intake of fibre. Control portion sizes.

blood pressure

- Increase aerobic exercise

Aim to do some physical activity every day and spend as little time as possible being inactive. The recommended healthy level of physical activity for adults is 150 minutes (two and a half hours) of

moderate intensity exercise over a week in bouts of 10 minutes or more. Try doing this by carrying out 30 minutes on at least five days each week. Alternatively, you can accumulate 75 minutes of vigorous intensity activity over the week, or do a combination of moderate and vigorous intensity activity. Exceeding these guidelines will provide additional benefits for fitness development and weight loss.

- Reduce salt intake

Limit consumption of processed and tinned foods. Don't have salt at the dinner table. Use herbs or spices to flavour food rather than salt.

- Recheck blood pressure

The pressure we took today was a little high. Please arrange to have this checked again in the near future.

Examination findings

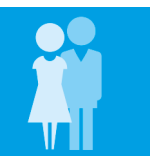
There were abnormalities in these areas:

I found no significant abnormalities in these areas:

- Male genitalia
- Ears and nose
- Mouth, teeth and gums
- Eyes/fundi
- Skin
- Lymph glands
- Heart (Sounds, rhythm and size)
- Carotid sounds
- Peripheral arteries
- Veins
- Lungs
- Abdomen (Including organs)
- Hernial orifices
- Upper Limbs (muscles/joints)
- Axial skeleton (posture)
- Nervous system

Not examined areas:

Outstanding results



BODY COMPOSITION

Excessive weight and fat deposited on the torso are major contributors to heart disease, diabetes and cancer. Being overweight is also a major cause of low energy levels and poor self-image.

Height and Weight

Height

174 cm

Weight

82.4 kg

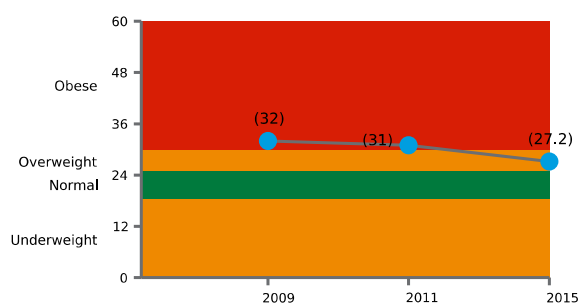
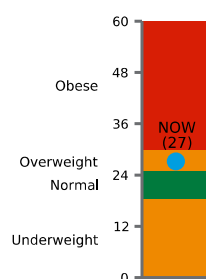
Body mass index (BMI)

As you will note, your BMI value is slightly higher than recommended. It would be sensible to look at your dietary habits and the amount of physical activity you take as reducing your BMI can help prevent ill-health.

Information

The body mass index (BMI) is a well-established measure to see if your weight is reasonable for your height. BMI can be raised in well-muscled, fit individuals and for this reason it is also very important to consider body fat percentage alongside the BMI for an overall assessment of body composition.

South Asian and Chinese adults, who have a higher risk of developing type 2 diabetes than white populations are advised to maintain a BMI lower than the standard 25. For these groups, a BMI score of 23 or more means an increased risk of developing type 2 diabetes. Black people and other minority groups are also advised to maintain a BMI below 25 to reduce their risk of type 2 diabetes.

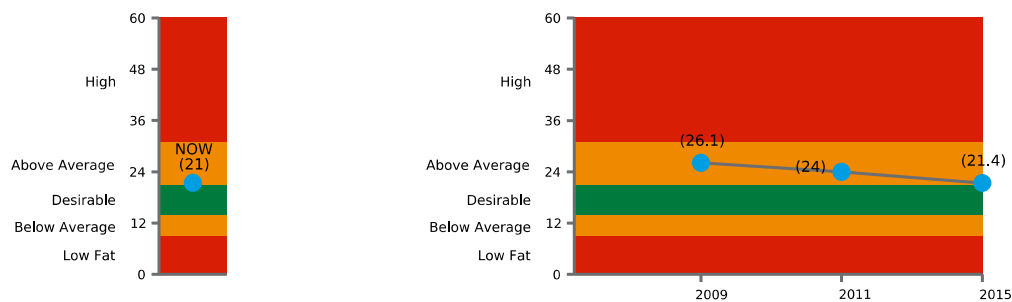


Body fat percentage

Your level of body fat is currently slightly above the ideal. If you increase your activity levels or lose some weight, you should be able to reduce this.

Information

The chart shows how your body is composed, or the proportion of fat and lean tissue in your body. If the balance of fat to lean tissue is too high, this can increase your risk of certain types of health problems like high blood pressure, diabetes, heart disease.

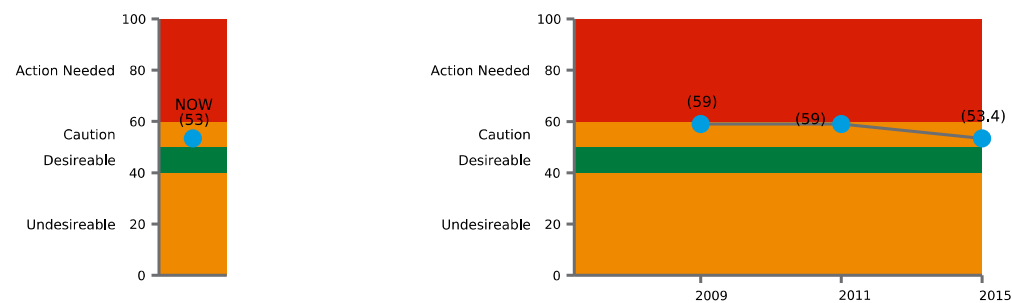


Waist-height ratio

Your waist to height ratio is above the ideal and it has been shown that carrying excess weight around your middle is a factor contributing to health risks. You may wish to consider losing a little weight and trying to increase your exercise levels.

Information

The distribution of excess fat is also important. Too much fat around the middle (so-called "apple shaped") is a major risk for heart disease. This can be assessed by looking at the ratio of the waist circumference, which can be improved by lifestyle changes, to the height, which is relatively constant. Values derived from the Ashwell® Shape Chart. ©Margaret Ashwell





ACTIVITY MEASUREMENTS

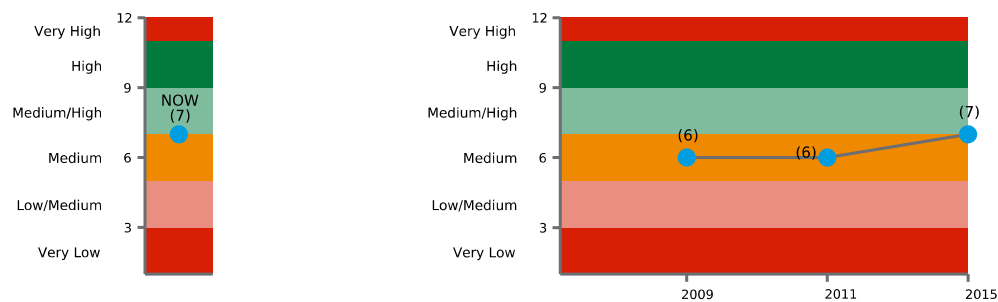
The human being has evolved as an active species and needs an optimum amount of exercise to maintain health and quality of life. Many of us fall short of achieving the optimum amount of exercise for protection against diseases such as diabetes, heart disease and cancer.

Activity level

Your activity level is ideal. This will help ensure your future good health.

Information

The Activity measure indicates your activity level and assesses whether you are meeting the requirements for the optimum amount of exercise. The 11-point activity scale used shows how healthy your activity levels are. A score from 6 to 10 is considered healthy, with 10 the optimum.



Basal Metabolic Rate

BMR

Information

The basal metabolic rate is the amount of energy used while at rest in a comfortable environment. This is the lowest number of calories your body requires to function normally. We calculate your basal metabolic rate using a well researched formula to give you an indication of the minimal number of calories you need to carry on functioning. If you are well muscled this estimate might be a little low. This is an estimate of the absolute minimum number of calories you will require.

Your current BMR score: 1885



LUNG FUNCTION

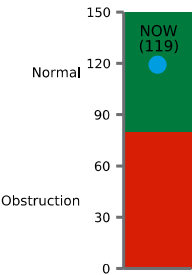
The lung function tests are designed to assess the flow of air through the lungs. Abnormalities of flow can reflect the effects of smoking and pollution as well as airway disease.

Lung capacity

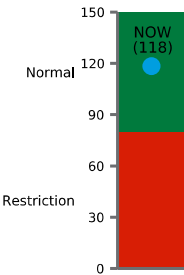
Information

Your accessible lung capacity is called the vital capacity and if exhaled forcefully is known as the forced vital capacity (FVC), whilst the amount exhaled in one second is known as the FEV1. We can also take a ratio of these two measurements called the FEV1/FVC ratio. This ratio should ideally be between 70 and 80%. If it is below 70% this may indicate some obstruction seen in conditions like asthma and bronchitis. If it is above 80% and associated with decreased lung volumes then this may indicate some restriction to lung capacity. If it is above 80% and there is a normal or high lung volume then this may indicate a high athletic fitness.

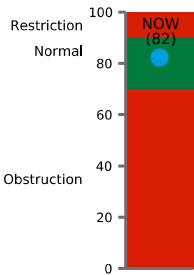
FEV1



FVC



FEV1/FVC





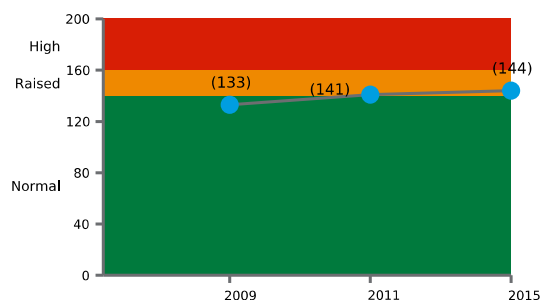
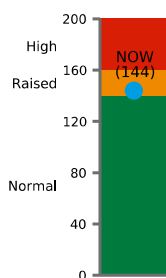
CARDIOVASCULAR MEASUREMENTS

Resting blood pressure

Your resting blood pressure: **144/84** mmHg

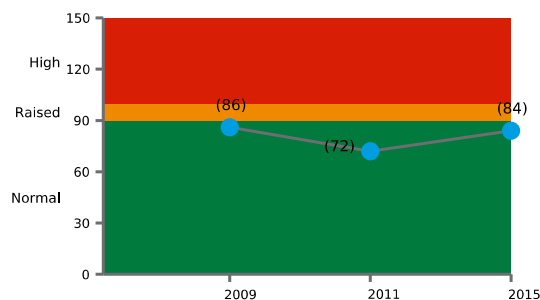
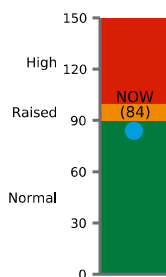
Systolic

Your Systolic blood pressure reading today was slightly raised. It would be advisable to have this rechecked in the near future to see if it remains raised.



Diastolic

The Diastolic blood pressure recorded today was within the currently accepted healthy range. It is worth having your blood pressure checked regularly.

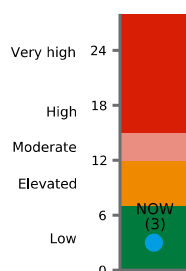


Diabetes risk score

You have a low risk (1 in 100) of developing diabetes in the next 10 years.

Information

The Diabetes Risk Score is a simple and reliable tool to identify people at high risk of type 2 diabetes. It is based on widely accepted research data, and looks at lifestyle problems that may increase the risk. If you are high risk of developing diabetes, then you can take action to minimise your risk.



Coronary heart risk score

We calculate your risk of coronary heart disease by looking at various risk factors. This gives you a 5% risk of developing coronary heart disease within the next 10 years. This score is better than the average for your age which is 11%.

Information

The coronary heart disease risk score is calculated by looking at data from a large population of people over a long period of time. The risk factors used are age, sex, total cholesterol, HDL cholesterol, blood pressure, presence of diabetes and smoking status.

Your score is then compared to an average population of the same age and sex and gives an estimation of the 10 year risk of having a coronary event like a heart attack or angina. If your score is greater than 15% then more proactive treatment of risk factors like raised blood pressure and cholesterol may be needed. At risk levels below this there may still be risk factors that can be modified through lifestyle changes to reduce your overall risk.

Please note that the coronary heart disease risk score cannot be used if you already have coronary heart disease or are on treatment to lower your blood pressure or cholesterol levels. It may also need more careful interpretation, depending on ethnic group.



Resting ECG

Your ECG is normal

Information

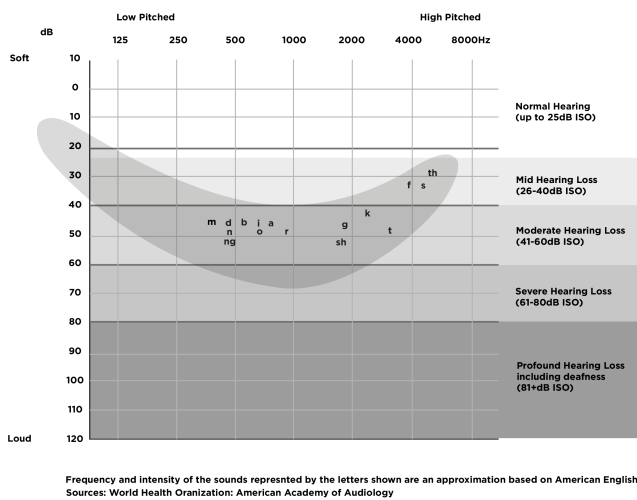
The heart trace (electrocardiogram/ECG) can pick up abnormalities indicating heart disease. These can include problems with the heart's rhythm, size and strain in the heart muscle. The ECG is a snap shot of heart function and cannot detect all forms of heart disease.



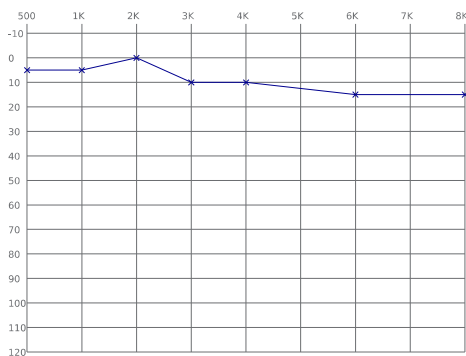
HEARING Readings

Information

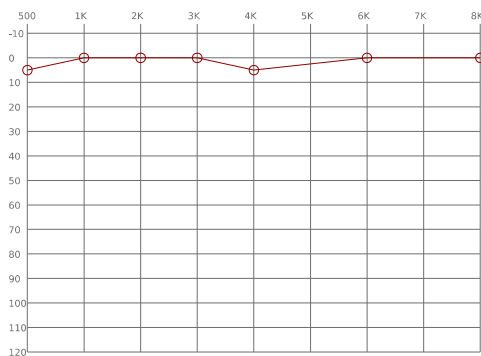
The hearing test shows the amount of hearing loss at each tested frequency, measured in decibels. As we get older, over the age of 35, it is normal for there to be some loss, particularly at higher frequencies above 4,000Hz. If there is significant loss in either ear, then this may need further investigation. (O/R signifies an out-of-range value.)



Left Ear



Right Ear





URINE AND STOOL TESTS

Information

N: The result is normal
T: Trace result
A, 1-4: The result is positive and needs further assessment
O: Test outstanding
D: Test declined

Blood

N

Protein

N

Glucose

N

Microalbuminuria

N/A

Faecal occult blood

Information

The purpose of the faecal occult blood test is to indicate the presence of blood in the stool. In the vast majority of cases where blood is detected there is no sinister cause but it can be an early sign of bowel cancer in about 2% of cases.

Outstanding

LAB TEST RESULTS

BLOOD COUNT

There are a significant number of abnormalities in your blood count. I suggest that you discuss these results with your for a further assessment.

The Haemoglobin, Red cell count and haematocrit (packed cell volume) are all below the normal range suggesting a possibility of iron deficiency or other cause.

Test name	Current	Ideal	Status	Previous Result
Haemoglobin	128 g/L	130-170	Below normal	13.6
Red Blood Cells	4.4 x10 ¹² /L	4.5-5.5	Below normal	4.57
HCT Ratio (pcv)	0.39 ratio	0.40-0.50	Below normal	0.39
MCV	87 fl	83-101	Normal	
MCH	29 pg	27-32	Normal	
MCHC	331 g/L	315-345	Normal	
White Blood Cells	5.7 x10 ⁹ /L	4.0-10.0	Normal	
Platelets	241 x10 ⁹ /L	150-410	Normal	

KIDNEY TESTS

Your kidney function is abnormal and will need further assessment if this abnormality persists on further testing. Please ask you doctor to repeat this test for you in 2 to 4 weeks.

You have a slightly raised creatinine and low eGFR. I would suggest you are well hydrated when you attend for a recheck

Test name	Current	Ideal	Status	Previous Result
Urea	6.9 mmol/L	2.5-7.8	Normal	
Creatinine	123 umol/L	59-104	Above normal	127.9
eGFR	54 ml/min	60-200	Below normal	56.3

GOUT TEST

Your uric acid level is slightly raised and this may increase the risk of developing gout. However, no treatment is needed at this stage.

Test name	Current	Ideal	Status	Previous Result
Uric acid	450 umol/L	200-430	Above normal	324

DIABETES TEST

Your blood sugar is normal

Your calcium test is normal

Test name	Current	Ideal	Status	Previous Result
Glucose	4.5 mmol/L	3.5-6.0	Normal	
CALCIUM TEST	2.34 mmol/L	2.2-2.6	Normal	

LIVER & ENZYME TESTS

Your liver function tests are normal

Test name	Current	Ideal	Status	Previous Result
Total Bilirubin	15 umol/L	2.5-20	Normal	
Alkaline Phosphatase	56 IU/L	30-130	Normal	
Aspartate Transferase	19 IU/L	15-45	Normal	
Gamma Gtp	25 IU/L	3-60	Normal	
ALBUMIN TEST	45 g/L	35-52	Normal	

BLOOD FATS

Your total cholesterol is a little above ideal; however, the excellent value of HDL is protective giving you a total cholesterol/HDL ratio of more than 25% which is good.

Your LDL cholesterol result is excellent

Your HDL cholesterol level is good.

HDL cholesterol is protective against coronary heart disease and the more you have the better. The ideal is to have more than 25% of the total amount of cholesterol as HDL.

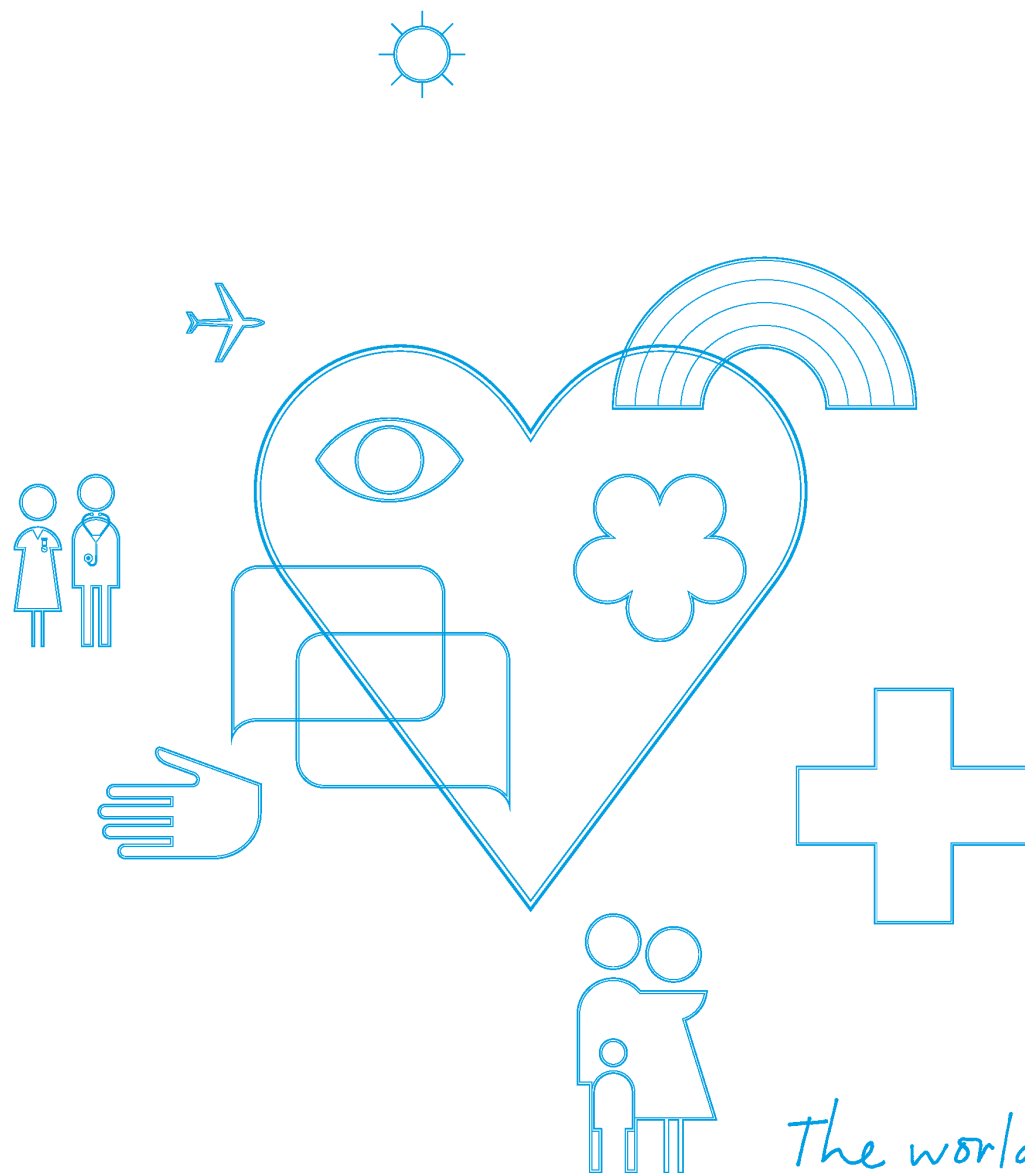
Your cholesterol/HDL ratio is good

Your triglyceride level is good.

Test name	Current	Ideal	Status	Previous Result
Total Cholesterol	5.4 mmol/L	0.1-5.0	Above normal	6.2
LDL Cholesterol	2.9 mmol/L	0-3.0	Normal	
HDL Cholesterol	2.1 mmol/L	1.0-4.0	Normal	
Cholesterol/HDL ratio	2.6	0-4.0	Normal	
Triglycerides	0.8 mmol/L	0.1-2.0	Normal	

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