

To print a summary for your GP, please print the final pages of this report once all of your expected results have been received



Your report has been updated because **Updated comments from the Health Adviser**

FOB test kit: NORMAL

YOUR HEALTH ASSESSMENT REPORT

28 November 2019

Health Enhance
Oxford

Dr Elaine Abberton

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 Health Enhance 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: 28 November 2019

Time: 13:15

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

Medical action plan

- cholesterol
- alcohol
- anaemia
- chest tightness
- sleep
- stress management
- exercise

For full details, please see page 4.

Previous appointment history

Date	Bupa location	
28-11-2019 13:15	Oxford	Dr Elaine Abberton
26-10-2015 08:30	Oxford	Dr Robert Marsden
31-10-2011 08:00	Reading	BUPA PRACTITIONER
27-11-2009 11:45	Guildford	Dr Nicolette Ray

MEDICAL SUMMARY

It was a pleasure to meet you for your health assessment during which we explored a range of parameters relating to your health and wellbeing.

Medical issues you need to address

cholesterol

- Cholesterol- GP in 3 months
Your cholesterol profile showed a raised total and LDL cholesterol and I would advise adopting the lifestyle measures we discussed and follow this up with your GP in 3 months

alcohol

- Moderate alcohol intake- through self-monitoring
Current guidelines recommend men and women do not drink more than 14 units per week and that they spread these across three days or more. You should also try to have at least two alcohol-free days a week so you don't go over the limit. Remember a few tips to help you drink sensibly: - start with low-alcohol to alcohol-free drinks or swap between them, -enjoy your drink slowly, -have an alcohol measure at home so you can see how much is in your drink, -try to do an activity rather than going to the pub or drinking at home. Make a note in your diary of how much alcohol you are drinking each week so you can work out whether you are within the recommended units. You can track your alcohol-free days using your Bupa Boost App.

sleep

- Improve sleeping pattern- by considering triggers and prompts
If you don't get a good night's sleep for several nights, you may start to feel unable to concentrate, indecisive and depressed. This is when it can start affecting your health and it's worth thinking about whether it is your lifestyle or environment that's disrupting your sleep. A few tips on good sleep hygiene can include: creating a relaxing environment, - your bed should be for sleeping not watching TV or working, avoiding stimulants by reducing or avoiding caffeine, especially in afternoon and early evening, reinforce body clock by going to bed and waking up at the same time, avoid excessive alcohol, use a relaxation technique or tape if you have difficulty falling asleep. Your Bupa Boost app can set reminders to go to bed or to turn off your phone.

stress

- Relaxation techniques- by challenging yourself
Learning how to relax is a key way to combat the negative effects of stress. When you're relaxed, your heart rate and breathing slows down, your blood pressure lowers and the levels of stress hormones in your body drops. It is easy to stop noticing the world around us and get caught up in our thoughts without noticing how our thoughts are driving our emotions and behaviour. Mindfulness can help us to notice signs of stress or anxiety earlier and help us to deal with them. Set yourself a challenge: try to find 30 minutes with no phone, television, emails or friends/family interference. Use this time to focus alone on your breathing, thoughts and feelings. Your Bupa Boost app allows you to join groups and set individual and group challenges so you can mark your progress, receive support and congratulations from your colleagues, friends and family.

Pending results

Examination findings

I found no significant abnormalities in these areas: your full examination was normal

Your specific concerns

You are anaemic, please follow this up with your GP and to be referred to the Gastroenterologist/ Colorectal surgeon for further management as you have had rectal bleeding,

You have had chest tightness in the past, if this happens again, I advised that you go to A&E straight away, do follow this up with your GP to be referred to the Cardiologist

If your upper respiratory tract symptoms from your cold worsens, see your GP and it would be advisable to see the Asthma Nurse at your GP practice for review

Your total and LDL cholesterol are raised and it would be advisable to try and reduce the levels by increasing your activity and eating a balanced diet low in saturated fats. Saturated fats are found for example in red meat and dairy fats e.g. butter, cream and cheese. These should be kept to a minimum in the diet. Repeat cholesterol in 3 months

You are overweight at 94 KGs, giving you a body mass index of 30. This is higher than the accepted range and since excess weight is one of the risk factors for coronary disease, it is important you consider some weight reduction. In most people, weight is reduced by taking a diet low in fats and sugar, high in fibre, fruit and vegetables. It is best to aim for a slow and steady reduction at a rate of 1-2 KGs per week rather than rapid weight loss. It is also important to consider regular exercise as a means to help weight reduction. I suggest that you consider at least three episodes of physical activity a week, of at least twenty minutes duration and sufficient to increase your heart rate.

Try to reduce your alcohol intake to less than 14 units a week

Have a look at mindfulness and headspace.com a useful app. Seeing a life coach or therapist may help.

You can locate a therapist via the BACP website

<http://www.bupa.co.uk/health-information/Health-blog/Mindfulness>

Sleepio is an online programme which helps you learn how to address lifestyle and environmental factors that impact your sleep and master highly effective cognitive techniques to help you learn how to fall asleep more quickly, stay asleep overnight and feel more refreshed in the morning which will boost your energy and improve your performance. You can access the website at the following link: <https://www.sleepio.com/>

Try Otex ear drops for ear wax.

Keep a check on your varicose veins and see your GP for further management

Keep a check on the hip and if the issue persists, follow up with your GP

Health adviser's summary

LIFESTYLE ACTION PLAN

Objective	Goal	Actions	My Notes	Tick ✓
Physical activity		<p>Increase resistance exercise- by challenging yourself</p> <p>Including appropriate resistance training in your exercise programme will help to improve your strength, posture and balance. You can use rubber bands, free weights, weight-lifting machines or simply your own body weight. Aim to do strength training two or three times per week and work all of the major groups in your body. Use a weight where you can do a set of 8-12 repetitions of an exercise. Setting a challenge can provide a focus for your exercise change. You could include your friends, family and colleagues in your challenge. Your Bupa Boost app allows you to join groups and set individual and group</p>		

		<p>challenges so you can mark your progress, receive support and congratulations from your colleagues, friends and family.</p> <p>Increase aerobic exercise - by challenging yourself</p> <p>The recommended level of physical activity is 150 minutes of moderate intensity exercise over a week in bouts of 10 minutes or more. Moderate exercise means your breathing is faster, your heart rate is increased and you feel warmer. If you're trying to lose weight or really improve your fitness, you may need to up your effort to vigorous exercise. This is when your heart rate and breathing increase considerably and you probably won't be able to talk without pausing for breath. Adjust the intensity of your exercise depending on your goal. Start gently and gradually increase your effort level. Setting a challenge can provide a focus for your exercise training. You could include your friends, family and colleagues in your challenge. Your Bupa Boost app allows you to join groups and set individual and group challenges so you can mark your progress, receive support and congratulations from your colleagues, friends and family.</p>		
Nutrition		<p>Try these simple tips to get the right balance of fats in your diet. -Swap your weekend fry-up for smoked mackerel for breakfast, -go for leaner cuts of meat or opt for chicken or fish and keep red meat to a minimum, -save butter for an occasional treat and try reduced fat spreads instead, -choose tomato-based sauces over creamy or cheesy ones in pasta dishes and curries, -grill or bake your food rather than fry it, -if you've got the munchies snack on fruit or a handful of nuts rather than cakes and biscuits. Keep a food diary to track your dietary habits and spot any times during the day or week where bad habits might be sneaking in (e.g. when you're tired/stressed/travelling). By spotting these patterns, you can make changes to help you achieve your goals. Use Bupa boost to set yourself daily and weekly goals and monitor your progress regularly.</p> <p>Reduce calorie intake- through self-monitoring</p> <p>No matter how healthy your diet is, eating too much can still be bad for you. If you're overweight despite sticking to a healthy, balanced diet, chances are you need to cut down your portion sizes. You should ideally consume a similar amount of calories to what you burn. Any calories consumed in excess will be</p>		

		stored as fat. Keep a food diary to track your dietary habits and spot any times during the day or week where bad habits might be sneaking in (e.g. when you're tired/stressed/travelling). By spotting these patterns, you can make changes to help you achieve your goals. Use Bupa boost to set yourself daily and weekly goals and monitor your progress regularly.		
Stress	To use physical activity and mindfulness to reduce stress levels and improve sleep.			



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

174.5 cm

Weight

93.4 kg

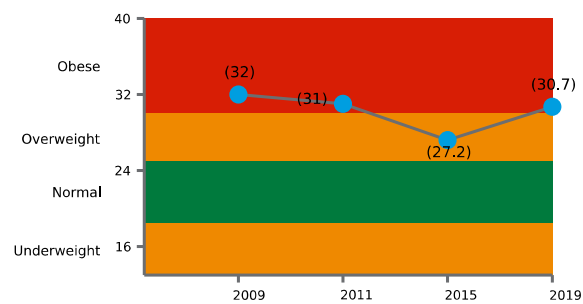
Body mass index (BMI)

As you will note, your BMI value is significantly 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.

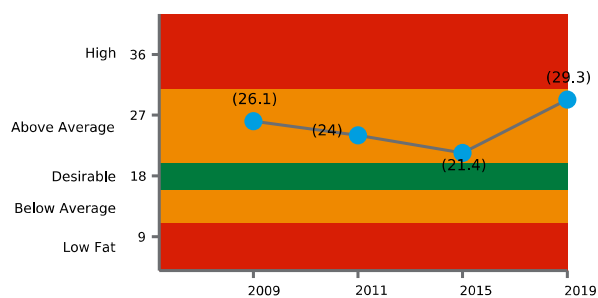


Body fat percentage

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.

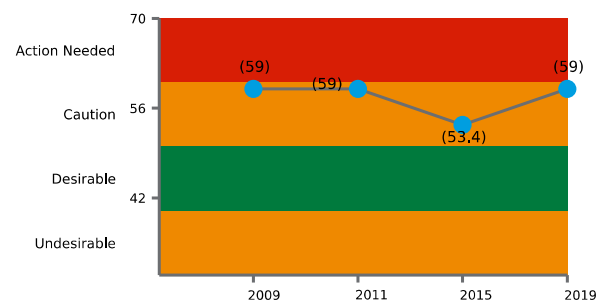


Waist-height ratio

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

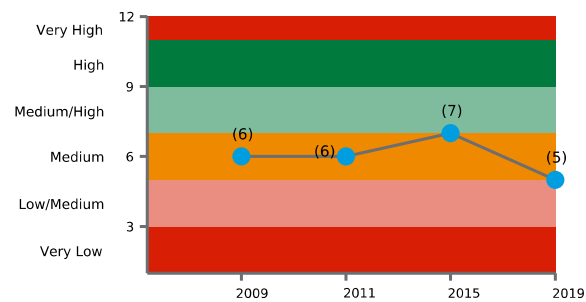
The human being has evolved as an active species and needs an optimum amount of exercise to maintain health and quality of life. Many of us fall short of achieving the optimum amount of exercise for protection against diseases such as diabetes, heart disease and cancer.

Activity level

Your activity level is good but ideally you should aim to do 150 mins of moderate exercise or 75 mins of vigorous exercise a week.

Information

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



Estimated Average Energy Requirement (EAR)

Information

Your Estimated Average Energy Requirement (EAR) is the number of calories per day your body requires to maintain good health and would be expected to maintain your current weight at your current activity level.

Your EAR is calculated using your Basal Metabolic Rate (BMR). Your BMR 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. Energy requirements are related to age, gender, body size and level of activity. On average, men tend to require more energy than women. We calculate your EAR & BMR using the results of your body composition assessment and a well researched formula to give you an indication of the minimal number of calories you need to carry on functioning.

Estimated Average Energy Requirement (EAR)

3064 kcal

Basal Metabolic Rate (BMR)

1915 kcal



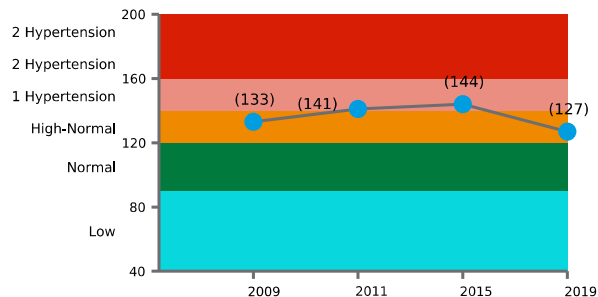
CARDIOVASCULAR MEASUREMENTS

Resting blood pressure

Your resting blood pressure: **127/74** mmHg

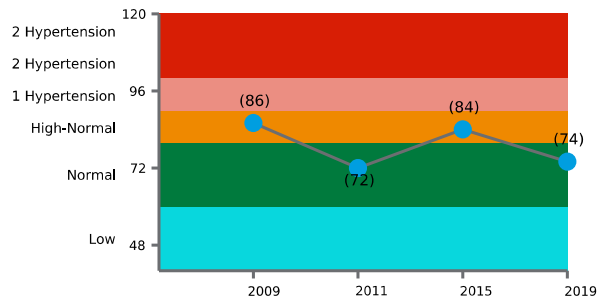
Systolic

Your Systolic blood pressure reading today was within the healthy range.



Diastolic

Your Diastolic blood pressure reading today was within the healthy range.



Diabetes risk

We calculated your risk of diabetes using the QDiabetes tool. This gives you a 2.7% risk of having diabetes within the next 10 years.

Information

The Qdiabetes risk score is a tool to predict the absolute risk of developing Type 2 diabetes over the next 10 years.

The Qdiabetes algorithm was developed and validated using data from studying 3.7 million patients registered at general practices across the UK and is updated annually. The tool uses risk factors such as; age, sex, smoking status, ethnicity, family history and medical history.

Your score is then compared to an average population of the same factors and gives an estimation of the 10 year risk of having Type 2 diabetes. If your score is 10% or more then your HbA1C result should be reviewed by your Doctor. At risk levels below 10% there may still be risk factors that can be modified through lifestyle changes to reduce your overall risk.



Cardiovascular disease risk

We calculated your risk of cardiovascular disease using the QRISK tool. This gives you a 4.8% risk of having a heart attack or stroke within the next 10 years. This risk is the same as a healthy person with the same age, sex and ethnicity.

Information

We calculate your risk of developing cardiovascular disease, such as stroke or heart attack, over the next 10 years using the QRISK tool.

The QRISK algorithm was developed using validated clinical research database and is updated annually. The tool contains many traditional risk factors, such as; age, sex, cholesterol levels, smoking status but also contains important additional risk factors (such as ethnicity, family history and other related diseases).

Your score is then compared to an average population of the same factors and gives an estimation of the 10 year risk of having a cardiovascular event. If your score is greater than 10% then more proactive treatment of risk factors such as raised blood pressure and cholesterol may be needed. At risk levels below 10% there may still be risk factors that can be modified through lifestyle changes to reduce your overall risk.

Please note that the cardiovascular disease risk score cannot be used if you already have CVD or are taking statins.



Resting ECG

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.

Atrial Fibrillation

During testing today, no irregular rhythm suggestive of atrial fibrillation was detected.

Information

Atrial Fibrillation (AF) is a heart condition that causes an irregular heart rate. It may sometimes cause symptoms such as dizziness, shortness of breath or palpitations, but in some people it may not cause any symptoms. If left untreated, it is a risk factor for embolic stroke, so it is important to detect it at an early stage.

The dual arm blood pressure device is sensitive to variations in heart rhythm, which in a small number of cases might be due to AF, however, an Electrocardiogram (ECG) is required for diagnosis. If the blood pressure detects any irregular heart rhythms during your health assessment, an ECG will be performed by the health adviser and a doctor will inform you of the result.



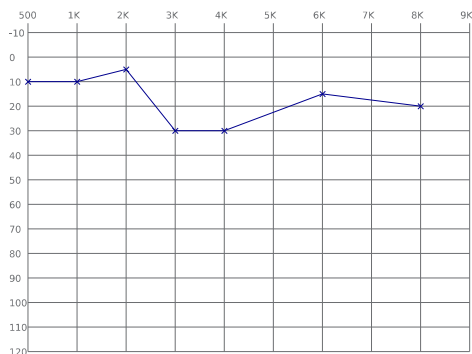
HEARING

Information

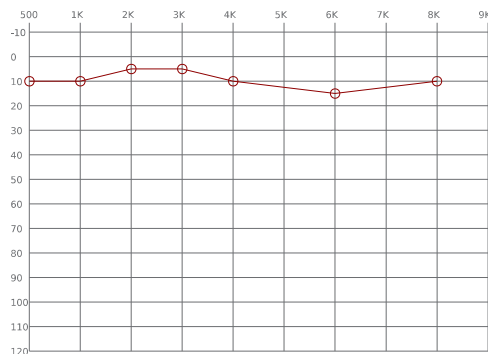
The hearing test shows the amount of hearing loss at each tested frequency, measured in decibels. As we get older, over the age of 35, it is normal for there to be some loss, particularly at higher frequencies above 4,000Hz. If there is significant loss in either ear, then this may need further investigation.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

Pending Doctor annotation

Left ear



Right ear



URINE AND STOOL TESTS

Information

The purpose of the urine test is to indicate the presence of blood, glucose or protein, which should not normally be present. Either blood or protein in the urine can be a sign of infection or may indicate kidney disease. The presence of glucose (sugar) in the urine may be the first sign of diabetes. Significant amounts of protein in the urine can be a sign of kidney disease.

The level of blood, glucose and protein will either be: Negative (normal) or Positive (in the range of 1-3 depending on the amount found). The purpose of the stool faecal occult blood test is to indicate the presence of blood in the stool. Blood in the stools can be a sign of any condition that causes bleeding into the digestive tract. The result will either be Negative (no blood) or Positive (blood found). In 98% of people, blood in the stools suggests an easily treated condition. In only 2% of people with a positive test, blood is a sign of bowel cancer.

Blood

Negative

Protein

Negative

Glucose

Negative

Faecal occult blood

Information

The purpose of the stool faecal occult blood test is to indicate the presence of blood in the stool. Blood in the stools can be a sign of any condition that causes bleeding into the digestive tract. The result will either be negative (no blood) or positive (blood found). In 98% of people, blood in the stools suggests an easily treated condition. In only 2% of people with a positive test, blood in the stools is a sign of bowel cancer.

Negative



LAB TEST RESULTS

Test name	Current	Ideal	Status
HbA1C	33 mmol/mol	18 to 41	Your test for Diabetes (HbA1c) is normal.
Haemoglobin	130 g/L	Male: 130 - 170 Female: 120 - 150	Your haemoglobin level is normal.
Total cholesterol	6.56 mmol/L	Less than or equal to 5	Your total cholesterol level is raised and you should try to replace the saturated fats with unsaturated fats in your diet. We can discuss your progress of improving the level in the follow up lifestyle coaching calls if you wish.
LDL cholesterol	3.82 mmol/L	Less than or equal to 3	Your LDL cholesterol level is raised and you should try to reduce the level by cutting down the intake of saturated fats in your diet. We can discuss your progress of improving the level in the follow up lifestyle coaching calls if you wish.
HDL cholesterol	2.01 mmol/L	More than or equal to 1	Your HDL cholesterol is excellent.
Total/HDL cholesterol ratio	3.3	Less than or equal to 4	Your total/HDL ratio is good.
Triglycerides	1.60 mmol/L	Less than or equal to 2	Your triglyceride result is good.
ACR (if clinically indicated)	mg/mmol	Below 3	

TSH

We carried out a thyroid test which assesses whether your thyroid is functioning normally. I am pleased to report that your test result is normal.

Test name	Current	Ideal	Status	Previous result
TSH	1.040 mIU/L	0.27-4.2	Normal	

LIVER AND ENZYME TESTS

Your liver function tests are within acceptable limits.

Test name	Current	Ideal	Status	Previous result
Total Bilirubin	7.0 µmol/L	0-21	Normal	
ALP	47 U/L	30-130	Normal	
ALT	24.5 U/L	1-41	Normal	
GGT	42 U/L	1-60	Normal	

FULL BLOOD COUNT

Your blood count result showed no abnormalities.

Test name	Current	Ideal	Status	Previous result
Haemoglobin (Hb)	136 g/L	130-170	Normal	
Red Blood Cell Count (RBC)	4.6 10 ¹² /L	4.5-5.5	Normal	
Haematocrit (Hct)	0.40 L/L	0.4-0.5	Normal	
Mean Cell Volume (MCV)	86 fl	83-101	Normal	
Mean Cell Haemoglobin (MCH)	29.6 pg	27-33	Normal	
Mean Cell Haemoglobin Concentration (MCHC)	343 g/L	315-345	Normal	
White Blood Cell Count (WBC)	5.2 10 ⁹ /L	4-10	Normal	
Platelets (Plt)	242 10 ⁹ /L	150-410	Normal	

B12 & FOLATE

Vitamin B12 is important for the formation of red blood cells. Your vitamin B12 result is low. This may indicate a problem with absorption of B12 from the gut and may mean you are developing a condition called pernicious anaemia. Therefore, I suggest you review this result with your GP in the next month or so.

Test name	Current	Ideal	Status	Previous result
Vitamin B12	193.9 pg/ml	197-771	Below normal	
Serum Folate	6.92 ng/ml	3.89-26.8	Normal	

PSA

Your PSA test is normal.

Test name	Current	Ideal	Status	Previous result
PSA	0.5 ng/ml	0-2.9	Normal	

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The world of Bupa

Care homes
Cash plans
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Health at work services
Health coaching
Health information
Health insurance
Home healthcare
International health insurance
Travel insurance



Bupa Health Clinics

Ref: 138322
28 November 2019

STRICTLY PRIVATE AND CONFIDENTIAL

Dr Hancock
Burford Surgery
59 Sheep Street

Burford
Oxfordshire

Dear Dr Hancock,

Re: **Mr Daniel Haywood** DOB: **19/06/1967**

2 ORCHARD RISE, BURFORD, OXFORDSHIRE, GB, OX184SZ

Please find below a summary of key health results discussed with me at my recent Bupa Health Assessment.

Please could these results be held with my NHS record.

Yours sincerely,

Mr Daniel Haywood

Smoking notes:

Height: 174.5 cm

Weight: 93.4 kg

Body Mass Index: 30.7 kg/m²

Final blood pressure (systolic): 127 mmHg

Final blood pressure (diastolic): 74 mmHg

QRisk score - risk of developing in the next 10 years: 4.8%

QDiabetes score - risk of developing in the next 10 years: 2.7%

Hba1c, non fasting sugar: 33 mmol/mol

Haemoglobin: 130 g/L

Total cholesterol: 6.56 mmol/L

LDL: 3.82 mmol/L

HDL: 2.01 mmol/L

Triglycerides: 1.60 mmol/L

Total cholesterol/HDL: 3.3 Ratio

ACR: mg/mmol

FEV1: L

FEV1/FVC Ratio: %

TSH

We carried out a thyroid test which assesses whether your thyroid is functioning normally. I am pleased to report that your test result is normal.

Test name	Current	Ideal	Status	Previous Result
TSH	1.040 mIU/L	0.27-4.2	Normal	

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Total Bilirubin	7.0 µmol/L	0-21	Normal	
ALP	47 U/L	30-130	Normal	
ALT	24.5 U/L	1-41	Normal	
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Haematocrit (Hct)	0.40 L/L	0.4-0.5	Normal	
Mean Cell Volume (MCV)	86 fl	83-101	Normal	
Mean Cell Haemoglobin (MCH)	29.6 pg	27-33	Normal	
Mean Cell Haemoglobin Concentration (MCHC)	343 g/L	315-345	Normal	
White Blood Cell Count	5.2 10 ⁹ /L	4-10	Normal	

(WBC)				
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PSA

Your PSA test is normal.

Test name	Current	Ideal	Status	Previous Result
PSA	0.5 ng/ml	0-2.9	Normal	

