

Health Check

powered by Nightingale Health

Routine risk assessment for
common chronic diseases

Clinical Report

Clinical summary

Risks for common chronic diseases

For more details, please see the risk page for each disease.

	Average or lower <small>Risk at 50th percentile or below</small>	Higher than average <small>Between 50th and 85th percentile</small>	Notably above average <small>Above 85th percentile</small>
Heart attack	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Ischemic stroke	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Type 2 diabetes	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Chronic kidney disease	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fatty liver disease	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

More detailed summary of the risks

Please see disease specific detailed risk and intervention pages in the report to evaluate clinical interventions.

● The patient has a **high risk for heart attack and ischemic stroke**. This means that the patient is **much more likely** to develop the diseases than people on average at his age. **Additionally, strong possibility of high Lp(a) is detected**, increasing the risk for heart attack and stroke.

● The patient has a **higher than average risk for type 2 diabetes and fatty liver disease**. This means that the patient is **more likely** to develop the diseases than people on average at his age. **The patient likely has high HbA1c**.

● The patient has an **average or lower risk for chronic kidney disease**. This means that the patient is **less or as likely** to develop the disease than people on average at his age.

Heart attack

Your current risk

Notably above average

Heart attack is one of the most common causes of death. It occurs when an artery supplying blood and oxygen to the heart muscle is occluded.

Your future risk

How you compare to other men your age, and **what happens when you get older.**



What factors increase your risk?

- **Lifestyle** can account for up to 80 % of your risk. Poor diet, sedentary lifestyle, smoking, excessive use of alcohol, high stress and lack of sleep may influence the **clinical risk factors** and your risk.

How to improve?

- See the **Lifestyle guidance page** for information on lowering risks through healthy habits.
- Consult your healthcare provider to assess and manage the **clinical risk factors**.

Your progress over time

Your risk has increased since your last blood test.

Notably above average	<input type="radio"/>	<input checked="" type="radio"/>
Higher than average	<input checked="" type="radio"/>	<input type="radio"/>
Average or lower	<input type="radio"/>	<input type="radio"/>

1 December 2024

18 September 2025
Your current risk

Heart attack

Risk of heart attack in different age groups

Risk Age	Average or lower Risk at 50th percentile or below	Higher than average Between 50th and 85th percentile	Notably above average Above 85th percentile
Below 40	Median 10y risk in risk group Below 1 %	1 %	1 %
40 – 49	1 %	2 %	4 %
50 – 59	3 %	5 %	8 %
60 – 64 ▶	Optimal 5 %	8 %	Your current risk 18 %
65 – 69	7 %	12 %	20 %
70 – 74	10 %	17 %	28 %
75 and above	12 %	21 %	34 %

Action you can take immediately

 Follow a **healthy lifestyle**.

Diet

Add vegetables, fruits, whole grains, lean proteins, and healthy oils. Avoid sugary foods, salt, and saturated fat.

Weight

Aim to maintain a healthy body weight, targeting a BMI between 20 and 25.

Exercise

Aim for 150 minutes of brisk activity each week. Do muscle-strengthening exercises twice a week.

Alcohol and smoking

Don't smoke and minimize alcohol consumption.

Recovery

Sleep 7–9 hours each night and manage stress.

→ See **Lifestyle guidance page** for more information.

Further actions your doctor may take

 Take a more detailed medical history and perform more examinations.

 Order more tests to evaluate your condition. This may include blood tests, electrophysiology studies, imaging studies, or other investigations.

 Start you on medication if appropriate to modify your risk factors.

Ischemic stroke

Risk of ischemic stroke in different age groups

Risk Age	Average or lower Risk at 50th percentile or below	Higher than average Between 50th and 85th percentile	Notably above average Above 85th percentile
Below 40	Median 10y risk in risk group Below 1 %	Below 1 %	Below 1 %
40 – 49	Below 1 %	Below 1 %	Below 1 %
50 – 59	1 %	1 %	1 %
60 – 64 ▶	Optimal 1 %	2 %	Your current risk 3 %
65 – 69	2 %	3 %	5 %
70 – 74	4 %	6 %	9 %
75 and above	5 %	7 %	12 %

Action you can take immediately

 Follow a **healthy lifestyle**.

Diet

Add vegetables, fruits, whole grains, lean proteins, and healthy oils. Avoid sugary foods, salt, and saturated fat.

Weight

Aim to maintain a healthy body weight, targeting a BMI between 20 and 25.

Exercise

Aim for 150 minutes of brisk activity each week. Do muscle-strengthening exercises twice a week.

Alcohol and smoking

Don't smoke and minimize alcohol consumption.

Recovery

Sleep 7–9 hours each night and manage stress.

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Further actions your doctor may take

 Take a more detailed medical history and perform more examinations.

 Order more tests to evaluate your condition as appropriate. This may include blood tests, electrophysiology studies, imaging studies, or other investigations.

 Start you on medication if appropriate to modify your risk factors.

Type 2 diabetes

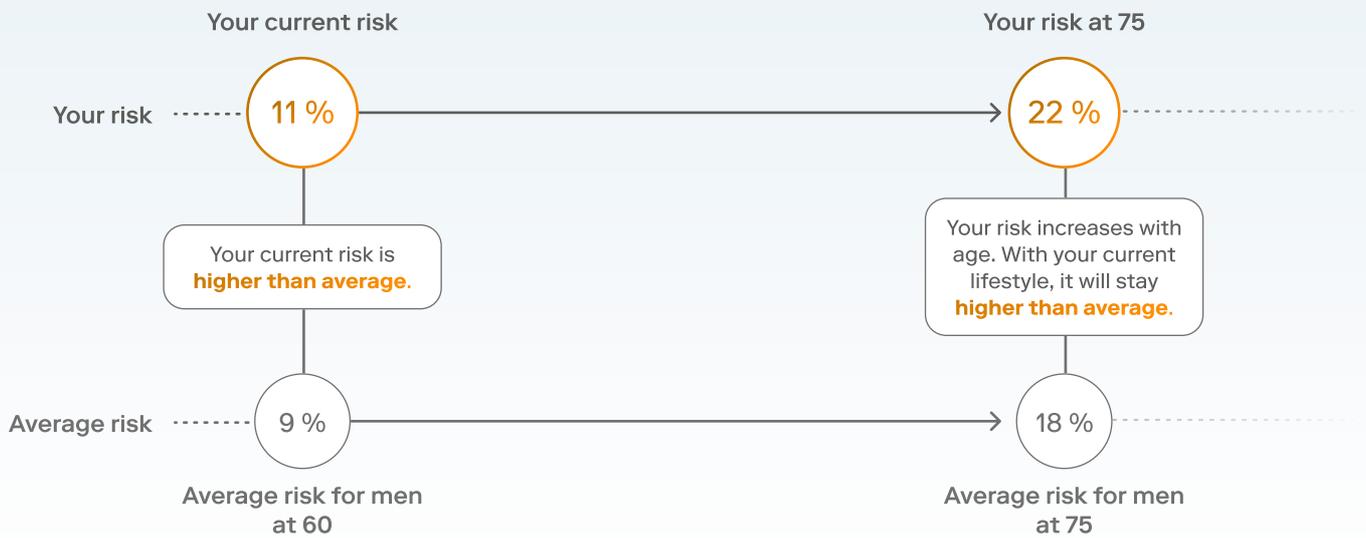
Your current risk

Higher than average

Type 2 diabetes is a common condition that causes high blood sugar and can damage the eyes, kidneys, nerves, and the heart. It can often be prevented and even reversed through lifestyle choices.

Your future risk

How you compare to other men your age, and **what happens when you get older.**



What factors increase your risk?

- **Lifestyle** can account for up to 80 % of your risk. Poor diet, sedentary lifestyle, smoking, excessive use of alcohol, high stress, and lack of sleep may influence the **clinical risk factors** and your risk.

How to improve?

- See the **Lifestyle guidance page** for information on lowering risks through healthy habits.
- Consult your healthcare provider to assess and manage the **clinical risk factors**.

Your progress over time

Your risk has stayed at the same level since your last blood test.

Notably above average	<input type="radio"/>	<input type="radio"/>
Higher than average	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Average or lower	<input type="radio"/>	<input type="radio"/>
	1 December 2024	18 September 2025 Your current risk

Type 2 diabetes

Risk of type 2 diabetes in different age groups

Age	Risk	Average or lower Risk at 50th percentile or below	Higher than average Between 50th and 85th percentile	Notably above average Above 85th percentile
Below 40	Median 10y risk in risk group	1 %	3 %	7 %
40 – 49		3 %	6 %	14 %
50 – 59		4 %	10 %	23 %
60 – 64 ▶		Optimal 6 %	Your current risk 11 %	32 %
65 – 69		8 %	18 %	39 %
70 – 74		10 %	23 %	47 %
75 and above		11 %	26 %	52 %

Action you can take immediately

 Follow a **healthy lifestyle**.

Diet

Add vegetables, fruits, whole grains, lean proteins, and healthy oils. Avoid sugary foods, salt, and saturated fat.

Weight

Aim to maintain a healthy body weight, targeting a BMI between 20 and 25.

Exercise

Aim for 150 minutes of brisk activity each week. Do muscle-strengthening exercises twice a week.

Alcohol and smoking

Don't smoke and minimize alcohol consumption.

Recovery

Sleep 7–9 hours each night and manage stress.

→ See **Lifestyle guidance page** for more information.

Further actions your doctor may take

 Take a more detailed medical history and perform more examinations as appropriate.

 Order more tests to evaluate your condition as appropriate. This may include blood tests, urine tests, or imaging studies.

 Start you on medication if appropriate to modify your risk factors.

Chronic kidney disease

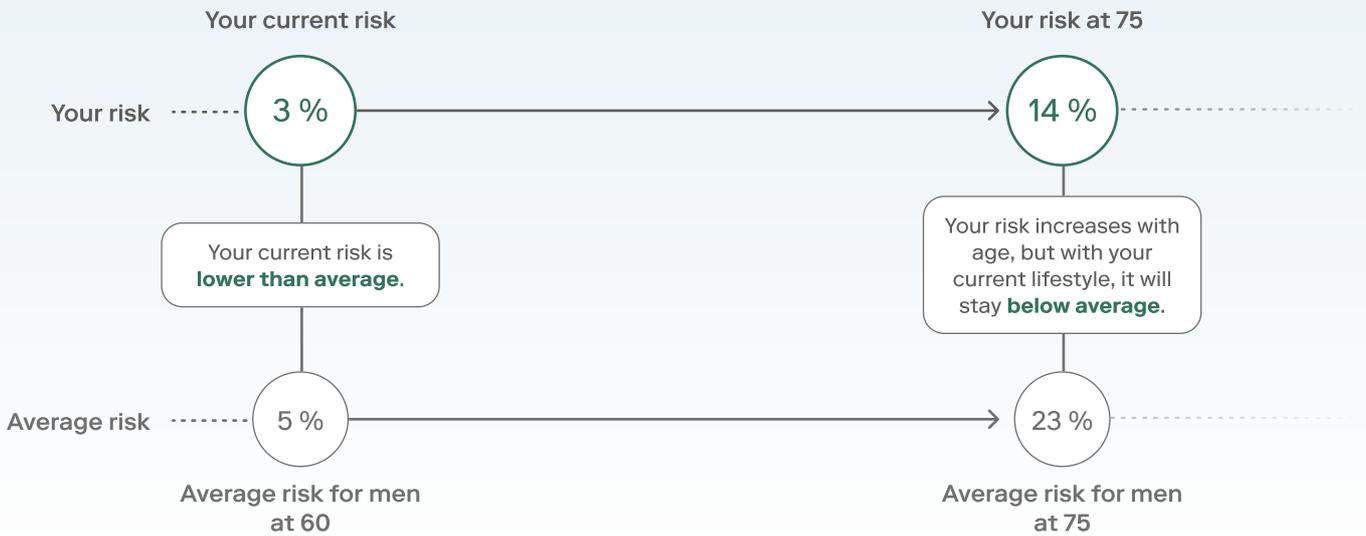
Your current risk

Average or lower

Chronic kidney disease is a long-term condition in which the kidneys slowly lose function. It is very common in older people. Diabetes and high blood pressure are major risk factors, both strongly linked to lifestyle.

Your future risk

How you compare to other men your age, and **what happens when you get older.**



What factors increase your risk?

- **Lifestyle** can account for up to 80 % of your risk. Poor diet, sedentary lifestyle, smoking, excessive use of alcohol, high stress, and lack of sleep may influence the **clinical risk factors** and your risk.

How to improve?

- See the **Lifestyle guidance page** for information on lowering risks through healthy habits.
- Consult your healthcare provider to assess and manage the **clinical risk factors**.

Your progress over time

Your risk has decreased since your last blood test. Keep up the good work!

Notably above average	<input type="radio"/>	<input type="radio"/>
Higher than average	<input checked="" type="radio"/>	<input type="radio"/>
Average or lower	<input type="radio"/>	<input checked="" type="radio"/>

1 December 2024

18 September 2025
Your current risk

Chronic kidney disease

Risk of chronic kidney disease in different age groups

Age	Risk		
	Average or lower <small>Risk at 50th percentile or below</small>	Higher than average <small>Between 50th and 85th percentile</small>	Notably above average <small>Above 85th percentile</small>
Below 40	Median 10y risk in risk group Below 1 %	Below 1 %	1 %
40 – 49	1 %	1 %	4 %
50 – 59	2 %	4 %	11 %
60 – 64 ▶	Your current risk 3 %	9 %	23 %
65 – 69	6 %	15 %	36 %
70 – 74	10 %	25 %	54 %
75 and above	14 %	33 %	67 %

Action you can take immediately

-  Follow a **healthy lifestyle**.
-  Maintain good hydration to prevent dehydration and kidney stone formation.

Diet

Add vegetables, fruits, whole grains, lean proteins, and healthy oils. Avoid sugary foods, salt, and saturated fat.

Weight

Aim to maintain a healthy body weight, targeting a BMI between 20 and 25.

Exercise

Aim for 150 minutes of brisk activity each week. Do muscle-strengthening exercises twice a week.

Alcohol and smoking

Don't smoke and minimize alcohol consumption.

Recovery

Sleep 7–9 hours each night and manage stress.

→ See **Lifestyle guidance page** for more information.

Further actions your doctor may take

-  Take a more detailed medical history and perform more examinations.
-  Order more tests to evaluate your condition as appropriate. This may include blood tests, urine tests, or imaging studies.
-  Start you on medication if appropriate to modify your risk factors.

Fatty liver disease

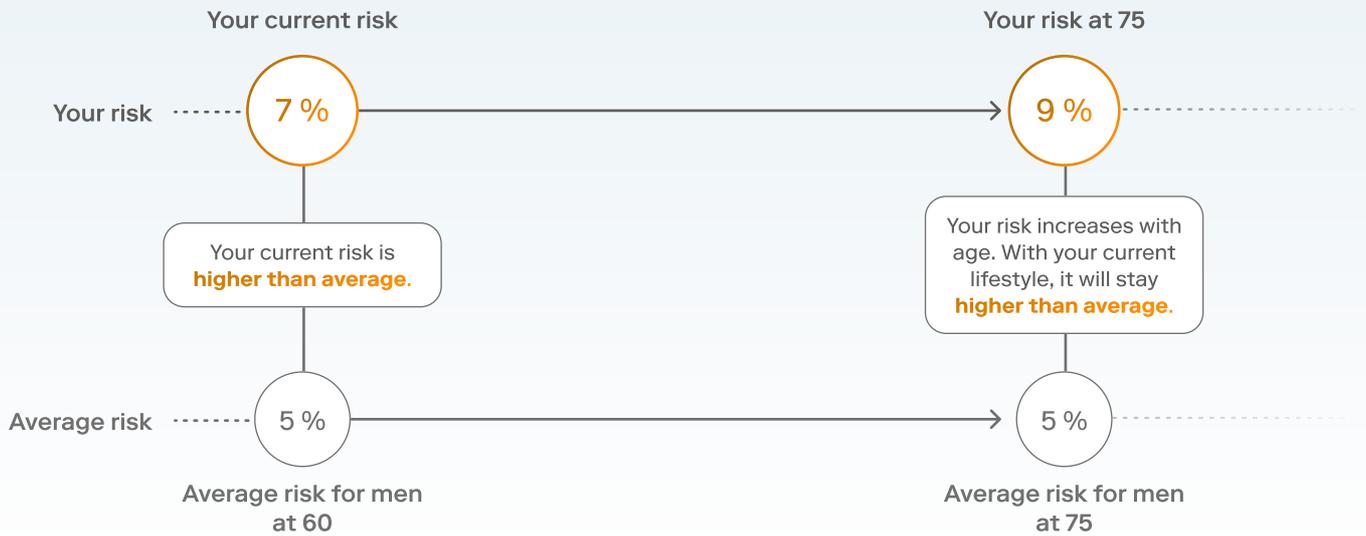
Your current risk

Higher than average

In fatty liver disease, excess fat builds up in the liver. It is a common condition often linked to diabetes and being overweight. It can cause severe liver damage, but can be prevented with a healthy lifestyle.

Your future risk

How you compare to other men your age, and **what happens when you get older.**



What factors increase your risk?

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How to improve?

- See the **Lifestyle guidance page** for information on lowering risks through healthy habits.
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Your progress over time

Your risk has stayed at the same level since your last blood test.

Notably above average	<input type="radio"/>	<input type="radio"/>
Higher than average	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Average or lower	<input type="radio"/>	<input type="radio"/>

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18 September 2025
Your current risk

Fatty liver disease

Risk of fatty liver disease in different age groups

Age	Risk		
	Average or lower <small>Risk at 50th percentile or below</small>	Higher than average <small>Between 50th and 85th percentile</small>	Notably above average <small>Above 85th percentile</small>
Below 40	Median 10y risk in risk group 2 %	4 %	9 %
40 – 49	2 %	5 %	11 %
50 – 59	3 %	6 %	13 %
60 – 64 ▶	Optimal 3 %	Your current risk 7 %	14 %
65 – 69	3 %	7 %	15 %
70 – 74	3 %	7 %	16 %
75 and above	3 %	8 %	17 %

Action you can take immediately

 Follow a **healthy lifestyle**.

Diet

Add vegetables, fruits, whole grains, lean proteins, and healthy oils. Avoid sugary foods, salt, and saturated fat.

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Exercise

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Recovery

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→ See **Lifestyle guidance page** for more information.

Further actions your doctor may take

 Take a more detailed medical history and perform more examinations as appropriate.

 Order more tests to evaluate your condition as appropriate. This may include blood tests, or imaging studies.

 Start you on medication if appropriate to modify your risk factors.

Blood test results

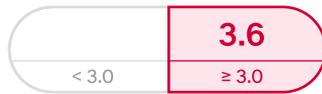
5 results within recommended range

5 results outside recommended range

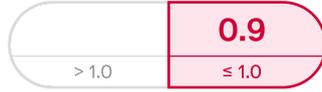
Lipid profile

Within recommendations | Outside recommendations

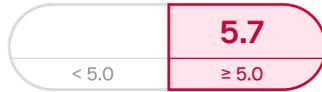
LDL cholesterol
mmol/L



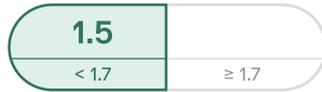
HDL cholesterol
mmol/L



Total cholesterol
mmol/L

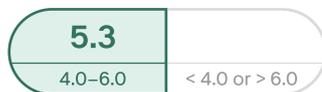


Total triglycerides
mmol/L



Glucose

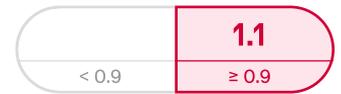
Glucose
mmol/L



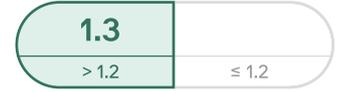
Apolipoproteins

Within recommendations | Outside recommendations

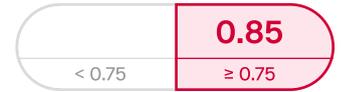
Apolipoprotein B
g/L



Apolipoprotein A1
g/L

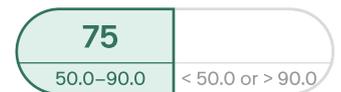


Ratio of apolipoprotein B
to apolipoprotein A1
ratio

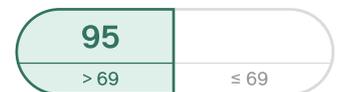


Creatinine

Creatinine
μmol/L



Estimated glomerular
filtration rate (eGFR)
mL/min/1.73m²



Lifestyle guidance

Diet

Recommendation:

- Eat plenty of vegetables, fruits, and whole grains.
- Choose lean proteins (like beans, fish, chicken).
- Use small amounts of healthy oils.
- Cut down on foods high in sugar, salt, and saturated fat.

Why this helps?

This helps to keep your weight, cholesterol, and blood pressure in check and prevents blood sugar spikes.

Weight

Recommendation:

- Aim to maintain a healthy body weight by following a healthy diet having a sufficient amount of exercise.
- As a rule of thumb, a body mass index between 20 and 25 is considered healthy.

Why this helps?

Being overweight is a risk factor for many common chronic diseases. Achieving a healthy body weight lowers the risks and increases wellbeing.

Exercise

Recommendation:

- Aim for at least 150 minutes of brisk activity each week.
- Add muscle-strengthening twice a week.

Why this helps?

Exercise strengthens your heart, lowers blood pressure, improves cholesterol, helps control weight, and keeps blood sugar stable.

Alcohol and smoking

Recommendation:

- Don't smoke.
- Keep your alcohol consumption as low as possible.

Why this helps?

Quitting smoking lowers strain on your heart and also broadly improves other aspects of your health.

Recovery

Recommendation:

- Sleep 7–9 hours each night.
- Manage stress with healthy habits (e.g. relaxation, hobbies, socializing, exercise).

Why this helps?

Good sleep and stress control help keep blood pressure, weight, and blood sugar balanced.

How do lifestyle changes lower the risk?

Heart attack

A heart attack happens when blood flow to the heart is blocked. Smoking, high cholesterol, high blood pressure, and extra weight all make this more likely. By keeping your arteries healthy with better diet, activity, and avoiding smoking, you greatly lower your risk of a heart attack.

Type 2 diabetes

Being active, eating balanced meals, and keeping a healthy weight improve how your body handles sugar. Healthy habits can prevent diabetes from developing or even reverse it.

Fatty liver disease

Too much fat in the liver can lead to damage over time. Eating well, moving regularly, keeping weight healthy, and limiting alcohol all reduce liver fat. This prevents liver scarring and keeps your liver working properly.

Ischemic stroke

Ischemic stroke is caused by blocked blood vessels in the brain. High blood pressure and smoking are major triggers. Controlling blood pressure, improving cholesterol, and staying active protect your brain and lower the risk of stroke.

Chronic kidney disease

Kidneys are damaged over time by high blood pressure and high blood sugar. Healthy habits keep both under control and reduce strain on the kidneys. Protecting your kidneys this way lowers the risk of long-term kidney problems.