

## Screening Info











**Name:** Andrew Eccleshall  
**Screen:** May 13, 2022, 12:27 p.m.  
**Gender:** Male  
**D.O.B:** June 3, 1959



# OGDEN HEALTH

Your Practice Details, The reports reflect Your business and LOGO SG14 1DT  
<http://www.yourwebsite.com> [pound\\_estates0w@icloud.com](mailto:pound_estates0w@icloud.com)

Measure	Threshold	Value	Comment
Glucose		5.2	Normal. The normal range is 4.5-5.4
Uric Acid Male		290	Normal, the normal range is 209 - 350
Haemoglobin Male		8.0	You are showing low levels of haemoglobin, a decreased number of circulating red blood cells may be because of anaemia. This may be due to a lack of iron because of dietary inadequacies, digestive inflammation and not absorbing your food properly. The optimal range is 8.7-9.3mmol/L
Cholesterol		4.6	Normal. Normal range is 4.0-5.6
Saliva pH		6.5	Normal. The normal range is 6.5 - 7.1
Urine pH		6.5	Normal. Normal pH should be between 6.0-7.0
Urine Sodium		18.0	Normal
Urine Clear/Sediments			Normal
Urine Leucocytes			Normal
Urine Nitrites			Normal
Urine Urobiligen			Normal
Urine Protein			Normal
Urine Blood			Normal
Urine Hydration			Normal
Urine Ketones			Normal
Urine Bilirubin			Normal
Urine Glucose			Normal
Vitamin C			Your Vitamin C levels are good, continue to eat plenty of fruit and vegetables.
Autonomic Nerve Balance			Your sympathetic nervous system is your get up and go. Your parasympathetic nervous system is your rest and digest. You are sympathetic dominant. How are you sleeping?
Physical Stress		10	Your physical stress is quite low. How much exercise are you getting? You should be walking for at least 30 minutes per day.
Mental Stress		55	Normal
Stress Resistance		100	Normal
Overall Stress Score		48	Normal
Arterial Elasticity %		100	Normal

Peripheral Vessel Elasticity %		68	Your blood vessels should be flexible and supple. Your elasticity is showing slightly low.
Blood Vessel Classification		1	Normal
Blood Pressure Systolic		105	Your Systolic blood pressure result is slightly low. Systolic pressure is the upper number of your blood pressure reading which refers to the pressure when your heart beats and pushes blood through the arteries to the rest of your body. This can be a sign of good fitness for some people however, low blood pressure can signal an underlying problem. Do you suffer from fainting, dizziness, lack of concentration or shallow breathing? Please monitor this and seek professional advice if it remains so low.
Blood Pressure Diastolic		75	Normal
Brachial Systolic BP - Comparison sitting to standing		Normal	
Pulse Comparison		Normal	
Oxymeter, SpO2		98	Normal
Pulse Rate		60	Normal
Temperature		36.9	Normal
ECG		Normal	
Peak Expiratory Flow Rate Male		775	The peak flow test (peak expiratory flow test or PEF) measures how fast you can breathe out, so you can see how well your lungs are working. Very important parameter in lung function. A healthy person expires approximately 80% of all air in their lungs in the first second. Your rate is that of a man much younger than your age.
Total Body Weight		76.1	Your total body weight
BMI		24.6	Normal. The normal range is 18.5 to 25
Fat Mass (FBM)		15.1	Normal. The normal range is 14 - 24
Lean Muscle Mass		60.6	Lean Muscle Mass, the weight of your muscle is above normal. The normal range is 41 - 59
Physique Rating			Average levels of body fat and muscle mass
Bone Mass		3.3	This result indicates the amount of bone in the body is above normal. This value is estimated statistically. Estimated bone mass does not give a direct relationship on the hardness or strength of bones or the risk of bone fractures. The normal range is 2.2 - 3.2
Visceral Fat		13.4	This indicates you have an excess of visceral fat. Visceral fat is the fat that surrounds the vital organs in the abdominal area. As you get older, excess carbohydrates and sugar change the distribution of fat and it is more likely to shift to the abdominal area. Ensuring you have healthy low levels of visceral fat may reduce the risk of many illnesses such as heart disease, high blood pressure and the onset of type 2 diabetes. The normal range is under 6.5
Basal Metabolic Rate		1777	Normal. The normal range is 1400 - 2099
Metabolic Age		60	This calculates your BMR and indicates the average age associated with this type of metabolism. If your metabolic age is higher than your actual age, it is an indication that you need to improve your metabolic rate. Increased exercise builds healthy muscle tissue, which improves your metabolic age.
Total Body Water		52.2	TBW The total amount of fluid in the body. You are showing water retention and stress on the kidneys. Typical values: Women 50-60% of body weight. Men 55-65% of body weight. These values vary with hydration state, pregnancy, menstrual phase and ageing. The normal range is 29 - 45

**Disclaimer:** The fitness & lifestyle screening is an assessment service indicating certain findings at the time of assessment. We would remind you that this is not a medical or diagnostic service. As your assessment results may be affected by nicotine, medication, alcohol, caffeine, certain foods, stress, pregnancy or other factors, any results indicated should not be regarded as conclusive. Should you have any concerns we recommend you consult your medical

professional.