

PASSPORT TO TOTAL HEALTH





Screening Results and Recommendations

Name: _

WEIGHT WAIST WIST WIST WIST WEIGHT WAIST WEIGH WISTAHIP RATIO Better predictor for CV disease. WAISTAHIP RATIO Better measure for risk of heart attack, stroke or death than BMI. BODY FAT Women 20-40, 19-26%, 40-60, 23%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent NORMAL = (130/64; PreHTN=135-139/66-89; STAGE 1=140-159/90-99; STAGE 2>160/100 LUNG SCREENING PEAK FLOW PULMONARY FUNCTION DIABETES SCREENING GLUCOSE Fasting 70-100 mg/dL (non diabetic) Fasting 70-100 mg/dL (inon diabetic) Post eating (1-2 hr) <125 (nondiabetic) WISION SCREENING WIS	CARDIOVASCULAR SCREENING	RESULT	INTERPRETATION
WAIST HIPS NECK BMI = mass(kg) mass(b) (helght(m))² or Helght(in))² X703 WAISTAHIP RATIO Better predictor for CV disease. WAISTAHIP RATIO Better predictor for CV disease. WAISTAHIP RATIO Better predictor for CV disease. WAISTAHIP RATIO Better measure for risk of heart attack, stroke or death than BMI. BODY FAT Women 20-40, 19-28%,40-60, 23%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent NORMAL= <130/84; PreHTN=135-139/86-89; STAGE 1=140-159/90-99; STAGE ≥-160/100 LUNG SCREENING PEAK FLOW PULMONARY FUNCTION DIABETES SCREENING GLUCOSE Fasting 70-100 mg/dL (non diabetic) Post eating (1-2 hr) <125 (inondiabetic)	WEIGHT		
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BMI = mass(kg) mass(b) (height(m))² or Height(in))² X703 WAIST/HIP RATIO Better predictor for CV disease. WAIST/HIP RATIO Better predictor for CV disease. WAIST/HIP RATIO Better measure for risk of heart attack, stroke or death than BMI. BODY FAT WOMEN 20-40, 19-26%, 40-60, 23%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 23%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 19%-30% is good to excellent Men 20-40, 19-26%, 40-60, 29%-30% is good to excellent Men 20-40, 19-26%, 40-60, 29%-30% is good to excellent Men 20-40, 19-26%, 40-60, 29%-30% is good to excellent Men 20-40, 19-26%, 40-60, 29%-30% is good to excellent Men 20-40, 19-26%, 40-60, 29%-30% is good to excellent Men 20-40, 19-26%, 40-60, 29%-30% is good to excellent Men 20-40, 19-26%, 40-60, 29%-30	HIPS		
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Better predictor for CV disease. WAIST/HEIGHT RATIO Better measure for risk of heart attack, stroke or death than BMI. BODY FAT Women 20-40, 19-26%;40-60, 23%-30% is good to excellent Men 20-40, 19-26%;40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30%; 40-60, 19%-30%; 40-60, 19%-30%; 40-60, 19%-30%; 40-60, 19%-30%; 40-60, 19%-40, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%; 40-60, 10-20%	(height(m)) ² or Height(in)) ² X703		- normal weight 18.5-24.9
Better measure for risk of heart attack, stroke or death than BMI. BODY FAT Women 20-40, 19-26%;40-60, 23%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent Men 20-40, 10-20%; 40-60, 19%-30% is good to excellent NORMAL= <130/84; PreHTN=135-139/86-89; STAGE 1=140-159/90-99; STAGE 2>160/100 LUNG SCREENING PEAK FLOW PULMONARY FUNCTION DIABETES SCREENING GLUCOSE Fasting 70-100 mg/dL (non diabetic) Fasting 70-130 mg/dL (diabetic) Post eating (1-2 hr) <125 (nondiabetic) Post eating (1-2 hr) <125 (nondiabetic) Post eating (1-2 hr) <120 (nondiabetic) Post eating (1-2 hr) <130 (nondiabetic) Post			WHR>0.9 MEN; >0.85 WOMEN increased CV risk
Men 20-40,10-20%; 40-60, 19%-30% is good to excellent BLOOD PRESSURE NORMAL=<130/84; PreHTN=135-139/86-89; STAGE 1=140-159/90-99; STAGE 2>160/100 LUNG SCREENING PEAK FLOW PULMONARY FUNCTION DIABETES SCREENING GLUCOSE Fasting 70-100 mg/dL (non diabetic) Fasting 70-130 mg/dL (diabetic) Post eating (1-2 hr) <125 (nondiabetic) Post eating (1-2 hr) <180 (diabetic) Post eating	Better measure for risk of heart attack, stroke or death		
BLOOD PRESSURE NORMAL= <130/84; PreHTN=135-139/86-89; STAGE 1=140-159/90-99; STAGE 2>160/100 LUNG SCREENING PEAK FLOW PULMONARY FUNCTION DIABETES SCREENING GLUCOSE Fasting 70-100 mg/dL (non diabetic) Fasting 70-130 mg/dL (idabetic) Post eating (1-2 hr) <125 (nondiabetic) Post eating (1-2 hr) <125 (nondiabetic) Post eating (1-2 hr) <180 (diabetic) HDL: WOMEN>50, MEN>40 LDL: 100; TOTAL <200; TRIGLCERIDES <150 VISION SCREENING Visual acuity Eye pressure HIV SCREENING COMPLETED DENTAL SCREENING No visible tooth decay or gum disease. Visible evidence of small cavities/mild gum disease. Schedule appointment soon. Extensive decay, advanced gum disease or infection. Recommend Orthodontic consultation. Oral cancer screening Within Normal Limits Exam indicated HEARING EVALUATION KIDNEY Education/Information	BODY FAT		
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Visual acuity Eye pressure HIV SCREENING COMPLETED DENTAL SCREENING No visible tooth decay or gum disease. Maintain regular, preventive dental appointments. Visible evidence of small cavities/mild gum disease. Schedule appointment soon. Extensive decay, advanced gum disease or infection. Recommend Orthodontic consultation. Oral cancer screening HEARING EVALUATION KIDNEY Education/Information	CHOLESTEROL		HDL: WOMEN:>50, MEN>40
Eye pressure HIV SCREENING COMPLETED DENTAL SCREENING No visible tooth decay or gum disease. Maintain regular, preventive dental appointments. Visible evidence of small cavities/mild gum disease. Schedule appointment soon. Extensive decay, advanced gum disease or infection. Recommend Orthodontic consultation. Oral cancer screening HEARING EVALUATION KIDNEY Education/Information	VISION SCREENING		
HIV SCREENING COMPLETED DENTAL SCREENING No visible tooth decay or gum disease. Maintain regular, preventive dental appointments. Visible evidence of small cavities/mild gum disease. Schedule appointment soon. Extensive decay, advanced gum disease or infection. Recommend Orthodontic consultation. Oral cancer screening Within Normal Limits Exam indicated HEARING EVALUATION KIDNEY Education/Information			
DENTAL SCREENING No visible tooth decay or gum disease. Waintain regular, preventive dental appointments. Visible evidence of small cavities/mild gum disease. Schedule appointment soon. Extensive decay, advanced gum disease or infection. Recommend Orthodontic consultation. Oral cancer screening Within Normal Limits Exam indicated HEARING EVALUATION KIDNEY Education/Information	Eye pressure		
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Visible evidence of small cavities/mild gum disease. Extensive decay, advanced gum disease or infection. Recommend Orthodontic consultation. Oral cancer screening HEARING EVALUATION KIDNEY Schedule appointment IMMEDIATELY. Schedule appointment IMMEDIATELY. Within Normal Limits Exam indicated Education/Information	DENTAL SCREENING		RECOMMENDATIONS
Extensive decay, advanced gum disease or infection. Recommend Orthodontic consultation. Oral cancer screening HEARING EVALUATION KIDNEY Schedule appointment IMMEDIATELY. Within Normal Limits Exam indicated Education/Information	No visible tooth decay or gum disease.		Maintain regular, preventive dental appointments.
Extensive decay, advanced gum disease or infection. Recommend Orthodontic consultation. Oral cancer screening HEARING EVALUATION KIDNEY Schedule appointment IMMEDIATELY. Within Normal Limits Exam indicated Education/Information	Visible evidence of small cavities/mild gum disease		Schedule appointment soon
Recommend Orthodontic consultation. Oral cancer screening HEARING EVALUATION KIDNEY Kidney	visible evidence of small cavilles/mild gdff disease.		оспечию аррининент этоп.
Oral cancer screening HEARING EVALUATION KIDNEY Within Normal Limits Exam indicated Education/Information	Extensive decay, advanced gum disease or infection.		Schedule appointment IMMEDIATELY.
HEARING EVALUATION KIDNEY Education/Information	Recommend Orthodontic consultation.		
KIDNEY Education/Information	Oral cancer screening		Within Normal Limits Exam indicated
	HEARING EVALUATION		
BONE MARROW Education/Information	KIDNEY		Education/Information
	BONE MARROW		Education/Information

Screening is NOT an examination and recommendations are NOT a diagnosis. Information obtained from the screener or "expert" is for general education and cannot be applied to my individual situation without a complete and thorough examination, including x-rays, scans, and/or other required diagnostic and laboratory tests.





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