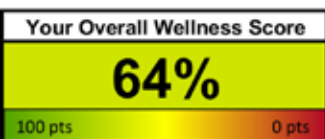


# SMARTBEAT RESULTS

DATE OF APPOINTMENT	5/8/17	PHYSICIAN/CLINIC	SAMPLE CLINIC
		DOB:	04/19/65
		AGE:	52



**Metabolic Syndrome:** **NO** If you have Metabolic Syndrome, you're at a higher risk for cardiovascular disease, diabetes, stroke, and other diseases.

## LIFESTYLE FACTORS AND MEDICAL HISTORY

**RISK LEVEL**

HIGH	🔴
MODERATE	🟡
LOW	🟢

Tobacco	Activity	Nutrition	Alcohol	Caffeine	Medications
🟢	🟡	🟡	🟡	🟢	🟡

FAMILY		SELF		
✗				Diabetes Type 1
				Diabetes Type 2
				Hypertension
		✗		High Cholesterol
		✗		Heart Attack
		✗		Cancer
FAMILY		SELF		
			✗	Abnormal Heart Rhythm
				Coronary Artery Disease
				Enlarged Heart
				Coronary Valve Disease
				Left Ventricular Failure

## YOUR PHYSICIAN'S RECOMMENDATIONS

- Urgent results, call patient, must return to clinic
- Call patient to schedule a non-urgent follow-up
- Patient may pick up results at their convenience
- Diagnostic test(s) recommended:
- Refer to specialist:
- Recommend improving diabetic control
- Recommend improving blood pressure control
- Recommend weight reduction
- Recommend increasing exercise & improving nutrition
- Recommend to improve lipid control
- Recommend smoking cessation
- Recommend:

## PHYSICAL EXAM RESULTS: VITALS AND BIOMETRICS

HEIGHT	67	HIPS	46	HIGHEST BLOOD PRESSURE	SYSTOLIC	153
WEIGHT	216	WAIST	44		DIASTOLIC	90

RESULT	IDEAL RANGE	RISK
33.8	18.5 to 24.9	🔴

### BODY MASS INDEX (BMI)

BMI is a ratio between your weight and height. Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases.

0.96	.90 or less	🔴
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### WAIST-TO-HIP RATIO (WHR)

WHR is a comparison of the circumference of your waist to the circumference of your hips in inches.

147	120 or less	🔴
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### LOWEST SYSTOLIC BLOOD PRESSURE MEASUREMENT WHILE RESTING

Systolic pressure between 120 and 139 is called prehypertension, which is an increased risk for having high blood pressure. Systolic pressure of 140 and above puts you at risk for a stroke, kidney failure, a heart attack, and heart failure.

151	177 or less	🟢
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### SYSTOLIC BLOOD PRESSURE AFTER 3 MINUTES OF EXERCISE

During physical exercise, a rise in systolic blood pressure due to increased cardiac output is normal. Above the ideal range indicates an increased risk for coronary heart disease (CHD).

C1:		
9	Based on Age	🟡

### ELASTICITY OF ARTERIES

C2:		
4.6	Based on Age	🟡

The CVProfilor® provides information on the elasticity of your arteries. "Premature stiffening" of arteries is a clinically sensitive marker for the early onset of cardiovascular disease. Hardening or stiffening of arteries is associated with old age, poor health, and cardiovascular disease. Ideal ranges for ages 40 to 49 are C1 >10 and C2 >6. Ages 50 to 59 are C1 >10 and C2 >5. Ages 60 to 69 are C1 >9 and C2 >5. Ages 70 and up are C1 >8 and C2 >4.

84	60-100 bpm	🟢
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### RESTING HEART RATE

As you age, changes in the rate and regularity of your pulse can change and may signify a heart condition or other condition that needs to be addressed.

98	95-100%	🟢
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### PULSE OXIMETRY

Pulse oximetry is a procedure used to measure the oxygen level (or oxygen saturation) in the blood.

81.4	70% or more	🟢
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### PULMONARY FUNCTION

The lung function test can help diagnose and manage COPD and asthma or indicate risk for lung disease. FEV1/FVC ratio indicates what percentage of the total volume of air was expelled.

**RHYTHM:**

Abnormal	Normal	●
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**ELECTROCARDIOGRAM**

An Electrocardiogram, also called an EKG or ECG, shows if the rhythm of your heartbeat is steady (normal), abnormal, or borderline. The results detect heart attacks, heart failure, and arrhythmias, as well as presence of a left ventricular hypertrophy (LVH), or an enlargement of the wall in your heart.

69	55-75%	●
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**ECHOCARDIOGRAM**

An Echocardiogram (ECHO) creates a picture of your heart using an ultrasound. The Ejection Fraction (EF) measures the amount of blood the left ventricle pumps out. An EF higher than 75 might indicate a present heart condition. Between 40 and 55 indicates damage, like a previous heart attack, and below 40 could indicate heart failure.

**RIGHT:**

0.98	Below 1.0mm	●
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**CAROTID ARTERY ULTRASOUND**

**LEFT:**

0.97	Below 1.0mm	●
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The Carotid Intimal Medial Thickness (CIMT) measurements can help to diagnose carotid atherosclerotic vascular disease. Measurements above an ideal range indicates risk for atherosclerosis-related diseases.

1.7	Below 2.5cm	●
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**ABDOMINAL AORTIC ULTRASOUND**

1.54	Below 2.5cm	●
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This ultrasound detects abdominal aortic aneurysms (AAA) in the walls of an artery. If an aneurysm grows it can burst and cause internal bleeding which could lead to death. Measurements show the diameter along the abdominal aorta and a normal measurement range is less than 2.5cm (about 1 inch).

1.13	Below 2.5cm	●
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**TECH NOTES FROM EXAM WORKSHEET:**

1.25	Below 2.5cm	●
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MILD LVH. MILD MR.

**BLOOD TESTING RESULTS**

221	Below 201	●
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**TOTAL CHOLESTEROL**

Your total cholesterol score is calculated using the following equation: HDL + LDL + 20% of triglycerides.

53	55 or more	●
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**HDL CHOLESTEROL**

Smoking, being overweight and being sedentary can lower HDL cholesterol. Low levels increase risk of heart disease.

94	Below 101	●
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**LDL CHOLESTEROL**

High levels indicate a diet high in saturated and trans fats and increase the risk of heart disease.

139	Below 151	●
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**TRIGLYCERIDES**

A high level combined with low HDL cholesterol or high LDL cholesterol increases the risk of heart attack and stroke.

1.16	.27-4.2 uIU/mL	●
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**THYROID STIMULATING HORMONE (TSH)**

Low levels indicate an overactive thyroid gland, high levels indicate an underactive thyroid gland.

3	1.5-12.4 mIU/mL	●
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**FOLLICLE-STIMULATING HORMONE (FSH)**

Low levels are consistent with pituitary or hypothalamic disorders. High levels may indicate primary testicular failure.

2.4	1.7-8.6 mIU/mL	●
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**LUTENINIZING HORMONE (LH)**

Low levels of LH and FSH may indicate secondary failure of the testicles and indicate a problem with the pituitary or hypothalamus.

7.5	Below 5 mg/L	●
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**HIGHLY SENSITIVE C-REACTIVE PROTEIN (HsCRP)**

Measures inflammation and is used to assess the risk of cardiovascular and peripheral vascular disease.

307	30-400 ng/mL	●
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**FERRITIN**

Decreased levels indicate iron deficiency. Elevated levels may indicate hyperthyroidism or liver disease.

99	74-109 mg/dL	●
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**GLUCOSE**

Low levels may indicate certain conditions or too much insulin. High levels could indicate type 2 diabetes.

91	50-150 ug/dL	●
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**IRON**

Increased levels may indicate liver disease, acute leukemia, and kidney disease. Decreased levels may indicate anemia, chronic diseases, or thyroid deficiency.

324	348-1197 ng/dL	●
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**TESTOSTERONE**

Low levels may indicate erectile dysfunction or osteoporosis. Increased levels may indicate cancer of the testes.

50	Below 125 pg/mL	●
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**BNP**

Detects heart stress and damage. Increased levels may suggest some degree of heart failure.