

Chronic Disease Risk Summary Report

Name:	Sample Sample	DOB:	09/27/1965
Age:	44	Gender:	Male
Ethnicity:	White	Date:	02/02/2010
Fasting Status:	Fasting*	Group:	Demo Customer P4



<25	Normal
25-29.9	Overweight
30-34.9	Obesity 1
35-39.9	Obesity 2
>=40	Obesity 3

<100	Normal
100-125	Prediabetes
>=126	Diabetes

<100	Optimal
100-129	Near Optimal
130-159	Borderline High
160-189	High
>=190	Very High

CLINICAL MEASUREMENT	VALUE	REFERENCE
Body Mass Index (BMI)	31.9	<25 kg/m ²
Waist	41	<=40 Inches
Blood Pressure Systolic	135	<120 mmHg
Blood Pressure Diastolic	85	<80 mmHg
Blood Glucose	99	<100 mg/dL
Pulse Rate	85	60-100 bpm
Total Cholesterol	235	<200 mg/dL
HDL Cholesterol	35	>=40 mg/dL
LDL Cholesterol	171	<130 mg/dL
Triglycerides	145	<150 mg/dL

<120/80	Normal
120/80-139/89	Prehypertension
140/90-159/99	Hypertension I
>=160/100	Hypertension II

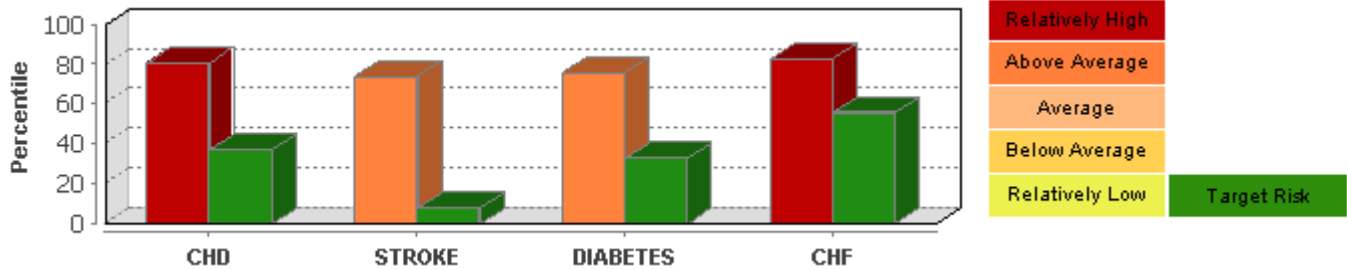
<200	Desirable
200-239	Borderline High
>=240	High

<150	Normal
150-199	Borderline High
200-499	High
>=500	Very High

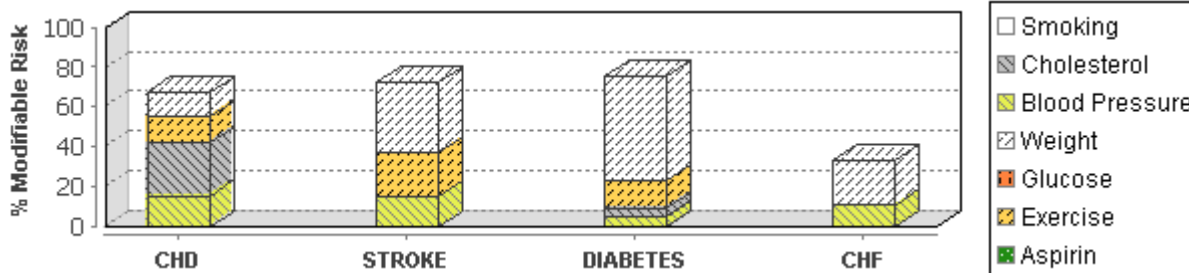
Metabolic Syndrome	Yes, >=3 of the following: Waist>40 ; Triglycerides>=150 ; HDL Cholesterol<40 ; Blood Pressure>=130/85 ; Blood Glucose>=100
Lifestyle Factors	Low physical exercise ; Past smoker

Risk	CHD	Stroke	Diabetes	CHF
Current 5-year risk of onset	5.5%	1.7%	6.2%	1.1%
Percent of current risk that is modifiable	68%	72%	76%	33%
Percentile (compared to other 44 year old American men)	81%	74%	76%	83%

Risk Percentile: Current vs. Target



Modifiable Risks & Where They Come From



The impact of changing one risk factor could be higher than shown. Modifying one risk factor is likely to cause changes in others.

This report is not intended to diagnose or to recommend treatment for any disease but to predict the likelihood of occurrence based on established risk factors. Do not undertake any changes to your health (including the use of aspirin) without consulting your physician.

*The Know Your Number measurements and predictions are based on the assumption that the collected blood sample was taken in the fasting state.

Know Your Number predictions have been calculated without the use of any family history information in order to comply with the Genetic Information Nondiscrimination Act (GINA). Family history is an important risk factor in predicting your likelihood of disease and without this information your risk of disease may be higher than shown.

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