



Test5, Here is Your My5 to Health Profile™
with Metabolic Syndrome Insight





Test5, Congratulations on completing your Wellness screening!

We applaud you for taking a positive step toward improving your health and well-being. It's helpful to know your health status and specific factors that you can improve.

That's why we created this comprehensive, easy-to-read profile. It includes new insight to your risk for Metabolic Syndrome, your results from a variety of tests we ran on your screening sample, and a Medical Summary page for you to share with your doctor.

You have probably heard a great deal about obesity and the risks it poses. To raise its visibility and better educate individuals about the effects of obesity we are introducing wellness screening participants to Metabolic Syndrome. When three or more of these factors fall outside defined ranges, an individual has a much greater chance of developing heart disease, diabetes, stroke and other health problems. For example, someone with Metabolic Syndrome is two times as likely to develop heart disease, and five times as likely to develop diabetes as someone without it.






Please pay special attention to your risk of Metabolic Syndrome on page 2, and note that **this risk may vary from your cardiovascular disease risk status which is communicated later in the report.** This occurs when your results do not fall in the optimal range, but do not qualify you as "at risk" for Metabolic Syndrome.

Thank you for learning more about your health and for taking steps to improve it!



Based on your screening results, you have passed **4 out of 5** metabolic syndrome criteria which means that you are at low risk for heart disease, diabetes, and stroke.

If you have any of the factors that contribute to metabolic syndrome or if you have questions about your results, be sure to follow up with your doctor. Your doctor can help you improve those risk factors so you can prevent metabolic syndrome in the future.

RISK FACTOR	MY RESULT	TARGET RANGE	WHAT THIS MEANS
 HDL Cholesterol	48	Greater than or equal to 50 mg/dL	A high level of HDL is good because HDL is the type of cholesterol that helps to remove cholesterol from the arteries. A low HDL cholesterol level can lead to the development of heart disease.
 Triglycerides	138	Less than 150 mg/dL	Triglycerides are a type of fat found in the blood. High triglycerides increase the chance of developing heart disease.
 Glucose	79	Less than 100 mg/dL	Glucose, also called blood sugar, is what the body uses for energy. High glucose may be a sign of diabetes and affects kidney functions.
 Blood Pressure	110/70	Less than 130/85 mm/Hg	Blood pressure is the force pushing on artery walls as the heart pumps blood through your body. High blood pressure can damage the heart and lead to other health problems such as heart disease and stroke.
 Waist Circumference	28	Less than or equal to 35 inches	This is also called central obesity• or having an apple shape. It is determined by measuring waist circumference. Central obesity is a sign of being overweight or obese.

YOUR RESULTS

The following results are an evaluation of your health risk status. This may differ from your risk status for metabolic syndrome as shown on the previous page. This section reviews each health risk against a range that doctors use to assess the results. Below is a key to help you understand what your results mean.

Optimal Risk

This is a healthy value. Keep doing what you are doing!
Continue to make healthy choices.

High Risk

This value is where the recommended range for metabolic syndrome differs from the range your doctor uses.

Metabolic Syndrome/High Risk

This result means your risk for Metabolic Syndrome is higher and your value is individually high based on the range your doctor uses.

Total Cholesterol

 Reference Range 125-199 mg/dL

Total Cholesterol is a combination of three types of cholesterol: HDL, LDL, and part of triglycerides. High cholesterol may put you at risk for heart disease or stroke. A low cholesterol measurement can indicate other health conditions. It is possible for your total cholesterol to be high when your other cholesterol results are in healthy ranges. In this case, we recommend focusing on your triglycerides (if available), LDL, and HDL cholesterol results.

Cholesterol/HDL Ratio

 Reference Range < 5.0 (calc)

Total cholesterol/HDL cholesterol ratio is a calculation obtained by dividing the total cholesterol level by the HDL cholesterol level and is another indicator of heart disease risk. A ratio of less than 5.0 is associated with a lower risk of heart disease. A ratio of less than 3.5 is highly desirable.

HDL Cholesterol

 Reference Range > OR = 50 mg/dL

High Density Lipoprotein (HDL) cholesterol is commonly called "good" cholesterol. Unlike other cholesterol levels, the HDL cholesterol test result is best if it is high. Elevated HDL cholesterol is associated with decreased risk of heart disease. A low level of HDL cholesterol can be associated with increased risk for heart disease. Genetic factors or conditions including liver disease, malnutrition, or hyperthyroidism may decrease HDL cholesterol levels. Smoking and drinking alcohol may also decrease your HDL cholesterol level.

YOUR RESULTS

Triglycerides Reference Range < 150 mg/dL



Triglycerides are fats composed of fatty acids and glycerol. They are moved through the bloodstream by combining with proteins to form particles called lipoproteins. Triglycerides pass from the liver to other parts of the body that need lipoproteins for energy. Triglycerides then return to the liver where they are removed from the body. The level of triglycerides in your blood tells how well your body processes the fat in your diet. Accurate results require fasting for nine to twelve hours (no food or drink except water and medication) prior to testing.

Glucose Reference Range 65-99 mg/dL



Glucose ("blood sugar") is the chief source of energy for all cells in the body. Glucose levels are regulated by hormones produced by your pancreas, including insulin. A glucose level outside the optimal range could be a sign that the body is not correctly producing or using insulin. These conditions are hypoglycemia (low blood sugar), prediabetes (elevated blood sugar), and diabetes (high blood sugar). For the most accurate result you should fast (not eat or drink anything but water) for at least 8 hours before your screening. If you were not fasting at the time of your screening, you should interpret your result against an optimal range of less than 140 mg/dL.

Blood Pressure Reference Range < 120/80 mmHg



Blood pressure is the force of blood pushing against the artery walls as the heart pumps blood. Having high blood pressure can damage the heart and blood vessels and lead to other health problems, such as heart attack and stroke. When assessing a high BP risk category, if either the top number or the bottom number falls into a risk range, that is sufficient to be assigned to the higher risk category. A normal value for blood pressure is less than 120/80 mmHg.

Elevated blood pressure: 120-129/Less than 80

Stage 1 high blood pressure: 130-139/80-89

Stage 2 high blood pressure: 140-180/90-120

Hypertensive crisis: Greater than 180/Greater than 120

Ranges from the American Heart Association (www.heart.org)

YOUR RESULTS

Waist Circumference

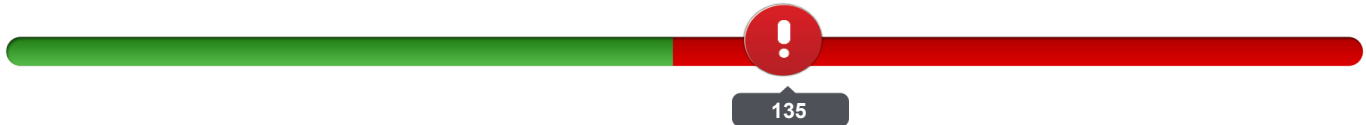
Reference Range < OR = 35 in



Waist circumference measures the stored fat around your waist area, also known as “abdominal obesity” or “having an apple shape”. It can provide a different look at your weight related health risk than a body mass index (BMI). If you carry fat mainly around your waist, you are more likely to develop health problems than if you carry fat mainly in your hips and thighs. Many diseases, such as heart disease and diabetes, are associated with having higher amounts of abdominal obesity. This is true even if your BMI falls within the normal range.

LDL Cholesterol

Reference Range < 130 mg/dL (calc)



Low Density Lipoprotein (LDL) cholesterol is considered "bad" cholesterol. Elevated LDL cholesterol is associated with an increased risk of heart disease. LDL cholesterol often increases with a diet high in cholesterol and saturated fats. For many people, their LDL cholesterol is based on heredity. Lifestyle choices including diet and many medications are effective in lowering the LDL cholesterol level.

MEDICAL SUMMARY REPORT

Test5, this report serves as an easy reference to review all of your testing results, including data from previous years. We encourage you to use this information in conjunction with an exam by your doctor, not as a replacement for one. We hope this summary will be a good starting point for conversations with your doctor about improving your overall health.

TEST5 DOD 57 years old | Female









Date Collected: 01/05/2018

Testing performed at Quest Diagnostics - Horsham

900 Business Center Drive, Horsham PA 19044

Medical Director: Andrew S Edelman, MD PhD

	Jan 2018	Dec 2016	Nov 2015
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Heart Health				
	LDL Cholesterol Reference Range: < 130 mg/dL (calc)	135	134	119
	HDL Cholesterol Reference Range: > OR = 50 mg/dL	48	48	48
	Triglycerides Reference Range: < 150 mg/dL	138	138	138
	Cholesterol/HDL Ratio Reference Range: < 5.0 (calc)	4.4	4.4	4.1
	Total Cholesterol Reference Range: 125-199 mg/dL	210	210	195
Pancreas Health				
	Glucose Reference Range: 65-99 mg/dL	79	79	79
Physical Measures				
	Blood Pressure Reference Range: < 120/80 mmHg	110/70	110/70	110/70
	Waist Circumference Reference Range: < OR = 35 in	28	28	28