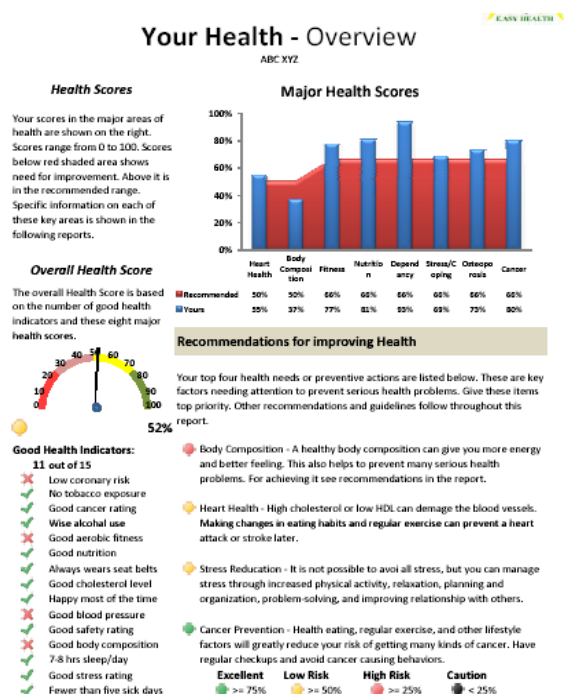


Summary report with major areas covered under scan



The summary report given above is showing overall health status of the individual covering major health areas. Complete report has details about each of these areas with the risk factors on case to case basis. Recommendations for improvement are also included.



Easy Health

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Health & Lifestyle Assessment Scan



How healthy are you?
How healthy you want to be?
Healthy living is a chance or choice?
You get your vehicle serviced regularly have you ever thought of getting checked yourself once?

Contact: 9425101656

www.easyhealth.in

Health & Lifestyle Scan

The major killer in the world now a days accounting for almost 80% deaths worldwide is not war, disease, natural calamities or accidents. The major killer is – Modern Lifestyle.

"The World Health Organization (WHO) predicts that India will have 100 million or 60 percent of the world's heart patients by 2010. The scenario is a nation crippled by heart disease."



According to the World Health Organization (WHO) report, '*Preventing Chronic Diseases: a vital investment*' - In 2005, India is estimated to have lost US\$ 9 billion in national income from premature deaths due to heart disease, stroke and diabetes. These losses are projected to continue to increase: the estimated accumulated losses to India from 2005 to 2015 are US\$ 237 billion.

Early identification & minor modification in risk factors is the key to healthy living.

Lifestyle is a set of repeated behaviors related to the way person lives, which help determine his / her level of health.

Obesity, lack of physical activity and exercise, mental stresses and tension, pollution, alcohol, and smoking – these are the major culprits. They manifest themselves innocently as high blood pressure, diabetes or hyperlipidimia, and then without warning strike fatally as a heart attack or cancer.

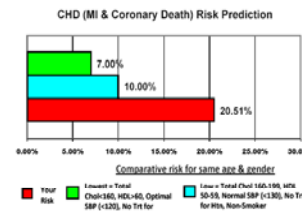
Earlier known to strike in old age - heart attack, now strikes as early as in age 35 years. And with each passing decade is attacking younger age groups.

Many diseases can be prevented. Many costly and disabling conditions - cardiovascular diseases, cancer, diabetes and chronic respiratory diseases - are linked by common preventable risk factors.

The defensive step therefore is risk assessment & lifestyle modifications. This scan do all this for you.

The areas evaluated in the scan are:

- Heart Health
- Nutrition
- Fitness
- Body composition
- Osteoporosis
- Stress
- Cancer risk
- Safety risk
- Dependency, etc.



Scan estimates 10 Yr risk for Heart attack, Diabetes (Ty 2) & Major Osteoporotic fracture. It also calculates your physiological age based on present risk factors.

This scan estimates your risk for heart attack, diabetes (Type 2) & major osteoporotic fracture for next ten years. This also assesses your present lifestyle & body condition in major health related areas.

The scan also provides you with the necessary

screening tests required for your age, sex & health status.

Lifestyle factors needing modification & strategy how to do it is included in the report. The report contains detailed prescription for nutrition, fitness, body composition etc.

Sample Heart Health - Blood Tests

ABC XYZ Blood Test Results and Risk Status			
Cholesterol Level Needs Improving	Your Results	Desirable	High Risk
Total Cholesterol	260 mg/dl	less than 200	240+
LDL Cholesterol	119.7 mg/dl	less than 130	160+
HDL Cholesterol	30.4 mg/dl	45 or more	less than 40
Risk Ratio	3.9	less than 4	5.0+
Triglycerides	88.4 mg/dl	less than 150	200+
Glucose (fasting)	96.71 mg/dl	less than 100	126+

To lower total and LDL "bad" cholesterol	To raise HDL "Good" cholesterol
<ul style="list-style-type: none">✓ Eat healthy fats, limit animal or saturated fat.✓ Avoid high-cholesterol foods such as eggs or meat.✗ Eat high-fiber foods such as oatmeal, brown rice, fruits, vegetables, and legumes (peas, beans, lentils).✗ Achieve and maintain a healthy weight.	<ul style="list-style-type: none">✗ Achieve & maintain a health weight.✗ Get regular, aerobic exercise (walk, cycle, hike, swim, active sports, jog) 10 to 15 aerobic miles per week.✓ DO NOT SMOKENote: postmenopausal women usually have higher HDL levels than men.

Triglycerides Doing Well
<p>Triglyceride is a fancy name for fat in your blood. A fasting triglyceride level less than 150 is recommended (less than 100 is ideal).</p> <p>To lower triglyceride levels</p> <ul style="list-style-type: none">✗ Achieve and maintain a healthy weight.✗ Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, jog) 30 minutes or more daily. Be sure to get your doctor's guidance before starting any exercise program.✓ Limit your intake of sugar and desserts.✗ Avoid alcohol or limit your alcohol intake.

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