



Personal Health Assessment

WOMEN'S HEALTH PROFILE

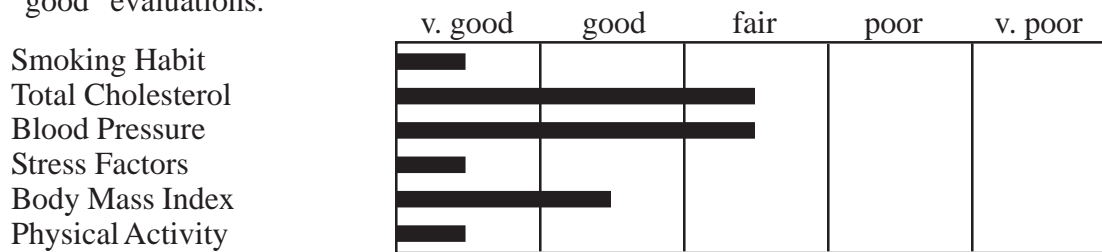
Age: 60 years

Sex: female

Here is your Health Report. It includes information about your lifestyle habits that have an effect on your health right now as well as in the years to come. We hope that as you read your report, you will come to realize that you can do many things to better your heart health and to increase your sense of well-being.

HEALTH PROFILE

Your Health Profile displays an evaluation of your heart practices compared to those that would lead to optimal health. The goal is to move all the bars to the left toward the "very good" and "good" evaluations.



HEALTH HISTORY

When there is a family history of any disease, it suggests there is a disposition to that disease in the family. It does not mean that everyone in the family will develop that disease. It does mean that family members should take extra precautions to prevent that disease.



STRESS FACTORS

You were asked if you had any recent experiences that are considered "stressful." These stress factors are normal occurrences that can happen to anybody. However, any one of them can cause real difficulty, and having two or more at the same time can cause serious problems.



Recommendation: You did not indicate that you have experienced any of the stress factors listed in recent times. You are fortunate. However, it is normal for stressful situations to arise from time to time. Try to be prepared: have a plan of action thought out and develop a good support system.



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EARLY DETECTION EXAMINATION PROFILE

This chart provides recommendations, based on age and sex, for frequency of medical examinations when no symptoms are present. Check with your doctor for examination schedules for you.

<u>Topic</u>	<u>Your Response</u>	<u>Recommended Frequency</u>
General Physical Exam	regularly	annually
Blood Evaluation	regularly	annually
Rectal Examination	regularly	annually
Self Breast Exam	regularly	monthly
Medical Breast Exam	regularly	annually
Pap Smear	regularly	annually
Mammogram	regularly	annually

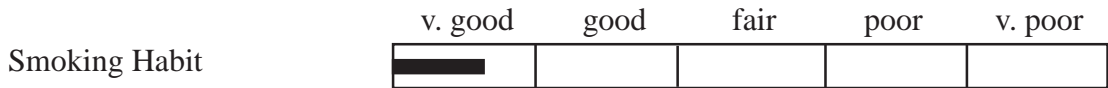
MENOPAUSE

Menopause comes as a natural stage in life to women between the ages of 40 and 55, usually around 50-51. Some women experience noticeable changes during their menopause years. According to the Mayo Clinic, about 25% of women do not observe any changes, about 50% notice very mild changes over time, and the remaining 25% notice significant symptoms that are usually associated with menopause.

The decrease in natural estrogen levels seems to be the cause of hot flashes, thinning of the tissues in the vaginal wall and a decrease in lubrication. In addition, the drop in estrogen levels has an effect on calcium loss, causing the bones to become thin and brittle over time. Any treatment of menopause symptoms should be prescribed by your doctor.

SMOKING HABIT

Your non-smoking habit is very good relative to coronary health.



Recommendation: By not smoking cigarettes, you have significantly reduced your risk of having a heart attack or stroke.

BLOOD PRESSURE



Recommendation: Your blood pressure appears to be elevated and may require treatment. If you haven't seen your doctor recently, please go within the next month to be rechecked. Elevated blood pressure can increase your risk of heart disease. If not treated, it could lead to a stroke or heart attack. To lower and keep your blood pressure level in the normal range, maintain a healthy weight, cut down on salt intake, exercise regularly, manage your stress levels, and follow your doctor's advice.



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TOTAL CHOLESTEROL



Recommendation: Your cholesterol level is boarderline high. You can improve your health and lower your cholesterol by limiting your intake of products high in fat, red meats, organ meats, processed cold-cuts like bologna, salami, and hot dogs, fried foods, shell fish, egg yolks, oils like coconut oil or palm kernel oil, and bakery goods made with fats or egg yolks. Exercise regularly.

DIET PROFILE



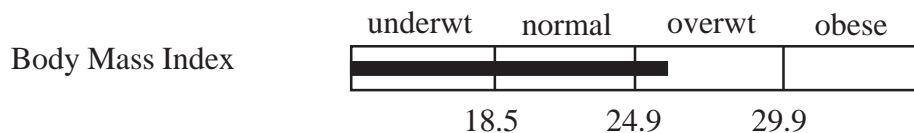
Recommendation: You should have at least 5 “servings” of fruit and vegetables each day, and 6 or more “servings” of grain products.



Recommendation: Keep your use of animal fats and fried foods in your diet to a minimum. These substances can build up in your arteries, causing heart attack and stroke.

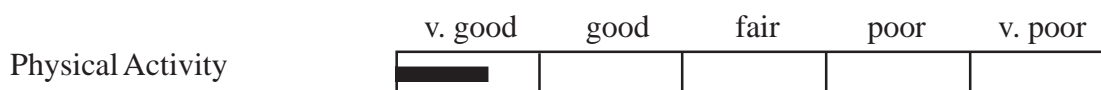
BODY MASS INDEX

Your calculated BMI is: 25.78



Interpretation: Your calculated Body Mass Index shows that you are overweight. Unless you are a well-muscled person, your percent of body fat may be too high. If so, a balanced diet and exercise program can help you achieve a BMI closer to normal.

PHYSICAL ACTIVITY



Recommendation: You indicated that you walk (or an equivalent physical activity) for at least 20 minutes, 6 or 7 times a week. Good. Exercise is important to your health.

TAKE CHARGE

Use this Health Report and its related suggestions to begin making healthy changes in your lifestyle. By improving your heart health you can reduce your risk of heart disease. TAKE CHARGE NOW!!!