

HDL Health Report Form

 healthdatalab.net/login/initial-health-reportv0-1



Personal Information:

- Name: Matthew D'haemer
- Ref/Nickname: MD7506_1030
- Gender: male
- Age: 49
- Email: bob@builder.com
- Practitioner's Email: office@healthdatalab.com
- Health Challenges: Struggling with maintaining consistent energy levels throughout the day, experiencing frequent digestive discomfort, and finding it difficult to manage stress effectively.
- Health Goals: In the short term, I'm hoping to improve my energy levels and reduce digestive issues. In the long term, I aim to achieve better stress management, maintain a healthy weight, and improve overall cardiovascular fitness.

Body Composition & Vital Signs Information:

- Height (in cm): 179 cm
- Current Weight (in kg): 87 kg
- Current Waist Circumference (in cm): 100 cm
- Current Hip Circumference (in cm): 96 cm
- Current Blood Pressure (Systolic): 150 mmHg
- Current Blood Pressure (Diastolic): 85 mmHg
- Current Resting Heart Rate (beats per minute): 80 bpm

Results: Body Composition & Vital Signs

BMI : BMI: Overweight (27.15)

Your BMI is between 25 and 29.9, indicating that you are in the overweight range. This could increase your risk for conditions such as cardiovascular disease, diabetes, and certain cancers. It might be beneficial to review your diet and exercise habits and consider making adjustments to help achieve a healthier weight.

WHR : WHR: Moderate Risk (1.04)

Your Waist-to-Hip Ratio is between 0.90-1.00 for women or 1.00-1.05 for men. This suggests a moderate health risk, particularly for cardiovascular and metabolic diseases like heart disease and type 2 diabetes. It would be beneficial to assess your diet and exercise habits and consider making adjustments to reduce this risk.

Systolic Blood Pressure : Systolic BP: High (150 mmHg)

Increased risk of heart disease, stroke, arterial damage.

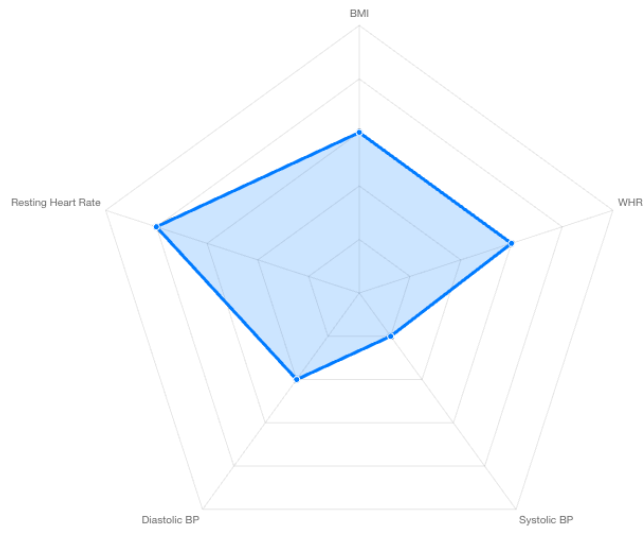
Diastolic Blood Pressure : Diastolic BP: Elevated (85 mmHg)

Increased risk of heart disease, potential need for lifestyle changes.

Resting Heart Rate : Resting Heart Rate: Normal (80 BPM)

Healthy heart function, low cardiovascular risk, indicates good overall heart health.

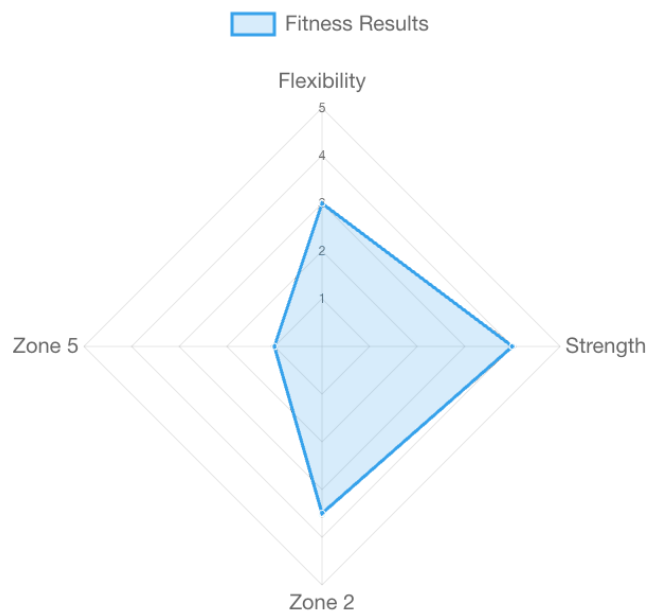
Body Composition & Vital Signs



Fitness Assessment Information:

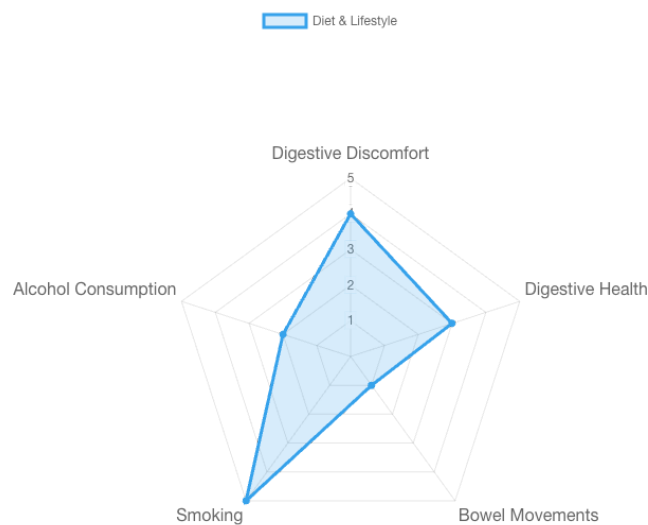
- Zone 2 (Average): 3.50
 - Daily Steps: 8000 to 12000 steps [4/5]
 - Physical Activity Level: Average [3/5]
- Strength: 4.00
 - Can you carry for a few minutes: two large/heavy suitcases [4/5]
- Zone 5: 1.00
 - Run Stairs: Can get up 1 flight of stairs slowly [1/5]
- Flexibility (Average): 3.00
 - Floor Get-ups: One hand [3/5]
 - Touch Toes: Barely touch if warm up a bit before [3/5]

Fitness Results:



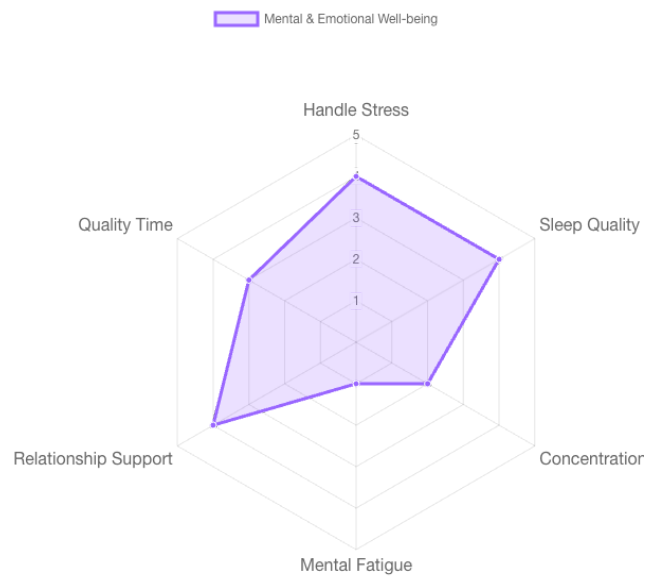
Diet & Lifestyle Real-time Results

- Food Habits:
- Snack Habits:
- Beverages: Mainly coffee/black tea
- Nutritional Supplements: Vit D, zn
- Recreational Drugs: cannabis 2-3 x week
- Comments on Eating Habits:
 - **Breakfast:** Oatmeal topped with fresh berries, a spoonful of almond butter, and
 - **Midmorning Snack:** A banana and a handful of mixed nuts.
 - **Lunch:** Grilled chicken salad with mixed greens, cherry tomatoes, cucumber,
 - **Afternoon Snack:** Greek yoghurt with a sprinkle of granola and a few apple slices.
 - **Early Evening:** A small bowl of baby carrots and hummus.
 - **Dinner:** Baked salmon with quinoa, steamed broccoli, a side of roasted sweet potatoes, and a glass of water.
 - **Evening Snack:** A piece of dark chocolate and a small handful of almonds with herbal tea.
 - **Drink during the day:** 8 glasses of water and 1 cup of green tea in the afternoon.



Mental & Emotional Well-being Real-time Results

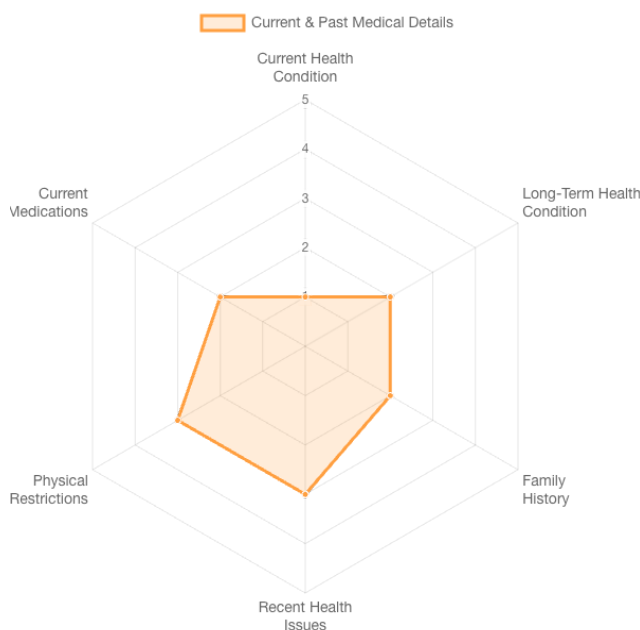
- Handle Stress: Coping Well [4/5]
- Sleep Quality: Good [4/5]
- Concentration: Often Distracted [2/5]
- Mental Fatigue: Constantly Fatigued [1/5]
- Relationship Support: Strong [4/5]
- Quality Time with Loved Ones: Occasional [3/5]



Current & Past Medical Details

Current & Past Medical Details Real-time Results

- Current Health Condition: Poor [1/5]
- Long-term Health Condition: One Manageable Chronic Condition [2/5]
- Family History: Moderate (e.g., some cases in immediate family) [2/5]
- Recent Health Issues: Moderate Health Issues (e.g., significant surgery, but recovered) [3/5]
- Physical Restrictions: Moderate Restriction (e.g., frequent discomfort, requires regular modifications) [3/5]
- Current Medications: Regular Use (e.g., daily prescription medications) [2/5]
- Are you taking any medication at the moment?: blood pressure pills, Statins, cortisol cream for rash on leg



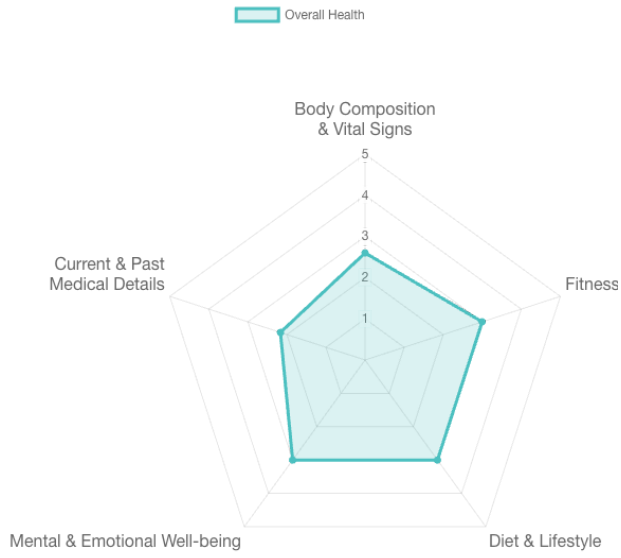
Gender-Specific Health Results

- Results Info: Possible **Prostate imbalance**: changes in urinary habits such as increased frequency, urgency, nocturia, or difficulty urinating. Possible related conditions: Benign Prostatic Hyperplasia (BPH), Prostatitis, Prostate Cancer.
- Results Info: Possible **Low Testosterone**: reduced sex drive, fatigue, or loss of body hair. Possible related conditions: Hypogonadism, hormonal imbalances.
- Results Info: Possible **Breast Tissue Growth/tenderness**. Possible related conditions: Hormonal imbalances, medication side effects.

Overall Health Score

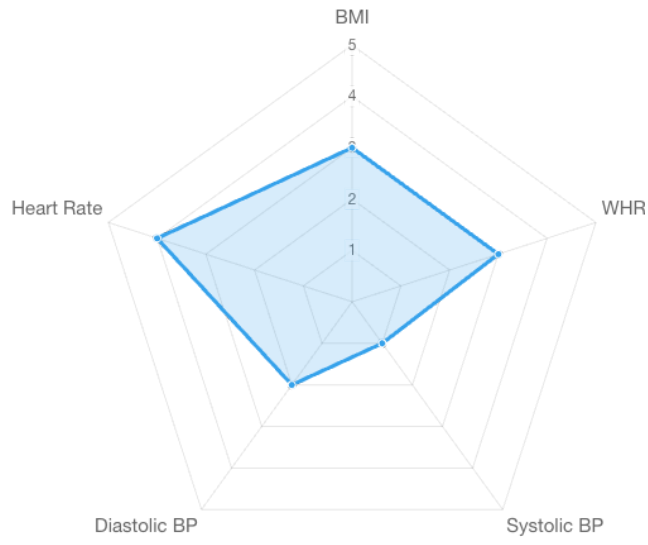
Overall Score:

55.1%

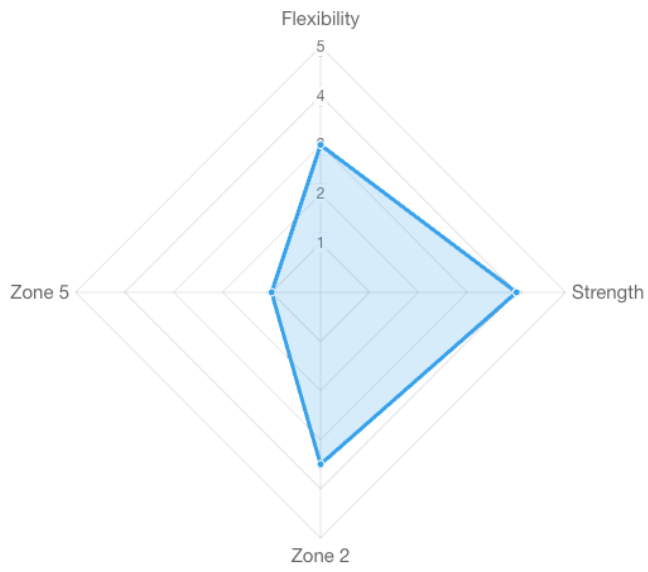


Summary Charts

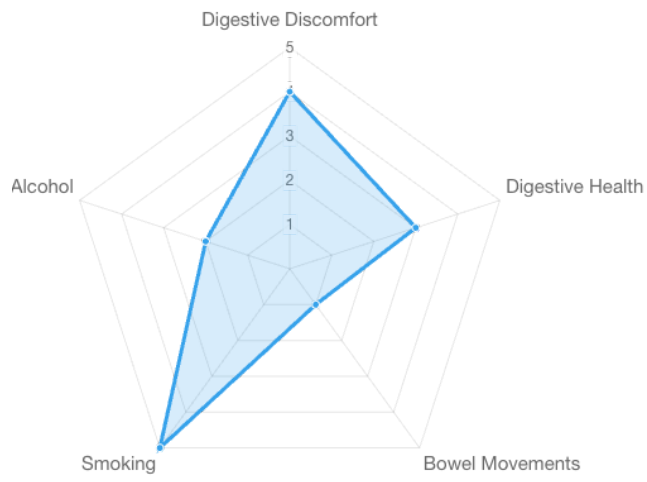
Body Composition & Vital Signs



Fitness Assessment



Diet & Lifestyle



Mental & Emotional Well-being

