

Screening Info



Vitality Screening Isle of Man, Upper Ballacubbon Richmond Hill Braddan Isle of Man IM4 1JQ  
<https://www.vitality.im> ben@vitality.im

| Measure                 | Threshold | Value | Comment   |
|-------------------------|-----------|-------|---|
| Glucose                 |           | 5.2   | Normal. The normal range is 4.5-5.4   |
| Uric Acid Female        |           | 475   | Uric acid is a measure of ions and salts known as Urates and acid Urates. Yours are high which occurs when your kidneys don't eliminate uric acid efficiently. Things that may cause this slow-down in the removal of uric acid include rich foods, being overweight, having diabetes, taking certain diuretics (sometimes called water pills) and drinking too much alcohol. This shows the acidity and inflammation in the body. If left unaddressed can bring pain and discomfort, digestive disorders, food sensitivities, circulatory problems. Dietary, breathing and lifestyle changes would be very beneficial. The normal range is 179 – 326 |
| Haemoglobin Female      |           | 12.9  | You are showing very high levels of haemoglobin. A lack of optimal oxygenation of the blood may cause the haemoglobin to rise. Dehydration may be the main cause. The optimal range is 8.4-9.0 mmol/L   |
| Cholesterol             |           | 4.2   | Normal. Normal range is 4.0-5.6   |
| Saliva pH               |           | 6.25  | Your saliva pH is showing slightly acidic. Are you suffering from reflux? Your digestive enzymes work most efficiently between pH 6.5 and 7.1. As a general rule, pH below 6.4 inhibits the breakdown of protein and fats. The greater the differential between the urine and saliva pH, the greater the digestive discomfort. The normal range is 6.5 - 7.1  |
| Nitric Oxide            |           |       | Nitric Oxide levels are high and this is a good thing   |
| Urine pH                |           | 7.0   | Normal. Normal pH should be between 6.0-7.0   |
| Urine Sodium            |           | 10.0  | Your sodium level is showing lower than normal. Sodium is a mineral used in every cell of your body. It is especially important for the function of your nerves and muscles. A urine sodium test is used to test whether you are properly hydrated, which you are. However it also mimics the blood sugar levels and shows that you need to eat. If you have eaten recently it shows that you may not be taking the goodness from your food and you may be bordering on hypoglycemia. This may bring on unexplained fatigue and weakness. The normal body range is 11-25  |
| Urine Clear/Sediments   |           |       | Normal  |
| Urine Leucocytes        |           |       | Normal  |
| Urine Nitrites          |           |       | Normal  |
| Urine Urobiligen        |           |       | Normal  |
| Urine Protein           |           |       | Normal  |
| Urine Blood             |           |       | Normal  |
| Urine Hydration         |           |       | Specific gravity is used to identify the amount of water present in the urine. You are dehydrated at the time of testing.   |
| Urine Ketones           |           |       | Normal  |
| Urine Bilirubin         |           |       | Normal  |
| Urine Glucose           |           |       | Normal  |
| Vitamin C               |           |       | Your Vitamin C levels are slightly low, you need to eat more fruit and vegetables.  |
| Autonomic Nerve Balance |           |       | Your sympathetic nervous system is your get up and go. Your parasympathetic nervous system is your rest and digest. You are sympathetic dominant. How are you sleeping?   |
| Physical Stress         |           | 37    | Your physical stress is low. How much exercise are you getting? You should be walking for at least 30 minutes per day.  |

|   |  |       |   |
|---|--|-------|---|
| Mental Stress   |  | 60    | Normal  |
| Stress Resistance                                     |  | 97    | Normal  |
| Overall Stress Score                                  |  | 0     | You have a very low overall stress score as you are perceiving it.  |
| Arterial Elasticity %                                 |  | 84    | Normal  |
| Peripheral Vessel Elasticity %                        |  | 46    | Your blood vessels should be flexible and supple. Your elasticity is showing slightly low.  |
| Blood Vessel Classification                           |  | 1     | Normal  |
| Blood Pressure Systolic                               |  | 141   | Normal  |
| Blood Pressure Diastolic                              |  | 88    | Normal  |
| Brachial Systolic BP - Comparison sitting to standing |  |       | Normal  |
| Pulse Comparison                                      |  |       | Normal  |
| Oxymeter, SpO2  |  | 98    | Normal  |
| Pulse Rate  |  | 70    | Normal  |
| Temperature   |  | 36.7  | Normal  |
| ECG   |  |       | Normal  |
| Peak Expiratory Flow Rate Female                      |  | 390   | The peak flow test (peak expiratory flow test or PEF) measures how fast you can breathe out, so you can see how well your lungs are working, very important parameter in lung function. A healthy person expires approximately 80% of all air in their lungs in the first second. Your rate is that of a woman older than your age.   |
| Total Body Weight                                     |  | 71.95 | Your total body weight  |
| BMI   |  | 23.5  | Normal. The normal range is 18.5 to 25  |
| Fat Mass (FBM)  |  | 27.2  | FBM. Fat Body Mass = Body Weight minus the Lean Muscle Mass, which includes Total Body Water. The normal range is 14 - 24   |
| Lean Muscle Mass                                      |  | 49.75 | Normal. The normal range is 41 - 59   |
| Physique Rating                                       |  |       | Average levels of body fat and muscle mass  |
| Bone Mass   |  | 2.7   | Normal. The normal range is 2.2 - 3.2   |
| Visceral Fat  |  | 1.5   | This indicates you have low visceral fat. Visceral fat is the fat that surrounds the vital organs in the abdominal area. Ensuring you have healthy low levels of visceral fat may reduce the risk of many illnesses such as heart disease, high blood pressure and the onset of type 2 diabetes. The normal range is between 6 and 6.5 however, if your visceral fat levels are lower then that's even better. At lower levels, visceral fat provides protection for the vital organs, a fatty insulation, so if you're a rugby player very low levels may not offer you enough protection. |
| Basal Metabolic Rate                                  |  | 1618  | Normal. The normal range is 1400 - 2099   |
| Metabolic Age   |  | 21    | This calculates your BMR and indicates the average age associated with this type of metabolism. If your metabolic age is higher than your actual age, it is an indication that you need to improve your metabolic rate. Increased exercise builds healthy muscle tissue, which improves your metabolic age.   |
| Total Body Water                                      |  | 48.7  | TBW The total amount of fluid in the body. You are showing slight water retention and stress on the kidneys. Typical values: Women 50-60% of body weight. Men 55-65% of body weight. These values vary with hydration state, pregnancy, menstrual phase and ageing. The normal range is 29 - 45   |