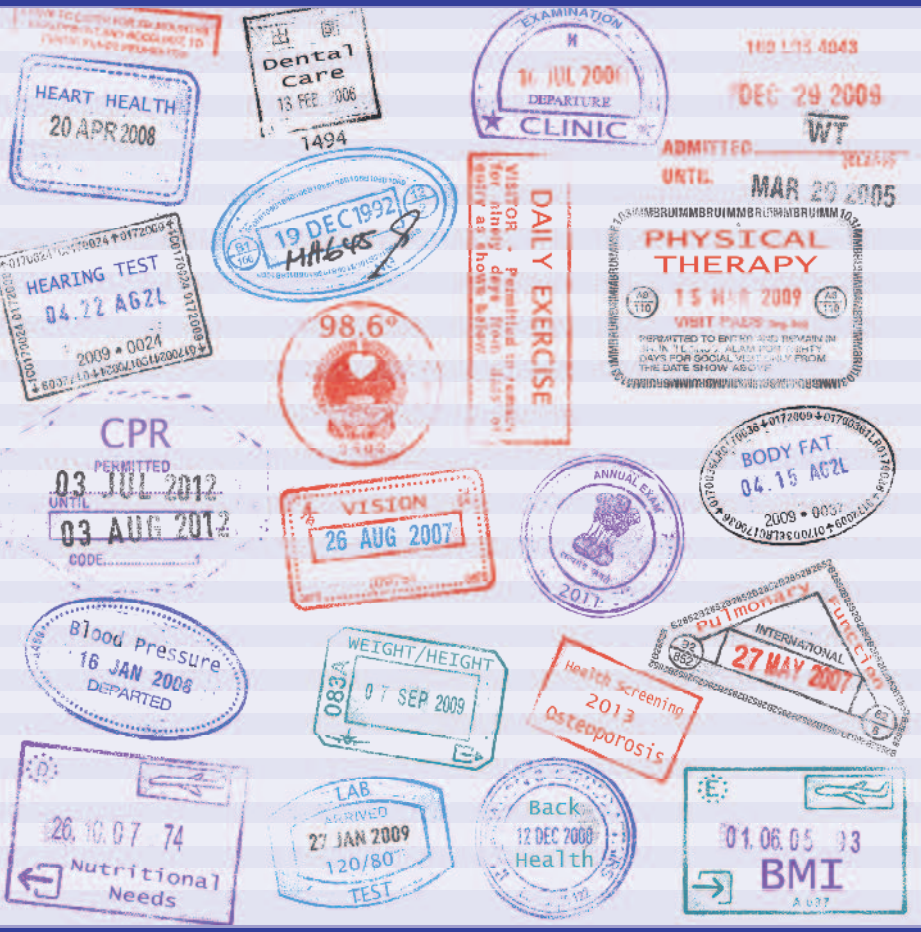
PASSPORT TO TOTAL HEALTH



Screening Results and Recommendations

Name: _____

CARDIOVASCULAR SCREENING	RESULT	INTERPRETATION
WEIGHT		
HEIGHT		
WAIST		Women < 35in; Men<40
HIPS		
NECK		
BMI = mass(kg) / (height(m))² or mass(lb) / Height(in))² X703		BMI - underweight <18.5 - normal weight 18.5-24.9 - obesity>30
WAIST/HIP RATIO Better predictor for CV disease.		WHR>0.9 MEN; >0.85 WOMEN increased CV risk
WAIST/HEIGHT RATIO Better measure for risk of heart attack, stroke or death than BMI.		<40yo, WHtR>0.5 critical, 40-50, 0.5and 0.6 critical, >50yo 0.6 critical
BODY FAT		Women 20-40, 19-26%;40-60, 23%-30% is good to excellent Men 20-40,10-20%; 40-60, 19%-30% is good to excellent
BLOOD PRESSURE		NORMAL= <130/84; PreHTN=135-139/86-89; STAGE 1=140-159/90-99; STAGE 2>160/100
LUNG SCREENING		
PEAK FLOW PULMONARY FUNCTION		
DIABETES SCREENING		
GLUCOSE		Fasting 70-100 mg/dL (non diabetic) Fasting 70-130 mg/dL (diabetic) Post eating (1-2 hr) <125 (nondiabetic) Post eating (1-2 hr) <180 (diabetic)
CHOLESTEROL		HDL: WOMEN:>50, MEN>40 LDL:< 100; TOTAL <200; TRIGLCERIDES <150
VISION SCREENING		
Visual acuity		
Eye pressure		
HIV		**SCREENING COMPLETED**
DENTAL SCREENING		**RECOMMENDATIONS**
No visible tooth decay or gum disease.		Maintain regular, preventive dental appointments.
Visible evidence of small cavities/mild gum disease.		Schedule appointment soon.
Extensive decay, advanced gum disease or infection.		Schedule appointment IMMEDIATELY.
Recommend Orthodontic consultation.		
Oral cancer screening		Within Normal Limits Exam indicated
HEARING EVALUATION		
KIDNEY		Education/Information
BONE MARROW		Education/Information

Screening is NOT an examination and recommendations are NOT a diagnosis. Information obtained from the screener or “expert” is for general education and cannot be applied to my individual situation without a complete and thorough examination, including x-rays, scans, and/or other required diagnostic and laboratory tests.

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