

TAKEHEART HEALTH CHECK
23/12/2012 COLNEY

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MR WALTER CLAYTON

18 yrs

The TAKEHEART HEALTH CHECK is exactly what it says it is. It concentrates on matters which are known to affect heart disease - it is not a complete health check.

We can do nothing at all to change our gender, our family history nor our age, all of which are risk factors. On the other hand we are responsible for our smoking and eating habits and these we can influence.

Likewise blood pressure abnormalities can often be corrected and cholesterol levels can be reduced.

This report makes use of the following information supplied by you at the beginning.

	Smoker	N
	Years smoked	0
A personal history of coronary thrombosis		N
A personal history of diabetes		N
A personal history of angina		N
A parent who has died of heart trouble		N

TODAY is day 6702 of your life. It is also the first day of the rest of your life which, if Life Expectancy Tables are to be believed, will last for about another 19735 days. Make the most of them and stay healthy.

WEIGHT

www.takeheart.co.uk/weight.htm

Your weight today is 77.13 kilograms (12 stones 2 lbs).
Your height is 180 cms (5 ft 11 ins).

The maximum desirable weight for you is 79.60 kilograms (12 stones 7 lbs).

Your weight is just about right for a person of your height and body build.

Please note that the tables used to calculate the maximum desirable weight refer only to people over the age of twenty five. Below this age the figures may not be accurate and are offered as a guide only.

The maximum desirable weight is a figure obtained from life assurance tables. It is the weight above which there is an effect upon life expectancy. Your best weight is probably somewhat lower than this.

Both the Maximum Desirable Weight and the Body Mass Index take account of normal indoor clothes and shoes.

THE BODY MASS INDEX

The Body Mass Index or BMI is a figure obtained by dividing your weight by the square of your height. It is the method of expressing your weight used by doctors and the result will be of great interest to your usual medical attendant. Your Body Mass Index has been calculated as 23.8 which indicates that you are just about right for your height.

A normal BMI for you would be somewhere between 20 and 24.

PEAK FLOW RATE

www.takeheart.co.uk/pfr.htm

The peak flow rate measures the fastest speed that you can expel the air from your lungs. It gives a good indication of the efficiency of your breathing. The expected peak flow rate of someone of your age and height is 568 litres per minute. Your peak flow rate measured today is 600 litres in a minute.

This indicates that your lungs appear to be functioning normally for a person of your age and size.

CARBON MONOXIDE

www.takeheart.co.uk/co.htm

Carbon monoxide is one of the poisonous substances which enter your blood when you smoke and which undermines the health of your heart. Non smokers usually have less than ten parts per million in their breath.

The carbon monoxide level in your breath is 3 parts per million.

This level of carbon monoxide in your breath is normal. Congratulations! You are wise not to smoke. Smoking kills people.

BLOOD PRESSURE

www.takeheart.co.uk/bp.htm

The National Institute for Clinical Excellence advises that we should aim for a blood pressure at or below 140/90. This applies to both men and women of all ages.

Your blood pressure measured today is 120/70 mms of mercury. This is a normal level. You should arrange to have you blood pressure measured again

in about five years. Your own general practitioner would do this for you or you could come along for another TAKEHEART HEALTH CHECK.

CHOLESTEROL

www.takeheart.co.uk/chol.htm

www.takeheart.co.uk/choldiet.htm

Your blood cholesterol has been measured using the "Reflotron Analyser".

Your cholesterol level measured today is 4.50 mmols/l.

On this occasion your blood level is normal. Come back in a year or so to have it checked at another TAKEHEART HEALTH CHECK.

CORONARY RISK SCORE FOR MEN

It is difficult to make an accurate prediction of heart attack in young men over the next five years as their expectancy is low anyway. However if the coronary risk factor score is high or significant risk factors are present, it is reasonable to issue a warning and offer advice. Our aim is to prevent heart disease in later life.

The coronary risk factor score is not applicable to people under twenty five years of age. Please don't be complacent about your health - the sooner you take steps to improve the risk factors the better will be your health later on. If you don't look after yourself no one else is going to do it for you!

The Coronary Risk Factor Score was devised by Professor Shaper of the Royal Free Hospital in London. His method is based upon the study of seven thousand middle aged men in Britain. A score above 1000 represents a high risk. The scores range from about 500 for the lowest risk to about 1500 for the highest. The score can be used to calculate the probability of a heart attack occurring during the next five years. The results have been validated for middle aged men, but for women and younger and older men extrapolation has to be used to interpret the scores.

SUMMARY

Congratulations!!! MR CLAYTON. TAKEHEART has not found anything on this occasion that you should be doing to reduce your risk of heart attack. However, one of the dangers of being given a clean bill of health as it were is that one tends to become complacent and even self satisfied. Health is an on-going activity and needs to be worked at. For this reason you will find in your TAKEHEART folder some general advice about health including some of the items concerned with heart disease that have not been stressed in this report - exercise, stress, diet, alcohol.

FURTHER READING

Many people have found the following books useful and interesting to read. They can be purchased from bookshops or borrowed from public libraries. Some general practices and health centres operate a lending library service for their patients - it is always worth asking.

"E for Additives". Maurice Henderson. Thorosons

First Aid Manual
Dorling Kindersley Ltd

Suburban Shaman: Tales from Medicine's Front Line.
Cecil Helman. Hammersmith Press 2006 196 pages £9.99

Cycling: Towards Health and Safety.
The British Medical Association.
The Oxford University Press 1992 ISBN 0-19 286151-4 £5.99

The McDougall Program for a Healthy Heart. McDougall J. Dutton 1996
John McDougall is the Director of Nutrition at the St Helena Hospital,
California. Coronary Heart Disease is not only preventable but reversible.

Healthy Eating for Your Heart.
Paul Gaylor - Kyle Cathie 2003

Preventing Cardiovascular Disease in Primary Care.
Clive Handler and Gerry Coghlan
Radcliffe Publishing 2008. 216 pages £24.95

"Get a Better Night's Sleep" by Ian Oswald and Kirstine Adam.
Martin Dunitz 1983.

"The Shy Person's Guide to Life" by Michael Bentine.
Grafton Books 1986, 172 pages.

"Self Help for Your Nerves" by Claire Weekes.
Angus and Robertson 1984, 160 pages.

Professor Shaper's paper is entitled "A Scoring System to Identify Men at High
Risk of Heart Attack" Shaper AG, Pocock SJ, Phillips AN and Walker M.
It can be found in "Health Trends" 1987 Volume 19 Pages 37 - 39.

The Irritable Male Syndrome. Managing the Four Key Causes of Male Depression.
J.E.Diamond - Rodale 2005

"Get a Better Night's Sleep" by Ian Oswald and Kirstine Adam.
Martin Dunitz 1983.

EXERCISE

Exercise is good for the heart. Exercise until you are pleasantly tired,
but don't push it to exhaustion! - you may do more harm than good.
With the right level of activity you will be breathless, but not speechless.
Try to exercise three or four times a week - 15 - 20 minutes each session
although not straight after a meal.
Easy rhythmic movements are best. Cycling and walking rather than weight
lifting or physical jerks.
Try to sneak some exercise into your daily routine. Use the stairs instead
of the lift. Walk to work, or leave the car a few streets away. Get off the

bus a stop or so early and walk the rest of the way.

ALCOHOL

Alcohol is a risk factor for coronary heart disease. People who take an
excessive amount increase their risk greatly and affect their health in
other important ways as well. The difficulty is to distinguish between
social drinking and problem drinking. Men who drink fewer than 21 units a week
are not usually considered to have a problem. A unit of alcohol is half a
pint of beer, a glass of wine or a measure of spirits.

The GGT blood test is a sensitive method of detecting early liver trouble.
The most common reason for this is excessive alcohol intake. There are other
causes of an abnormal test but alcohol is by far the most important in healthy
people. The level of GGT in your blood has been measured as 5.0 units/l.

This is normal and suggests that alcohol is not a problem for you.
Notwithstanding, if your regular intake of alcohol is approaching the
quantities recommended above please take care.

STRESS

www.takeheart.co.uk/stress.htm

Stress has been associated with heart disease as it has, indeed with
other diseases as well. It is a difficult idea to describe and to evaluate.

It is probable that excessive stress will show itself in such things as
raised cholesterol or blood pressure or extra cigarettes. It will also very
often result in an increase in the level of anxiety or depression felt.
A view can be formed about this by considering the replies to a number of
questions. The answers that you have given to these questions suggest that
you are not under undue emotional strain. Nevertheless, if you do lead a
stressful style of life it would certainly be sensible to explore ways to
reduce or control the stress.

Thank you for coming to the TAKEHEART HEALTH CHECK at The Old Rectory.
You will have found the experience informative and helpful. We are able to
offer the service at the place of work or elsewhere and are keen to develop our
contacts in industry. It is here on the shop floor where we can do most to
combat the present epidemic of heart disease. Please enquire about the
prospects for running a session in your factory, office or leisure centre - or
anywhere else for that matter where a dozen or so people can be gathered.
In summary - thank you for coming, if you like what you have seen tell
someone else about us, if not please tell us!

CHOLESTEROL MEASUREMENT

In some places cholesterol is expressed as mgms per 100 mls. In other places as
mmols per litre. To convert one to the other divide or multiply by 39.

BODY MASS INDEX

The Body Mass Index is not a reliable measure when applied to athletes, body
builders & others with a high degree of muscularity. These people tend to have

a high body mass index without necessarily being overweight or even obese.

My printer joins me in apologising for its uncharacteristic behaviour this morning. Thank you for your patience and understanding Bill.

ADDITIONAL INFORMATION

You may find the following additional information helpful.

EATING DISORDERS

The first step to treating a disorder is recognising it. It is much easier to help somebody with anorexia or bulimia if the problem is spotted and dealt with quickly. The longer that it remains unrecognised, the worse the problem tends to become, and the harder it is to help. Anorexia can be life threatening so it is important to see a doctor, the sooner the better.

Eating Disorders Association, 103 Prince of Wales Road, Norwich 01603-619090
fax 01603-664915, info@edauk.com, www//edauk.com

The Priory Centre, 11 Priory Road, High Wycombe, Bucks HP13 6SL, 01494-21431
Society for the Advancement of Research into Anorexia, Stanthorpe, New Pound,
Wisborough Green, Billingshurst, West Sussex RH14 0EJ.

The TAKEHEART HEALTH CHECK was devised and written by Dr G.M.Clayton of
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THE OLD RECTORY COLNEY NORWICH
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The TAKEHEART HEALTH CHECK was awarded the John Perry Prize for an outstanding contribution to primary health care by the British Computer Society in 1990.

Visit TAKEHEART at <http://www.takeheart.co.uk>

or E-mail on th@takeheart.co.uk

YOUR NEXT APPOINTMENT

Please make an appointment for another TAKEHEART on or about 23/12/2013