

Thank you for taking part in this health check programme. Your results are explained in the following pages. If you have any concerns you should speak with your own General Practitioner for further guidance and advice. Please see also, the [Useful Resources](#) page, included in your pack for more information.

Your results are shown using a "Traffic Light" system, Red, Amber & Green, this will help you to identify some of the key things to work on and improve going forward.

This system also helps to highlight things that you may need follow up advice with from your G.P.

Your Cholesterol Results

Cholesterol

Cholesterol is a fatty substance which is produced naturally by the body. The liver makes it from the saturated fats in food. Cholesterol plays a vital role in how every cell wall works, throughout the body. It is also the material which the body uses to make other vital chemicals. Cholesterol has a special 'transport system' for reaching all the cells which need it. It uses the blood circulation as its 'road system' and is carried on 'vehicles' made up of proteins. These combinations of cholesterol and proteins are called lipoproteins. You may also have heard the term 'blood lipids' which is a name for all the fatty substances in the blood, including HDL cholesterol, LDL cholesterol and Triglycerides.

The Lipid Profile can be broken down into 3 parts.

- *Low density lipoproteins* (LDL), which carry cholesterol from the liver to the cells.
- *High density lipoproteins* (HDL), which return the extra cholesterol that isn't needed to the liver.
- *Triglycerides* (TRIG) are another important fat or lipid found in the blood.

If you have high levels of *Blood Cholesterol*, you run a greater risk of *Coronary Heart Disease* (CHD) and Stroke. The risk is particularly high if you also have a low level of *HDL* cholesterol and a high level of *LDL* cholesterol. A high level of *Triglycerides* also increases the risk of *Coronary Heart Disease* and *Stroke*. In general the lower your LDL and Total Cholesterol, the lower your risk. The ratio of HDL : Total Cholesterol is the best indicator of risk.

What causes high Blood Cholesterol?

A contributing cause of high *Blood Cholesterol* levels in people in the UK is too much saturated fat in the diet. Some people have high cholesterol levels as a result of an underactive thyroid, being overweight, or sometimes in association with kidney disease or high alcohol use. Also, 1 in 500 people have high cholesterol levels because of an inherited disorder called familial hyperlipidaemia.

Your Cholesterol Results (mmol/l)

Test	Result	Desirable	Borderline-High	Moderately-High	High
Total Cholesterol		Below 5.00	5.00 to 5.99	6.00 to 6.50	Above 6.50
HDL (Good Chol)		Low Below 1.03	Borderline - Low 1.03 to 1.10	Desirable 1.11 to 1.54	Desirable - High Above 1.54
Non HDL (VLDL)		(Est. LDL & TRIG Combined)			
		Not Measured	Desirable	Borderline	High
Total Chol / HDL		N/A	Below 4.5	4.5 to 6.0	Above 6.0
		Not Measured	Desirable	Borderline	High
CHD Risk Factor %		N/A	Below 5%	5% to 15%	Above 16%

Ideal Results:	Your results are currently within the guidelines set out by the NHS and W.H.O. Your body is currently coping with your natural as well as your dietary Cholesterol.
Elevated Results	Your results indicate that your cholesterol is above the guidelines set out by the NHS and W.H.O. you can have a positive influence on this result in the future through your lifestyle choices. Please consult your G.P. For further evaluation.
<p>Ideally to maintain or improve your results you should look to fine tune your diet and minimise the amount of saturated fat that you intake. Maintaining an active lifestyle also plays a big part in maintaining your HDL cholesterol levels.</p> <p>The W.H.O. recommends 30 minutes activity or more, most days.</p> <p>Ideally retest your cholesterol every 12 Months to monitor your result.</p>	

Your Results

MONITORING AND IMPROVING MY CHOLESTEROL

Remember - a raised cholesterol is just one of the risk factors for heart disease and stroke - others include lack of exercise, smoking, being overweight, high blood pressure and drinking too much alcohol.

HOW CAN I REDUCE MY CHOLESTEROL LEVEL?

1. Eat Less High saturated fatty foods
2. Eat more Low saturated fatty foods
3. Eat atleast 5 portions of Fruit & Vegetables a day

4. Eat More High Fibre Foods
5. Increase Your Level of Physical Activity
6. Manage Your Weight

Identify what it is you normally eat and make the change if you have to:

High Saturated Fatty foods that you should reduce your intake of:		Low saturated fatty foods that you should eat more of:
Beef	→	Chicken breast / Turkey breast
- Ground Beef		Plain Fish (Oily Fish)
- Prime Rib	→	Quorn
- Roast Beef		5-OR-MORE-A-Day
Processed Meat		- Fresh Vegetables
- Burgers		- Fresh Fruit
- Luncheon Meats		Wholegrain Cereals
- Sausages		- Pasta
- Hot Dogs		- Rice (brown/white)
Pork		- Whole grain bread
- Chops		- Oat bran/ Porridge
- Ham		Lentils
- Bacon		Olive Oil
Lamb / Mutton		Canola Oil
- Chops		Walnut Oil
Liver		Soybean Oil
- Liver Pate		Sesame Oil
Hydrogenated Fat		Macadamia Nut Oil
Palm or Coconut Oil		Low Fat Dairy Produce
Mayonnaise		- Low Fat Cheese
Full Fat Dairy		- Low Fat Yoghurt
- Cheese		- Low Fat Spread / Butter
- Cream		- Low Fat Ice Cream
- Milk		Avocados
- Butter / Margarine		Nuts and Seeds
Takeaways		High Fibre Foods
- Any Foods Fried in Fat		Cholesterol Lowering products
Ice Cream / Cakes		- Drinks
Sweets / Pastries / Deserts		- Yoghurt
Cheesy or Creamy Sauces		- Natural supplement

The aim is to reduce your intake of HIGH saturated food and replace it with LOW Saturated foods

[Don't forget that we should also reduce the total amount of fat we eat. So try microwaving, steaming, poaching, boiling or grilling, instead of roasting or frying]

While your cholesterol is largely genetically determined, you can make a big difference to your risk of Coronary Heart Disease (CHD), by reducing your saturated fat intake and increasing your levels of physical activity. After all, none of us are getting any younger, to live long, healthy and happy lives, we need to be healthy!

Your Results

BLOOD PRESSURE

Blood pressure (BP) is created when the heart beats and pumps the blood into the major arteries and enables it to travel to the extremities of the body. Systolic pressure is the maximum pressure in the circulatory system and is generated when the heart beats. Diastolic pressure is the minimum pressure that occurs just before a heart beat.

High blood pressure (BP) can be a response to exertion or emotion. After exertion the pressure quickly returns to its resting level. If the BP remains high, it must be reported to a G.P as it could cause problems with various conditions that may require treatment. A single BP test is sufficient to confirm normal BP. Several tests would be required to confirm high BP (Hypertension). Two or more consecutive high readings should always be reported to your G.P

Low BP is rarely a serious problem but people feel dizzy if they suddenly stand up from a chair or when they get out of bed. As we get older, our blood vessels stiffen and blood pressure increases as a result.

To an extent, a tendency to Hypertension may be inherited. Some sufferers are not able to deal with any excess of sodium (salt) so that any surplus salt in their diet may raise their BP. Factors that can be controlled are smoking, lack of exercise, obesity, caffeine intake, heavy drinking and day to day stresses of life.

The World Health Organisation (WHO) have categorised Blood Pressure as Follows (based on either Systolic or Diastolic reading)

Your Blood Pressure Results				
Test	1st Result	Desirable	2nd Result	Desirable
Systolic		Below 140		Below 140
Diastolic		60 to 80		60 to 80
Resting Pulse		Below 80		Below 80

DIABETES & GLUCOSE

The blood glucose test is to measure the amount of glucose in the blood right at the time of sample collection. It is used to detect both hyperglycemia and hypoglycemia and to help diagnose diabetes

Screening is especially important for people at high risk of developing diabetes, such as those with a family history of diabetes, those who are overweight, and those who are more than 40 to 45 years old although it is becoming common in younger ages.

Diabetes is the body's failure to regulate the metabolism of glucose by means of the hormone Insulin. The immediate cause is lack of insulin because the pancreas produces none or not enough, or the failure of the body to make prior use of the Insulin that's available. There are two types of diabetes these are:

TYPE 1 Diabetes, also known as Insulin Dependent Diabetes Mellitus (IDDM). This can appear at almost any age, but most often it starts before 25.

TYPE 2 Diabetes, also known as Non-Insulin Dependent Diabetes Mellitus (NIDDM), can be insidious and normally affects people over the age of 40, but is becoming more common. The diabetes often passes unnoticed while serious damage to arteries, nerves and other structures occur.

Symptoms of Hyperglycemia	
• Increased thirst	• Blurred Vision
• Increased urination	• Slow-healing infections
• Fatigue	

Symptoms of Hypoglycemia	
• Sweating	• Anxiety
• Hunger	• Confusion
• Trembling	• Blurred Vision

The World Health Organisation (WHO) have categorised Glucose results, from random sampling (regardless of what has been eaten or the time of the day) as follows :-

Your Diabetes & Blood Glucose Results (mmol/l)					
Test	Result	Desirable Fasting	Desirable	Borderline-High	High
Blood Glucose		3.50 to 5.00	2.50 to 7.80	7.81 to 10.00	Above 10.00

ApolloScreening

Your Body Composition Results



WEIGHT & HEIGHT		Weight
WEIGHT Recorded in Kilograms		KG
		ST/Lbs
HEIGHT Recorded in Centimeters		Height
		CM



Waist to Hip Ratio		Waist
This measurement is looking at where you carry excess body fat. If you carry more around the abdominal area, then there is a higher risk of conditions such as: Heart Disease, Stroke, Type 2 Diabetes, High Blood pressure. Keeping your waist in proportion to your hips will help to manage this and minimise the risk of future problems. A W:H Ratio of < 0.90 for men is ideal.		CM
		Hip
		CM
		Waist : Hip Ratio

	YOUR BMI	Body Mass Index (BMI)			
		Under-Weight	Healthy	Over-Weight	Very Over-Weight
BMI Result		<18.5	18.5 to 25.0	25.0 to 29.0	>29.0