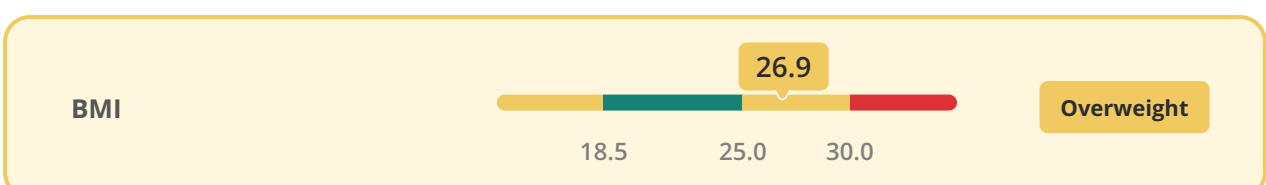
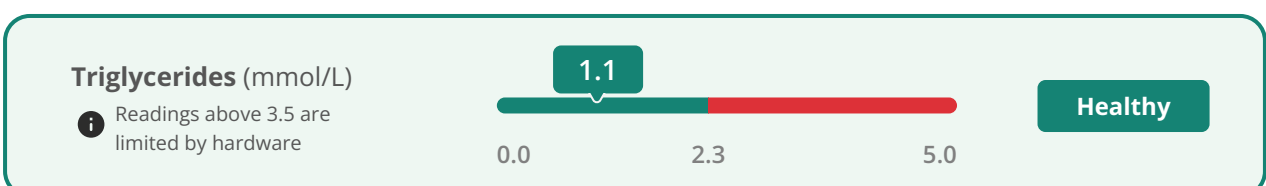
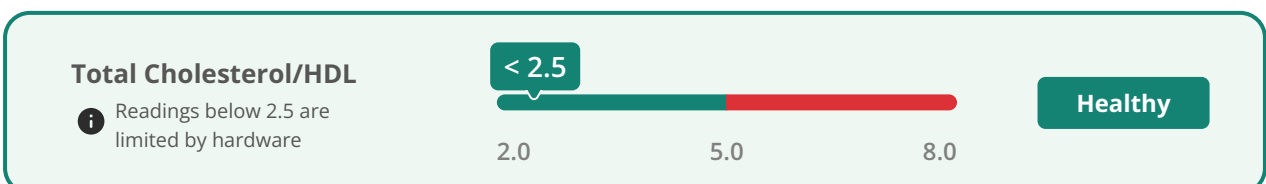
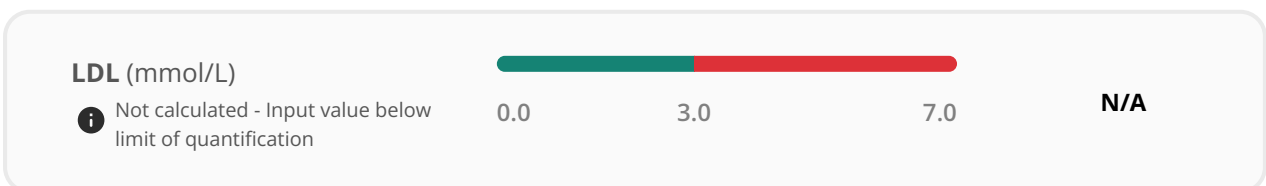
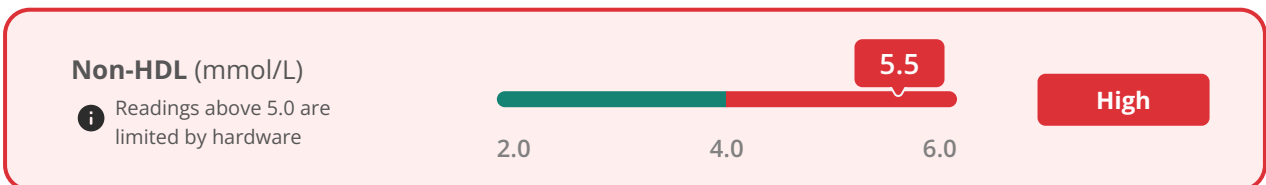
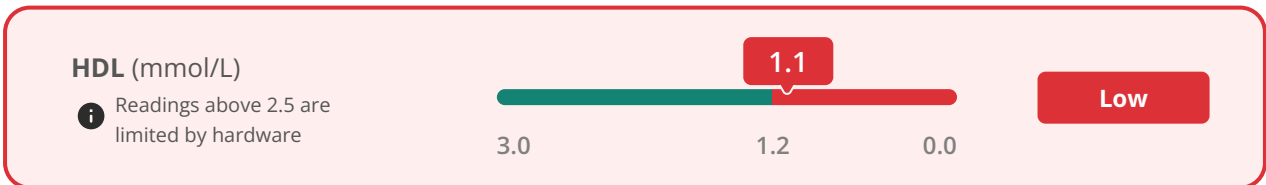
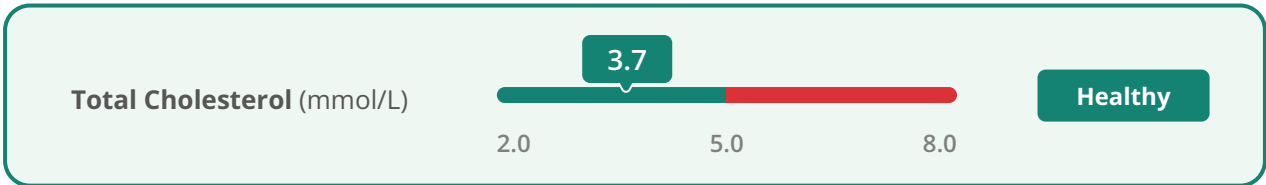


Test Results

Test Performed 28 Sep 2023, 12:29 PM





Personal Information

First Name

Test

Last Name

Test

Email Address

test@mail.com

Assigned sex at birth

Female

Age

25

Height

5 ft 7 in

Weight

78 kg

What is your ethnicity?

Pakistani

UK postcode

ME4 4TB



Health Information

Legend



Answers that could potentially influence your blood biomarker levels

Are you or could you be pregnant?

No

What is your smoking status?

Non-smoker

What is your diabetes status?

None

What was your latest blood pressure result?

120/80

What was your latest HbA1c result in percent?

-

Has a 1st degree relative under 60, suffered with angina or heart attack?

No

Have you had a diagnosis of cardiovascular disease (e.g. heart failure, heart attack, angina, stroke)?

Yes



Do you have chronic kidney disease at stage 3, 4 or 5?

No

Do you or have you suffered with atrial fibrillation?

Yes

Do you suffer with migraines?

No

Do you have rheumatoid arthritis?

Yes

Do you have lupus?

No

Do you have severe mental illness? (this includes schizophrenia, bipolar disorder and moderate/severe depression)

Yes

Do you have diagnosis of, or are you being treated for, erectile dysfunction?

No

Are you taking antipsychotic medication?

Yes



Are you taking regular steroid medication?

No

Are you taking blood pressure medication?

Yes



Are you currently taking cholesterol-lowering medication (e.g. statins)?

No



Understanding Your Results

QRISK3 Score

Risk is the chance of something happening. It's important to note that your risk of developing cardiovascular disease (CVD) is never zero and regardless of other risk factors, your risk naturally increases the older you get.

Other risk factors for CVD include:

- Age, gender, ethnicity
- Smoking, alcohol intake
- High blood pressure, cholesterol level, body mass index (height and weight)
- Strong family history of heart disease (in relatives under 60 years)
- Medical conditions such as diabetes, rheumatoid arthritis, chronic kidney disease

Your **QRisk score** will tell you whether you are at low, moderate or high risk of developing CVD in the next 10 years.

Low Risk- QRISK3 score of less than 10%.

This means you have less than one in ten chance of having a stroke or heart attack in the next 10 years.

Moderate Risk- QRISK3 score of 10-20%.

This means you have one to two in ten chance of having a stroke or heart attack in the next 10 years

High Risk- QRISK3 score more than 20%

This means you have at least a two in ten chance of having stroke or heart attack in the next 10 years.

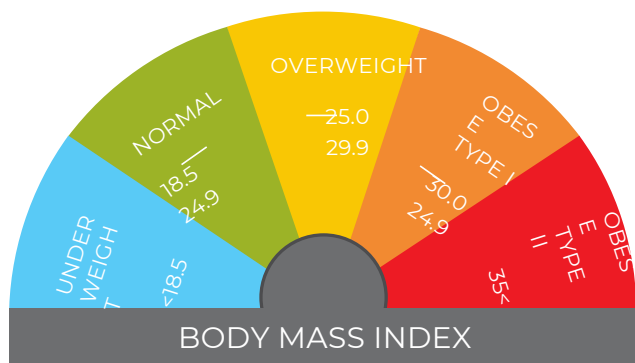


What your numbers mean...

Fat % and Fat Mass look at the weight and percentage of body fat you have.. If your fat range is below the numbers and you are worried, speak to one of our pharmacy team or pop into your local Lincolnshire Co-op Pharmacy for more information. If your fat range is higher than the ideal, then you may need to take action. Visceral Fat is the fat stored inside of you that wraps itself around your internal organs. This fat has been linked to an increased risk of serious health and heart problems

Body Mass Index (BMI) is a measure that uses your height and weight to work out if your weight is healthy. It can be used as a reasonable indicator but it doesn't consider muscle which weighs more than fat.

It's possible to be fit and muscular and appear to be overweight, or be slim with little muscle and your BMI looks healthy but your body fat is too high. It is important to look at all the results not just BMI.



If your BMI is below 18.5 then this could be a sign that you're not eating enough or may be ill. Consider talking to your local pharmacist or GP who can help. If your BMI is over 25, then you may need to take action.

Muscle Mass shows how much muscle you have. As your muscle increases, you burn more energy/calories which helps you reduce fat and lose weight in a healthy way. But remember that more muscle could increase your weight too.

The 0 mark is where you need to be so if you are more than this, well done on building up that muscle!

More help and advice

- Lincolnshire Co-op Pharmacy locations: www.lincolnshire.coop/storefinder
- NHS diet & exercise advice: www.nhs.uk/live-well



What is Cholesterol?

Cholesterol is a fatty substance known as a lipid and is vital for the normal functioning of the body. It is mainly made by the liver but can also be found in some foods we eat. Having an excessively high level of lipids in your blood can affect your health. High cholesterol does not have any symptoms, but increases your risk of serious health conditions.

Cholesterol is carried around the blood in two forms:

Non-HDL – bad cholesterol

- Non-HDL carries cholesterol from the liver to cells that need it, however, if there is too much for the cells to use then the cholesterol builds up in the arteries. This causes the arteries to narrow, restricting blood flow to your heart, brain and the rest of the body. It also increases the risk of a blood clot forming.

HDL – good cholesterol

- HDL carries cholesterol away from the cells and back to the liver where it is either broken down or disposed of as waste. This helps to keep arteries clear and healthy.

What do your cholesterol results mean?

Result	Healthy level	Meaning
Total Cholesterol	5mmol/L or below	Your overall cholesterol level
Non-HDL cholesterol	4mmol/L or below	Your 'bad cholesterol' level
HDL cholesterol	1mmol/L or above for men 1.2mmol/L or above for women	Your 'good cholesterol' level
Total Cholesterol : HDL ratio	Below 6	The comparator between your overall cholesterol and your good cholesterol
Triglycerides	Below 2.3mmol/L	Type of fat that circulates in the blood. High levels can identify a higher risk of heart disease, liver disease and diabetes.

Please note – these levels are a guide.

The levels you should aim for may be different depending on things like your age, and whether you have conditions such as diabetes or cardiovascular disease.

High cholesterol - Cholesterol levels - NHS (www.nhs.uk)



Why should I lower my cholesterol?

High cholesterol is associated with an increased risk of:

- Narrowing of the arteries (atherosclerosis)
- Heart attack
- Stroke
- Mini-stroke (TIA)

You are at an increased risk of having heart problems or a stroke if you have high cholesterol and any of the following:

- Family history of stroke or heart disease
- Having diabetes
- Having high blood pressure (hypertension)
- Smoking
 - Chemicals found in cigarettes stop HDL from transporting Non-HDL to the liver – increasing the build up of cholesterol in the arteries.
- Unhealthy diet
- Some foods already contain cholesterol, but the amount of saturated fat in your diet is more important.

- Foods high in saturated fat can raise your cholesterol levels in your blood. Foods include: Meat pies, sausages and fatty cuts of meat, butter, Ghee, Lard, Cream, Hard cheese, cakes, biscuits and foods containing coconut or palm oil.

How can I lower my cholesterol levels and reduce my risk?

- Keep your diet low in fatty food – especially food containing saturated fats. Maintain a healthy balanced diet.
- Exercise for 30 minutes at a moderate intensity at least 5 times a week
- Stopping smoking – please enquire at your local Lincolnshire Co-op Pharmacy
- Look after your weight
- If you suffer from Diabetes – good blood sugar control will help to lower your risk
- If you suffer from high blood pressure (hypertension) – check your blood pressure and if it is above your target level, please speak to one of our pharmacists.



Nutrition

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. While this balance may not be possible with every meal, it is important to try and achieve this over a week.



A closer look:

Fruit and Veg - Aim to eat at least 5 portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced. By eating a range of different coloured fruit and

veg will ensure that you are getting a wide array of vitamins and minerals.

Protein - Try to consume 1g of protein for every kg of body weight as part of a balance lifestyle. Protein is essential for muscle growth and repair. Vary your protein sources from red meats to eggs and nuts.

Carbohydrates - Our bodies' go to source for energy, should form the backbone of your diet. Wholegrain and 'brown' choices are encouraged as they release energy over a prolonged period. Starchy carbohydrates contain high levels of fibre which aids our digestive system.

Dairy - Milks, cheeses and yoghurts are good sources of protein and vitamins, including calcium, which aids bone health. Check the labels and watch your portion sizes as types of dairy products can be high in fats.

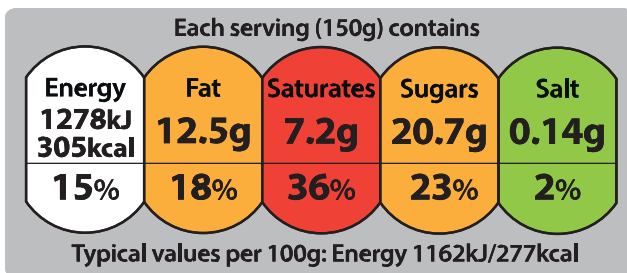
Image Source:
www.gov.uk/government/publications/the-eatwell-guide

More help and advice

• The Eatwell Guide - NHS (www.nhs.uk) •
www.nhs.uk/better-health/lose-weight

Food Labelling:

Food labels can help you to choose between foods, and to pick those that are lower in energy, fat, saturated fat, sugar and salt. Where colour coded labels are used you can tell at a glance if they are high, medium or low in fat, saturated fat, sugars and salt. For a healthier choice, try to pick products with more greens and ambers and fewer reds.



Useful Tips to remember...

Leaner: Choose leaner cuts of meat and poultry, remove any visible fat.

Lower: Go for lower fat, salt, and sugar products - especially dairy and starchy carbohydrate foods.

Less: Use less oils and spreads. Choose foods high in fat, salt, and sugar less often.

Alcohol Awareness

Alcohol- men and women are advised not to drink more than 14 units a week on a regular basis. Try and spread out your drinking over a few days and add in alcohol free days. Get in touch for more help and advice.



Things to limit...

Fat - Reduce your daily saturated fat to 30g (males) or (20g) females. Excessive dietary fat can lead to increasing levels of cholesterol and an improved risk of heart conditions. 1 gram of fat = 9 calories so it's important to be aware of portion sizes.

Salt - No more than 6g a day. High salt intake can increase blood pressure and the risk of heart disease.

Sugar - High intakes can lead to weight gain and teeth problems occurring. Aim to limit free sugars (sugar added to products) to 30g a day.

Top Tips for Hydration

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Smoking Cessation

Smoking increases your risk of developing heart and circulatory diseases. Many of our pharmacies offer smoking cessation services. Please call your local Lincolnshire Co-op Pharmacy to discuss what options we have available for you.



• Alcohol advice - NHS (www.nhs.uk)

*6 pints of average-strength beer or 10 small glasses of lower-strength wine



We coordinate and support over 70 volunteer-led walks across Lincolnshire and Newark, that all come under the national Ramblers Wellbeing Walks scheme.

Benefits of walking:

Walking is a great way to improve your wellbeing, attending regular walks can:

- Help lower blood pressure
- Help weight management
- Help you meet new people
- Help improve mental health
- Boost your immune system
- Improve your sleep
- Improve performance of your heart and lungs.

There's lots more out there...

Couch to 5k

Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit. The NHS Couch to 5K can be the perfect place to start and is specially designed to help you gradually work up towards running 5km in just 9 weeks.



Let's Move Lincolnshire - Activity Finder

Navigate your way through Active Lincolnshire's activity finder to discover a wide range of sports groups and clubs to help you get active.



Free help and advice in our pharmacies with **no appointment** needed.



Need to see a doctor?

Could our pharmacist help instead?



We can help with...

- Eye complaints
- Skin complaints
- Stomach complaints
- Insect bites and stings
- Foot care
- Coughs and colds
- Flu vaccinations
- Diabetes
- Blood pressure
- Weight loss
- Urinary tract infection
- Head lice
- Threadworms
- Travel advice
- Contraception services
- Pain relief
- Cholesterol
- Medicines advice

We're on the road...

We use our mobile Health Pod to provide FREE pop-up health checks at various community shows/events throughout the county. Please check with us to find out when we are next in your area: community@lincolnshire.coop

