

Health Risk Assessment Report

Name	Mr Ken Lammi	HRA Date	Oct-15-2005
Gender	Male	Date of Birth	Oct-29-1961

Your Health Assessment

This report is based on answers you provided in your current assessment. It identifies your health risk factors and suggests actions you can take to achieve and maintain better health. The color-coded table below shows your current results in the left column, with results from the previous two locked assessments in the right columns. Note: This health assessment is not a replacement for the information you receive from your healthcare provider. If you have any concerns about your health, please contact your healthcare provider's office immediately.

General Health	Oct-15-2005	Jun-06-2005
• Age at time of HRA	56	56
• Overall risk level	Moderate risk	

Lifestyle	Oct-15-2005	Jun-06-2005
• Weight	High risk	High risk
• Eating habits	Moderate risk	Moderate risk
• Activity/exercise	Healthy	Moderate risk
• Alcohol use	Healthy	Healthy
• Tobacco use	Healthy	Healthy
• Substance abuse	Healthy	
• Stress	Moderate risk	Moderate risk
• Motor vehicle safety	Healthy	

Health Status	Oct-15-2005	Jun-06-2005
• Self-rating of health	Moderate risk	
• Sick days	High risk	
• Physician office visits	Healthy	
• Prescription medications	Moderate risk	

Laboratory Results	Oct-15-2005	Jun-06-2005
• Blood pressure	120/70 mmHg	110/80 mmHg
• Total cholesterol	171 mg/dL	Unknown
• LDL cholesterol	101 mg/dL	Unknown
• HDL cholesterol	34 mg/dL	Unknown
• Triglycerides	280 mg/dL	Unknown
• Fasting blood sugar	Unknown	Not done

Health Management	Oct-15-2005	Jun-06-2005
• Physical examination	On target	On target
• Blood pressure check	On target	On target
• Cholesterol check	On target	Checkup due
• Colonoscopy	On target	Checkup due
• Flu shot	Checkup due	Checkup due

Chronic Conditions	Oct-15-2005	Jun-06-2005
• High blood pressure	Mild	Mild
• Heart disease	Mild	Severe
• Arthritis	Mild	

Future Risk	Oct-15-2005	Jun-06-2005
• Heart failure	Moderate risk	Moderate risk
• Diabetes	High risk	High risk
• Asthma	Low risk	Low risk
• COPD	Low risk	Low risk
• Back pain	Moderate risk	Moderate risk
• Depression	Moderate risk	Moderate risk
• Colorectal cancer	Moderate risk	Moderate risk
• Lung cancer	Low risk	Low risk
• Skin cancer	Moderate risk	High risk

Weight and Body Mass Index

Body Mass Index = 32.2

Your body mass index falls into a range that is considered *obese*, or *high risk* for weight-related health problems.

Body mass index (BMI) is the relationship between your weight and height. A healthy BMI is in the range 18.5 to 24.9. Your BMI is one way to tell you how much excess fat you have. The more excess fat you have, the more you are at risk of developing a disease such as high blood pressure, heart disease, or diabetes.

- A loss of just 10% (15-20 lbs) of your total weight may significantly improve your health.
- Consider making lifestyle changes such as eating healthier foods and exercising more to bring your weight into a healthy range.

Making Changes

You are already working on weight loss. Congratulations! By making such lifestyle changes as eating healthy foods and exercising regularly, you are helping to lower your risks of developing disease.

Eating Habits

Your eating habits indicate *moderate risk* for nutrition-related health problems.

By eating the right kinds of foods in the right quantities, you can reduce your risk of developing

chronic disease.

- Eat lots of high-fiber foods, such as whole grain breads, cereals, beans, whole wheat pasta, fresh fruits, and leafy vegetables.
- Add several low-fat dairy products, such as skim milk and low-fat yogurt.
- Eat small portions of fish and lean meat.
- Use a little olive or canola oil for cooking and salad dressings.
- Try to avoid sugar and high-fat foods such as butter, fried foods, and baked goods.

High-Fat Foods

You indicate that you are limiting your intake of high-fat foods to once a week. Good work! Calories from fat should make up only 20% to 35% of your daily calorie intake. By doing this, you are limiting your risks of developing the number one cause of death in Americans -- heart disease.

High-Fiber Foods

You eat foods that are high in fiber (such as whole grain breads, cereals, beans, whole wheat pasta, fresh fruits, and leafy vegetables) once per day. You are getting there! Your target is to eat high-fiber foods several times a day. Eating more fiber may reduce your risk of developing diabetes, heart disease, and possibly some cancers. To increase your daily fiber intake, try to:

- Snack on fruits and vegetables, whole grain granola bars, or trail mix.
- Add beans to salads and soups.
- Use the Nutrition Facts label in choosing packaged foods that contain a higher percentage daily value (6% DV or more) for fiber.

Making Changes

You have made changes to your eating habits. Keep at it! Changing to a healthy diet is one of the most important lifestyle decisions you can make to improve your health and lower your disease risks.

Activity and Exercise

Your level of physical activity and exercise is considered *healthy*.

Staying active is important to your health. It can improve your cholesterol levels, reduce blood pressure, help with weight loss, and increase heart and lung fitness. Your goal should be at least 30 minutes of moderate activity on most days. To gain the most benefit for your health, combine aerobic, strength, and stretching exercises.

- Walking, cycling, swimming, and dancing are good examples of aerobic exercises that improve endurance and help your heart and lungs.
- Using bar bells or restrictive bands, and doing chores in the yard and house that include lifting, are good examples of strength training that helps build strong bones and prevent muscle loss as you age.
- Stretching increases the flexibility in your joints and muscles and reduces your risk of injury.

Alcohol

Your alcohol consumption is considered *healthy*.

You report limiting your average weekly use of alcohol to the recommend amounts: no more than two drinks per day for men. Stay with it! Although some studies have shown the benefits of drinking moderate amounts of alcohol, overall, the regular use of alcohol is NOT recommended.

Tobacco

Smoking

Not smoking is one of the best things you can do for your own health and for the health of those around you. Congratulations! Smoking is the largest preventable cause of illness and death in the United States. It is a risk factor for heart disease, stroke, lung disease, leukemia, and cancers of the cervix, kidney, and stomach.

Substance Abuse

You report that you rarely or never misuse drugs or medication. This is an excellent decision. Of course, for most people, using illegal drugs is never an option. But beware of misusing prescription medications that enhance your mood or relax your muscles.

Stress

You have a *moderate degree* of stress in your life. Stress may be the result of family or relationship problems, continual deadlines, depression, money problems, health worries, environmental pollution, high crime levels, or noise. Stress can damage your health, impacting your heart, digestive, and immune systems. There are several techniques you can use to help you handle your stress better.

- A regular exercise program, such as walking or yoga, can help reduce stress and promote an overall sense of wellbeing.
- Relaxation techniques, such as deep breathing, can be used anywhere, and help to relieve tension.
- Managing your time well can help reduce stress. To begin, figure out what you want and need to get done. Think of ways to make your life simpler. Give yourself enough time to do each task, and do just one thing at a time. If you have more tasks to do than you can handle, ask someone to help you.

Traveling by Motor Vehicle

Your driving habits and seatbelt usage indicate that you have a *healthy* regard for the rules of the road. Way to go! By remembering always to buckle up, drive at safe speeds, drive sober, and wear a helmet when in or on an open vehicle, you have greatly lowered your risk of being injured or of injuring others.

Driving Speed

You report driving over the limit. Slow down! You increase your chances of injury or death whenever you drive too fast.

Laboratory Results

Your Blood Pressure

Borderline high, which means that your top number is in the range of 120-139 mm Hg and/or your bottom number is in the range of 80-89 mm Hg. The normal range for a person without hypertension is 119 mm Hg or less for a top number and 79 mm Hg or less for a bottom number. Since you have been diagnosed with hypertension, your target blood pressure may be different.

- High blood pressure increases your risk of heart attack, heart failure, stroke, and kidney disease.
- Talk with your healthcare provider about lowering your blood pressure through adjustments in your medications, eating habits, or physical activity.

Your Cholesterol

LDL cholesterol -- from 100 mg/dL to 129 mg/dL, which is considered *near optimal*. Your target is less than 100 mg/dL.

HDL cholesterol -- 40 mg/dL or less, which is considered *too low* . Your target is greater than 60 mg/dL.

Total cholesterol -- less than 200 mg/dL, which is considered *good* . Your target is less than 200 mg/dL.

Triglycerides -- 200 mg/dL or greater, which is considered *too high* . Your target is less than 150 mg/dL.

- High total cholesterol, LDL cholesterol, or triglyceride levels increase your risk for developing heart disease.
- HDL cholesterol is actually considered "good" for your heart, and a high level is desirable.
- Cholesterol results can be improved by making lifestyle changes, such as losing weight, following a low-fat diet, and increasing daily activity levels.
- If your levels are too high, you may also require cholesterol medication.

NOTE: If you have been diagnosed with diabetes or heart disease, or have multiple risk factors for developing heart disease, your cholesterol goals may be different from the normal ranges.

Your Fasting Blood Sugar

Results *unknown* . Your target is less than 100 mg/dL.

A fasting blood sugar test is used to determine if you have diabetes or prediabetes, a medical condition that occurs before diabetes sets in and puts you at increased risk for developing diabetes in future.

Personal Health Management

Regular checkups and screening tests can detect health problems early, reducing your risk of developing disease. The screening intervals listed in this section for managing your health are based on general medical guidelines. You may need more or less frequent checkups, depending on your medical history and your unique set of risk factors. Be sure to ask your healthcare provider about the best screening intervals for you.

On Target

Physical

You have had a physical in the past year. Smart move! After the age of 50, people are more at risk of developing chronic problems. A yearly physical can help detect illness early, when it's easiest to treat.

Blood Pressure Check

You have had your blood pressure checked in the past year. Great move! You are doing exactly the right thing for your arteries, vessels, and heart. It is recommended that people aged 55 and over get their blood pressure checked every year.

Cholesterol Check

You have had your cholesterol checked in the past year. Good decision! Early detection of high cholesterol can help prevent heart disease. It is recommended that men aged 45 and over get their cholesterol checked every year.

Colonoscopy/Sigmoidoscopy

You have had a colonoscopy or sigmoidoscopy in the past 10 years Smart move! Your chances of developing colorectal cancer increase significantly after age 50. Early detection of cancer may increase your chances of a cure. It is recommended that people over 50 with average risk have a sigmoidoscopy or colonoscopy every 10 years. Your assessment shows an increased risk of colorectal cancer, so more frequent screening may be recommended. Contact your healthcare provider to discuss your risk factors and recommended early detection tests.

Checkups You Need

Flu Shot

You have not had a flu shot in the past year. You might reconsider getting a flu shot, especially if you fall in a high-risk group. Flu shots are recommended for people with chronic medical conditions, adults over age 50, children aged 6 - 23 months, and healthcare workers involved in direct patient care.

Your Chronic Conditions

High Blood Pressure (Hypertension)

Your hypertension was diagnosed in 1999. Based on your answers to questions about the management of your blood pressure, you are at **low risk** for developing complications. High blood pressure is known as a silent killer. It tends to develop and worsen without any telltale signs until it damages the heart, arteries, and kidneys.

- Work with your healthcare provider to establish and maintain your target blood pressure level.
- You may be able to achieve your target by making such lifestyle changes as reaching and maintaining a healthy weight, eating lots of fruits and vegetables, choosing low-fat dairy products, reducing your salt intake, and increasing your level of activity.
- If lifestyle changes are not sufficient to reach your target, you may need to take a blood pressure medication.

Making Changes

Your blood pressure is in good control. Congratulations! Remember to follow your treatment plan every day to reduce your risks for long-term complications.

Heart Disease (CAD, Angina, Heart Attack)

Your heart disease was diagnosed in 1999. Based on your answers to questions about the management of your heart disease, you are at **low risk** for developing complications.

- Heart disease develops because arteries become blocked with cholesterol, and blood can't reach the heart.
- Heart disease may not be curable, but taking control of it can help you feel better and can prevent a heart attack or a stroke.
- Taking control means reducing your risk factors and taking your medications exactly as prescribed.
- Risk factors you can control include lifestyle changes such as losing weight, eating lots of fruits and vegetables, and increasing daily activity levels.

Making Changes

You have indicated that your heart disease is in good control, which is confirmed by your responses to questions about the management of your heart disease. Congratulations! Remember to follow your treatment plan every day to reduce your risks for long-term complications.

Arthritis

Your arthritis was diagnosed in 2004. Based on your answers to questions about the management of your arthritis, you are at **low risk** for developing complications. Good for you! We encourage you to continue to monitor your condition, follow the treatment plan provided by your healthcare provider and make healthy lifestyle choices.

- Your symptoms may increase or decrease depending on physical or mental stress, an infection, fatigue, or weather changes.
- People with osteoarthritis usually have the most pain or swelling after intense use of a joint.
- To prevent a worsening in your arthritis, try to maintain an appropriate weight, eat healthy foods, balance periods of activity and rest, and avoid joint injury.

- If your symptoms worsen or you develop fever, swelling, warmth, and or redness in the joint, be sure to call your healthcare provider.

Making Changes

You have indicated that your arthritis is in good control, which is confirmed by your responses to questions about the management of your arthritis. Congratulations! Remember to follow your treatment plan every day to reduce your risks for life-threatening complications.

Your Disease Risks

Heart Failure (CHF)

You are at *moderate risk* for developing heart failure in the future.

Damage to the heart muscle is the first step in the chain of events leading to heart failure.

- The most common causes of heart failure are hypertension (high blood pressure) and heart disease (blocked arteries).
- As you age, your risk of developing heart failure rises dramatically.
- Men are at a higher risk for heart failure than women.

Heart disease. Because you have a history of heart disease, you are more likely to develop heart failure. In more than half of all the people with heart failure, the source of heart failure is coronary artery disease, either from a heart attack or because of inadequate blood supply. You can reduce your risk of heart failure by carefully following your heart disease treatment plan.

Diabetes

You are at *high risk* for developing diabetes in the future.

There are many risk factors for developing diabetes. The more risk factors you have, the more likely you will develop diabetes.

- Risk factors you can control include being overweight, a sedentary lifestyle, high blood pressure, high triglycerides, low HDL cholesterol, and having a high fasting blood sugar.
- Risk factors you cannot control include: a family history of diabetes, belonging to certain ethnic groups, and having a history of gestational diabetes or of delivering a baby weighing more than 9 pounds.

High body mass index. Your high body mass index increases your risk for developing diabetes. A loss of just 10% (15-20 lbs) of your total weight may significantly lower your risk. Consider making lifestyle changes such as eating healthier foods and exercising more to bring your weight into a healthy range.

High triglycerides. Your high triglyceride level will not necessarily cause you to develop diabetes. However, many people with high triglycerides at some point do develop diabetes. Work with your healthcare provider to bring your triglycerides down to normal range to reduce your risk.

Low HDL cholesterol. Your low HDL cholesterol level increases your risk for developing diabetes. Work with your healthcare provider to bring your HDL cholesterol up to normal range to reduce your risk.

Asthma

You are at *low risk* for developing asthma in the future.

- Asthma risk factors you can control are exposure to smoke (including tobacco smoke) and other air irritants, to some chemicals, and to allergens (including dust mites, cockroaches, and animal dander).
- The factors you cannot control are history of allergy, family history of asthma or allergy, your gender (young adult women have asthma more often than men), your age (children have asthma more often than adults), and rhinitis (inflamed nasal passages).

COPD

You are at **low risk** for developing COPD in the future.

- The greatest risk factor for developing COPD is smoking. Smoking is responsible for 80% to 90% of all cases of COPD.
- Other factors that could lead to COPD or a worsening of COPD include: exposure to chemical fumes, vapors, and dusts usually linked to certain jobs; air pollution; frequent childhood lung infections; and asthma.

Back Pain

You are at **moderate risk** for developing back pain in the future.

- Up to 90% of all people will experience back pain at least once in their lives, most commonly in the middle years.
- Risk factors you cannot control include heredity, family history, prior injury, and age.
- Many other risk factors, such as obesity, a sedentary lifestyle, job-related activities, poor posture, poorly conditioned muscles, and stress, are well within your power to change and control.

High body mass index . Your increased weight shifts the body's center of gravity. To compensate, you might arch your back more; this action shortens muscles, which leads to spasm and back pain. Learn how to control your weight for life by eating sensibly and exercising regularly to reduce your risk.

Stress . A high degree of stress in your life is associated with an increased risk of developing back pain. Techniques you can use to help you handle stress better include a regular exercise program, such as walking or yoga; relaxation techniques, such as deep breathing; managing your time well; and making your life simpler.

Depression

You are at **moderate risk** for developing depression in the future.

Depression is very common. A large percentage of the population will suffer from some form of depression during their lifetime. It's an extremely critical health problem and one that often goes unnoticed.

- Risk factors that you can control include stressful life events, and the use of alcohol and some recreational drugs.
- Risk factors you can't control include a prior depression, coping with a chronic illness, and a family history of depression.

Chronic disease . Coping with a chronic disease (such as diabetes, heart disease, cancer, back pain, or stroke) can increase your risk for depression. Chronic disease can turn your whole life upside down, affecting not only you but your family and friends as well. If you suspect that you have depression, the first thing you should do is tell your healthcare provider that you are feeling sad or depressed. Together you can decide what to do.

Colorectal Cancer

You are at **moderate risk** for developing colorectal cancer in the future.

- Primary risk factors for developing colorectal cancer include older age (50 or older), obesity, a family history of colon or rectal cancer, and a personal history of colorectal polyps.
- Eating a diet high in fat, protein, alcohol, and meat; smoking, and low physical activity are all also thought to increase your risk.
- Tests used to detect colon cancer should begin at age 50 for men and women. Tests should begin earlier if you are in a high-risk group. Options for testing include fecal occult blood test, sigmoidoscopy, or colonoscopy.

High body mass index . Your high body mass index increases your risk of colorectal cancer, and

is one of the few risk factors that you can control. Consider making lifestyle changes such as eating healthier foods and exercising more to bring your weight into a healthy range.

Age . Your chances of developing colorectal cancer increase significantly after age 50. More than 90% of people found to have colorectal cancer are older than 50.

Lung Cancer

You are at **low risk** for developing lung cancer in the future.

- Smoking is by far the most important risk factor for developing lung cancer. If you don't smoke but breathe in the smoke of others, called secondhand smoke, you are also at increased risk.
- Other risk factors include exposure to asbestos and to chemicals and other air pollutants.

Skin Cancer

You are at **moderate risk** for developing skin cancer in the future.

- The main risk factor for developing skin cancer is too much exposure to ultraviolet (UV) radiation. The main source of UV radiation is sunlight. Tanning lamps and booths are another source.
- The best ways to prevent skin cancer are to avoid prolonged intense sunlight and to practice sun safety, for example, to wear sunscreen and protective clothing.
- The earlier you detect skin cancer, the better your chances of curing it. Be sure to report to your healthcare provider: any changes in the size or color of a mole; the appearance of a bump or nodule; itchiness, tenderness, or pain on your skin.

Skin type . You have fair skin that freckles or burns easily, which increases your risk of developing skin cancer. The risk of skin cancer is more than 20 times higher for whites than for dark-skinned African Americans. This is due to the protective effect of melanin (skin pigment).

References

The questions, assessments, and report included in the Health Risk Assessment are based on published national clinical guidelines and on recommendations generated by such health organizations as the American Diabetes Association and the American Cancer Society.

To ensure currency with guidelines and health industry standards, the PDHI Clinical Advisory Board reviews the Health Risk Assessment annually, or more frequently when a significant guideline change is announced.

A list of references is provided below.

Date of last review: September 2005

Date of last update: October 3rd, 2005

Lifestyle

Weight/ BMI

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Your Chronic Conditions

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Lung Cancer

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Your Disease Risks

Hypertension

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