

## CARDIO VASCULAR HEALTH CHECK (Heart and Lungs)

Total Cholesterolol <input type="text"/>	<table border="1"> <thead> <tr> <th>DESIRABLE</th> <th>BORDERLINE HIGH</th> <th>MODERATELY HIGH</th> <th>HIGH</th> </tr> </thead> <tbody> <tr> <td>&lt; 5.00</td> <td>5.00 – 5.99</td> <td>6.00 – 6.50</td> <td>&gt; 6.50</td> </tr> </tbody> </table>	DESIRABLE	BORDERLINE HIGH	MODERATELY HIGH	HIGH	< 5.00	5.00 – 5.99	6.00 – 6.50	> 6.50	<p>Cholesterol is a fatty substance that is produced naturally in the liver. It plays a vital role in cellular function but a high level of Cholesterol indicates increased risk of Coronary Heart Disease and Stroke.</p>
DESIRABLE	BORDERLINE HIGH	MODERATELY HIGH	HIGH							
< 5.00	5.00 – 5.99	6.00 – 6.50	> 6.50							
HDL (Good Cholesterol) <input type="text"/>	<table border="1"> <thead> <tr> <th>LOW</th> <th>BORDERLINE LOW</th> <th>DESIRABLE</th> <th>DESIRABLE HIGH</th> </tr> </thead> <tbody> <tr> <td>&lt; 1.03</td> <td>1.03 – 1.10</td> <td>1.11 – 1.54</td> <td>&gt; 1.54</td> </tr> </tbody> </table>	LOW	BORDERLINE LOW	DESIRABLE	DESIRABLE HIGH	< 1.03	1.03 – 1.10	1.11 – 1.54	> 1.54	<p>The ratio of Total Cholesterol: High Density Lipoproteins (Good). Returns the extra cholesterol to the liver.</p>
LOW	BORDERLINE LOW	DESIRABLE	DESIRABLE HIGH							
< 1.03	1.03 – 1.10	1.11 – 1.54	> 1.54							
LDL (Bad Cholesterol) <input type="text"/>	<table border="1"> <thead> <tr> <th>DESIRABLE</th> <th>BORDERLINE</th> <th>BORDERLINE HIGH</th> <th>HIGH</th> </tr> </thead> <tbody> <tr> <td>&lt; 2.60</td> <td>2.61 – 2.99</td> <td>3.00 – 4.10</td> <td>&gt; 4.11</td> </tr> </tbody> </table>	DESIRABLE	BORDERLINE	BORDERLINE HIGH	HIGH	< 2.60	2.61 – 2.99	3.00 – 4.10	> 4.11	<p>LDL (Low Density Lipoproteins) classed as the bad cholesterol as transports from the liver to the blood.</p>
DESIRABLE	BORDERLINE	BORDERLINE HIGH	HIGH							
< 2.60	2.61 – 2.99	3.00 – 4.10	> 4.11							
TRIG (Triglycerides) <input type="text"/>	<table border="1"> <thead> <tr> <th>DESIRABLE</th> <th>BORDERLINE HIGH</th> <th>HIGH</th> </tr> </thead> <tbody> <tr> <td>&lt; 1.70</td> <td>1.70 – 2.25</td> <td>2.26 – 5.64</td> </tr> </tbody> </table>	DESIRABLE	BORDERLINE HIGH	HIGH	< 1.70	1.70 – 2.25	2.26 – 5.64	<p>TRIG (Triglycerides) are important fatty acids found in the blood considered bad if levels are high.</p>		
DESIRABLE	BORDERLINE HIGH	HIGH								
< 1.70	1.70 – 2.25	2.26 – 5.64								
Blood Pressure (BP) <input type="text"/>	<table border="1"> <thead> <tr> <th colspan="2">DESIRABLE</th> </tr> </thead> <tbody> <tr> <td>Systolic</td> <td>&lt; 140</td> </tr> <tr> <td>Diastolic</td> <td>60 – 80</td> </tr> </tbody> </table>	DESIRABLE		Systolic	< 140	Diastolic	60 – 80	<p>Pressure is created in your blood circulatory system as your heart beats. Systolic reading is the maximum pressure with a heartbeat, and Diastolic measures between beats.</p>		
DESIRABLE										
Systolic	< 140									
Diastolic	60 – 80									
Heart Rate (Pulse) <input type="text"/>	<table border="1"> <thead> <tr> <th>DESIRABLE</th> </tr> </thead> <tbody> <tr> <td>&lt; 80</td> </tr> </tbody> </table>	DESIRABLE	< 80	<p>The number of heart beats per minute – taken ideally at rest (<i>on waking</i>). Several factors affect the heart rate and it's generally accepted that the ideal is slow and strong, with an even rhythm.</p>						
DESIRABLE										
< 80										
Blood Glucose (mmol/l) <input type="text"/>	<table border="1"> <thead> <tr> <th>DESIRABLE FASTING</th> <th>DESIRABLE</th> <th>BORDERLINE HIGH</th> <th>HIGH</th> </tr> </thead> <tbody> <tr> <td>3.50 – 5.00</td> <td>4.00 – 7.80</td> <td>7.81 – 10.00</td> <td>&lt; 10.10</td> </tr> </tbody> </table>	DESIRABLE FASTING	DESIRABLE	BORDERLINE HIGH	HIGH	3.50 – 5.00	4.00 – 7.80	7.81 – 10.00	< 10.10	<p>Blood glucose levels are ever changing and dependent on many factors including what is eaten and when. High blood glucose levels could indicate a risk of diabetes and require further investigation.</p>
DESIRABLE FASTING	DESIRABLE	BORDERLINE HIGH	HIGH							
3.50 – 5.00	4.00 – 7.80	7.81 – 10.00	< 10.10							
Lung Capacity Lung Age <input type="text"/> Index <input type="text"/> Interpretation <input type="text"/>	<table border="1"> <thead> <tr> <th colspan="2">RISK FACTOR</th> </tr> </thead> <tbody> <tr> <td>NORMAL</td> <td>MILD</td> </tr> <tr> <td>MODERATE</td> <td>SEVERE</td> </tr> </tbody> </table>	RISK FACTOR		NORMAL	MILD	MODERATE	SEVERE	<p>A measure of the volume of air that the lungs can hold. A low volume can be an indicator of risk of Chronic Obstructive Pulmonary Disease (COPD).</p>		
RISK FACTOR										
NORMAL	MILD									
MODERATE	SEVERE									