

## PEACE OF MIND CHECK (PoM)



Liver Function	LOW	DESIRABLE	HIGH	
ALT	< 10	10 – 40	> 40	The Liver regulates many functions including blood sugar regulation, removal of waste and fighting infection. ALT and AST are enzymes made in the liver to produce proteins. High levels may indicate inflammation or liver damage.
AST	< 10	10 – 40	> 40	
ALT/AST	< 1.0	1.0 – 2.0	> 2.0	

Haemoglobin Level (Hgb)	LOW	DESIRABLE	HIGH	
MALE	< 11.0	11.0 – 18.0	> 18.0	Low haemoglobin levels indicate a shortage of the oxygen carrying pigment of red blood cells. Commonly referred to as Anemia and can be due to iron or vitamin deficiency or sustained bleeding.
FEMALE	< 9.5	9.5 – 16.0	> 16.0	

Helicobacter Pylori (H-Pylori)				
	A positive result should be followed up with your GP.	A negative result, if displaying associated symptoms ( <i>Bloating, Flatulence, Nausea, Vomiting, Heartburn, Reflux, Regurgitation, Indigestion, Diarrhoea or Constipation</i> ) are advised to retest in 3-6 months time, as H-Pylori can sometimes be present and inactive.	H-Pylori is a bacteria that can affect the lining of the stomach, which in 15% of cases can cause ulcers. It may also be associated with Irritable Bowel Syndrome. Most people do not know they are infected.	

Thyroid Function (TSH level)	DESIRABLE	HIGH	
	< 5 mIU/l	> 5 mIU/l	A measure of Thyroid Stimulating Hormone (THS) levels. If levels are high, then this suggests a high probability of an underactive thyroid, with a long list of symptoms requiring investigation with your GP.

Prostate Specific Antigen (PSA)	DESIRABLE	BORDERLINE	HIGH	
Male	< 4.00 ng/ml	4.00 – 10.00 ng/ml	> 10.00 ng/ml	PSA is a protein in blood that rises in concentration when there are prostate problems in men. This test is no where near conclusive as false positive results are common. A high reading suggests further investigation with your GP.

CA 125 or HE 4 or 5 – Protein Signature (Ova 1)	LOW	AVERAGE	HIGH	
Female				Low or high readings may be an indication of problems with ovaries in women, which are in themselves inconclusive. High readings would suggest further investigation with your GP.

**RECOMMENDATIONS:** Following your health checks we would like to highlight the following areas that you should now act upon.

- 1 Your Baseline checks indicate that you should make changes to your eating habits and introduce regular exercise to address these issues:
  
- 2 Your Cardio Vascular checks have flagged up these areas that should be addressed/urgently addressed by your GP:
  
- 3 Your PoM checks have flagged up these areas that should be addressed/urgently addressed by your GP:

**DISCLAIMER:** This information serves as an initial measure accurate at the time of testing. Results should not be used for the diagnosis or treatment of medical conditions and is not a substitute for medical surveillance. Celebrate Health & Fitness make no guarantee of the accuracy of the results of any test, and results should be presented by the client to their GP for any diagnosis or treatment.