Chronic Disease Risk Summary

Name:	Ben Smith	ID:	001
Age:	66	Gender:	Male
DOB:	3/1/1940	Ethnicity:	White

KnowYourNumber™
The Key To Proactive Good Health

<25	Normal
25-29.9	Overweight
30-34.9	Obesity 1
35-39.9	Obesity 2
≥40	Obesity 3

<99	Normal
100-125	Prediabetes
≥126	Diabetes

<100	Optimal
100-129	Near Optimal
130-159	Borderline High
160-189	High
≥190	Very High

Clinical measurement	Value	Reference
Body Mass Index (BMI)	30	<25
Waist measurement (inch)	38	<40
Pulse rate (bpm)	75	60-100
Blood pressure (mmHg)	138/85	<120/80
Fasting Glucose (mg/dL)	105	<100
Total Cholesterol (mg/dL)	205	<200
HDL Cholesterol (mg/dL)	35	>40
LDL Cholesterol (mg/dL)	135	<130
Triglycerides (mg/dL)	141	<150

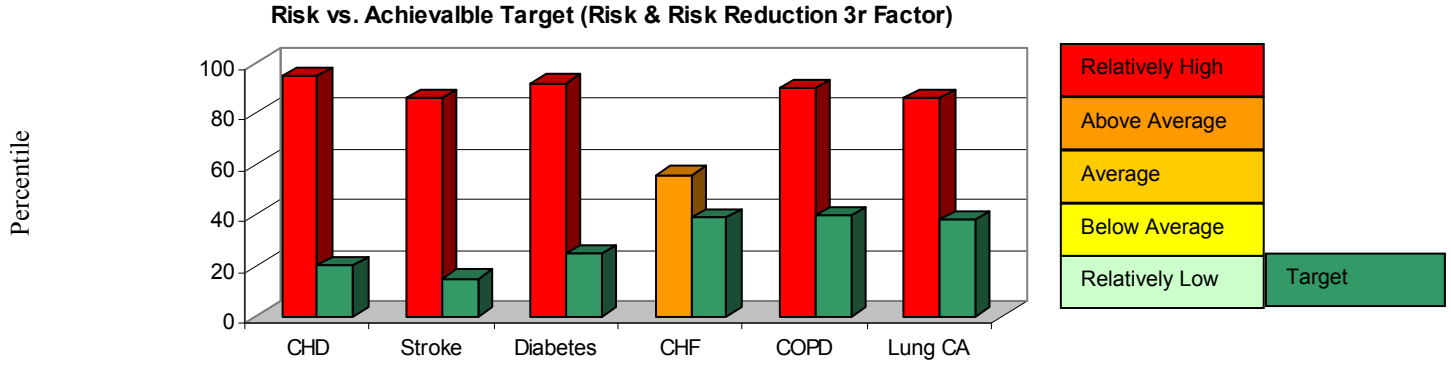
<120/80	Normal
120/80-139/89	Prehypertension
140/90-159/99	Hypertension I
≥160/100	Hypertension II

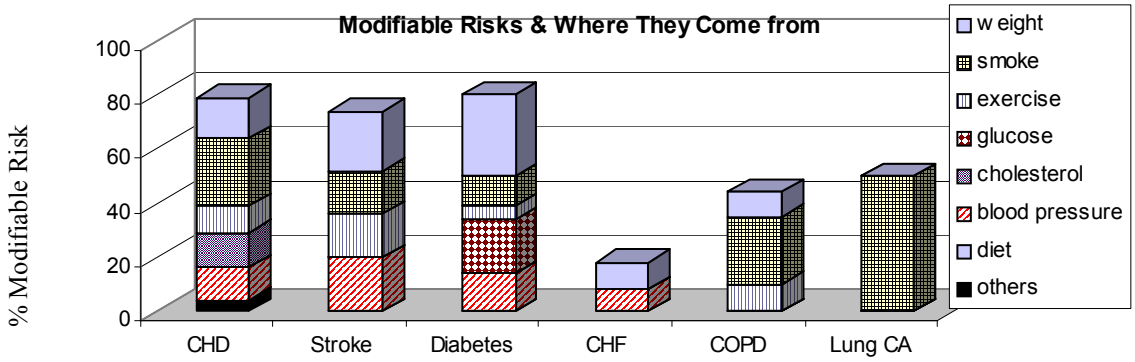
<200	Desirable
200-239	Borderline High
≥240	High

<150	Normal
150-199	Borderline High
200-499	High
≥500	Very High

Metabolic syndrome	Yes ≥3 of following: waist>40; triglycerides≥150; HDL<40; blood pressure≥130/85; glucose≥100
Disease history	Valve disease; Left ventricular hypertrophy; Atrial fibrillation; Asthma (past)
Family history	Premature CHD; Stroke
On medication for	Blood pressure; Cholesterol or lipid
Lifestyle factor	Moderate physical exercise; smoke 5 cig/day for 10 yrs. 2 alcohol drinks/week, 3 serving red meat/week

KYN Risk Assessment	CHD	Stroke	Diabetes	CHF	COPD	Lung CA
Risk of having disease within 5 years	11%	4.5%	2.3%	0.12%	2.5%	0.5%
Percentile (compare with average 66 year old men)	95%	86%	92%	56%	90%	86%
Percent of risk that is generally modifiable	79%	74%	80%	18%	45%	50%





The impact of changing one risk factor could be higher than what is shown because the change of one risk factor is likely to cause changes in others.

Know Your Number is a service provided by BioSignia, Inc. It is not intended to diagnose chronic disease but to predict the likelihood of occurrence based on established risk factors.