



Saint Alphonus

ADVANCED HEALING BEGINS HERE

January 2006

William Peterson
1854 N. Crenshaw Circle
Willis Creek, Tennessee 37123

Dear Mr. Peterson:

At Saint Alphonus, we believe that engaging you as a partner in your own healing is as important as offering the most progressive medical treatments and technologies to fight disease. And one of the most important factors in managing your health is having access to and use of your own medical information.

The following Personal Health Report was prepared especially for you based on health information you provided at a recent event offered by Saint Alphonus. This report has been customized for you based on the data you supplied. Please keep in mind that if your condition changes; your health risks will also change.

Many of the risk factors described in this report may have more than one effect on your health, and that's why it's important to talk to your doctor about your Personal Health Report. Your lifestyle and habits can have a significant effect on your health. When you know what your risks are and what steps you can take to decrease your chances of developing certain diseases, you can begin to live a healthier life.

We hope you find the information and advice enclosed useful. More importantly, we hope it either confirms you've been doing the right things or helps you identify further changes you could make to be more in control of your health. Thank you for using Saint Alphonus services. This is just one way we are able to demonstrate our commitment to you and your family as partners in our passion to heal.

Sincerely,

Sandra Bruce
President & CEO
Saint Alphonus



1 in 5 men in the United States has some form of cardiovascular disease.

HEART DISEASE

Heart disease is the number one killer of men in the United States. The term heart disease refers to a variety of diseases and conditions that affect the heart and blood vessels, generally high blood pressure, coronary artery disease, and stroke.

Many factors that contribute to heart disease, such as your age, gender, and family history cannot be changed. Others, however, can be modified. The six major independent risk factors for coronary heart disease that you can control are:

1. CIGARETTE AND TOBACCO SMOKE

Since you do not smoke cigarettes, you have already eliminated one major risk factor.

2. BLOOD CHOLESTEROL

Because you have high cholesterol, you are at an increased risk for developing heart disease.

3. BLOOD PRESSURE

Because you have high blood pressure, you are at an increased risk for developing heart disease and stroke.

4. PHYSICAL INACTIVITY

You can lower your risk profile by becoming more physically active.

5. WEIGHT

It's important to your heart and overall health that you lose some weight.

6. DIABETES

Your glucose is in the normal range, which means you most likely do not have diabetes.



Maintaining a healthy weight may prevent or eliminate high blood pressure.

BLOOD PRESSURE

Blood pressure is a measure of the force your blood exerts on your blood vessels as it circulates through your body. Your blood pressure reading consists of two numbers: systolic blood pressure (top number) and diastolic blood pressure (bottom number). The systolic reading is taken when your heart is at maximum contraction, and the diastolic is taken when your heart is at rest between beats. When the systolic blood pressure and diastolic blood pressure fall into different categories, the higher category should be selected to classify your blood pressure. High blood pressure, also called hypertension, increases your risk of having a heart attack. Untreated hypertension also makes your arteries less elastic, which increases your chances for atherosclerosis (hardening of the arteries), stroke (brain attack), kidney failure, eye damage, and other serious problems.

Your Blood Pressure Reading				
Risk Category	Systolic <i>(top number)</i>	Diastolic <i>(bottom number)</i>	Reading	Follow Up
Hypertension Stage 2	160 or greater	100 or greater		See doctor within 4 weeks
Hypertension Stage 1	140 to 159	90 to 99		Recheck within 2 months
Pre- Hypertension	120 to 139	80 to 89	110/89	Check Annually
Normal	less than 120	less than 80		Check in 2 years

According to your results, **your blood pressure is 110 over 89**, a reading in the **higher than normal** range. Although you do not meet the definition of hypertension, this reading indicates that you are on your way to developing high blood pressure. Additionally, you are at an increased risk for developing complications from high blood pressure if your level remains this high. We recommend that you contact your physician now, because with proper treatment, your risk of heart disease or stroke due to high blood pressure can be decreased.

You are at particularly high risk for developing high blood pressure in the future because you are overweight. However, there are steps you can take to minimize your chance of developing the condition. In addition to having your blood pressure checked regularly, we suggest that you maintain a heart-healthy lifestyle to defend yourself against heart disease.

Consider the following recommendations for a healthy lifestyle.

- Eat five or more servings of fruits and vegetables every day.
- Avoid salty foods and do not add salt to foods.
- Achieve a healthy weight.
- Engage in 30–60 minutes of moderate intensity physical activity on most days of the week.
- Do not have more than one alcoholic beverage a day.



STROKE

Stroke occurs when the brain cannot get blood and oxygen due to a blocked or clotted blood vessel, and the brain begins to die. Different areas of the brain control different areas of the body; therefore, the area controlled by the dying part of the brain is damaged. Stroke can lead to paralysis, speaking and vision impairment, and other problems. According to the American Stroke Association, about 700,000 Americans will have a stroke this year. Stroke is the third leading cause of death and a primary cause of long-term disability in the United States.

Because you have higher than normal blood pressure and family history of stroke, you are at an increased risk for having a stroke. Although this condition can have a profound influence on your chances of having a stroke, your physician can help you identify steps you can take to reduce your risk. It is important that you are aware of the signs of a stroke. Should you develop the following symptoms, seek medical attention right away!



Someone in America has a stroke every 45 seconds.

Signs of Stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or understanding
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause



Lifestyle changes can help people with very high cholesterol reduce their risk of heart attack by 34 percent.

CHOLESTEROL

Cholesterol is a soft, waxy substance found in your cells and bloodstream. Although some cholesterol is necessary to develop cell membranes, hormones, and serve other bodily functions, too much cholesterol may lead to heart disease. There are two types of cholesterol: high-density lipoprotein, or HDL, and low-density lipoprotein, or LDL. HDL is known as the "good" cholesterol. It works to remove cholesterol from artery walls protecting you from heart disease. LDL is known as the "bad" cholesterol. When too much LDL circulates in the blood, it can gradually build up in the arteries that deliver blood to the heart and cause a heart attack.

Total blood cholesterol is the most common measurement of cholesterol levels in the blood. However, many doctors use the ratio of total cholesterol to HDL cholesterol instead of the total blood cholesterol measurement.

Triglycerides are a type of blood fat. High levels of triglycerides are often found in people who have diabetes or heart disease. Combined with low HDL cholesterol or high LDL cholesterol, high triglycerides may increase risk for heart attack and stroke.

Your Total Cholesterol Level		
Risk Category	Range	Level
High	240 or greater	
Borderline High	200 to 239	
Desirable	less than 200	201

Your HDL Level		
Risk Category	Range	Level
Desirable	60 or greater	65
Moderate	40 to 59	
Increased Risk	less than 40	

Your LDL Level		
Risk Category	Range	Level
High	160 or greater	
Borderline High	130 to 159	
Desirable	less than 130	101

Your Triglycerides Level		
Risk Category	Range	Level
High	200 or greater	240
Borderline High	150 to 199	
Desirable	less than 150	

- **Your total cholesterol is 201.** However, it is important to note that LDL cholesterol is a more accurate indication of heart disease risk. Congratulations, Mr. Peterson. **Your LDL cholesterol is 101**, a reading in the **desirable** range. According to the American Heart Association, you should continue to have your cholesterol checked at least every five years by a medical health professional.
- Good news, Mr. Peterson! Having high HDL cholesterol lowers your risk for heart disease. **Your HDL of 65** is a protective factor and can remove cholesterol from your bloodstream, thus decreasing the likelihood that you will develop heart disease.
- **Your triglycerides are 240**, a level in the **high** range. High triglycerides may increase risk for heart attack and stroke. Being overweight, having diabetes, smoking cigarettes, being physically inactive, and high carbohydrate intake can contribute to elevated triglycerides.



In addition to having your cholesterol checked, we suggest that you maintain a heart-healthy lifestyle to defend yourself against heart disease. Consider the following recommendations:

- Eat foods low in saturated fat and cholesterol such as fruits, vegetables, whole grain breads and cereals, and low-fat dairy products.
- When eating out, avoid foods that are fried, basted, scalloped, or stuffed; instead, choose foods that are steamed, broiled, baked, grilled, or roasted.
- Achieve a healthy weight.
- Participate in at least 30–60 minutes of moderate intensity exercise, such as brisk walking, on most days of the week.



Approximately 8.7 million men in the United States have diabetes, and nearly 3 million of them are unaware of their condition.

DIABETES

Diabetes is a chronic disease in which the body does not generate or appropriately use insulin, a hormone that is created in the pancreas. The presence of diabetes causes blood glucose (blood sugar) levels to rise dangerously high and may lead to dangerous complications. Of the 18.2 million Americans currently suffering from diabetes, 5.2 million of them are unaware of their condition.

Your Glucose Level		
Risk Category	Range	Level
High	greater than 126	
Pre-Diabetes	110 to 126	
Desirable	less than 110	98



According to your results, **your blood glucose is 98**, which is in the **desirable** range. Because your blood glucose level may change over time, it is vital that you continue to have it checked periodically by your doctor.

You are at particularly high risk for developing diabetes in the future because you have a family history of diabetes and are overweight. However, there are steps you can take to minimize your chance of developing the condition. In addition to having your blood glucose checked regularly, we suggest that you make these healthy choices to help prevent diabetes:

- **Eat a low-fat, high fiber diet** rich in vegetables, whole grains, and legumes.
- **Achieve a healthy weight.** Being overweight can make you more resistant to insulin. Losing weight is the single most effective way to prevent diabetes.
- **Engage in a regular physical activity routine.** Physical activity reduces blood glucose levels and increases the body's sensitivity to insulin. Remember to consult your doctor before beginning any exercise program.

Although your family history of diabetes can have a profound influence on your chances for getting the disease, your doctor can help you identify steps you can take to reduce your risk.

Symptoms of Diabetes
<input type="checkbox"/> Frequent urination
<input type="checkbox"/> Unexplained weight loss
<input type="checkbox"/> Excessive thirst
<input type="checkbox"/> Extreme hunger
<input type="checkbox"/> Sudden vision changes
<input type="checkbox"/> Fatigue

CANCER

Currently in the United States, men have slightly less than 1 in 2 lifetime risk of developing cancer. The good news is: through age-appropriate screenings, many cancers can be detected in the early stages when they are still treatable. In fact, the American Cancer Society estimates that the 5-year relative survival rate for the nine screening-accessible cancer sites would increase from 82% to more than 95% if all Americans participated in timely cancer screenings.

In addition to having the recommended screenings, making healthy lifestyle choices may help prevent cancer. To minimize your risk, eat a healthy diet that is low in fat and includes whole grain foods and five or more servings of fruits and vegetables daily, engage in physical activity five days a week, maintain a healthful weight, do not smoke, and limit consumption of alcohol. It is important to note that early detection is the best prevention for cancer.

It is very important that you have the recommended cancer screenings at the recommended times. In addition, be aware of the seven signs of cancer. If you develop any of the following symptoms, see your physician as soon as possible.

Seven Signs of Cancer

- C** hange in bowel habits or bladder function
- A** sore that does not heal
- U** nusual bleeding or discharge
- T** hickening or lump in the breast or other parts of the body
- I** ndigestion or difficulty swallowing
- O** bvious change in wart or mole
- N** agging cough or hoarseness

Consider the following information on common cancers.



*In America, 6% of men use
chewing tobacco or snuff.*

PROSTATE CANCER

The normal prostate gland is small and lies just below the bladder and in front of the rectum. The urethra runs through the prostate and carries urine from the bladder to the outside. Prostate disease can affect urine flow and may produce abnormalities detected by urinalysis. The prostate gland makes a fluid, which is part of semen or an ejaculation. Nerves located near the prostate aid in the erection of the penis, and impotence may be caused by disease or surgical procedures that remove or damage these nerves. After skin cancer, prostate cancer is the most common type of cancer among American men. Chances are, you know someone who has been affected by the disease. Because early detection has been proven to save lives, it is very important that you to follow the recommended screening guidelines.

Your PSA Level		
Risk Category	Range	Level
High	4 or greater	
Normal	less than 4	1.5



Good news, according to your PSA exam, you are at **low risk** for prostate cancer. **Your PSA level is 1.5.** However, it is important that you continue to have annual prostate exams. Because prostate cancer is a slow-growing cancer, early detection is vital. In fact, if prostate cancer is found before it begins to spread, the five-year relative survival rate is nearly 100%! The earlier prostate cancer is detected, the better.

Based on American Cancer Society recommendations, the prostate-specific antigen (PSA) and digital rectal exam should be offered annually when you reach age 50.

Symptoms of Prostate Cancer
<input type="checkbox"/> Weak or interrupted urine flow
<input type="checkbox"/> Inability to urinate or difficulty stopping and starting the urine flow
<input type="checkbox"/> Frequent urination
<input type="checkbox"/> Trouble having or keeping an erection (impotence)
<input type="checkbox"/> Blood in the urine
<input type="checkbox"/> Pain in the pelvis, back, or upper thighs

COLON CANCER

The colon, a muscular tube approximately five feet long, is an integral part of the digestive tract. Cancers of the colon and rectum combined, or colorectal cancers, are the third most common site of new cancer cases and deaths in the United States. On the brighter side, nearly 90% of colorectal cancer cases and deaths are considered to be preventable. For this reason, it is very important that you have the recommended screenings.





Symptoms of Colon Cancer
<input type="checkbox"/> A change in bowel habits that lasts longer than several days
<input type="checkbox"/> Bleeding from the rectum or blood in the stool
<input type="checkbox"/> Cramping or steady stomach pain

SKIN CANCER

Skin cancer is the most common type of cancer, accounting for around 50% of all cancer cases.

Risk factors for developing skin cancer include:

- **Overexposure to the sun's ultraviolet rays** – Exposure to the sun's ultraviolet rays is a major risk factor for skin cancer. We recommend the following precautions:
 - Wear a broad spectrum sunscreen (guards against both ultraviolet A and B rays) with an SPF of 15 or greater.
 - Use sunscreen even on overcast days; UV rays radiate through the clouds.
 - Do not use tanning beds and sunlamps because they damage the skin.
 - While outside, wear a large hat, and sunglasses to protect your face, neck, ears, and eyes.
 - Limit or avoid exposure to the sun between 10:00 a.m. and 4:00 p.m. when the ultraviolet rays are the strongest.
- **Family history** – Family history of skin cancer is a predictor of skin cancer. If one of your close family members has had skin cancer, you are at an increased risk.
- **Abnormal or changing moles** – The American Cancer Society recommends a skin examination by a physician every year for adults over 40 years old. It is essential that you closely examine your skin once a month and look for any changes in color, size, or shape of moles or other skin lesions. Be aware that moles are very common and are generally benign.

What is Abnormal?	
COLOR: Moles are generally black or brown, while a potentially cancerous mole may have different shades of black, brown, tan, or even white. Therefore, a change in color of an existing mole may be suspicious.	 = Normal  = Potentially Cancerous
SHAPE: If a mole is asymmetrical or unevenly shaped in any way, it may be cancerous. A potentially cancerous mole may be flat or raised. The most common skin cancer often begins as a red, scaly lesion, which may become larger or raised.	 Asymmetrical or unevenly shaped
SIZE: If a mole is wider than 1/4 inch (about the size of a pencil eraser) it may be malignant.	 Greater than 1/4 inch

William Peterson
January 2006

CHANGE: Any change in a mole, bump, or patch of skin may be a sign of cancer.

LUNG CANCER

Most lung cancers develop slowly, over many years, and are generally preceded by areas of pre-cancerous changes in the lungs. The primary risk factors for lung cancer are smoking and exposure to secondhand smoke. Other risk factors include exposure to certain occupational chemicals, some organic chemicals, asbestos, occupational radiation, air pollution, tuberculosis, and radon. Signs of lung cancer rarely occur before the cancer is advanced. If you are experiencing any of the following symptoms, see your doctor right away.

Symptoms of Lung Cancer

- Persistent cough
- Saliva and mucus streaked with blood
- Recurring bronchitis and pneumonia
- Chest pain
- Significant weight loss or loss of appetite

MOUTH–THROAT CANCER

You reported that you use smokeless tobacco. Perhaps you aren't aware that smokeless tobacco is NOT a safe substitute for smoking cigarettes or cigars. Snuff, dip, and chewing tobacco cause various cancers, not to mention non-cancerous oral conditions.

Are you ready to quit using smokeless tobacco in the next month? If so, you are ready to establish your plan.

The Four Steps To Quitting

Quitting tobacco may not be easy, but it is certainly possible! Kicking the habit for good involves making physical changes, as well as changing how you think and feel about tobacco.

STEP 1: Decide to Quit

- Set a target date to quit; avoid dates, such as holidays, when it may be particularly difficult to quit.
- Premeditate activities, such as calling a friend or taking a walk, to take the place of using tobacco.
- Talk to your health care provider about medication that may help you quit.
- Begin by waiting a few minutes before you use tobacco.
- On your quit date, remind yourself that quitting tobacco does not mean that you are going to quit wanting tobacco, but that you will quit using it after your quit date.

1

STEP 2: Ask For Support

- Ask for help from family members, friends, and coworkers.
- Join a support group or call a help line.



2

STEP 3: Quit Using Tobacco

- Use any medication that you and your health care provider have decided will be helpful.
- Reward yourself for a tobacco-free day, week, or month.
- Keep your health care provider informed.

3

STEP 4: Don't Quit Quitting

- Have realistic expectations; do not get discouraged if you experience withdrawal symptoms such as irritability and restlessness.

4

EXERCISE AND PHYSICAL ACTIVITY

Many people think that exercise and physical activity are synonymous. Altogether, they are actually two different things. Physical activity is any movement of the body in which muscles contract and energy is expended; it includes occupational, leisure, and routine activities. For example, packing boxes, shopping, and walking from the shopping mall to the parking lot are considered forms of physical activity at a higher degree of intensity; it is generally planned and its purpose of exercise is to improve and maintain one of the five component parts of fitness: heart/aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. Swimming laps, playing tennis, and running are considered forms of exercise.



Over 60 percent of adults in the United States do not engage in the recommended amount of physical activity, and nearly 25% of American adults are not active at all.

Benefits of Regular Exercise and Physical Activity:

- Reduces the risk of cardiovascular disease by improving blood circulation
- Improves mood, self-image and feelings of well-being
- Reduces the risk of experiencing fractures and developing osteoporosis
- Provides a way to engage in or share an enjoyable activity
- Improves the body's ability to fall asleep quickly and to sleep well
- Contributes to a healthy and attractive appearance
- Reduces the risk of developing certain cancers, particularly colon cancer
- Helps achieve healthy weight, develop lean muscle, and reduce body fat
- Improves blood cholesterol levels
- Helps to prevent high blood pressure
- Reduces the risk of developing diabetes

Mr. Peterson, check in with your physician periodically regarding your asthma before increasing your level of physical activity or starting any structured exercise routine. Once you have been cleared to participate in physical activities, you may need help with ideas or ways to increase your level of fitness. A fitness professional is trained to help design a program that is specific to your needs and your lifestyle. He or she can develop a program that meets your specific goals as well as incorporate variety to help you maintain the program. Fitness professionals can be found at your local health club or health facility.

PHYSICAL ACTIVITY

DID YOU KNOW?



35% of people who live in Tennessee are not physically active. Your state is among the ten lowest ranked states for physical activity.

Are you aware that, through a modest increase in daily activity, you can improve your health and quality of life? If you are like most Americans, you do not see a way to incorporate more activity into your busy schedule. However, it can be as simple as parking your car farther from the front door of your office or walking around your house before going inside every evening. If you are not already participating in at least 30 minutes of moderate intensity physical activity per day, we recommend that you gradually build up to that level of activity. Remember, even 10-minute bursts of activity throughout the day are beneficial.

Use a Pedometer to Increase Your Physical Activity Level

1 Track all physical activity for one week to establish your activity baseline.



One of the best ways to track physical activity is by wearing a digital pedometer, a simple device that attaches to your belt or waistband and measures the number of steps that you take. If you wear a pedometer all day, you will get a cumulative step count for activities such as walking, climbing stairs, and shopping. Check the pedometer each evening and record your number of steps on a log sheet or an online register. You will have a useful record of your physical activity.

2 Set a reasonable goal for the following week and increase the physical activity in your daily routine.

Decide what you can realistically incorporate into your day, such as walking during your lunch break or taking the stairs rather than the elevator, and make that your goal for the week.

3 Increase your target level each week.

For example, if you take 3,000 steps per day, increase your step count by 400 or 500 steps. Make your goal 3,500. Before you know it, you might be two to three times as active as when you started.

4 Every Step Counts!

Try to beat your record from week to week even if it is only by a few steps.

The purpose is to make a long-term change in your lifestyle. It is important to choose activities that you enjoy and can readily work into your daily routine so that you won't abandon them over time. Make gradual, steady progress, and remember to do more today than you did yesterday.

EXERCISE

You indicated that you exercise sometimes. Although that's a good start, it is important to be consistent. Exercise is vital to your good health! We suggest that you increase your level of exercise. We recommend that you engage in at least 30 minutes of aerobic exercise, such as brisk walking, three or more times per week. Even modest increases in your activity level can produce significant health benefits. In fact, research indicates that the less active you have been, the greater the benefits derived from each minute of increased activity. Everyone needs variety and change within their exercise routines. Talk to a fitness professional about customizing an exercise program for you; he or she can teach you how to incorporate activities you enjoy into a regular exercise program.

It is important to incorporate stretching into your daily fitness routine so that you can maintain your flexibility. In addition, strength training two to three times a week may help maintain bone mass and prevent muscle deterioration. You can do these exercises at home with resistance bands and hand-held weights available at most discount stores. If you have questions about how to incorporate these types of exercises into your routine, talk to a fitness professional at your local health club or health facility. You might also consider having a stress test to help determine your current physical fitness level.

BODY COMPOSITION

Body composition is an estimate of the distribution of fat and muscle thro
mass index (BMI) is a nationally accepted method for estimating a person's
is used to estimate an individual's body composition. BMI is considered an
overall fitness. People who have a healthy body composition tend to have
chronic diseases including coronary heart disease, high blood pressure, car
body mass index is calculated to be 28.2 using the following formula.

$$\text{Body Mass Index (BMI)} = \left(\frac{\text{Weight (lbs.)}}{\text{Height (in.)}^2} \right) \times 703$$

A second measurement of body composition is your body fat percentage.
is an excellent indicator of general risk, body fat assessment, or body fat p
specific measurement of actual fat content and provides a more accurate p
composition. The body fat test performed at the screening was designed to estimate the amount of
fat tissue in your body as a percentage of your body weight. Your screening results estimate **your
body fat percentage** to be **23.7%**.



*Sixty-five percent of
American adults are
overweight or obese.*

Your BMI Calculation		
Risk Category	Range	Calculation
Overweight	25.0 or greater	28.2
Desirable	18.5 to 24.9	
Underweight	less than 18.5	

Your Body Fat Percentage		
Risk Category	Range	Percentage
Poor	greater than 26.1	
Fair	22.6 to 26.1	23.7
Average	19.7 to 22.5	
Good	16.4 to 19.6	
Excellent	16.3 or less	

Consider the following observations regarding your body composition.

- Your body mass index calculation of 28.2 is in the overweight range.
- A high BMI calculation means you are at a higher risk for health problems including high blood pressure, high cholesterol, diabetes, heart disease, and stroke. Losing as little as 10–20 pounds can lower your risk for developing these conditions!
- Your body fat percentage is considered Fair for males in your age group. It is vital that you begin to make lifestyle changes that will positively impact your health and, consequently, help decrease your body fat percentage.
- The additional weight that you are carrying is not only limiting your lifestyle, but it could be taking valuable years from your life.



To achieve a healthier body composition, you must improve your eating habits and increase your activity level. Please review the Exercise section of this Personal Health Report for suggestions regarding increasing your activity level. Continue reading below for information regarding improving your dietary habits.

There are three steps to achieving a healthy weight.

1. EAT FEWER CALORIES THAN YOU BURN OFF.

You are more likely to stick with healthy eating habits and keep extra weight off if you make gradual lifestyle changes and lose weight at a manageable pace. There are 3,500 calories in one pound of fat; therefore, to lose 4–6 pounds per month, you need to decrease your calorie intake by approximately 500 calories per day. Try changing one or two dietary habits each week. For example, commit to eating two meatless dinners per week or increasing your

servings of fruits and vegetables every day. Focus on incorporating these changes into your lifestyle rather than on temporary dieting.

2. LIMIT THE FAT IN YOUR DIET.

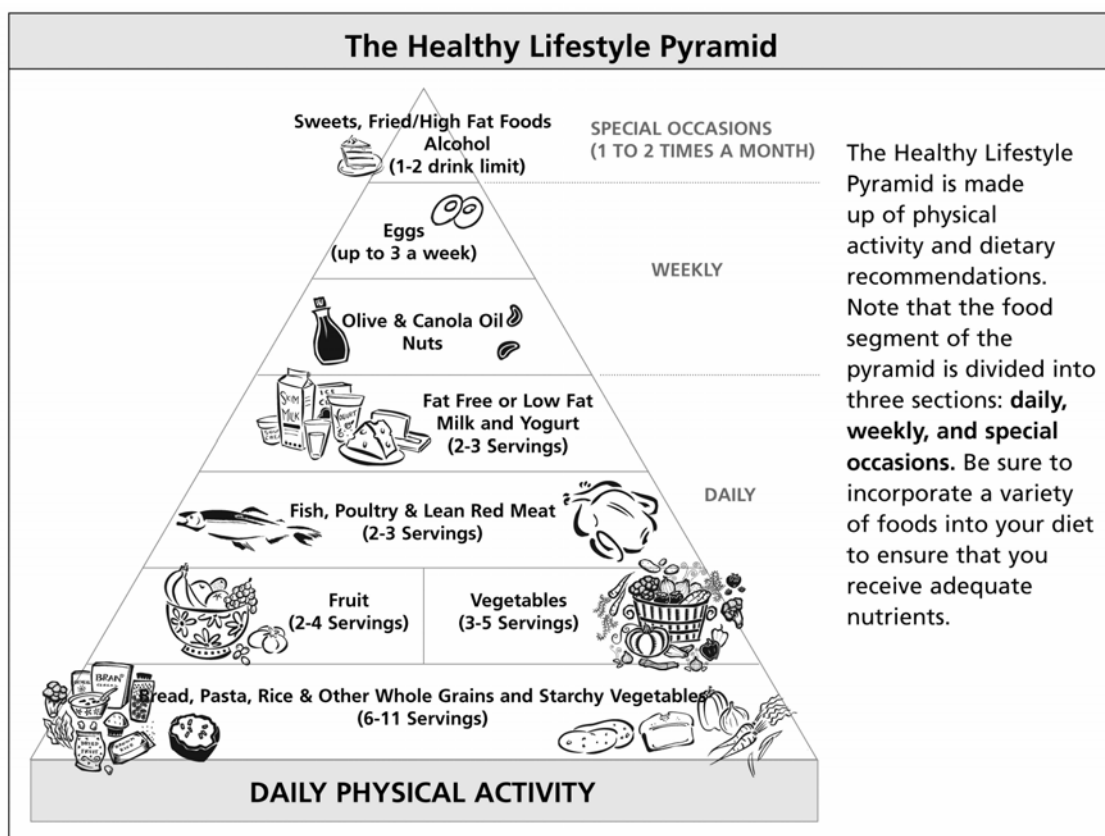
Since fat contains more calories per gram than carbohydrates and protein, lowering your fat intake will help you cut calories. Limit fat to 20% of your calories. For most men, this equates to approximately 50-60 grams of fat per day. Read food labels to check the fat gram content of various foods. When trying to lose weight, it is important that you keep total calories in mind. Many people who attempt to restrict fat grams by selecting only fat-free foods often go overboard on other calories such as protein or carbohydrates. These individuals end up frustrated as to why they are unable to lose weight. Remember, *any* excess calories, from carbohydrates, protein or fat, will be stored by the body as fat.

3. YOU ALSO NEED TO GET MOVING!

Exercising almost every day will help you burn calories and develop lean muscle mass. We recommend that you consult a fitness professional to discuss increasing your level of activity. Gradually build up to engaging in at least 30 minutes of physical activity every day. In addition, making small changes in your daily routine can help. You can take the stairs, park farther away from your destination, garden, and clean house!

Consider the following suggestions for changing your eating habits.

- Be realistic. Instead of telling yourself that you will never eat your favorite foods again, consider making smaller changes such as cutting back on your dietary fat, increasing the amount of fruits and vegetables you eat, or decreasing how much sugar you consume.
- Set goals for factors you can control (such as what you eat), not for factors that are beyond your control (such as how much weight you will lose).
- It is not necessary to deprive yourself of all the foods you enjoy. Instead, try cutting back on how often you eat those foods and decrease your portion sizes.
- You haven't failed just because you "slip" and eat something you wanted to avoid. Learn from your mistakes and go back to work on your goals.
- Tell friends and family members that you are trying to improve your diet and ask them for help and encouragement.
- Eat a healthful meal *before* going to a party or gathering where you suspect high-fat foods will be served.
- Bring healthful snack foods, such as pretzels or low-fat yogurt, to work so that you won't end up eating doughnuts, high-fat muffins, or candy during the day.
- Be patient and keep in mind that your tastes *can* change. People often lose their preference for fatty, salty, and sugary items after they have been eating healthful foods for a while. For example, after switching to non-fat milk, many people begin to like its flavor more than that of whole milk.
- Make sure you have plenty of healthful foods on hand and, if possible, keep unhealthy foods out of your home so that you won't feel tempted to eat them.
- Plan your dietary changes with the help of a qualified professional, such as a physician or registered dietitian.



DEPRESSION

You indicated that during the past 12 months, you felt sad, blue, or depressed for a two-week period or longer. Mr. Peterson, although everyone feels down on occasion, if feelings of sadness persist or interfere with daily life, you may be suffering from depression. Other symptoms of depression include: feeling down, sad, blue, or depressed; feelings of emptiness, pessimism, worthlessness, helplessness, restlessness, irritability, or guilt; lack of energy or feeling slowed down; appetite changes; difficulty sleeping or sleeping too much; problems with concentration or memory; and difficulty making decisions.

Six million men in the United States are affected by depression every year. Often, men are more willing to recognize and report frustration, irritability, fatigue, insomnia, and loss of interest in work or hobbies than they are to recognize and report sadness and helplessness. Men may be more likely than women to turn to alcohol or drugs when depressed. Even if a man recognizes depression, he may be hesitant to seek help due to outdated ideas and misconceptions about the causes of depression. For example, he may consider his depression to be a weakness when, in actuality, it is a medical disorder.

The most important thing is to recognize that depression is simply a medical disorder that requires treatment. In that way, it is no different from high blood pressure, diabetes, a broken leg, or any other medical problem. In fact, depression is an extremely common medical disorder. During any given year, approximately 1 in 10 adults in this country will suffer from a depressive illness. Depression is a medical disorder that has absolutely nothing to do with one's willpower, character, determination, intelligence, or religious beliefs. If this information is striking a chord, continue reading this section for more detailed information about depression and its treatment.



As many as 10 percent of children under age 13 may suffer from depression.

Symptoms of Depression

- Persistent sad, anxious, or empty mood**
- Persistent feelings of sadness, feeling down, or feeling “empty”**
- Loss of interest in or pleasure from activities—such as hobbies or your career—that you once enjoyed or thought were important**
- Feelings of anxiety, restlessness, or irritability**
- Feelings of guilt, worthlessness, hopelessness, helplessness, or pessimism**
- Decreased energy, feeling fatigued or “slowed down”**
- Difficulty concentrating, remembering, or making decisions**
- Trouble falling or staying asleep, early-morning awakenings, or oversleeping**
- Unintentional appetite or weight changes**
- Crying more often than usual**
- Thoughts of death or suicide, or suicide attempts**

The good news is that, once identified, depression is treatable. More than 80% of individuals who have depression improve once they receive appropriate treatment. It is important that you consult your doctor or a licensed mental health professional regarding your symptoms and treatment options so that you can start feeling better as soon as possible. Professional treatment of depression may involve antidepressant medications, talk therapy, or a combination of both.

Talk therapy, which is also referred to as counseling or psychotherapy, can take many forms including individual counseling, group counseling, and family counseling. Talk therapy can be provided by a variety of professionals such as psychologists, psychiatrists, counselors, social workers, psychiatric nurse practitioners, and pastoral counselors.

Several types of antidepressant medication are available; a qualified physician or nurse practitioner can discuss these with you. As with medications designed to lower your cholesterol or blood pressure, antidepressants don't work overnight. Although some improvement may be seen in the first couple of weeks, most antidepressants must be taken for at least three or four weeks (sometimes longer) before major improvements start to be seen. Sometimes your doctor will have to try a variety of medications until he or she finds the right one for you and it may take some time to find the right dosage. Then, it will be up to you to take the medication as directed. If you are not sure if you are to take the medication in the morning or evening, then speak with your doctor or pharmacist. Also, remember that all medications (even aspirin) can have side effects. The important thing is to stay in contact with your doctor about these side effects and discuss with him or her any concerns you may have about your medications. In general, you should not stop taking these medications on your own without discussing it with your doctor (some medications must be stopped gradually in order to give your body time to adjust).

How to Access Help

Following are the types of people and places that will make a referral to, or provide, diagnostic and treatment services.

- Family doctors or nurse practitioners
- Mental health specialists, such as psychiatrists, psychologists, social workers, psychiatric nurse practitioners, or mental health counselors
- Community mental health centers
- Hospital psychiatry departments and outpatient clinics
- Family service, social agencies, or clergy
- Private clinics and facilities
- Employee assistance programs (EAP)
- Local medical or psychiatric societies

Suicidal Thoughts

Depression can cause people to feel like putting themselves in harm's way or even killing themselves. If you are thinking about suicide, get help immediately. Many communities offer 24-hour crisis intervention programs that one can call to access help.

WAYS TO GET HELP IN AN EMOTIONAL CRISIS INCLUDE:

- Call your community's crisis intervention program directly
- Go to the emergency room of your nearest hospital
- Call 911 and request emergency services
- Call 1-800-SUICIDE
- Contact your physician

Consider the following recommendations.

- **Maintain your exercise program.** Physically active people have lower rates of anxiety and depression.
- **Confide in a close friend or family member;** being alone and secretive may worsen your depression. Let your loved ones help you.
- **Understand that an individual's mood typically improves gradually,** not immediately.
- **Postpone important or life-changing decisions,** such as changing jobs or getting married or divorced, until the depression has lifted because depression can cloud your thinking.
- **Participate in activities that may improve your mood,** such as going to a movie or a sporting event. Get reinvolved in social groups such as book clubs, bowling leagues, and community service organizations. You might consider getting involved in charity work. Helping others may make you feel better!
- **Try not to be discouraged.** As your depression responds to treatment, positive thoughts will typically replace the negative thoughts that are a result of depression.
- **Do not use alcohol or drugs** to self-medicate your depression. This is never a good idea. In fact, alcohol is likely to worsen depression, not improve it. There are qualified mental health professionals trained to help people who have depression and use alcohol or illicit drugs.

Remember, don't be afraid to seek professional help. Depression is a common and treatable illness that affects millions of Americans every day.

William Peterson
January 2006

ASTHMA

You indicated that you have asthma. Remember that asthma can be life threatening and should be taken very seriously.

- **Do you know your triggers?** If not, find out! Once you know what triggers your asthma attacks, you can better control your exposure to those things. Cold air, dust, feathers, and molds are common triggers.
- **Take your asthma medications** and do home monitoring as prescribed.
- **Exercise is important** to your overall health, so it is important to control your asthma so that you can exercise. Some people need to take medication prior to exercising. Try swimming; most people who have asthma tolerate swimming well.
- If your symptoms worsen over time or fail to improve with medication, **see your doctor for alternate treatment options.**



An estimated 7.4 million men currently suffer from asthma.

SEASONAL ALLERGIES

You reported that you suffer from seasonal allergies. Untreated allergies can lead to asthma, sinusitis, or other allergic diseases. Be sure to see your doctor periodically for treatment options so that you can avoid additional and unnecessary problems.

Tips for Minimizing Your Exposure to Seasonal Allergens

- Keep windows closed to prevent pollens and molds from drifting into your home.
- Use an air conditioner to keep the air in your home clean, cool, and dry. Change the filters on a regular basis. Make sure the air conditioner is free of mold.
- Keep car windows closed when traveling.
- Minimize outdoor activity on days when pollen or mold count is reported to be high.
- Consider taking your vacations to a less pollinated area—such as the beach.
- Wear a paper mask when working in the yard to avoid inhaling pollens and molds.
- Do not dry your clothing or bedding outside as they may collect mold.
- After spending time outdoors, take a shower to wash away any pollen or mold that may have accumulated on your skin. Nasal saline wash is also helpful and available over the counter.



Seasonal allergies lead to more than 8 million physician visits every year.



Nearly 1 in 5 adults experiences heartburn at least once a month.

HEARTBURN

You indicated that you experience heartburn from time to time. Heartburn can be caused by coffee, anti-inflammatory agents such as aspirin and ibuprofen, obesity, stress, prescription arthritis medications, biophosphonates used for osteoporosis prevention and treatment, and other things. In some cases, heartburn is caused by gastroesophageal reflux disease, a digestive disorder that affects the muscle between the esophagus and the stomach. Gastroesophageal reflux causes substances in the stomach to travel back up into the esophagus.

Both heartburn and gastroesophageal reflux disease can often be relieved through lifestyle and diet modifications. In some cases, medication or surgery may be required. Mr. Peterson, you should consult your doctor to determine the cause of your heartburn, as well as whether or not you require treatment. In addition, consider the following tips for controlling your heartburn.

- Achieve a healthy weight.
- Avoid fried and fatty foods, alcohol, coffee, tomato products, citrus fruits, and peppermint.
- Raise the head of your bed six inches.
- Avoid lying down for 2–3 hours after a meal.
- Take antacid as directed.



Alcohol is a factor in nearly half of all motor vehicle accidents.

SEAT BELT



Six times as many Americans drive today as in 1925, and, since then, the number of motor vehicles in the United States has multiplied by 11 to approximately 215 million.

You reported that you wear your seat belt some of the time. Did you know that seat belts save over 10,000 lives annually in the United States and are the single most effective method of decreasing deaths and injuries during a traffic collision? Wearing your seat belt all of the time is the first step toward protecting yourself from injury due to an automobile accident. Seat belt use is key to maximizing the lifesaving benefits of air bags and to reducing the staggering number of people who are killed and injured in crashes every year. Always make sure that all other passengers in your car are wearing proper safety restraints. When you think about it, it makes a lot of sense to wear your seat belt! If not for yourself, buckle up for your loved ones; they want you to stay alive and safe!

It only takes 3 seconds to buckle your seat belt, and it could save your life!



Adults who do not buckle up often put children at risk. Research indicates that if a driver is unbuckled in a crash, 70% of the time children riding in the vehicle are unbuckled as well. Conversely, when a driver is buckled, 94% of the time children riding in that vehicle are buckled.

EXERCISE TESTING



Your Sit-Ups Result		
Risk Category	Range	Result
Excellent	34 or greater	
Good	29 to 34	
Average	23 to 28	
Fair	20 to 22	
Poor	less than 20	20

Your Push-Up Result		
Risk Category	Range	Result
Excellent	21 or greater	40
Good	16 to 21	
Average	12 to 15	
Fair	8 to 11	
Poor	less than 8	

MUSCULAR STRENGTH AND ENDURANCE

Muscular strength and muscular endurance are two important components in assessing your overall fitness. Muscular strength is the greatest amount of force a muscle or muscle group can exert in a single effort. Muscular endurance is the ability to tolerate repeated work on specific muscle sets for an extended period of time. When you have good muscular endurance, you have the ability to resist fatigue while holding a position, carrying something for a long period of time, or repeating a movement.

Many people are interested in endurance exercises because they have the potential to remove inches from body measurements. Endurance exercises speed up metabolism, and your body burns calories at a higher rate for several hours after the endurance exercise.

The one-minute sit up test that you performed at the screening was designed to give you an indication of your abdominal muscle endurance. Mr. Peterson, **your sit up test results were 20.** These results are considered **fair** for your age group.

Good abdominal strength and endurance can help improve your posture and decrease the risk that you will experience low back pain. Strength training with free weights or machines makes your muscles stronger; in addition, it will help prevent injury to your joints and muscles. Coupling strength training with endurance activities, such as sustained push-ups and sit ups, will give you an overall workout your muscles need to be FIT!

It is very important to focus on improving your abdominal endurance. Consider the following benefits:



- Improved performance of daily activities
- Injury prevention
- Decrease in body fat
- Lifetime muscle and bone health

Consider the following recommendations:

- Variety is the key to maintenance! Make sure that you add variety to your exercises. If you need help, consult a fitness professional about exercises that will work for you.
- Muscles need rest. Try to include at least one day of rest between your workouts.
- Try to incorporate endurance exercises at least 2 times per week.

Please consult your physician before beginning any exercise program.

Upper body strength and endurance are very important in regards to your muscular fitness. Push-ups are a very effective exercise to add to your exercise program. The push-up test that you performed at the screening indicated that your upper body strength and endurance are considered **excellent** among your age group. Good work! **Your push-up result was 40.**

A fitness professional can add variety to your push-up exercises. It is important to add variety so that you are able to maintain the program and target different muscles at the same time.

CONCLUSION

This report was prepared especially for you based on health information you provided at a recent event offered by Lake Providence. Because this report has been customized for you based on the data you supplied, you should keep in mind that if your condition changes, your health risks will also change.

Your lifestyle and habits have a significant effect on your health. When you know what your risks are and what steps you can take to decrease your chances of developing certain diseases, you can help you doctor with the process of keeping you healthy.

In this report we've tried to illustrate how your body functions much like a complicated machine; all of the parts have to work together, and a problem with one part can affect how the other parts perform. Many of the risk factors described in this report have more than one effect on your health; for this reason, you should talk about what you've learned from this report with your doctor, who shares with you the responsibility for creating and maintaining good health.

REFERENCES

The health and wellness information in this Personal Health Report was provided by the Kim Dayani Human Performance Center at Vanderbilt University Medical Center. The following sources were used:

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- American Academy of Family Physicians
- American Association of Clinical Endocrinologists
- American Cancer Society (02,03,04)
- American College of Sports Medicine
- American Council on Exercise, American Council for Headache Education
- American Diabetes Association, American Dietetic Association
- American Gastroenterological Association
- American Heart Association, American Lung Association
- American Medical Association
- American Psychological Association, American Stroke Association
- Canadian Task Force on Preventive Health Care
- Centers for Disease Control and Prevention
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- Endocrinology Rounds (2003), National Cancer Institute
- National Center for Health Statistics, National Cholesterol Education Program
- National Heart, Lung, and Blood Institute
- National Highway Traffic Safety Administration
- National Institute of Arthritis and Musculoskeletal and Skin Diseases
- National Institutes of Health, National Institutes of Mental Health
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- National Safety Council, National Sleep Foundation
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- The Organism and Muscular Work (1974)
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- U.S. Preventive Services Task Force

LIVE A HEALTHY LIFESTYLE!

How Many Calories Are You Burning?

A physical activity or exercise routine is one of the best opportunities you have to improve your health and well-being. Engaging in at least 30 minutes of physical activity on most days of the week can generate numerous health benefits! The following chart shows the approximate calories you can burn per 30 minutes and per 60 minutes of various activities. This chart has been customized for you based on your body weight. Choose activities that you enjoy!

Description	Calories (30 min)	Calories (60 min)
Sitting watching television	50	100
Sitting – light office work, general	75	150
Fishing	125	250
Walking – moderate pace	175	350
Golf – using power cart	175	350
Walking – brisk pace	200	400
Raking lawn	200	400
Basketball – shooting baskets	225	450
Mowing lawn – using power mower	225	450
Downhill skiing – light effort	250	500
Golf – pulling clubs	250	500
Hiking	300	600
Cycling – light effort	300	600
Tennis – doubles	300	600
Cross country skiing – slow	350	700
Calisthenics – pushups & situps	400	800
Cycling – moderate effort	400	800
Tennis – singles	400	800
Rope jumping – slow	400	800
Running – 12 minute mile pace	400	800
Swimming – freestyle laps, slow	400	800
Swimming – freestyle laps, fast	500	1000
Running – 9 minute mile pace	550	1100
Running – up stairs	750	1500

