KNOW *YOUR* HEALTH SCORE

What is a health score?
A health score is a summary of a two minute evaluation of your body systems.

Does it hurt?
No. The screening process is completely safe, painless, and only requires removing your shoes and socks.

Is it reliable?
Yes. Clinical investigations show that results compare to accepted industry standards, but for less cost and less time.

Why should I have one?
Because many diseases go unnoticed until painful symptoms arise. That means that the disease is well on its way and a diagnosis is inevitable. We know that prevention is much easier than reversing a disease.

What if my health score is low, can I do something about it?
All trends in disease, if caught early, can be prevented and often reversed. Ask your healthcare provider what she/he recommends.

What does this screening help me to know?
In our office, we pride ourselves on investing in the best technology for screening for the main lifestyle issues. Our screening provides:

Cardiovascular screening
- *CHD*
- *LV Hypertrophy*
- *Cholesterol*

Thyroid activity screening

Prostate cancer screening
- *EIS*
- *EIS*PSA*

Diabetes screening
- *Metabolic syndrome*
- *Insulin resistance*
- *BGC*
- *Beta cell function*

Chronic hepatitis screening
Psychology markers
- *Serotonin response*
- *Children learning disability*

**Prostate-Specific Antigen*

Cardiovascular Score (correlates with medical standard Framingham Score)

And we can help with Lifestyle recommendations including customized nutrition and body composition suggestions.

Then we can monitor the effects of the healthcare choices you are making.

Customized

How often should I have this scan?

We recommend at least twice a year and generally the first two within two months of each other. This allows you to have a baseline and then monitor what is changing as you embark on your path to wellness.

Why is this important to me?

Because you can now have more control over your healthcare destiny and allows you to determine how you will live out your life. You get to be in charge….. and knowledge is power.

Does this scan diagnose and replace lab tests?

No. A screening score merely allows you to see trends before they arise. Lab tests would be needed in some instances to follow up with findings. Diagnosis is made only by doctors with a number of factors considered.

NOTES! The scoring system (cardiovascular score and screening score) will not allow any therapeutic plan; it is not a diagnosis, rather an adjunct to follow up the therapeutic plan for my practitioner.

Screening score is complying with WHO guidelines:

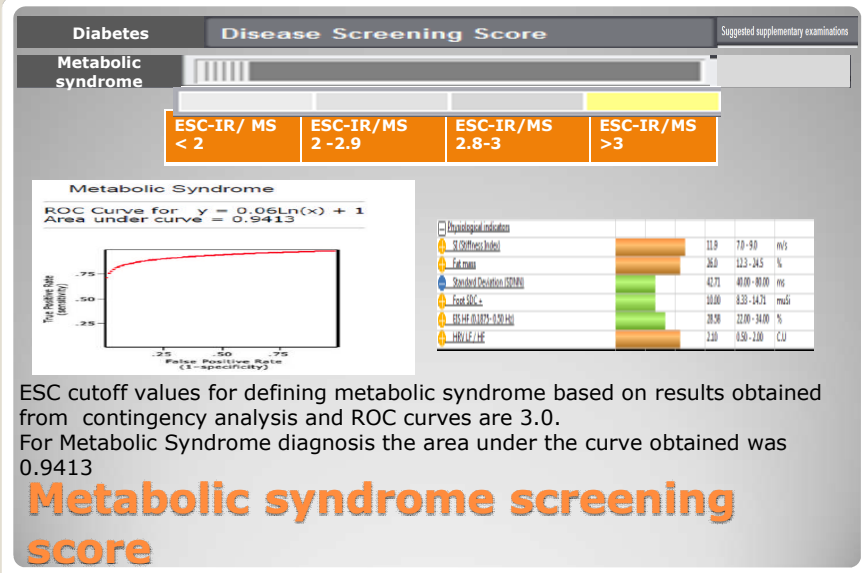
- A test used in a screening program, must have good specificity in addition to acceptable sensitivity.
- The test should be acceptable to the population, fast, low cost and non invasive
- There should be an agreed policy to explain clearly the test to the patient .
  The total cost of finding a case should be economically balanced in relation to medical expenditure as a whole

Other interesting facts:

Left undiagnosed, diabetes can lead to serious complications such as heart disease, stroke, blindness, kidney damage, lower-limb amputations and premature death. Recent studies have conclusively shown that diet and exercise intervention in patients with insulin resistance reduces the progression to type II diabetes by 58%.

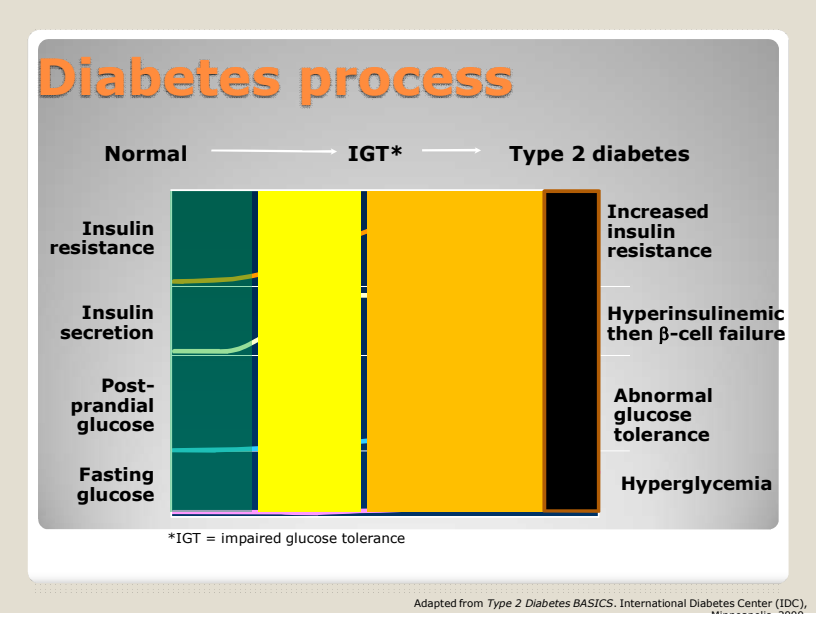
Did you know that there is no easy way to detect pre-diabetes? Insulin resistance is a process that can show up in the body up to 10 yrs prior to the onset of symptoms and diagnosis. Tests for this are seldom done because of the length and difficulty involved and usually after symptoms show up. Insulin resistance is the earliest indicator of future problems and is directly related to heart disease.

Did you know that lab tests for fasting blood sugar can be unreliable? Currently there are 5 million people with Type II diabetes. Studies estimate 10 million more people in the US will be diagnosed within the next ten years. 100 million people with type II diabetes is potentially devastating to our economy and the complications that could arise from the life of having diabetes is equally devastating.



ESC cutoff values for defining metabolic syndrome based on results obtained from contingency analysis and ROC curves are 3.0.
For Metabolic Syndrome diagnosis the area under the curve obtained was 0.9413

Metabolic syndrome screening score



Insulin Resistance

Treatment

Treatment of insulin resistance primarily involves changes in diet and lifestyle. The American Diabetes Association (ADA) recommends losing excess weight, getting regular amounts of moderate-intensity physical activity, and increasing dietary fiber to lower blood insulin levels and increase the body's sensitivity to it. Weight loss and regular exercise can:

- Decrease blood pressure levels
- Increase insulin sensitivity
- Decrease triglyceride and LDL levels
- Raise HDL levels

Patients who are identified by their doctors as having insulin resistance should work with their doctor and with other medical professionals, such as a nutritionist, to develop an individualized treatment plan and to monitor its effectiveness. Drug treatments may also be necessary to control any existing, underlying, associated conditions and diseases.