

# Know Your Number® Chronic Disease Risk Summary



<b>Name:</b> Nw Nw	<b>Gender:</b> Male
<b>DOB, Age:</b> 01/01/1964, 51	<b>Ethnicity:</b> Caucasian
<b>Group:</b> ABC Company	<b>Start Date:</b> 02/25/2021
<b>Fasting Status:</b> Fasting*	<b>Complete Date:</b> 02/25/2021

<18.5 Underweight  
 18.5-24.9 Normal  
 25-29.9 Overweight  
 30-34.9 Obese  
 35-39.9 Severely Obese  
 ≥40 **Extremely Obese**

<100 Normal  
 100-125 **Prediabetic**  
 ≥126 Diabetic

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

Clinical Measurement	Value	Reference
Weight	<b>285</b>	Pounds
Body Mass Index (BMI)	<b>42.1</b>	<25 kg/m <sup>2</sup>
Waist	<b>41</b>	<=40 Inches
Blood Pressure	<b>124/85</b>	<120/80 mmHg
Pulse Rate	<b>105</b>	60-100 bpm
Glucose	<b>102</b>	<100 mg/dL
Total Cholesterol	<b>265</b>	<200 mg/dL
HDL Cholesterol	45	>=40 mg/dL
LDL Cholesterol	<b>181</b>	<130 mg/dL
Triglycerides	<b>195</b>	<150 mg/dL

<120/80 Normal  
 120/80-139/89 **Borderline High**  
 140/90-159/99 High  
 ≥160/100 Very High

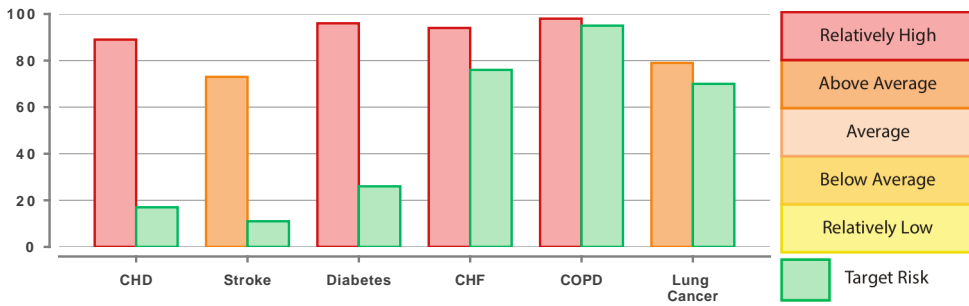
<200 Normal  
 200-239 Borderline High  
 ≥240 **High**

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

<b>Metabolic Syndrome</b>	Yes, ≥3 of the following: <b>Waist &gt;40; Triglycerides ≥150; HDL Cholesterol &lt;40; Blood Pressure ≥130/85; Blood Glucose ≥100;</b>
<b>Explanation</b>	A disorder defined by the co-occurrence of ≥ 3 factors (shown above) known to increase your risk for developing CHD, stroke, and diabetes
<b>Disease History</b>	Asthma (current); Asthma (past); High cholesterol; High blood pressure
<b>Lifestyle Factors</b>	Low physical exercise; Current smoker 9 cig/day for 25 years

Risk	CHD <sup>+</sup>	Stroke	Diabetes	CHF <sup>+</sup>	COPD <sup>+</sup>	Lung Cancer
Current 5-year risk of onset	12%	2.2%	32%	2.7%	23%	0.11%
Modifiable risk (% of risk within your control)	85%	68%	95%	52%	34%	64%
Risk percentile (compared to average 51-year old men)	89%	73%	96%	94%	98%	79%

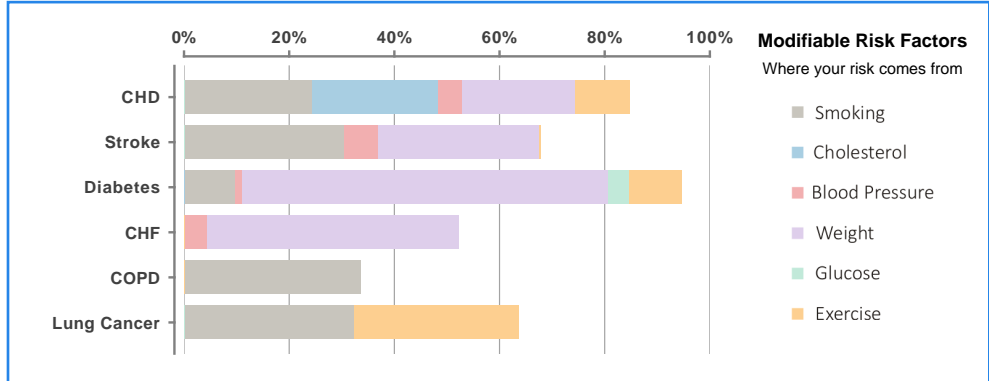
**Risk Percentile: Current vs. Target**



**KYN Risk Tracker**

**108** ← Your Number

**KYN Risk Tracker is a cumulative number assessing your overall disease risk and contributing risk factors.**



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

This report is not intended to diagnose or to recommend treatment for any disease. All risk calculations are derived from, and intended to summarize, the peer-reviewed literature. Do not undertake any changes to your health without consulting your physician.

\*The Know Your Number assessment is based on the presumption of an 8-hour fasting period prior to blood sample collection.

+ Coronary Heart Disease (CHD); Congestive Heart Failure (CHF); Chronic Obstructive Pulmonary Disease (COPD)