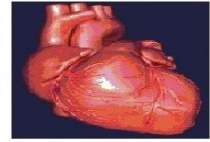




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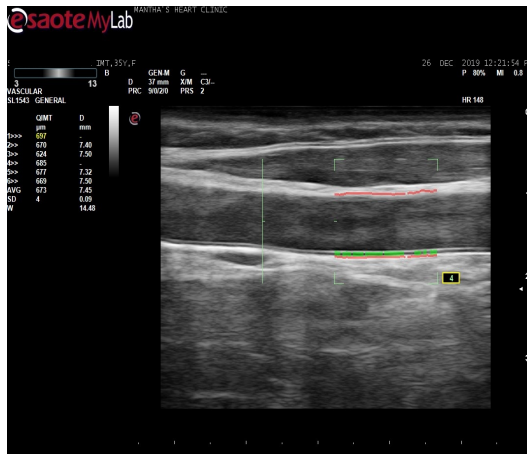


Phone: 040-66252848; Website: www.manthaheartclinic.com

Vascular Wellness Report based on Common Carotid Intima-media Thickness (CCIMT)

Code: 268383207 34 Yrs Female

CCIMT was measured by Esaote MyLab Gamma Ultrasound machine with linear probe 3 to 13 MHz. An accurate method called 'echo-tracking' that relies on automated edge detection by radiofrequency signal processing of ultrasound was used



CCIMT-Right	670 μ m
CCIMT-Left	673 μ m
CCIMT (Higher of 2 sides)	673 μ m
CCIMT standard	491 μ m
Percentile	99
Vascular Age (yr)	71
Grade	4/4
Future Risk: high	

For computational details, please refer to www.suhitam.com/vascularage

References

1. CCIMT reference values measured with echotracking: Engelen L et al, Eur Heart J. 2013;34:2368-80
2. Risk grading: Stein JH et al, J Am Soc Echocardiogr 2008;21:93

Measurements	Value	Standard Definitions for Anthropometric Measurements
Body mass index (BMI)	27.4	<18.5 (Underweight); 18.5 to 24.9 (Normal Weight); 25.0 to 29.9 (Overweight); 30.0 to 39.9 (Obesity); >40 (Morbid Obesity)
Waist-to-Height Ratio	0.58	Critical values at different age groups: (Higher the value more risk) <40 yrs: 0.5; 40-50 yrs: 0.5 to 0.6; > 50 yrs: 0.6

Hypertension	Smoking	Diabetes	Hypothyroid
Not Known Hypertensive	Not Smoker	Not Diabetic	Not Known Hypothyroid

Lab Test Name	Result	Normal/desired Reference
Total Cholesterol	204 mg/dL	Normal < 180 mg/dL
HDL Cholesterol	42 mg/dL	Normal M >40, F >50 mg/dL
TC-HDL Ratio	4.90	Normal < 4.5
Triglycerides	141 mg/dL	Normal < 150 mg/dL
LDL Cholesterol	134 mg/dL	Normal < 100 mg/dL
Vitamin D3	5.50 ng/ml	< 20 (Deficient); 20 to < 30 (Insufficient); 30 to 100 (Sufficient)
Serum Creatinine	0.50 mg/dL	Please see the values mentioned in the Lab report

BP: 140/70 mmHg; ECG: SR, 65/min, QRS axis 45 degrees, PR 160 msec, normal ECG

Specific Notes: Overweight, High waist-to-height ratio, Dyslipidemia. Gross vitamin D3 deficiency, High risk for future cardiovascular events. Life-style modifications suggested. Treatment for dyslipidemia and vitamin D3 deficiency suggested. To consult cardiologist for follow-up

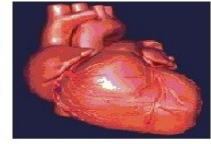
Disclaimer CCIMT is ideally interpreted in light of other medical findings including diet, personal habits and life-style. Always consult your doctor for further management.



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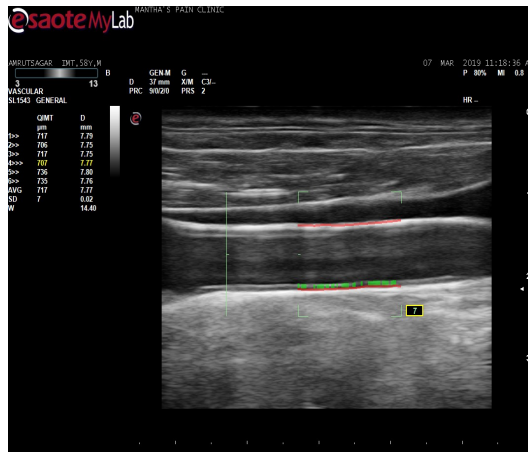


Phone: 040-66252848; Website: www.manthaheartclinic.com

Vascular Wellness Report based on Common Carotid Intima-media Thickness (CCIMT)

Code: 93701765 58 Yrs Male

CCIMT was measured by Esaote MyLab Gamma Ultrasound machine with linear probe 3 to 13 MHz. An accurate method called 'echo-tracking' that relies on automated edge detection by radiofrequency signal processing of ultrasound was used



CCIMT-Right	717 μ m
CCIMT-Left	531 μ m
CCIMT (Higher of 2 sides)	717 μ m
CCIMT standard	625 μ m
Percentile	80
Vascular Age (yr)	76
Grade	3/4
Future Risk: Increased	

For computational details, please refer to www.suhitam.com/vascularage

References

1. CCIMT reference values measured with echotracking: Engelen L et al, Eur Heart J. 2013;34:2368-80
2. Risk grading: Stein JH et al, J Am Soc Echocardiogr 2008;21:93

Measurements	Value	Standard Definitions for Anthropometric Measurements
Body mass index (BMI)	25.0	<18.5 (Underweight); 18.5 to 24.9 (Normal Weight); 25.0 to 29.9 (Overweight); 30.0 to 39.9 (Obesity); >40 (Morbid Obesity)
Waist-to-Height Ratio	0.58	Critical values at different age groups: (Higher the value more risk) <40 yrs: 0.5; 40-50 yrs: 0.5 to 0.6; > 50 yrs: 0.6

Hypertension	Smoking	Diabetes	Hypothyroid
Not Known Hypertensive	Not Smoker	Diabetic	Not Known Hypothyroid

Lab Test Name	Result	Normal/desired Reference
TC-HDL Ratio	4.90	Normal < 4.5
Triglycerides	231 mg/dL	Normal < 150 mg/dL
LDL Cholesterol	103 mg/dL	Normal < 100 mg/dL
Vitamin D3	18.00 ng/ml	< 20(Deficient); 20 to < 30(Insufficient); 30 to 100(Sufficient)
Serum Creatinine	0.90 mg/dL	Please see the values mentioned in the Lab report

ECG: ECG normal.

Specific Notes: Increased risk for future cardiovascular events. Life-style modifications suggested for increased waist-to-height ratio. Treatment suggested for dyslipidemia and vitamin D3 deficiency.

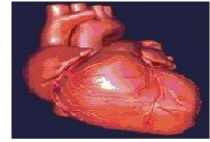
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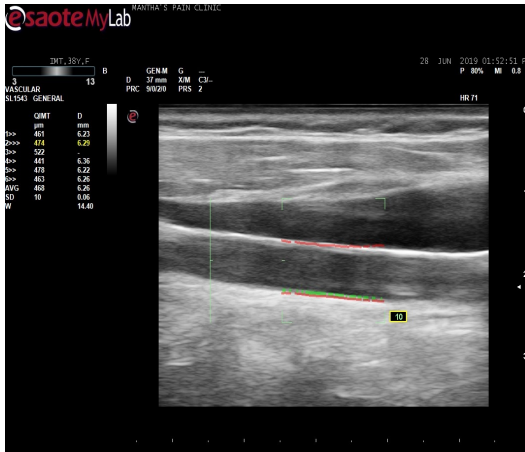


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Vascular Wellness Report based on Common Carotid Intima-media Thickness (CCIMT)

Code: 232859112 38 Yrs Female

CCIMT was measured by Esaote MyLab Gamma Ultrasound machine with linear probe 3 to 13 MHz. An accurate method called 'echo-tracking' that relies on automated edge detection by radiofrequency signal processing of ultrasound was used



CCIMT-Right	424 μ m
CCIMT-Left	468 μ m
CCIMT (Higher of 2 sides)	468 μ m
CCIMT standard	511 μ m
Percentile	31
Vascular Age (yr)	29
Grade	2/4

For computational details, please refer to www.suheitam.com/vascularage

References

1. CCIMT reference values measured with echotracking: Engelen L et al, Eur Heart J. 2013;34:2368-80
2. Risk grading: Stein JH et al, J Am Soc Echocardiogr 2008;21:93

Measurements	Value	Standard Definitions for Anthropometric Measurements
Body mass index (BMI)	33.0	<18.5 (Underweight); 18.5 to 24.9 (Normal Weight); 25.0 to 29.9 (Overweight); 30.0 to 39.9 (Obesity); >40 (Morbid Obesity)
Waist-to-Height Ratio	0.62	Critical values at different age groups: (Higher the value more risk) <40 yrs: 0.5; 40-50 yrs: 0.5 to 0.6; > 50 yrs: 0.6

Hypertension	Smoking	Diabetes	Hypothyroid
Not Known Hypertensive	Not Smoker	Not Diabetic	Not Known Hypothyroid

Lab Test Name	Result	Normal/desired Reference
Total Cholesterol	131 mg/dL	Normal < 180 mg/dL
TC-HDL Ratio	2.80	Normal < 4.5
Triglycerides	106 mg/dL	Normal < 150 mg/dL
LDL Cholesterol	46 mg/dL	Normal < 100 mg/dL
Vitamin D3	7.60 ng/ml	< 20(Deficient); 20 to < 30(Insufficient); 30 to 100(Sufficient)
Serum Creatinine	0.80 mg/dL	Please see the values mentioned in the Lab report

BP: 100/70 mmHg; ECG: Normal

Specific Notes: Life-style management for obesity (BMI: 33) and abdominal obesity (waist-to-height ratio: 0.62); Treatment for vitamin D3 deficiency required

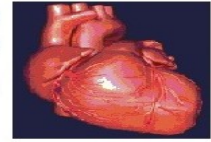
Disclaimer CCIMT is ideally interpreted in light of other medical findings including diet, personal habits and life-style. Always consult your doctor for further management.



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Vascular Wellness Report based on Common Carotid Intima-media Thickness (CCIMT)

Code: 747249175 52 Yrs Male

CCIMT was measured by Esaote MyLab Gamma Ultrasound machine with linear probe 3 to 13 MHz. An accurate method called 'echo-tracking' that relies on automated edge detection by radiofrequency signal processing of ultrasound was used



CCIMT-Right	877 μ m
CCIMT-Left	838 μ m
CCIMT (Higher of 2 sides)	877 μ m
CCIMT standard	594 μ m
Percentile	99
Vascular Age (yr)	100
Grade	4/4
Future Risk: high	

For computational details, please refer to www.suhitam.com/vascularage

References

1. CCIMT reference values measured with echotracking: Engelen L et al, Eur Heart J. 2013;34:2368-80
2. Risk grading: Stein JH et al, J Am Soc Echocardiogr 2008;21:93

Measurements	Value	Standard Definitions for Anthropometric Measurements
Body mass index (BMI)	23.0	<18.5 (Underweight); 18.5 to 24.9 (Normal Weight); 25.0 to 29.9 (Overweight); 30.0 to 39.9 (Obesity); >40 (Morbid Obesity)
Waist-to-Height Ratio	0.58	Critical values at different age groups: (Higher the value more risk) <40 yrs: 0.5; 40-50 yrs: 0.5 to 0.6; > 50 yrs: 0.6

Hypertension	Smoking	Diabetes	Hypothyroid
Not Known Hypertensive	Not Smoker	Not Diabetic	Not Known Hypothyroid

Lab Test Name	Result	Normal/desired Reference
Total Cholesterol	203 mg/dL	Normal < 180 mg/dL
HDL Cholesterol	26 mg/dL	Normal M >40, F >50 mg/dL
TC-HDL Ratio	7.80	Normal < 4.5
Triglycerides	319 mg/dL	Normal < 150 mg/dL
LDL Cholesterol	113 mg/dL	Normal < 100 mg/dL
Vitamin D3	11.20 ng/ml	< 20 (Deficient); 20 to < 30 (Insufficient); 30 to 100 (Sufficient)
Serum Creatinine	0.76 mg/dL	Please see the values mentioned in the Lab report

BP: 115/81 mmHg; ECG: Sinus rhythm, Rate 58 /min, axis +15 degrees, PR 140 msec;

Impression - sinus bradycardia

Specific Notes: Ex-Smoker stopped 3 years ago, Dyslipidemia, vitamin D3 deficiency.

Life-style modifications and treatment for dyslipidemia and vitamin D3 deficiency

suggested. High risk for future cardiovascular events. To consult a cardiologist

Disclaimer CCIMT is ideally interpreted in light of other medical findings including diet, personal habits and life-style. Always consult your doctor for further management.