

**C O N F I D E N T I A L**

Tuesday, May 8, 2002

Dear Mrs. B,

This report evaluates your susceptibility to heart disease, stroke, and certain common cancers. It is based on information you supplied and measurements we took on Monday, May 1, 2002, at the California Institutes of Preventive Medicine offices in San Diego. Your Personal Health Profile is predictive and preventive. It is a supplement to medical care, not a substitute for it. Information in this report is specific for you. Growing older brings on some health risks by it reduces others, so being a 38 year old woman is itself a significant factor.

For instance, breast cancer is a disease typically occurring in mature women, not young girls and not men. The single most effective way to reduce the threat of breast cancer is breast self-examination. Learn this, from your doctor or from the free booklet available by calling the local chapter of the American Cancer Society, and do it regularly every month for the rest of your life. All you need know is whether you feel anything different from what was there the month before. Medical experts can then determine whether the change is significant or not. You doctor's examination or mammogram, important though each is, is old news in six months, just as today's newspaper will be. Only you can be there every month to give yourself the protection of current information

Height  
Weight  
Frame

You are 67 inches (5 feet 7 inches) tall. At 256 pounds, with a heavy frame, you are significantly overweight. Your excess weight gives you a 20% chance of developing serious heart disease within the next 20 years. Moreover, this weight increases your chance of developing new risks with aging, especially high blood pressure, elevated cholesterol, and diabetes, as well as worsening any you now have. The reasons for obesity are complex. The only simple thing is that it always is the result of eating more calories than your body needs. If you want permanent weight loss, it will be the result of combining increased physical activity (long distance walking is excellent) with behavior changes in terms of food selection and preparation. This is a concept different than "going on a diet." An organized approach with outside help is often necessary for long-term success. I suggest you call 619-555-1234 or look on the Internet at CAIPM.org and learn about the weight programs at the California Institutes of Preventive Medicine. Depression often underlies weight problems. If you sense this, you can discuss treatment options at your second visit of your Health Evaluation.

67 in.  
256 lbs  
Heavy

## C O N F I D E N T I A L

### Cigarette Smoking

Whereas anyone who is overweight is likely to see it as a social disadvantage, smoking has been skillfully advertised as a social grace. This, plus the fact that some find it enjoyable and relaxing, has made cigarette smoking a major public health problem in the United States. It is the main cause of emphysema and is strongly related to the development of coronary artery disease (heart attack). It is also the main cause of lung and bladder cancer. On a lesser scale, it is also known to cause premature wrinkling of the skin. The fact that you smoke about 25 cigarettes a day poses a measurable hazard giving the mortality risks normally present in a woman more than 10 years older. If you want to stop, and do so, you could end this increased risk for heart disease within a short time, and that for lung cancer within several years. If you need help stopping, call the California Institutes of Preventive Medicine or check out our website.

25 cigs/day

### Lung Function

Measuring how much air (Vital Capacity) you can hold in your lungs and how fast you can move it (FEV1) often allow us detect lung damage early. Because chronic lung disease takes years to develop, these two measurements may give you an opportunity to improve the way your lungs will work in future years.

VC = 2925 cc  
Pred = 3214 cc

The total volume of air you can move, your pulmonary vital capacity, is 2925 cc which is less than normal and presents a measurable risk, making your health age 0.6 years older than it otherwise would be. It would be wise to discuss treatment of your below normal vital capacity with a physician if you have not already done so. Public health authorities advise that you be immunized against influenza yearly, because influenza is a dangerous illness for people with impaired lung function. If you could improve your vital capacity to normal through stopping smoking, weight loss, medical treatment, or exercise, you would improve your Health age by 0.6 years.

### Blood Pressure

Next, it is time to consider those measurements having predictive significance for your heart. The first of these is blood pressure. Your blood pressure is 132/80. This is normal and of course is reassuring. It makes sense to have your blood pressure checked every year or two.

Systolic = 132  
Diastolic = 80

### Pulse

Another measurement having predictive significance for premature heart disease is the rate at which your heart beats. In both men and women pulse rate is a function predominantly of physical conditioning and the way external stresses affect you. Regular exercise improves pulse rate both by improving one's physical condition and because of its de-stressing effect. Your resting pulse rate was 73 heartbeats per minute. This rate is quite acceptable.

73 heartbeats  
per minute

## C O N F I D E N T I A L

Blood  
Fats

High cholesterol is bad for your heart, but what level is high for you? Surprisingly, the answer depends on measurements other than just your cholesterol level. Your cholesterol cannot be interpreted without more information than just the cholesterol count itself. Most people don't know this fact.

Your total blood cholesterol is 235 mg. This is elevated. We have also measured the protective HDL component of your cholesterol. The HDL portion is a newly understood, protective, component of the total cholesterol. HDL is just one of the factors important in interpreting total cholesterol levels. Your protective component is reduced at 50 mg. Taking this and the other key information into account, your overall cholesterol status presents a greater than necessary risk. This worsens your Health Age by 2.9 years. During your second visit we will check that this cholesterol elevation is not the result of untreated hypothyroidism, nor a side effect of certain medications. You should be aware that elevated total cholesterol typically can be lowered by weight loss, a low cholesterol diet, or new cholesterol lowering medications. Whichever you decide on after discussing this with Dr. Johnson, go back for follow-up to be certain the treatment is working. High cholesterol is often a lifetime problem so lifetime attention may be necessary. You could make your Health Age 2.9 years younger by getting your cholesterol down to 180. Fortunately, current treatments are effective and simple. High cholesterol is often a lifetime problem so lifetime attention may be necessary. You could make

Total = 235mg  
HDL = 50mg

Blood  
Sugar

Elevated blood sugar levels are closely linked to heart disease. In fact, the main importance of diabetes is that diabetics live shortened lives because of premature aging of their blood vessels. Since the blood sugar of a normal person return to fasting levels within two hours of eating, we depend absolutely on your statement that you have neither eaten nor drunk anything containing calories in the two hours prior to blood drawing.

Your blood sugar level is 95 mg, which is normal.

95 mg

# C O N F I D E N T I A L

## S U M M A R Y

We now have completed a review of all factors causing susceptibility to the three major causes of death in this country. First we gave you background information, then your measurement and its significance, and finally we pointed out what action would be required to improve your health and what degree of benefit could be obtained. Our goal is to help you grow older in as good a state of health as possible. No one wants to grow older dealing with the results of a stroke, heart attack, or lung cancer, especially when it might have been prevented by early action.

Let's tie all this together now and come to a conclusion. In the United States a healthy, low risk 38-year-old woman has a 99% likelihood of living at least another 10 years.

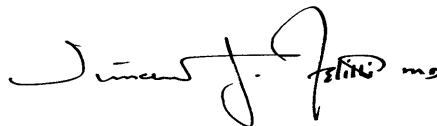
You have a 96% likelihood of living at least another ten years.

Health  
Risk Age

This is not desirable. Your Health Risk Age is more than ten years older than your actual age. While no 38-year-old woman will be happy with this projection, the good news is that this Personal Health Profile has given you the information you needed to pursue an opportunity you might not have known about. You should review this report to see how you can improve your health. It makes sense to work on the worst risks first. If you were to follow all the advice given, you could improve your Health Risk Age significantly.

We hope that this risk analysis will help you obtain maximum benefit from your regular medical care. You have our best wishes in this endeavor. We look forward to seeing you back for retesting after some changes have been made.

Sincerely yours.



Vincent J. Felitti, M.D.

P.S. Because you are at increased risk for coronary heart disease, you should be aware that there is evidence that selected patients can benefit from one aspirin every other day for a lifetime. Discuss this with your doctor if you have not already done so. And, finally, keep wearing seat belts. We doctors see the difference they make.

