

Know Your Number® Chronic Disease Risk Summary



KnowYourNumber
The Key To Proactive Good Health

Name: Test Sample 45 Male	Gender: Male
DOB, Age: 01/01/1970, 45	Ethnicity: Caucasian
Group: Demo Flex	Start Date: 05/11/2015
Fasting Status: Fasting*	Complete Date: 05/11/2015

<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	250	Pounds
Body Mass Index (BMI)	33.9	<25 kg/m²
Waist	42	<=40 Inches
Blood Pressure	145/79	<120/80 mmHg
Pulse Rate	80	60-100 bpm
Glucose	108	<100 mg/dL
Total Cholesterol	260	<200 mg/dL
HDL Cholesterol	39	>=40 mg/dL
LDL Cholesterol	191	<130 mg/dL
Triglycerides	149	<150 mg/dL

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

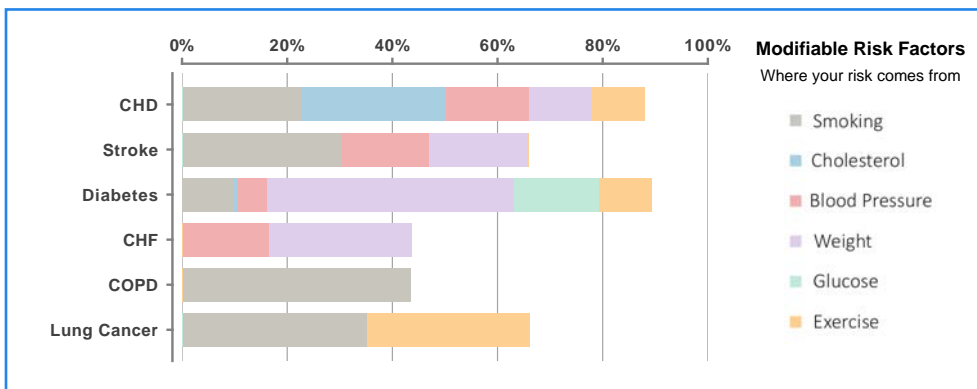
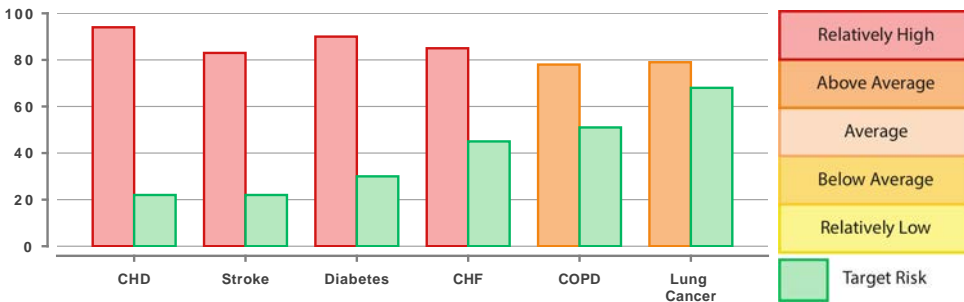
<200 Normal
200-239 Borderline High
≥240 High

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

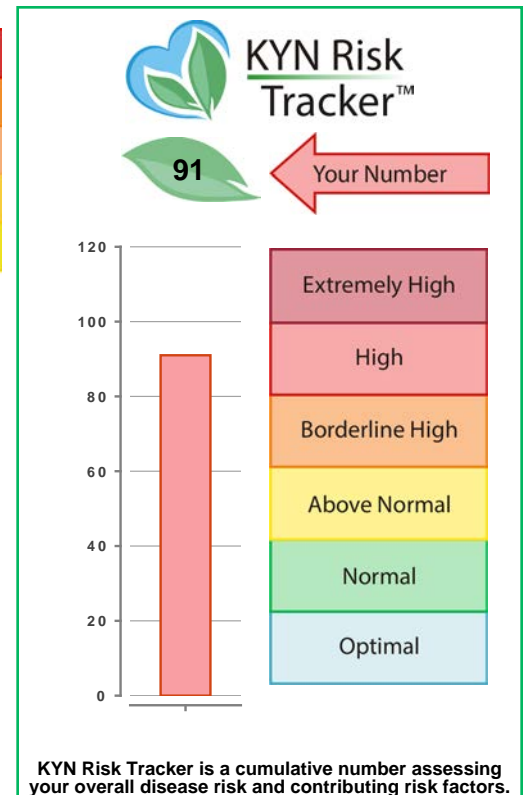
Metabolic Syndrome	Yes, >=3 of the following: Waist >40 ; Triglycerides >=150; HDL Cholesterol <40; Blood Pressure >=130/85; Blood Glucose >=100;
Explanation	A disorder defined by the co-occurrence of >= 3 factors (shown above) known to increase your risk for developing CHD, stroke, and diabetes
Lifestyle Factors	Low physical exercise; Current smoker 10 cig/day for 20 years

Risk	CHD ⁺	Stroke	Diabetes	CHF ⁺	COPD ⁺	Lung Cancer
Current 5-year risk of onset	11%	1.7%	14%	1.2%	5.3%	0.047%
Modifiable risk (% of risk within your control)	88%	66%	89%	44%	43%	66%
Risk percentile (compared to average 45-year old men)	94%	83%	90%	85%	78%	79%

Risk Percentile: Current vs. Target



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



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

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)