


## Welcome to the Preventive Medicine Center!

- + This is the summary of your answers to the Health Checker, registered on October 28 in 2023.

The results of the Health Checker are based on your answers. This report is not a medical diagnosis, nor is intended to replace clinical assessment performed by a health professional.

### Biometric data and other information


Female | Age 30-39 | Weight 102Kg | Height 1,56m


BMI	BODY FAT CONCENTRATION	SMOKING LOAD	YEARS W/O SMOKING
41,9 (Body Mass Index)		25,0 (Pack units per year)	<1

- + At this age, you should annually check the values for the main cardiovascular risk factors (weight, cholesterol, diabetes, and blood pressure), maintain gynecology follow-up, watch out for excesses (diet, smoking, alcoholic beverages), and manage the stress levels.
- + Your BMI (Body Mass Index) value indicates that you are above normal body weight, meaning obesity - class III (equal to or greater than 40 kg/m<sup>2</sup>). However, please note that this index does not distinguish lean mass, fat mass, bone density and fluids, nor their distribution. The interpretation of the BMI should be associated with other indicators such as: waist circumference, and any particular health condition, or other physiological state (example: pregnancy or postpartum).
- + According to the image you have chosen, you have localized fat in the abdomen and lower limbs, which is a situation that must be controlled and monitored, being a risk factor for the development of diseases (cardiovascular, diabetes and others). The risk increases when the waist circumference is greater than 80 cm in women and 94 cm in men.
- + Your smoking load is the quantification of tobacco exposure throughout life. A pack-year unit is equivalent to one pack of cigarettes smoked everyday, for a year. The greater the smoking load, the higher the risk of diseases associated with smoking. To quit smoking was an important decision. Note that after 10 years, the risk of lung cancer reduces by half, and after 15 years, the risk of coronary disease is similar to that of a non-smoker.

### Health problems

- + You replied that you have some health problems/concerns, so you should be followed up by your doctor and/or health team.

 Sleep disturbances

 Diabetes

### Family history of disease

- + Genetic predisposition can cause or aggravate certain diseases. Sharing your family history of illness with your healthcare team enables an early diagnosis and the adoption of a personalized care plan, minimizing risks.
- Doença oncológica (cancro)
- + If someone in your immediate family has cancer, you should assess your individual risk with your doctor.

### Cardiovascular risk factors

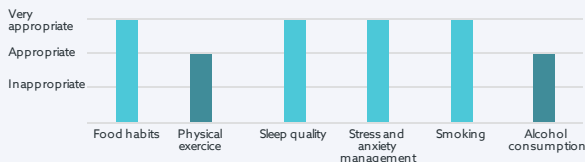
 High BMI

 Diabetes

 Abdominal fat

- + Cardiovascular diseases are one of the major causes of mortality and poor quality of life.
- + The main risk factors are: high blood pressure, high cholesterol, diabetes, overweight, large waist circumference, smoking and a family history of disease. Keep a proactive surveillance of these risk factors.
- + When 1 risk factor exists, cardiovascular risk is already considered to exist.

### Health habits and lifestyle



- + A healthy lifestyle is essential to have quality of life, today and in the future, which implies having a healthy and balanced diet, avoiding sedentary behavior and practicing physical exercise, controlling the levels of stress, maintaining good sleep routines, avoiding alcohol consumption and not smoking.
- + Your daily choices make a difference.
- + Your answers indicate that you have an overall healthy and adequate lifestyle.

### lorem

- + Hospital da Luz has multidisciplinary teams that can follow you up and guide you in everything related to your health.
- + Have a healthy diet that suits my needs

### You can choose here your healthcare team

- + Family doctor
- + lorem
- + lorem
- + lorem
- + Mental coach





+ Based on your answers, Hospital da Luz offers you +  
different solutions.



Sleep Quality Improvement Program

Read more



Exercise and Physical Activity Program

Read more



Food Reeducation and Weight Management Program

Read more



Cardiovascular Risk Reduction Program

Read more



Cancer Risk Reduction Program

Read more

## The Hospital da Luz Preventive Medicine Center has personalized Health and Wellness Programs that can help you improve your health and quality of life

This Report is based on the information provided by you in the answers to the questions previously posed. The purpose is to guide and provide general health information. Therefore, this is not a clinical report, nor should it be used in replacement of recommendations and/or treatments indicated by an assisting doctor or health professional. The results herein presented are not diagnosis or recommendations of treatment, nor are intended to replace medical consultation/assessment. Furthermore, the results presented in this report may be influenced by some relevant pathology, medical testing, treatment, medication, clinical history, and other factors that require previous assessment by a health professional. In case of doubt or important decision-making based on the results provided in this Report, we recommend that you consult a health professional and confirm the results.

## Hospital da Luz Network



- Hospitals and Clinics at national level, including Madeira

## lorem

- Urgent and programmed video consultations



- Clinical screening available by phone (single national number)
- 24 hours a day, 365 days a year
- Adults and children
- Individualized referral to the nearest Hospital da Luz or urgent video consultation

## LUZ ON



- Loyalty Program
- Individualized Health Programs



## Information about Health



- Information about Health
- Advice for a healthier lifestyle

## MY LUZ



- Consultations and exams scheduling, video consultation
- Personal data recording or health data import from other applications
- Admission to consultations and exams
- Prescription of exams or medication
- Access to results of exams
- lorem

