

Welcome to the Preventive Medicine and Longevity Center

- + This is the summary of your answers to the Health Checker, registered on november 17 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



70 Kg

HEIGHT



1,80 m

BMI

21,6

(Body Mass Index)

BODY FAT CONCENTRATION



SMOKING LOAD

1,5

(Pack units per year)

YEARS W/O SMOKING

-

- + 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 have a normal body weight (18.5 to 24.9 kg/m²). 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 do not have localized fat in the abdomen or lower limbs. The risk of cardiovascular and metabolic diseases increases when the waist circumference is greater than 80 cm in women and 94 cm in men.

- + It is important to quit smoking. The 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. Any smoking load is harmful to health. Smoking is associated with the main causes of death in the world. A long-term active smoker loses, on average, 10 years of life.



Health conditions

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



Sleep disturbances



Difficulty in concentration and/or memory



Joint and/or muscle pain



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.

- Cardiac | Stroke

- Oncological (cancer)

- + If someone in your immediate family has cancer and cardiovascular disease, you should assess your individual risk with your doctor.



Cardiovascular risk factors



Smoking



Family history

- + When 1 risk factor exists, cardiovascular risk is already considered to exist.
- + 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.



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 should review some of your habits and lifestyle.



What would you like to improve in your health?

- + Quit smoking
- + Have a healthier diet that suits my needs
- + Reduce anxiety and stress | Preventing burnout"
- + Hospital da Luz has multidisciplinary teams that can follow you up and guide you in everything related to your health.



Choose here your health team

Hospital da Luz, always by your side in every stage of life.

- + Family doctor
- + Dentist
- + Nutritionist
- + Physiologist
- + Psychologist





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

The Hospital da Luz Preventive Medicine Center has a dedicated team of professionals and comprehensive services that can help you improve your health and quality of life.



Smoking Cessation

[Read more](#)



Sleep Medicine

[Read more](#)



Sports Medicine

[Read more](#)



Nutrition

[Read more](#)



Psychology

[Read more](#)

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

Hospital da Luz Network

- Hospitals and Clinics at national level, including Madeira

Hospital da Luz Digital

- Urgent and programmed video consultations

LUZ 24

LUZ 24

☎ 217 104 424

- 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

HOSPITAL DA LUZ

Get to know the 360-degree range of services that Hospital da Luz provides for you and your family.

Information about Health

- Information about Health
- Advice for a healthier lifestyle

MY LUZ

MY LUZ

SEMPRE ONLINE CONSIGO

- Consultations and exams scheduling, video consultation
- Personal data recording or health data import from other systems
- Admission to consultations and exams
- Prescription of exams or medication
- Access to results of exams
- Make payments and consult invoices

LUZ 24

☎ 217 104 424