



HELIOS

Health for Life in Singapore

DD/MM/YYYY

PARTICIPANT'S NAME
PARTICIPANT'S ADDRESS

Re: Participant report from the HELIOS research study

Thank you for participating in the Health for Life in Singapore (HELIOS) Study.

We are pleased to provide a report showing your results from our research. Also enclosed is a booklet that provides the background information about these measurements, as applicable to the general population. We would like to highlight our partnership of supporting Doctors, who can help guide you if you need further medical advice. You can also contact the HELIOS team for initial advice on +65 6904 7077.

Please note that the tests were carried out in the context of a health assessment done for research purposes. The results should therefore not be directly used for clinical diagnosis or treatment decisions. Possible abnormalities should be verified in a clinical setting, in discussion with a qualified medical practitioner, before taking any specific action.

We greatly appreciate your participation in our study and hope that you find the accompanying report helpful.

Yours sincerely,

*Prof John Chambers/Dr. Lee Eng Sing
On behalf of the HELIOS Study Principal Investigators
A joint project of NTU Lee Kong Chian School of Medicine and National Healthcare Group*

*The HELIOS study: Lee Kong Chian School of Medicine, Novena Campus, Clinical Sciences Building, Level 18,
11 Mandalay Road, 308232*

PARTICIPANT REPORT



CONFIDENTIAL

Visit date : DD/MM/YYYY

Report date : DD/MM/YYYY

ID : PARTICIPANT'S ID

Gender : Male



Medical History

Smoking : YES
Diabetes : YES
Hypertension : YES
Cardiovascular disease : NO

Medications

ASPIRIN. GINKO BERRY EXTRACT. AMLODIPINE. NEUROBION. VITAMIN C. VITAMIN D + B12.

Measurements

Height 165.4 cm
Weight 67.1 kg Ideal values
Body Mass Index 24.8 kg/m² * 18.5 to 23 kg/m²
Waist circumference 95.6 cm * M<90 cm, F<80 cm
Systolic BP : 125 mmHg <140 mmHg
Diastolic BP : 72 mmHg <90 mmHg

Blood test results

Total Cholesterol	3	mmol/L	Sodium	146	mmol/L *
HDL Cholesterol	1	mmol/L	Potassium	4.4	mmol/L
Triglycerides	1.1	mmol/L	Urea	32	mg/dL
LDL Cholesterol	1.5	mmol/L	Creatinine	82	umol/L
Glucose	5.6	mmol/L	Haemoglobin	13.8	g/dL
HbA1c	7.3	% *	MCV	93	fL
			White cell count	8.7	x10 ⁹ /L
			Platelet count	329	x10 ⁹ /L

ECG interpretation

Minor

- Minor findings that can be normal variation and that are unlikely to be of clinical significance

This report comprises the results of a health assessment done for research purposes. The medical history and medication list are as informed by the study members during the visit. Any possible abnormalities identified are highlighted with a "*" above and should be discussed with a qualified medical practitioner for further advice. Please also refer to the accompanying booklet "An explanation of your results". You can also contact the SG100K team for initial advice on +65 69057077.

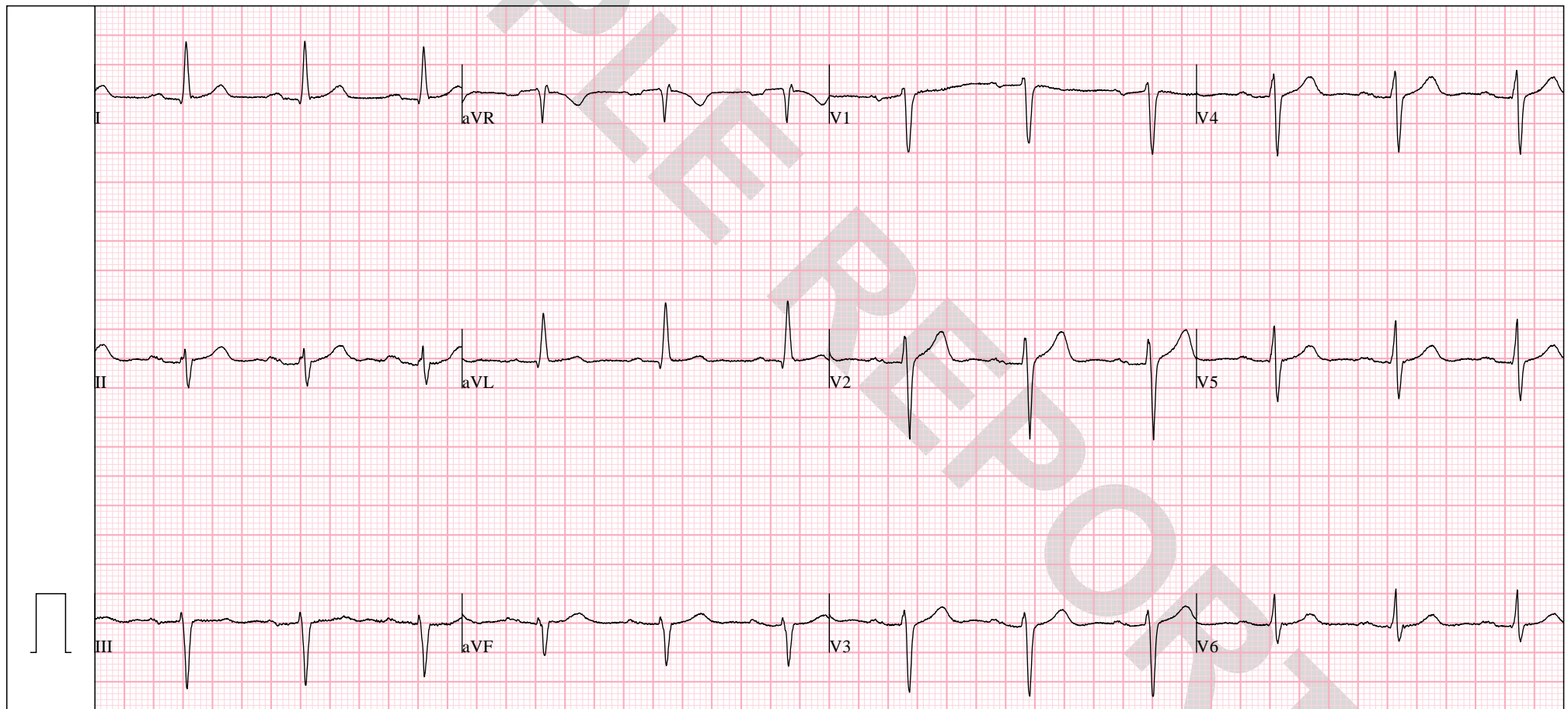
The HELIOS study: Clinical Sciences Building, Lee Kong Chian School of Medicine, 11 Mandalay Road, 308232

REF : SG100K/PARTICIPANT'S ID

Male
XX Years

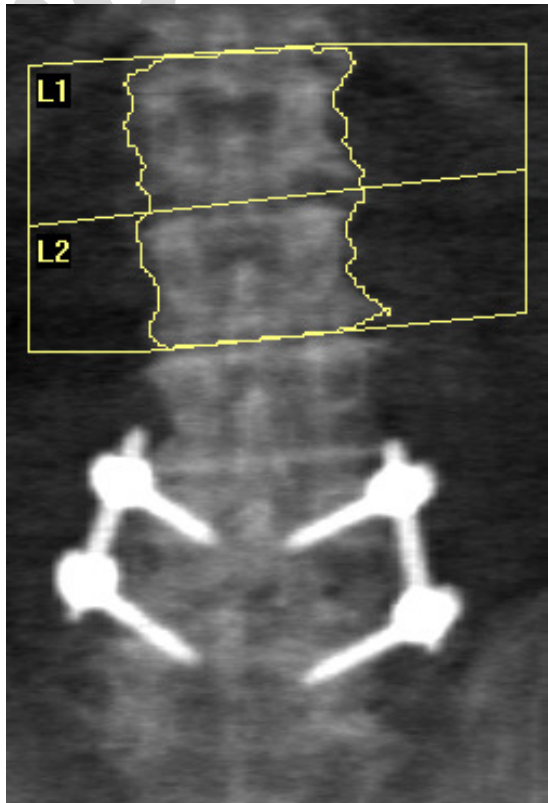
QRS : 98 ms
QT / QTcBaz : 386 / 425 ms
PR : 210 ms
P : 112 ms
RR / PP : 824 / 821 ms
P / QRS / T : 35 / -34 / 39 degrees

Sinus rhythm with 1st degree AV block
Left axis deviation
Abnormal ECG



Name: PARTICIPANT'S ID	Sex: Male	Height: 165.4 cm
Patient ID:	Ethnicity: Singapore	Weight: 67.1 kg
DOB: DD Month YYYY		Age: XX

Referring Physician:



Scan Information:

Scan Date: XX Month YYYY ID:
 Scan Type: f Lumbar Spine
 Analysis:
 Operator:
 Model: Horizon W (S/N 303583M)
 Comment:

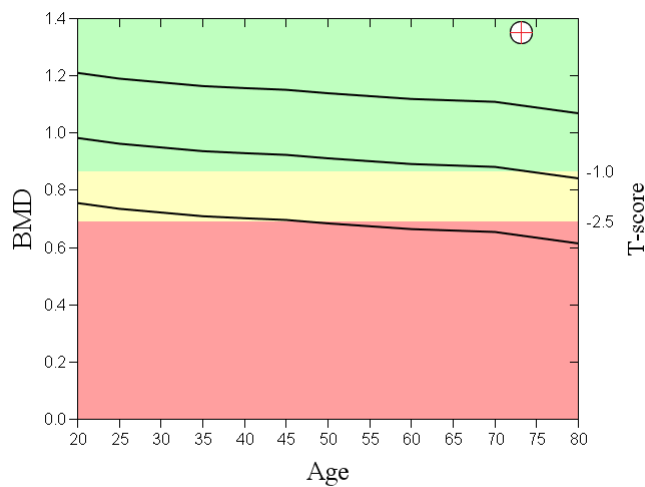
DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T - score	Z - score
L1	17.69	22.70	1.283	2.8	3.9
L2	16.19	23.05	1.423	3.3	4.0
Total	33.88	45.75	1.350	3.2	4.2

Total BMD CV 1.0%, ACF = 1.047, BCF = 1.032, TH = 7.901

Image not for diagnostic use
 k = 1.134, d0 = 46.9
 116 x 72
 DAP: 1.9 cGy*cm²

Total



Comment:

T-score vs. Singapore Male. Source:@ Singapore Reference Z-score vs. Singapore Male. Source:@ Singapore Reference

Name: PARTICIPANT'S ID	Sex: Male	Height: 165.4 cm
Patient ID:	Ethnicity: Singapore	Weight: 67.1 kg
DOB: DD Month YYYY		Age: XX

Referring Physician:

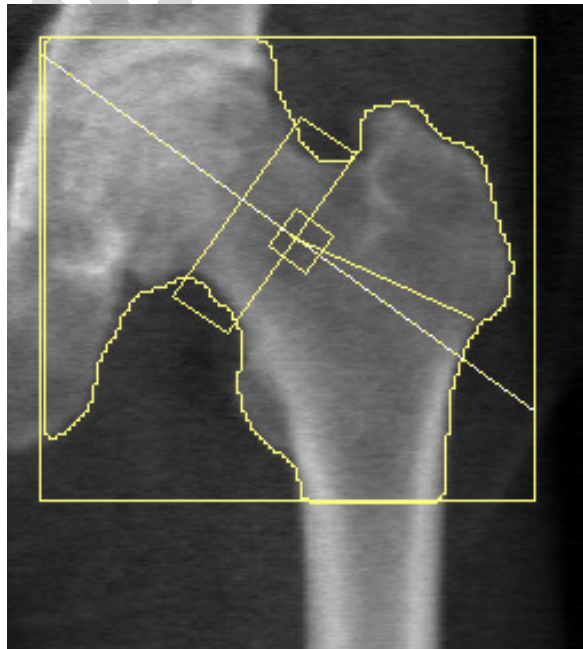


Image not for diagnostic use
 k = 1.145, d0 = 52.2
 109 x 102
 NECK: 49 x 15
 DAP: 1.4 cGy*cm²

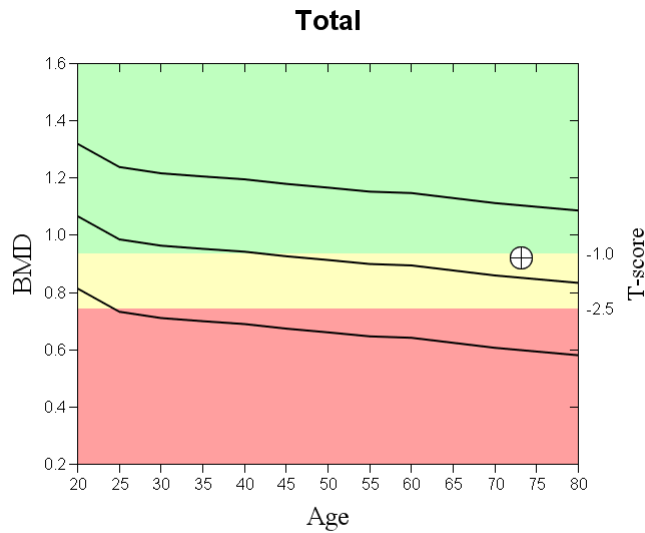
Scan Information:

Scan Date: XX Month YYYY ID:
 Scan Type: f Left Hip
 Analysis:
 Operator:
 Model: Horizon W (S/N 303583M)
 Comment:

DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T - score	Z - score
Neck	6.12	5.39	0.880	-0.7	1.4
Total	42.34	38.96	0.920	-1.1	0.5

Total BMD CV 1.0%, ACF = 1.047, BCF = 1.032, TH = 5.364



Comment:

T-score vs. Singapore Male. Source:@ Singapore Reference Z-score vs. Singapore Male.
 Source:@ Singapore Reference