



WELLNESS-SCREENING

Wellness-Index

Name: Exempel kund

Visit Date: 16/2/2024

68%

You have completed a wellness-screening—a digital, non-invasive, and clinically evaluated health assessment that provides valuable insights into 30 key markers across five areas of health. This screening is not intended to diagnose diseases. Instead, our goal is to identify opportunities for lifestyle and wellness treatments, allowing us to create personalized plans that enhance your well-being, combat degenerative processes, and support healthy aging.



Physical Fitness



Metabolic Health



Stress and Mental Health



Immune Health



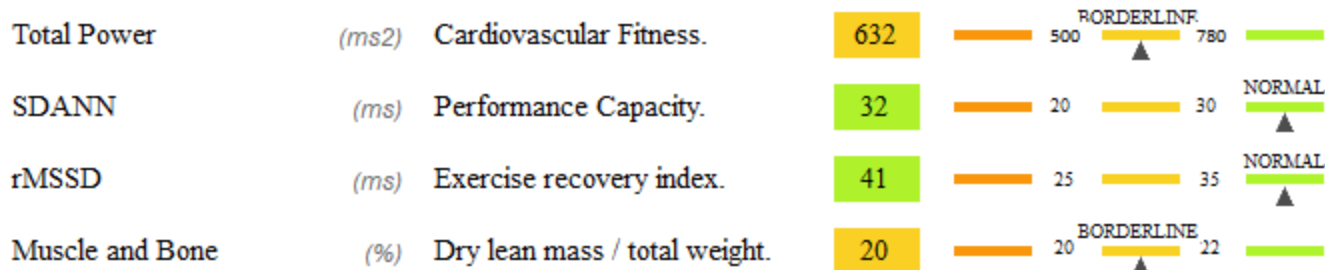
Cardiovascular Health



Client Name:	Exempel kund	HR:	64	Client Name:	
Gender:	Female	Height:	164	Clinic or Hospital:	
DOB:	13/5/1972	Visit Date:	16/2/2024	Address:	
Age:	52	Weight:	75	Referral:	
		Visit Time:	14:13		
		BMI:	27,9		

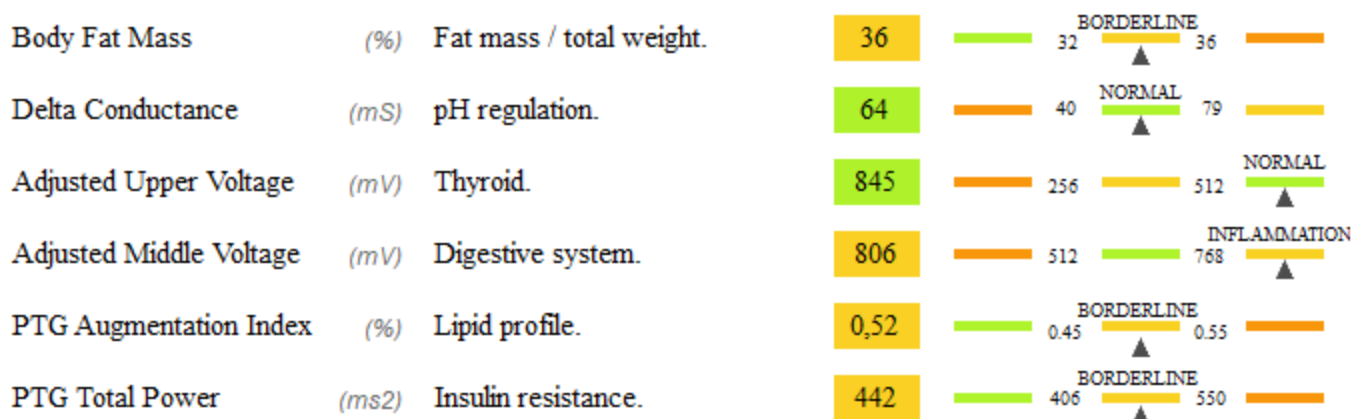
Physical Fitness

Physical fitness is a state of health and well-being that allows individuals to perform daily activities and without excessive fatigue. It encompasses several components, including cardiovascular endurance, muscle strength, recovery, and overall performance capacity. Maintaining physical fitness improves not only the ability to perform physical tasks, but also enhances overall health and can reduce the risk of chronic diseases, improve mental health, and increase longevity.



Metabolic Health

Metabolic health refers to the proper functioning of metabolic processes in the body, which are essential for maintaining energy balance, growth, and overall well-being. Good metabolic health is characterized by efficient energy production, nutrient utilization, and waste elimination. It involves a complex interplay of systems, such as hormonal regulation, digestion, and lipid metabolism. Maintaining optimal metabolic health reduces the risk of chronic diseases such as diabetes, cardiovascular disease, and obesity.





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Stress and Mental Health

The autonomic nervous system (ANS) plays a key role in regulating involuntary physiological functions, including heart rate, blood pressure, respiration, and digestion, all of which are crucially affected by stress. The ANS consists of two main branches: the sympathetic nervous system (SNS) and the parasympathetic nervous system (PNS). The SNS activates the body's "fight or flight" response during stress or intense activity, increasing heart rate and blood pressure to prepare the body for action. In contrast, the PNS supports "rest and digest" functions, helping to slow the heart rate, promote relaxation, and enhance digestion. A balanced interaction between the SNS and PNS is essential for managing stress and maintaining overall autonomic health. Chronic stress can lead to SNS dominance, where the body remains in a heightened state of alertness, potentially leading to fatigue, decreased immunity, and other health issues.

Our wellness-screening includes an evaluation of specific ANS markers that reveal how the body responds to stress and its ability to regulate autonomic functions in various conditions, such as sitting, controlled breathing, and standing. Additionally, we assess levels of neurotransmitters like serotonin and dopamine, which are closely tied to mood and mental well-being. Dopamine supports motivation and reward responses, while serotonin contributes to mood stability and a sense of calm. By understanding these markers, we gain a comprehensive view of your stress levels, mental health, and overall resilience, helping to identify areas where lifestyle adjustments can support balance and well-being.

LF/HF	(ratio)	Mental stress.	1,1	NORMAL	2	3,5	
Power HF	(ms ²)	Recovery capacity.	32		15	22	NORMAL
Pressure/HR Regulation	(mmHg/bpm)	SP/HR Regulation.	1,0		0,6	1,1	BORDERLINE
Noradrenergic Response	(mmHg)	Sympathetic failure.	-5	NORMAL	10	30	
K30/15 Ratio		HR response to standing.	1,15	ABNORMAL	1,39	1,46	
Expiration / Inspiration Ratio		HR response to challenge.	1,39		1,15	1,18	NORMAL
Foot Sweat Peak	(mV)	Oxidative stress.	794		486	832	BORDERLINE
Forehead Right Voltage	(mV)	Brain serotonin level.	576		128	256	NORMAL
Forehead Left Voltage	(mV)	Brain dopamine level.	474	NORMAL	768	1000	



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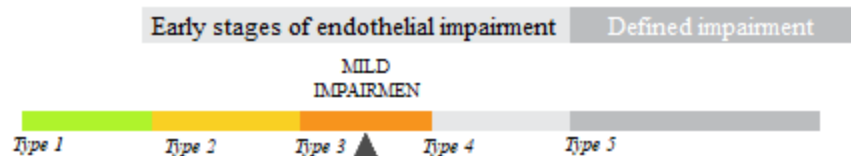
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Cardiovascular Health

Cardiovascular health refers to the proper functioning of the heart and blood vessels, ensuring that oxygen and nutrients are efficiently delivered to tissues throughout the body. Good cardiovascular health is crucial for overall well-being and longevity, as it reduces the risk of heart disease, stroke, and other cardiovascular conditions. By assessing various wellness markers, we can gain valuable insights into the efficiency, strength, and resilience of the cardiovascular system.

SpO2	(%)	Blood oxygen saturation.	97	
Systolic Pressure	(mmHg)	Maximal artery pressure.	110	
Diastolic Pressure	(mmHg)	Minimal artery pressure.	78	
Stroke Volume	(ml/beat)	Blood pumped / beat.	52	
Cardiac Output	(l/min)	Blood pumped / minute.	3,3	
Foot Nitric Oxide Peak	(mV)	Microcirculation.	794	
PTG SD Index	(ratio)	Vascular tone.	0,84	
PTG VLF Index	(Vs / mS)	Coagulation.	57	

ENDOTHELIAL DYSFUNCTION RISK CHART



CLIENT AGE 52

VASCULAR AGE 57

Immune Health

Immune response refers to the body's ability to defend against infections, diseases, and other harmful invaders while avoiding attacks on its own tissues. A well-functioning immune system is essential for health, as it protects the body and managing inflammatory responses. Assessing markers related to the immune system provides insights into the body's ability to fight

Inflammation	(%)	C-Reactive protein.	174	
Immune Response	(Vs)	Immune system.	29,0	



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Physical Fitness

Cardiovascular Fitness - Total Power

Cardiovascular fitness, measured through total power, reflects the heart's ability to pump blood efficiently and the body's ability to deliver oxygen and nutrients to muscles during exercise. High total power indicates a strong cardiovascular system that can sustain physical activity by efficiently delivering oxygen to working muscles. Better cardiovascular fitness is associated with a lower risk of heart disease, as a strong heart pumps blood more effectively, reducing strain on the cardiovascular system. Individuals with higher total power often experience increased energy levels and reduced fatigue during daily activities and exercise. However, several factors can lower total power, including stress, chronic inflammation, overtraining, inactivity, dehydration, certain medications, and an unhealthy diet.

Performance Capacity – SDANN

Performance capacity, measured from (SDANN) serves as an indicator of your VO₂, which is your body's ability to consume oxygen. Higher SDANN values generally reflect better performance capacity and overall fitness. Athletes and physically fit individuals typically have higher SDANN values, reflecting their ability to efficiently respond to physical exertion. However, several factors can interfere with this marker. These include issues with microcirculation, anemia, lung problems, certain medications, stress, hypothyroidism, digestive problems, inactivity, and overtraining. If your SDANN is lower, it suggests reduced performance capacity, but addressing these interfering factors can help improve your VO₂ max and overall fitness.

Exercise Recovery Index – RMSSD

The exercise recovery index, measured by rMSSD, indicates how quickly your body recovers after exercise and returns to baseline. Fast recovery is important for overall fitness and reflects good parasympathetic function, which is responsible for 'rest and digest' activities. Proper relaxation after exercise is crucial as it helps speed up recovery. Factors like stress, neck problems, and other physical issues can interfere with this marker. If your rMSSD is lower, it suggests slower recovery, but managing stress, addressing neck problems, maintaining overall health, and ensuring you relax adequately after exercise can help improve your recovery index.

Muscle and Bone Mass / Dry lean mass

Muscle- and bone mass percentage refers to the proportion of an individual's total body weight that is composed of muscle and bone tissue. It is a key indicator of muscle strength and physical capacity. Higher muscle and bone mass percentages are associated with greater strength, power, and endurance. This contributes to better performance in both aerobic and anaerobic activities, supports metabolic health, and aids in injury prevention and overall physical resilience.

Assessing these markers provides a comprehensive picture of an individual's physical fitness. Each marker offers unique insights into different aspects of fitness, from cardiovascular endurance and performance capacity to recovery and muscle strength. By understanding and optimising these markers, individuals can enhance their physical performance, improve health outcomes, and achieve their fitness goals more effectively.



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Metabolic Health

Fat Mass in %

Fat mass refers to the total amount of fat tissue in your body and is a crucial marker of metabolic health. Maintaining a balanced fat mass is essential for overall well-being. Too much fat mass can slow down metabolism and increase the risk of cardiovascular diseases, diabetes, hypertension, and certain cancers, while also reducing mobility and quality of life. Conversely, too little fat mass can lead to hormonal imbalances, weakened immune function, decreased bone density, increased injury risk and reduced energy levels. Achieving an optimal fat mass through a balanced diet and appropriate exercise enhances metabolic health, overall health, and quality of life.

pH Regulation

pH regulation involves maintaining the body's acid-base balance, which is crucial for enzyme activity and overall metabolic functions. Proper pH regulation ensures optimal conditions for metabolic processes. Imbalances can lead to metabolic acidosis or alkalosis, disrupting normal cellular functions and metabolic pathways. A pH level below the reference area indicates acidity, while a level above the reference area can indicate alkalosis or dehydration.

Thyroid Function

The thyroid gland produces hormones (T3 and T4) that regulate metabolism, influencing how the body uses energy, produces heat, and consumes oxygen. Hypothyroidism, a condition where the thyroid produces too little of these hormones, can lead to metabolic disturbances, affecting weight, energy levels, and overall metabolic rate. Proper thyroid function is essential for maintaining metabolic homeostasis. This marker provides an indication of hypothyroidism, note that thyroid hormone levels fluctuate throughout the day. TSH (Thyroid Stimulating Hormone) stimulates the thyroid gland to produce T3 and T4, and its levels can vary as well. Regular monitoring and consideration of these fluctuations are needed for an accurate assessment of thyroid function.

Digestive System

The digestive system is responsible for breaking down food, absorbing nutrients, and eliminating waste. It also hosts a complex microbiome that influences metabolic processes. Efficient digestion and nutrient absorption are crucial for maintaining energy balance and metabolic health. If your digestive system marker is below the reference area, it may indicate chronic inflammation, which can impair nutrient absorption and lead to various health issues. Conversely, if the marker is above the reference area, it suggests inflammation with an active response. Dysbiosis, an imbalance in gut microbiota, can contribute to metabolic disorders, inflammation, and insulin resistance. Maintaining a healthy digestive system is essential for overall metabolic health and well-being.

Lipid Profile

The lipid profile includes total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides. It is a key indicator of lipid metabolism and overall metabolic health. Dyslipidemia (abnormal cholesterol levels) is a component of metabolic syndrome and sometimes linked to an increased risk of cardiovascular disease. Proper lipid metabolism is crucial for maintaining cell membrane integrity and hormone synthesis.

Insulin Resistance

Insulin resistance is a condition in which the body's cells become less responsive to the hormone insulin, resulting in higher blood glucose levels and increased insulin production. This condition is a key component of metabolic syndrome and is closely linked to obesity and chronic inflammation. Insulin resistance can lead to type 2 diabetes and other metabolic disturbances, significantly impacting overall health and energy balance.



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Stress and Mental Health

LF/HF Ratio - Stress

The LF/HF ratio is a measure derived from heart rate variability (HRV) that reflects the balance between sympathetic (LF: low frequency) and parasympathetic (HF: high frequency) activity. Higher LF/HF ratios indicate greater sympathetic dominance, which is typical in stressful situations or when the body is in a state of alert, known as the 'fight or flight' response. Lower LF/HF ratios suggest that sympathetic activity is not dominant compared to parasympathetic activity.

HF – Recovery capacity

Power HF (High Frequency) is a measure derived from heart rate variability (HRV) that reflects parasympathetic activity, which is associated with the body's ability to relax, recover, and digest. High parasympathetic activity indicates that the body is in a state of rest and recovery, engaging in 'rest and digest' functions. If the Power HF is below the reference area, it suggests that parasympathetic activity is low. This can occur with or without sympathetic dominance. When parasympathetic activity is low, the body's ability to relax and recover is diminished. This might lead to prolonged stress responses and a reduced ability to handle stress effectively. Maintaining adequate parasympathetic activity is essential for overall health, as it helps balance the stress response and promotes recovery.

Pressure Heart Rate Regulation - standing up

Baroreceptors are sensors in the cardiovascular system that detect changes in blood pressure and send signals to the brain. When you stand up, your body initially experiences a drop in blood pressure due to gravity pulling blood towards your legs. The baroreceptors detect this change and send a signal to the brain, which activates the sympathetic nervous system. This leads to an increase in heart rate and constriction of blood vessels to raise blood pressure and ensure adequate blood flow to the brain and vital organs. Effective baroreceptor function indicates a well-regulated autonomic response to positional changes, maintaining blood pressure and heart rate stability.

Noradrenergic Response - Standing up

The noradrenergic response involves the release of norepinephrine (noradrenaline) by the sympathetic nervous system, which increases heart rate and blood pressure during stress or physical challenges like standing up. A robust noradrenergic response indicates strong sympathetic activation, preparing the body to meet physical demands.

K30/15: Parasympathetic Response to Standing Up

When you stand up, your body initially experiences a drop in blood pressure due to gravity pulling blood towards your legs. The sympathetic nervous system quickly responds by increasing your heart rate and constricting blood vessels to raise blood pressure and ensure adequate blood flow to your brain and vital organs. Following this initial response, the parasympathetic nervous system helps bring your heart rate and blood pressure back to baseline levels, promoting a balanced autonomic response. The K30/15 ratio measures the heart rate response to standing up over a period of 45 seconds. In the first 30 seconds after standing, the heart rate typically increases as the sympathetic nervous system responds to the initial drop in blood pressure. In the last 15 seconds, the heart rate should decrease as the parasympathetic nervous system works to bring it back to baseline. A higher K30/15 ratio suggests a strong parasympathetic response.



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Stress and Mental Health

Heart Rate Response to Challenge – Breathing

Heart rate response to breathing involves measuring how heart rate varies with different breathing patterns, reflecting the balance between sympathetic and parasympathetic activity. Greater heart rate variability during breathing exercises indicates stronger parasympathetic activity and better autonomic regulation. This measure helps assess how well the body can shift between sympathetic dominance and parasympathetic dominance.

Oxidative Stress

Oxidative stress is a condition where there is an imbalance between free radicals and antioxidants in the body, leading to potential damage to cells, nerves, and tissues. One marker we assess in this context is the activity of C-fibre nerves attached to the sweat gland. High oxidative stress can damage these small nerve fibers, affecting their function. Damage to C-fibre nerves can disrupt autonomic regulation, leading to health issues. Monitoring oxidative stress is crucial for understanding its impact on the autonomic nervous system (ANS) and taking steps to mitigate these effects. By including oxidative stress measures and C-fibre nerve activity under the stress and ANS function area, we emphasize the significant impact oxidative stress can have on autonomic regulation and nerve health.

Serotonin

Serotonin is a neurotransmitter that plays a key role in mood regulation, sleep, and overall well-being. It can also act as a hormone, influencing various bodily functions, including the cardiovascular and digestive systems. Higher serotonin levels as a neurotransmitter are linked to better sleep, improved mood, and reduced stress, promoting parasympathetic activity and relaxation. This helps regulate heart rate and blood pressure, contributing to overall autonomic balance. In our evaluation, we measure serotonin specifically as a neurotransmitter. We aim to ensure levels are above the reference area because low serotonin can lead to poor sleep, increased stress, and reduced parasympathetic activity. Although we don't have a reference area for excessively high serotonin, note that very high levels can also be problematic.

Dopamine

Dopamine is a key neurotransmitter involved in the brain's reward and pleasure systems. It plays an essential role in motor control and regulates various autonomic functions. Dopamine is linked to increased sympathetic activity, enhancing alertness, motivation, and the body's readiness to respond to stressors. Under stress, dopamine levels often rise, enabling the body to better manage challenges through heightened sympathetic activation. In our assessment, lower marker values indicate higher dopamine levels, while higher values suggest lower dopamine levels. Deviations in this area can be associated with conditions like ADHD, which can affect attention, motivation, and executive function.

Including serotonin and dopamine in the assessment provides a unique and comprehensive understanding of the interplay between neurochemical and autonomic functions in stress responses. Serotonin acts as a calming influence, promoting parasympathetic activity, while dopamine drives activity and alertness, enhancing sympathetic responses. These neurotransmitters, much like the sympathetic and parasympathetic systems, work together to maintain balance in the body's response to stress and recovery. By evaluating these markers, we gain deeper insights into an individual's stress response mechanisms and autonomic function, leading to better strategies for managing stress and promoting overall health.



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Cardiovascular Health

Endothelial function refers to the performance of the endothelium, the thin layer of cells lining the blood vessels. This layer plays a critical role in vascular health by regulating blood flow, blood vessel dilation and constriction, blood clotting, and immune function. The endothelium produces nitric oxide, a molecule that helps blood vessels relax and dilate, improving blood flow and reducing blood pressure. Nitric oxide also has anti-inflammatory properties and can help prevent the adhesion of white blood cells to the vessel wall, reducing inflammation. Endothelial dysfunction occurs when the endothelium loses its normal function, which can interfere with several aspects of health. Chronic inflammation may result from endothelial dysfunction, contributing to atherosclerosis (plaque buildup in arteries) and other cardiovascular diseases. Poor regulation of blood flow can lead to reduced oxygen and nutrient delivery to tissues, affecting organ function and contributing to conditions like peripheral artery disease. Poor endothelial function is often observed in diabetes, contributing to vascular complications associated with the disease. Endothelial dysfunction can affect kidney function and contribute to the progression of chronic kidney disease. Impaired endothelial function can reduce blood flow, contributing to erectile dysfunction in men.

Improving endothelial function involves consuming a diet rich in fruits, vegetables, whole grains, and healthy fats. Regular physical activity promotes nitric oxide production and improves blood vessel health. Avoiding smoking is crucial, as smoking damages the endothelium and accelerates the process of atherosclerosis. Managing stress through techniques such as meditation and deep breathing exercises can benefit endothelial function.

Oxygen Saturation

Oxygen saturation (SpO₂) measures the percentage of hemoglobin in the blood that is saturated with oxygen, indicating how much oxygen the blood is carrying relative to its maximum capacity. High oxygen saturation levels generally suggest that a large proportion of hemoglobin in the red blood cells is bound with oxygen, which is a good sign of respiratory efficiency. However, note that oxygen saturation does not directly measure how well oxygen is being delivered to or used by tissues. Low oxygen saturation can be caused by conditions such as anemia, sleep apnea, and asthma. Additionally, if you are a smoker, you may have seemingly good oxygen saturation values because carbon monoxide from cigarettes binds to hemoglobin, which can give a false reading on oximeters. This can lead to lower actual oxygen saturation.

Blood Pressure

Hypertension, commonly known as high blood pressure, is a condition where the force of the blood against the artery walls is too high. We measure blood pressure using two values: Systolic Pressure (the top number): This represents the pressure in your blood vessels when your heart beats. It indicates how much pressure your blood is exerting against your artery walls when the heart contracts. Diastolic Pressure (the bottom number): This represents the pressure in your blood vessels when your heart rests between beats. It indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

Stroke Volume

Stroke volume refers to the amount of blood ejected by the heart in one contraction. If your stroke volume is in the green area, it is considered optimal. A slightly higher stroke volume can be normal for athletes, indicating a strong and efficient heart. However, persistently high stroke volume over a long period can lead to an enlarged heart, which may be caused by factors such as chronic stress. Conversely, a low stroke volume may indicate a weaker heart. Maintaining an optimal stroke volume is crucial for effective cardiovascular function and overall heart health.



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Cardiovascular Health

Cardiac Output

Cardiac output is the total volume of blood the heart pumps per minute, calculated as stroke volume multiplied by heart rate. If stroke volume is low, the heart rate typically increases to restore the minute volume. Medications such as beta-blockers can interfere with this compensation mechanism. Additionally, stress can increase the demand on the heart, impacting cardiac output. Hypoxia, or low oxygen levels, can also lead to a higher minute volume as the body attempts to increase oxygen delivery to tissues. High cardiac output can be normal during exercise or stress. However, persistently high cardiac output may indicate conditions such as hyperthyroidism or other metabolic disorders. Low cardiac output suggests inadequate blood flow to meet the body's needs, leading to insufficient oxygen and nutrient delivery to tissues. Maintaining optimal cardiac output is essential for ensuring that tissues receive sufficient oxygen and nutrients, supporting overall health and function.

Microcirculation

Microcirculation refers to the circulation of blood in the smallest blood vessels, including capillaries, arterioles, and venules. These vessels play a crucial role in delivering oxygen and nutrients to tissues and removing waste products. Unlike larger blood vessels, which primarily transport blood to and from the heart, microcirculation directly impacts tissue health at the cellular level. Efficient microcirculation ensures that all tissues receive adequate oxygen and essential nutrients, which are vital for cellular metabolism and function. This supports the health and repair of tissues throughout the body. Proper microcirculation also facilitates the removal of carbon dioxide and metabolic waste products from tissues, maintaining a healthy cellular environment and preventing the buildup of toxins.

Vascular Tone

Vascular tone refers to the degree of constriction or dilation of blood vessels, particularly the small arteries and arterioles, which regulate blood flow and blood pressure. The autonomic nervous system (ANS) plays a crucial role in controlling vascular tone through the sympathetic and parasympathetic nervous systems. The sympathetic nervous system typically causes vasoconstriction (narrowing of blood vessels), while the parasympathetic nervous system promotes vasodilation (widening of blood vessels). The balance between these actions ensures that blood flow is appropriately regulated according to the body's need.

Coagulation

Coagulation is the process by which blood forms clots to prevent excessive bleeding when blood vessels are injured. This complex process involves the activation of platelets and a cascade of clotting factors that work together to form a stable clot. Coagulation is regulated by various proteins and enzymes in the blood, ensuring that clots form appropriately to stop bleeding while also preventing unnecessary or excessive clotting that could obstruct blood flow. This marker is compared to fibrinogen levels in the blood, a key protein involved in the clotting process. We can only measure high fibrinogen levels, which indicate an increased risk of excessive clotting and associated health issues.



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Immune Health

Immune response refers to the body's ability to defend against infections, diseases, and other harmful invaders while avoiding attacks on its own tissues. A well-functioning immune system is essential for overall health, protecting the body from pathogens and managing inflammatory responses. Assessing markers related to immune response provides insights into the body's ability to fight infections and manage inflammation, which is crucial for maintaining health and preventing chronic diseases.

Low-grade inflammation/stress index

Low-grade inflammation is a chronic, mild state of systemic inflammation that occurs when the immune system remains persistently activated at a low level. This ongoing activation can both stem from and contribute to a weakened immune response over time. A low immune response may lead to low-grade inflammation as the body struggles to maintain its defences, and in turn, prolonged low-grade inflammation can exhaust the immune system further, leading to a cycle that gradually weakens immune resilience.

Unlike acute inflammation, which is a short-term, localized response to injury or infection, low-grade inflammation is systemic, meaning it affects the whole body rather than specific areas, such as joints. This type of inflammation cannot be used to pinpoint specific areas of inflammation, such as joint inflammation, but rather is measured through markers like C-reactive protein (CRP) levels in the blood. Recognizing and managing low-grade inflammation is essential, as it can be a silent contributor to chronic diseases and overall immune fatigue.

Immune Response

The immune response is the body's defence mechanism against infections, diseases, and foreign substances. It involves both specific (adaptive) and non-specific (innate) immune systems. A balanced and effective immune response is crucial for maintaining health and preventing diseases. A robust immune response indicates a healthy immune system capable of effectively combating infections and preventing illness. Conversely, an overactive or underactive immune response can lead to health problems. We can only measure low immune response.

You have completed a wellness-screening—a digital, non-invasive, and clinically evaluated health assessment. This screening provides guidelines on your health status to help you understand how to prevent health issues and how your body responds to your lifestyle choices. Please note that this is not a diagnostic tool; it is designed to offer guidance on wellness and lifestyle adjustments and should not replace medical diagnosis. If you have health concerns or symptoms, please consult a healthcare provider. This screening complies with GDPR regulations, is FDA-approved, and CE-marked.

We wish you continued success on your wellness journey!