

M. C. Hart - BioData

As at: 28th May, 2018			
Measure	Value	Acceptable	
Weight	10st 3½lb	10st 10lb [68kg]	[65.09kg]
Weight lost since 1/1/18	21½lb [13.0%]		[9.75kg]
BMI	23.88	20-25	[Achieved: 2nd April 2018]
Fat% [Accu-Measure]	17.0	19-26%	[Jackson & Pollard ideal:]
Fat% [Empo]	17.6	18-25% [Average]	Age:55+ 20.9%
Fat% [US Navy]	17.75	18-25% [Average]	[Neck,Abdomen,Height]
Fat% [Original YMCA]	17.57	18-25% [Average]	[Abdomen,Weight]
Fat% [Modified YMCA]	20.25	18-25% [Average]	[Abdomen,Weight]
Fat% [GeoMetric Mean]	18.00	18-25% [Average]	
WHR	0.892	Average: 0.9-0.95	33/37
WHtR	0.508	0.5 maximum?	33/65

Notes	
1.	Good source of measurement techniques
2.	Reducing weight (BMI) will not necessarily alter WHR if both reduce in the same proportion.
3.	'Cut-points for predicting whole body obesity was 0.53 in men.' {Swainson.M. <i>et. al.</i> [2017] }
4.	'YLL' (Years of Life Lost) 70 yr male, WHtR 0.51: (interpolated) 0.05 years (2.6 weeks)
5.	% 70 yr male, at or over WHtR 0.51: 88% {calculated from Ashwell. M. <i>et. al.</i> [2014] }
6.	Body Fat Formula [US Navy]: $86.010 * \text{LOG}(\text{abdomen} - \text{neck}) - 70.041 * \text{LOG}(\text{height}) + 36.76$
7.	Body Fat Calculator [US Navy]
8.	Body Fat Formula [Modified YMCA]: $((-0.082(\text{weight}) + 4.15 (\text{abdomen}) - 94.42)/\text{weight}) * 100$
9.	Body Fat Formula [Original YMCA]: $((-0.082(\text{weight}) + 4.15 (\text{abdomen}) - 98.42)/\text{weight}) * 100$
10.	Body Fat Calculator [YMCA]

M. C. Hart - BioStats

As at: 18th May, 2018		
Date/Measure	Value	Comment
18th May 2018		
HbA1c	41 [5.9%] i.e. Normal	Trigger level:48 - was 51 in Autumn 2017 [Formula to convert mmol/mol to %: (New number/10.929)+2.15]
Cholesterol	4.3	
[HDL]	2.1	
[non HDL]	2.2	

Liver	normal	
Kidney	normal	
PSA	5.3	Was 5.4 [...PSA velocity over a year should be less than 0.75 ng/mL]
BP	130/68	Bit low?

Reference points	
1.	Normal HbA1c
2.	Cholesterol
3.	PSA
4.	PSA_by_age
5.	PSA Chart

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M. C. Hart - BioProc

As at: 24th May, 2018

Date	Procedure	Hospital	Clinic	Comments
Tuesday, 9th January, 2018	Gastroscopy	Alexandra	Endoscopy unit	Barrett's oesophagus diagnosed
Tuesday, 20th February, 2018	Gastroscopy	Alexandra	Endoscopy unit	'Raw' area now healed
Wednesday, 21st March, 2018	Diabetic Retinopathy	BHI Parkside	Clinic room	<i>Result:</i> Normal [letter 12 April 2018]
Sunday, 29th April 2018	Colonoscopy	Alexandra	Endoscopy unit	2 Polyps found, 1 removed
Friday, 4th May, 2018	Digital Rectal Examination [DRE]	Alexandra	Outpatients	DRE performed, no change, PSA now 5.3
Sunday, 20th May, 2018	Colonoscopy	Worcester Royal	Endoscopy	Sessile polyp tattooed, biopsies taken
Monday, 21st May, 2018	CT Scan	Kidderminster	Imaging Centre	
Thursday, 24th May, 2018	MRI Scan	Worcester Royal	X-Ray Dept	

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Signature

[BioData](#) - Tables of height, weight and fat measurements with appropriate links

[BioStats](#) - Table of biomedical data recorded from GP records [Dr. Koteckar] on Friday, 18th May 2018

[BioProc](#) - Table of various medical investigations taken during 2018

[M.C.Hart signature:](#)

A handwritten signature in black ink on a white background. The signature reads "M. c. Hart" in a cursive style, with a long horizontal line underneath the name.

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