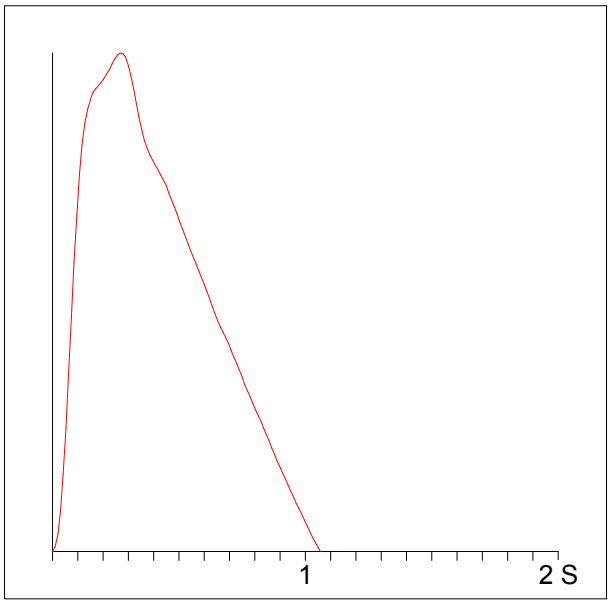
Organisation Name

This report has been prepared for: Geoff Bond 29/09/2009

Date of Birth:	12/09/1943	Age:	66	Gender:	Male
Height:	173 Cm	Weight:	70.00 Kg	BMI:	23.4
Smoker:	Non Smoker	Blood Pressure:		Ref ID:	

Your Bio-Clip Plus test was taken on: 12/09/2009

Your Pulse Wave



Vascular Age:	**51 (45 - 57)**
Heart Rate:	56 BPM
SI:	9.3 (6.4 - 15.4) m/s
RI:	76 %
SP02 (Oxygenation):	99 %

Notes:

Good! Your Vascular Age has tested 51, which is close to or lower then your Chronological Age This means that your cardiovascular system as tested by Bio-Clip Plus is similar to or better than a 'normal healthy' person of your age and gender.

Is the result different from your last reading? Many factors can influence your Vascular Age such as: sleep, stress, alcohol, exercise, time of day and many more. Gain a better understanding of your Vascular Age and how it is influenced by these factors by testing on a frequent basis.

A **low** Vascular Age in comparison to your chronological age is a good thing; keep it that way by ensuring a healthy lifestyle. Please visit our website, www.bio-clip.com for ideas on how to lower your Vascular Age. Remember that this test and the result do not replace the necessity, service or advice of medical professionals in any way. Nor does a low Vascular Age guarantee immunity from other diseases or cardiovascular events.

Your Vascular Age was 51

What does my vascular age tell me?

This is an instantly recognisable figure that tells you how your levels of health and fitness are compared to our database.
If it is higher than your chronological age, we recommend you speak to your health professional for guidance, but don't worry there are steps that can be taken to help lower your vascular age. A few suggestions are:
Good Hydration
Regular exercise
Dietary changes
Supplementation
Stop smoking
Lower alcohol consumption.
If your test shows you to be younger - Congratulations!

Heart Rate

Your Heart Rate is 56 BPM

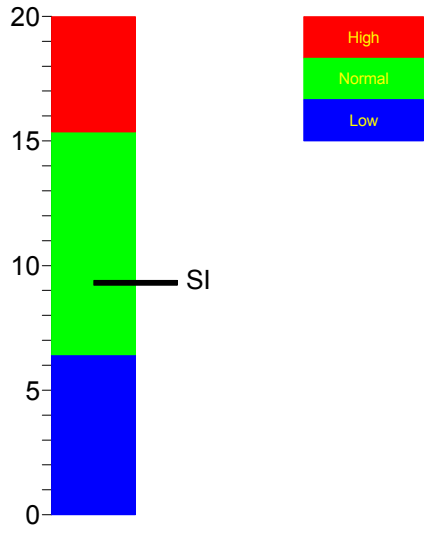
Heart rate is measured in beats per minute (bpm) and will vary throughout the day depending upon your activities. The chart will give you an indication of where you should be:

Resting Heart Rate

AGE	18-25	25-36	36-45	46-55	56-65	65+
ATHELETE	49-55	49-54	50-56	50-57	51-56	50-55
EXCEL'T	56-61	55-61	57-62	58-63	57-61	56-61
GOOD	62-65	62-65	63-66	64-67	62-67	62-65
ABOVE_AV	66-69	66-70	67-70	68-71	68-71	66-69
AVERAGE	70-73	71-74	71-75	72-76	72-75	70-73
BELOW_AV	74-81	75-81	76-82	77-83	76-81	74-79
POOR	82+	82+	83+	84+	82+	80+

Stiffness Index (SI)

Your Stiffness Index is 9.31 m/s



What is this?

When your heart beats, it produces a pressure wave, known as pulse wave (PW).
The PW travels at certain speed, pulse wave velocity (PWV).
The speed of your PWV is measured in meters per seconds (m/s). The speed of the PW is determined by the stiffness of the arteries. The more flexible the artery, the slower is the PWV.

Put simply If your reading was below two thirds of the height of the green section on the bar graph, you can consider this as a good result. If however your reading is towards the top of the green bar or into the red section you might like to consider reviewing your life style, smoking, exercise, food intake, hydration, stress control and supplementation.

Please remember the readings are a snapshot of your system at the time of test. The cardiovascular system is a dynamic organ and can be affected by many things, including stress, this is why we recommend regular testing so that you can see the trend over a time period, rather than just one test in isolation.

Reflection Index (RI)

Your Reflection Index is 76%

What is this?

RI is a measure of the percentage of the pressure wave (PW) that is reflected back from a point where the artery narrows or bifurcates.

An easy way to understand this is as follows, imagine you throw a stone into the middle of a small pond, ripples or small waves move outwards from the centre. When they reach the edge of the pond they are reflected back towards the centre, but by the time they return to the centre they have lost some of their energy and are smaller than when they started. The more stressed the endothelium (The inner lining of the artery) is the less energy will be absolved and the higher your RI or Reflected Index will be.

Anything influencing peripheral vascular tone, for example caffeine intake or exercise may influence RI. So in a normal subject RI varies between 60-90% but it is not uncommon to get even lower figures than this.

Your test shows this percentage of reflected PW.

SPO2

Your SPO2 result is 99.0%

SPO2 is a measurment of the amount of oxygen attached to the haemoglobin cell in the circulatory system. Put simply, it is the amount of oxygen being carried by the red blood cells in the blood. SpO2 is given in as a percentage, normal is around 96%.
The 'S' stands for saturation. P stands for Pulse O2 = Oxygen.
Vey simply: SPO2 goes up and down according to how well a person is respiring (breathing) and how well the blood is being pumped around the body. However, like most things in physiology, it is more complicated than this.

You can increase your SPO2 reading simply by breathing deeply; this can be monitored on the finger clip. The average SP02 for a fit person is normally 96% or above.

Body Mass Index (BMI)

Your BMI result is 23.4

What is BMI?

The body mass index (BMI), or Quetelet index, is a statistical measurment which compares the body fat, it is a useful tool to estimate a healthy body weight based on how tall a person is. Due to its ease of measurement and calculations, it is the most widely used diagnostic tool to identify obesity problems within a population.

Body mass index is defined as the individual's body weight dividied by the square of their height. The formulas universally used in medicine produces a unit of measure of kg/m2.

BMI readings do not differentiate between muscle and body fat so they can only be used for guidance. The commonly accepted interpretation of the figures for both Men and Women is as follows:

BMI less than 18 = Underweight

BMI 18 to 25 = Normal

BMI 25 to 30 = Overweight

BMI 30 plus = Obese