



# 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

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/m<sup>2</sup> \* 18.5 to 23 kg/m<sup>2</sup>  
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
Uric acid	4.4	mg/dL	White cell count	8.7	x10 <sup>9</sup> /L
			Platelet count	329	x10 <sup>9</sup> /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.

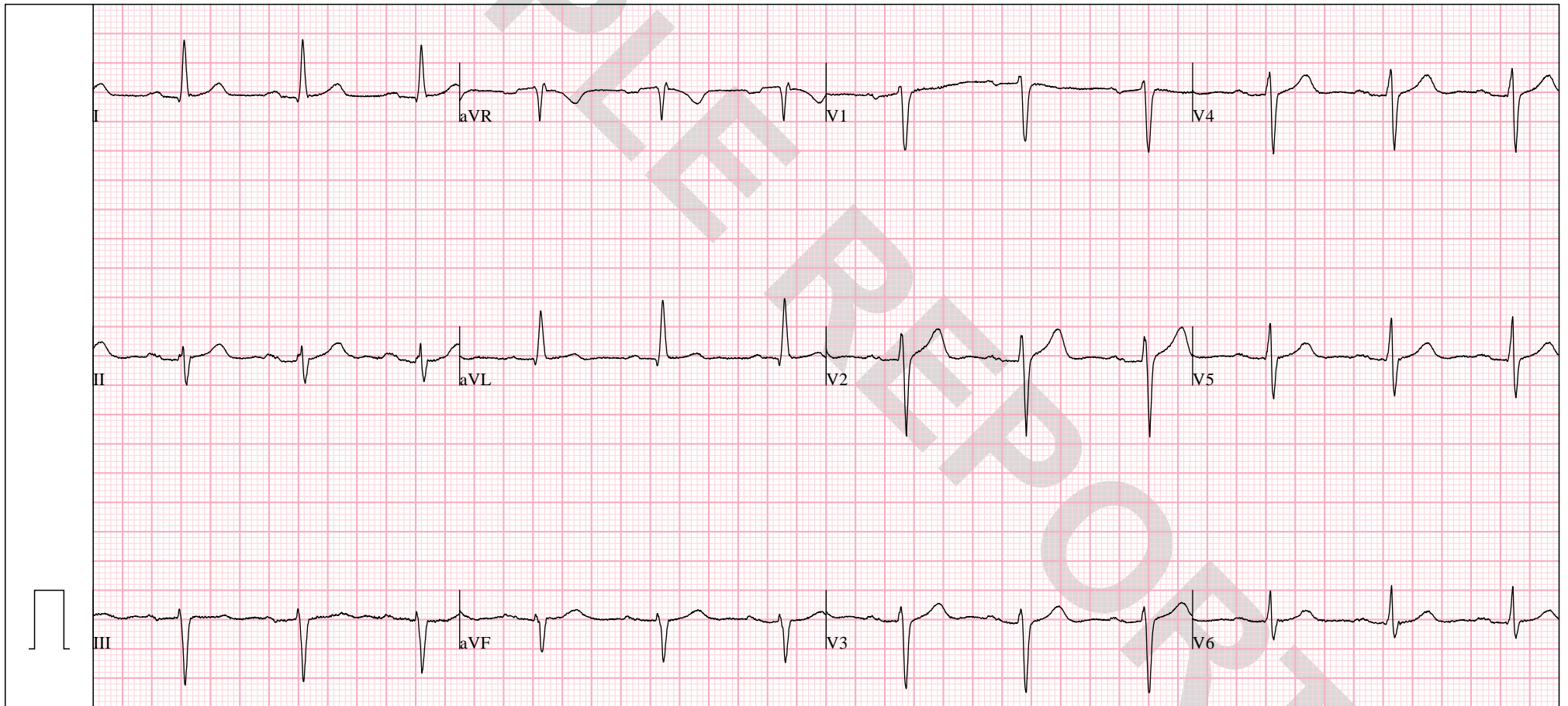
The HELIOS study: Clinical Sciences Building, Lee Kong Chian School of Medicine, 11 Mandalay Road, 308232

REF : SG100K/PARTICIPANT'S ID

Male  
XX Years

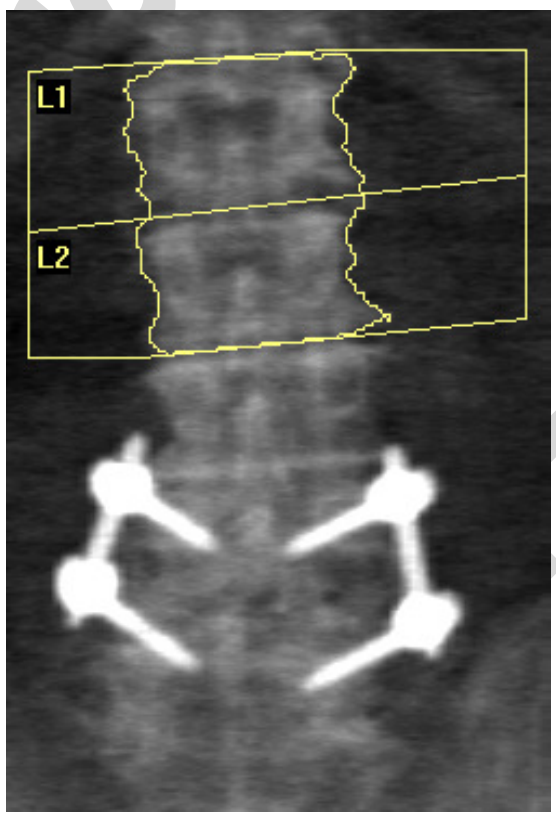
QRS : 98 ms  
QT / QTcBaz : 386 / 425 ms  
PR : 210 ms  
P : 112 ms  
RR / PP : 824 / 821 ms  
P / QRS / T : 35 / -34 / 39 degrees

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:**

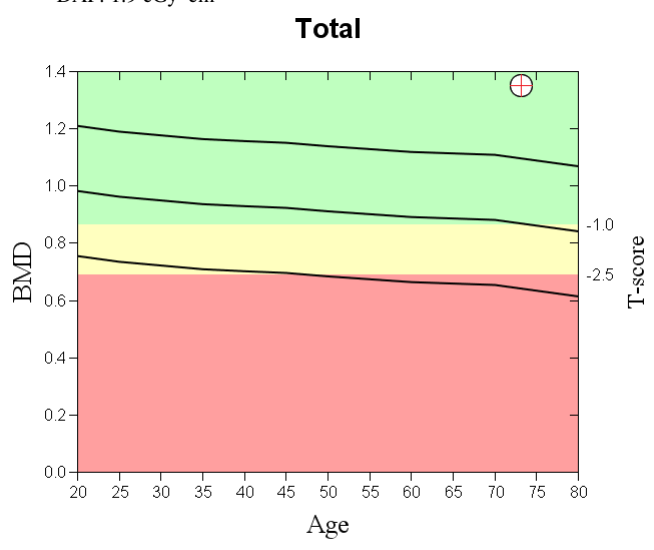
Scan Date: XX Month YYYY ID:  
 Scan Type: f Lumbar Spine  
 Analysis:  
 Operator:  
 Model: Horizon W (S/N 303583M)  
 Comment:

**DXA Results Summary:**

Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	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
<b>Total</b>	<b>33.88</b>	<b>45.75</b>	<b>1.350</b>	<b>3.2</b>	<b>4.2</b>

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\*cm<sup>2</sup>

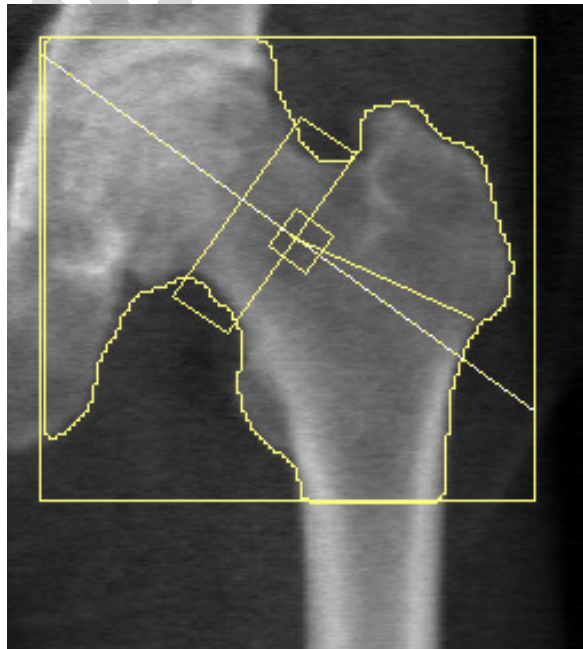


**Comment:**

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:



**Scan Information:**

Scan Date: XX Month YYYY ID:  
 Scan Type: f Left Hip  
 Analysis:

Operator:  
 Model: Horizon W (S/N 303583M)  
 Comment:

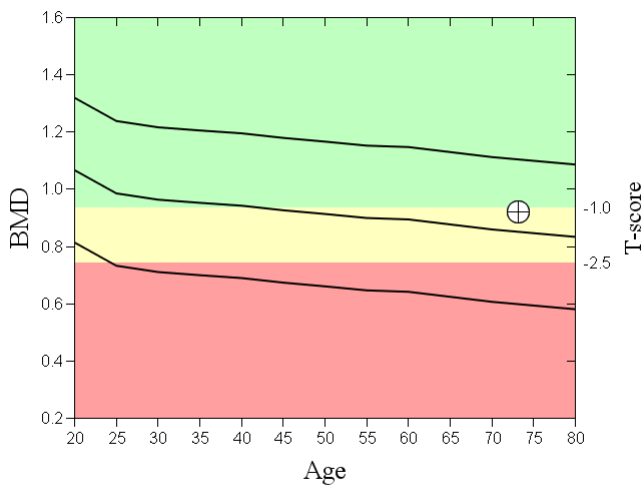
**DXA Results Summary:**

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

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

Image not for diagnostic use  
 k = 1.145, d0 = 52.2  
 109 x 102  
 NECK: 49 x 15  
 DAP: 1.4 cGy\*cm<sup>2</sup>

**Total**



**Comment:**

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