Visit 3 Results Report

We would like to thank you for your participation in The Long Life Family Study. These tests were done for research purposes only and were not intended to diagnose any health problems. We encourage you to share them with your doctor. If you have any questions, please call XXXX, LLFS Study Coordinator at XXX-XXX-XXXX.

Name: _____

Date of Visit: _____

Blood Pressure

_____ _____ _____ / _____ _____ _____ **mm HG**

Systolic **Diastolic**

		Systolic	Blood	Pressure	(mm Hg)
		<120	**120-129**	**130-139**	**≥140**
Diastolic	**<80**	Normal	Elevated	Stage 1	Stage 2
Blood	**80-89**	Stage 1	Stage 1	Stage 1	Stage 2
Pressure (mm Hg)	**≥90**	Stage 2	Stage 2	Stage 2	Stage 2

From: American College of Cardiology/American Heart Association 2017 recommended Blood Pressure guidelines. Classification based on the average of two or more readings on two or more occasions.

Follow-up Criteria for Initial BP Measurement for Adults Aged 18 Years or Older[3]:

BP Range, mm Hg	Recommended Follow-up
Diastolic BP:	
< 80	Have your blood pressure rechecked within 2 years
80-89	Have your blood pressure rechecked within 1 year
90-99	See your doctor about your blood pressure within 2 months
100-109	See your doctor about your blood pressure within 1 month
110- 119	See your doctor about your blood pressure within 2 weeks
≥120	See your doctor about your blood pressure immediately
Systolic BP, when DBP <90 mm Hg:	
< 120	Have your blood pressure rechecked within 2 years
120-139	Have your blood pressure rechecked within 1 year
140-159	See your doctor about your blood pressure within 2 months
160-179	See your doctor about your blood pressure within 1 month
180-209	See your doctor about your blood pressure within 2 weeks
≥210	See your doctor about your blood pressure immediately

[3]When recommendations for follow-up of diastolic blood pressure and systolic blood pressure are different, the shorter recommended time for recheck and referral should take precedence.

Based on your blood pressure taken today, it is recommended that you:

- ☐ Have your blood pressure rechecked within 2 years
- ☐ Have your blood pressure rechecked within 1 year
- ☐ Have your blood pressure rechecked within 2 months
- ☐ See your doctor about your blood pressure within 1 month
- ☐ See your doctor about your blood pressure within 2 weeks
- ☐ See your doctor about your blood pressure immediately

If you have any specific questions about your blood pressure, please talk with your doctor.

Body Composition

Height: _____ **cm** _____ **feet** _____ **inches**

Weight: _____ _____ **kg** _____ _____ _____ **pounds**

Body Mass Index: Body mass index (BMI) is a measure of body fat based on height and weight that applies to both adult men and women. The left column lists height. Move across to a given weight (in pounds). The number at the top of the column is the BMI at that height and weight. Pounds have been rounded off.

BMI less than 25 is normal; 25.0 to 29.9 is overweight; 30 or greater is obese. BMI may **overestimate** body fat in athletes and others who have a muscular build or **underestimate** body fat in older persons and others who have lost muscle mass.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (ft, in)	Body Weight (pounds)																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5' 0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5' 1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5' 2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5' 3'	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5' 4'	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5' 5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5' 6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5' 7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5' 8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5' 9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6' 0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6' 1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6' 2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6' 3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
6' 4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

Ankle-Arm Blood Pressure

Peripheral arterial disease is a blockage of the arteries in the legs that can show up as a reduced systolic blood pressure in the legs. During your visit, the systolic blood pressure of the arms and ankles were measured. The results of the ratio between your ankle systolic blood pressure and your arm systolic blood pressure is shown in the table below.

Normal results are ankle/arm ratios >0.9 and <1.30.

Your results were:

Blood Flow Measurement Results

	Ankle/ Arm Ratio	Normal	Out of Range
Left leg			
Right leg			

A blockage in the legs, usually due to atherosclerosis, frequently means there could be atherosclerosis in other parts of the body, including the heart and brain. This test was done for research purposes only and was not intended to diagnose any health problems. However, we encourage you to share these results with your doctor.

Lung Function Tests

Lung Function Test	Your Value	Usual Normal Range
FEV_6* total amount of air you blew out of your lungs	_____ % of Predicted	70% and greater
FEV_1: amount of air you were able to blow out in the first second)	_____ % of Predicted	70% and greater
FEV_1/FEV_6* ratio of the other two volumes	_____	60% and greater (men) 65% and greater (women)

* Information for your doctor: FEV_6 is a valid approximation of FVC

☐ The lung function test was not performed or lung function could not be determined accurately.

☐ Your values are within the normal range or above; your lung function is normal.

☐ Your values are below the usual range; your lung function is somewhat below normal. About 5% of healthy people have values just below the normal range.