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AI Health Assessment Report

Prepared by: Phoenix Medical Clinic – European Centre of Medicine

Type of examination: Functional assessment of organs, physiological systems, and tissues based on data derived from **AI Intelligent Medical Analysis**.

This report presents a structured functional evaluation of the body's regulatory systems, integrating bioinformational data generated through AI-supported analysis.

Patient	Assessment details
Name: XXXXXXXXXX	Age: XX | BMI: 26.23
Date of assessment	xxxxxxxxxxx
Date of preparation	xxxxxxxxxxx

Understanding this report

Xxxx, this report brings together your assessment findings and explains the areas of health they concern. Each section describes the role of that part of your body, its relevance to everyday wellbeing and the practical steps that may be useful for you.

This assessment is one part of your health picture. Its findings should be considered alongside your symptoms, medical history, examination and established medical tests before deciding on a diagnosis or treatment. The percentages below are the recorded assessment results, rather than percentages of how well an organ works.

There are 45 findings outside the supplied reference ranges. These are explained below using everyday language. ↑ means above the supplied range; ↓ means below it. Related findings are brought together in the summary and action plan.

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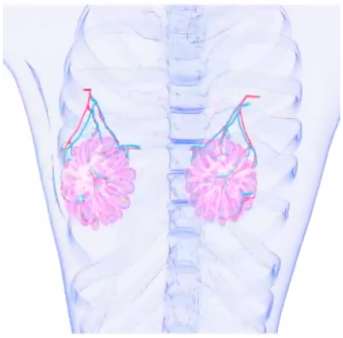
SECTION I — SYSTEM-BY-SYSTEM OVERVIEW

Introduction:

This section provides a high-level overview of the eight major functional systems assessed during the scan. It highlights areas that appear to be functioning well and those that may benefit from closer clinical attention. The findings do not represent a medical diagnosis but may help identify areas of functional imbalance that could explain current symptoms or guide future investigations.



Eight Circulatory Systems

Glandular Integrative	80%	Oxidative interstitial	88%
Microcirculatory	86%	Endocrine	83%
Cardio-cerebrovascular	80%	Neuromediator	77%
Somatic identification	83%	Comprehensive metabolic	82%

Overall analysis — **Peer Stage Health Index :75.00**

Overall age-related assessment: 75.00. This is the overall result recorded for your assessment at age 72. The eight areas below explain how the detailed findings fit together.

Hormone-producing glands — 80%

Your glands produce hormones, the chemical messengers that help different parts of your body work together. They influence energy, temperature, blood sugar and calcium balance. Your highlighted findings concern the thyroid, calcium-regulating glands, insulin and reproductive hormones. For your everyday health, the relevant areas are steady energy, temperature comfort, nourishment and bone protection.

Small blood vessels and tissue circulation — 86%

Your smallest blood vessels bring oxygen and nutrients close to your cells and carry waste products away. This supports skin, muscle, nerves and the other organs. Your detailed circulation findings concern resistance to blood flow and oxygen-related activity. Blood-pressure and pulse checks provide useful information about circulation, especially when there is dizziness, breathlessness or a change in stamina.

Heart and circulation to the brain — 80%

The heart and blood vessels maintain the blood supply needed for activity and brain function. Your report has five highlighted findings across vessel resistance, cholesterol-related activity, coronary arteries and brain-oxygen-related activity. These areas can be considered together around blood pressure, heart rhythm and cardiovascular risk, rather than arranging a separate appointment for each finding.

Skin, bones, joints and physical tissues — 83%

This area concerns the tissues that give your body structure, strength and protection. Your findings span skin, bones, joints, muscle and fat beneath the skin. Several relate to bone health. At 72, protecting bone strength and addressing any joint discomfort are useful priorities for maintaining comfort and independence.

Cell surroundings and protective processes — 88%

Fluid around your cells allows oxygen, nutrients and waste products to move between blood vessels and tissues. Cells also use protective processes to manage reactive substances produced during normal activity. These functions support tissue maintenance. The detailed nutritional and exposure-related findings are explained individually below, with practical advice selected for the particular area involved.

Hormone regulation and energy use — 83%

Hormones help regulate energy, body temperature, blood sugar and calcium. Your endocrine section has one slightly raised finding concerning energy use at rest. Related findings appear in the thyroid, pancreatic and reproductive sections. The practical focus is any persistent change in energy, weight, temperature tolerance or blood-sugar control.

Nerve communication — 77%

Nerve cells communicate through chemical messengers. This supports sensation, movement, attention, mood and memory. Your report has one raised nerve-related finding and one raised finding in the stress section. The memory-related finding is within its supplied range. Any change you have noticed in concentration, balance, sensation or sleep provides useful context for this area.

Digestion, nourishment and energy — 82%

Your body processes food, releases energy, stores nutrients and removes waste products. Your findings cover digestion, fat handling, kidney-related activity and nutrients. Phosphorus and manganese findings are low; iodine and vitamin B2 findings are high. The useful approach is balanced nourishment and a check of current supplements, with any further tests chosen to answer a specific question.

SECTION II — DETAILED FINDINGS

Each section explains the highlighted findings and their practical relevance to your health.

Suggested investigations are brought together in Section IV so that related checks can be arranged at the same appointment.

1. THYROID

Finding	Result	Reference range
Thyroid gland-related finding	1 ↑	0.421–0.734

Your thyroid helps regulate energy, temperature, heart rate and bowel function. One thyroid-related finding is above its reference range; the other three are within range. Thyroid health is particularly relevant when there is persistent tiredness, unusual sensitivity to heat or cold, palpitations or unexplained weight change. Your iodine-related finding can be considered alongside this section because iodine is used to make thyroid hormones.

Useful next step: At your routine GP or clinic doctor appointment, ask whether thyroid blood tests are appropriate, especially if you have persistent tiredness, palpitations, temperature sensitivity or weight changes. The doctor can arrange TSH and, where appropriate, free T4. Take your supplement list, including any iodine products. Tell the doctor if you have never had thyroid tests or cannot recall when they were last done.

2. PARATHYROID

Finding	Result	Reference range
Calcium-regulating gland finding	0.75 ↓	1.341–1.991

The parathyroid glands help keep calcium balanced in your blood. Calcium is important for bones, muscle contraction and nerve communication. One finding in this section is below its reference range. The relevant area for you is calcium regulation, considered alongside your bone-health findings and any existing calcium blood results.

Useful next step: At the same GP or clinic doctor appointment, ask whether a calcium blood test would be useful alongside your bone-health assessment. The doctor can arrange it if indicated and decide whether parathyroid hormone testing is needed. You can discuss this even if you have never had calcium testing.

3. PANCREAS AND INSULIN

Finding	Result	Reference range
Insulin-related activity	2.94 ↓	2.967–3.529

Insulin helps move sugar from your blood into cells for energy. Your insulin-related finding is slightly below its lower limit: 2.94 compared with 2.967. The other three pancreatic findings are within range. Its relevance is to blood-sugar regulation, particularly where there is increased thirst, frequent urination, unexplained weight change or an existing diabetes diagnosis.

Useful next step: Ask your GP or clinic doctor whether an HbA1c blood test is due, particularly if you have not had blood-sugar checks for several years or have diabetes risk factors. HbA1c measures average blood sugar over about two to three months. Increased thirst, frequent urination or unexplained weight loss should prompt an earlier appointment.

4. BREAST AND THYMIC TISSUE

Finding	Result	Reference range
Breast tissue growth-related finding	67.56 ↑	59.847–65.234
Thymus-related finding	3.61 ↓	4.572–6.483
Fibrous breast tissue-related finding	0.91 ↑	0.433–0.8

Two breast-tissue findings are raised and one thymus-related finding is low. The breast findings concern tissue growth; the thymus is a gland involved in immune development. For your health, the practical focus is the condition of your breasts and any change that you can see or feel. This section can be considered alongside the armpit lymph-node finding in Section 9.

Useful next step: If you notice a new breast or armpit lump, nipple change, skin dimpling or persistent local discomfort, book a prompt appointment with your GP or clinic doctor for a breast examination. They can refer you to a breast clinic for mammography or ultrasound where indicated. At your routine appointment, also ask whether your breast screening or surveillance arrangements are up to date.

5. FEMALE REPRODUCTIVE SYSTEM

Finding	Result	Reference range
Hormone-related activity	2.55 ↓	2.942–3.407
Clotting protein-related finding	3.6 ↑	2.807–3.294
Oestrogen-related finding	0.76 ↓	3.296–8.84
Progesterone-related finding	5.41 ↓	6.813–16.743

Three findings concern hormone-related activity and one concerns fibrinogen, a protein involved in blood clotting. The hormone-related findings are low, while the fibrinogen-related finding is high. At 72, lower ovarian oestrogen and progesterone production is expected after menopause. These hormones matter to vaginal comfort and bone health. Any symptoms you experience, such as dryness or soreness, deserve their own attention.

Useful next step: Book a GP or gynaecology appointment for persistent vaginal dryness, soreness or pelvic discomfort; explain how long it has been present and how it affects you. Any bleeding after menopause, including one episode of spotting, should be reported promptly to your GP or gynaecologist. The doctor will decide which examination or tests are needed.

6. SKIN AND SUBCUTANEOUS TISSUE

Finding	Result	Reference range
Skin defence-related finding	4.44 ↑	1.035–3.23
General skin-related finding	0.64 ↓	0.842–1.858

Your skin retains moisture and protects the tissues beneath it. One skin-defence-related finding is high and one general skin finding is low. Their everyday relevance is to the condition of your skin: comfort, dryness, itching, irritation and healing. Visible changes and how your skin feels are the useful starting points for selecting care.

Useful next step: For dry skin, ask a pharmacist to recommend a suitable moisturiser and gentle washing product. Book a GP or clinic doctor appointment for a persistent rash, broken skin or a sore that is slow to heal. They can examine the skin and prescribe treatment or refer you to a dermatologist if needed.

7. FATTY ACIDS

Finding	Result	Reference range
Triglyceride-related finding	0.8 ↓	1.116–2.101

Triglycerides are fats that your body uses to store energy. One triglyceride-related finding is below its range; the other nine findings in this section are within range. This area is relevant to how dietary fats are used and to cardiovascular health. A balanced diet and established blood-fat results provide the practical information needed for decisions about food or medication.

Useful next step: At your routine GP or clinic doctor appointment, ask whether a cholesterol and triglyceride blood test is appropriate for cardiovascular risk assessment or medication monitoring. Explain if these have never been checked or were last checked several years ago. The doctor can arrange testing and discuss any treatment needed.

8. AMINO ACIDS

Finding	Result	Reference range
Arginine-related finding	1.21 ↑	0.71–1.209

Arginine is a building block used to make proteins and supports several normal body processes. Your finding is 1.21 against an upper limit of 1.209, a difference of only 0.001. For your health, the practical priority is adequate nourishment, particularly sufficient protein to support muscles and tissue repair.

Useful next step: Continue balanced meals with adequate protein. If your appetite is poor, eating is difficult or you are losing weight without trying, book an appointment with your GP or clinic doctor. They can check possible causes and refer you to a dietitian for individual advice. Take details of any protein powders or amino-acid supplements you use.

9. LYMPHATIC SYSTEM

Finding	Result	Reference range
Armpit lymph-node finding	1.73 ↑	0.726–1.281

Your lymphatic system helps return fluid from tissues to the bloodstream and supports defence against infection. This raised finding concerns lymph nodes in the armpit. These nodes are close to the breast and are best considered together with any breast or armpit change. The useful clinical information is whether there is a lump, swelling, tenderness or another change in that area.

Useful next step: Book a prompt appointment with your GP or clinic doctor if you notice a new, persistent or enlarging armpit lump. Ask for an examination of the armpit and mention any breast changes at the same visit. The doctor can decide whether ultrasound or a breast-clinic referral is appropriate.

10. RESPIRATORY SYSTEM

Finding	Result	Reference range
Breathing and blood-gas-related finding	23.58 ↑	17.903–21.012

Your lungs bring oxygen into your blood and remove carbon dioxide. One breathing-related finding is raised, while the other three are within range. The functions relevant to you are comfortable breathing, stamina and the ability to carry out usual activities. Persistent cough, wheeze or a noticeable change in breathing provides a reason for focused assessment.

Useful next step: Book a GP or clinic doctor appointment if you have persistent cough, wheeze or unexplained breathlessness. Ask for a breathing assessment; the doctor can examine your chest and arrange oxygen measurement or lung-function testing where needed. Severe breathing difficulty, especially if you struggle to speak, requires emergency help: call 999.

11. TRACE ELEMENTS

Finding	Result	Reference range
Phosphorus-related finding	1.1 ↓	1.195–2.134
Manganese-related finding	0.44 ↓	0.497–0.879
Iodine-related finding	7.7 ↑	1.421–5.49

Phosphorus helps support bones and energy production. Manganese helps enzymes carry out chemical processes, and iodine is needed for thyroid hormones. Your phosphorus and manganese findings are below their ranges; iodine is above. These findings cover different nutrients, so each should be considered alongside your food intake, supplements and any relevant blood results.

Useful next step: Take your supplement bottles or a written list of ingredients and doses to your routine GP, clinic doctor or pharmacist appointment. Ask them to check your mineral intake, especially iodine or kelp products. Your doctor can decide whether thyroid, phosphate or other targeted blood tests would answer a clinical concern. Start any additional minerals only after advice about the appropriate product and dose.

12. VITAMINS

Finding	Result	Reference range
Vitamin B2-related finding	2.79 ↑	1.549–2.213

Vitamin B2, also called riboflavin, helps your body release energy from food and supports healthy tissues. Your B2 finding is above its reference range; the other nine vitamin findings are within range. The practical focus is the amount of B2 already present in your diet and supplements, especially multivitamins or B-complex products.

Useful next step: Ask a pharmacist, GP or clinic doctor to check the vitamin B2 content of any multivitamin or B-complex products you take. Bring the packaging or a list of doses. They can advise whether the supplements are useful for you and whether any adjustment is appropriate. Continue prescribed supplements until the prescriber advises otherwise.

13. ENDOCRINE REGULATION

Finding	Result	Reference range
Energy use at rest-related finding	2.89 ↑	2.209–2.819

The endocrine system uses hormones to coordinate energy use, temperature, blood sugar and other functions. One energy-use-related finding is slightly above its upper limit; the other four are within range. Its everyday relevance is to changes in energy, weight and blood-sugar control. Thyroid and blood-sugar health can be considered together while using the appropriate test for each.

Useful next step: At your routine GP or clinic doctor appointment, explain any persistent change in energy, weight or temperature tolerance. Ask whether blood-sugar or thyroid testing is appropriate. If you have had no tests for years, tell the doctor so they can check your records and arrange the relevant tests where needed.

14. IMMUNE SYSTEM

Finding	Result	Reference range
Digestive defence-related finding	2.36 ↑	0.638–1.712

The lining of your digestive tract helps protect the body while allowing food to be digested and nutrients absorbed. One digestive-defence-related finding is high; the other six findings are within range. This area matters to digestive comfort and the handling of food. Persistent abdominal discomfort, altered bowel habits or recurrent infections would provide useful clinical context.

Useful next step: Book a GP or clinic doctor appointment for persistent abdominal discomfort, altered bowel habits or recurrent infections. Describe the symptoms, their duration and any change in appetite or weight. The doctor can examine you and select blood or stool tests according to the problem involved.

15. CARDIOVASCULAR SYSTEM

Finding	Result	Reference range
Resistance to blood flow-related finding	1.39 ↑	0.989–1.265
Cholesterol-related finding	55.49 ↓	56.749–65.371

Your blood vessels carry blood around the body. One finding concerning resistance to blood flow is high; one cholesterol-related finding is low. These areas are relevant to the work your heart does and your longer-term cardiovascular health. The practical information to bring together is measured blood pressure, pulse, cholesterol results and any current cardiovascular treatment.

Useful next step: Book a routine cardiovascular check with your GP or clinic doctor if your blood pressure and pulse have not been checked recently or you cannot recall the last check. A practice nurse can take the measurements; the doctor can interpret the results, assess cardiovascular risk and arrange cholesterol testing or treatment where indicated.

16. PULSE AND CEREBRAL CIRCULATION

Finding	Result	Reference range
Brain oxygen-related activity	7.09 ↓	7.88–10.09
Brain oxygen-pressure-related finding	5.71 ↑	5.017–5.597

Your brain needs a steady supply of blood and oxygen to support alertness, concentration and coordinated movement. Two oxygen-related findings are outside their ranges: one low and one high. This area is best considered alongside the heart and breathing sections, with particular attention to any dizziness, fainting or newly noticed neurological symptoms.

Useful next step: If you have recurring dizziness, fainting or a new change in concentration or balance, book a GP or clinic doctor appointment and explain when it occurs. They can assess blood pressure, medicines and neurological function, then decide on further tests. Sudden facial weakness, arm weakness or speech difficulty requires emergency help: call 999.

17. CARDIAC FUNCTION

Finding	Result	Reference range
Coronary artery elasticity-related finding	0.5 ↑	0.192–0.41

The coronary arteries bring oxygen-rich blood to your heart muscle. One artery-elasticity-related finding is raised; the other four findings are within range. Elasticity describes how vessels stretch and respond to blood flow. Its practical relevance is to cardiovascular health, considered alongside blood pressure, cholesterol and any symptoms during activity.

Useful next step: Book a prompt GP or clinic doctor appointment for recurring chest discomfort, palpitations or unexplained breathlessness. Ask for a heart assessment; the doctor can arrange an ECG and decide whether a cardiology referral is needed. Severe or ongoing chest pain requires emergency help: call 999.

18. NEUROLOGICAL FUNCTION

Finding	Result	Reference range
Cranial nerve-related finding	0.89 ↑	0.25–0.659

The cranial nerves connect the brain with functions including vision, facial movement, hearing and swallowing. One nerve-related finding is raised. For your health, the useful focus is any change in sensation, balance, facial movement, swallowing or concentration, because these functions affect everyday comfort and confidence.

Useful next step: Book a GP or clinic doctor appointment for persistent or newly changing numbness, weakness, balance problems, facial symptoms or swallowing difficulty. Ask for a neurological examination. The doctor can decide whether you need tests or referral to a neurologist. Sudden stroke-like symptoms require emergency help: call 999.

19. MENTAL STRESS

Finding	Result	Reference range
Antibody-related activity	5.09 ↑	2.737–4.178

One finding in this section concerns antibody-related immune activity and is above its reference range. The other three findings, including the memory-related finding, are within range. Sleep, mood and emotional wellbeing matter to health, and your own experience provides the useful information about this area.

Useful next step: If poor sleep, anxiety or low mood is persistent or affects daily life, book an appointment with your GP or an appropriately qualified mental-health professional. Describe what has changed and how long it has been happening. They can help identify contributing factors and agree suitable support or treatment with you.

20. DIGESTIVE SYSTEM

Finding	Result	Reference range
Stomach lining-related finding	2.5 ↓	4.425–7.872
Intestinal movement-related finding	0.23 ↑	0.046–0.167

The stomach lining protects the stomach wall, while movement through the bowel carries food and waste onwards. Two findings are highlighted: one stomach-lining-related finding is low and one intestinal-movement-related finding is high. Their practical relevance is to comfortable digestion, regular bowel movements and maintaining an appetite.

Useful next step: Book a GP or clinic doctor appointment for persistent indigestion, abdominal pain, nausea or a change in bowel habits. Tell them about appetite or weight changes and any medicines you take. The doctor can examine your abdomen and decide whether blood tests, stool tests or a gastroenterology referral would be useful. Difficulty swallowing, blood in the stool or unexplained weight loss needs prompt assessment.

21. HEPATOBILIARY SYSTEM

Finding	Result	Reference range
ALP-related activity	0.06 ↓	0.082–0.342

The liver and bile system help process nutrients and digest fats. Alkaline phosphatase, usually called ALP, is an enzyme found especially in liver and bone tissue. One ALP-related finding is low, while the other twelve findings are within range. This area can be considered alongside both liver health and your bone-related findings.

Useful next step: At your routine GP or clinic doctor appointment, ask whether liver blood tests, including ALP, are appropriate. Explain any abdominal symptoms and take a list of medicines and supplements. Tell the doctor if you have never had liver tests or cannot recall the last test. They can check your history, arrange testing where indicated and decide whether an abdominal ultrasound is useful.

22. KIDNEY FUNCTION

Finding	Result	Reference range
Uric acid-related finding	1.39 ↓	1.435–1.987
Urea-related finding	3.32 ↓	4.725–8.631

The kidneys filter your blood and help remove waste products. Two findings concerning uric acid and urea are below their supplied ranges; the other seven are within range. Uric acid is produced when the body breaks down purines, and urea is produced during protein processing. The useful clinical question is whether your kidney function needs checking in the context of your health and medicines.

Useful next step: At your routine GP or clinic doctor appointment, ask whether a kidney-function blood test is due, particularly if you have diabetes, high blood pressure or medicines that require kidney monitoring. The doctor can arrange creatinine, estimated filtration rate and electrolytes, with urine testing where indicated. Tell them if your kidneys have never been checked or the last test was years ago.

23. LIVER FUNCTION

Finding	Result	Reference range
Liver fat-handling-related finding	1.93 ↓	2.213–2.717

The liver processes fats and stores energy for use between meals. One fat-handling-related finding is low. The other four, including those concerning energy storage and bile excretion, are within range. The practical focus is any abdominal symptoms and the medicines or supplements you take.

Useful next step: Discuss this section together with Section 21 at the same GP or clinic doctor appointment. Ask whether a liver blood test is appropriate and mention any persistent upper-abdominal pain, nausea or appetite changes. The doctor can arrange the relevant tests even if you have no previous results. Yellowing of the eyes or skin needs urgent medical assessment.

24. BONES AND JOINTS

Finding	Result	Reference range
Joint and surrounding tissue-related finding	17.61 ↑	4.023–11.637

Your joints and surrounding tissues support comfortable movement. One joint-related finding is raised; the other eight are within range. The useful health questions are whether there is pain, swelling, stiffness or reduced movement, and which joints are affected. These details help distinguish different causes and select the most useful treatment.

Useful next step: Book a GP or clinic doctor appointment for persistent joint pain, swelling or stiffness. Explain which joints are affected and how long morning stiffness lasts. The doctor can examine them and arrange physiotherapy, blood tests, imaging or a rheumatology referral where appropriate. A newly hot, swollen joint, especially with fever, needs urgent assessment.

25. BONE DENSITY

Finding	Result	Reference range
Bone breakdown-related finding	195.01 ↑	86.73–180.97
Osteoporosis-related finding	0.68 ↑	0.125–0.453
Bone density-related finding	0.21 ↓	0.433–0.79

Bone tissue is continually renewed as older bone is removed and new bone forms. Your findings concerning bone breakdown and osteoporosis are high, while the bone-density-related finding is low. The practical issue to address is bone strength and protection against fractures. At 72, this is an important preventive area, particularly after menopause.

Useful next step: Book a routine GP or clinic doctor appointment within the next one to three months to discuss fracture risk. Mention any fractures after a minor fall, height loss, falls, steroid treatment or family history of hip fracture. The doctor can assess your risk and decide whether to arrange a DEXA bone-density scan and whether bone-protective treatment is appropriate. You can start this assessment even if you have never had a bone scan.

26. BONE FORMATION

Finding	Result	Reference range
Bone formation-related finding	0.39 ↓	0.525–0.817

Osteocalcin is a protein associated with bone formation. Your osteocalcin-related finding is low; the other four findings are within range. This section belongs with the bone-density findings because both concern bone maintenance. Adequate nourishment and appropriate activity support bone and muscle health.

Useful next step: Discuss this section at the same GP or clinic doctor appointment as your bone-density findings. Ask about fracture-risk assessment and whether a DEXA scan would help guide care. Bring details of any calcium, vitamin D or bone-protective medicines you take. Tell the doctor if you have never had a bone scan.

27. METABOLIC BALANCE AND PHYSICAL TISSUES

Finding	Result	Reference range
Muscle tissue-related finding	10.07 ↑	6.187–8.467
Fat beneath the skin-related finding	9.59 ↑	6.338–8.368

Muscles support movement and posture, while fat beneath the skin provides cushioning and energy storage. Two findings in this section are raised: one concerning muscle tissue and one concerning subcutaneous fat. Their practical relevance is to physical comfort, muscle strength and any change in everyday activity.

Useful next step: For persistent muscle pain or weakness, book an appointment with your GP or clinic doctor to assess the cause. A physiotherapist can then assess movement and strength and plan suitable exercises where appropriate. New or worsening weakness should be assessed promptly by a doctor.

28. TOXIN-RELATED FINDINGS

Finding	Result	Reference range
Gas-related finding	0.2 ↓	0.22–0.751

One finding in this section is slightly below its supplied range: 0.20 compared with a lower limit of 0.22. The other three findings, including pesticide residue, are within range. A specific explanation for the health significance of this small difference is unavailable. Any concern about chemical contact is best addressed through the substance involved and the circumstances of exposure.

Useful next step: Keep rooms comfortably ventilated during cooking and cleaning, and follow household-product instructions. If symptoms occur after contact with a chemical, contact your GP or NHS 111 and give the product name, timing and symptoms. Suspected acute poisoning requires urgent advice; call 999 if there are severe symptoms.

29. METAL-RELATED FINDINGS

Finding	Result	Reference range
Mercury-related finding	0.59 ↑	0.013–0.336
Thallium-related finding	0.69 ↑	0.182–0.542

Two metal-related findings, concerning mercury and thallium, are above their supplied ranges. Their clinical importance needs to be established through an exposure history and appropriate testing. The useful starting point is any known contact with these substances, when it happened and whether symptoms followed.

Useful next step: If you have known or suspected contact with mercury or thallium, book a GP or clinic doctor appointment and explain the substance, route and timing of contact. Bring product information if available. The doctor can seek toxicology advice and arrange suitable blood or urine tests. Recent exposure with symptoms needs urgent advice from NHS 111 or emergency care according to severity.

Other areas covered by your assessment

All findings in the pituitary, adrenal, pineal, eye, coenzyme and basic-constitution sections are within their supplied ranges. Continue usual care for established conditions and raise any new symptoms when they occur.

SECTION III — CLINICAL SUMMARY

1. Bone health, joints and muscle

The main bone-related findings cover bone renewal, density and joint health, with additional findings concerning muscle and tissue beneath the skin. For you, the useful priority is protecting bone strength and addressing any pain or stiffness that affects comfort. At 72, fracture-risk assessment can identify whether you would benefit from a DEXA scan or bone-protective treatment. Previous fractures and existing treatment are particularly useful information.

2. Breast, armpit and reproductive health

The breast and armpit findings concern neighbouring areas and can be considered together. Any lump, nipple change or skin change should receive an examination. The reproductive findings cover hormone-related activity and fibrinogen. After menopause, the practical focus is vaginal comfort, pelvic symptoms and bone protection. Vaginal dryness or soreness can be treated; any bleeding needs prompt assessment.

3. Circulation, breathing and nerve function

The circulation and breathing findings belong together because the heart, vessels and lungs work jointly to deliver oxygen. Their practical relevance is to stamina, comfortable breathing and everyday activity. Measured blood pressure, pulse and relevant cholesterol results provide useful starting points. Any persistent chest, breathing or neurological symptoms should guide focused assessment.

4. Digestion, liver and kidney-related activity

The digestive findings concern the stomach lining and bowel movement. The liver and kidney findings cover fat handling and the processing of waste products. The useful focus is digestive comfort, appetite, bowel regularity and existing liver or kidney results. Related checks can be combined in one appointment where appropriate, with further investigation selected for persistent symptoms or established abnormalities.

5. Thyroid, nutrients and blood sugar

The thyroid and iodine-related findings can be considered together around energy, temperature comfort and current supplements. Nutrient findings differ in direction: phosphorus and manganese are low, vitamin B2 and iodine are high, and arginine is only marginally above its limit. This calls for attention to what you already eat and take, with any supplement changes guided by actual intake and relevant clinical results. Blood-sugar checks can be selected according to risk, symptoms or existing monitoring needs.

6. Immune, skin and exposure-related findings

The skin and immune-related findings concern tissue protection, digestive defences and antibody-related activity. Any rash, irritation, recurrent infection or persistent digestive symptoms should be considered specifically. The mercury and thallium findings raise an exposure question that can be addressed through known contact and appropriate testing where indicated. Sleep and emotional wellbeing should be considered through your own experience.

What this means for your care

Xxx the useful priorities are bone protection, usual cardiovascular checks, comfortable digestion and attention to any breast, pelvic, skin or nerve symptoms. Begin with existing medical results and appointments that are due.

Further steps can then be chosen for a clear clinical purpose, with related checks brought together wherever possible.

SECTION IV — ACTION PLAN FOR THE NEXT 12 MONTHS

Start by booking a routine appointment with your GP or clinic doctor within the next four to six weeks if your usual health checks are overdue or you are unsure when they were last done. Take this report and a list of your medicines and supplements. Previous test results are helpful if available; your doctor can check your records and arrange relevant tests where indicated. The sections below identify symptoms that need an earlier appointment.

Timing	Area	Suggested action	Purpose
Within 4–6 weeks if checks are overdue or their timing is unknown	Blood pressure and cardiovascular care	Book a GP or clinic doctor appointment. A practice nurse can measure blood pressure and pulse; the doctor can assess cardiovascular risk and arrange lipid testing or an ECG where indicated.	Establish blood pressure, heart rhythm and relevant blood-fat levels.
Within 1–3 months	Bone protection	Ask your GP or clinic doctor for a fracture-risk assessment. They can arrange DEXA where its result would guide care, whether or not you have had a previous scan.	Decide whether bone-protective treatment would be useful.
At the initial GP or clinic doctor appointment	Kidneys, liver and blood sugar	Tell the doctor when you last had blood tests, or if you do not know. Ask whether kidney function, liver tests, HbA1c or a full blood count are appropriate for your symptoms, medicines or medical history.	Arrange relevant tests in one visit, including first-time tests where indicated.
At the initial appointment; tests within 1–3 months if indicated	Thyroid, calcium and nutrients	Ask your GP or clinic doctor whether TSH/free T4, calcium or phosphate testing is appropriate. Bring supplement details. The doctor can select further tests according to the initial findings.	Answer a specific thyroid or mineral question and guide treatment.
Promptly when a change is noticed	Breast and armpit	Book a GP or clinic doctor appointment for a breast and armpit examination. They can refer you to a breast clinic for imaging where appropriate.	Assess a new tissue change and arrange appropriate care.
Promptly for bleeding; otherwise according to symptoms	Gynaecological care	Contact your GP or gynaecologist for any postmenopausal bleeding. Book an appointment for persistent pelvic or vaginal symptoms; the doctor can arrange examination and ultrasound where needed.	Identify the cause of bleeding or discomfort and select treatment.
Within 1–3 months for persistent symptoms; sooner for concerning changes	Digestion, joints, muscles and nerves	Book a GP or clinic doctor appointment for the specific symptoms. They can examine you and arrange tests, physiotherapy or specialist referral according to the findings.	Identify the cause of symptoms and provide suitable treatment.
Promptly for credible exposure; urgently for acute exposure with symptoms	Mercury or thallium concern	Contact your GP or clinic doctor with exposure details. They can seek toxicology advice and select testing. For recent exposure with symptoms, contact NHS 111; call 999 for severe symptoms.	Assess a relevant exposure and arrange the correct tests and care.

Timing	Area	Suggested action	Purpose
At the interval agreed after initial assessment	Follow-up of confirmed abnormalities	Ask the treating doctor when results will be discussed and whether repeat testing is needed. Arrange the follow-up at the interval they recommend.	Monitor an identified problem and the response to treatment.
By 12 months, or sooner according to your usual care	Ongoing health maintenance	Ask your GP or clinic doctor which condition and medicine checks are due. Arrange optometrist care and agreed screening or surveillance appointments as appropriate.	Keep ongoing care and preventive checks up to date.

Everyday support

Maintain regular balanced meals with adequate protein and food sources of calcium. Choose activity that is comfortable and appropriate to your health. Check supplement ingredients and doses before adding new products, particularly minerals or iodine-containing supplements. Continue prescribed treatment unless your treating clinician advises a change.

Symptoms that should not wait

Call 999 for suspected stroke, severe chest pain or severe breathing difficulty. Seek urgent help for sudden loss of vision or a newly hot, swollen joint, especially with fever. Arrange prompt assessment for postmenopausal bleeding, a new breast or armpit lump, jaundice, blood in the stool or unexplained weight loss.

Making appointments manageable

Ask your GP practice or clinic whether blood tests can be combined in one visit. If attending is difficult, ask whether home phlebotomy or another appropriate access arrangement is available. You can discuss the report without having to locate previous results yourself; your doctor can check available records.

Closing note

Xxx your first practical step is a GP or clinic doctor appointment to agree which checks are useful for you.

Take this report and your medicine and supplement list. Tell the doctor if you have had no routine tests for several years. You can discuss several related areas at the same visit, with specialist appointments arranged according to the findings of that assessment.

Further information

NHS: Osteoporosis — www.nhs.uk/conditions/osteoporosis/

NHS: Postmenopausal bleeding — www.nhs.uk/symptoms/post-menopausal-bleeding/

NHS: Breast lumps — www.nhs.uk/symptoms/breast-lump/

NHS: Underactive thyroid — www.nhs.uk/conditions/underactive-thyroid-hypothyroidism/

End of report.