



INIGIMA

## Preventive and Predictive Analysis

Weight Management, Diabetes, Blood Pressure, Heart Attack, Thyroid, Women Health PCOS/PCOD

# Health Analytics Report

INIGIMA - AI Health

Powered By  
IEEARC Technologies Pvt Ltd

## **INIGIMA Health Analytics Report**

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## Preliminary Report

**Name:** Praween Kumar

**Sex:** Male

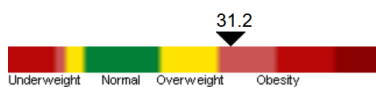
**Age** 33

**Hight** 150 Cm

**Weight :** 75 Kg

**BMI** = 31.2 kg/m<sup>2</sup> (Obese Class I)

**Organization ID :** SDLHEALTH



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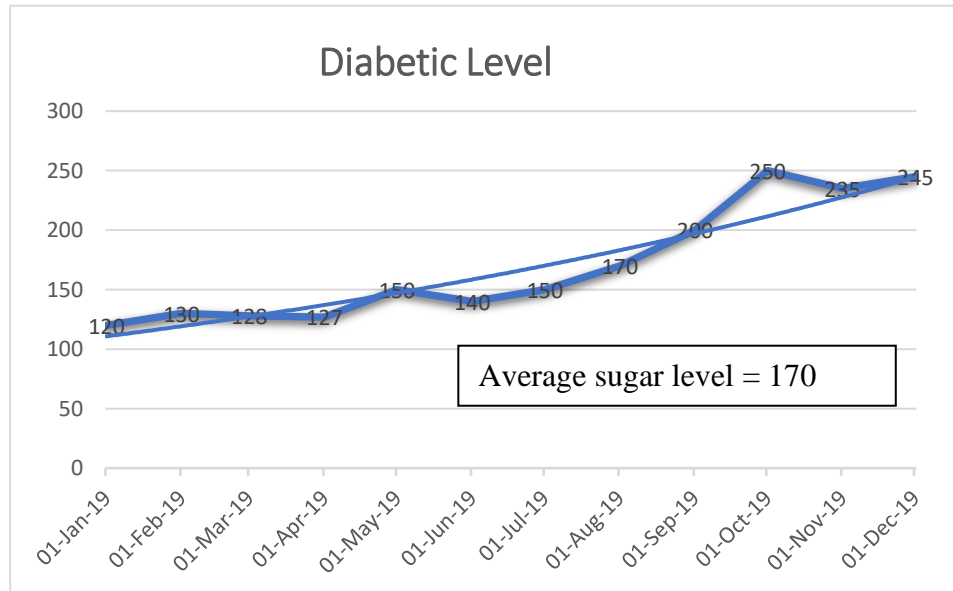
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Already affected with lifestyle disease for since last 5 years i.e., the Year 2017. The beginning symptoms were dizziness increased thirst, frequent urination, hunger, fatigue. This is the primary indication that the patient is diabetic after some of the tests like RBS and HbA1C the confirmation was approved. In addition to that due to diabetes gradually health is down due to multiple factors.

NOTE: To get health data analysis daily health status please Login to your INIGIMA Health Account [www.inigima.com](http://www.inigima.com) or drop a Message to the Respective Organisation they will forward the PDF file.

## Diabetic Analysis

1	01-Jan-19	120
2	01-Feb-19	130
3	01-Mar-19	128
4	01-Apr-19	127
5	01-May-19	150
6	01-Jun-19	140
7	01-Jul-19	150
8	01-Aug-19	170
9	01-Sep-19	200
10	01-Oct-19	250
11	01-Nov-19	235
12	01-Dec-19	245

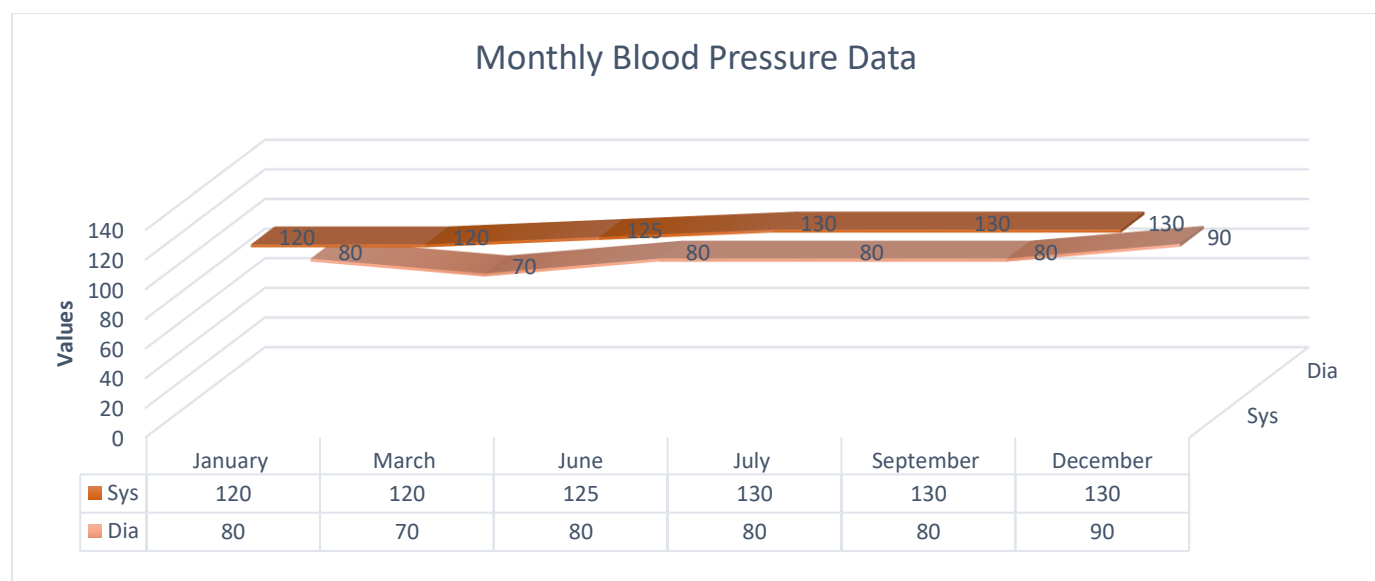


The individual condition with the hyper diabetic level and trend of last 12-month data is a consistent uptrend. The trend and pattern are risky. Recommended to visit for Doctor Consultation and start the initial level of medicine under the supervision of a doctor. While analysing of pattern we have seen the sudden increases in Sugar levels from August to October and then keen on increases. The weight gain is also seen during the period it suggests the lack of control in the diet when it comes to the winter season. If you are taking the medicine, try to take it regularly with the consultation of the doctor. The possible reason your diabetes is increasing is due to poor diet.

In the beginning months blood sugar seems to be under control but from September the suddenly it shoots up and that suggests the lack of proper diet and skip a medication that is not good need to take seriously

Our research suggests the pattern we have seen in others and it suggests that if the sugar level is not controlled it can increase the high cholesterol in the blood that will trigger heart issues in the future. Possible complications include cardiovascular disease. Diabetes dramatically increases the risk of various cardiovascular problems, including coronary artery disease with chest pain (angina), heart attack, stroke, and narrowing of arteries (atherosclerosis). As soon as possible need to control the weight in near future it can increase joint pain. Following a very low-calorie diet under medical supervision.

## Blood Pressure Analysis



From January, Blood Pressure is Normal and suddenly we have seen a shoot up from September. Possible reasons are

- Being overweight or obese
- Lack of physical activity
- Too much salt in the diet
- Workload
- Unable to sleep

The Blood Pressure is in **Hypertension Stage 1** Having hypertension puts you at risk for heart disease and stroke. So proper diet and exercise are strongly recommended.

### Lipid Profile

As per last report on Aug 2, 2021

Total cholesterol (mg/dL)	250
LDL- Cholesterol (mg/dL)	170
HDL-Cholesterol (mg/dL)	35

**Poor diet.** Eating too much saturated fat or trans fats can result in unhealthy cholesterol levels. Saturated fats are found in fatty cuts of meat and full-fat dairy products. Trans fats are often found in packaged snacks or desserts.

**Obesity.** Having a body mass index (BMI) of 30 or greater puts you at risk of high cholesterol.

**Lack of exercise.** Exercise helps boost your body's HDL, the "good," cholesterol.



## Immunity Analysis

As we have seen the Blood sugar level your average glycaemic index was calculated for random blood sugar test is 170 mg/DL it seems very high, During the month of June the fluctuation was so high and health was also down and you get 4 times fever and some stomach upset, It seems like you are consuming the food from outside. Every quarter we have seen the pattern of weakness in health and BP was also recorded high during the Night.

Your daily health analysis report was studied and we have found you have a high chance of getting viral fever Your immunity is getting compromised try to take the healthy diet as much as you can.

### **Physical Activity / Exercise / Yoga**

You are not getting enough physical activity that can lead to several health complications in future because of that your weight is gained a lot from March and Symptoms live dizziness and dullness.

### **Sleep Cycle**

You have a very uneven schedule which may be due to work and travelling.



Heart Attack

Moderate



Stroke

Low



Kidney Failure

Moderate



Amputation

Very Low



## Nutrition Deficiency based on the Daily Health Status

We have observed 7 Signs in the pattern of Nutrient Deficiency

Symptoms	Frequency	Months
Depression	7 Time in Month	Jan to Dec
Irregular heartbeat	10 Times in Month	Jan to Dec
Severe hair loss	Everyday	Jan to Dec
Burning sensation in the feet or tongue	5 Times	March to June
Wounds are slow to heal	Injury time	Aug
Bone pain / Joint Pain	Every Day	Jan to Dec
Night vision deteriorates	Gradual	June 1 <sup>st</sup> Observation

**Recommended Nutrition on the basis of physiological and Medical Data**

Omega-3 Fatty Acids

Vitamin D

Magnesium

Amino Acids

Calcium

Vitamin A

Iron deficiency

B12

Vitamin C

Vitamin D

**Note: We strongly recommend connecting with Dietitian to consult to prepare a diet plan which suitable to fulfil all the requirements your Diet Plan**

## Next year plan

Mr Praveen, Your Overall Health Performance is poor and we need a lot of work to improve your health. Your immune system is also low and daily health status Physiological data vs Medical Data suggest that following guidelines for the next year.

### **Get a Healthy Diet Plan to reduce the Essential Nutrition and Vitamin Deficiency**

The lack of a healthy diet will increase the chances of progression of disease in your case the way BMI, Blood Sugar, Blood Pressure and Lipid profile is increasing.

### **Physical Activity**

Minimum 10000 Steps Per day

Begin with 5000 Steps per day in the first 2 weeks.

7500 steps in a day for the next 2 weeks then 10000 Steps.

Improved sleep

Minimum Every day 7-8 Hours of sleep is required to recover and repair your body. It will also increase the ability to perform everyday activities.

Improved cognitive ability and a reduced risk of dementia. Improved bone and musculoskeletal health.

## **Recommended Routine Check-up**

Blood Sugar Random and Fast Monthly

HbA1C Every 3 month

Blood Pressure Once in a Week

Lipid Profile Every 3 Month

## **Doctor Consultation**

As per your health profile, you have to consult your family /Personal Doctor Allopathy /Homeopathy / Ayurvedic. The mode of treatment you can decide and free to choose your own doctor according to your convenience.

**Basic Diet:** A diet rich in cholesterol and saturated fat increases the risk of plaque build-up in the inner lining of the blood vessels.

Eat a healthy diet by following these recommendations:

- Reduce intake of saturated fats to 15-20 grams of saturated fat per day (7% or less of daily calories)
- Reduce cholesterol intake to 200 mg or less daily
- Eat 20-30 grams of fibre daily. Fibre is contained in plant foods (fruits, vegetables, legumes and grains)
- Use nonfat dairy products
- Eat less red meat and processed meat
- Eat two servings weekly of fish that are high in omega-3 fatty acids such as salmon, mackerel, and halibut. Omega-3 fatty acids reduce triglycerides and blood clotting

- Consider the use of sterol and stanol-rich margarine such as which are FDA approved.  
Eat 2 grams of these plant chemicals daily (see product label for recommended serving size)
- Limit fried foods
- Limit sugary foods and beverages

**Get connected with our Expert Healthcare Coach to manage your Health, Improve your immunity with a customized diet plan.**

### Disclaimer

This is not a Diagnosis report / Doctor Consultation. This report writing/verbal interpretation is based on the data and information provided by the Customer / Patient / Man /Woman/Child. According to reference with International Medical Research Various Data source from Scientist Researcher from all across the world and understand the geographic information like AQI, Pollution, Temperature whether or external condition.