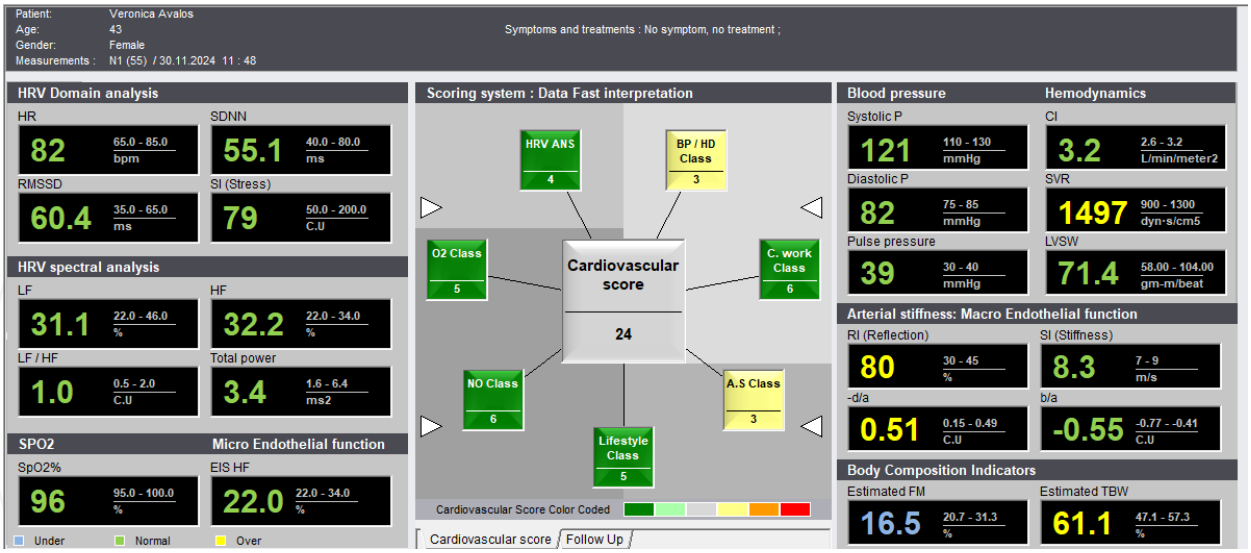
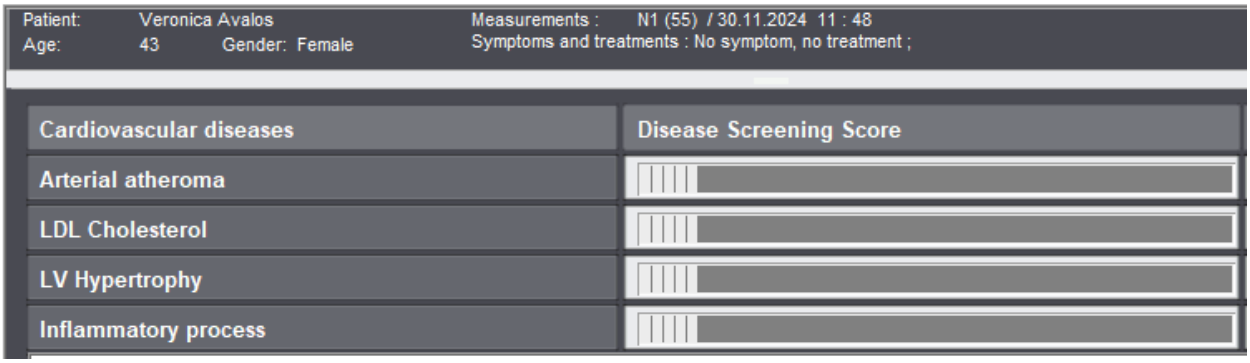
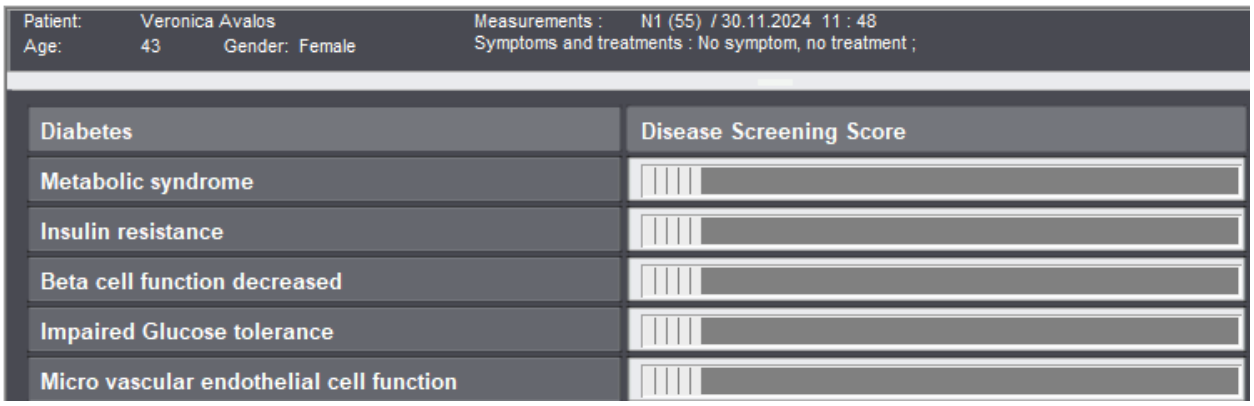
ITHRIVE Health Report

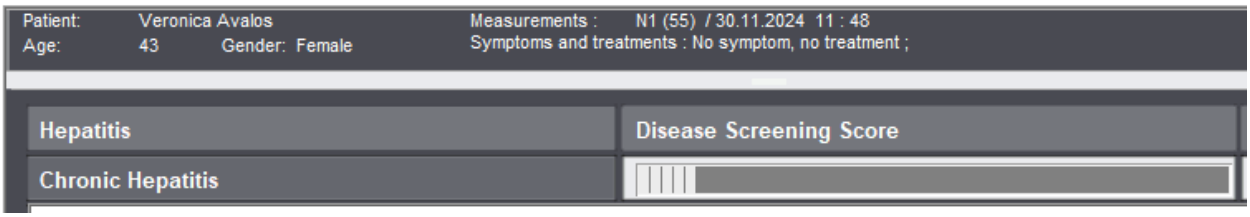
WARNING!
The ES Complex software manages the measurements of the 4 medical devices (EIS-GS, ES-BC, ESO and Contec08A) and displays the devices' data into a computer for enhanced data management. The medical data do not replace any medical examinations.
All results should be considered in the clinical context of the patient's case history, symptoms, known diagnosis, current medications, treatment plan and therapies. Final status report is the sole responsibility of the practitioner.

Subject ID	***Practitioner***
First/Last Name: Veronica Avalos	Address:
Weight : 130.0 Pounds	
Height: 5 Feet 2 Inch	Title:
Date of birth: 9-9-1981	
Gender: Female	
	Telephone / Fax / E-mail:
Measurement conditions	Name : Administrator
Examination performed at: 11-30-2024 11 : 48	Physician's notes:
Registration method: A1 (58,0,100,100,0) N1 (55,0,100,100,0)	
Examination performed with LD Electro Sensors(EIS-GS,ES-BC and ES Oxi) Analyzer Manufactured by L.D Technology. ISO 13485 Owner/Operator Number: 9097859. Establishment Registration Number: 3006146787. CE 0535 Class IIa. 510k number K102166, k103026 and k102442 Class 2 and EC 0535. LD electro sensors are accredited as electrical equipments type BF according to the standards EN 60601-1-1. CEM according to the standards EN60601-1-2	
Clinical context	
Symptoms : ***Check-Up*** No symptom, no treatment	
Medications :	
Daily Activity Level: Athlete, fitness or athlete morphology Systolic / Diastolic pressure: 121 / 82	
Reason for consultation:	Signature of the practitioner :


Patient: Veronica Avalos
Age: 43
Gender: Female
Measurements : N1 (55) / 30.11.2024 11 : 48
Symptoms and treatments : No symptom, no treatment ;
HRV Domain analysis
HR 82 65.0 - 85.0 bpm
SDNN 55.1 40.0 - 80.0 ms
RMSSD 60.4 35.0 - 65.0 ms
SI (Stress) 79 50.0 - 200.0 C.U
HRV spectral analysis
LF 31.1 22.0 - 46.0 %
HF 32.2 22.0 - 34.0 %
LF / HF 1.0 0.5 - 2.0 C.U
Total power 3.4 1.6 - 6.4 ms2
SPO2
SpO2% 96 95.0 - 100.0 %
Micro Endothelial function
EIS HF 22.0 22.0 - 34.0 %
Under
Normal
Over
Scoring system : Data Fast interpretation
HRV ANS 4
BP / HD Class 3
O2 Class 5
Cardiovascular score 24
C. work Class 6
NO Class 6
A.S Class 3
Lifestyle Class 5
Cardiovascular Score Color Coded
Cardiovascular score
Follow Up
Blood pressure
Systolic P 121 110 - 130 mmHg
Diastolic P 82 75 - 85 mmHg
Pulse pressure 39 30 - 40 mmHg
Hemodynamics
CI 3.2 2.6 - 3.2 L/min/meter2
SVR 1497 900 - 1300 dyn-s/cm5
LVSW 71.4 58.00 - 104.00 gm-m/beat
Arterial stiffness: Macro Endothelial function
RI (Reflection) 80 30 - 45 %
SI (Stiffness) 8.3 7 - 9 m/s
-d/a 0.51 0.15 - 0.49 C.U
b/a -0.55 -0.77 - -0.41 C.U
Body Composition Indicators
Estimated FM 16.5 20.7 - 31.3 %
Estimated TBW 61.1 47.1 - 57.3 %


Patient: Veronica Avalos
Age: 43 Gender: Female
Measurements : N1 (55) / 30.11.2024 11 : 48
Symptoms and treatments : No symptom, no treatment ;
Cardiovascular diseases
Disease Screening Score
Arterial atheroma
LDL Cholesterol
LV Hypertrophy
Inflammatory process

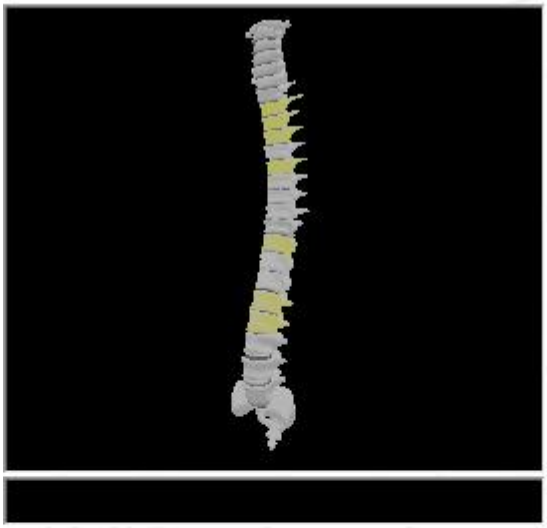

Patient: Veronica Avalos
Age: 43 Gender: Female
Measurements : N1 (55) / 30.11.2024 11 : 48
Symptoms and treatments : No symptom, no treatment ;
Diabetes
Disease Screening Score
Metabolic syndrome
Insulin resistance
Beta cell function decreased
Impaired Glucose tolerance
Micro vascular endothelial cell function

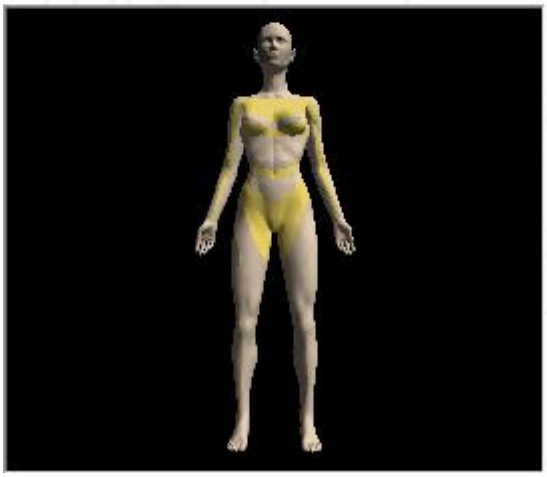

Patient: Veronica Avalos
Age: 43 Gender: Female
Measurements : N1 (55) / 30.11.2024 11 : 48
Symptoms and treatments : No symptom, no treatment ;
Hepatitis
Disease Screening Score
Chronic Hepatitis

Patient: Veronica Avalos
Age: 43 Gender: Female

Measurements : N1 (55) / 30.11.2024 11 : 48
Symptoms and treatments : No symptom, no treatment ;

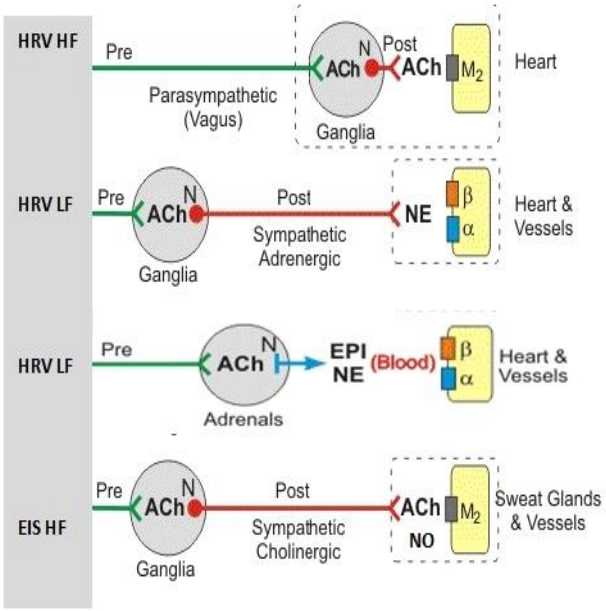
Cerebral neurotransmitters and thyroid response	Response scale
Cerebral serotonin response	
Cerebral dopamine and Noradrenaline response	
Cerebral GABA responses	
Thyroid response	





Autonomic nervous system assessment

Galvanic skin response (GSR) device.
It measures the sweat rate response to an electrical stimulation.
The response is estimated from the conductance values measured between metal electrodes and gel Ag/AgCl electrodes.
Between the foot and hand metal electrodes, the conductance values are related to the post sympathetic cholinergic branch response via NO (Nitric Oxide) production which provides sweat rate response.
Between the forehead Ag/AgCl electrodes, the conductance values are related to the AgCl precipitation on the bulk of the electrodes.
The main indicators of the GSR are :
EIS HF: Indicator of the post sympathetic cholinergic branch response.
Forehead SDC- : Indicator of the sweat Chloride ions concentration.

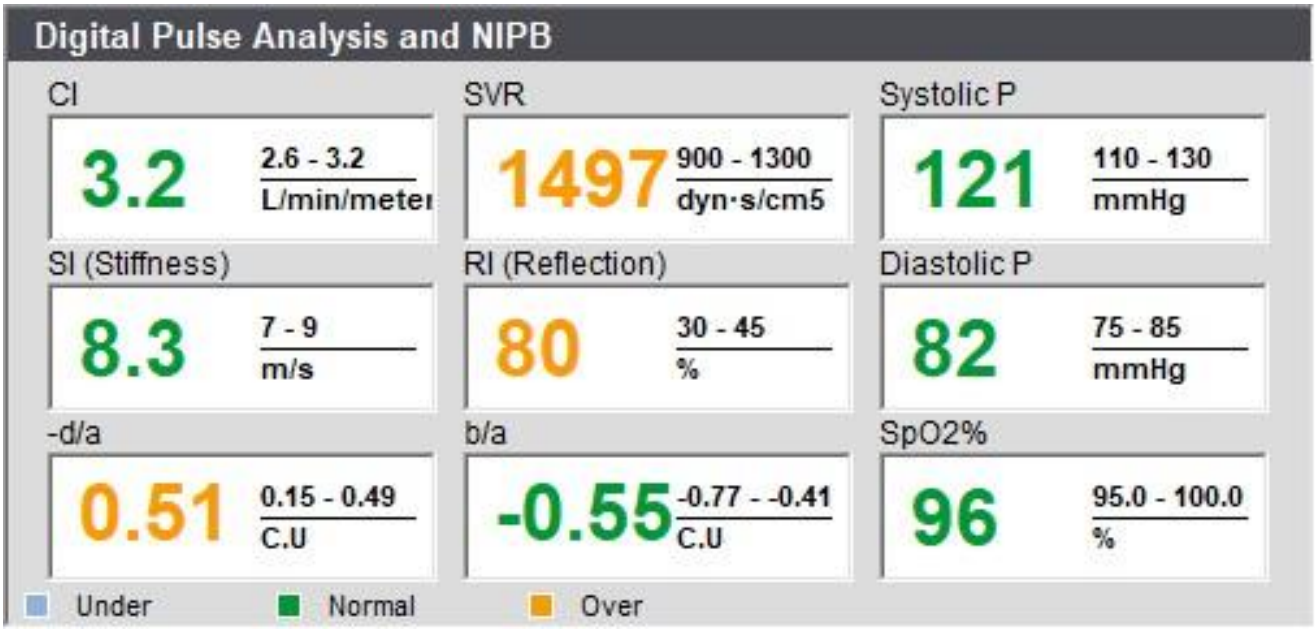


Heart Rate Variability (HRV) is the mathematical analysis of the time between each Heart beat and provides indicators of the Autonomic nervous system activity and it is the gold standard to estimate the autonomic nervous system activity level.
The main indicators of the HRV analysis are:
Heart rate: The number of heart beats per minute
Valsalva ratio: Indicator of the cardiac baroreceptor activity
K30/15: Indicator of the vagal syndrome.
HF %: Main indicator of the parasympathetic activity
LF%: Indicator of post sympathetic adrenergic branch (norepinephrine production) and adrenal medulla secretion (epinephrine and norepinephrine production)
LF/HF: sympathetic/parasympathetic ratio

Indicators	Under	Normal	Over	Values	Norms	Units
Galvanic Skin response ANS Indicators						
EIS HF (0.1875- 0.50 Hz)				22.00	22.00 - 34.00	%
Forehead SDC -				1.83	3.55 - 6.67	microSi
HRV Analysis ANS Indicators						
HR (Heart rate)				82.2	65.0 - 85.0	bpm
K30/15				1.19	> 1.25	C.U
Valsalva				1.15	> 1.20	C.U
HRV HF (High frequency)				32.17	22.00 - 34.00	%
HRV LF (Low frequency)				31.07	22.00 - 46.00	%
HRV LF / HF				0.97	0.50 - 2.00	C.U

SPo2 % and Photoelectrical Plethysmograph

CI (Cardiac index) is a Vasodynamic indicator that relates the cardiac output (CO) to body surface area (BSA).
SVR (Systemic Vascular Resistance) : Indicator of peripheral Resistance to flow that must be overcome to push blood through the circulatory system.
Systolic pressure: refer to the pressure of blood in the artery when the heart contracts. It is the top (and higher) number in a blood pressure reading.
Diastolic pressure: refer to the pressure of blood in the artery when the heart relaxes between beats. It is the bottom (and lower) number in a blood pressure reading.
Stiffness Index: Indicator of the large artery stiffness related to the blood pressure
Reflection Index: Indicator of small and middle size artery stiffness
b/a indicator: Marker of the left ventricle ejection power.
-d/a indicator: Marker of hypertension
SpO2%: Hemoglobin oxygen saturation in percent corresponding to the arterial oxygen pressure. It can be reduced e.g. anemia, hypothyroidism, high altitude, Co2 increased, histotoxic hypoxia (cells cannot use 02) , oxygen-hemoglobin bond increased affinity, sleep apnea or lactic acid excess.



Body composition and follow up

The estimated body composition is made according to the body resistance. The estimated values are calculated from the peer reviews. Please note that these ranges are average values taken from the NHANES-III survey data.

What do the Results Mean?

FAT Mass: Fat is the energy storage of the body. Everybody needs fat in their bodies, but it is important not to have too much.
Fat Free Mass (FFM) : This value is, literally, what would be left after all fat was removed from the body. Many people also Refer to FFM as Lean Body Mass (LBM).
Total Body Water (TBW): Literally, the total amount of water in the body. Since fat is essentially 0% water, TBW is entirely contained within FFM.
Intra-Cellular Water (ICW) : This is the portion of Total Body Water that is located within the body's cells.
Extra-Cellular Water (ECW): This is the portion of Total Body Water that is located outside of the body's cells. Examples of where ECW is found include, but are not limited to blood plasma, spinal fluid, joint fluids, and edema.
Target Weight: This is calculated using a set of standardized formulas.
Body Mass Index (BMI): A person's BMI is equal to their weight in kilograms divided by their height in meters, squared. BMI is commonly used as an indicator of whether someone is overweight.
It is important to note, however, that somebody who is 'overweight' may not necessarily be 'over-fat'. A 5'10'', 300 pounds not athletic and a 5'10'', 300 pounds athletic could have exactly the same BMI.
Basal Metabolic Rate (BMR): Basal Metabolic Rate is the number of calories that a person will use per day, by virtue of simply being alive (i.e., lying still and breathing).

Body Composition Indicators (lb)

Compartments	Values	Total Body Water	Fat Free Mass	Weight
Intra Cellular Water	42.9	79.4	108.5	130.0
Extra Cellular Water	36.5			
Dry Lean Mass	29.1			
Body Fat Mass	21.5			

Body Composition Analysis

General distribution	Under	Normal	Over
Fat Free Mass		83.5%	
Body Fat Mass	16.5%		
Total Body Water		61.1%	

Fluid distribution	Under	Normal	Over
Intra Cellular Water		54.0%	
Extra Cellular Water		46.0%	

Indicators of the target weight

	Under	Normal	Over
Body Mass Index		23.8	
Percent Body Fat	16.5		

Weight Control (lb)

Current Target Weight: 130.0	Fat Control: 12.3	Basal Metabolic Rate: 1310 Kcal
Weight Control: 0.0	FFM Control: -12.3	Daily Energy Expenditure (DEE): 2488 Kcal

Follow Up