



Virta 360 metabolic profile

We have now analysed your blood sample and created an overview of your metabolism. This page summarises your current metabolic state into five categories related to wellbeing. These results are based on the markers measured from your blood, such as glucose. Each category is presented as a comparison of your result relative to the average of people your age or the Finnish population average. At the end of the page you can download a more detailed report on markers we have measured from your blood.

Please note that a recent meal can have an effect on your metabolic profile. The accuracy of the results presented below can be affected, if you have eaten within an hour or so before giving your blood sample. For this reason, we recommend fasting for at least one hour before giving your blood sample.

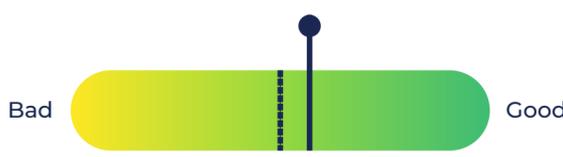
Your metabolic profile

Your metabolic profile indicates that your risk of type 2 diabetes and heart disease may be slightly higher than the average of people your age. Typically, people with similar profiles have a less-than-ideal cholesterol balance, which may result in an increased risk of heart disease when combined with smoking or high blood pressure.



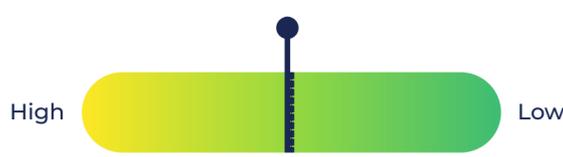
Cholesterol balance

Cholesterol is an important building block of cells and hormones. However, high levels of cholesterol in your blood can lead to build up of cholesterol in blood vessel walls, eventually causing heart disease. High cholesterol can sometimes be related to obesity or genetic inheritance. Cholesterol levels can be improved with a healthy diet, physical exercise and medications.



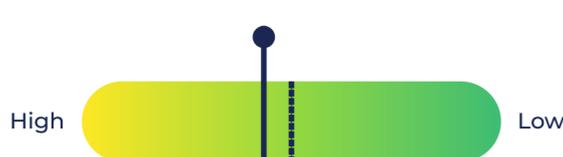
Cardiovascular disease risk

This is an estimate of your risk of developing heart disease when compared to a Finnish population group of your age. This estimate is based on your metabolic profile and does not include other risk factors, such as high blood pressure or smoking. High risk can be related to high cholesterol levels, chronic inflammation and obesity.



Diabetes risk

This is an estimate your risk of developing type 2 diabetes when compared to a Finnish population group of your age. High risk is often related to obesity and insulin resistance.



Low-grade inflammation

Inflammation is part of the body's normal response to certain problems such as infections and wounds. However, scientific studies have linked chronic low-grade inflammation with the risk of several chronic diseases, including heart disease and type 2 diabetes. Chronic inflammation can be reduced through lifestyle changes such as regular physical activity and weight loss.



Insulin resistance

Insulin is a hormone that regulates glucose and lipid metabolism in the body. Insulin resistance is a condition where the body's response to insulin is abnormal, causing higher blood sugar levels. If untreated, insulin resistance can lead to the development of type 2 diabetes. Insulin resistance is related to obesity, inactivity and chronic inflammation. Research has shown that physical activity, weight loss and a healthy diet can reduce, and even reverse, insulin resistance.



The results of the analysis of your metabolism are based on scientific research findings on how blood test results in large studies correlate with cholesterol balance, insulin resistance, low-grade inflammation, risk for cardiovascular disease and risk for diabetes. These results are indicative of your current wellbeing but cannot be considered a diagnosis and as such cannot be used to form the basis for diagnosis. If you have any concerns about these results you should consider seeking professional advice from a medical professional.

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