



FEHNCY

Health Report

Child/Youth Name:

Guardian Name:

Age: 12-18y

Mobile Clinic Date:

Community:



In this health report, you will find **your results** from the day you came to the FEHNCY **Mobile Clinic**. Some of these results have already been given back to you on the day of your appointment. You will find a more detailed explanation of each test at the end of your health report. For any results that require a follow-up, the health centre has been informed and a **follow-up appointment** should be booked.



Vitamins and Minerals

Essential for a wide range of functions in the body

A follow-up is suggested for your results marked with an asterisk (*).

Vitamin or Mineral	Your result	Typical values
Vitamin D *	40.4 nmol/L	50 - 125 nmol/L
Manganese	16 µg/L	5 - 20 µg/L
Selenium	140 µg/L	89 - 560 µg/L



Glycated Hemoglobin

Screen for diabetes

Everything is ok: good news!

Analysis	Your result	Interpretation
Glycated hemoglobin	5.3 %	Normal



Blood Lipids

Help assess the risk for heart disease, stroke, and high blood pressure

A follow-up is suggested for your results marked with an asterisk (*).

Lipids	Your result	Typical values
Cholesterol *	6.0 mmol/L	< 4.5 mmol/L
High-density lipoprotein (HDL)	1.4 mmol/L	> 1.1 mmol/L
Low-density lipoprotein (LDL) *	3.4 mmol/L	< 3.0 mmol/L
Triglyceride *	2.8 mmol/L	< 1.0 mmol/L



Blood pressure and Body Mass Index

Screen for high blood pressure and risk of health problems related to weight

Everything is ok: good news!

Measurement	Your result	Interpretation
Blood pressure	———— Not Available	Not Available
Body Mass Index	25.39 kg/m ²	Normal

Your height: 152.1 cm

Your weight: 58.7 kg



Red Blood Cells and Iron Status

Screen for iron deficiency and anemia

Your result summary:

According to the interpretation of all your results a follow-up is suggested.

You might have:

Iron deficiency without anemia

Red blood cells and iron-related biomarkers	Your result	Typical values
Hemoglobin	137 g/L	≥ 123 g/L
Iron	16.3 µmol/L	≥ 10 µmol/L
Transferrin *	3.39	< 2.71
Total iron binding capacity *	85 µmol/L	< 68 µmol/L
Soluble transferrin receptor *	2.10 mg/L	≤ 1.76 mg/L
Ferritin	18.5 µg/L	15 - 145 µg/L
C-reactive protein	1.30 mg/L	≤ 5 mg/L

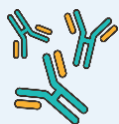


Liver Function

Screen for liver problems

Everything is ok: good news!

Hepatic biomarkers	Your result	Typical values
Alanine aminotransferase (ALT)	18 U/L	< 60 IU/L
Aspartate transaminase (AST)	17 U/L	< 35 IU/L

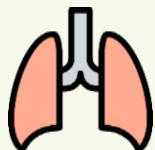


Allergies

IgE may be increased due to allergic reactions to food, environment, or infections

Everything is ok: good news!

Allergy/Immune biomarker	Your result	Typical values
Total Immunoglobulin E (IgE)	143 IU/mL	< 200 IU/mL

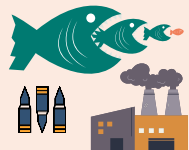


Lung function

Screen for lung diseases such as asthma.

Everything is ok: good news!

Lung function test	Your result
Reliability of the test (your ability to perform the test accurately)	Good



Metal Contaminants

Screen for exposure to environmental contaminants

Your result summary:

A follow-up is suggested for your results marked with an asterisk (*).

Contaminants		Your result	Higher than most Canadian youth**	Intervention level
Mercury	Hair	0.01 µg/g	≥ 1.4 µg/g	≥ 2 µg/g
	Blood	0.08 µg/L	≥ 1.8 µg/L	≥ 8 µg/L
Lead	Blood	6.6 µg/L	≥ 12 µg/L	≥ 50 µg/L
Total arsenic ‡	Urine	0.35 µg/L	≥ 27 µg/L	≥ 37 µg/L
Cadmium	Blood	0.03 µg/L	≥ 0.2 µg/L	≥ 5 µg/L
	Urine	0.04 µg/L	≥ 0.28 µg/L	≥ 7.3 µg/L
Nickel	Urine *	5.6 µg/L	≥ 4.4 µg/L	≥ 15 µg/L
Uranium	Urine	0.004 µg/L	≥ 0.02 µg/L	≥ 50 µg/L

** Only 5% of the Canadian population of the same age have levels of this contaminant equal or above this value. If your result is above this level, it does not mean that the contaminant is in sufficient concentration to cause adverse health effects, but since it is uncommon, you could be re-tested to make sure everything is okay!

‡ Only inorganic arsenic is known to be harmful for health. Organic arsenic is not toxic and can be naturally found in seafoods. When a higher level of arsenic is found in urine, we check what type of arsenic it is. No high level of inorganic arsenic was found.



FEHNCY FACT SHEET



VITAMINS AND MINERALS

Sources



Vitamin D



FATTY FISH

Salmon, Walleye, Trout, Mackerel, Herring, Halibut, Sardines



EGG YOLKS



VITAMIN D-ENRICHED FOOD LIKE DAIRY PRODUCTS



SUN

In moderation and with protection



Sources



Selenium



CEREAL & NUTS

Especially Brazil nuts



SEAFOOD, SALT WATER FISH & MARINE MAMMALS



EGGS



Manganese



CEREALS, GRAINS & NUTS



WILD FISH & LAND MAMMALS



VEGETABLES



BLOOD LIPIDS

Sources

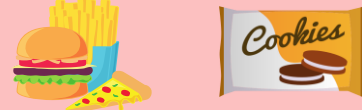
CHOLESTEROL

LDL
("bad cholesterol")

TRIGLYCERIDE



cold cuts, bacon, sausages



fast food, high sugar food

limit intake of these foods

HDL

("good cholesterol")



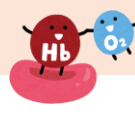
nuts



beans



fatty fish



IRON

Sources



MEAT



SEAFOOD



BEANS



GREEN VEGETABLES



CEREALS



NUTS AND SEEDS

The iron found in food from animals is more easily absorbed by the body.

When eating plant-based iron sources, add food rich in vitamin C (e.g., citrus fruit, tomato, cantaloupe) in the same meal to improve iron absorption.



CONTAMINANTS: TOXIC METALS

EXPOSURE FROM:

- Contaminated drinking water, air, soil, or dust
- Cigarette or marijuana smoking and exposure to second-hand smoke
- Foods (contaminated or that naturally contain high amounts)



Young children are most at risk of exposure because:

- they play on the ground and are exposed to soil and dust.
- they tend to put non-food items in their mouths.
- they breathe at a faster rate than adults so breathe in more contaminants into their lungs.

