

Stress / Arterial Health Test		SMART PULSE	
Name	John	Gender/Age	Male / 43
Date	6 Dec 2017 at 5:00:35 PM		
Heart Rate	83		
Ectopic Beat	1	<p>If your heart rate were in the normal range, the bar would be located in Green Zone. Green Zone: The average range of your same age group.</p>	

Mean Heart Rate: is the average heart rate during test. The normal HR of adult is 60 ~ 90 bpm.

Ectopic beat : It means the rhythms deviated from the normal range and also it may be appeared when the person moves during the test or he or she has an arrhythmia. If it shows over 5 times, should be tested again. If you experience palpitation, breathing difficulty or syncope frequently, discuss with your doctor.

Stress Info.

Physical Stress : 63

Mental Stress : 76

It indicates the status of physical & mental stress. The lower value is better.

Arterial Health Info.

Arterial Elasticity : 70

Peripheral Elasticity : 43

A healthy blood vessel is flexible & supple and it leads to get a higher score of Arterial & Peripheral Elasticity.

Arterial Elasticity: It shows the elasticity of the artery blood vessel.

Peripheral Elasticity: It shows the elasticity of the peripheral blood vessel.

*The result of elasticity is shown in comparison with the standard value of the same age group.

Stress Score : 81

The lower score is better and it leads to place the bar on the green zone.

Autonomic Nerve Balance

It indicates the balance degree of SNS(tension) and PNS(relax). The balanced ratio means that you are in healthy condition.

Stress Resistance : 39

It indicates the overall health condition. The higher score is better.

Type 4

Unit : (%)

Arterial Score is made by the analysis of the aging level of blood vessel. The higher score is better.

It means that the aging level of blood vessel has been classified by Type 1 to Type 7. Type 1 is the best condition while type 7 is the worst.

It means that the aging level of blood vessel has classified by Type 1 to Type 7 and it describes with percentage (%).

Type1: Blood circulation and artery state is great!

Level2: Blood circulation and artery state is good but a slight build up is beginning to occur.

Level3~4: Blood circulation and artery state is becoming poor and build up is starting.

Level5: Blood circulation and artery state is bad and build up is increasing.

Level6~7: Blood circulation and artery state is very bad and build up is becoming serious.

Physical Stress: Physical Stress means the status of how much gets stress physically.

Mental Stress: Mental Stress means that the status of how much gets stress mentally.

Stress Score: Stress Score is made by the analysis of total stress and 100 score is the worst while the lower score is the better. Green color zone has no stress and good condition while yellow color zone has a little stressful condition and the red color zone is severely stressful condition.

Autonomic Nerve Balance

- **PNS Dominant:** If parasympathetic nerve is excessively dominant, it means that the person has depression or can't be bothering anything or loses the motivation.

- **Balanced:** It means that sympathetic nerve and parasympathetic nerve are properly balanced each other. In general, ratio of SNS and PNS is 6:4, 5:5, 4:6 and it means the balance of autonomic nerve system.

- **SNS Dominant:** If sympathetic nerve is excessively high, it means that the person has anxiety, irritation, and excessive nervousness. In other words, if the person has excitation or stress severely and has sleep disorder, aggressive character, agitation and overheating on body, it is highly dominant

Stress Resistance: As an indicator of how much we are accustomed to the stress, it will be greatly resistant to the stress in the healthy people under the same stress while it will be bad in resistance for the unhealthy people if they lose the resistant ability in body or have a weak autonomic nerve system function.

Overall Result

Heart Beat Your heart rate is slightly higher in comparison with the same age group.

Stress Mental and physical stress levels are high and stress resistance is also under weakening condition. Main causes may come from chronic stress, physical fatigue, drinking alcohol/smoking, and aging of blood vessel. As you may feel a little tired with anxiety, irritation, and strain, you need to maintain the stable state of your mind by doing light exercise and listening to music.

Arterial Health Your vessel is in initial level for aging. As it causes to get aged with a lot of stress, improper life tendency, obesity, smoking and over-drinking, you should improve yourself with the proper life tendency, regular physical exercise and stress management.

Recommendation Dietary supplements like vitamin B12, C, E, Arginine, DHEA, Malic acid, Melatonin, Magnesium, Calcium and Fish oil will be helpful. For exercise prescriptions, it may be helpful if you take a sleep for 8 hours, do a regular exercise, try to reduce the stress and talk with friends, family and psychiatric consultant.