

### Patient Summary

DOB: 02/02/1989 | Age: 36

Height: 187 cm | Weight: 86 kg | BMI: 24.6 (Healthy weight)

Lifestyle: Medium activity | Exercise: 2–3 days/week

Sleep: >7 hours/night | Water: 2L/day | Alcohol: <2.3 units/week | Smoking: Non-smoker

Diet: Regular meals, snacks occasionally, eats red/white meat and seafood, meets 5-a-day

### Medical History

Chronic Conditions: None

Medications: None

Allergies: None

Family History: No major illnesses

### Blood Test Results

Report 1 (Ref: 25T942704):

- ESR: 2 mm/hr (Normal: 1–10) ✓

- Selenium: 132 µg/L (Normal: 65–150) ✓

- Iodine: 83.2 µg/L (Slightly high, Normal: 40–80) ⚠

Report 2 (Ref: 25T973575):

- Homocysteine: 14.63 µmol/L (Normal: 5.5–16.2) ✓

### Clinical Interpretation

Healthy BMI.

No chronic conditions or metabolic abnormalities found.

Slightly raised iodine likely dietary — monitor only if symptomatic.

Homocysteine normal — no cardiovascular/B-vitamin risk flagged.

### Conclusion

**Alexander Fogg is in good health with no red flags.**

**No current need for medical intervention or further testing.**

**Recommend continuing a healthy lifestyle and periodic routine screening.**

### Final Notes

🔗 Please Note: These results should be reviewed with your GP or a private healthcare provider to guide further care.

! **Advisory Note:** If you ever feel very unwell or develop persistent serious symptoms of weakness, headaches, shortness of breath, or a fever, please call 111 or 999, or attend your nearest accident and emergency department immediately.

If you are unsure what to do, you may contact us by emailing [info@harleystreetmedical.co.uk](mailto:info@harleystreetmedical.co.uk) or by calling 020 7310 8458.

Warm regards,

Your Harley Street Medical Healthcare Team

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