



# Mr [REDACTED]-DNAHakim Health Audit

Mr. [REDACTED] | 36 Years

## Overall Status

● Moderate Risk | Highly Reversible Stage

Your body is showing early warning signs, but there is no evidence of advanced disease. Most findings can improve significantly with focused intervention.

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## Key Finding ★

### REM-Predominant Positional Sleep Apnea

Overall AHI: 5.25/hr (Mild)

REM-AHI: 14.24/hr (Moderate)

Supine AHI: 9.59/hr

Side Sleeping AHI: 1.29/hr

Lowest Oxygen: 87%

### Why It Matters

REM sleep is the stage responsible for:

- Testosterone production
- Recovery
- Brain restoration

- Cardiovascular regulation

Repeated breathing interruptions during REM sleep may be contributing to:

- ✗ Low Testosterone
  - ✗ Erectile Dysfunction
  - ✗ Low Libido
  - ✗ High Blood Pressure
  - ✗ Fatigue & Poor Recovery
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## What Is Working Well

- ✓ Good daily activity (8k–12k steps)
  - ✓ Regular exercise routine
  - ✓ Blood sugar markers normal
  - ✓ Inflammation markers acceptable
  - ✓ No major cardiac events during sleep study
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## Areas Needing Attention

### Hormonal Health

- Testosterone low
- SHBG very low
- Symptoms match hormonal suppression

### Blood Pressure

- Current BP: **140/101**
- Strong family history increases future risk

### Body Composition

- BMI in obesity range

- Excess body fat likely affecting hormones and BP

## Liver & Metabolic Health

- Previous fatty liver history
  - Mild metabolic stress still present
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## REM-OSA Risk (Evidence Based)

Compared with people without REM-OSA, studies show higher risk of:

- ↑ Hypertension
  - ↑ Metabolic dysfunction
  - ↑ Testosterone suppression
  - ↑ Erectile dysfunction
  - ↑ Long-term cardiovascular disease
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## 3-Month Correction Goals

- 🎯 Improve sleep breathing
  - 🎯 Reduce body fat by 5–8 kg
  - 🎯 Improve BP control
  - 🎯 Improve testosterone naturally
  - 🎯 Improve libido, erections & energy
  - 🎯 Reduce future cardiometabolic risk
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## Our Next Step

Over the next 3 months we will:

- ✓ Optimize nutrition
- ✓ Improve sleep quality

- ✓ Improve recovery
  - ✓ Monitor BP trends
  - ✓ Assess hidden contributors
  - ✓ Perform targeted follow-up assessments where required
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## Expected Improvement After 12 Weeks

- ✓ Better sleep
  - ✓ Better energy
  - ✓ Better libido
  - ✓ Better erections
  - ✓ Lower BP
  - ✓ Improved body composition
  - ✓ Better hormonal environment
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## 3-Month Reassessment

We will reassess:

- Sleep & recovery
  - Hormonal status
  - Blood pressure
  - Body composition
  - Metabolic health
  - Sexual health
  - Future risk profile
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## Final Assessment

## **Current Pattern**

**Sleep Dysfunction → Hormonal Suppression → High BP → Reduced Energy & Sexual Performance**

## **Good News**

Most findings appear **functional, early-stage and potentially reversible.**

## **Primary Focus**

**Sleep Optimization + Fat Loss + Blood Pressure Control + Hormonal Recovery**

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## **DNAHakim P5 Protocol**

*Preventive • Predictive • Personalized • Precision • Participatory Healthcare*