

Taking on my Osteoporosis



QS - Dublin

Self Knowledge Through
Numbers

@qs_dublin



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DEXA Scan - 2013

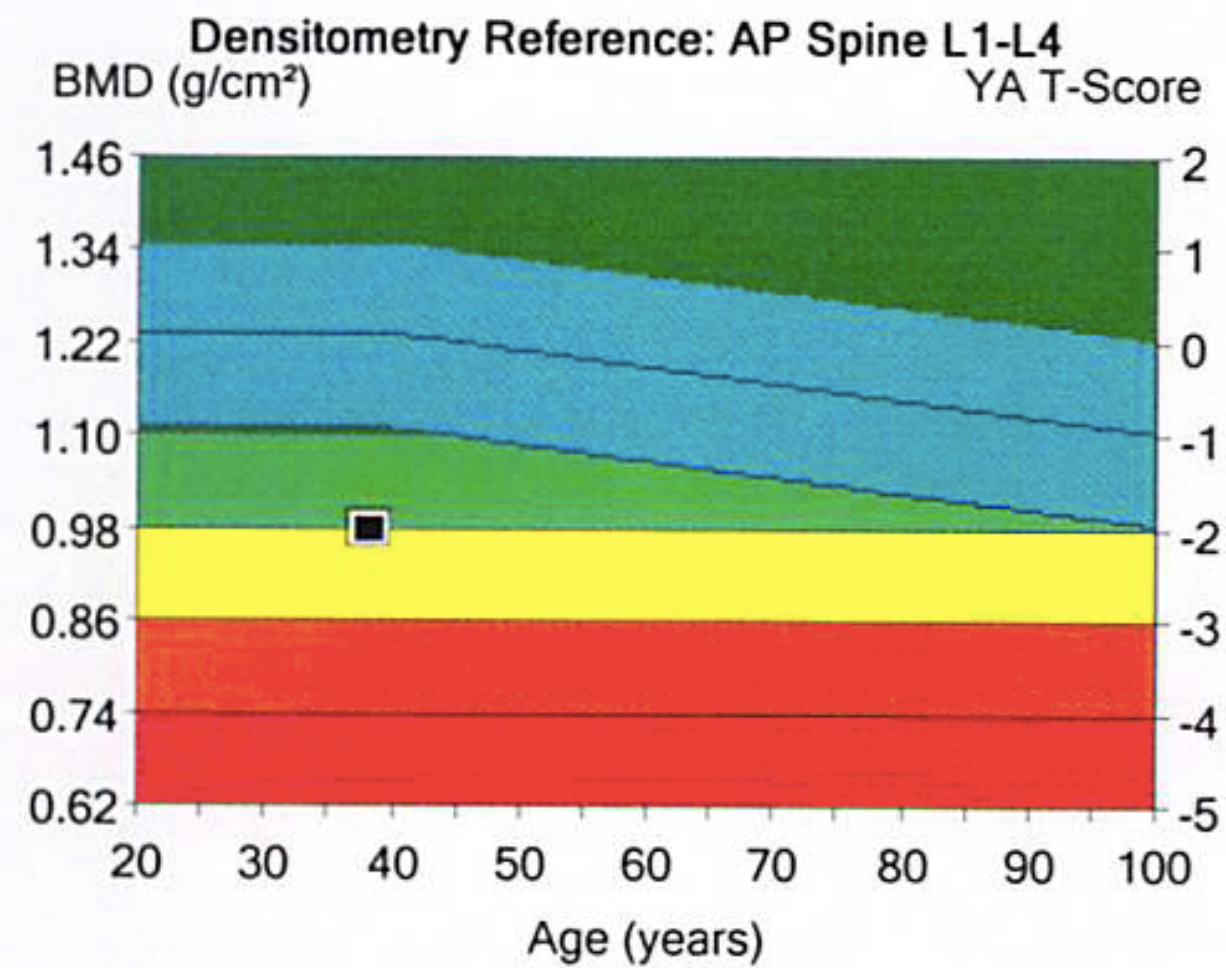
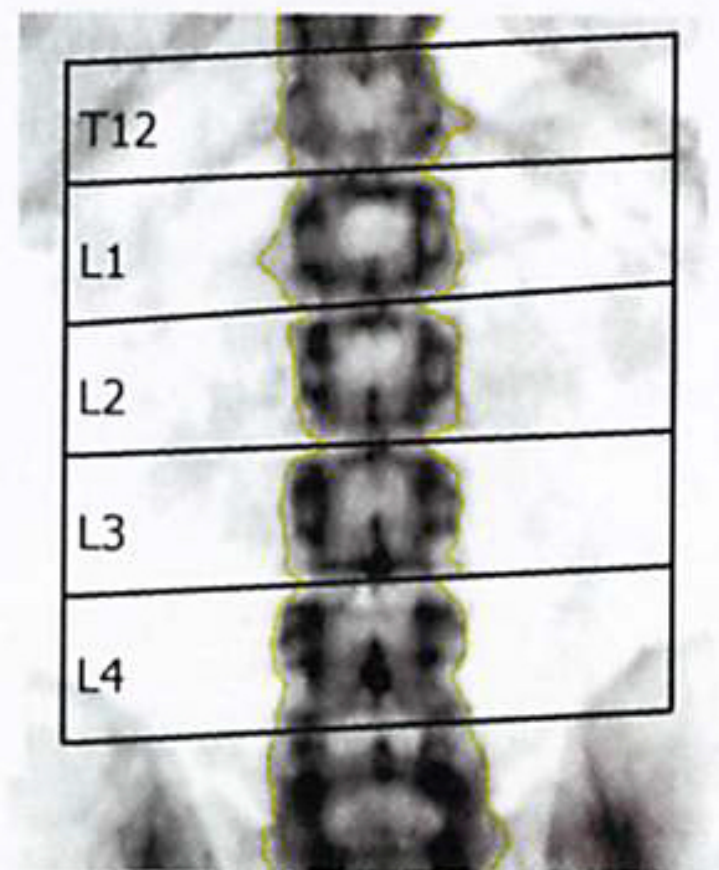
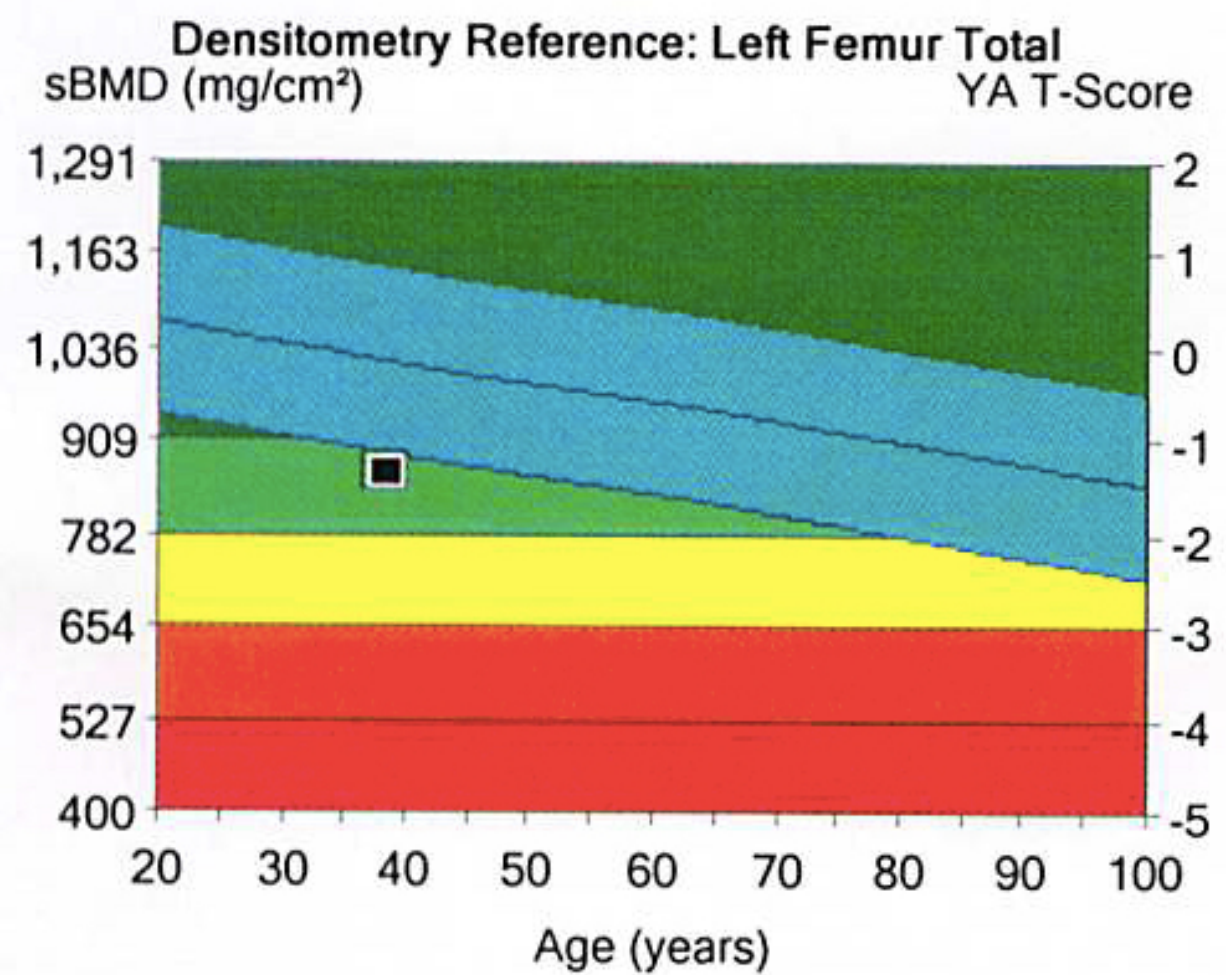
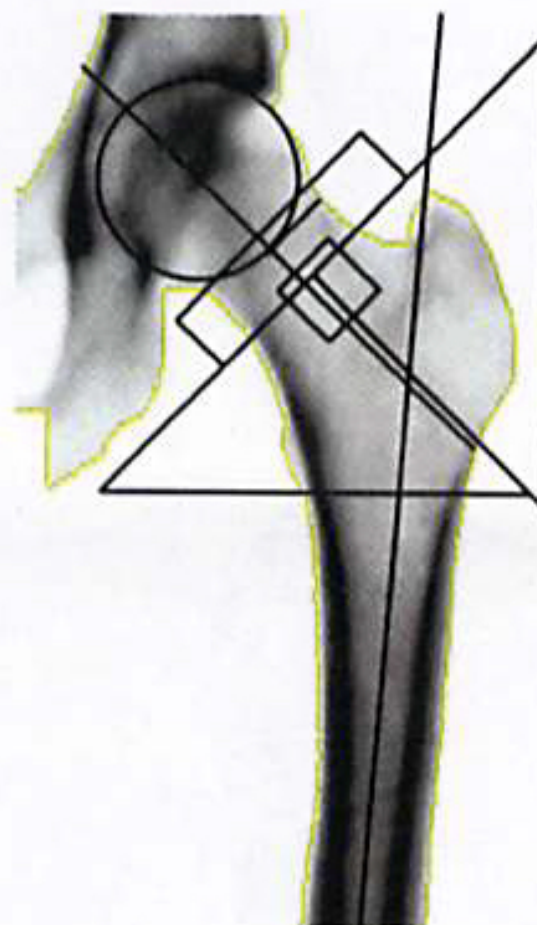
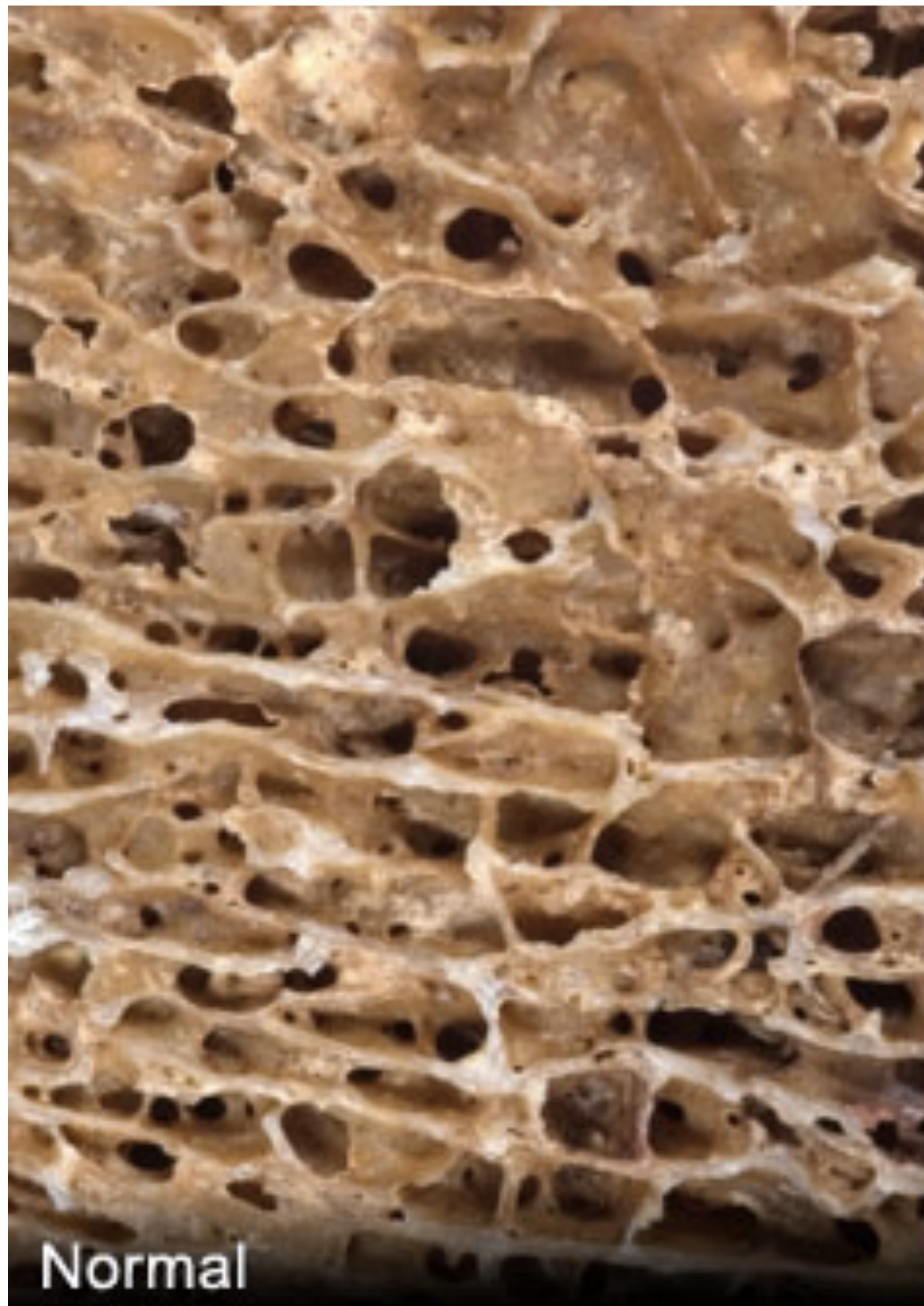


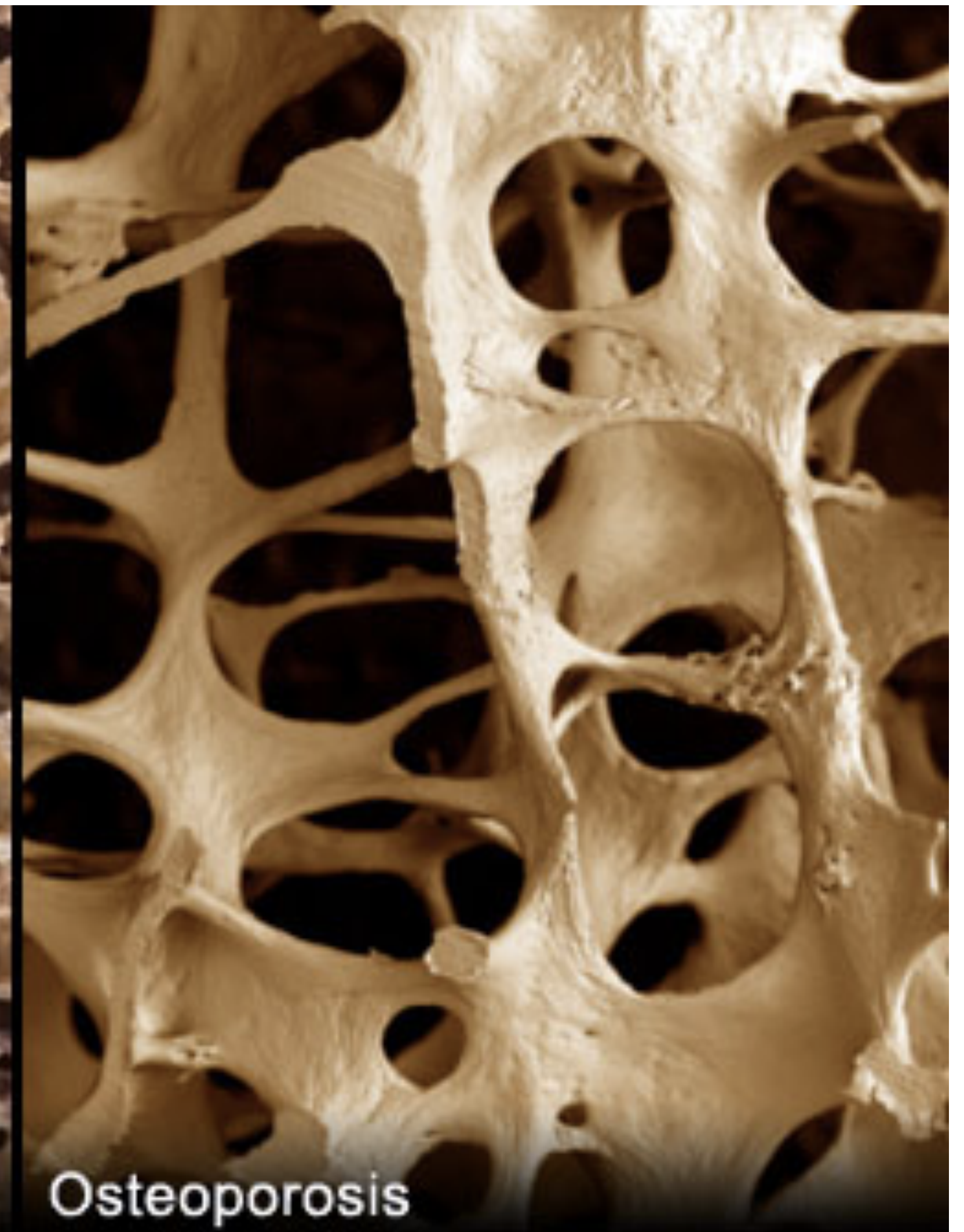
Image not for diagnosis



DEXA Scan - 2013



Normal

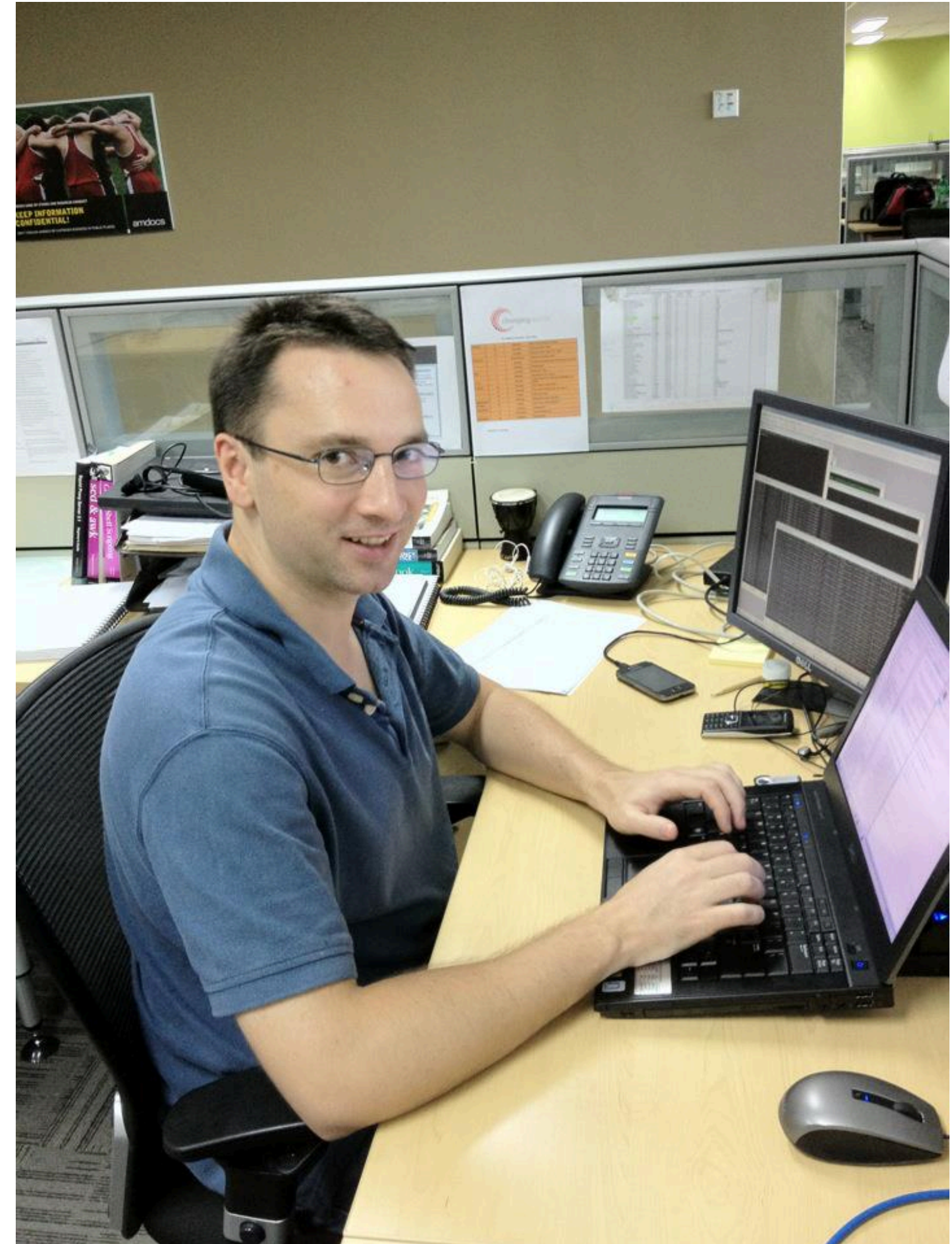


Osteoporosis

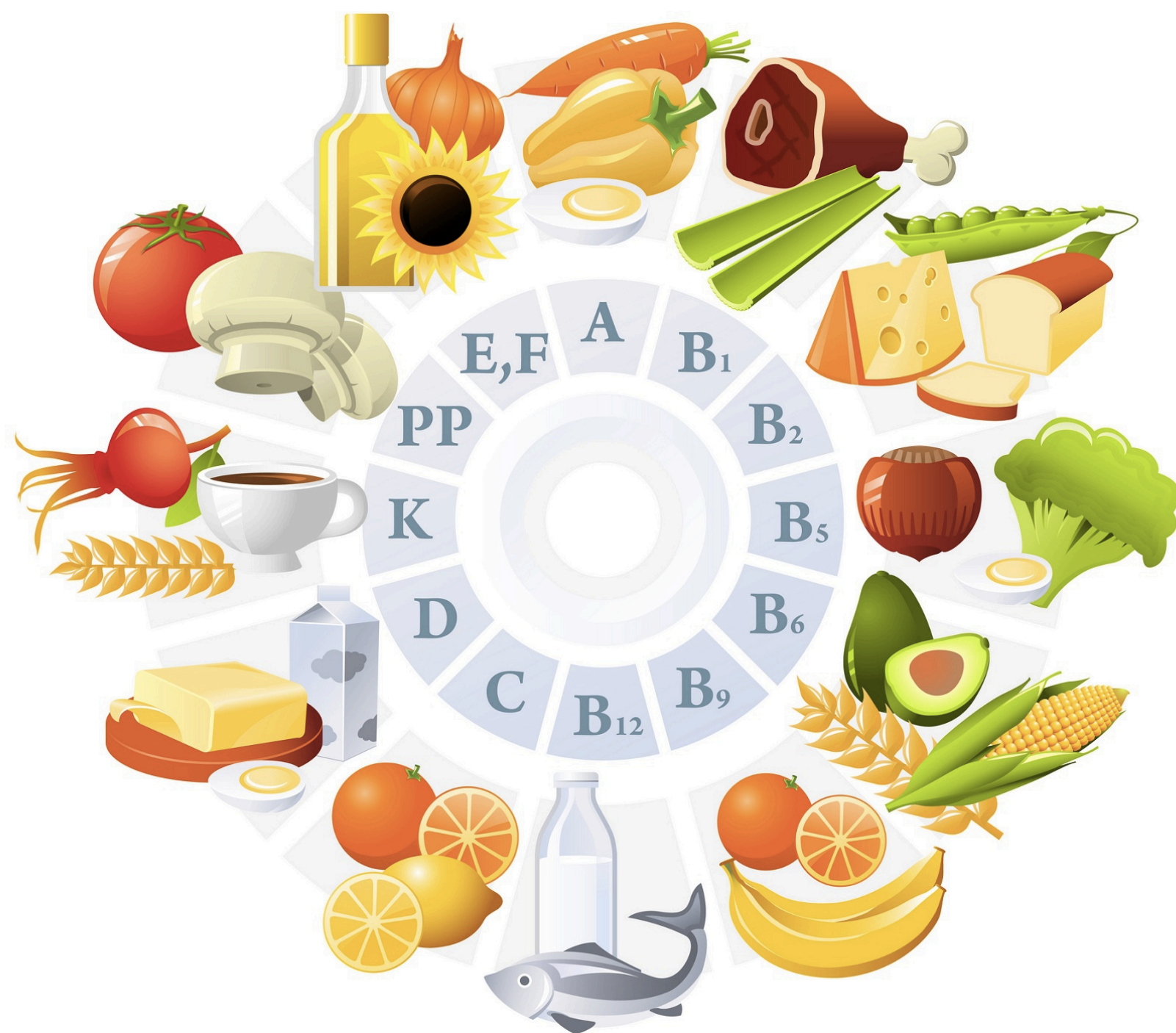
Recommendation...



Osteoporosis - Reasons?

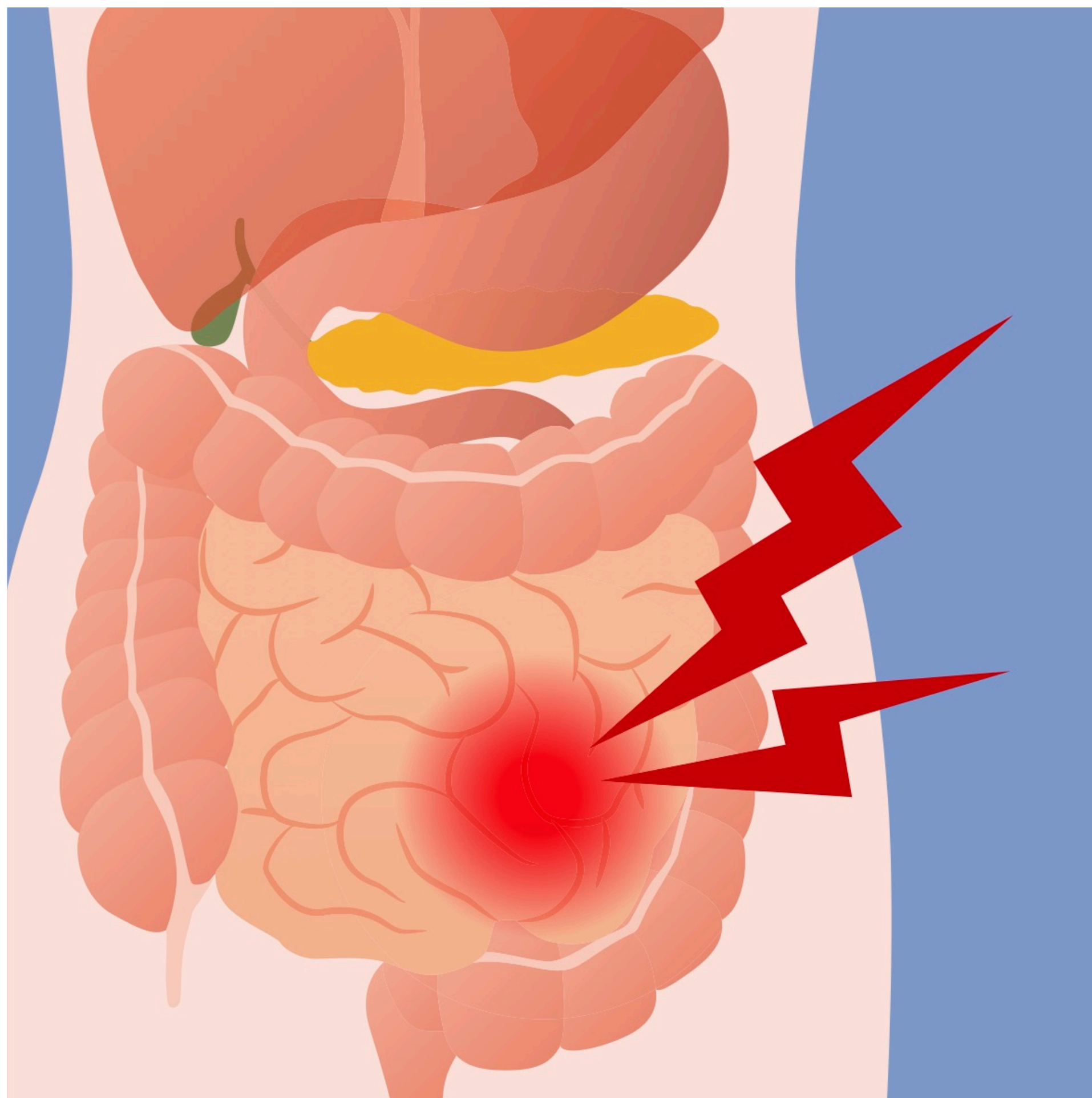


Bone Health Needs....

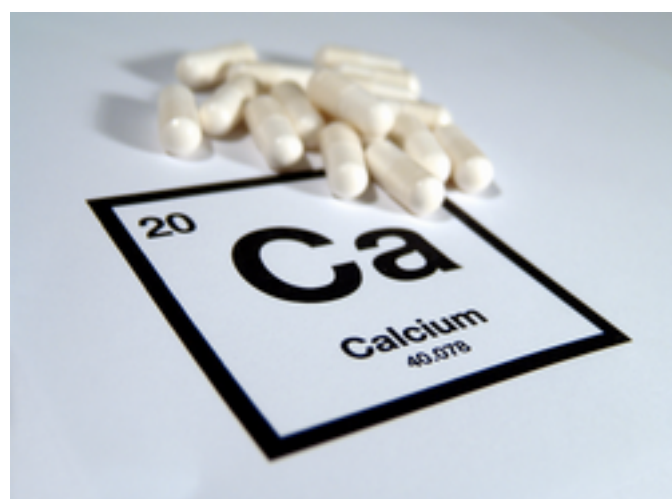


What is Unique to Me?

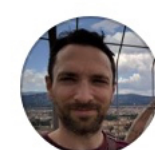
Irritable Bowel Syndrome?



Irritable Bowel Syndrome?



Irritable Bowel Syndrome - Clean Diet



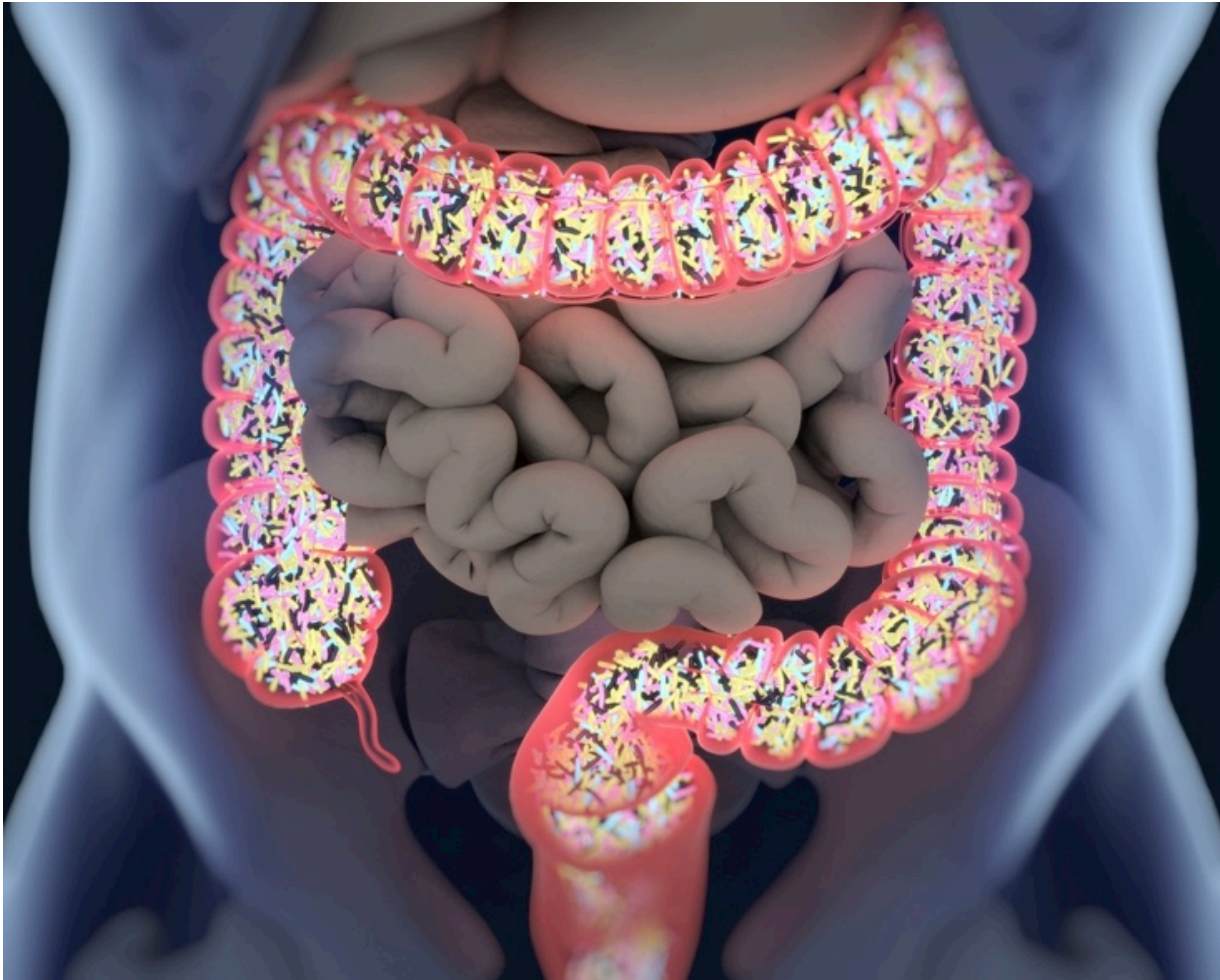
jdplawler
The Happy Pear Greystones



Liked by catyuen2, cgurrin and 12 others

jdplawler Happy pear goodness @thehappypear #graystones
#

Microbiome Impacting Bone Health?



Microbiome?



Microbiome?



Quantifying Gut Health – Testing Services

Microbiome – Missing Strains...

- **Bifidobacterium**
 - In live yogurts
 - Digests lactose
 - Good For IBS/IBD & Inflammation



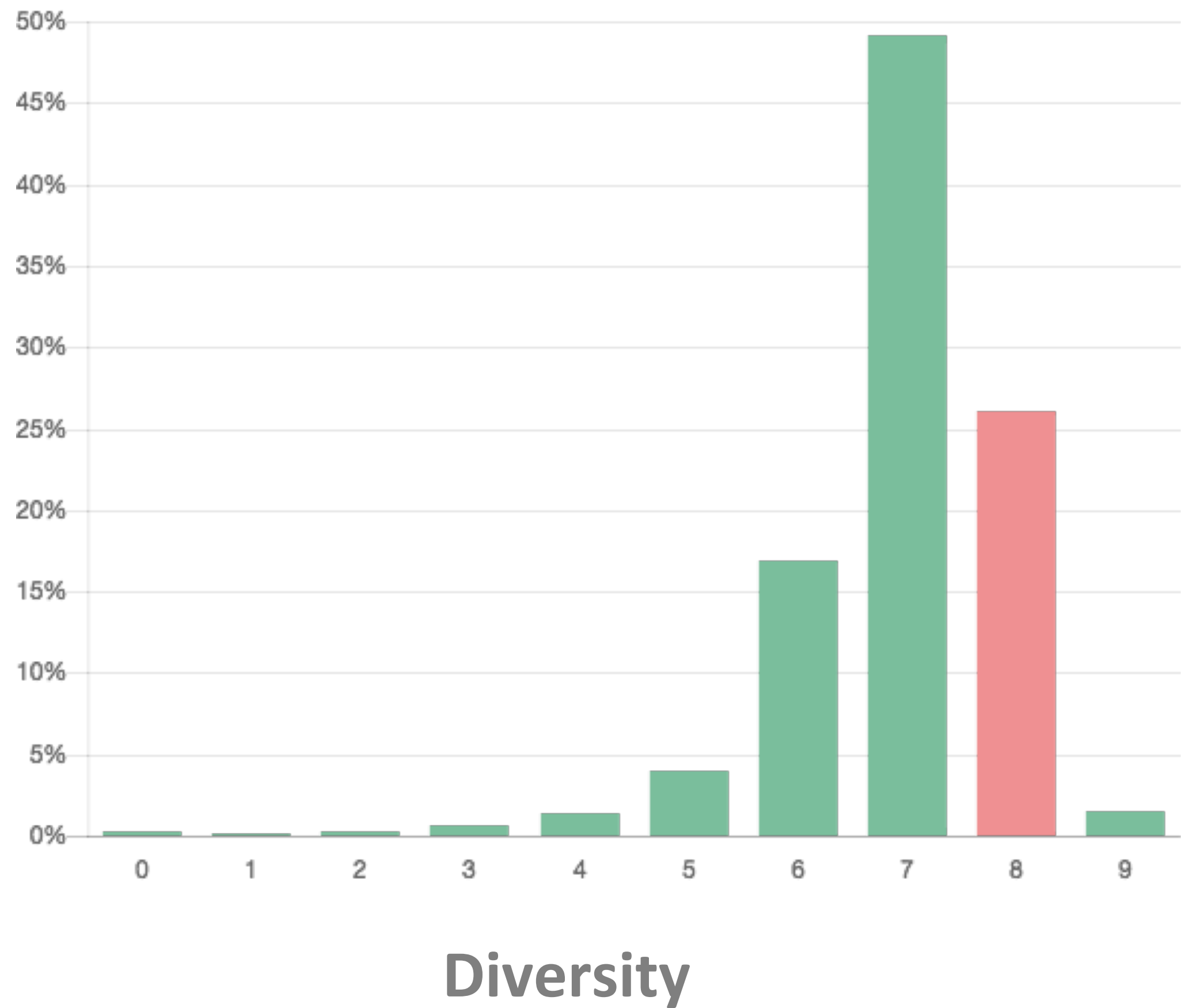
Microbiome – Missing Strains...

- **Bifidobacterium**
 - In live yogurts
 - Digests lactose
 - Good For IBS/IBD & Inflammation
- **Lactobacillus**
 - In fermented foods
 - Good for bone health, allergies, asthma



Microbiome – Other Feedback

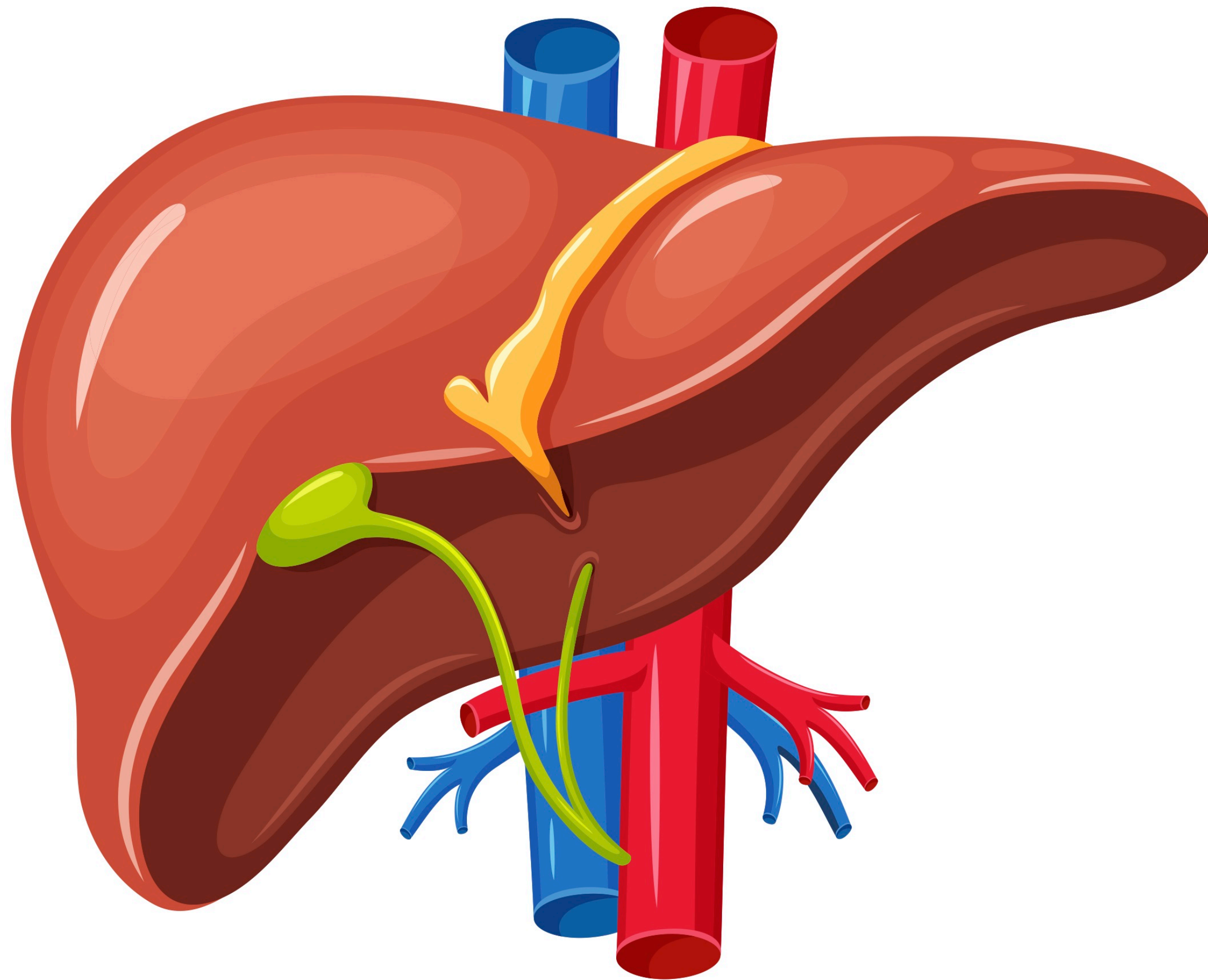
- Body Weight
- Diversity
- Recommendations



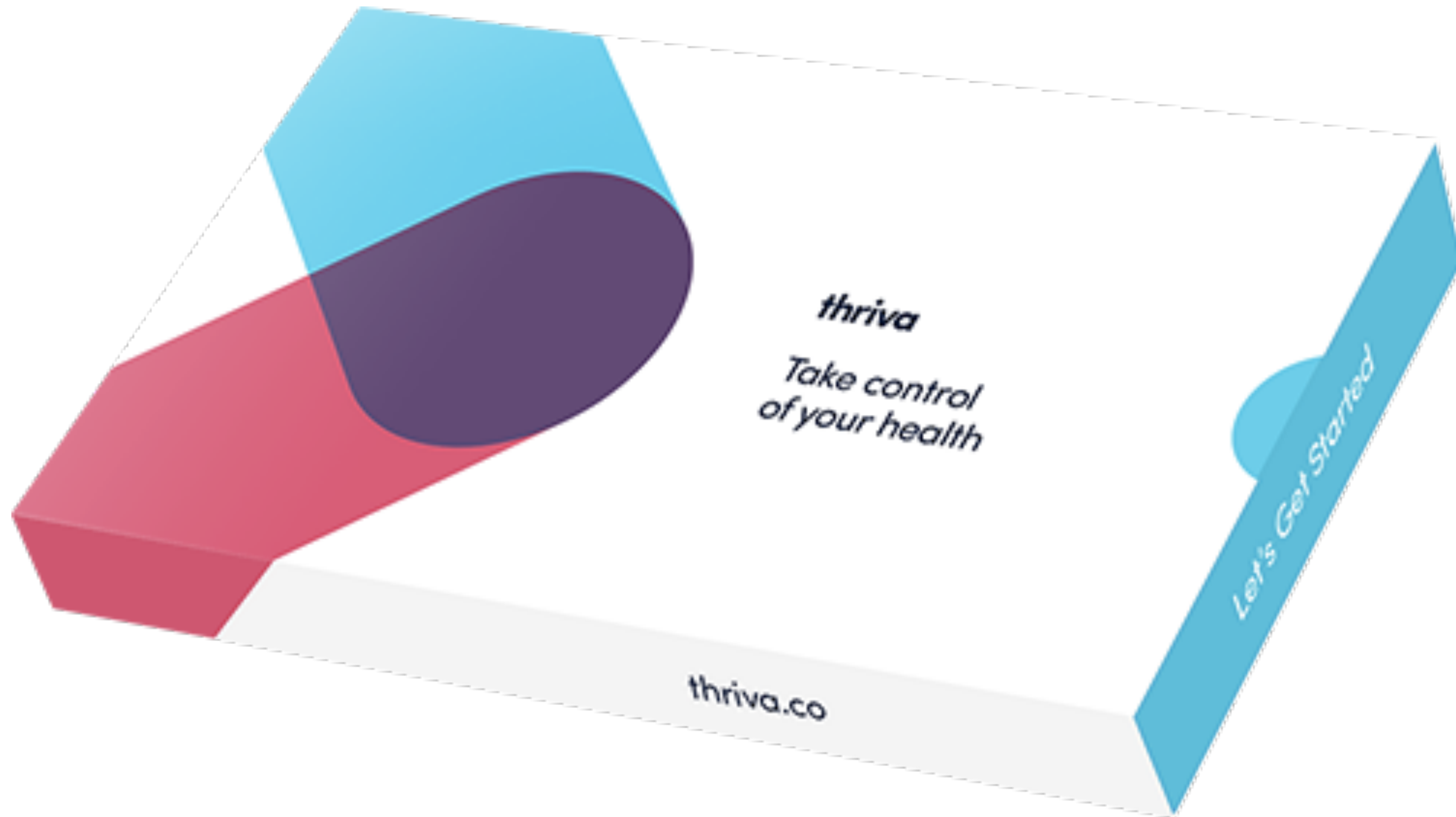
Healthy Microbiome Tips from uBiome



Blood – Liver Function Impacting Bones?



Blood – Measuring Bilirubin



Blood - Reducing Bilirublin Levels



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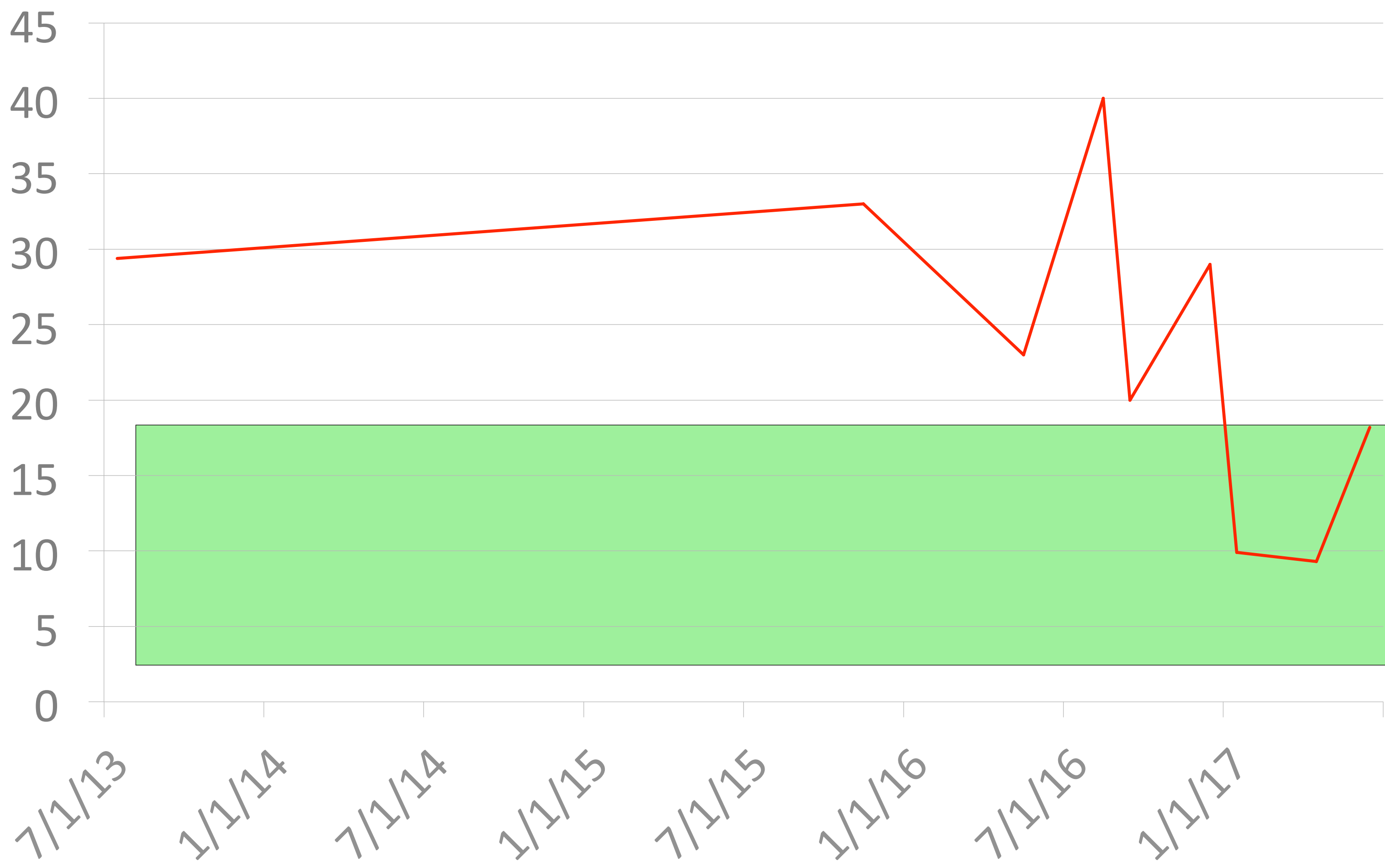
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#





Blood – Bilirubin?

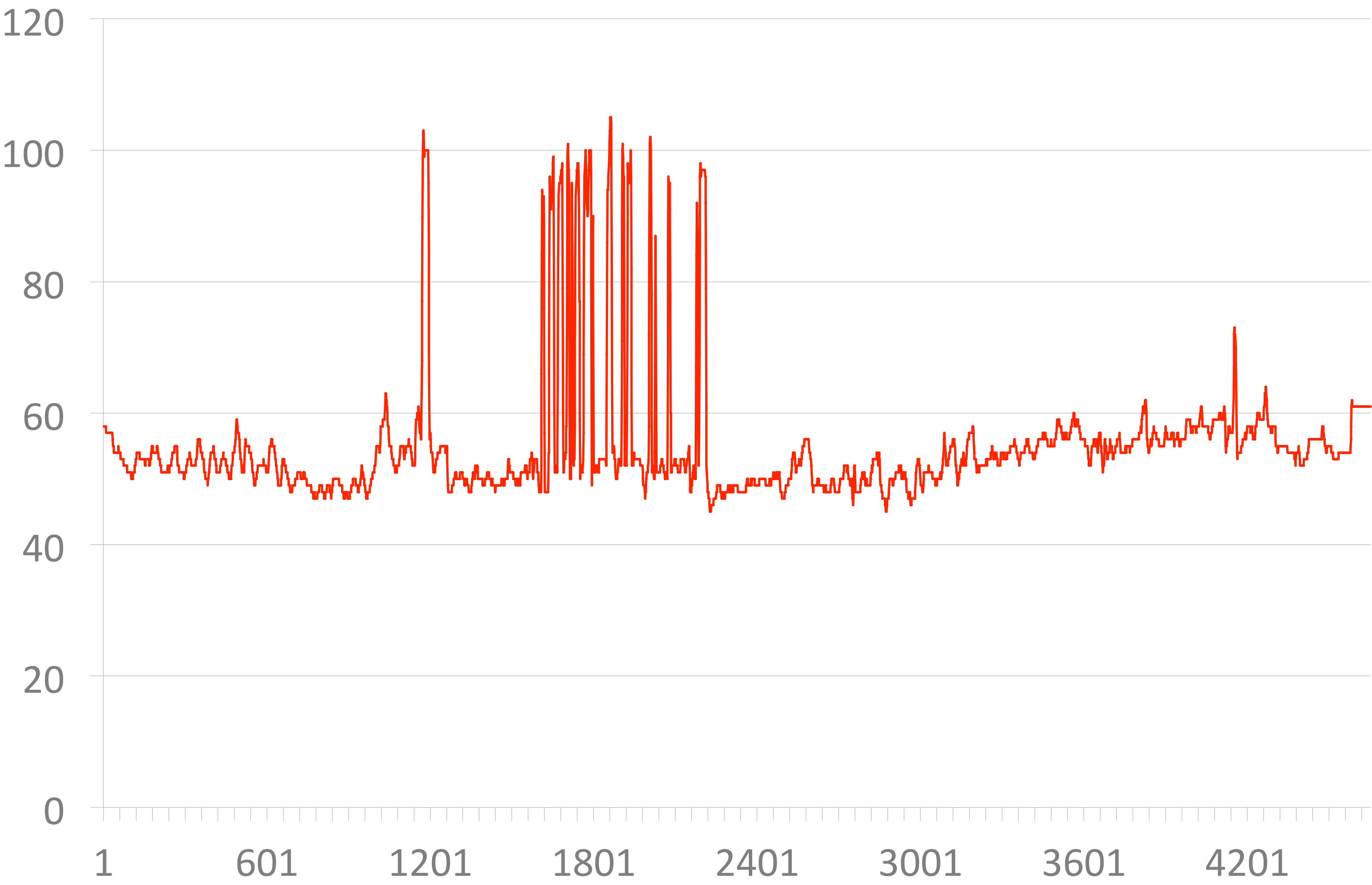


Bilirubin Normal Levels 3 -> 17

While I Was Self Tracking....



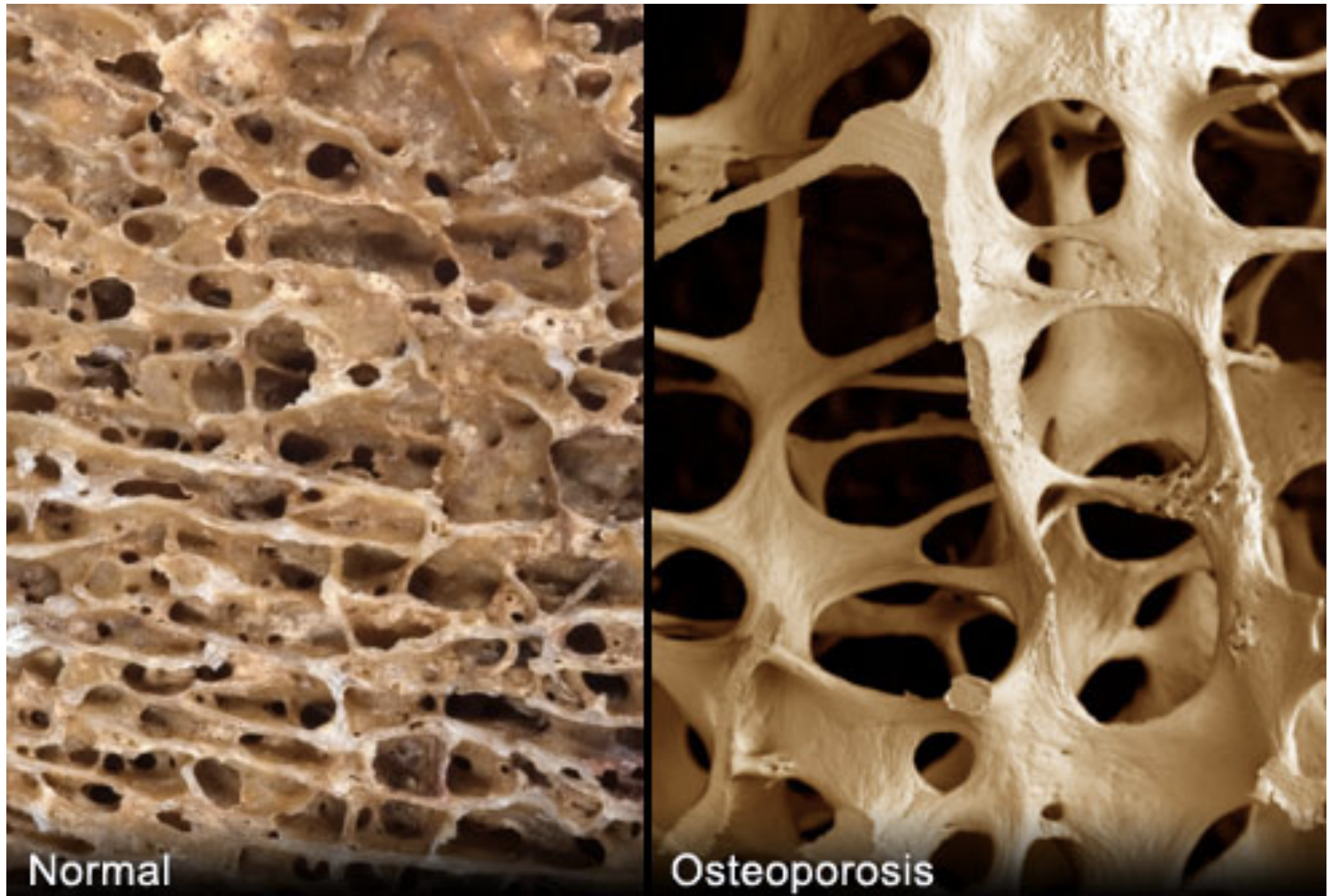
Night Time Heart Rate - emFit



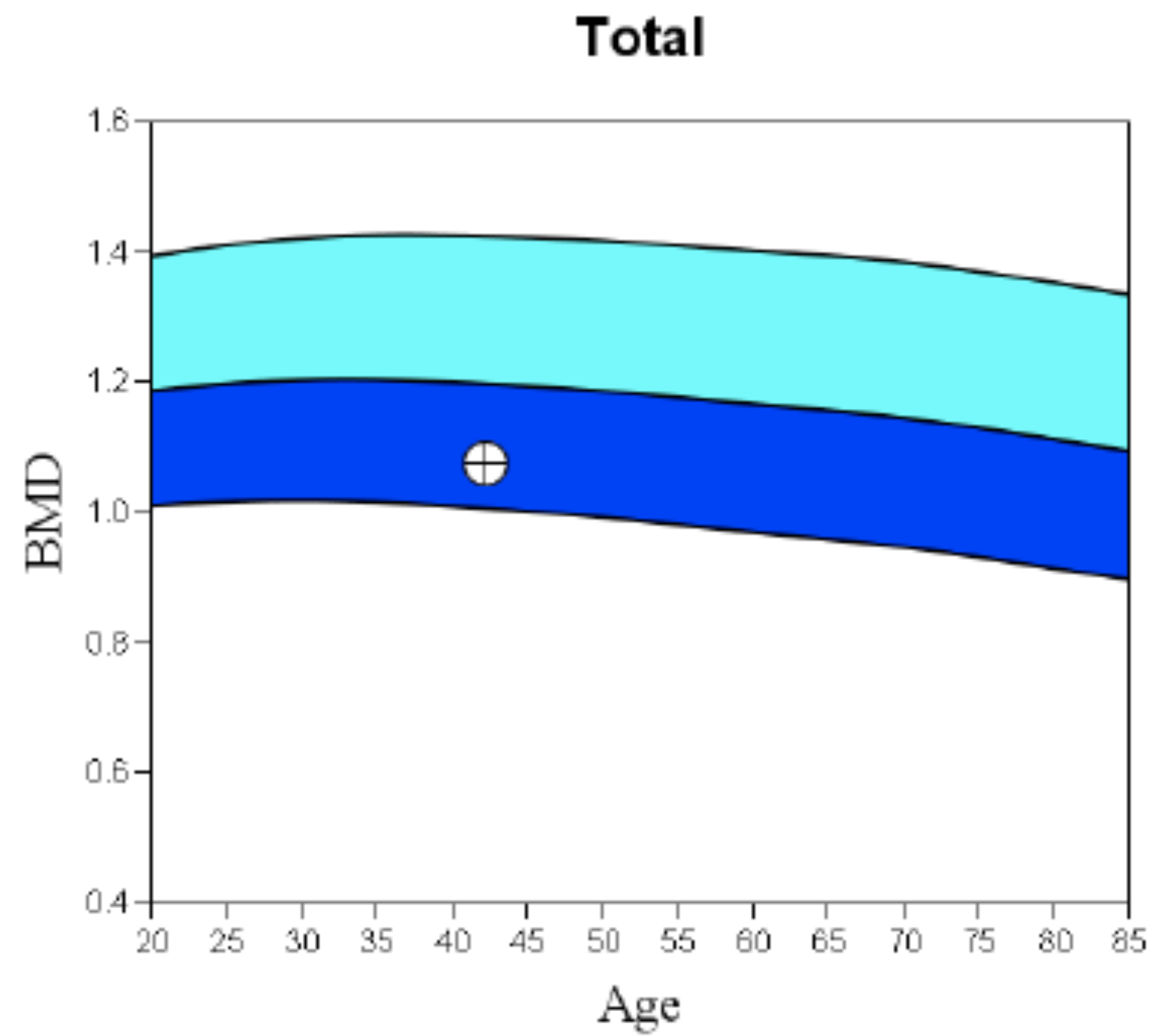
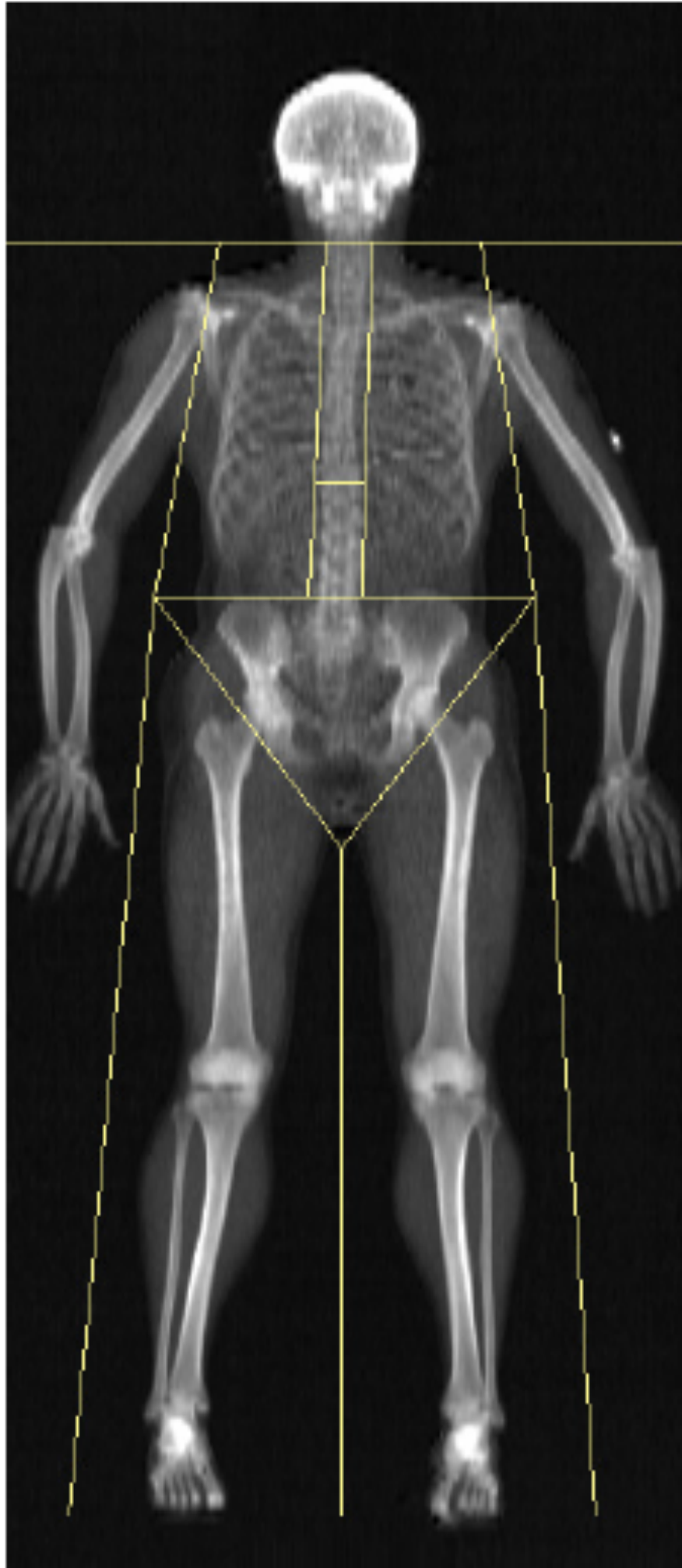
Asthma?



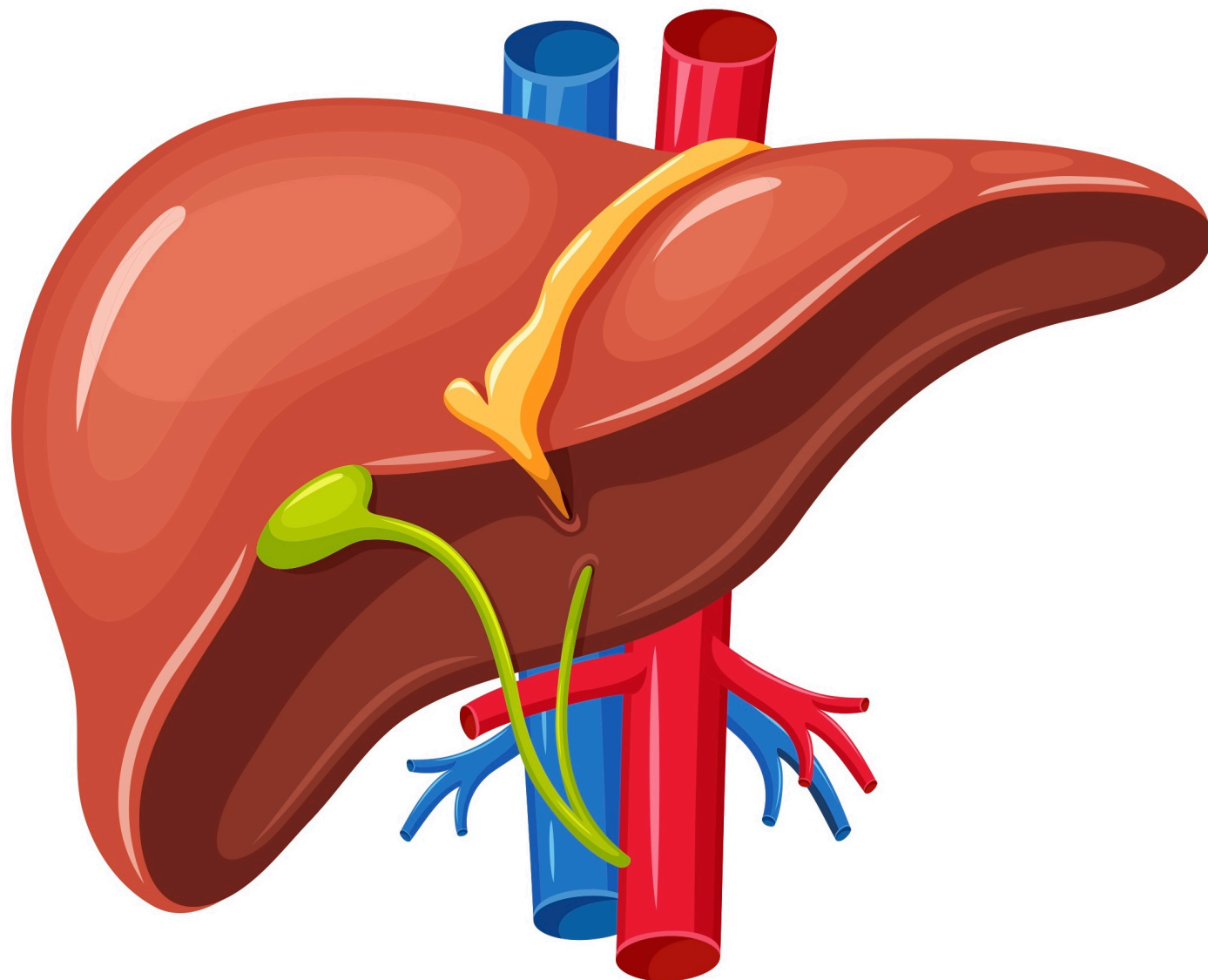
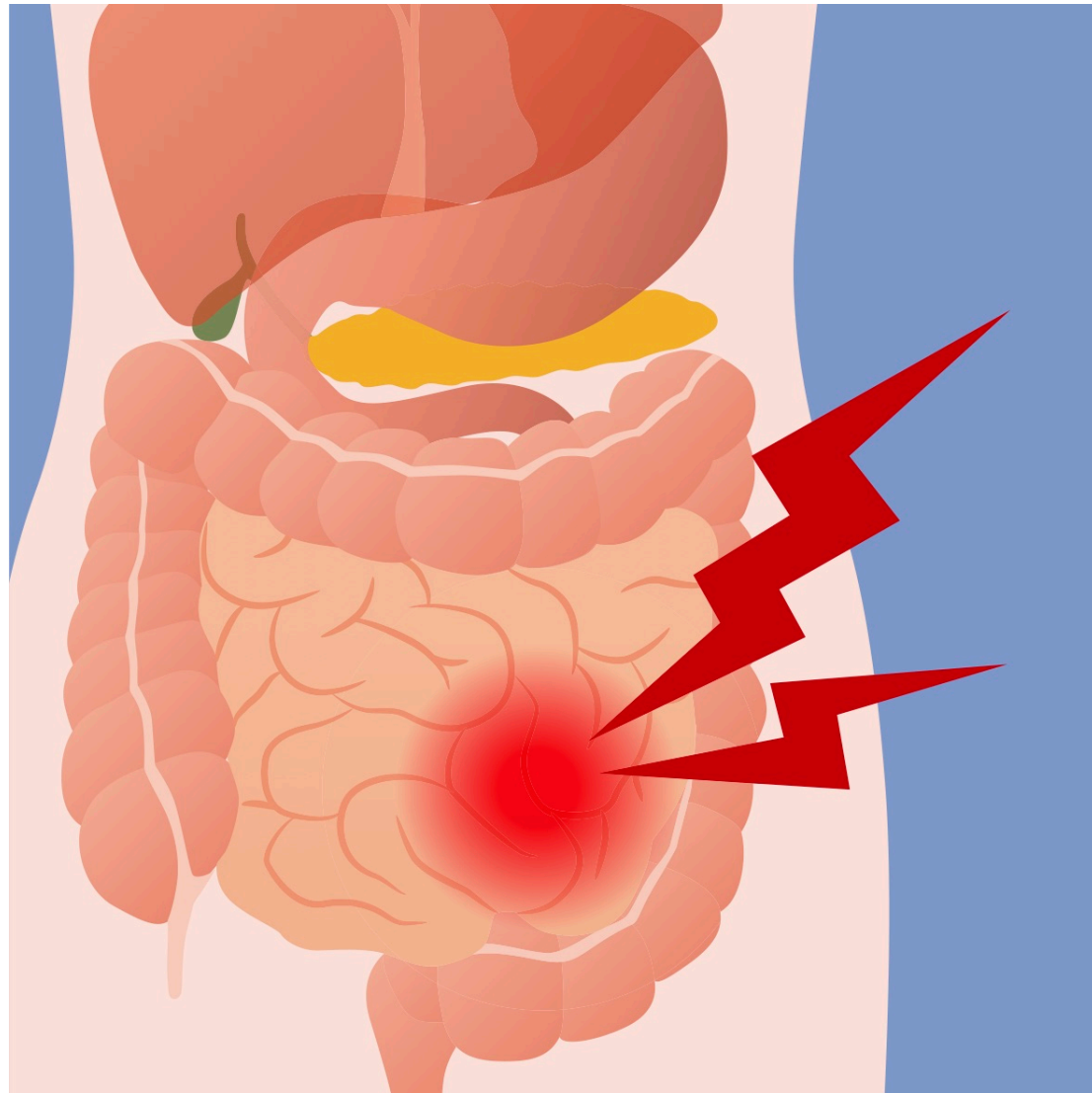
Side Effects of Asthma Medication...



Osteoporosis - Where Am I Now??



Side Effects of Tracking



Osteoporosis – Where Next?



Next Steps?



GET IN TOUCH



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