



expats CLUB

**Welcome to the
Pattaya Expats Club
Tuesday 18th June 2024**

NEXT SOCIAL EVENING

- Date:** Wednesday 26th June 2024
- Time:** 19.00h (Note change of time:7pm)
- Format:** Get to know your fellow members and their partners for a chat & a drink
- Location:** Four K Ya 2 Bar, Soi Whitehouse, Jomtien
(between soi 7 & 8)
- Google/Bolt:** "Soi Whitehouse Massage"
- Cost:** 250B/member, which includes 2 free first drinks and a Thai finger buffet, partners free!



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Co-Pilot
Prompt :
Design a logo
for a Chimps
Night Out





Co-Pilot
Prompt :
Design a logo
for Common
Sense

Co-Pilot Prompt :
Design a logo for a
Hareline
(running hare with
beer in hand)





Co-Pilot Prompt :
Design a scene for an informal management meeting of a social club, of 6-8 people in shorts & t shirts, in the tropics



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ChatGPT Prompt re blood tests

If you have a general health blood test what are the recognised healthy ranges for LDL, HDL Trglycerides etc

<https://d.docs.live.net/061c12d712d6d52f/3%20PEC/Open%20Forum/general%20health%20blood%20test.docx>



ChatGPT Prompt

If you have a general health blood test what are the recognized healthy ranges for LDL, HDL Triglycerides etc in the US, Europe, UK, Thailand & WHO,

- produce the results in comparison tables with country on the x axis & parameter on the y axis,
- only quotes results in mg/dL

Input data:

- [General Health Blood Test Parameters](#)

Chat GPT Answer

Parameter	US (mg/dL)	Europe (mg/dL)	UK (mg/dL)	Thailand (mg/dL)	WHO (mg/dL)
LDL Cholesterol - Optimal	< 100	< 115	< 115	< 100	< 100
LDL Cholesterol - Near optimal/above optimal	100-129	115-154	115-154	100-129	100-129
LDL Cholesterol - Borderline high	130-159	155-189	155-189	130-159	130-159
LDL Cholesterol - High	160-189	190-224	190-224	160-189	160-189
LDL Cholesterol - Very high	>= 190	>= 225	>= 225	>= 190	>= 190
HDL Cholesterol - Low (Men)	< 40	< 40	< 40	< 40	< 40
HDL Cholesterol - Low (Women)	< 50	< 50	< 45	< 50	< 50
HDL Cholesterol - High (desirable)	>= 60	↓ 50	>= 60	>= 60	>= 60

Message ChatGPT



Lipid_Parameters_by_Region - Compatibility Mode • Saved

Search Ian Nicolson

File Home Insert References Mailings Review View Add-ins Help Nuance PDF Merge Tools

Font Paragraph Styles Editing Dicta

Recognized Healthy Ranges for Lipid Parameters by Region

Parameter	US (mg/dL)	Europe (mg/dL)	UK (mg/dL)	Thailand (mg/dL)	WHO (mg/dL)
LDL Cholesterol - Optimal	< 100	< 115	< 115	< 100	< 100
LDL Cholesterol - Near optimal/above optimal	100-129	115-154	115-154	100-129	100-129
LDL Cholesterol - Borderline high	130-159	155-189	155-189	130-159	130-159
LDL Cholesterol - High	160-189	190-224	190-224	160-189	160-189
LDL Cholesterol -	>= 190	>= 225	>= 225	>= 190	>= 190

Command:
Export the
table to MS
word

AutoSave Off Lipid_Parameters_by_Re... Search

File Home Insert Page Layout Formulas Data Review View Help Nuance PDF

Clipboard Font Alignment Number Styles

A15 Triglycerides - Very high

	A	B	C	D	E	F	G	H
	Parameter	US (mg/dL)	Europe (mg/dL)	UK (mg/dL)	Thailand (mg/dL)	WHO (mg/dL)		
1	Parameter	US (mg/dL)	Europe (mg/dL)	UK (mg/dL)	Thailand (mg/dL)	WHO (mg/dL)		
2	LDL Cholesterol - Optimal	< 100	< 115	< 115	< 100	< 100		
3	LDL Cholesterol - Near optimal/above optimal	100-129	115-154	115-154	100-129	100-129		
4	LDL Cholesterol - Borderline high	130-159	155-189	155-189	130-159	130-159		
5	LDL Cholesterol - High	160-189	190-224	190-224	160-189	160-189		
6	LDL Cholesterol - Very high	>= 190	>= 225	>= 225	>= 190	>= 190		
7								
8	HDL Cholesterol - Low (Men)	< 40	< 40	< 40	< 40	< 40		
9	HDL Cholesterol - Low (Women)	< 50	< 50	< 45	< 50	< 50		
10	HDL Cholesterol - High (desirable)	>= 60	>= 60	>= 60	>= 60	>= 60		
11								
12	Triglycerides - Normal	< 150	< 150	< 150	< 150	< 150		
13	Triglycerides - Borderline high	150-199	150-199	150-199	150-199	150-199		
14	Triglycerides - High	200-499	200-499	200-499	200-499	200-499		
15	Triglycerides - Very high	>= 500	>= 500	>= 500	>= 500	>= 500		
16								
17	Total Cholesterol - Desirable	< 200	< 200	< 193	< 200	< 200		
18	Total Cholesterol - Borderline high	200-239	200-239	193-247	200-239	200-239		
19	Total Cholesterol - High	>= 240	>= 240	>= 250	>= 240	>= 240		
20								

Chart3 Chart2 Chart1 Chart4 Sheet1

Ready Accessibility: Investigate

Command:
Export the
table to MS
Excel

1	Parameter	US (mg/dL)	Europe (mg/dL)	UK (mg/dL)	Thailand (mg/dL)	WHO (mg/dL)
2	LDL Cholesterol - Optimal	< 100	< 115	< 115	< 100	< 100
3	LDL Cholesterol - Near optimal/above optimal	100-129	115-154	115-154	100-129	100-129
4	LDL Cholesterol - Borderline high	130-159	155-189	155-189	130-159	130-159
5	LDL Cholesterol - High	160-189	190-224	190-224	160-189	160-189
6	LDL Cholesterol - Very high	>= 190	>= 225	>= 225	>= 190	>= 190
7						
8	HDL Cholesterol - Low (Men)	< 40	< 40	< 40	< 40	< 40
9	HDL Cholesterol - Low (Women)	< 50	< 50	< 45	< 50	< 50
10	HDL Cholesterol - High (desirable)	>= 60	>= 60	>= 60	>= 60	>= 60
11						
12	Triglycerides - Normal	< 150	< 150	< 150	< 150	< 150
13	Triglycerides - Borderline high	150-199	150-199	150-199	150-199	150-199
14	Triglycerides - High	200-499	200-499	200-499	200-499	200-499
15	Triglycerides - Very high	>= 500	>= 500	>= 500	>= 500	>= 500
16						
17	Total Cholesterol - Desirable	< 200	< 200	< 193	< 200	< 200
18	Total Cholesterol - Borderline high	200-239	200-239	193-247	200-239	200-239
19	Total Cholesterol - High	>= 240	>= 240	>= 250	>= 240	>= 240
20						

Parameter	US (mg/dL)	Europe (mg/dL)	UK (mg/dL)	Thailand (mg/dL)	WHO (mg/dL)
LDL Cholesterol					
- Optimal	< 100	< 115	< 115	< 100	< 100
- Near optimal/above optimal	100-129	115-154	115-154	100-129	100-129
- Borderline high	130-159	155-189	155-189	130-159	130-159
- High	160-189	190-224	190-224	160-189	160-189
- Very high	>= 190	>= 225	>= 225	>= 190	>= 190
For individuals at very high risk of cardiovascular disease, the target is often lower:					
High Risk		<100	<80		
Very High Risk		<70			

Total Cholesterol	US (mg/dL)	Europe (mg/dL)	UK (mg/dL)	Thailand (mg/dL)	WHO (mg/dL)
- Desirable	< 200	< 200	< 193	< 200	< 200
- Borderline high	200-239	200-239	193-247	200-239	200-239
- High	>= 240	>= 240	>= 250	>= 240	>= 240
Non-HDL Cholesterol	US (mg/dL)	Europe (mg/dL)	UK (mg/dL)	Thailand (mg/dL)	WHO (mg/dL)
Optimal	<130	<150	<154	<130	
Near optimal/above optimal	130-159	150-189		130-159	
Borderline high	160-189	190-224		160-189	
High (UK High Risk)	190-219	225-264	(<97)	190-219	
Very high	>=220	>=265		>=220	



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A microscopic view of Helicobacter pylori bacteria, showing their characteristic spiral shape and flagella. The bacteria are rendered in a dark blue, almost black, color against a lighter blue background. The focus is sharp on the central bacteria, with others in the foreground and background slightly blurred.

Helicobacter pylori

(H. pylori) is a type of bacteria that can infect the stomach. This infection is quite common, and it is estimated that about half of the world's population may have it.



Symptoms and Conditions

Many people with *H. pylori* infection do not experience any symptoms. However, it can lead to various gastrointestinal issues, including:

- **Gastritis:** Inflammation of the stomach lining.
- **Peptic Ulcers:** Sores that develop on the lining of the stomach, small intestine, or oesophagus.
- **Stomach Cancer:** Long-term infection with *H. pylori* can increase the risk of developing stomach cancer.
- **Dyspepsia:** Indigestion and discomfort in the upper abdomen.



Diagnosis

H. pylori can be diagnosed using several methods:

- **Urea Breath Test:** The patient drinks a urea solution labelled with a special carbon atom. If H. pylori is present, it breaks down the urea, releasing carbon dioxide that can be detected in the breath.
- **Stool Antigen Test:** Detects H. pylori antigens in a stool sample.
- **Blood Test:** Looks for antibodies to H. pylori. This test is less commonly used because it cannot distinguish between a current and past infection.
- **Endoscopy with Biopsy:** A more invasive test where a small tissue sample from the stomach lining is taken and tested for H. pylori.

Treatment

H. pylori infections are typically treated with a combination of medications, including:

- **Antibiotics:** Two different antibiotics are often used to prevent resistance.
- **Proton Pump Inhibitors (PPIs):** Reduce stomach acid to help heal the stomach lining.
- **Bismuth Subsalicylate:** Sometimes included to help protect the stomach lining.



Prevention



To reduce the risk of *H. pylori* infection, general hygiene practices are recommended:



Wash hands thoroughly with soap and water, especially after using the bathroom and before eating.



Drink clean water and ensure food is prepared hygienically.



Avoid contaminated food and water when traveling to areas with poor sanitation.



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How to Watch Euro 2024 Football?

- Find a friendly pub.....(Costa Lotsa)
- Download “Football Live HD” onto your android phone/tablet android box/Google TV
- Wait until the annoying ad for a mindless phone game stops
- Hit “X” & return to the program
- Choose Euro 2024
- Choose the first live stream, normally “True vision”
- Sit back and enjoy the game in HD almost live, 30’ delay (faster than the other streams e.g ITV/BBC, Optus etc)

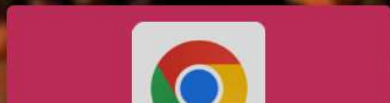
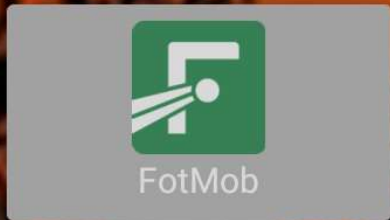
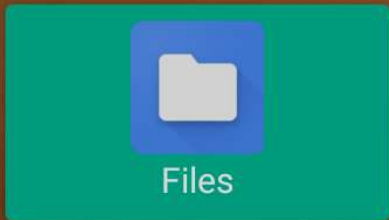
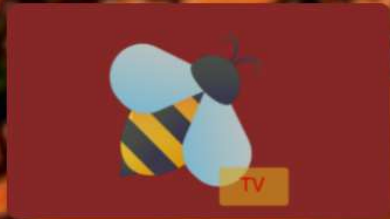
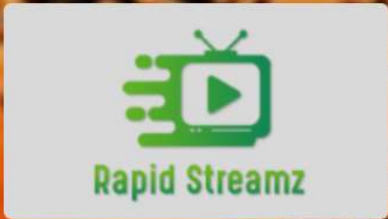
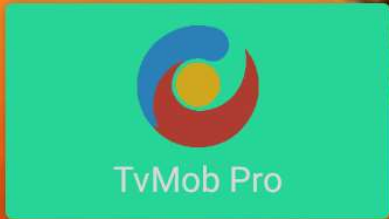




Applications



13:28 SUNDAY 16 JUNE 2024





Copa America - 2024



UEFA Euro - 2024



FIFA World Cup Qualifying



International Friendly



English Premier League



Serie A



La Liga



Poland **VS** Netherlands

🌐 SERVER 1 - HD 🌐

TIME · 16.06.2024 @ 20:00



Poland **VS** Netherlands

🌐 SERVER 2 - HD 🌐

TIME · 16.06.2024 @ 20:00



Poland **VS** Netherlands

🌐 SERVER 3 - HD 🌐

TIME · 16.06.2024 @ 20:00



Poland **VS** Netherlands

🌐 SERVER 4 - HD 🌐

TIME · 16.06.2024 @ 20:00



Poland **VS** Netherlands

🌐 SERVER 5 - HD 🌐

TIME · 16.06.2024 @ 20:00



Poland **VS** Netherlands

🌐 SERVER 6 - HD 🌐

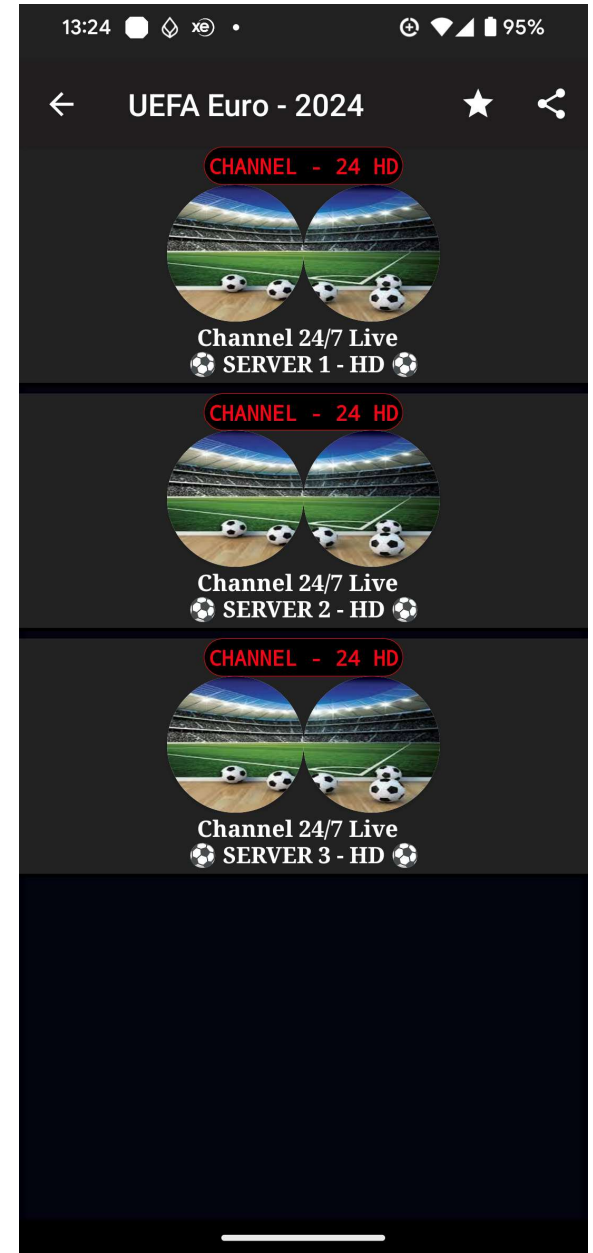
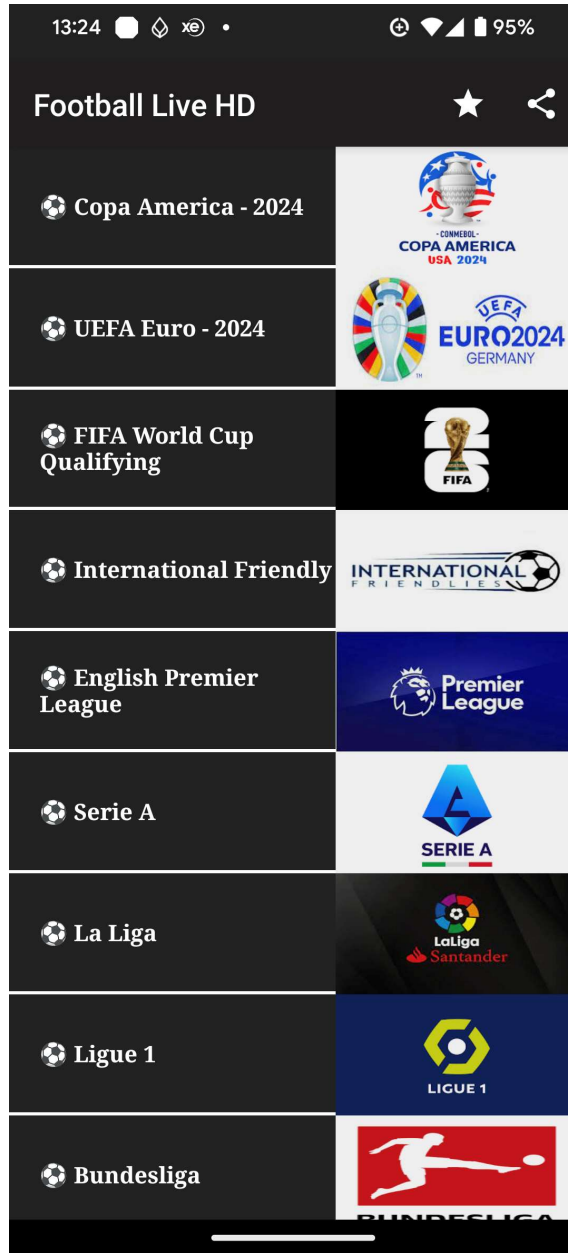
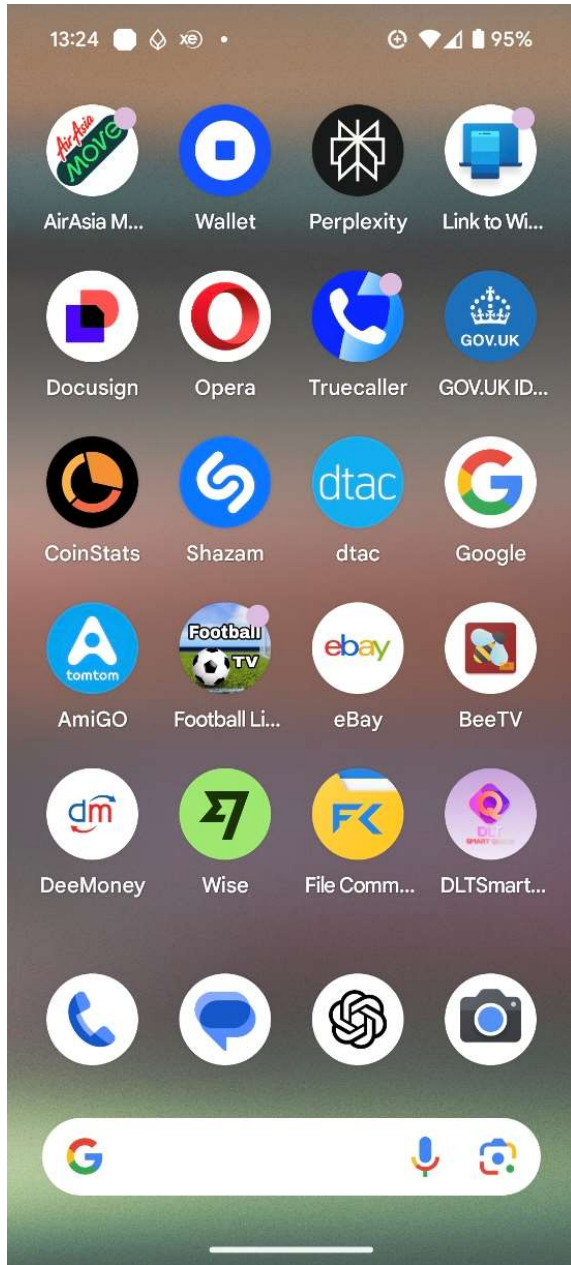
TIME · 16.06.2024 @ 20:00



Slovenia **VS** Denmark

🌐 SERVER 1 - HD 🌐







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