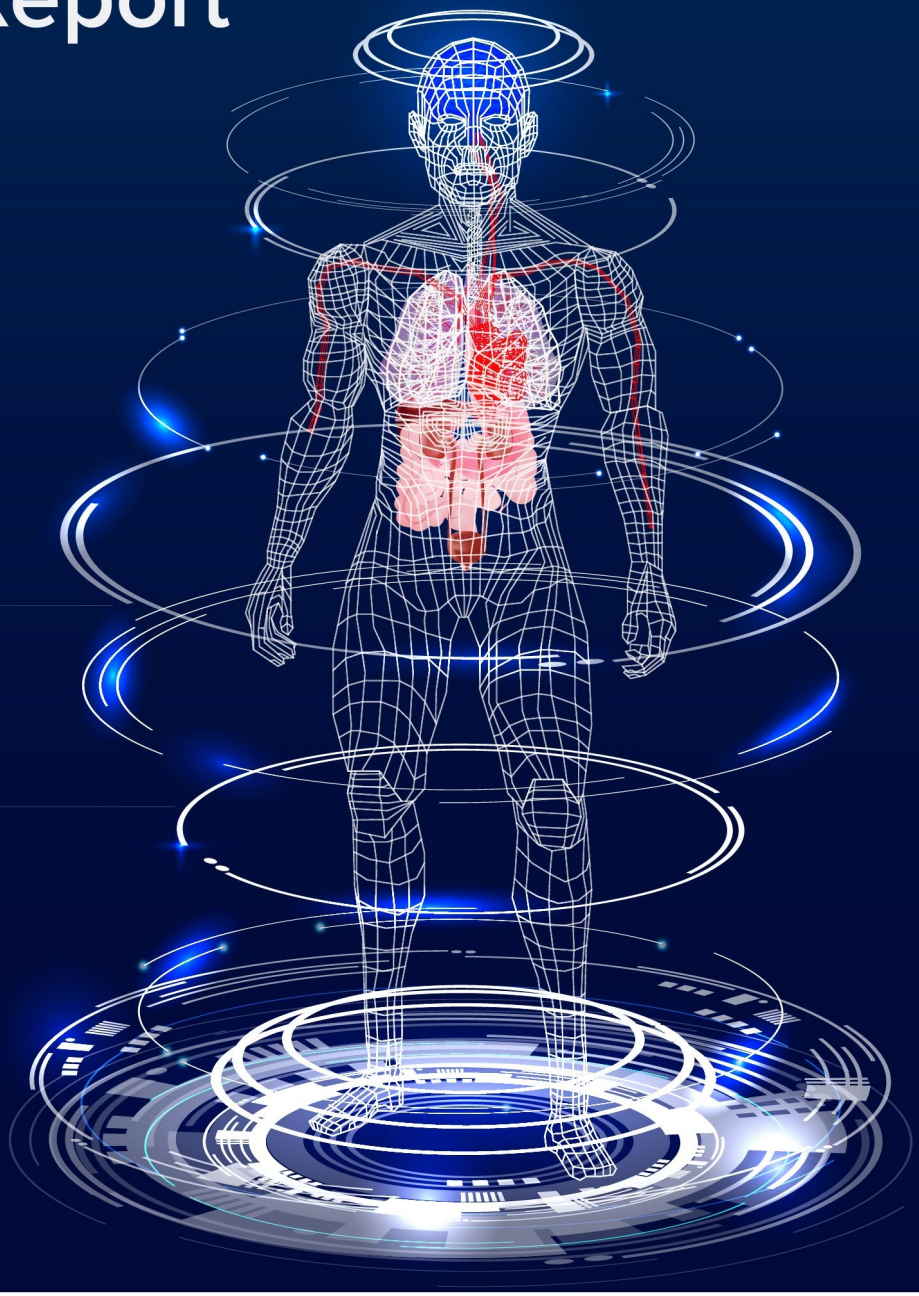
MAX Lab

Your Personal SMART Report

- Insightful
- Engaging
- Actionable

Max Care Full-Body Healthcheck



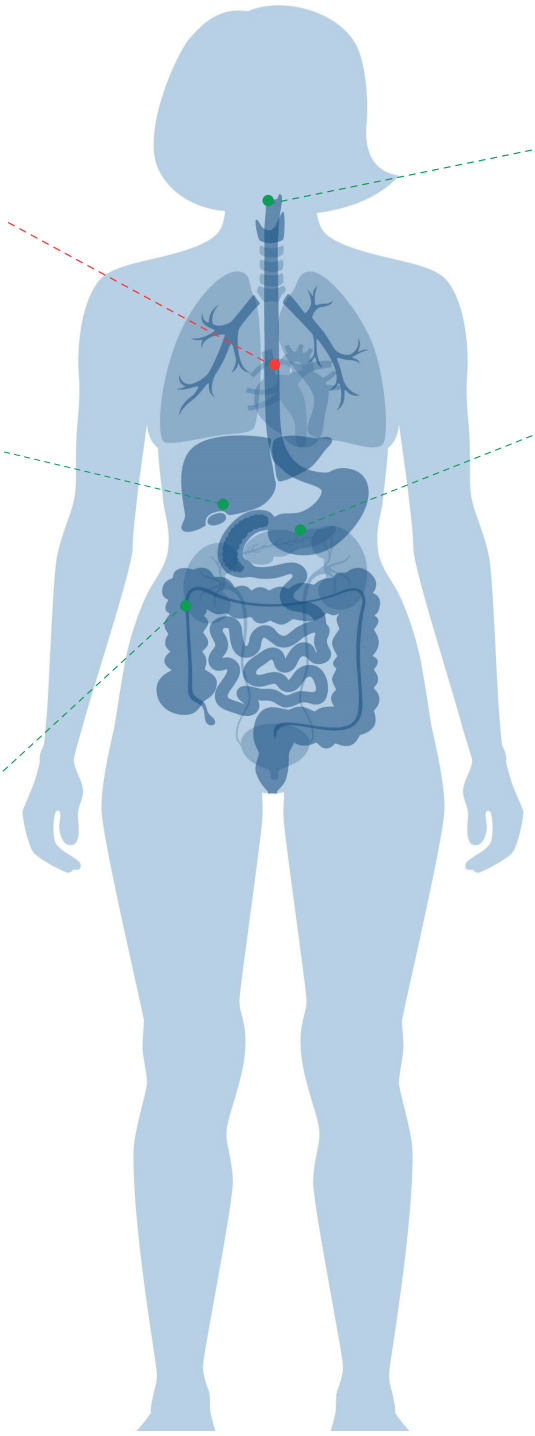
Booking ID -

Collection Date-

Reporting Date -

Your Health Summary

Name:	Lab ID:	Collection Date/Time:
Age/Gender:	Ref Doctor:	Receiving Date:
Max ID/Mobile:	Passport No:	Reporting Date:
Centre:	OP/IP No:	



Lipid Profile

Please Watchout

Test Name	Result
HDL : LDL ratio	0.74

Thyroid Profile

All parameters within normal limit

Liver Profile

All parameters within normal limit

Diabetes Monitoring

All parameters within normal limit

Kidney And Electrolyte Profile

All parameters within normal limit

Blood Counts And Anemia

+ 1 tests Please Watchout

Test Name	Result
Haemoglobin	11.6
Haematocrit	35.9
Lymphocytes	42.9

Vitamin Profile

Please Watchout

Test Name	Result
Vitamin D (25-Hydroxy)	23.37

MAX Lab

Report Summary

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Profile Summary

NORMAL	BORDERLINE	ABNORMAL
Blood Clotting, Diabetes Monitoring, Liver Profile, Kidney And Electrolyte Profile, Iron Studies, Thyroid Profile	Blood Counts And Anemia, Lipid Profile, Vitamin Profile	Good job, no critical profile detected

Normal (N) Low (L) Borderline (BL) High (H) No Ref Range

BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
Haemoglobin	**11.6**	g/dl	12-15
Haematocrit	**35.9**	%	36-46
Total Leukocyte Count	7.92	10~9/L	4-10
Nucleated red blood cells	0.05	/100WBCs	
RBC count	4.23	10~12/L	3.8-4.8
MCV	84.8	fL	83-101
MCH	27.4	pg	27-32
MCHC	32.3	g/dl	31.5-34.5
RDW	13.8	%	11.5-14.5
Neutrophils	47.4	%	40-80
Lymphocytes	**42.9**	%	20-40
Monocytes	6.2	%	2-10
Eosinophils	3.1	%	1-6
Basophils	0.4	%	0-2
Abs. Neutrophil Count	3.75	10~9/L	2-7
Abs. Lymphocyte Count	**3.4**	10~9/L	1-3
Abs. Monocyte Count	0.49	10~9/L	0.2-1
Abs. Eosinophil Count	0.25	10~9/L	0.02-0.5
Abs. Basophil Count	0.030	10~9/L	0.02-0.1

BLOOD CLOTTING

Test Name	Result	Unit	Range
Platelet Count	254	10~9/L	150-410
MPV	10.2	fl	7.8-11.2

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DIABETES MONITORING

Test Name	Result	Unit	Range
Blood Sugar (Fasting)	77	mg/dl	74-99
HbA1c (Glycosylated Haemoglobin)	5.20	%	< 5.7
Glycosylated Haemoglobin(Hb A1c) IFCC	33.32	mmol/mol	0-39
eAG (Estimated Average Glucose)	102.54	mg/dL	
Average Glucose Value(Past 3 Months IFCC)	5.68	mmol/L	

LIVER PROFILE

Test Name	Result	Unit	Range
Protein (Total)	7.60	g/dl	5.7-8.2
Albumin	4.2	g/dL	3.4-5
Globulin	3.4	g/dL	2.7-4.3
Albumin : Globulin ratio	1.2		1.2-1.5
Total Bilirubin	0.4	mg/dl	0.3-1.2
Direct Bilirubin	0.16	mg/dl	0-0.3
Indirect Bilirubin	0.24	mg/dL	0.1-1
SGOT (AST)	21	U/L	13-40
SGPT (ALT)	12	U/L	10-49
AST / ALT Ratio	1.75	Ratio	
ALP	47	U/L	46-116
GGT	10.0	U/L	7-50

LIPID PROFILE

Test Name	Result	Unit	Range
HDL : LDL ratio	**0.74**	Ratio	0.3-0.4
Total Cholesterol : HDL ratio	2.4	..	0-4.9
Total Cholesterol	168	mg/dL	< 200
HDL Cholesterol	69.0	mg/dL	
LDL Cholesterol	93	mg/dL	
Triglycerides	28.0	mg/dL	< 149
VLDL	5.6	mg/dl	0-30
Non - HDL Cholesterol	99.00	mg/dL	0-130

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KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
Blood Urea	20.1	mg/dl	19.26-49.22
Blood Urea Nitrogen (BUN)	9.38	mg/dL	9-23
Serum Creatinine	0.70	mg/dL	0.55-1.02
Glomerular Filtration Rate	98.30	ml/min/1.73 m²	
Glomerular Filtration Rate	119.30		
BUN : Creatinine ratio	13.40	ratio	10-20
Uric Acid	3.6	mg/dl	3.1-7.8
Calcium	9.3	mg/dl	8.7-10.4
Sodium	143.0	mmol/L	136-145
Potassium	4.60	mmol/L	3.5-5.1
Chloride	107	mmol/L	98-107
Phosphorus	3.3	mg/dl	2.4-5.1

IRON STUDIES

Test Name	Result	Unit	Range
Iron	70	µg/dL	50-170

VITAMIN PROFILE

Test Name	Result	Unit	Range
Vitamin D (25-Hydroxy)	**23.37**	ng/mL	30-100
Vitamin B12	227	pg/mL	211-911

THYROID PROFILE

Test Name	Result	Unit	Range
T3 (Triiodothyronine)	0.95	ng/mL	0.87-1.78
T4 (Thyroxine)	9.4	µg/dL	4.5-10.9
TSH	3.039	µIU/mL	0.55-4.78

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Blood Counts And Anemia

Constituents of your blood

CBC is a group of blood tests that evaluates the cells circulating in blood, including RBC,WBC and platelets. CBC can detect a variety of diseases like anaemia, infections and blood cancers.

Your results

Haemoglobin: 11.6 g/dl

LOW

METHOD: MODIFIED CYANMETHEMOGLOBIN

Hemoglobin is present in the Red Blood Cells and it carries oxygen to the tissues. If Hb is less it causes anemia. Anemia because of low hemoglobin and is more common in women. Decrease in haemoglobin results in Anaemia. WBC are often raised in infections.

LOW	NORMAL	HIGH
< 12	12-15	> 15

You: 11.6

RBC count: 4.23 10~12/L

NORMAL

METHOD: ELECTRICAL IMPEDANCE

The number of red blood cells in 1 microlitre of your blood. Low RBCs count indicates anemia.

LOW	NORMAL	HIGH
< 3.8	3.8-4.8	> 4.8

You: 4.23

Haematocrit: 35.9 %

LOW

METHOD: CALCULATED

Haematocrit means *how much of your blood is made up of RBCs*. Haematocrit is sometimes also called *PCV (Packed Cell Volume)*.

LOW	NORMAL	HIGH
< 36	36-46	> 46

You: 35.9

MCV: 84.8 fL

NORMAL

METHOD: ELECTRICAL IMPEDANCE

This test indicates the size of RBCs. Healthy RBCs are neither too large nor too small.

LOW	NORMAL	HIGH
< 83	83-101	> 101

You: 84.8

Differential leukocyte count

There are three types of granulocytes: neutrophils, eosinophils, basophils. They are the first line of defence - they fight bacterial infections and allergies.

Total Leukocyte Count: 7.92 10~9/L

METHOD: ELECTRICAL IMPEDANCE

Leukocyte is another name for *WBC (white blood cell)*. WBCs are your body's 'defense department' - they respond immediately to infections by visiting the affected site(s) in your body. Too many WBCs might be because of some infection and too few WBCs also indicates some other problems in your body.

NORMAL

LOW	NORMAL	HIGH
< 4	4-10	> 10

You: 7.92

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Nucleated red blood cells 0.05 /100WBCs

Nucleated RBCs are immature RBCs, which are not normally present in healthy adults. Nucleus is ejected as red blood cells mature. Absence of nucleated RBCs is healthy.

MCH: 27.4 pg — NORMAL

METHOD: CALCULATED

MCH level refers to the average amount of hemoglobin found in the red blood cells in the body.

LOW	NORMAL	HIGH
< 27	27-32	> 32

You: 27.4

MCHC: 32.3 g/dl — NORMAL

METHOD: CALCULATED

This is the average concentration of hemoglobin in your red blood cells. Low value means hemoglobin is present in a lesser amount within your RBCs.

LOW	NORMAL	HIGH
< 31.5	31.5-34.5	> 34.5

You: 32.3

RDW

About

High RDW (Red cell Distribution Width) indicates that your RBCs are of variable sizes. If your RBCs are smaller than standard size or if your RBCs are bigger than normal size, in both cases, your RDW will come high. This test will help to know the type and reason for anemia. A high RDW could mean nutrient deficiencies.
RDW-CV and RDW-SD are two different values to understand RBCs size variation.

RDW: 13.8 %

METHOD: CALCULATED

Red cell Distribution Width-Coefficient of Variation. — NORMAL

LOW	NORMAL	HIGH
< 11.5	11.5-14.5	> 14.5

You: 13.8

MAX Lab

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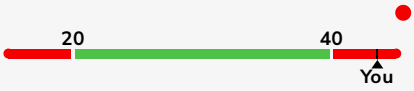
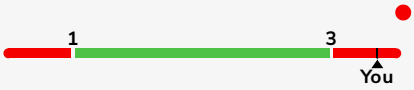
Lymphocytes: 42.9 %
METHOD: VCS / LIGHT MICROSCOPY

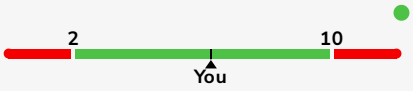


Lymphocytes are a type of WBC. They increase in number in chronic and viral infections and play a major role in your immune system. Their number decreases with an increase in steroids.

Abs. Lymphocyte Count: 3.4 10~9/L
METHOD: CALCULATED FROM TLC & DLC

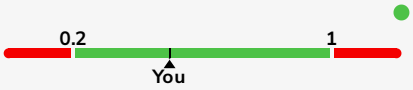


Monocytes: 6.2 %
METHOD: VCS / LIGHT MICROSCOPY

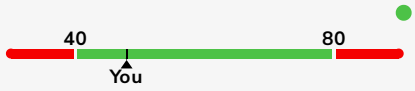


Monocytes are a type of white blood cell that fights bacteria and viruses. A high number of monocytes in the blood is caused by viral or parasitic infection, chronic inflammatory disease

Abs. Monocyte Count: 0.49 10~9/L
METHOD: CALCULATED FROM TLC & DLC

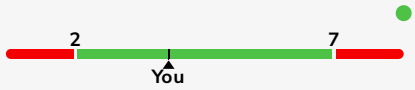


Neutrophils: 47.4 %
METHOD: VCS / LIGHT MICROSCOPY

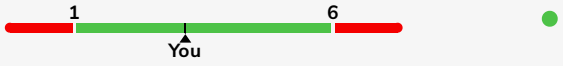


Neutrophils are the most abundant type of WBCs. They increase in number and respond rapidly in inflammatory processes (redness and swelling in response to the infection), tissue injury and bacterial infection.

Abs. Neutrophil Count: 3.75 10~9/L
METHOD: CALCULATED FROM TLC & DLC

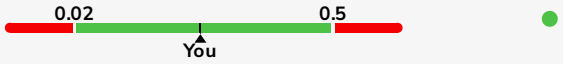


Eosinophils: 3.1 %
METHOD: VCS / LIGHT MICROSCOPY



Eosinophils are white blood cells that fight infection. An allergic reaction, or cancers are most common causes of this disorder. Increased amounts of eosinophils can be present in your blood or tissues at the area of infection.

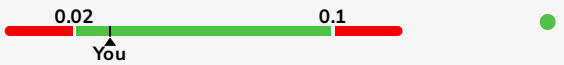
Abs. Eosinophil Count: 0.25 10~9/L
METHOD: CALCULATED FROM TLC & DLC



Basophils: 0.4 %
METHOD: VCS / LIGHT MICROSCOPY

Basophils are WBC that release enzymes to fight harmful bacteria and germs, involved in allergic reactions, help to trigger inflammation and prevent blood clotting.

Abs. Basophil Count: 0.030 10~9/L
METHOD: CALCULATED FROM TLC & DLC



Did you know?

If any of your tests are abnormal, it does not confirm a medical problem. There are several factors like diet, lifestyle, women's menstrual cycle, medications, etc. Consult your doctor to know more.

MAX Lab

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Blood Clotting

Blood Coagulation

A Blood clot is a gel-like collection of blood. When formed on external injury, it seals your wounds and prevents excess blood loss. Blood coagulation(formation of blood clot) is a complex bioprocess involving many factors. Imbalance of these clotting factors causes bleeding problems. Both too little blood clotting and excessive blood clotting are health problems.

Your results

Platelet Profile

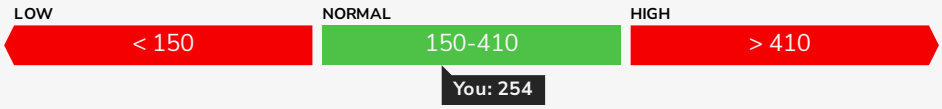
Platelets, which are tiny cells in your blood, have a very important role in blood coagulation. Whenever you get a cut or bleed, platelets stick together to form a blood clot.

Platelet Count: 254 10~9/L

METHOD: ELECTRICAL IMPEDANCE

Platelets may be reduced by intake of few medicines, infections like Dengue and other disorders.

● NORMAL

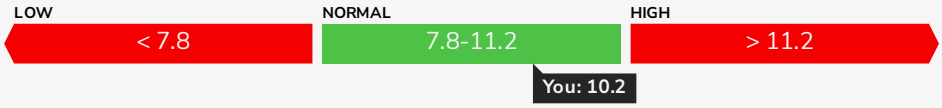


MPV: 10.2 fl

METHOD: CALCULATED

MPV(Mean Platelet Volume) is the average size of your platelets.

● NORMAL



Did you know

A blood clot formed inside your blood vessels is very serious and can even cause a heart attack.

This profile is done to:

Diagnose bleeding problems-If you bleed a lot after cuts or you get significant easy bruising. If your nose bleeds or if your bleeding from gums take more than normal time to stop.

Check your risk of developing blood clots inside your body- blood clots formed inside your blood vessels can block your vessels.

Check proper functioning of your liver- Normal levels of clotting factors means your liver is producing them properly.

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Diabetes Monitoring

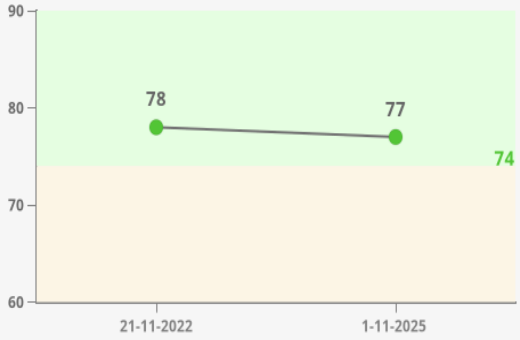
Diabetes Panel

Diabetes panel is used to check how much glucose/ sugar is there in your blood. High level of Glucose levels beyond standard levels increases chances of Diabetes.

Your Results

Blood Sugar (Fasting): 77 mg/dl

NORMAL



- It is measured as Glucose
- Glucose is derived from carbohydrates in the diet (grains, starchy vegetables, and legumes)
- It is a source of energy
- Pathologically increases in Shock, Burns, Diabetes Mellitus, Gigantism, Acromegaly, Pancreatic disease etc

Some lifestyle changes can help keep your blood sugar levels in control

EAT LOW SUGAR FOODS THAT ARE MINIMALLY PROCESSED

EXERCISE REGULARLY

TAKE MEDICATIONS AS PER YOUR HEALTHCARE PROVIDER'S RECOMMENDATIONS

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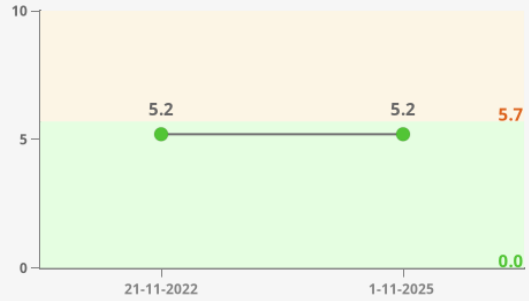
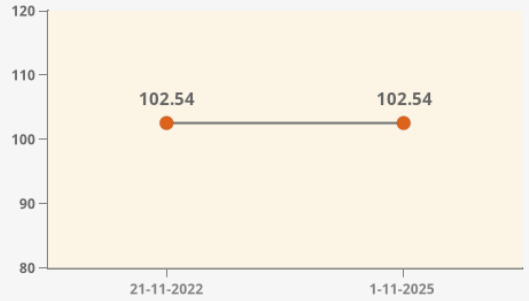
HbA1c (Glycosylated Haemoglobin): 5.20 %

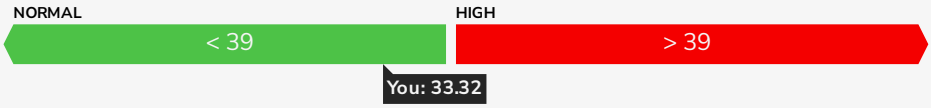


eAG (Estimated Average Glucose): 102.54 mg/dL



Glycosylated Haemoglobin(Hb A1c) IFCC: 33.32 mmol/mol

METHOD: CALCULATED

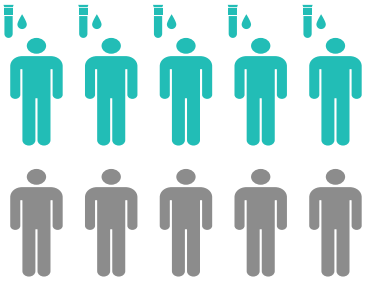


NORMAL

Average Glucose Value(Past 3 Months IFCC): 5.68 mmol/L

METHOD: CALCULATED

Importance of test



Out of 10 Indians who already have diabetes, 5 of them *don't even know* that they have diabetes.

Diabetes Myths

Does diabetes happen ONLY because of sugar?

No. If you don't eat sugar or sweets, but still eat a lot of unhealthy foods, you can gain too much weight. That can also lead to diabetes.

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Liver Profile

Liver Function Tests

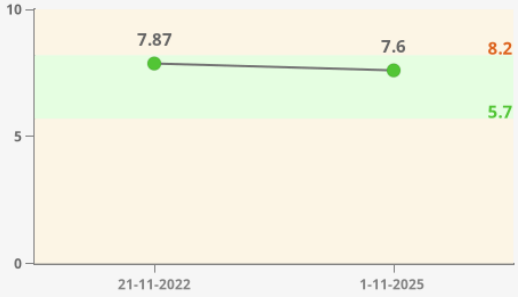
The liver plays an important role in the metabolism, digestion, detoxification, synthesis, storage and elimination of substances from the body.

Bilirubin (Total and Direct) is increased in Hepatocellular damage, hepatic biliary tree obstruction, haemolytic disease and neonatal physiological jaundice.

SGOT/ AST and SGPT/ ALT Increased in viral hepatitis, liver cell injury of any cause, and drug induced injury to liver.

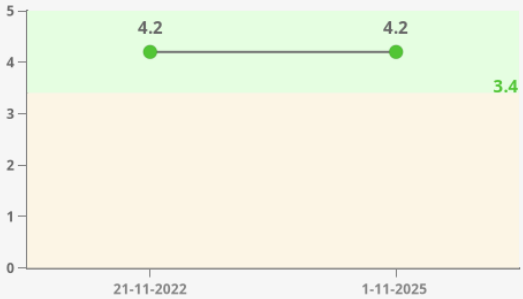
Your results

Protein (Total): 7.60 g/dl — NORMAL

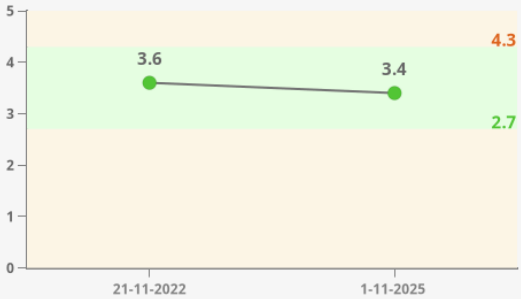


Proteins help in your overall growth and development and also transport important substances through your blood

Albumin: 4.2 g/dL



Globulin: 3.4 g/dL



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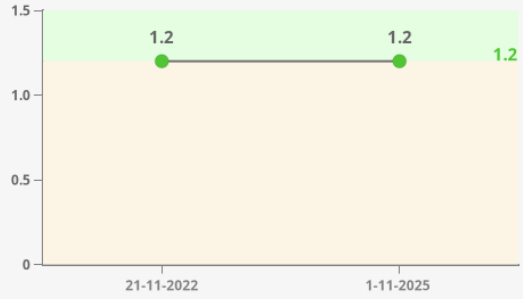
Albumin : Globulin ratio: 1.2

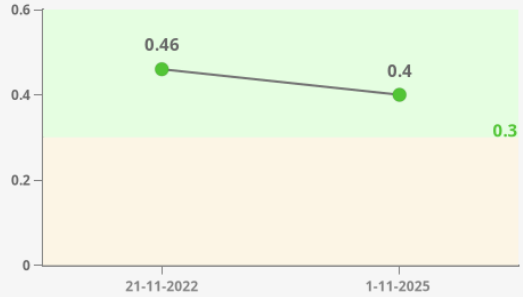
NORMAL



- Sometimes abbreviated as *A/G ratio*, this is simply the amount of albumin *divided by* the amount of globulin

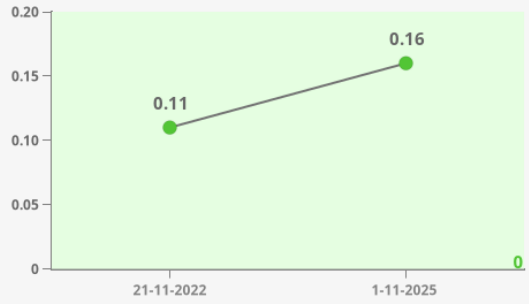
Total Bilirubin: 0.4 mg/dl

NORMAL

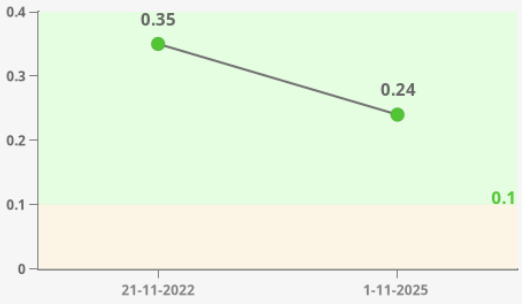


- Bilirubin is released as a breakdown product formed by the liver from the hemoglobin of old RBCs
- It is of two types-indirect & direct

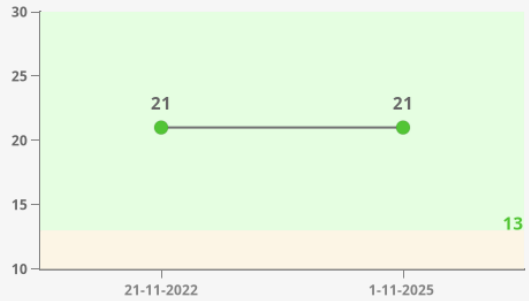
Direct Bilirubin: 0.16 mg/dl



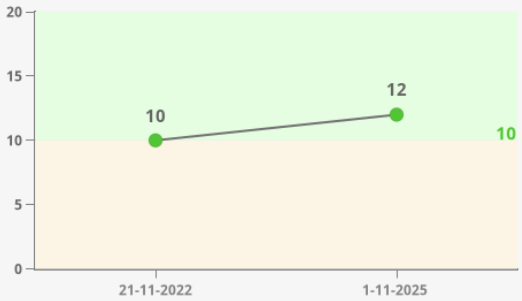
Indirect Bilirubin: 0.24 mg/dL



SGOT (AST): 21 U/L



SGPT (ALT): 12 U/L



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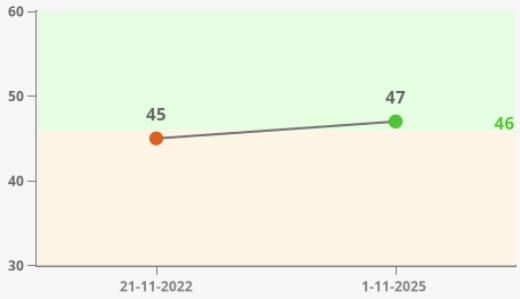
AST / ALT Ratio: 1.75 Ratio

METHOD: CALCULATED

ALP: 47 U/L

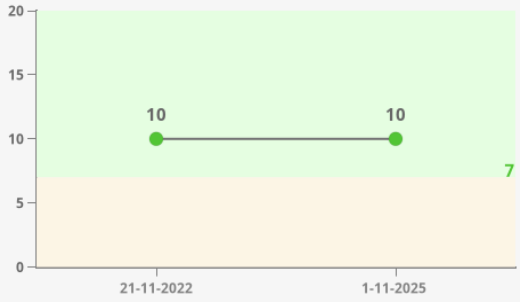
NORMAL



- Alkaline phosphatase (ALP) is an essential enzyme found primarily in the liver and bones, but also in small amounts in the intestines, placenta, and kidneys
- Increased in bone formation, bone disease, renal disease, liver disease

GGT: 10.0 U/L

NORMAL



- GGT *(Gamma-Glutamyl Transferase)* is the most sensitive enzyme of your liver
- It rises whenever there is an obstruction in the passage between your liver and intestine
- Regular alcohol drinking increases GGT levels

Some causes for a high GGT level

ALCOHOL, SMOKING

CERTAIN MEDICINES - ASK YOUR DOCTOR

Tips

Exercising regularly uses triglycerides as fuel and keeps your liver healthy.

Avoid excess alcohol Alcoholic beverages destroy and scar your liver cells.

Olive oil is an excellent choice. It accumulates less fat in your liver.

MAX Lab

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Lipid Profile

Lipid Profile

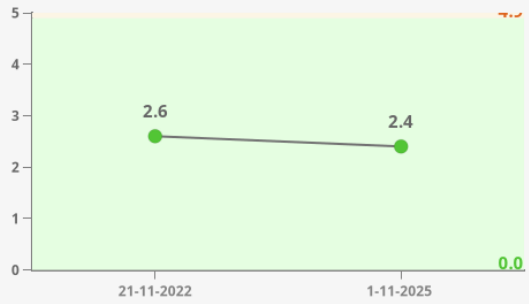
Lipids are ubiquitous in body tissues and have an important role in virtually all aspects of life – serving as hormones, aiding in digestion, providing energy storage and metabolic fuels, acting as functional and structural components of cell membranes.

A complete lipid profile is done to determine whether your cholesterol is high and to estimate your risk of heart attacks and other forms of heart disease and diseases of the blood vessels

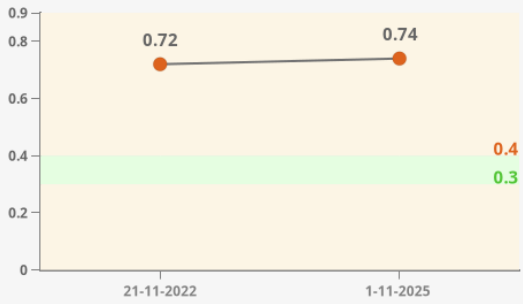
If your results show that your cholesterol level is high, you might be able to lower your cholesterol with lifestyle changes, such as quitting smoking, exercising and eating a healthy non fatty diet. If lifestyle changes aren't enough, a visit to your doctor and cholesterol-lowering medications will help.

Your results

Total Cholesterol : HDL ratio: 2.4 ..

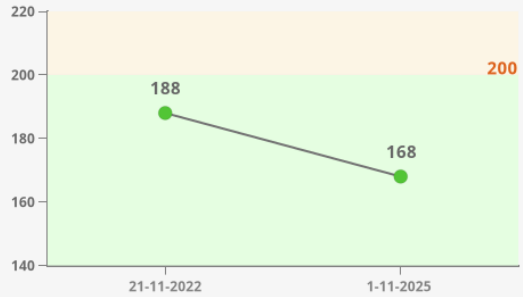


HDL : LDL ratio: 0.74 Ratio



Total Cholesterol: 168 mg/dL

NORMAL



High cholesterol is bad for your heart, as high cholesterol combines with other substances to form plaque, which causes obstruction in the arteries (vessels that carry oxygen-rich blood from heart to all the parts of your body)

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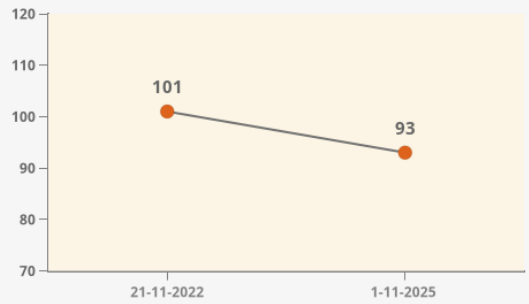
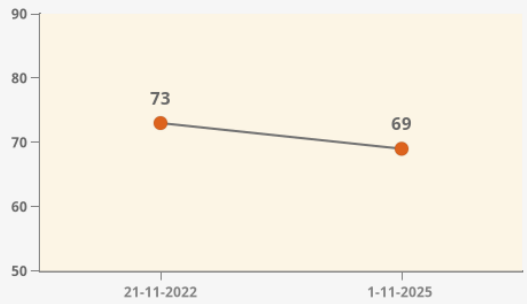
LDL Cholesterol: 93 mg/dL

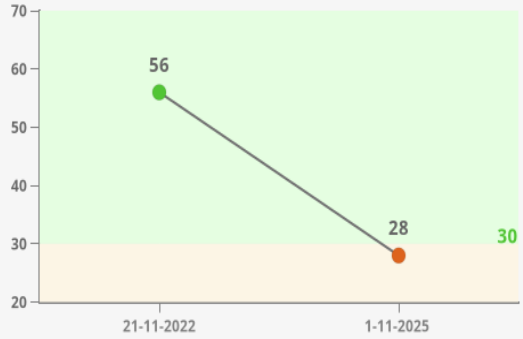


HDL Cholesterol: 69.0 mg/dL



Triglycerides: 28.0 mg/dL

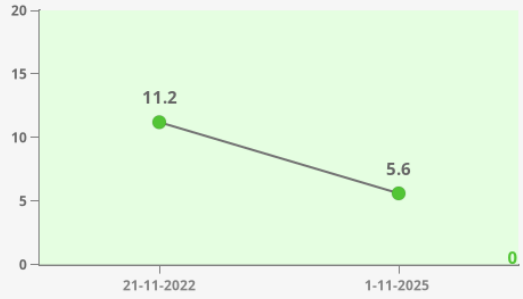
NORMAL



- The most common type of fat stored in your body
- Triglycerides rise in your blood after you have a meal - as your body converts energy that is not needed right away - into fat
- Triglyceride is often increased in obesity and type 2 diabetes
- HDL particles are anti-atherogenic appearing to have anti-inflammatory, antioxidant and anticoagulant properties

VLDL: 5.6 mg/dl

NORMAL



- VLDL is made by your liver and is used to carry triglycerides to your tissues

MAX Lab

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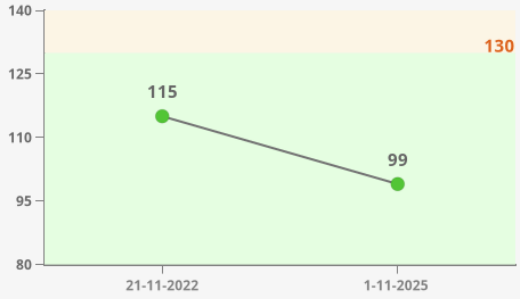
Non - HDL Cholesterol: 99.00 mg/dL

NORMAL



- Non-HDL cholesterol is basically your HDL number subtracted from your total cholesterol number
- So, in other words, it's all the “bad” types of cholesterol
- Ideally, you want this number to be lower rather than higher

Risk Factors

Heart diseases are the leading cause of death in India. It's vital to take preventive measures and get your lipid profile checked regularly. What are the chances that you might get heart disease? The answer depends on something called *risk factors*. More risk factors means more chances of heart disease. Some risk factors are outside your control and some are in your control.

Factors outside your control

People older than age 65 are more prone to heart diseases. Additionally, men are more prone than women.

If your family has heart disease, you are also at risk. Indians have a genetic tendency to accumulate fat in the belly.

Factors in your control

High BP (blood pressure) increases the load on your heart. BP can be controlled to reduce the risk.

Regular exercise keeps the heart healthy. It should be moderate to vigorous physical activity.

In case you are overweight, reducing your weight helps reduce your cholesterol.

Diabetes patients also risk having heart disease because high blood glucose over a long period of time damages the blood vessels and nerves in your body.

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Kidney And Electrolyte Profile

Kidney Function Tests

The kidneys regulate and maintain the constant optimal chemical composition of the blood by filtration, reabsorption and excretion. Renal profile test is useful for screening and diagnosing impaired kidney function. Serum Urea and Creatinine are the most commonly used way of assessing the excretory function of the kidneys, both of which increase in diminished kidney function.

Sodium, potassium, chloride increase after intensive exercise, dehydration, excessive saline or steroid therapy. They decrease in gastrointestinal loss (e.g., vomiting, diarrhoea). Bicarbonate is increased in poor gases exchange between lungs and blood (Pneumonia, Heart failure, lung destruction),and decreased in over ventilation, diabetes mellitus, renal failure etc.

Symptoms that may indicate a problem with your kidneys include:

- High blood pressure
- Difficulty beginning urination
- Blood in the urine
- Painful urination
- Frequent urges to urinate
- Swelling of the hands and feet due to a buildup of fluids in the body

A single symptom may not mean something serious. However, when occurring simultaneously, these symptoms suggest that your kidneys aren't working properly. Kidney function tests can help determine the reason. You may also need kidney function testing done if you have other conditions that can harm the kidneys, such as diabetes or high blood pressure. They can help doctors monitor these conditions.

Your Results

Blood Urea: 20.1 mg/dl — NORMAL

METHOD: CALCULATED(UN_C VALUE)

Urea is the nitrogenous waste product generated from protein breakdown.It is eliminated from the body almost exclusively by the kidneys in urine.

LOW	NORMAL	HIGH
< 19.26	19.26-49.22	> 49.22

You: 20.1

Blood Urea Nitrogen (BUN): 9.38 mg/dL — NORMAL

METHOD: UREASE WITH GLDH

BUN (mg/dl) = Urea (mg/dl) / 2.1428. Its value depends upon the level of Blood Urea.

LOW	NORMAL	HIGH
< 9	9-23	> 23

You: 9.38

MAX Lab

Name:
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Ref Doctor:
Passport No:
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Collection Date/Time:
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Serum Creatinine: 0.70 mg/dL

METHOD: JAFFE,ALKALINE PICRATE, KINETIC WITH BLANK RATE CO

Creatinine is a waste product present in all body fluids and secretions, and is freely filtered by the kidney. It is produced each day and is related to muscle mass (and body weight). It is increased in diminished renal function.

● NORMAL

LOW	NORMAL	HIGH
< 0.55	0.55-1.02	> 1.02

You: 0.7

Glomerular Filtration Rate: 98.30 ml/min/1.73 m²

METHOD: MDRD

eGFR is estimated GFR calculated by the abbreviated MDRD equation taking into account your age, gender, ethnicity and Serum Creatinine level. It tells how well your kidneys are removing waste from your body

Glomerular Filtration Rate: 119.30

eGFR is estimated GFR calculated by the abbreviated MDRD equation taking into account your age, gender, ethnicity and Serum Creatinine level. It tells how well your kidneys are removing waste from your body

BUN : Creatinine ratio: 13.40 ratio

METHOD: CALCULATED

The ideal ratio of BUN to creatinine falls between 10-to-1 and 20-to-1. Having a ratio above this range could mean you may not be getting enough blood flow to your kidneys

● NORMAL

LOW	NORMAL	HIGH
< 10	10-20	> 20

You: 13.4

Uric Acid: 3.6 mg/dl

METHOD: URICASE,PEROXIDASE

Uric Acid is a breakdown product of genetic material present in cells. Most of the uric acid excreted is lost in the urine. Physiologically serum uric acid is increased after severe exercise, after fasting or a high fat diet. Pathologically is increased in gout, cancer, renal failure etc.

● NORMAL

LOW	NORMAL	HIGH
< 3.1	3.1-7.8	> 7.8

You: 3.6

Some causes for a high uric acid level


ALCOHOL, HIGH-FAT DAIRY, FAST FOODS


"CRASH DIETS", OVER-FASTING


CERTAIN MEDICINES - ASK YOUR DOCTOR

MAX Lab

Name:
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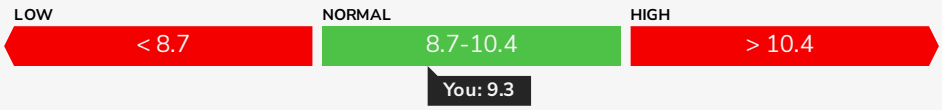
Calcium: 9.3 mg/dl

METHOD: ARSENAZO COLORIMETRIC

Calcium is the mineral vital for bone health.It is increased in cancer, high vitamin D intake, in chronic renal failure patients,hyperparathyroidism while it is decreased in hypoparathyroidism, vitamin D deficiency, pancreatic disease etc.

● NORMAL



Some calcium-rich foods include:


DAIRY PRODUCTS, SUCH AS MILK, CHEESE, AND YOGURT,BEANS,FIGS,BROCCOLI,TOFU,SOY

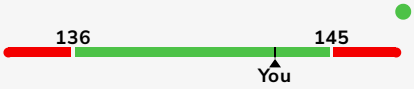

MILK,SPINACH,FORTIFIED CEREALS,NUTS AND SEEDS, INCLUDING ALMONDS AND SESAME SEEDS

Before taking calcium supplements, talk to a doctor. Taking in too much calcium, an issue called hypercalcemia, can increase the risk of cardiovascular disease, kidney stones, and other serious health problems.

When a deficiency is severe or when supplements and dietary adjustments are not achieving sufficient results, a doctor may prescribe calcium supplements.

Sodium: 143.0 mmol/L

METHOD: IMT



Sodium plays a key role in your body. It helps maintain normal blood pressure, supports the work of your nerves and muscles, and regulates your body's fluid balance.
Both dehydration and retention of excess water in the body causes abnormal levels of sodium. During athletic activity, your body loses sodium through your sweat.

Foods rich in sodium


SALT


CHEESE

Potassium: 4.60 mmol/L

METHOD: IMT

Eating potassium-rich foods removes excess sodium from the body thus ensuring that your blood pressure doesn't become too high.

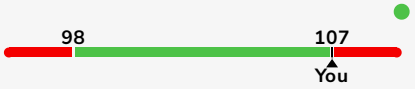
Food sources of potassium


MILK AND DAIRY PRODUCTS


FRUITS(APRICOTS, BANANAS, CITRUS FRUITS)

Chloride: 107 mmol/L

METHOD: IMT



Chloride helps move fluids in and out of cells in your body. It's also an essential component of digestive juices.

Food sources of chloride


SALT


TOMATOES

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Phosphorus: 3.3 mg/dl
METHOD: PHOSPHOMOLYBDATE

Inorganic phosphorus is a major component of bone and plays an important role in the structural support of the body. They are involved in regulation of metabolism of proteins, fats, and carbohydrates, and are excreted by kidneys. Increased levels are seen in bone tumors, vitamin D intoxication, healing fractures, renal failure, hyperparathyroidism etc.

● NORMAL

LOW	NORMAL	HIGH
< 2.4	2.4-5.1	> 5.1

You: 3.3

Food sources of Phosphorus


BANANAS


ALMONDS

Tips


Your kidneys can be ill even if you're fine. Your kidneys can have a disease but your body might not show any effects of that.


Your BP (blood pressure) is an important factor for the health of your kidneys. Your doctor may check your BP - high BP for a long time can damage your kidneys.

Iron Studies

Iron Studies

Anemia is the condition where your body has less RBCs (red blood cells) or the RBCs don't have enough haemoglobin. Hemoglobin is an oxygen binding protein inside a RBC. RBCs carry oxygen to different parts of your body. Untreated anemia can lead to heart diseases.

Your results

Iron: 70 µg/dL
METHOD: FERROZINE

Iron is a trace element distributed in the body in a number of different compartments, including hemoglobin, tissue iron etc. Iron is transported from one organ to another by binding to a transport protein called transferrin.

● NORMAL

LOW	NORMAL	HIGH
< 50	50-170	> 170

You: 70

Overall Diet and Lifestyle to avoid Anemia

MAX Lab

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If you are a strict vegetarian then you might be vitaminB12 deficient. This vitamin is naturally present in meat, fish, egg and dairy products. You can try cereals fortified with B12, mushrooms and B12 supplements.

Food rich in vitamin C can improve iron absorption and thus help in preventing iron deficiency anaemia. This includes fruits such as oranges, strawberries, kiwi and vegetables such as broccoli, cauliflower, sprouts and capsicum.

Eat folate rich foods like fruits, dark green leafy vegetables, green peas, kidney beans(Rajma), black eyed peas(lobia), broccoli, cereals fortified with folate and peanuts.

Avoid drinking tea or coffee with your meals, as they can affect iron absorption.

Take Vitamin A rich foods like red and yellow fruits as this vitamin increases iron absorption from food.

Eat plenty of iron-rich foods like green-leafy vegetables, lentils, and beans.

Vitamin Profile

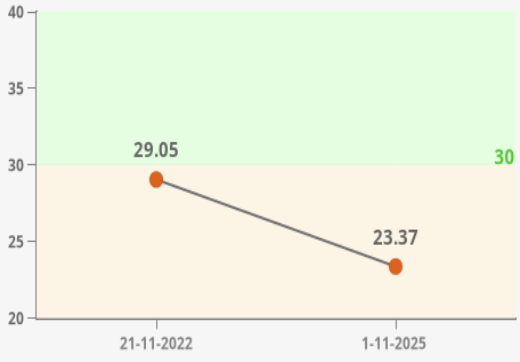
Vitamin Profile

Vitamins and minerals are considered essential nutrients as they perform hundreds of roles in the body. They help maintain bones, heal wounds, and strengthen your immune system. They also convert food into energy, and repair cellular damage.

Your results

Vitamin D (25-Hydroxy): 23.37 ng/mL

● LOW



- Vitamin D, also called “wellness vitamin” is produced endogenously through exposure of skin to sunlight, and is absorbed from foods containing or supplemented with vitamin D
- Only a few foods, primarily fish liver oils, fatty fish, egg Yolks, and liver, naturally contain significant amounts of vitamin D
- It is metabolized to its biologically active form, 1, 25 – Dihydroxyvitamin D, a hormone that regulates calcium and phosphorus metabolism

Symptoms of vitamin D Deficiency:

DEFICIENCY MAY INCLUDE: BONE AND BACK PAIN, LOW MOOD, FATIGUE, MUSCLE PAIN, HAIR LOSS, IMPAIRED WOUND HEALING.

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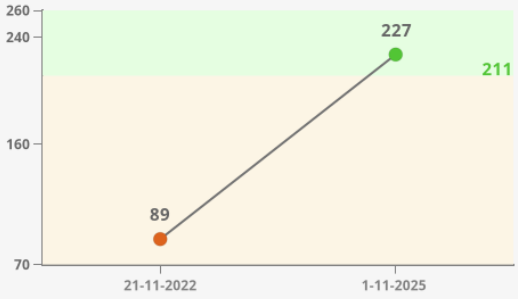
Vitamin B12: 227 pg/mL

● NORMAL



○ Vitamin B12, also known as cyanocobalamin, is water soluble vitamin that is required for the maturation of erythrocytes (RBCs)

Food Sources of Vitamin B12:

ANIMAL SOURCES INCLUDE: DAIRY PRODUCTS, EGGS, FISH, MEAT, AND POULTRY.

FISH, SHELLFISH, CHICKEN

EGGS, POULTRY

Symptoms of Vitamin B12 Deficiency:

WEAKNESS, TIREDNESS, NERVE PROBLEMS LIKE NUMBNESS OR TINGLING, MUSCLE WEAKNESS, AND PROBLEMS WALKING,

HEART PALPITATIONS AND SHORTNESS OF BREATH, A SMOOTH TONGUE

CONSTIPATION, DIARRHEA, LOSS OF APPETITE, MENTAL PROBLEMS LIKE DEPRESSION, MEMORY LOSS, OR BEHAVIORAL CHANGES

Tips

Balanced Diet- A balanced diet can take care of all the vitamin needs of your body.

Consult Doctor- Consult your doctor before taking any vitamin supplements.

Thyroid Profile

Thyroid Profile

It is a group of tests that helps to evaluate the functioning of thyroid gland and to help diagnose the disorders of thyroid.

These tests measure the levels of thyroid hormones such as freeT₃, freeT₄ and TSH in the blood.

Hypothyroidism is a condition having low Free T3, Free T4 levels and increased TSH levels while Hyperthyroidism is a condition having increased levels of free T₃, Free T₄ and decreased levels of TSH.

Your Results

MAX Lab

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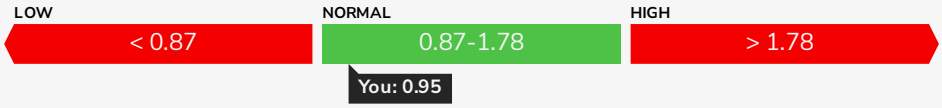
T3 (Triiodothyronine) 0.95 ng/mL

NORMAL

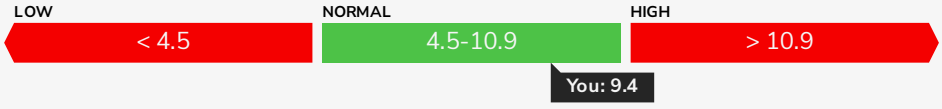
T3(Triiodothyronine) is an active hormone secreted by Thyroid gland. Like T4, this is also present in the body in bound (attached) and free form.
High level:Hyperfunction of Thyroid gland



T4 (Thyroxine) 9.4 µg/dL

NORMAL

T4(Thyroxine) is the prohormone secreted by Thyroid gland, broken down in the tissues to form T3 as needed. in the body in bound (attached) and free form.
Since T4 is converted into T3, measuring free T4 is very important, as the changes show up in T4 first.



TSH: 3.039 µlU/mL

METHOD: CLIA

Thyroid Stimulating Hormone (TSH) or Thyrotropin, is hormone synthesized by Pituitary gland. It promotes the growth of thyroid cell and sustains and stimulates the hormonal secretion of T_3 and T_4. TSH is Increased in primary Hypothyroidism.

NORMAL

Thyroid disorders

Hypothyroidism: Caused by reduced production of thyroid hormones in your body, this leads to unintentional weight gain, fatigue, slow heart rate.

Hyperthyroidism: Caused by increased production of thyroid hormones in your body, this leads to unintentional weight loss, nervousness, rapid heart rate.

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Risk Factors

Genetic: If your family has thyroid disease, you are also at risk. Additionally, patients of auto-immune diseases -- like Type-1 diabetes -- are also at risk.

Gender: Women are more prone to thyroid diseases as compared to men. Additionally, pregnant women are at a slightly higher risk.

Tips



Over-stressing slows down your thyroid function and is unhealthy. Get enough *sleep breathing techniques* and *meditation* to relax yourself.
Yoga postures like *bow pose*, *bridge pose*, *camel pose*, *cobra pose* and *fish pose* have shown good results in thyroid patients.
Diet:Food items such as *yogurt,milk,nuts,berries* should be taken.**Reduce** the intake of *soy and soy products*.Avoid gluten and processed foods as much as possible.