

# Your Personal **SMART** Report



**Insightful**

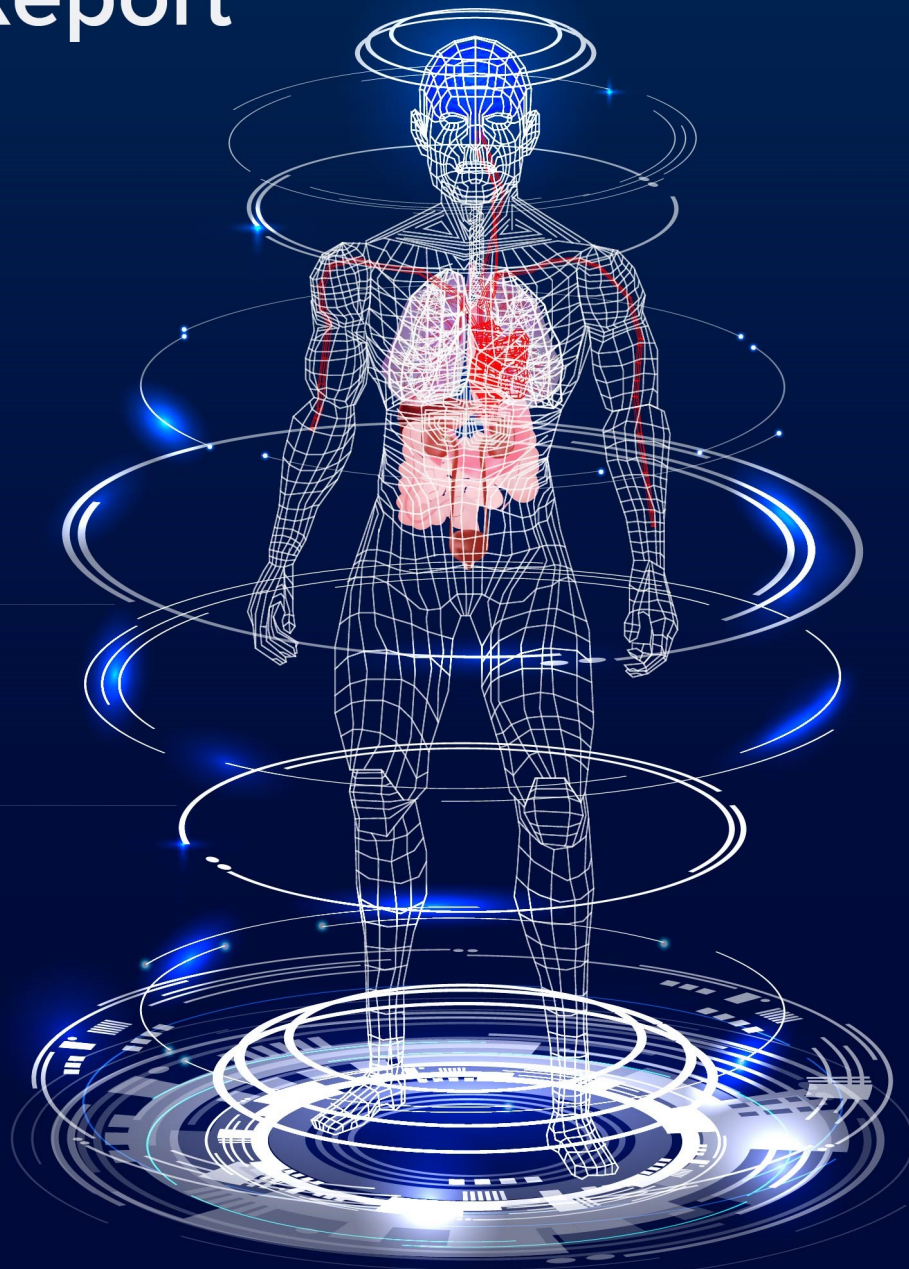


**Engaging**



**Actionable**

**Max Health Check 1**



Booking ID -

Collection Date-

Reporting Date -



B2B7278926

## 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

+ 2 tests Please Watchout

Test Name	Result
HDL Cholesterol	34.34
LDL Cholesterol	120
Non - HDL Cholesterol	136.76



### Liver Profile

Please Watchout

Test Name	Result
Albumin : Globulin ratio	1.6



### Kidney And Electrolyte Profile

Please Watchout

Test Name	Result
Blood Urea	13.7
Blood Urea Nitrogen (BUN)	6.41
Serum Creatinine	0.42



### Thyroid Profile

Please Watchout

Test Name	Result
T3 (Triiodothyronine)	0.69



### Diabetes Monitoring

All parameters within normal limit



### Blood Counts And Anemia

Please Watchout

Test Name	Result
Haematocrit	38.7
MCH	33.9
MCHC	35.3

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Max Super Speciality Hospital, Saket (West Block), 1, Press Enclave Road, Saket, New Delhi - 110 017, Phone: +91-11-6611 5050

(CIN No.: U85100DL2021PLC381826)

Helpline No. 7982 100 200 [www.maxlab.co.in](http://www.maxlab.co.in) [feedback@maxlab.co.in](mailto:feedback@maxlab.co.in)

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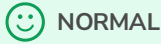
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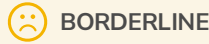
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### Profile Summary



**NORMAL**

Blood Clotting, Diabetes Monitoring



**BORDERLINE**

Blood Counts And Anemia, Liver Profile,  
Thyroid Profile, Kidney And Electrolyte Profile



**ABNORMAL**

Lipid Profile

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



## BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
● <b>Haematocrit</b>	<b>38.7</b>	%	40-50
● Total Leukocyte Count	6.1	10~9/L	4-10
● RBC count	4.02	10~12/L	3.8-4.8
● MCV	96.1	fL	83-101
● <b>MCH</b>	<b>33.9</b>	pg	27-32
● <b>MCHC</b>	<b>35.3</b>	g/dL	31.5-34.5
● RDW	13.6	%	11.5-14.5
● Neutrophils	59	%	40-80
● Lymphocytes	34	%	20-40
● Monocytes	06	%	2-10
● Eosinophils	01	%	1-6
● Basophils	00	%	0-2
● Abs. Neutrophil Count	3.6	10~9/L	2-7
● Abs. Lymphocyte Count	2.1	10~9/L	1-3
● Abs. Monocyte Count	0.37	10~9/L	0.2-1
● Abs. Eosinophil Count	0.06	10~9/L	0.02-0.5
● Haemoglobin	13.6	g/dL	12-15



## BLOOD CLOTTING

Test Name	Result	Unit	Range
● Platelet Count	204	10~9/L	150-410
● MPV	10.1	fL	7.8-11.2



## DIABETES MONITORING

Test Name	Result	Unit	Range
● Blood Sugar (Fasting)	89.4	mg/dL	74-99

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## LIPID PROFILE

Test Name	Result	Unit	Range
● HDL Cholesterol	<b>34.34</b>	mg/dL	>40
● LDL Cholesterol	<b>120</b>	mg/dL	0-100
● Triglycerides	116.5	mg/dL	< 150
● VLDL	23.3	mg/dL	0-30
● Non - HDL Cholesterol	<b>136.76</b>	mg/dL	0-130
● HDL : LDL ratio	<b>0.29</b>	Ratio	0.3-0.4
● Total Cholesterol : HDL ratio	<b>5.0</b>	..	0-4.9
● Total Cholesterol	171.1	mg/dL	< 200



## LIVER PROFILE

Test Name	Result	Unit	Range
● Albumin : Globulin ratio	<b>1.6</b>		1.2-1.5
● Total Bilirubin	0.60	mg/dL	0.3-1.2
● Direct Bilirubin	0.14	mg/dL	0-0.2
● Indirect Bilirubin	0.46	mg/dL	0.1-1
● SGOT (AST)	21.94	U/L	0-35
● SGPT (ALT)	16.25	U/L	0-35
● AST / ALT Ratio	1.35	Ratio	
● ALP	44.91	U/L	30-120
● GGT	13.7	U/L	7-50
● Protein (Total)	6.71	g/dL	6.6-8.3
● Albumin	4.1	g/dL	3.5-5.2
● Globulin	2.6	g/dL	2.3-3.5

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### THYROID PROFILE

Test Name	Result	Unit	Range
● T3 (Triiodothyronine)	0.69	ng/mL	0.87-1.78
● T4 (Thyroxine)	11.35	µg/dL	5.93-13.29
● TSH	2.89	uIU/ml	0.34-5.6



### KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
● Blood Urea	13.7	mg/dL	17-43
● Blood Urea Nitrogen (BUN)	6.41		7.9-20.1
● Serum Creatinine	0.42	mg/dL	0.6-1.1
● BUN : Creatinine ratio	15.26	Ratio	12-20
● Uric Acid	3.98	mg/dL	2.6-6
● Calcium	8.97	mg/dL	8.8-10.6
● Sodium	139.4	mmol/L	136-146
● Potassium	4.21	mmol/L	3.5-5.1
● Chloride	102.28	mmol/L	101-109
● Phosphorus	3.15	mg/dL	2.5-4.5

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## Blood Counts And Anemia

Name:

Lab ID:

Collection Date/Time:

Age/Gender:

Ref Doctor:

Receiving Date:

Max ID/Mobile:

Passport No:

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## Constituents of your blood

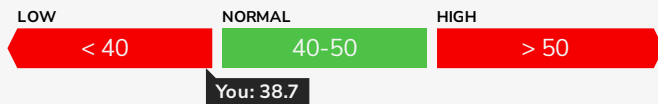
CBC is a group of blood tests that evaluates the cells circulating in blood, including RBC, WBC and platelets. CBC can detect a variety of diseases like anaemia, infections and blood cancers.

## Your results

**Haematocrit: 38.7 %**
**LOW** ●

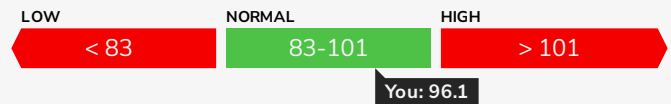
METHOD: CALCULATED

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


**MCV: 96.1 fL**
**NORMAL** ●

METHOD: ELECTRICAL IMPEDANCE

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



## Differential leukocyte count

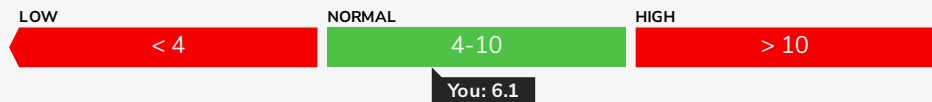
There are three types of granulocytes: neutrophils, eosinophils, basophils. They are the first line of defence - they fight bacterial infections and allergies.

**Total Leukocyte Count: 6.1 10<sup>9</sup>/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





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## Blood Counts And Anemia

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:


**Haemoglobin: 13.6** g/dl

NORMAL ●

METHOD: MODIFIED CYANMETHEMOGLOBIN

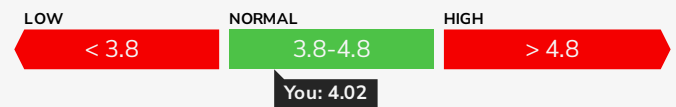
Hemoglobin is present in the Red Blood Cells and it carries oxygen to the tissues. If Hb is less it causes anemia. Anemia because of low hemoglobin and is more common in women. Decrease in haemoglobin results in Anaemia. WBC are often raised in infections.


**RBC count: 4.02** 10<sup>12</sup>/L

NORMAL ●

METHOD: ELECTRICAL IMPEDANCE

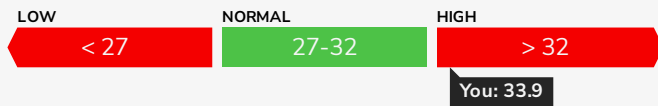
The number of red blood cells in 1 microlitre of your blood. Low RBCs count indicates anemia.


**MCH: 33.9** pg

HIGH ●

METHOD: CALCULATED

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


**MCHC: 35.3** g/dl

HIGH ●

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.



## 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.

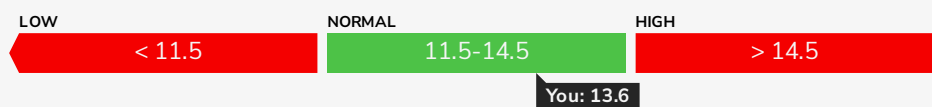
RDW-CV and RDW-SD are two different values to understand RBCs size variation.

**RDW: 13.6** %

METHOD: CALCULATED

Red cell Distribution Width-Coefficient of Variation.

● NORMAL



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Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

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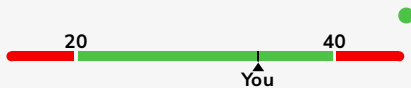
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## Lymphocytes: 34 %

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: 2.1 <sup>10~9/L</sup>

METHOD: CALCULATED FROM TLC &amp; DLC



## Monocytes: 06 %

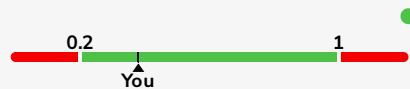
METHOD: VCS / LIGHT MICROSCOPY



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: 0.37 <sup>10~9/L</sup>

METHOD: CALCULATED FROM TLC &amp; DLC



## Neutrophils: 59 %

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.

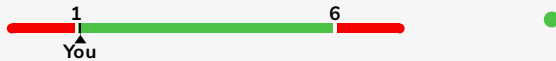
## Abs. Neutrophil Count: 3.6 <sup>10~9/L</sup>

METHOD: CALCULATED FROM TLC &amp; DLC



## Eosinophils: 01 %

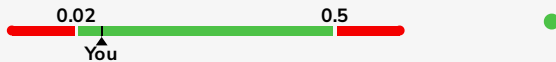
METHOD: VCS / LIGHT MICROSCOPY



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: 0.06 <sup>10~9/L</sup>

METHOD: CALCULATED FROM TLC &amp; DLC



## Basophils: 00 %

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.

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### 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.



**Dr Rashika Chand**  
MBBS, M.D. (Pathology)  
UK MCI No. – 3951

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## Blood Clotting

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:



## About 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.

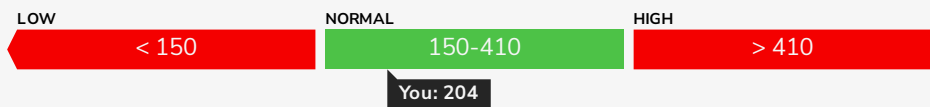
## Your results

### Platelet Profile

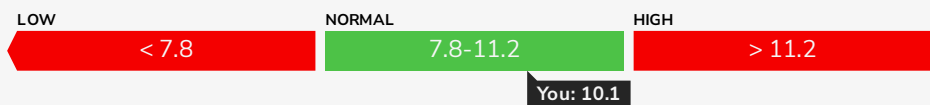
Platelets, which are tiny cells in your blood, have a very important role in blood coagulation. Whenever you get a cut or bleed, platelets stick together to form a blood clot.

**Platelet Count: 204** 10~9/LMETHOD: ELECTRICAL IMPEDANCE

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

● NORMAL**MPV: 10.1** fLMETHOD: CALCULATED

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

● NORMAL

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## Blood Clotting

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

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### 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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B2B7278926

## Diabetes Monitoring

Name:  
Age/Gender:  
Max ID/Mobile:  
Centre:

Lab ID:  
Ref Doctor:  
Passport No:  
OP/IP No:

Collection Date/Time:  
Receiving Date:  
Reporting Date:



## About Diabetes Panel

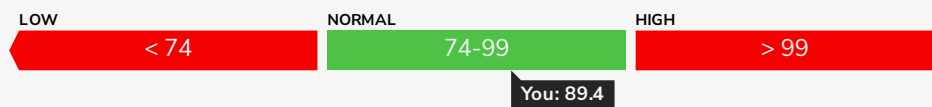
Diabetes panel is used to check how much glucose/ sugar is there in your blood. High level of Glucose levels beyond standard levels increases chances of Diabetes.

## Your Results

**Blood Sugar (Fasting): 89.4 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

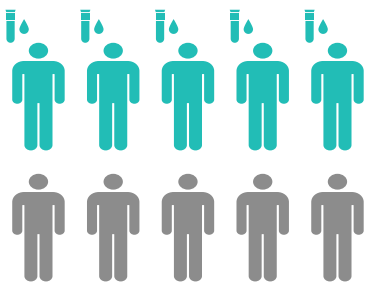


EXERCISE REGULARLY



TAKE MEDICATIONS AS PER YOUR HEALTHCARE PROVIDER'S RECOMMENDATIONS

## 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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**Dr Rashika Chand**  
MBBS, M.D. (Pathology)  
UK MCI No. – 3951

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## Lipid Profile

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Age/Gender:

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Centre:

Lab ID:

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Collection Date/Time:

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Reporting Date:



## About 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

**LDL Cholesterol: 120** mg/dL**HIGH** ●

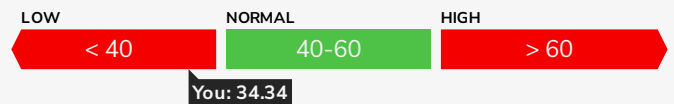
METHOD: DIRECT MEASURE

LDL (Low-Density Lipoprotein) is "bad" cholesterol because it deposits fat around your blood vessels to cause heart disease

**HDL Cholesterol: 34.34** mg/dL**LOW** ●

METHOD: DIRECT MEASURE, IMMUNOINHIBITION

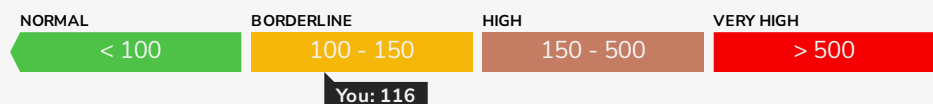
Heart friendly cholesterol HDL reduces your chances of heart disease by removing harmful bad cholesterol.

**Triglycerides: 116.5** mg/dL

METHOD: ENZYMATIC, END POINT

The most common type of fat stored in your body. Triglycerides rise in your blood after you have a meal - as your body ● **NORMAL** 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.



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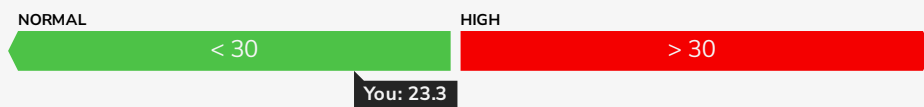
Reporting Date:


**VLDL: 23.3**mg/dL

METHOD: CALCULATED

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

● NORMAL


**Non - HDL Cholesterol: 136.76**mg/dL

METHOD: CALCULATED

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.

● HIGH



## Ratios

### About

Ratios are calculated to check the amount of good lipids as compared to bad lipids in the body. In a healthy person, good lipids should be greater than bad lipids. As per latest research, ratios are better predictors of heart disease risk as compared to individual biomarkers like LDL.

**Total Cholesterol : HDL ratio: 5.0..**

HIGH ●

METHOD: CALCULATED

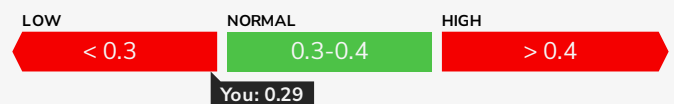
Higher the cholesterol:HDL ratio, worse it is for your heart. The ideal cholesterol:HDL ratio is 3.5. You should aim to keep your ratio below 5.


**HDL : LDL ratio: 0.29**Ratio

LOW ●

METHOD: CALCULATED

This is the hdl to ldl ratio. A ratio between 0.3 and 0.4 is considered good.



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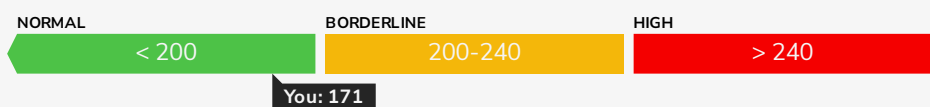
Reporting Date:


**Total Cholesterol: 171.1 mg/dL**

METHOD: CHOLESTEROL OXIDASE, ESTERASE, PEROXIDASE

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).

● NORMAL



## 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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B2B7278926

## Liver Profile

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:



## 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.

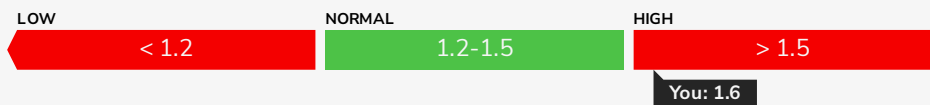
## Your results

### Albumin : Globulin ratio: 1.6

METHOD: CALCULATED

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

● HIGH



### Total Bilirubin 0.60 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	0.14 mg/dL	0-0.2	● NORMAL
Indirect Bilirubin	0.46 mg/dL	0.1-1	● NORMAL



## Enzymes

### About

Enzymes found in your liver are responsible for various processes that maintain body functions. These enzymes are leaked into your blood when your liver suffers damage.

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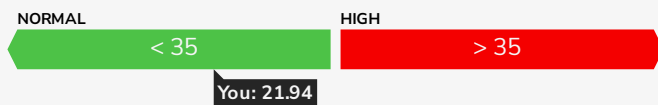
Reporting Date:


**SGOT (AST): 21.94** U/L

NORMAL ●

METHOD: ENZYMATIC RATE USING MDH

AST is an enzyme your liver makes. Other organs, like your heart, kidneys, brain, and muscles, also make smaller amounts. AST is also called SGOT (serum glutamic-oxaloacetic transaminase). Normally, AST levels in your blood are low. When your liver is damaged, it puts more AST into your blood, and your levels rise.


**SGPT (ALT): 16.25** U/L

NORMAL ●

METHOD: KINETIC RATE USING LDH

SGPT is mostly concentrated in your liver and is a vital indicator of your liver's health.

It is also called alanine aminotransferase. Serum ALT level, serum AST (aspartate transaminase) level, and their ratio (AST/ALT ratio) are commonly measured as biomarkers for liver health.


**AST / ALT Ratio: 1.35** Ratio

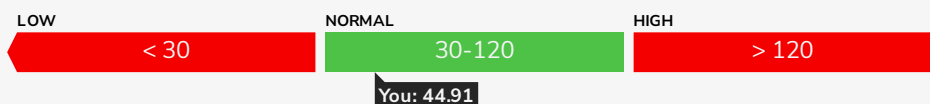
METHOD: CALCULATED

**ALP: 44.91** U/L

METHOD: PNPP, AMP BUFFER

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. ● NORMAL

Increased in bone formation, bone disease, renal disease, liver disease.



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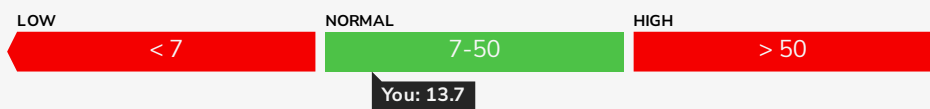
Reporting Date:


**GGT: 13.7** U/L

METHOD: ENZYMATIC RATE

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.

● NORMAL



Some causes for a high GGT level



ALCOHOL, SMOKING



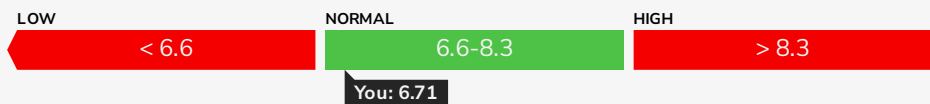
CERTAIN MEDICINES - ASK YOUR DOCTOR

**Protein (Total): 6.71** g/dL

METHOD: BIURET

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

● NORMAL


**Albumin: 4.1** g/dL

METHOD: BROMCRESOL GREEN (BCG)

NORMAL ●

Albumin is the most abundant circulating protein found in plasma. It represents half of the total protein content. It plays an important role in the transport of important substances like vitamins, hormones, etc. It also helps in the fat metabolism in the body.


**Globulin: 2.6** g/dL

METHOD: CALCULATED

NORMAL ●

The globulin is a group of proteins made by the immune system in your liver. It plays an important role in liver function, blood clotting and fighting infection.



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### 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.



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B2B7278926

## Thyroid Profile

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:



### About 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 freeT<sub>3</sub>, freeT<sub>4</sub> and TSH in the blood.

Hypothyroidism is a condition having low Free T<sub>3</sub>, Free T<sub>4</sub> levels and increased TSH levels while Hyperthyroidism is a condition having increased levels of free T<sub>3</sub>, Free T<sub>4</sub> and decreased levels of TSH.

#### Foods to eat in hypothyroidism



Eggs, Meat, Fish, Vegetables, Fruits including all meats, including lamb, beef, chicken, etc.



**Fruits:** including bananas, oranges, tomatoes..



**Gluten-free grains and seeds:** rice, quinoa, chia seeds, and flax seeds



**Dairy:** all dairy products, including milk, cheese, yogurt, etc.

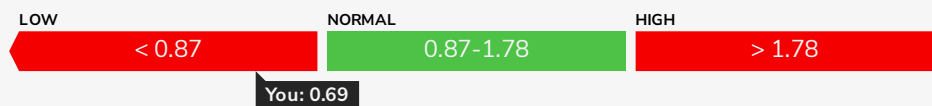
### Your Results

#### T3 (Triiodothyronine) 0.69 ng/mL

● LOW

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

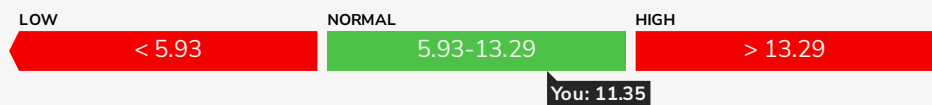


#### T4 (Thyroxine) 11.35 µg/dL

● 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.



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B2B7278926

## Thyroid Profile

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

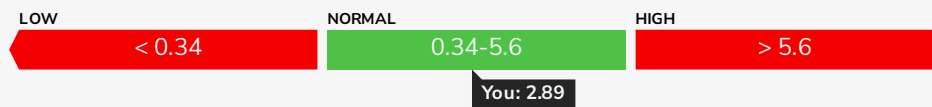
Receiving Date:

Reporting Date:


**TSH: 2.89** uIU/ml

METHOD: CHEMILUMINESCENCE

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<sub>3</sub> and T<sub>4</sub>. 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.

## 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.

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## Kidney And Electrolyte Profile

Name:

Lab ID:

Collection Date/Time:

Age/Gender:

Ref Doctor:

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### 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.

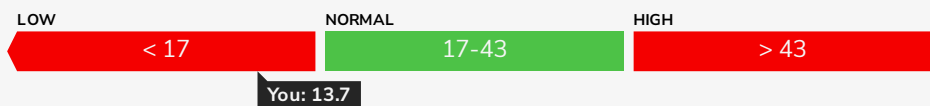
### Your Results

**Blood Urea: 13.7 mg/dL**

METHOD: UREASE, UV

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

● LOW



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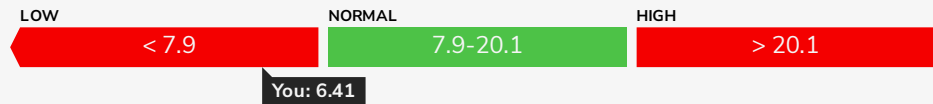
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### Blood Urea Nitrogen (BUN): 6.41

● LOW

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



### Serum Creatinine: 0.42 mg/dL

METHOD: ALKALINE PICRATE KINETIC

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.

● LOW

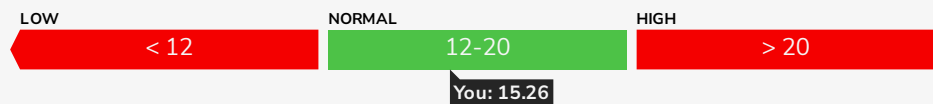


### BUN : Creatinine ratio: 15.26 Ratio

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



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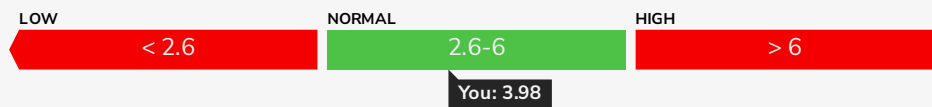
Centre:

OP/IP No:


**Uric Acid: 3.98 mg/dL**

METHOD: URICASE

Uric Acid is a breakdown product of genetic material present in cells. Most of the uric acid excreted is lost in the urine. ● **NORMAL**  
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.


**Some causes for a high uric acid level**


ALCOHOL, HIGH-FAT DAIRY, FAST FOODS



"CRASH DIETS", OVER-FASTING

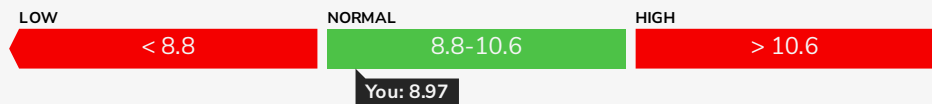


CERTAIN MEDICINES - ASK YOUR DOCTOR

**Calcium: 8.97 mg/dL**

METHOD: ARSENAZO III

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.

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**Sodium: 139.4** mmol/L

METHOD: ISE INDIRECT



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: 4.21** mmol/L

METHOD: ISE INDIRECT



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**

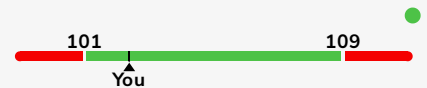

MILK AND DAIRY PRODUCTS



FRUITS (APRICOTS, BANANAS, CITRUS FRUITS)

**Chloride: 102.28** mmol/L

METHOD: ISE INDIRECT



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

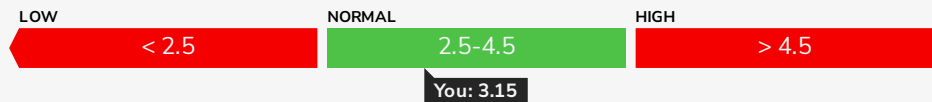


TOMATOES

**Phosphorus: 3.15** mg/dL

METHOD: PHOSPHOMOLYBDATE-UV

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


**Food sources of Phosphorus**


BANANAS



ALMONDS

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### 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.



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## All Other Tests

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

## All Other Tests

Find your remaining tests below

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

Test Name	Result	Range
eGFR by MDRD MDRD	173.76 ml/min/1.73 m <sup>2</sup>	-
eGFR by CKD EPI 2021	132.37	-



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