

# Your Personal **SMART** Report



**Insightful**

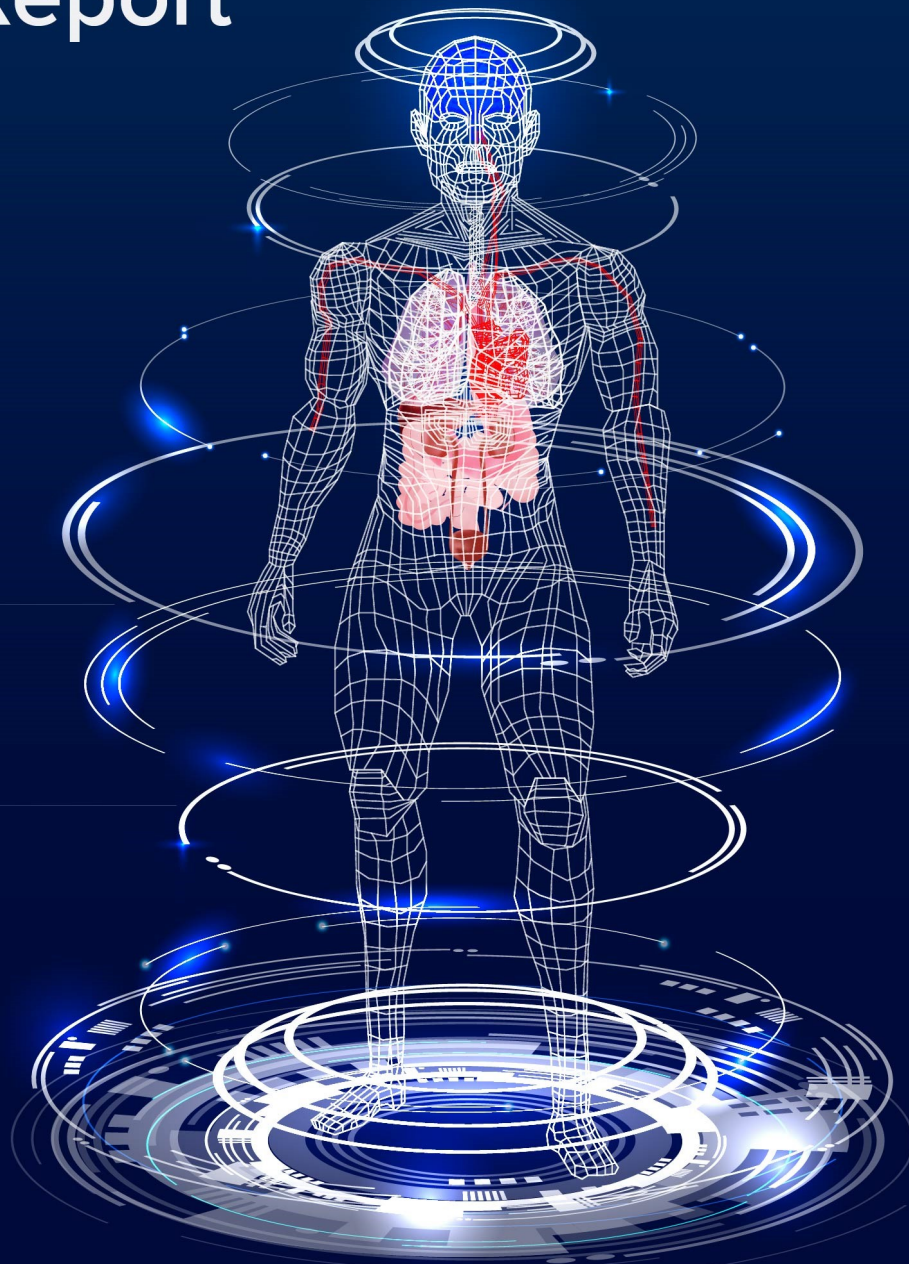


**Engaging**



**Actionable**

**Max Care Health Check 3**



Booking ID

Collection Date-

Reporting Date -

## Your Health Summary

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

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Reporting Date:



### Lipid Profile

+ 3 tests Please Watchout

Test Name	Result
Total Cholesterol	204
LDL Cholesterol	128
Triglycerides	273.0



### Liver Profile

Please Watchout

Test Name	Result
Albumin : Globulin ratio	1.9
Direct Bilirubin	0.09



### Kidney And Electrolyte Profile

Please Watchout

Test Name	Result
BUN : Creatinine ratio	11.91



### Thyroid Profile

All parameters within normal limit



### Diabetes Monitoring

All parameters within normal limit



### Blood Counts And Anemia

+ 3 tests Please Watchout

Test Name	Result
Haemoglobin	17.5
Haematocrit	55.7
RBC count	5.65



### Vitamin Profile

All parameters within normal limit

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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

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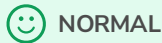
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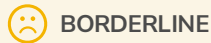


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### Profile Summary



Diabetes Monitoring, Thyroid Profile, Blood Clotting, Iron Studies, Vitamin Profile



Liver Profile, Kidney And Electrolyte Profile



Lipid Profile, Blood Counts And Anemia

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



## DIABETES MONITORING

Test Name	Result	Unit	Range
● Blood Sugar (Fasting)	79	mg/dL	74-99
● HbA1c (Glycosylated Haemoglobin)	5.50	%	< 5.7
● Glycosylated Haemoglobin(Hb A1c) IFCC	36.6	mmol/mol	0-39
● eAG (Estimated Average Glucose)	111.15	mg/dL	
● Average Glucose Value(Past 3 Months IFCC)	6.16	mmol/L	



## THYROID PROFILE

Test Name	Result	Unit	Range
● T3 (Triiodothyronine)	1.31	ng/mL	0.87-1.78
● T4 (Thyroxine)	8.77	µg/dL	5.93-13.29
● TSH	3.157	uIU/ml	0.34-5.6



## LIPID PROFILE

Test Name	Result	Unit	Range
● Total Cholesterol	204	mg/dL	< 200
● HDL Cholesterol	58	mg/dL	>40
● LDL Cholesterol	128	mg/dL	0-100
● Triglycerides	273.0	mg/dL	< 150
● VLDL	54.6	mg/dL	0-30
● Non - HDL Cholesterol	146.00	mg/dL	0-130
● HDL : LDL ratio	0.45	Ratio	0.3-0.4
● Total Cholesterol : HDL ratio	3.5	..	0-4.9

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### LIVER PROFILE

Test Name	Result	Unit	Range
● <b>Albumin : Globulin ratio</b>	<b>1.9</b>		1.2-1.5
● Total Bilirubin	0.42	mg/dl	0.3-1.2
● <b>Direct Bilirubin</b>	<b>0.09</b>	mg/dl	0.1-0.5
● Indirect Bilirubin	0.33	mg/dL	0.1-1
● SGOT (AST)	30	U/L	0-50
● SGPT (ALT)	26	U/L	17-63
● AST / ALT Ratio	1.15	Ratio	
● ALP	79	U/L	32-91
● GGT	31.0	U/L	7-50
● Protein (Total)	6.99	g/dl	6.5-8.1
● Albumin	4.6	g/dl	3.5-5
● Globulin	2.4	g/dl	2.3-3.5



### KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
● <b>BUN : Creatinine ratio</b>	<b>11.91</b>	Ratio	12-20
● Uric Acid	6.39	mg/dl	3.5-7.2
● Calcium	9.02	mg/dl	8.9-10.3
● Sodium	143.0	mmol/L	136-144
● Potassium	3.7	mmol/L	3.6-5.1
● Chloride	105	mmol/l	101-111
● Phosphorus	4.00	mg/dl	2.4-4.7
● Blood Urea	23.2	mg/dL	17.12-55.64
● Blood Urea Nitrogen (BUN)	10.84	mg/dl	8-26
● Serum Creatinine	0.91	mg/dl	0.61-1.24

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## BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
● <b>Haemoglobin</b>	<b>17.5</b>	g/dl	13-17
● <b>Haematocrit</b>	<b>55.7</b>	%	40-50
● Total Leukocyte Count	7.1	10~9/L	4-10
● <b>RBC count</b>	<b>5.65</b>	10~12/L	4.5-5.5
● MCV	98.6	fL	83-101
● MCH	31.1	pg	27-32
● MCHC	31.5	g/dl	31.5-34.5
● <b>RDW</b>	<b>15.2</b>	%	11.5-14.5
● Neutrophils	43.8	%	40-80
● <b>Lymphocytes</b>	<b>44.0</b>	%	20-40
● Monocytes	7.0	%	2-10
● Eosinophils	4.3	%	1-6
● Basophils	0.9	%	0-2
● Abs. Neutrophil Count	3.11	10~9/L	2-7
● <b>Abs. Lymphocyte Count</b>	<b>3.1</b>	10~9/L	1-3
● Abs. Monocyte Count	0.5	10~9/L	0.2-1
● Abs. Eosinophil Count	0.31	10~9/L	0.02-0.5
● Abs. Basophil Count	0.060	10~9/L	0.02-0.1



## BLOOD CLOTTING

Test Name	Result	Unit	Range
● Platelet Count	200	10~9/L	150-410
● MPV	10.5	fL	7.8-11.2



## IRON STUDIES

Test Name	Result	Unit	Range
● Iron	91.7	µg/dL	45-182



## VITAMIN PROFILE

Test Name	Result	Unit	Range
● Vitamin B12	354	pg/mL	222-1439
● Vitamin D (25-Hydroxy)	39.68	ng/mL	30-100

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## 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:



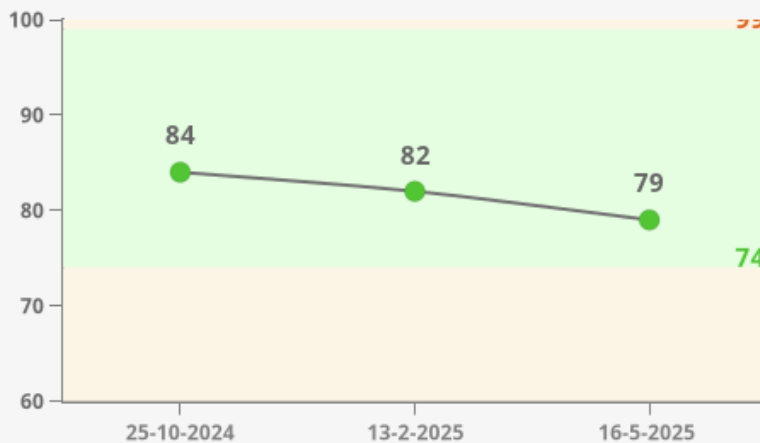
## About Diabetes Panel

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): 79 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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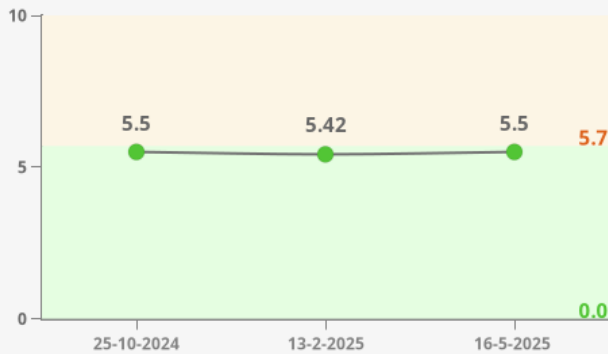
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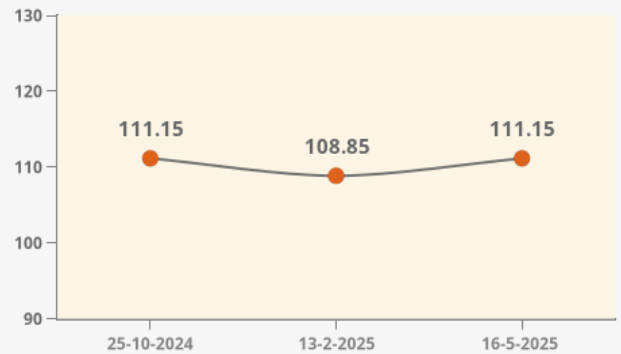
Reporting Date:



HbA1c (Glycosylated Haemoglobin): 5.50 %



eAG (Estimated Average Glucose): 111.15 mg/dL



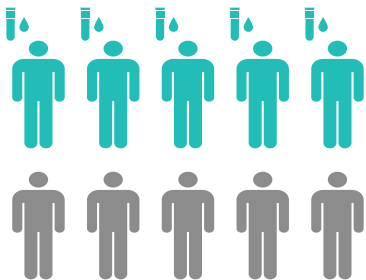
Glycosylated Haemoglobin(Hb A1c) IFCC: 36.6 mmol/mol

NORMAL



Average Glucose Value(Past 3 Months IFCC): 6.16 mmol/L

## 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. Mini Singhal M.D.**  
Principal Consultant Pathology



**Dr. Shalini Shah M.D.**  
Attending Consultant Pathology



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## Thyroid Profile

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



### 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.

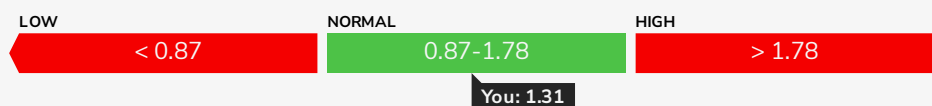
### Your Results

#### T3 (Triiodothyronine) 1.31 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

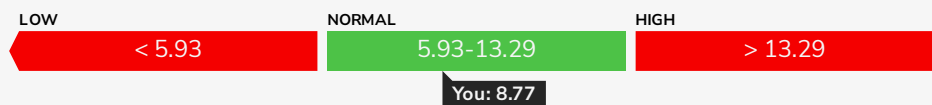


#### T4 (Thyroxine) 8.77 µg/dL

● 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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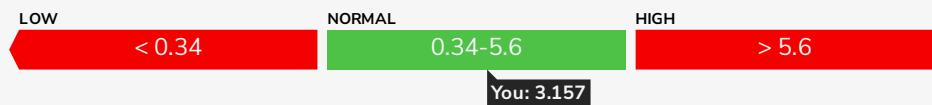
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 Age/Gender: \_\_\_\_\_ Ref Doctor: \_\_\_\_\_ Receiving Date: \_\_\_\_\_  
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**TSH: 3.157** uIU/ml

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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## Lipid Profile

Name:	Lab ID:	Collection Date/Time:
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Max ID/Mobile:	Passport No:	Reporting Date:
Centre:	OP/IP No:	



## 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.

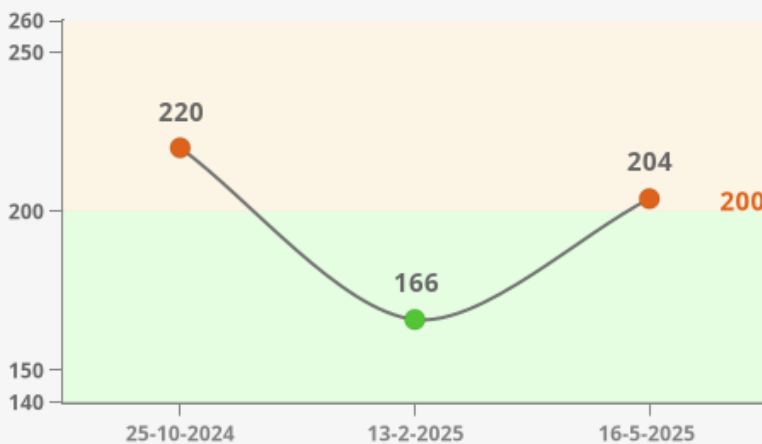
A complete lipid profile is done to determine whether your cholesterol is high and to estimate your risk of heart attacks and other forms of heart disease and diseases of the blood vessels

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

Total Cholesterol: 204 mg/dl

● BORDERLINE



- 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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b2b7567296

## Lipid Profile

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

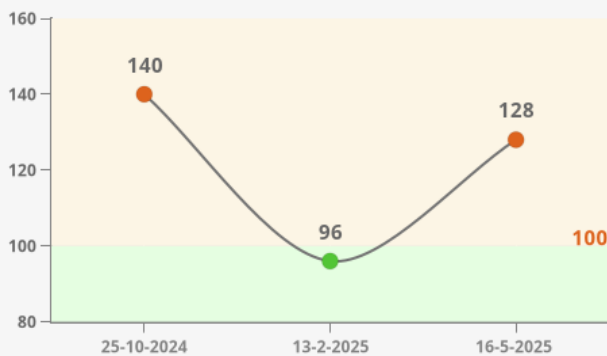
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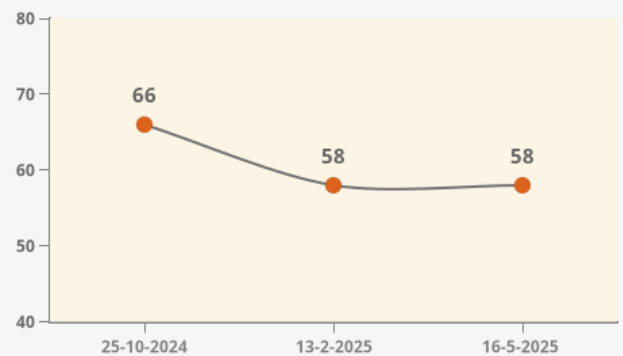
Vikesh



### LDL Cholesterol: 128mg/dl

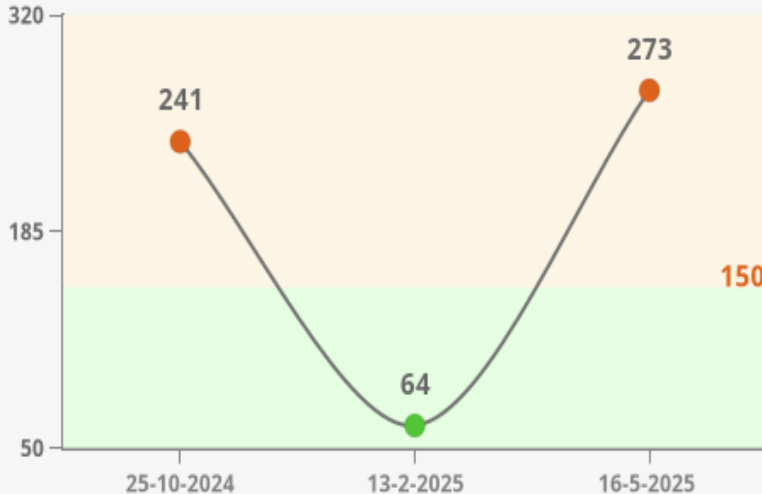


### HDL Cholesterol: 58mg/dl



### Triglycerides: 273.0 mg/dl

HIGH



- 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

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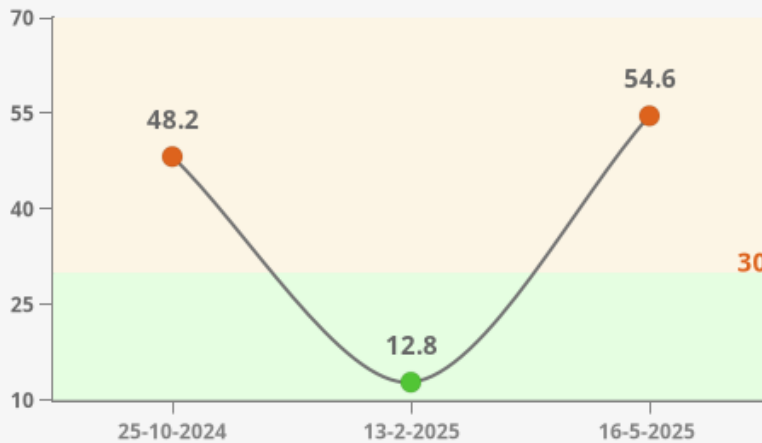
Reporting Date:

vikesh



**VLDL: 54.6 mg/dl**

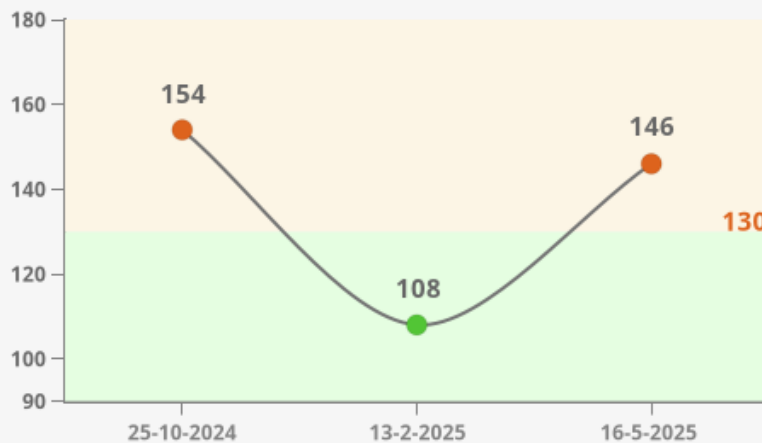
**HIGH**



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

**Non - HDL Cholesterol: 146.00 mg/dL**

**HIGH**



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

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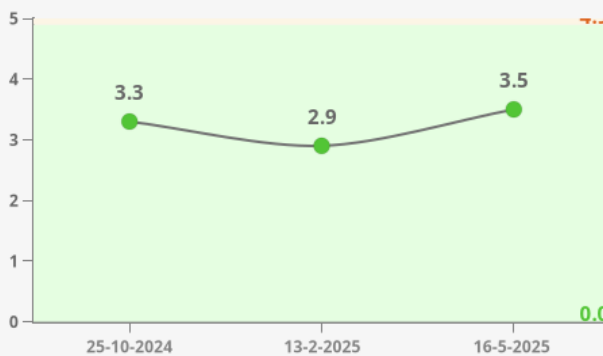
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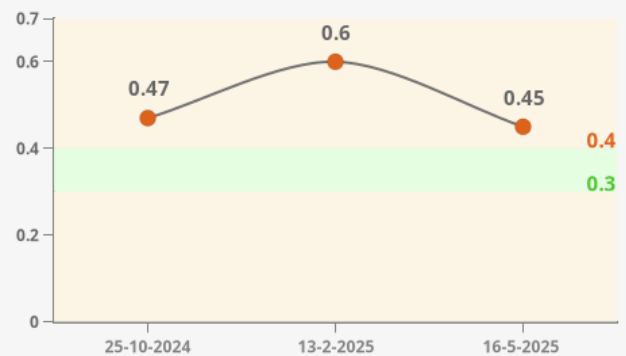
OP/IP No:



### Total Cholesterol : HDL ratio: 3.5..



### HDL : LDL ratio: 0.45Ratio



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## 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.



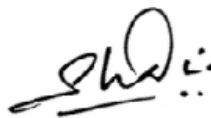
**In case you are overweight**, reducing your weight helps reduce your cholesterol.



**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.



**Dr. Mini Singhal M.D.**  
Principal Consultant Pathology



**Dr. Shalini Shah M.D.**  
Attending Consultant Pathology



## Liver Profile

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## Liver Function Tests

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

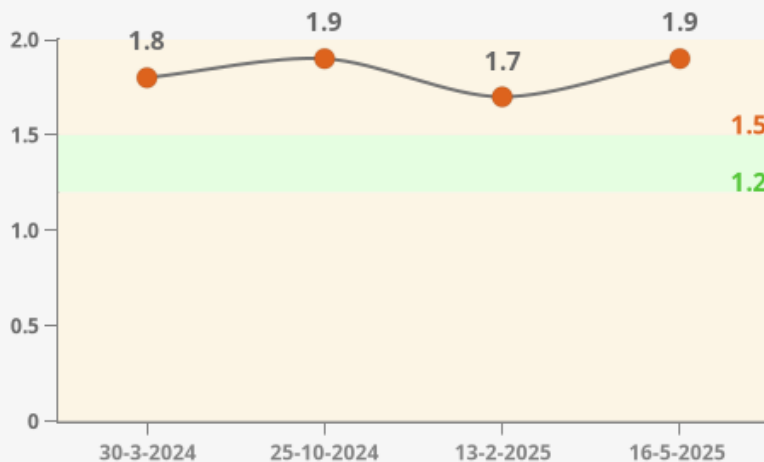
Bilirubin (Total and Direct) is increased in Hepatocellular damage, hepatic biliary tree obstruction, haemolytic disease and neonatal physiological jaundice.

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: 1.9

● HIGH



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



b2b7567296

## Liver Profile

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Centre:

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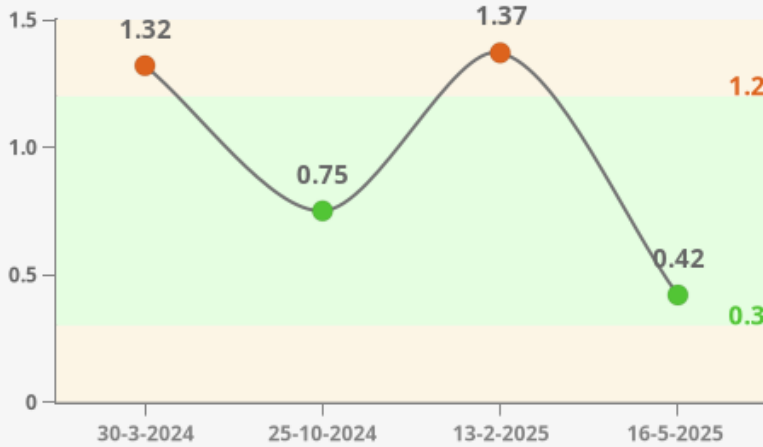
Receiving Date:

Reporting Date:



Total Bilirubin: 0.42 mg/dl

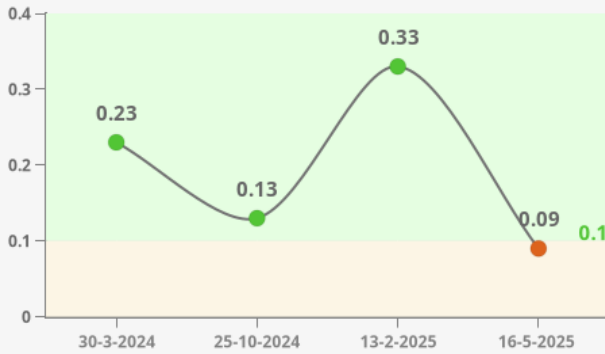
● NORMAL



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

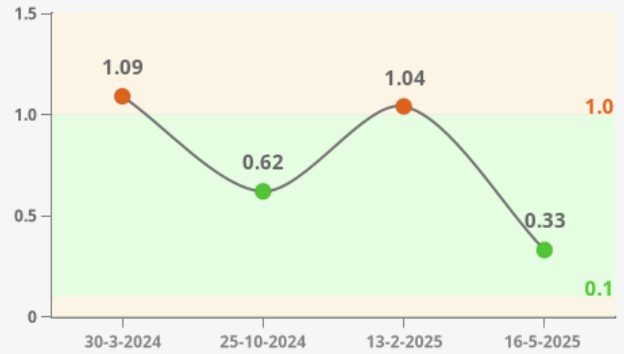
Direct Bilirubin: 0.09 mg/dl

●



Indirect Bilirubin: 0.33 mg/dL

●



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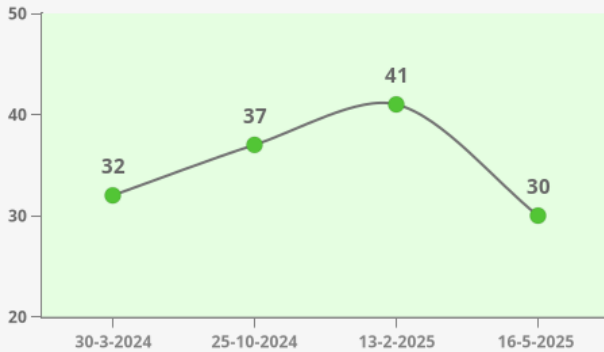
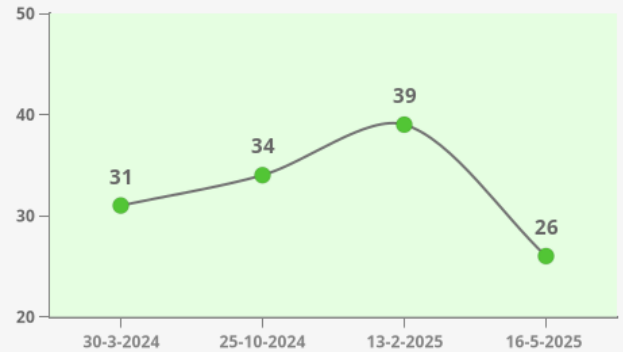
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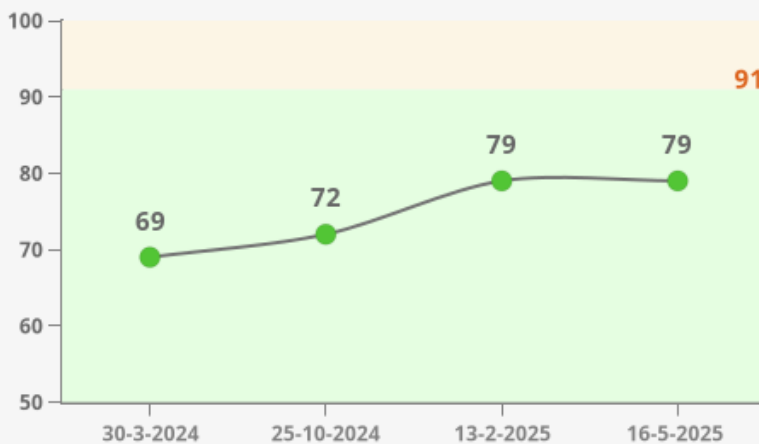
Reporting Date:


**SGOT (AST): 30 U/L**

**SGPT (ALT): 26 U/L**

**AST / ALT Ratio: 1.15** Ratio

METHOD: CALCULATED

**ALP: 79 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

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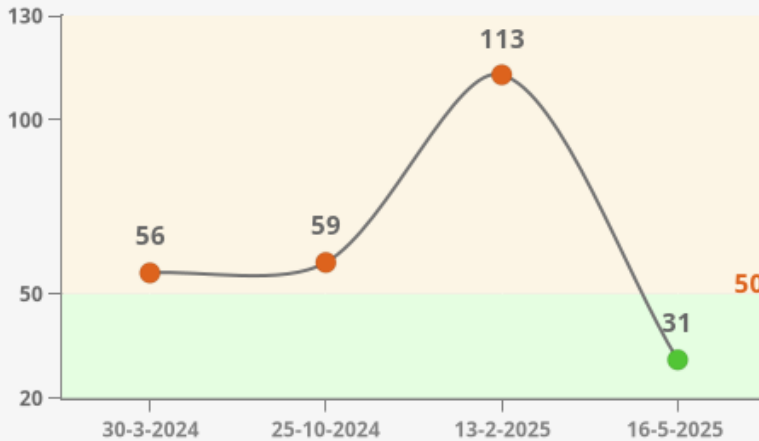
Receiving Date:

Reporting Date:



GGT: 31.0 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



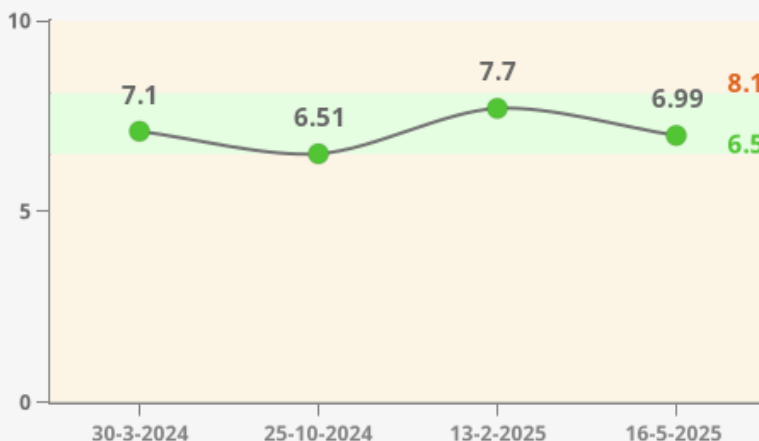
ALCOHOL, SMOKING



CERTAIN MEDICINES - ASK YOUR DOCTOR

Protein (Total): 6.99 g/dl

● NORMAL



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

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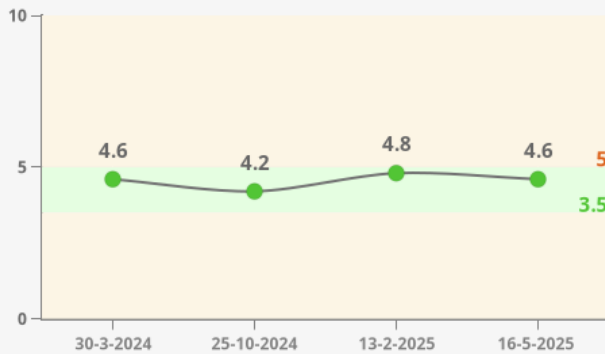
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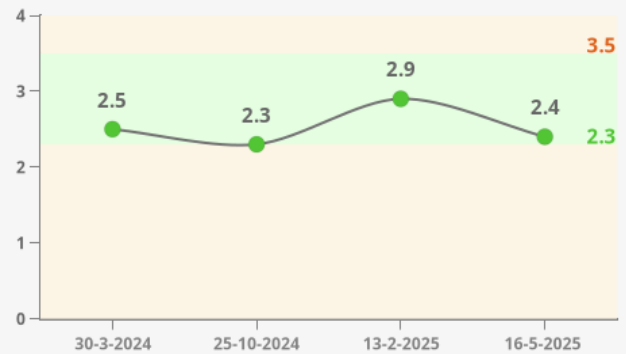
Reporting Date:



Albumin: 4.6 g/dl



Globulin: 2.4 g/dl



### Tips



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



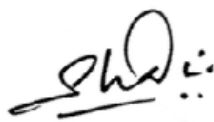
Avoid excess alcohol  
Alcoholic beverages destroy and scar your liver cells.



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



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## Kidney And Electrolyte Profile

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



### 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.

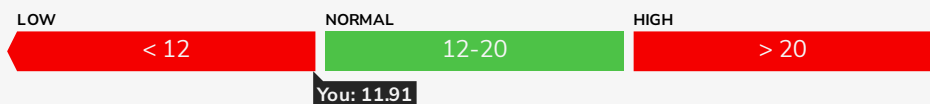
### Your Results

**BUN : Creatinine ratio: 11.91** 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

● LOW



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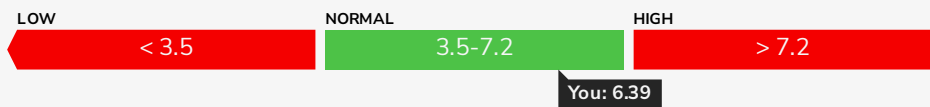
Vikesh

OP/IP No:


**Uric Acid: 6.39 mg/dl**

METHOD: URICASE, COLORIMETRIC

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

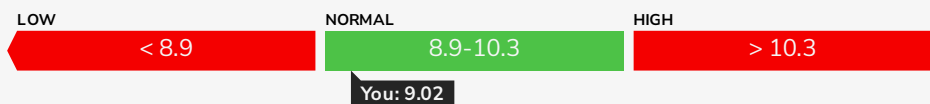


CERTAIN MEDICINES - ASK YOUR DOCTOR

**Calcium: 9.02 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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nikesh

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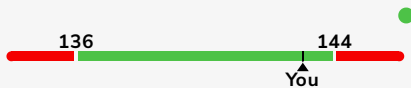
Collection Date/Time:

Receiving Date:

Reporting Date:


**Sodium: 143.0** mmol/L

METHOD: ISE DIRECT



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



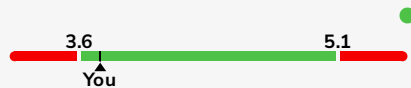
SALT



CHEESE

**Potassium: 3.7** mmol/L

METHOD: ISE DIRECT



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: 105** mmol/L

METHOD: ISE DIRECT



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

Max Lab Limited (A Wholly Owned Subsidiary of Max Healthcare Institute Ltd.)

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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b2b7567296

## Kidney And Electrolyte Profile

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

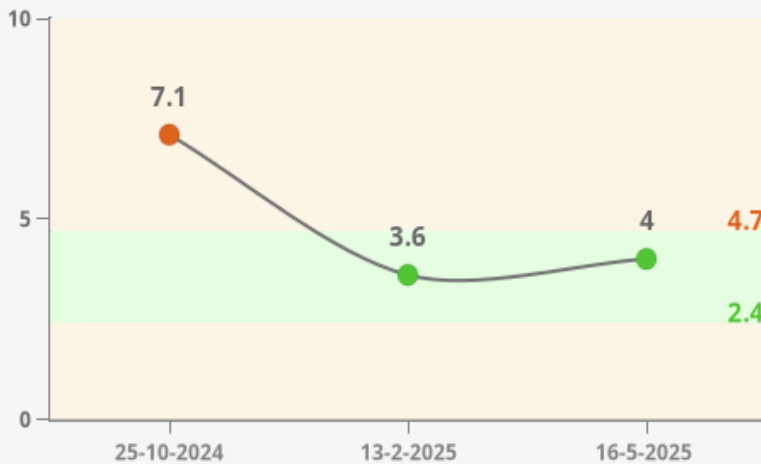
Collection Date/Time:

Receiving Date:

Reporting Date:


**Phosphorus: 4.00** mg/dl

● NORMAL



- 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

### Food sources of Phosphorus



BANANAS



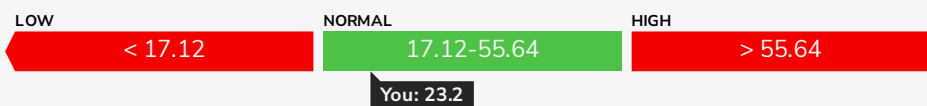
ALMONDS

**Blood Urea: 23.2** mg/dL

METHOD: ENZYMATIC RATE (UREASE)

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

● NORMAL



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Centre: iikesh OP/IP No:

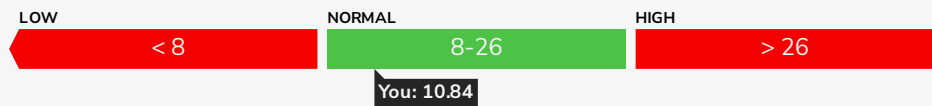


### Blood Urea Nitrogen (BUN): 10.84 mg/dl

METHOD: ENZYMATIC RATE (UREASE)

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

● NORMAL

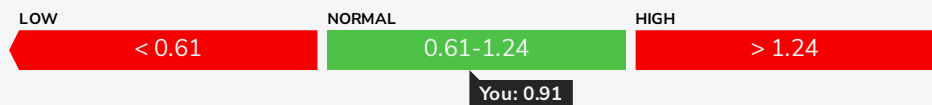


### Serum Creatinine: 0.91 mg/dl

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.

● NORMAL



## Tips



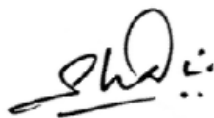
Your kidneys can be ill even if you're fine. Your kidneys can have a disease but your body might not show any effects of that.



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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Principal Consultant Pathology



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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:

Reporting Date:

Centre:

Vikesh

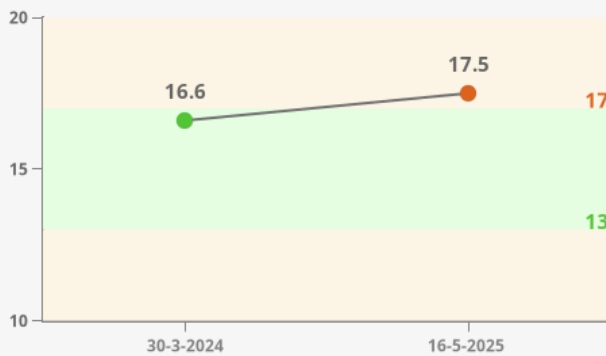
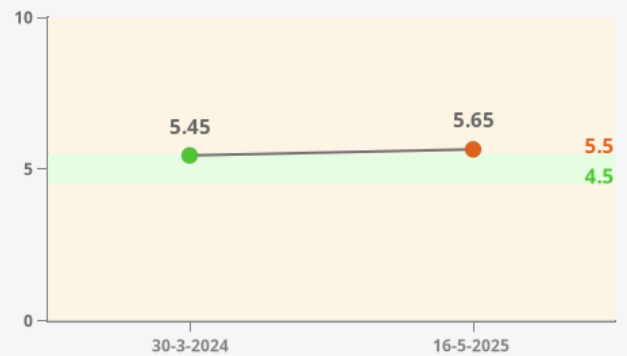
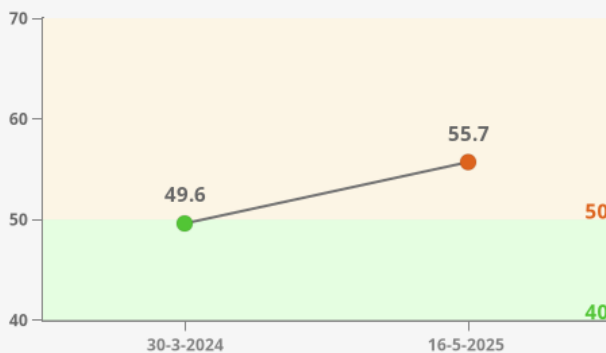
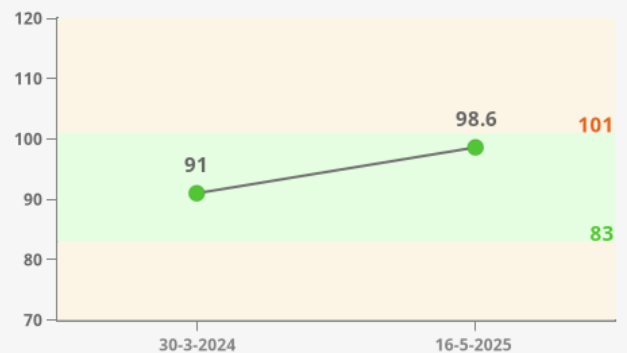
OP/IP No:



## 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: 17.5 g/dl**

**RBC count: 5.65  $\times 10^{12}/L$** 

**Haematocrit: 55.7 %**

**MCV: 98.6 fL**


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# Blood Counts And Anemia

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Lab ID:

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Age/Gender:

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Reporting Date:

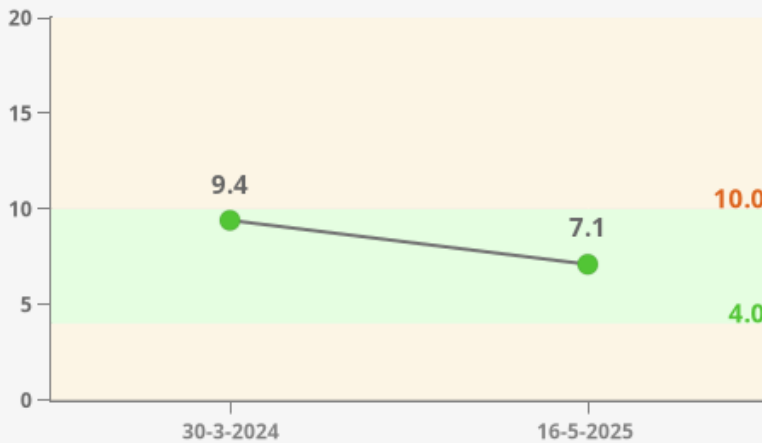
Centre:

Vikesh

OP/IP No:


**Total Leukocyte Count: 7.1** 10~9/L

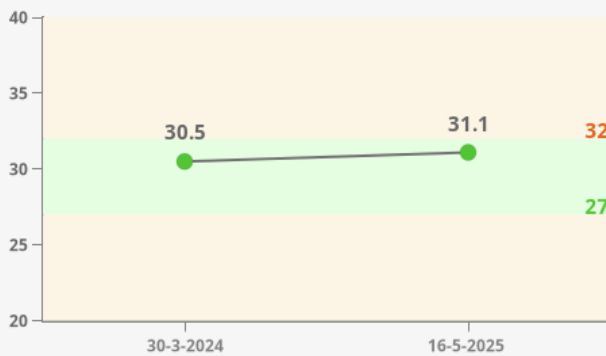
● NORMAL



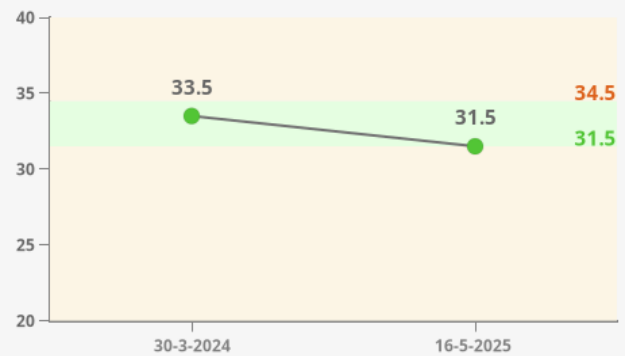
- Leukocyte is another name for WBC (white blood cell)
- WBCs are your body's 'defense department' - they respond immediately to infections by visiting the affected site(s) in your body
- Too many WBCs might be because of some infection and too few WBCs also indicates some other problems in your body

**MCH: 31.1** pg

●


**MCHC: 31.5** g/dl

●


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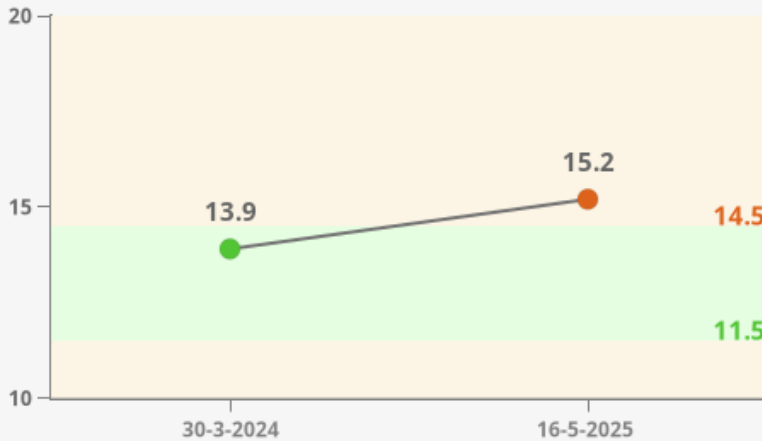
Vikesh

OP/IP No:



RDW: 15.2 %

HIGH


☐ Red cell Distribution Width-Coefficient of Variation

TEST NAME

Lymphocytes

Monocytes

Neutrophils

Eosinophils

Basophils

RANGE

20-40 (%)


2-10 (%)

40-80 (%)

1-6 (%)

0-2 (%)

30 Mar 24

 10.3

 6.6

 80.5

 2.3

 0.3

16 May 25

 44.0

 7.0

 43.8

 4.3

 0.9

TEST NAME

Abs. Neutrophil Count

Abs. Eosinophil Count

Abs. Basophil Count

Abs. Lymphocyte Count

Abs. Monocyte Count

RANGE

2.0-7.0 (10~9/L)

0.02-0.5 (10~9/L)

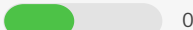
0.02-0.1 (10~9/L)

1.0-3.0 (10~9/L)

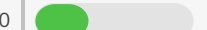
0.2-1.0 (10~9/L)

30 Mar 24

 7.57

 0.22

 0.030

 1.0

 0.62

16 May 25

 3.11

 0.31

 0.060

 3.1

 0.5

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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. Mini Singhal M.D.**  
Principal Consultant Pathology



**Dr. Shalini Shah M.D.**  
Attending Consultant Pathology



b2b7567296

## Blood Clotting

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



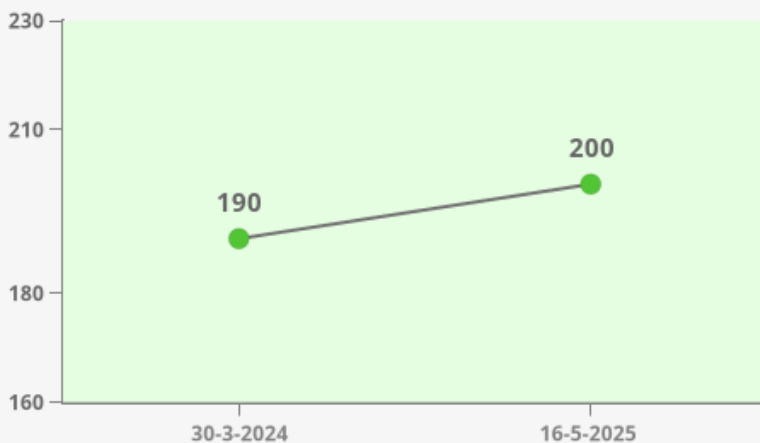
## About Blood Coagulation

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 Count: 200** 10<sup>9</sup>/L

● NORMAL



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

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Name:

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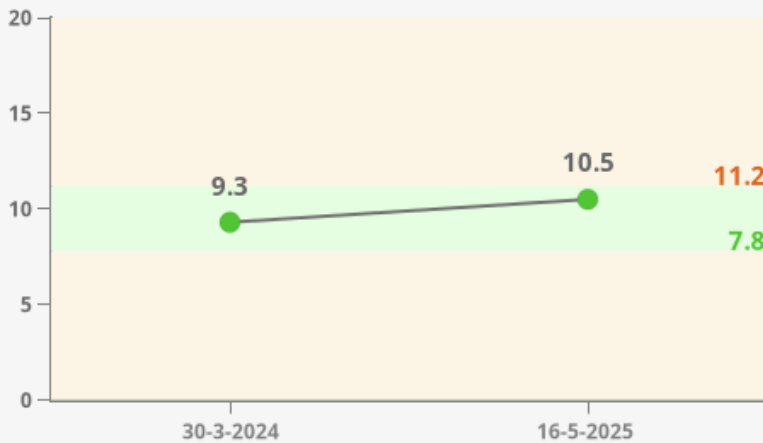
Vikesh

OP/IP No:



MPV: 10.5 fl

● NORMAL



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

### 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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Principal Consultant Pathology



**Dr. Shalini Shah M.D.**  
Attending Consultant Pathology



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## Iron Studies

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:



## About Iron Studies

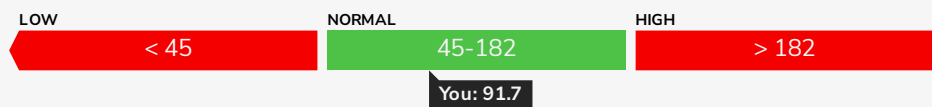
Anemia is the condition where your body has less RBCs (red blood cells) or the RBCs don't have enough haemoglobin. Hemoglobin is an oxygen binding protein inside a RBC. RBCs carry oxygen to different parts of your body. Untreated anemia can lead to heart diseases.

## Your results

**Iron: 91.7** µg/dL

● NORMAL

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.



## Overall Diet and Lifestyle to avoid Anemia



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



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.



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

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## Vitamin Profile

Name:	Lab ID:	Collection Date/Time:
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Centre:	OP/IP No:	



### About Vitamin Profile

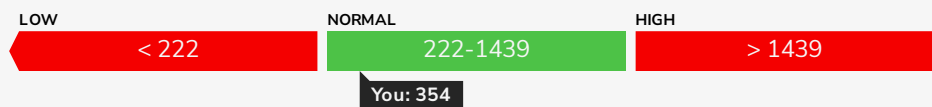
Vitamins and minerals are considered essential nutrients as they perform hundreds of roles in the body. They help maintain bones, heal wounds, and strengthen your immune system. They also convert food into energy, and repair cellular damage.

### Your results

#### Vitamin B12: 354 pg/mL

METHOD: CLIA

Vitamin B12, also known as cyanocobalamin, is water soluble vitamin that is required for the maturation of erythrocytes (RBCs). Vitamin B12 is tested for patients with GIT disease, Neurological disease, psychiatric disturbances, malnutrition, alcohol abuse and anemia



#### 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

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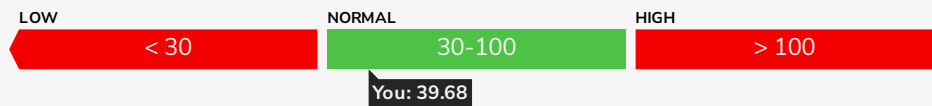


### Vitamin D (25-Hydroxy): 39.68 ng/mL

METHOD: CLIA

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.

● NORMAL



#### Symptoms of vitamin D Deficiency:



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

## Tips



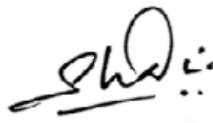
**Balanced Diet-** A balanced diet can take care of all the vitamin needs of your body.



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



**Dr. Mini Singhal M.D.**  
Principal Consultant Pathology



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Max Lab Limited (A Wholly Owned Subsidiary of Max Healthcare Institute Ltd.)

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(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)

**Conditions of Reporting:** 1. The tests are carried out in the lab with the presumption that the specimen belongs to the patient name as identified in the bill/test request form. 2. The test results relate specifically to the sample received in the lab and are presumed to have been generated and transported per specific instructions given by the physicians/laboratory. 3. The reported results are for the information and interpretation by the referring doctor only. 4. Some tests are referred to other laboratories to provide a wider test menu to the customer. 5. Max Healthcare shall in no event be liable for accidental damages loss, or destruction of specimen which is not attributable to any direct and mala fide act or omission of Max Healthcare or its employees. Liability of Max Healthcare for deficiency of services, or other errors and omissions shall be limited to fee paid by the patient for the relevant laboratory services.



## All Other Tests

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

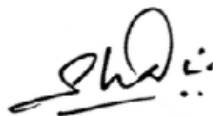
## All Other Tests

Find your remaining tests below

Test Name	<span>● Normal (N)</span> <span>● Low (L)</span> <span>● Borderline (BL)</span> <span>● High (H)</span> <span>● No Ref Range</span>		
	Result	Range	
eGFR by MDRD MDRD	90.60 ml/min/1.73 m <sup>2</sup>	-	
eGFR by CKD EPI 2021	105.98	-	



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