






B2B2914421

## Report Summary

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

### WellWise Senior Citizen Profile - Female

 YOUR NORMAL PROFILE	 YOUR BORDERLINE PROFILE	 YOUR ABNORMAL PROFILE
Blood Counts, Diabetes Monitoring, Thyroid Profile, Arthritis Screening, Vitamin Profile	Anemia Studies, Inflammation, Kidney Profile, Electrolyte Profile, Lipid Profile, Urinalysis	Blood Clotting, Liver Profile

Here's the **summary** of your report, where you can **click on profile names** to go to that particular section.

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



## ANEMIA STUDIES

Test Name	Result	Unit	Range
<span style="color: green;">●</span> Haemoglobin	13.0	g/dl	12-15
<span style="color: green;">●</span> Haematocrit	41.2	%	40-50
<span style="color: green;">●</span> RBC count	4.58	10~12/L	3.8-4.8
<span style="color: green;">●</span> MCV	89.8	fL	83-101
<span style="color: green;">●</span> MCH	28.3	pg	27-32
<span style="color: green;">●</span> MCHC	31.5	g/dl	31.5-34.5
<span style="color: red;">●</span> RDW	<b>14.8</b>	%	11.5-14.5

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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)

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## BLOOD COUNTS

Test Name	Result	Unit	Range
● Total Leukocyte Count	6.4	10~9/L	4-10
● Neutrophils	59.1	%	40-80
● Lymphocytes	26.8	%	20-40
● Monocytes	9.6	%	2-10
● Eosinophils	4.1	%	1-6
● Basophils	0.4	%	0-2
● Abs. Neutrophil Count	3.78	10~9/L	2-7
● Abs. Lymphocyte Count	1.7	10~9/L	1-3
● Abs. Monocyte Count	0.61	10~9/L	0.2-1
● Abs. Eosinophil Count	0.26	10~9/L	0.02-0.5
● Abs. Basophil Count	0.03	10~9/L	0.02-0.1
● PERIPHERAL SMEAR			

**RBC:** - Anisocytosis (+) , Predominantly Normocytic Normochromic

**WBC:** - Counts within normal limits

**Platelet:** - Thrombocytopenia

## BLOOD CLOTTING

Test Name	Result	Unit	Range
● Platelet Count	140	10~9/L	150-410
● MPV	15.1	fl	7.8-11.2

## INFLAMMATION

Test Name	Result	Unit	Range
● ESR	23	mm/hr	0-20

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## DIABETES MONITORING

Test Name	Result	Unit	Range
Blood Sugar (Fasting)	97	mg/dL	74-99
HbA1c (Glycosylated Haemoglobin)	5.5	%	
Glycosylated Haemoglobin(Hb A1c) IFCC	36.6	mmol/mol	
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)	1.07	ng/mL	0.87-1.78
T4 (Thyroxine)	10.76	µg/dL	6.09-12.23
TSH	2.20	uIU/ml	0.34-5.6



## KIDNEY PROFILE

Test Name	Result	Unit	Range
Blood Urea	23.0	mg/dL	17-43
Blood Urea Nitrogen (BUN)	10.75	mg/dL	7.9-20
Serum Creatinine	0.72	mg/dL	0.6-1.1
Glomerular Filtration Rate	80.55	mL/min/1.73 m <sup>2</sup>	
BUN : Creatinine ratio	14.93	Ratio	
Uric Acid	6.6	mg/dL	2.6-6

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### ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
● Calcium	9.49	mg/dL	8.8-10.6
● Sodium	142.8	mmol/L	136-146
● Potassium	4.0	mmol/L	3.5-5.1
● Chloride	105	mmol/L	
● Bicarbonate	18.2	mmol/L	21-31
● Phosphorus	2.97	mg/dL	2.5-4.5



### ARTHRITIS SCREENING

Test Name	Result	Unit	Range
● RA factor (quantitative)	4.23	IU/mL	0-12



### LIVER PROFILE

Test Name	Result	Unit	Range
● Protein (Total)	7.04	g/dL	6.6-8.3
● Albumin	4.4	g/dL	3.5-5.2
● Globulin	2.7	g/dL	2.3-3.5
● Albumin : Globulin ratio	1.6		1.2-1.5
● Total Bilirubin	1.06	mg/dL	0.3-1.2
● Direct Bilirubin	0.23	mg/dL	0-0.2
● Indirect Bilirubin	0.83	mg/dL	0.1-1
● SGOT (AST)	43	U/L	0-35
● SGPT (ALT)	61	U/L	0-35
● AST / ALT Ratio	0.70	Ratio	
● ALP	83	U/L	30-120
● GGT	19.0	U/L	0-38

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### LIPID PROFILE

Test Name	Result	Unit	Range
● Total Cholesterol	175	mg/dL	< 200
● HDL Cholesterol	49	mg/dL	>40
● <b>LDL Cholesterol</b>	<b>107</b>	mg/dL	0-100
● Triglycerides	79.0	mg/dL	< 150
● VLDL	15.8	mg/dL	0-30
● Non - HDL Cholesterol	126.00	mg/dL	
● HDL : LDL ratio	0.46	Ratio	
● Total Cholesterol : HDL ratio	3.6	..	0-4.9



### VITAMIN PROFILE

Test Name	Result	Unit	Range
● Vitamin D (25-Hydroxy)	7.90	ng/mL	
● Serum Folate	48.0	ng/mL	>5.9
● Vitamin B12	184.0	pg/mL	120-914

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## URINALYSIS

Test Name	Result	Unit	Range
● Urine Colour	Pale Yellow		
● pH	6.0	..	5-6
● Specific Gravity	1.025		1.015-1.025
● Protein	Neg		
● Glucose in Urine	Neg		
● Ketone	Trace		
● Blood	Neg		
● Bilirubin	Neg		
● Urobilinogen	Normal		
● Nitrite	Neg		
● RBC	0	/HPF	
● Leukocytes	0	/HPF	
● Epithelial Cells	1	/HPF	
● Casts	Nil	/LPF	
● Crystals	Nil	..	
● Bacteria	Nil	/HPF	

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## Anemia Studies

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## About Anemia Panel

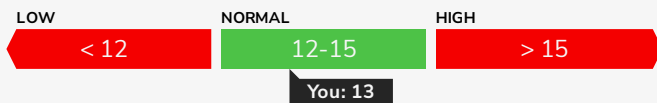
Anemia is the condition where your body has less RBCs (red blood cells) or the RBCs don't have enough haemoglobin. Hemoglobin is an oxygen binding protein inside a RBC. RBCs carry oxygen to different parts of your body. Untreated anemia can lead to heart diseases.

## Your results

**Haemoglobin: 13.0 g/dl**

NORMAL ●

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: 4.58** <sup>10~12/L</sup>

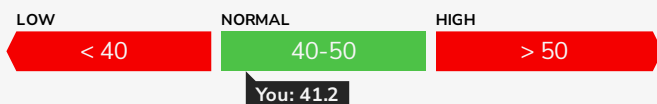
NORMAL ●

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


**Haematocrit: 41.2 %**

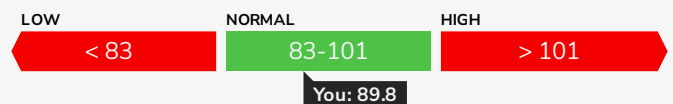
NORMAL ●

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


**MCV: 89.8** <sup>fL</sup>

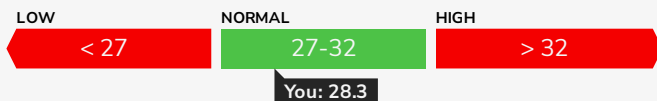
NORMAL ●

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


**MCH: 28.3** <sup>pg</sup>

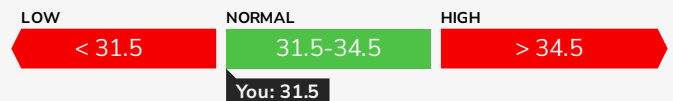
NORMAL ●

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


**MCHC: 31.5** <sup>g/dl</sup>

NORMAL ●

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.



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### RDW

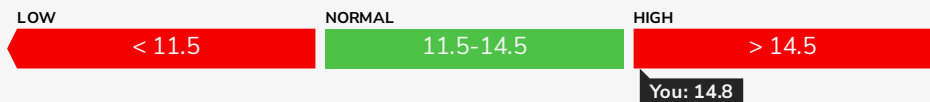
#### About

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: 14.8 %**
● **HIGH**

Red cell Distribution Width-Coefficient of Variation.



## Overall Diet and Lifestyle to avoid Anemia



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



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



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.



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



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.



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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**Dr. Akash Banwari, M.D. (Path)**  
Principal Consultant



**Dr. Jyoti Singhal, M.D. (Pathology)**  
Senior Resident

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## Blood Counts

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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

### 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.

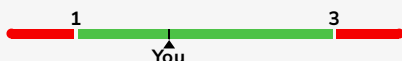
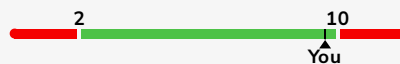
**Total Leukocyte Count: 6.4** <sup>10<sup>9</sup>/L</sup>

● NORMAL

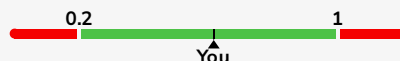
Leukocyte is another name for WBC (white blood cell). WBCs are your body's 'defense department' - they respond immediately to infections by visiting the affected site(s) in your body. Too many WBCs might be because of some infection and too few WBCs also indicates some other problems in your body.


**Lymphocytes: 26.8 %**

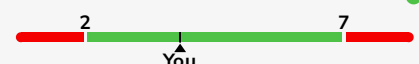

Lymphocytes are a type of WBC. They increase in number in chronic and viral infections and play a major role in your immune system. Their number decreases with an increase in steroids.

**Abs. Lymphocyte Count: 1.7** <sup>10<sup>9</sup>/L</sup>

**Monocytes: 9.6 %**


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: 0.61** <sup>10<sup>9</sup>/L</sup>

**Neutrophils: 59.1 %**


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: 3.78** <sup>10<sup>9</sup>/L</sup>


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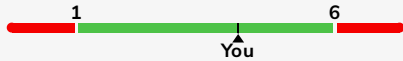
Passport No:

OP/IP No:

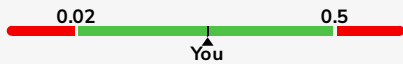
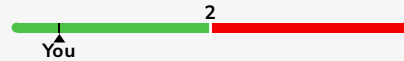
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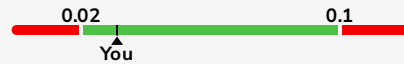
Reporting Date:

**Eosinophils: 4.1 %**


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: 0.26** <sup>10<sup>9</sup>/L</sup>

**Basophils: 0.4 %**


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: 0.03** <sup>10<sup>9</sup>/L</sup>


### PERIPHERAL SMEAR:

**RBC: - Anisocytosis (+) , Predominantly Normocytic Normochromic**
**WBC: - Counts within normal limits**
**Platelet: - Thrombocytopenia**

Peripheral Blood smear is examination of blood cells in a stained slide under the microscope by the pathologist. This will check the size and morphology of your platelets. This test will exclude the possibility of some bleeding disorders. It is recommended that morphology of WBC and RBC is also checked, as this will give additional information like proper production of blood cells from bone marrow.



RBC



WBC



PLATELETS

## 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.

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## Blood Counts

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:



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## Blood Clotting

Name:

Lab ID:

Collection Date/Time:

Age/Gender:

Ref Doctor:

Receiving Date:

Max ID/Mobile:

Passport No:

Reporting Date:

Centre:

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

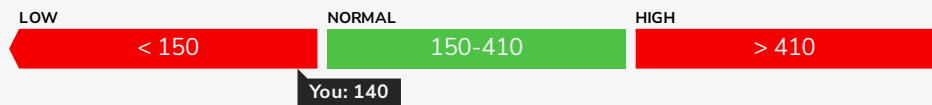
### Platelet Profile

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: 140** 10~9/L

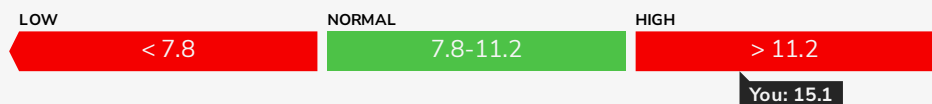
● LOW

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


**MPV: 15.1** fL

● HIGH

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



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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:

### 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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Senior Resident



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## Inflammation

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:

## About

In simple words inflammation is your immune system's response against infections, allergens and cell injury. Inflammation can affect any organ of your body and it generally causes redness, swelling and heat in the affected part. Inflammation can be acute (for a short period of time, for example in infection) or chronic (for a very long period of time or permanent, for example in arthritis).

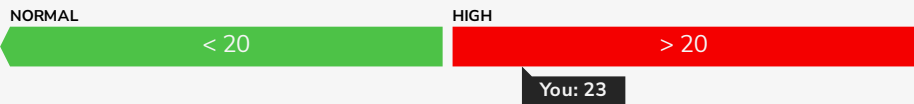
Excessive and persistent inflammation is damaging for your body. Chronic inflammation is associated with non-alcoholic fatty liver disease, diabetes, inflammatory bowel disease, asthma and autoimmune diseases etc

Being aware of your inflammatory status is the first step towards preventing yourself from complications of chronic inflammation. Remember, some chronic inflammations can even increase chances of developing cancers.

## Your results

**ESR: 23** mm/hr**● HIGH**

ESR is a simple blood test measured as the red cells fall through a column of blood. High ESR is common in disorders like infection, rheumatoid disease, tuberculosis. Fasting sample is not needed for ESR.



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## Inflammation

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Age/Gender:

Max ID/Mobile:

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Lab ID:

Ref Doctor:

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OP/IP No:

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Reporting Date:

### Anti-inflammatory Diet



Incorporate chia seeds, sesame seeds, almonds, walnuts, sunflower seeds, avocados, olive oil, fatty fishes such as salmon, sardines and tuna, poppy seeds and flax seeds in your diet- These are rich in PUFA and MUFA and help lower inflammation.



Take yoghurt daily, especially with lactobacillus- Probiotics like yoghurt reduces levels of inflammatory cytokines in your body.



Substitute green tea for coffee



Black pepper, ginger, garlic and haldi should be added to the food- all these are antiinflammatory. Black pepper increases bioavailability of curcumin from turmeric

### Lifestyle tips



Identify the cause which triggers inflammation in your body- In inflammatory diseases like asthma, exposing yourself to allergens can cause medical emergencies.



Enjoy sitting or walking outdoors in some sunshine. Sunshine will produce vitamin D in your body and this vitamin has an important role in promoting a healthy immune system. Healthy immune system means a lower chance of developing inflammatory and autoimmune disease. Maintaining sufficient vitamin D in your body will protect you from developing cancers in old age



Intermittent fasting has shown to reduce inflammation



Exercise or practise yoga to control your obesity- Reducing harmful fat deposits in your body will give you some protection from inflammatory diseases.



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## Diabetes Monitoring

Name:

Lab ID:

Collection Date/Time:

Age/Gender:

Ref Doctor:

Receiving Date:

Max ID/Mobile:

Passport No:

Reporting Date:

Centre:

OP/IP No:

## About Diabetes Panel

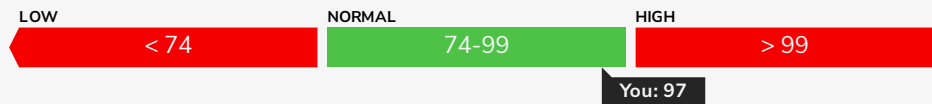
Diabetes panel is used to check how much glucose/ sugar is there in your blood. High level of Glucose levels beyond standard levels increases chances of Diabetes.

## Your Results

**Blood Sugar (Fasting): 97 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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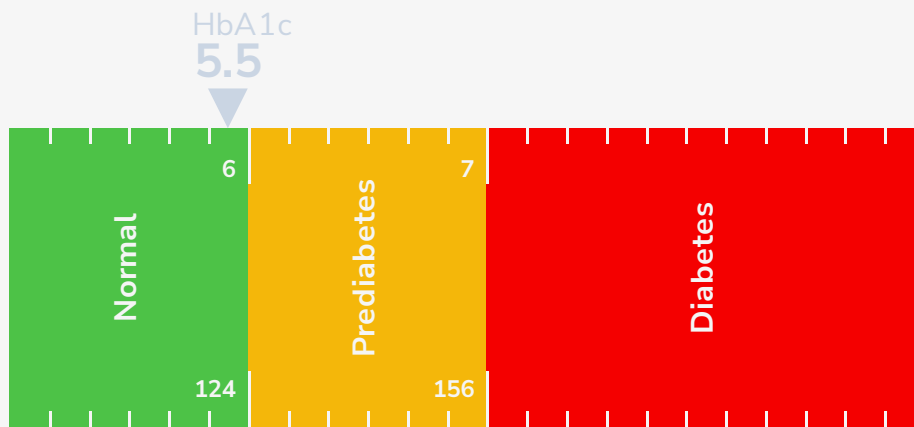
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### HbA1c (Glycosylated Haemoglobin): 5.5%

eAG (Estimated Average Glucose): 111.15 mg/dL

It refers to hemoglobin that has been modified by addition of glucose. HbA1C provides a useful index of average blood glucose over the preceding 6-8 weeks. Increased glycated hemoglobin is a reflection of hyperglycemia.

People who have diabetes need this test regularly to see if their sugar levels are staying within range.



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



EAT LOW SUGAR FOODS



EXERCISE REGULARLY



TAKE MEDICATIONS AS PER THE DOCTORS RECOMMENDATIONS

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

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

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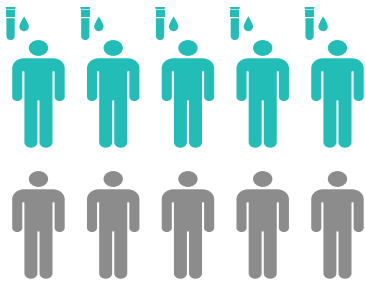
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Reporting Date:

### 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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Principal Consultant



**Dr. Jyoti Singhal, M.D. (Pathology)**  
Senior Resident



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## 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.

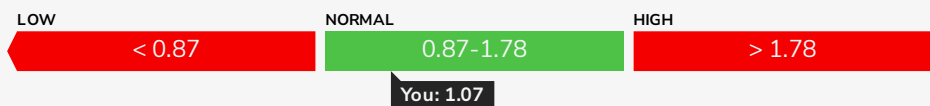
### Your Results

#### T3 (Triiodothyronine) 1.07 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

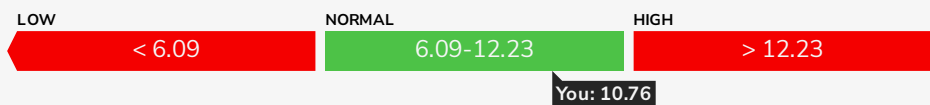


#### T4 (Thyroxine) 10.76 µg/dL

● 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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## Thyroid Profile

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Reporting Date:

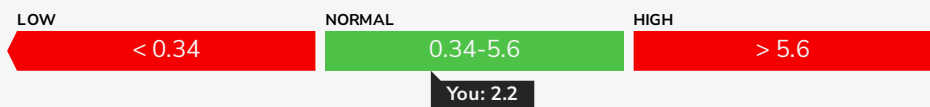
Centre:

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**TSH: 2.20** uIU/ml

● NORMAL

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.



## 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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## Thyroid Profile

Name:

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## Kidney Profile

Name:

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Collection Date/Time:

Age/Gender:

Ref Doctor:

Receiving Date:

Max ID/Mobile:

Passport No:

Reporting Date:

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.

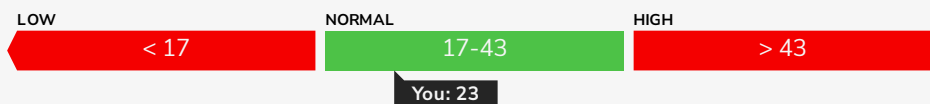
You may also need kidney function testing done if you have other conditions that can harm the kidneys, such as diabetes or high blood pressure. They can help doctors monitor these conditions.

## Your Results

**Blood Urea: 23.0** mg/dL

● NORMAL

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



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## Kidney Profile

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

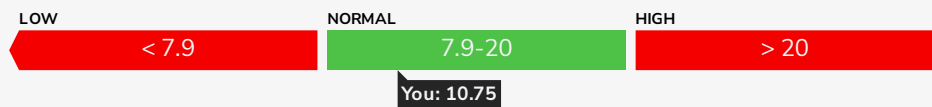
Reporting Date:



### Blood Urea Nitrogen (BUN): 10.75 mg/dL

● NORMAL

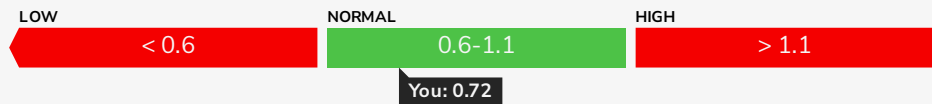
BUN (mg/dL) = Urea (mg/dL) / 2.1428. Its value depends upon the level of Blood Urea.



### Serum Creatinine: 0.72 mg/dL

● NORMAL

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.



### Glomerular Filtration Rate: 80.55 mL/min/1.73 m<sup>2</sup>

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

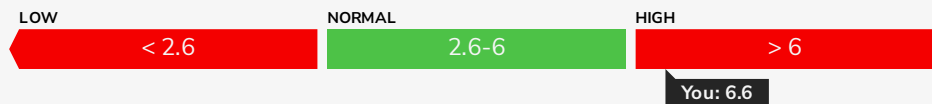
### BUN : Creatinine ratio: 14.93 Ratio

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

### Uric Acid: 6.6 mg/dL

● HIGH

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.



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



ALCOHOL, HIGH-FAT DAIRY, FAST FOODS



"CRASH DIETS", OVER-FASTING



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## Kidney Profile

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Reporting Date:



### 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



**Dr. Jyoti Singhal, M.D. (Pathology)**  
Senior Resident



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## Electrolyte 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 Electrolyte Profile

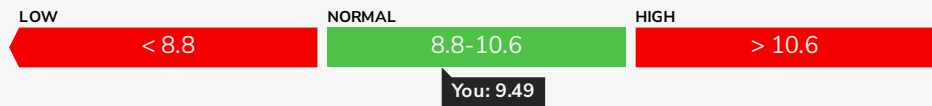
Electrolytes are electrically charged minerals in your blood, body fluids and urine. They control the amount of water in your body. They also regulate the pH of your blood and are essential in proper functioning of muscles and nerves. Your body needs a balanced level of these electrolytes. Both too high and too low levels of these electrolytes may indicate a medical problem.

## Your Results

**Calcium: 9.49** mg/dL

● NORMAL

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.



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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## Electrolyte Profile

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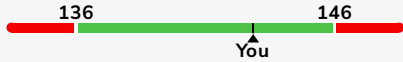
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Reporting Date:

**Sodium: 142.8**mmol/L


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.

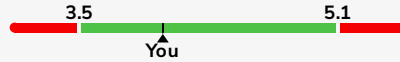
Both dehydration and retention of excess water in the body causes abnormal levels of sodium. During athletic activity, your body loses sodium through your sweat.

**Foods rich in sodium**


SALT



CHEESE

**Potassium: 4.0**mmol/L


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

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

**Bicarbonate: 18.2**mmol/L

● LOW



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Collection Date/Time:

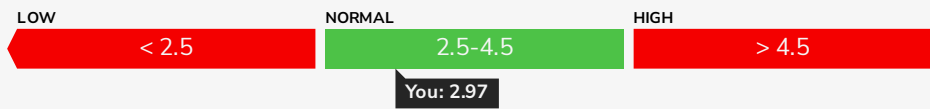
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Reporting Date:


**Phosphorus: 2.97** 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

## Diet and lifestyle tips



Electrolyte imbalance can cause nausea, dizziness and fatigue



Sea salt and coconut water are good natural electrolyte booster



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## Arthritis Screening

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:



### About Arthritis Panel

Joints are places in your body where your bones connect, such as wrists, knees, hips. Arthritis is the inflammation (swelling) of joints.

### Your results

**RA factor (quantitative): 4.23 IU/mL**
● NORMAL

Some proteins produced in your body mistakenly attack perfectly healthy tissues in your own body. This test measures the amount of such protein in your body. Out of all patients who have Rheumatoid Arthritis, 80% of them have high levels of RA factor.




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Senior Resident



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## 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.

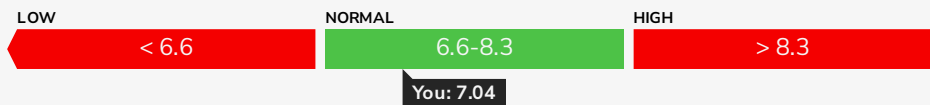
SGOT/ AST and SGPT/ ALT Increased in viral hepatitis, liver cell injury of any cause, and drug induced injury to liver.

## Your results

**Protein (Total): 7.04 g/dL**

● NORMAL

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


**Albumin: 4.4 g/dL**

● 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: 2.7 g/dL**

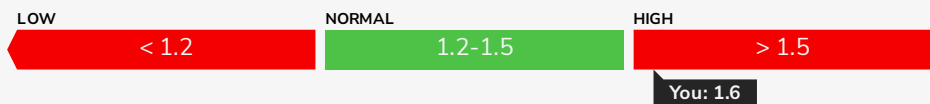
● NORMAL

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.


**Albumin : Globulin ratio: 1.6**

● HIGH

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





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## Liver Profile

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Lab ID:

Collection Date/Time:

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OP/IP No:



### Total Bilirubin 1.06 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	0.23 mg/dL	0-0.2	● HIGH
Indirect Bilirubin	0.83 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.

#### SGOT (AST): 43 U/L

HIGH ●

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): 61 U/L

HIGH ●

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: 0.70 Ratio

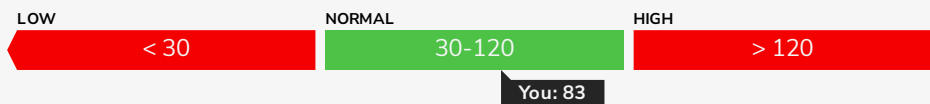
●

#### ALP: 83 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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## Liver Profile

Name:

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Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

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Reporting Date:


**GGT: 19.0** 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.



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## Lipid Profile

Name:

Lab ID:

Collection Date/Time:

Age/Gender:

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Max ID/Mobile:

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## 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

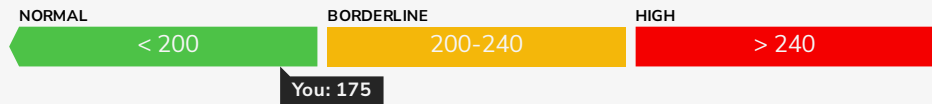
If your results show that your cholesterol level is high, you might be able to lower your cholesterol with lifestyle changes, such as quitting smoking, exercising and eating a healthy non fatty diet. If lifestyle changes aren't enough, a visit to your doctor and cholesterol-lowering medications will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

## Your results

**Total Cholesterol: 175** mg/dL

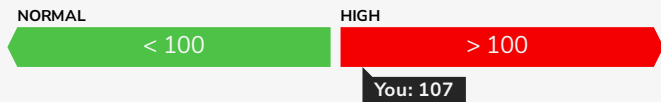
● NORMAL

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).


**LDL Cholesterol: 107** mg/dL

HIGH ●

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


**HDL Cholesterol: 49** mg/dL

NORMAL ●

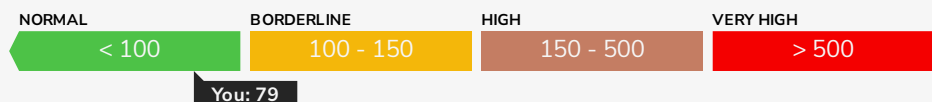
Heart friendly cholesterol HDL reduces your chances of heart disease by removing harmful bad cholesterol.


**Triglycerides: 79.0** 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.





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## Lipid Profile

Name:

Lab ID:

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Age/Gender:

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OP/IP No:

**VLDL: 15.8**mg/dl

● NORMAL

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


**Non - HDL Cholesterol: 126.00**mg/dL

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.

## Ratios

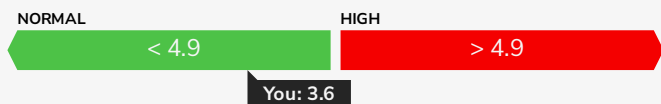
### About

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: 3.6..**

NORMAL ●

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: 0.46**Ratio

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



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## Lipid Profile

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Age/Gender:

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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.



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Senior Resident



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## Vitamin 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 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): 7.90 ng/mL

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:

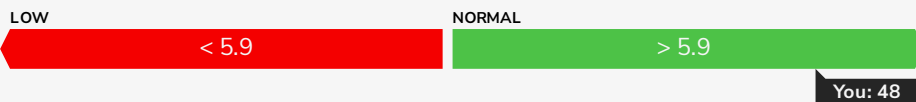


DEFICIENCY MAY INCLUDE: BONE AND BACK PAIN, LOW MOOD, FATIGUE, MUSCLE PAIN, HAIR LOSS, IMPAIRED WOUND HEALING.

### Serum Folate: 48.0 ng/mL

● NORMAL

The term folate refers to all derivatives of folic acid/vitamin B9. Approximately 20% of the folate absorbed daily is derived from dietary sources; the remainder is synthesized by intestinal microorganisms. Serum folate levels typically fall within a few days after dietary folate intake is reduced. Low folate in your body will cause anemia.





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## Vitamin Profile

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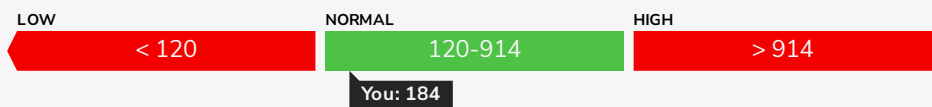
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**Vitamin B12: 184.0** pg/mL

● NORMAL

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

## 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.



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**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)

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**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.



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## Urinalysis

Name:

Lab ID:

Collection Date/Time:

Age/Gender:

Ref Doctor:

Receiving Date:

Max ID/Mobile:

Passport No:

Reporting Date:

Centre:

OP/IP No:

### About Complete Urine Examination

Urine routine is a group of physical, chemical and microscopic tests in a urine sample. This test is mainly done to detect and manage medical conditions like urinary tract infection, diabetes and kidney diseases.

Many disorders can be detected by identifying substances that are not normally present in urine like protein, sugar, blood, bilirubin, crystals, casts and bacteria.

On microscopy If there is an increase in white blood cells, it signifies presence of urinary tract infection.

### Your Results

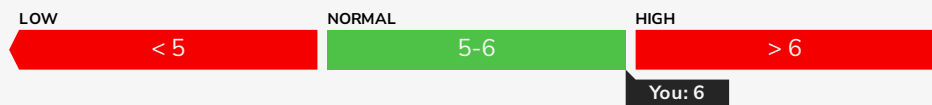
**Urine Colour: Pale Yellow**

● NORMAL

**pH: 6.0..**

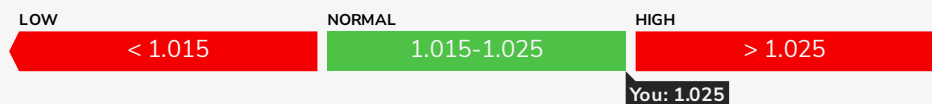
● NORMAL

pH test checks the acidity or alkalinity of urine. Many diseases, diet and medicine change the pH of urine.


**Specific Gravity: 1.025**

● NORMAL

This test compares density of water to density of urine. This helps in checking how well your kidneys are diluting urine.



The following section contains names of chemicals that are NOT found in a healthy person's urine.(Each is an individual test performed on your sample).

Not found in your urine: ● Protein ● Blood ● Bilirubin ● Nitrite ● RBC ● Casts ● Crystals ● Bacteria

Found in your urine: ● Ketone : Trace ● Leukocytes : 0 /HPF

**Glucose in Urine: Neg**

● NORMAL

NEGATIVE means good - it means that Glucose was not found in your urine - like for a normal, healthy person.



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### Epithelial Cells: 1/HPF

NORMAL ●

Epithelial cells are a type of cell that form the surfaces of your body. Small amount of presence of these is normal, however high numbers indicate medical condition.

### Urobilinogen: Normal

NORMAL ●

Urobilinogen is formed from the reduction of bilirubin. If there is little or no urobilinogen, your liver might not be working properly. Too high urobilinogen could mean hepatitis.

## Tips



#### Drink water when thirsty

This removes waste products from your system and keeps your urinary pattern stable.



#### Don't wait too long to use the restroom

Otherwise, it pressurizes your urinary bladder - that can lead to infection.



**Dr. Akash Banwari, M.D. (Path)**  
Principal Consultant



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