

Your Personal **SMART** Report



Insightful

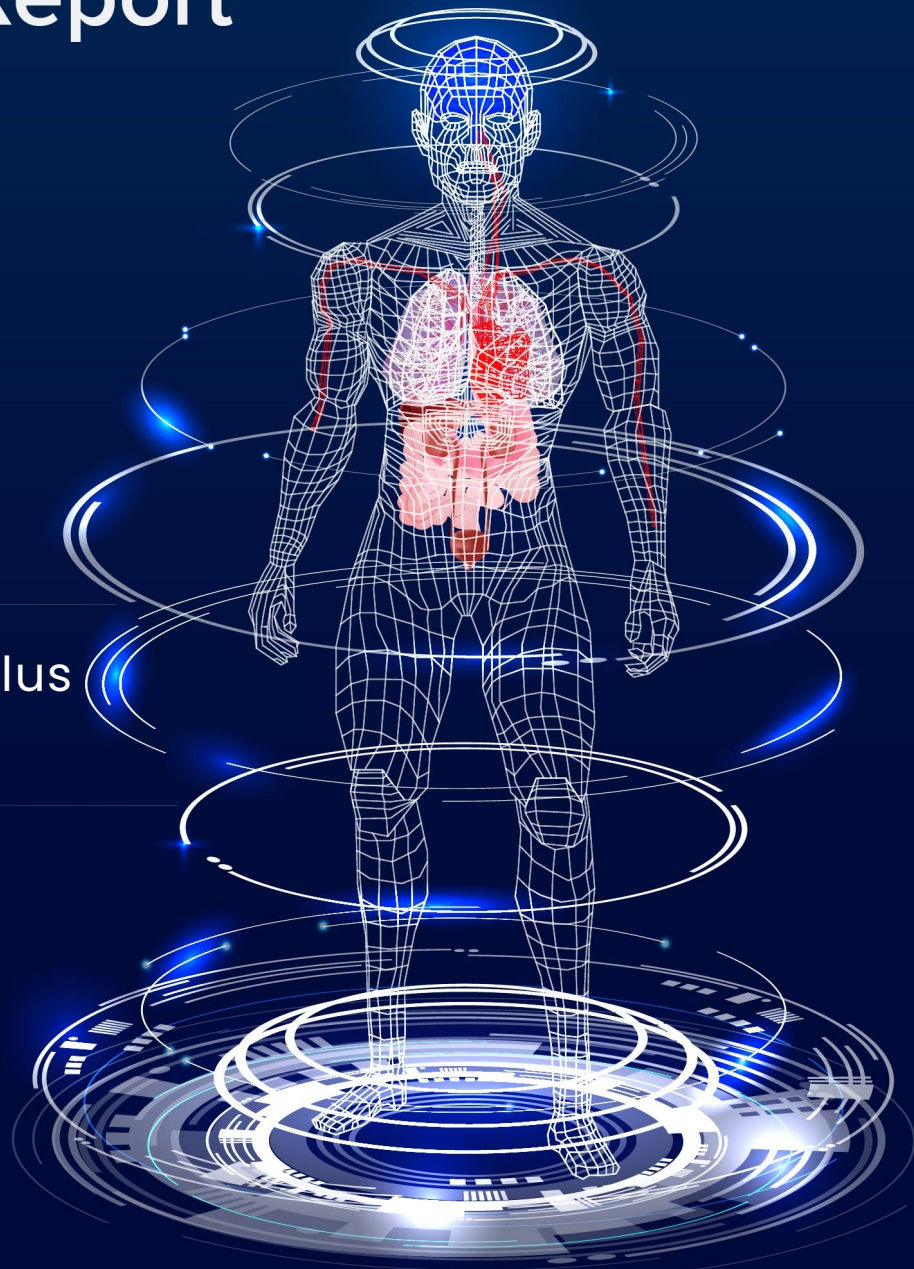


Engaging



Actionable

Wellwise Advance Plus



Booking ID -

Collection Date-

Reporting Date -



B2B3402725

Your Health Summary

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

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

Collection Date/Time:
Receiving Date:
Reporting Date:

Lipid Profile

Please Watchout	
Test Name	Result
Triglycerides	181.1
Total Cholesterol : HDL ratio	4.9

Liver Profile

All parameters within normal limit

Kidney And Electrolyte Profile

All parameters within normal limit

Vitamin Profile

Please Watchout	
Test Name	Result
Vitamin D (25-Hydroxy)	19.63

Thyroid Profile

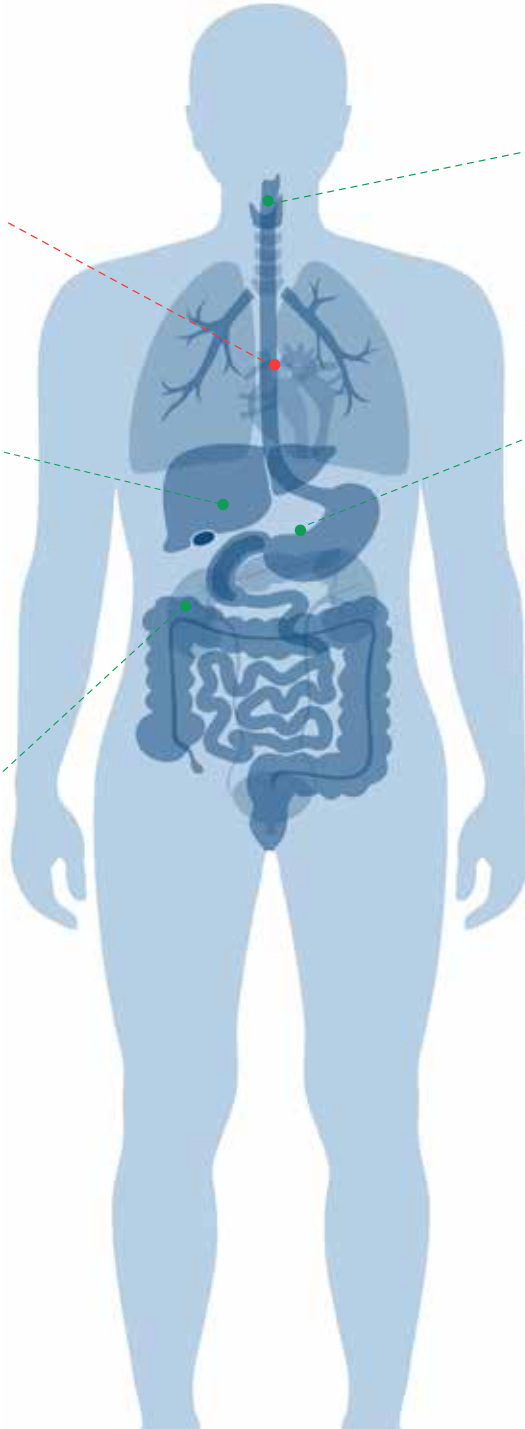
All parameters within normal limit

Diabetes Monitoring

All parameters within normal limit

Blood Counts And Anemia

Please Watchout	
Test Name	Result
RBC count	5.74



Report Summary



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Profile Summary

NORMAL

Inflammation, Diabetes Monitoring, Thyroid Profile, Kidney And Electrolyte Profile, Liver Profile

BORDERLINE

Blood Counts And Anemia, Blood Clotting, Lipid Profile, Vitamin Profile, Urinalysis

ABNORMAL

Good job, no critical profile detected

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



BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
RBC count	5.74	mill/ μ L	4.5-5.5
MCV	83.8	fl	81-99
MCH	27.2	Pg	27-32
MCHC	32.4	g/dl	31.5-34.5
RDW	13.7	%	11-16
Neutrophils	55.0	%	40-80
Lymphocytes	32.2	%	20-40
Monocytes	6.9	%	2-10
Eosinophils	5.4	%	2-6
Basophils	0.5	%	0-2
Abs. Neutrophil Count	4785	/ μ L	2000-7000
Abs. Lymphocyte Count	2801.4	/ μ L	1000-3000
Abs. Monocyte Count	600.3	/ μ L	200-1200
Abs. Eosinophil Count	469.8	/ μ L	20-500
Abs. Basophil Count	43.5	/ μ L	20-100
PERIPHERAL SMEAR	RBC:- Normocytic/Normochromic WBC:-TLC-Normal DLC:- No abnormal cells seen. Platelet: - Adequate on smear No hemoparasite seen on thin smear examined.		
Haemoglobin	15.6	g/dl	13-17
Haematocrit	48.1	%	40-50
Total Leukocyte Count	8700	/ μ L	4000-10000

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BLOOD CLOTTING

Test Name	Result	Unit	Range
● Platelet Count	294	x 1000/ μ L	150-400
● MPV	12.3	fl	7-12

INFLAMMATION

Test Name	Result	Unit	Range
● ESR	05	mm/hr	0-20

DIABETES MONITORING

Test Name	Result	Unit	Range
● Blood Sugar (Fasting)	85.5	mg/dl	60-100
● HbA1c (Glycosylated Haemoglobin)	5.4	%	< 5.7
● Glycosylated Haemoglobin(Hb A1c) IFCC	35.94	mmol/mol	0-39
● eAG (Estimated Average Glucose)	109.43	mg/dL	
● Average Glucose Value(Past 3 Months IFCC)	6.06	mmol/L	

THYROID PROFILE

Test Name	Result	Unit	Range
● Free T3 (Triiodothyronine)	3.91	pg/mL	2-4.4
● Free T4 (Thyroxine)	1.26	ng/dL	0.93-1.7
● TSH	3.14	mIU/L	0.27-4.2

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KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
Blood Urea	21.0	mg/dl	19.3-42.6
Blood Urea Nitrogen (BUN)	9.81	mg/dl	7-21
Serum Creatinine	0.72	mg/dl	0.7-1.2
Glomerular Filtration Rate	131.13	mL/min/ 1.73m ²	
BUN : Creatinine ratio	13.63		
Uric Acid	6.2	mg/dl	3.4-7
Calcium	9.46	mg/dl	8.6-10.2
Sodium	141.0	mEq/L	135-148
Potassium	4.80	mEq/L	3.8-5.2
Chloride	103	mEq/L	100-105
Bicarbonate	27.1	mEq/L	22-29
Phosphorus	2.53	mg/dl	2.5-4.5

LIVER PROFILE

Test Name	Result	Unit	Range
Protein (Total)	7.07	gm/dl	6.4-8.2
Albumin	4.5	gm/dl	3.5-5.2
Globulin	2.6	gm/dl	2-3.5
Albumin : Globulin ratio	1.8	Ratio	0.8-2
Total Bilirubin	0.581	mg/dl	0-1.2
Direct Bilirubin	0.198	mg/dl	0-0.2
Indirect Bilirubin	0.38	mg/dl	0-0.8
SGOT (AST)	18.1	U/L	0-40
SGPT (ALT)	19.5	U/L	0-40
AST / ALT Ratio	0.93		
ALP	68	U/L	40-129
GGT	13.0	U/L	1-60

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LIPID PROFILE

Test Name	Result	Unit	Range
Triglycerides	181.1	mg/dl	< 150
VLDL	36.2	mg/dl	0-40
Non - HDL Cholesterol	120.60	mg/dL	0-130
HDL : LDL ratio	0.32	Ratio	0.3-0.4
Total Cholesterol : HDL ratio	4.9	Ratio	3.3-4.4
Total Cholesterol	152	mg/dl	< 200
HDL Cholesterol	31	mg/dl	0-60
LDL Cholesterol	97	mg/dl	0-100



VITAMIN PROFILE

Test Name	Result	Unit	Range
Vitamin D (25-Hydroxy)	19.63	ng/mL	30-100
Vitamin B12	272.3	pg/mL	160-760

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URINALYSIS

Test Name	Result	Unit	Range
● Urine Colour	PALE YELLOW		
● pH	6.0	.	4.5-8
● Specific Gravity	1.020	.	1.005-1.03
● Protein	ABSENT		
● Glucose in Urine	ABSENT	mg/dl	
● Ketone	ABSENT		
● Blood	ABSENT		
● Bilirubin	ABSENT		
● Urobilinogen	NORMAL		
● Nitrite	NEGATIVE		
● RBC	ABSENT		
● Leukocytes	1-2		
● Epithelial Cells	1-2		
● Casts	ABSENT		
● Crystals	ABSENT		
● Bacteria	OCCASIONAL		

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Blood Counts And Anemia

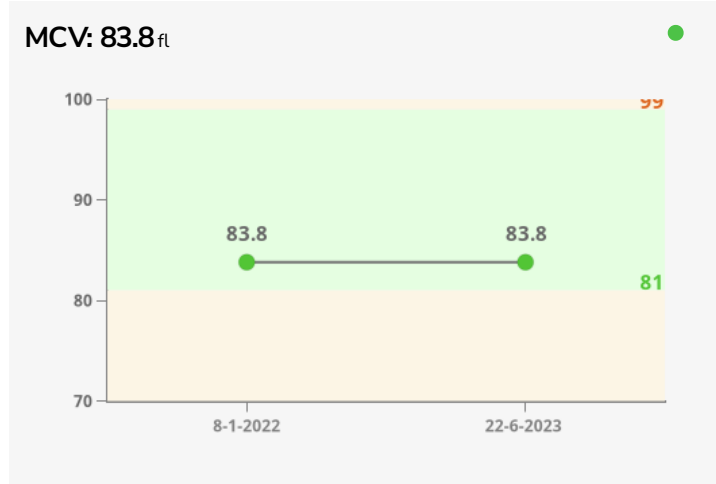
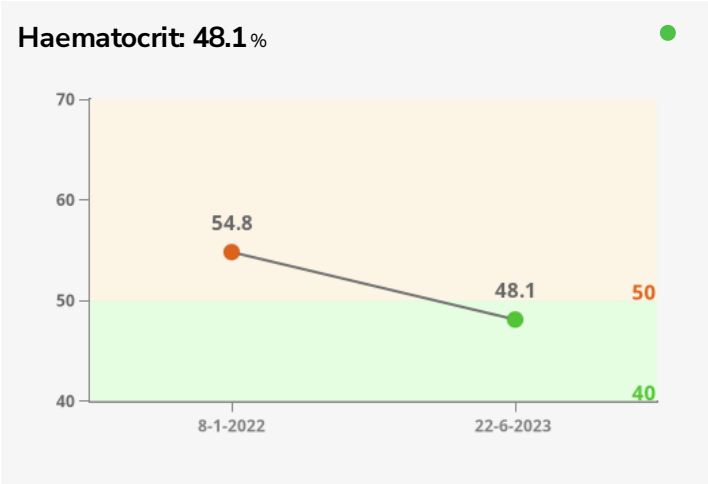
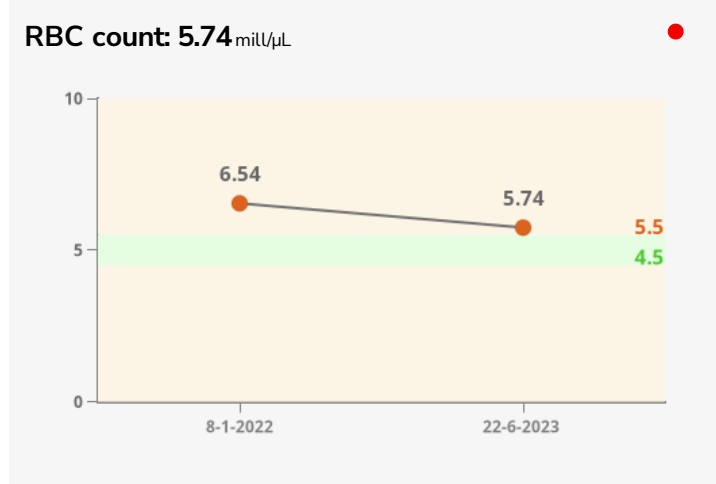
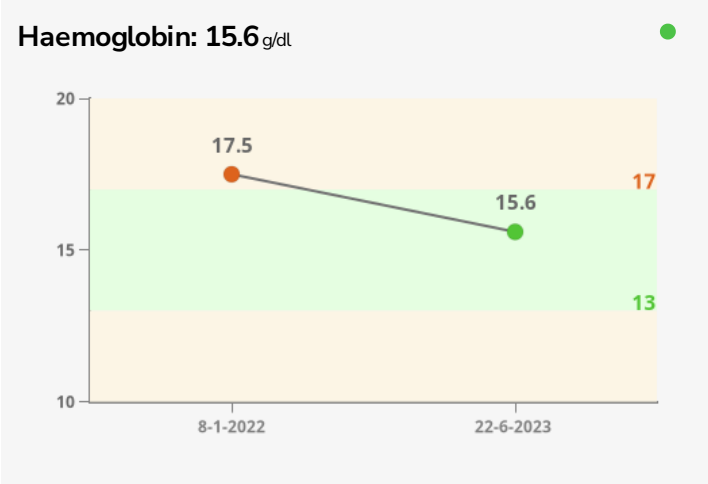
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Constituents of your blood

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



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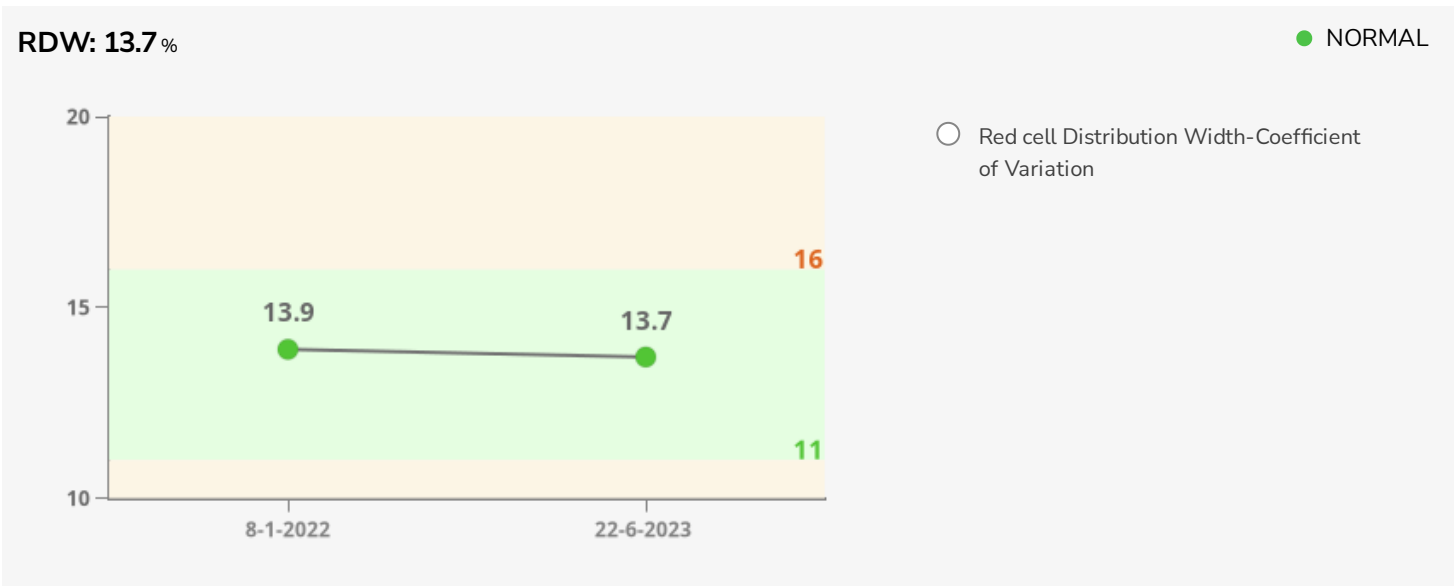
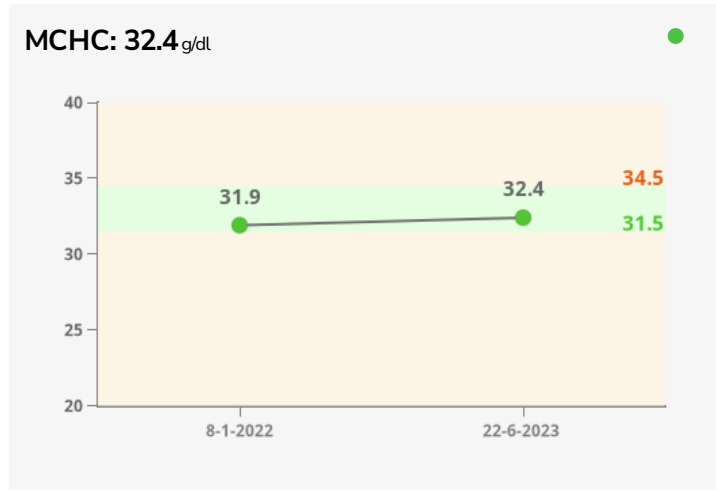
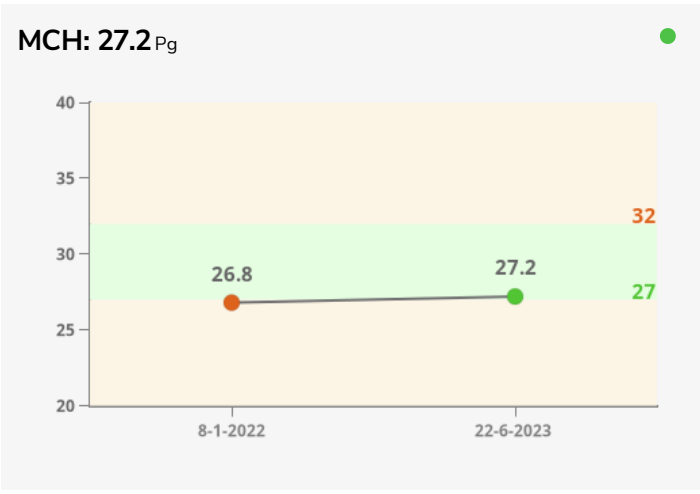
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Blood Counts And Anemia

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



TEST NAME	Lymphocytes	Monocytes	Neutrophils	Eosinophils	Basophils
RANGE	20-40 (%)	2-10 (%)	40-80 (%)	2-6 (%)	0-2 (%)
8 Jan 22	32.6	8.3	54.5	4.1	0.5
22 Jun 23	32.2	6.9	55.0	5.4	0.5

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Blood Counts And Anemia

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



TEST NAME	Abs. Neutrophil Count	Abs. Eosinophil Count	Abs. Basophil Count	Abs. Lymphocyte Count
RANGE	2000-7000 (μ L)	20-500 (μ L)	20-100 (μ l)	1000-3000 (μ L)
8 Jan 22	4409.05	331.69	40.45	2637.3
22 Jun 23	4785	469.8	43.5	2801.4
Abs. Monocyte Count				
200-1200 (μ L)				
	671.47			
	600.3			

PERIPHERAL SMEAR:

RBC:- Normocytic/Normochromic

WBC:-TLC-Normal

DLC:- No abnormal cells seen.

Platelet: - Adequate on smear

No hemoparasite seen on thin smear examined.

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.



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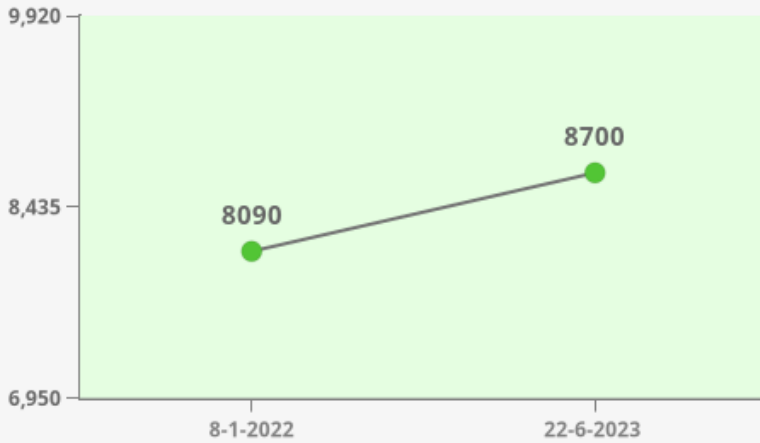
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Age/Gender: _____ Ref Doctor: _____ Receiving Date: _____
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Centre: _____ OP/IP No: _____



Total Leukocyte Count: 8700/μL

● 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

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. Priyanka Vichare M.D
Clinical Associate Pathology

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Blood Clotting

Name:	Lab ID:	Collection Date/Time:
Age/Gender:	Ref Doctor:	Receiving Date:
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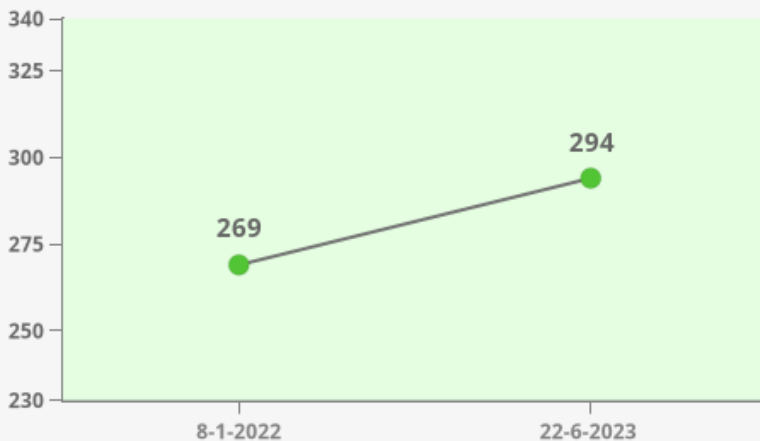
About Blood Coagulation

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: **294** x 1000/ μ L

● NORMAL



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

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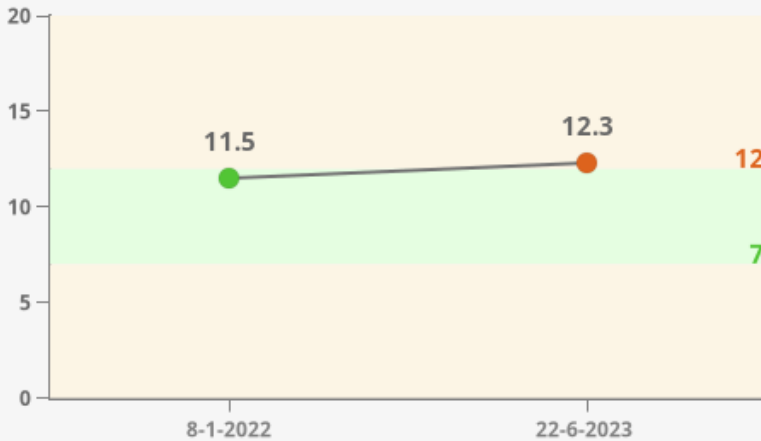
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Blood Clotting

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Max ID/Mobile:	Passport No:	Reporting Date:	
Centre:	OP/IP No:		

MPV: 12.3 fl

HIGH



○ 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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Blood Clotting

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

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Dr. Priyanka Vichare M.D
Clinical Associate Pathology

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Inflammation

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



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).

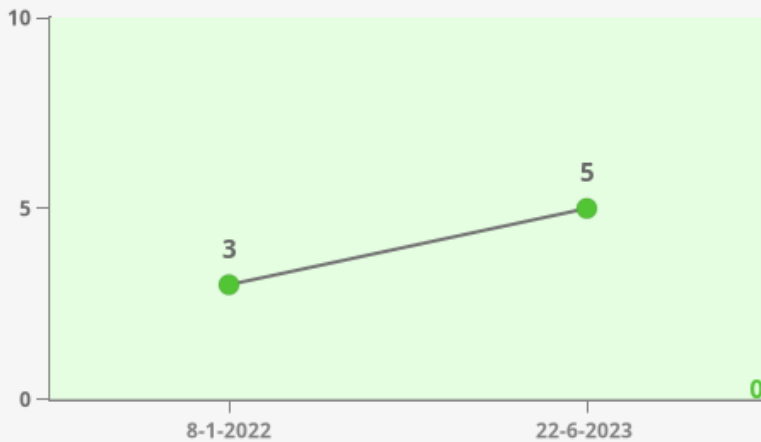
Excessive and persistent inflammation is damaging for your body. Chronic inflammation is associated with non-alcoholic fatty liver disease, diabetes, inflammatory bowel disease, asthma and autoimmune diseases etc

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: 05 mm/hr

● NORMAL



- 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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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.

Dr. Priyanka Vichare M.D
Clinical Associate Pathology



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Diabetes Monitoring

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



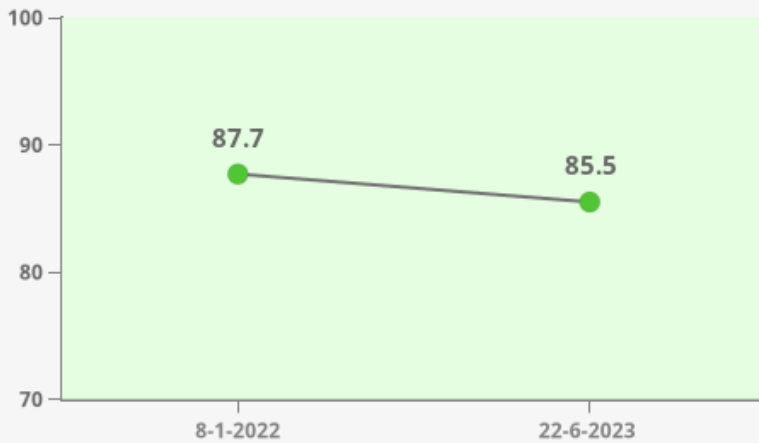
About Diabetes Panel

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): 85.5 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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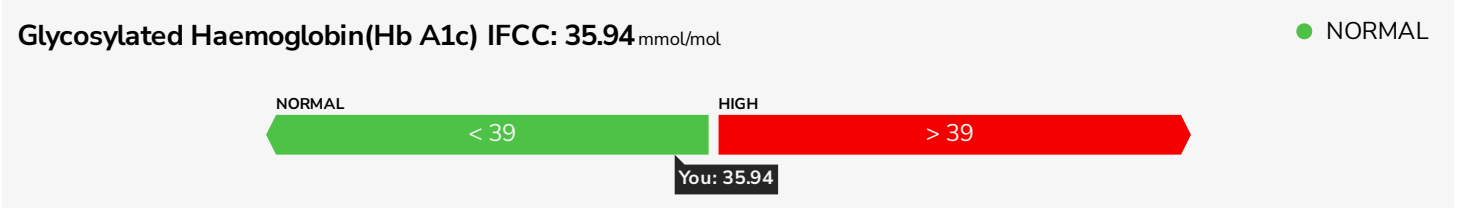
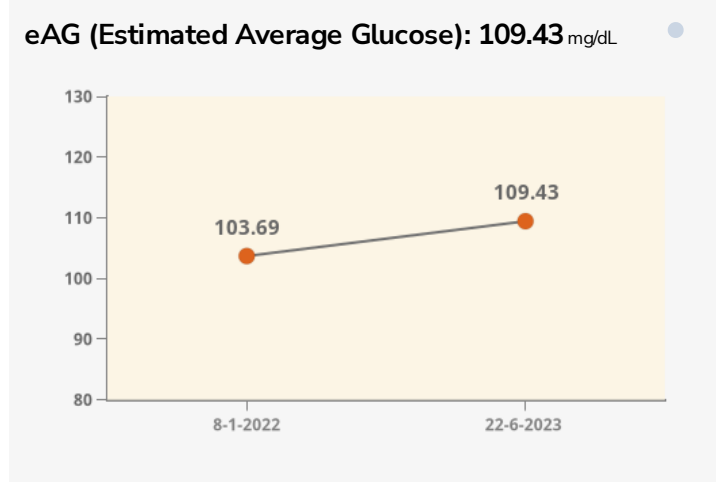
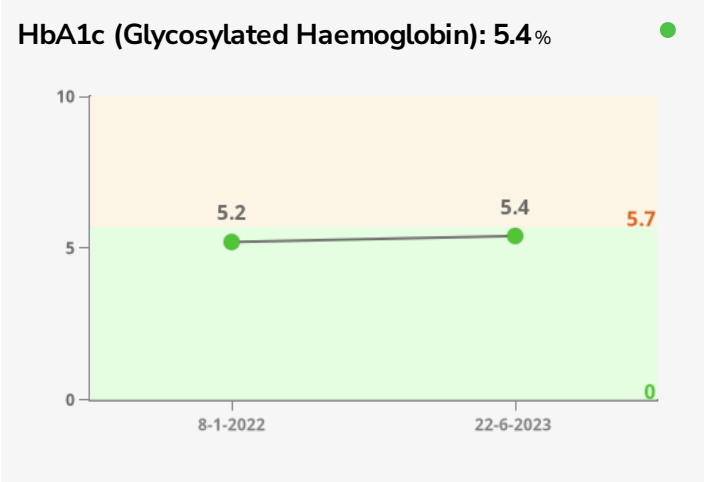
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Diabetes Monitoring

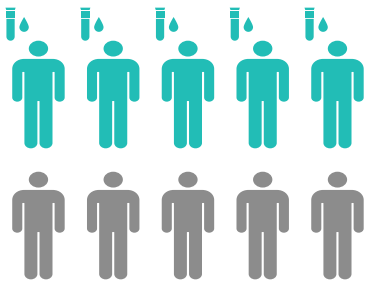
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Average Glucose Value(Past 3 Months IFCC): 6.06 mmol/L

Importance of test

Diabetes Myths



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



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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Diabetes Monitoring

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Age/Gender:

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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 freeT₃, freeT₄ and TSH in the blood.


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

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

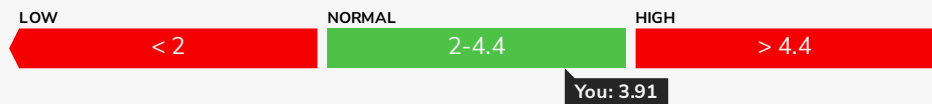
 **Dairy:** all dairy products, including milk, cheese, yogurt, etc.

Your Results

Free T3 (Triiodothyronine) 3.91 pg/mL

● NORMAL

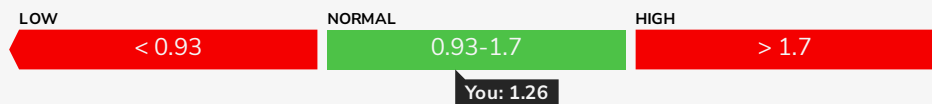
Triiodothyronine, also known as T₃, is a thyroid hormone. It affects almost every physiological process in the body, including growth and development, metabolism, body temperature, and heart rate.



Free T4 (Thyroxine) 1.26 ng/dL

● NORMAL

T₄ also called Thyroxine is a hormone secreted by thyroid gland. It is increased in Hyperthyroidism and decreased in patients with decreased thyroid levels (Hypothyroidism).





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Thyroid Profile

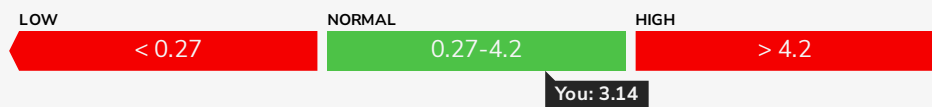
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TSH: 3.14 mIU/L

● 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 T₃ and T₄. 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

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Age/Gender:

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Kidney And 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:	



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: 21.0mg/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 And Electrolyte Profile

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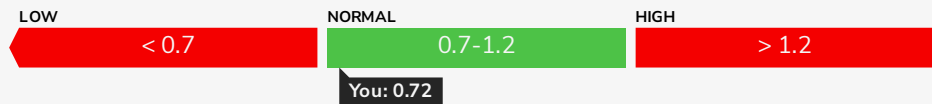
Blood Urea Nitrogen (BUN): 9.81 mg/dl ● NORMAL

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: 131.13 ml/min/ 1.73m² ●

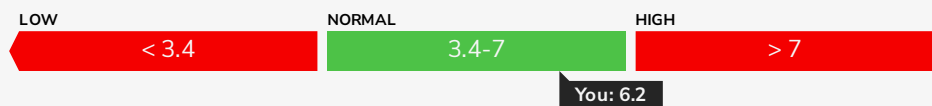
eGFR is estimated GFR calculated by the abbreviated MDRD equation taking into account your age, gender, ethnicity and Serum Creatinine level. It tells how well your kidneys are removing waste from your body

BUN : Creatinine ratio: 13.63 ●

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: 6.2 mg/dl ● NORMAL

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



CERTAIN MEDICINES - ASK YOUR DOCTOR

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Calcium: 9.46 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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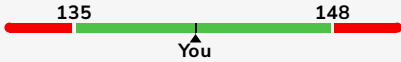
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Sodium: 141.0 mEq/L ●



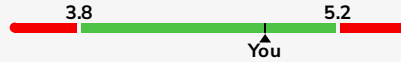
Sodium plays a key role in your body. It helps maintain normal blood pressure, supports the work of your nerves and muscles, and regulates your body's fluid balance.

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



Potassium: 4.80 mEq/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: 103 mEq/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

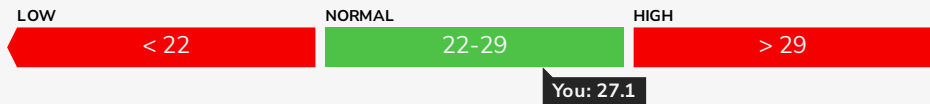


SALT



TOMATOES

Bicarbonate: 27.1 mEq/L ● NORMAL



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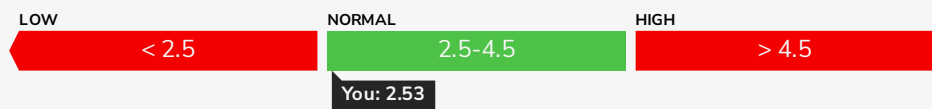
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Phosphorus: 2.53 mg/dl

● 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



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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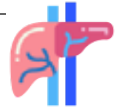
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Liver Profile

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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.

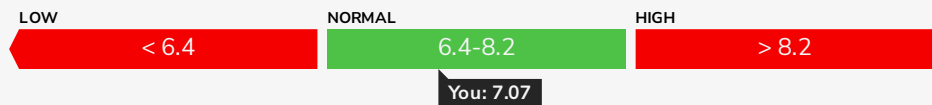
SGOT/ AST and SGPT/ ALT Increased in viral hepatitis, liver cell injury of any cause, and drug induced injury to liver.

Your results

Protein (Total): 7.07 gm/dl

● NORMAL

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



Albumin: 4.5 gm/dl

NORMAL ●

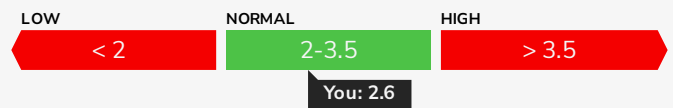
Albumin is the most abundant circulating protein found in plasma. It represents half of the total protein content. It plays an important role in the transport of important substances like vitamins, hormones, etc. It also helps in the fat metabolism in the body.



Globulin: 2.6 gm/dl

NORMAL ●

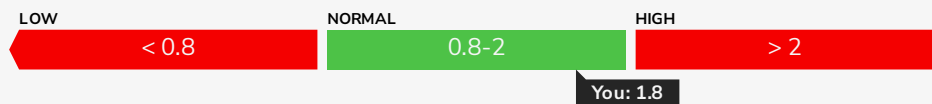
The globulin is a group of proteins made by the immune system in your liver. It plays an important role in liver function, blood clotting and fighting infection.



Albumin : Globulin ratio: 1.8 Ratio

● NORMAL

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

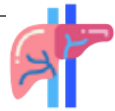




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Liver Profile

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Total Bilirubin 0.581 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	0.198 mg/dl	0-0.2	● NORMAL
Indirect Bilirubin	0.38 mg/dl	0-0.8	● 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): 18.1 U/L

NORMAL ●

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): 19.5 U/L

NORMAL ●

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: 0.93

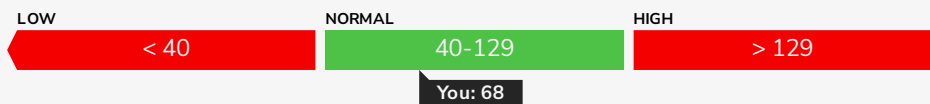
●

ALP: 68 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

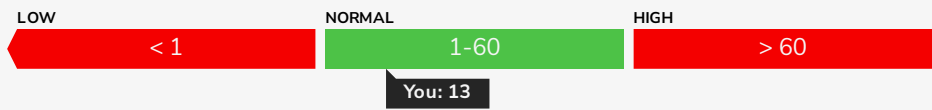
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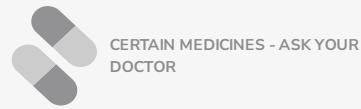
GGT: 13.0 U/L

● 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



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.

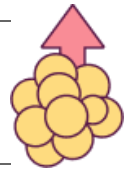
Dr. Priyanka Vichare M.D
Clinical Associate Pathology



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Lipid Profile

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



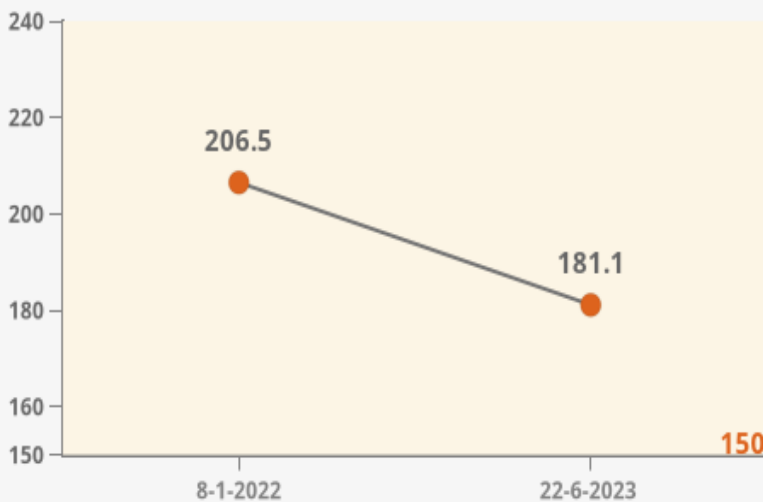
About Lipid Profile

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

Triglycerides: 181.1 mg/dl

● **BORDERLINE**



- 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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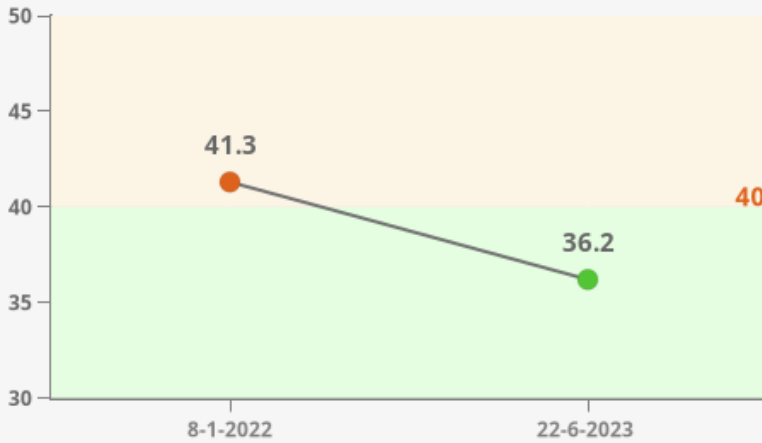
Lipid Profile

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VLDL: 36.2 mg/dl

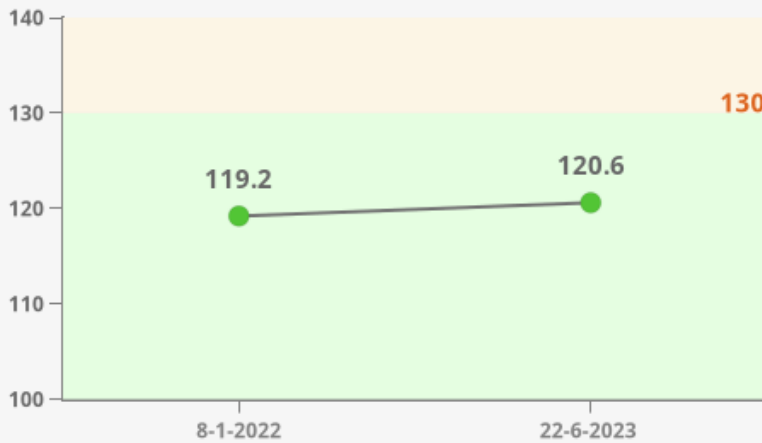
● NORMAL



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

Non - HDL Cholesterol: 120.60 mg/dL

● NORMAL



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

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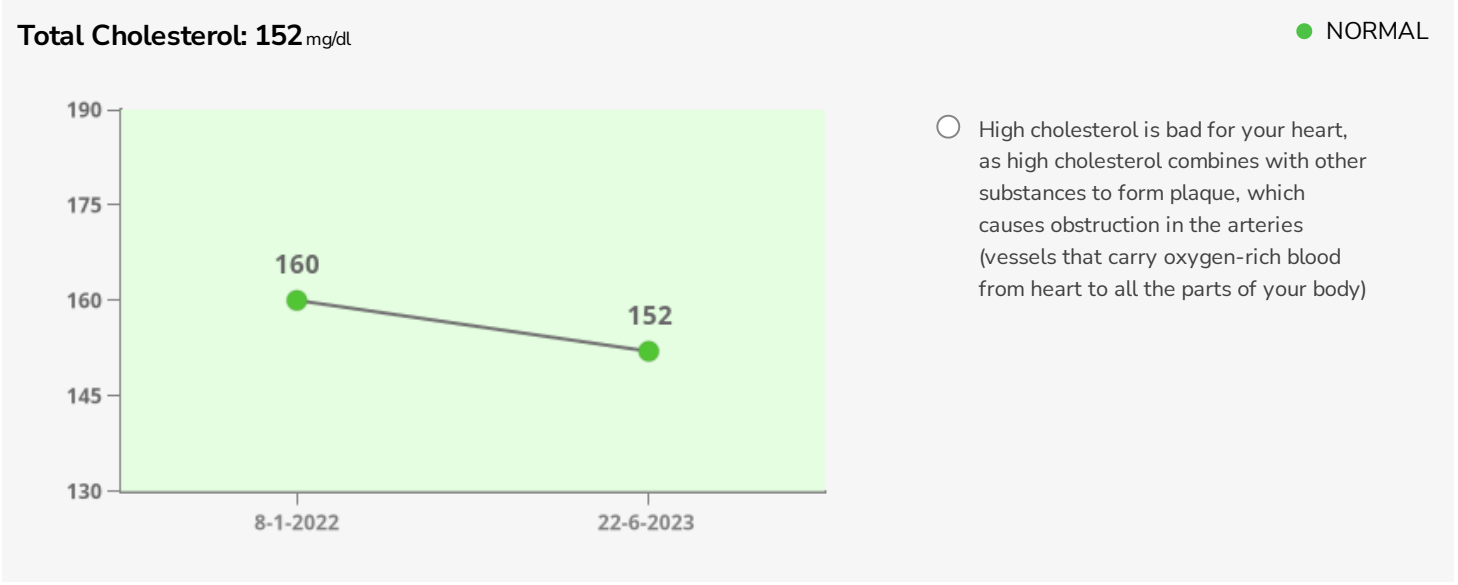
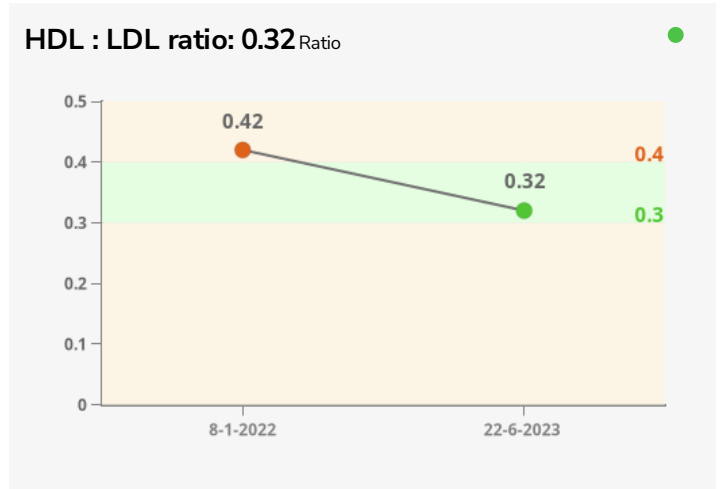
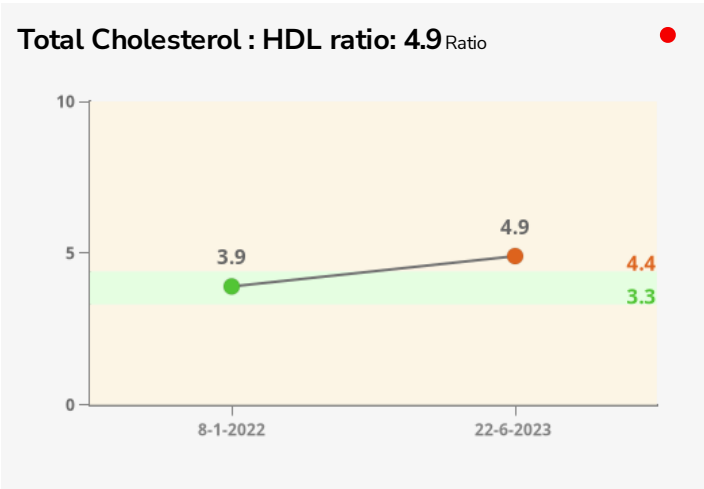
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High cholesterol is bad for your heart, as high cholesterol combines with other substances to form plaque, which causes obstruction in the arteries (vessels that carry oxygen-rich blood from heart to all the parts of your body)

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Lab ID:

Collection Date/Time:

Age/Gender:

Ref Doctor:

Receiving Date:

Max ID/Mobile:

Passport No:

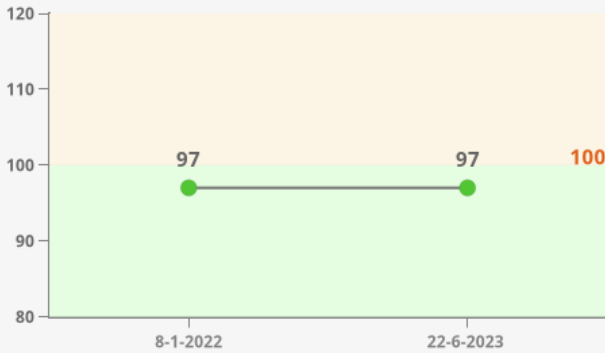
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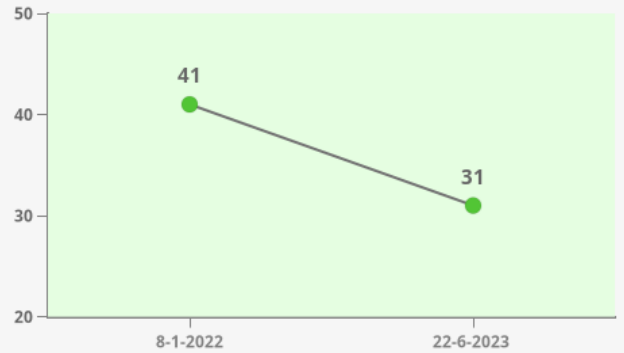
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LDL Cholesterol: 97 mg/dl



HDL Cholesterol: 31 mg/dl



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Lipid Profile

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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. Priyanka Vichare M.D
Clinical Associate Pathology



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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.

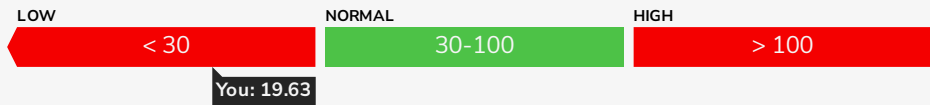
Your results

Vitamin D (25-Hydroxy): 19.63 ng/mL

● **LOW**

Vitamin D, also called “wellness vitamin” is produced endogenously through exposure of skin to sunlight, and is absorbed from foods containing or supplemented with vitamin D.

Only a few foods, primarily fish liver oils, fatty fish, egg Yolks, and liver, naturally contain significant amounts of vitamin D. It is metabolized to its biologically active form, 1, 25 – Dihydroxyvitamin D, a hormone that regulates calcium and phosphorus metabolism.



Symptoms of vitamin D Deficiency:



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

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Vitamin Profile

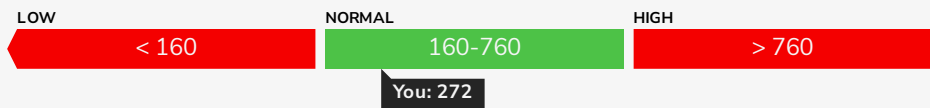
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Age/Gender:	Ref Doctor:	Receiving Date:
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Vitamin B12: 272.3 pg/mL

● 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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Urinalysis

Name:	Lab ID:	Collection Date/Time:
Age/Gender:	Ref Doctor:	Receiving Date:
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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.

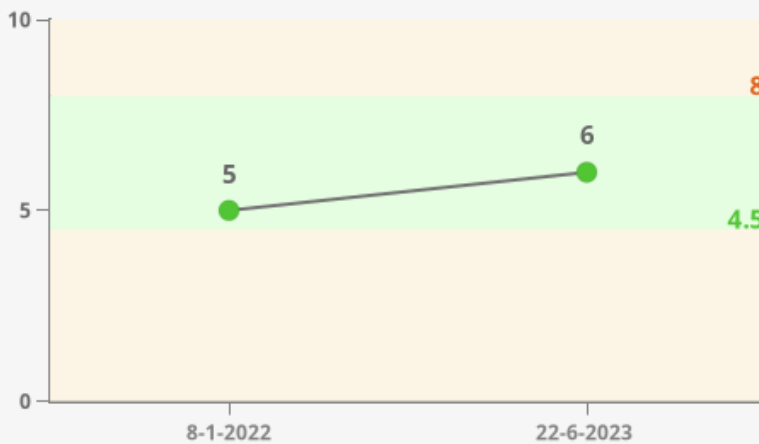
Your Results

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: 1.020.

● NORMAL

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





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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: _____



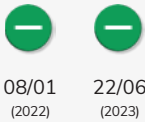
The following section contains names of chemicals that are NOT found in a healthy person's urine.(Each is an individual test performed on your sample).

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

Found in your urine: ● Leukocytes : 1-2 ● Bacteria : OCCASIONAL

Glucose in Urine: ABSENT mg/dl

● NORMAL



Epithelial Cells: 1-2 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.

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