

Your Personal **SMART** Report



Insightful

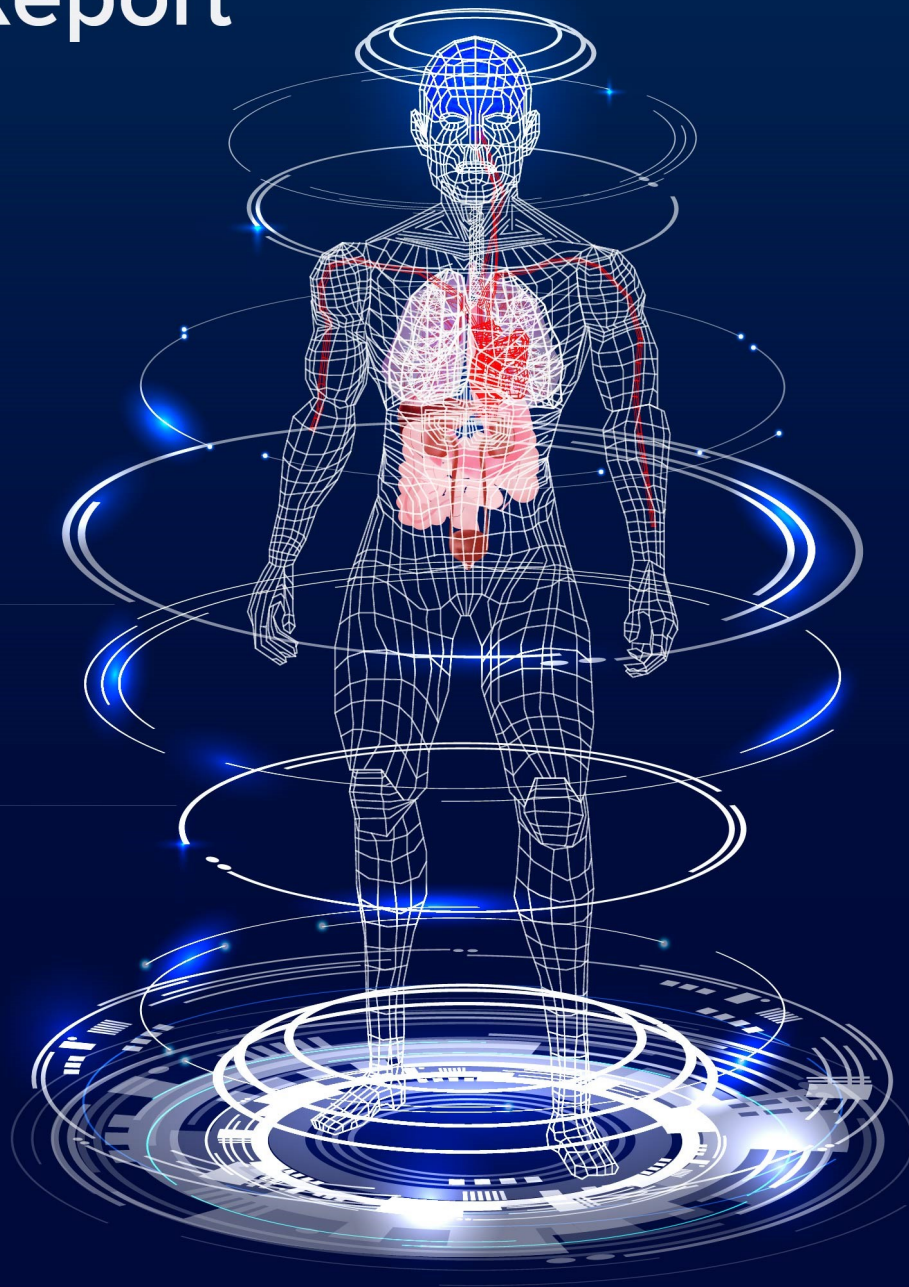


Engaging



Actionable

Wellwise Essential + Vit. D



Your Health Summary

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

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Reporting Date:



Lipid Profile

Please Watchout

Test Name	Result
Total Cholesterol	226
Triglycerides	371.0



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)	18.2



Thyroid Profile

All parameters within normal limit



Diabetes Monitoring

All parameters within normal limit



Blood Counts And Anemia

+ 3 tests Please Watchout

Test Name	Result
Haemoglobin	11.0
MCH	25.7
MCHC	30.6

Report Summary

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Profile Summary

 **NORMAL**

Blood Clotting, Diabetes Monitoring, Kidney And Electrolyte Profile, Liver Profile, Thyroid Profile, Urinalysis

 **BORDERLINE**

Vitamin Profile

 **ABNORMAL**

Blood Counts And Anemia, Lipid Profile

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



BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
● Haemoglobin	11.0	g/dl	12-15
● Haematocrit	36.0	%	36-46
● Total Leukocyte Count	5990	/μL	4000-10000
● RBC count	4.28	mill/μL	3.8-4.8
● MCV	84.2	fl	81-99
● MCH	25.7	Pg	27-32
● MCHC	30.6	g/dl	31.5-34.5
● RDW	16.6	%	11-16
● Neutrophils	53.9	%	40-80
● Lymphocytes	30.2	%	20-40
● Monocytes	6.8	%	2-10
● Eosinophils	8.6	%	2-6
● Basophils	0.5	%	0-2
● Abs. Neutrophil Count	3228.61	/μL	2000-7000
● Abs. Lymphocyte Count	1809.0	/μL	1000-3000
● Abs. Monocyte Count	407.32	/μL	200-1200
● Abs. Eosinophil Count	515.14	/μL	20-500
● Abs. Basophil Count	29.950	/μL	20-100



BLOOD CLOTTING

Test Name	Result	Unit	Range
● Platelet Count	259	× 1000/μL	150-400
● MPV	11.5	fl	7-12

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DIABETES MONITORING

Test Name	Result	Unit	Range
Blood Sugar (Fasting)	79.8	mg/dl	60-100
HbA1c (Glycosylated Haemoglobin)	5.40	%	< 5.7
Glycosylated Haemoglobin(Hb A1c) IFCC	35.51	mmol/mol	0-39
eAG (Estimated Average Glucose)	108.28	mg/dL	
Average Glucose Value(Past 3 Months IFCC)	6.00	mmol/L	



KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
Blood Urea	20.9	mg/dl	19.3-42.6
Serum Creatinine	0.59	mg/dl	0.5-0.9
Glomerular Filtration Rate	111.75	mL/min/ 1.73m ²	
Glomerular Filtration Rate	115.28		
Uric Acid	5.45	mg/dl	2.4-5.7



LIPID PROFILE

Test Name	Result	Unit	Range
Total Cholesterol	226	mg/dl	< 200
Triglycerides	371.0	mg/dl	0-150



LIVER PROFILE

Test Name	Result	Unit	Range
Total Bilirubin	0.313	mg/dl	0.3-1.2
Direct Bilirubin	0.148	mg/dl	0-0.3
Indirect Bilirubin	0.17	mg/dl	0-0.8
SGOT (AST)	25.1	U/L	0-40
SGPT (ALT)	13.6	U/L	0-40

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THYROID PROFILE

Test Name	Result	Unit	Range
● TSH	2.50	mIU/L	0.27-4.2



VITAMIN PROFILE

Test Name	Result	Unit	Range
● Vitamin D (25-Hydroxy)	18.2	ng/mL	30-100



URINALYSIS

Test Name	Result	Unit	Range
● Urine Colour	Pale Yellow		
● pH	7.0	.	4.5-8
● Specific Gravity	1.005	.	1.005-1.03
● Protein	Negative		
● Glucose in Urine	Negative		
● Ketone	Negative		
● Blood	Negative		
● Leukocyte esterase	Negative		
● Bilirubin	Negative		
● Urobilinogen	Normal		
● Nitrite	Negative		
● RBC	NIL	/HPF	
● Leukocytes	NIL	/HPF	0-5
● Epithelial Cells	1	/HPF	
● Casts	NIL	/HPF	
● Crystals	NIL	/HPF	
● Bacteria	NIL	/HPF	

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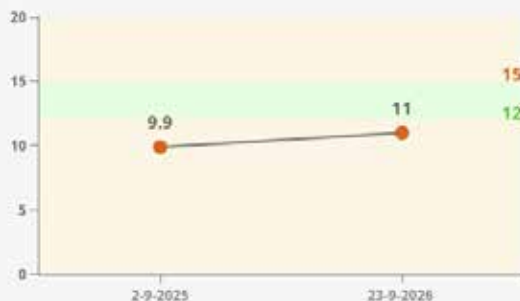
Blood Counts And Anemia

Constituents of your blood

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

Your results

Haemoglobin: 11.0 g/dl



RBC count: 4.28 mill/μL



Haematocrit: 36.0 %

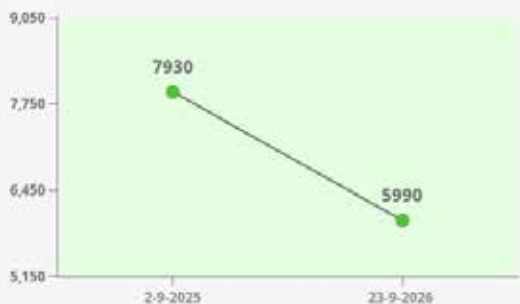


MCV: 84.2 fl



Total Leukocyte Count: 5990 /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

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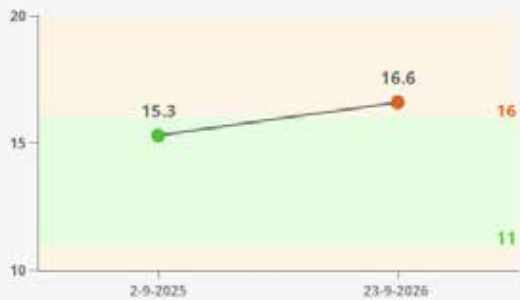
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MCH: 25.7 Pg

MCHC: 30.6 g/dl

RDW: 16.6 %
HIGH

☐ Red cell Distribution Width-Coefficient of Variation

TEST NAME

Lymphocytes

Monocytes

Neutrophils

Eosinophils

Basophils

RANGE

20-40 (%)

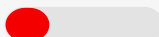
2-10 (%)

40-80 (%)

2-6 (%)

0-2 (%)

2 Sept 25



11.0



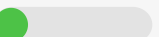
10.0



73.7



5.0



0.3

23 Sept 26



30.2



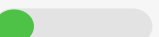
6.8



53.9



8.6



0.5

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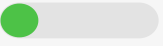
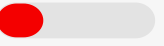
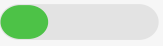
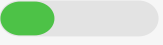
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TEST NAME	Abs. Neutrophil Count	Abs. Eosinophil Count	Abs. Basophil Count	Abs. Lymphocyte Count
RANGE	2000-7000 (μ L)	20-500 (μ L)	20-100 (μ L)	1000-3000 (μ L)
2 Sept 25	 5844.41	 396.5	 23.790	 872.3
23 Sept 26	 3228.61	 515.14	 29.950	 1809.0
Abs. Monocyte Count				
200-1200 (μ L)				
	 793			
	 407.32			

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. Maya Varde M.D

Consultant Pathology



Blood Clotting

Blood Coagulation

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

Your results

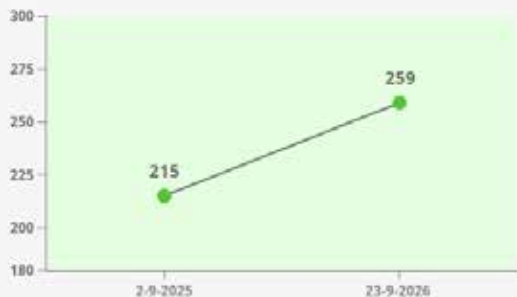
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Platelet Count: 259 x 1000/ μ L

● NORMAL



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

MPV: 11.5 fl

● NORMAL



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

Did you know



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

This profile is done to:



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



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



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



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Diabetes Monitoring

Diabetes Panel

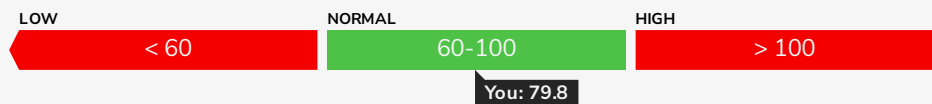
Diabetes panel is used to check how much glucose/ sugar is there in your blood. High level of Glucose levels beyond standard levels increases chances of Diabetes.

Your Results

Blood Sugar (Fasting): 79.8 mg/dl

METHOD: HEXOKINASE

It is measured as Glucose. Glucose is derived from carbohydrates in the diet (grains, starchy vegetables, and legumes). ● NORMAL
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

Name:
Age/Gender:
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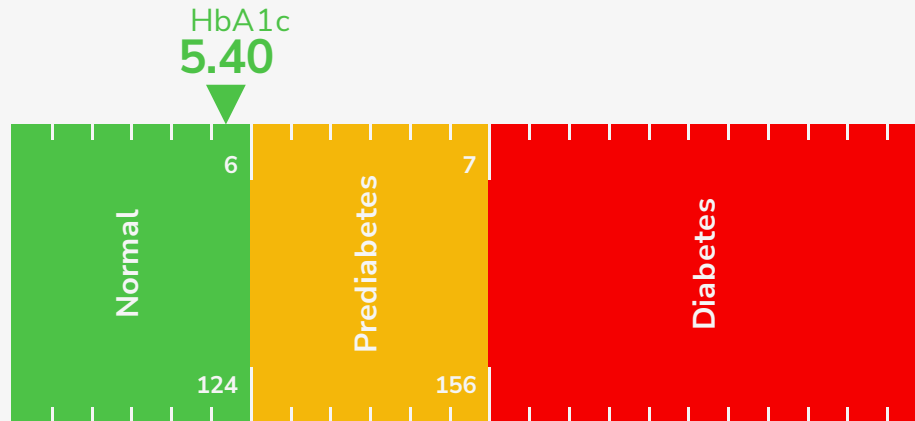
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HbA1c (Glycosylated Haemoglobin): 5.40%

● NORMAL

eAG (Estimated Average Glucose): 108.28 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: 35.51 mmol/mol

● NORMAL



Average Glucose Value(Past 3 Months IFCC): 6.00 mmol/L

●

Name:

Age/Gender:

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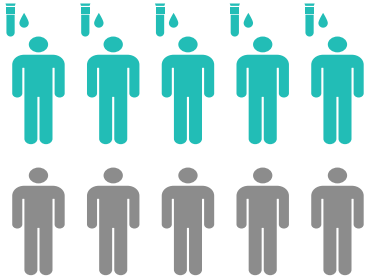
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Importance of test



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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Kidney And Electrolyte Profile

Kidney Function Tests

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

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

Symptoms that may indicate a problem with your kidneys include:



High blood pressure



Difficulty beginning urination



Blood in the urine



Painful urination



Frequent urges to urinate



Swelling of the hands and feet due to a buildup of fluids in the body

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

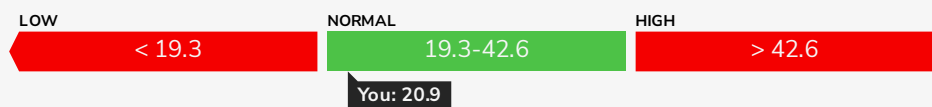
Your Results

Blood Urea: 20.9 mg/dl

METHOD: UREASE , KINETIC

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

● NORMAL

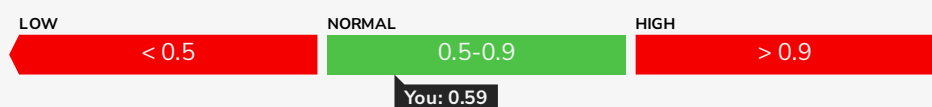


Serum Creatinine: 0.59 mg/dl

METHOD: JAFFE

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

● NORMAL



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Glomerular Filtration Rate: 111.75 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

Glomerular Filtration Rate: 115.28

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

Uric Acid: 5.45 mg/dl

METHOD: URICASE

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



Some causes for a high uric acid level



ALCOHOL, HIGH-FAT DAIRY, FAST FOODS



"CRASH DIETS", OVER-FASTING



CERTAIN MEDICINES - ASK YOUR DOCTOR

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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Lipid Profile

Lipid Profile

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

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

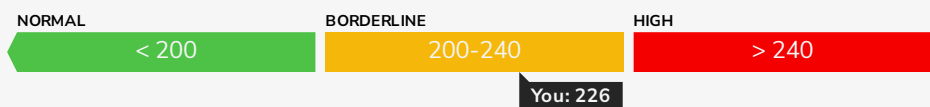
If your results show that your cholesterol level is high, you might be able to lower your cholesterol with lifestyle changes, such as quitting smoking, exercising and eating a healthy non fatty diet. If lifestyle changes aren't enough, a visit to your doctor and cholesterol-lowering medications will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

Your results

Total Cholesterol: 226 mg/dl

METHOD: ENZYMATIC COLORIMETRY

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). ● **BORDERLINE**



Triglycerides: 371.0 mg/dl

METHOD: ENZYMATIC COLORIMETRY

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. ● **HIGH**

Triglyceride is often increased in obesity and type 2 diabetes. HDL particles are anti-atherogenic appearing to have anti-inflammatory, antioxidant and anticoagulant properties.



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.

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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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Liver Profile

Liver Function Tests

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

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

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

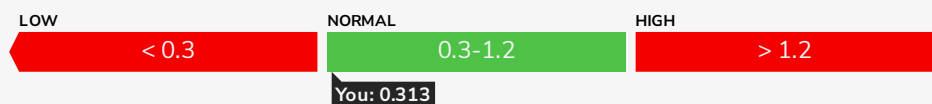
Your results

Total Bilirubin 0.313 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	0.148 mg/dl	0-0.3	● NORMAL
Indirect Bilirubin	0.17 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.

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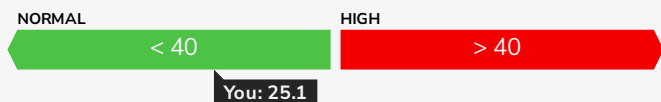
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SGOT (AST): 25.1 U/L

NORMAL ●

METHOD: ENZYMATIC IFCC

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): 13.6 U/L

NORMAL ●

METHOD: ENZYMATIC IFCC

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.



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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Thyroid Profile

Thyroid Profile

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

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

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

Your Results

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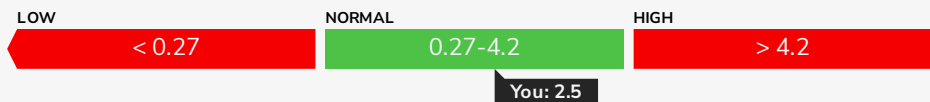
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TSH: 2.50 mIU/L

METHOD: ECLIA

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. ● NORMAL



Thyroid disorders

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

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

Risk Factors



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



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

Tips



Over-stressing slows down your thyroid function and is unhealthy. Get enough *sleep breathing techniques* and *meditation* to relax yourself.

Yoga postures like *bow pose*, *bridge pose*, *camel pose*, *cobra pose* and *fish pose* have shown good results in thyroid patients.

Diet: Food items such as *yogurt, milk, nuts, berries* should be taken. **Reduce** the intake of *soy and soy products*. Avoid gluten and processed foods as much as possible.



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Vitamin Profile

Vitamin Profile

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

Your results

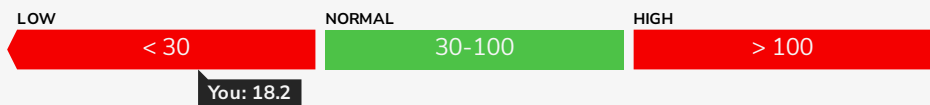
Vitamin D (25-Hydroxy): 18.2 ng/mL

METHOD: ECLIA

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.

● **LOW**



Symptoms of vitamin D Deficiency:



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

Tips



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



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



Dr. Maya Varde M.D
Consultant Pathology

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

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

Collection Date/Time:
Receiving Date:
Reporting Date:



Urinalysis

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

METHOD: VISUAL OBSERVATION/ AUTOMATED

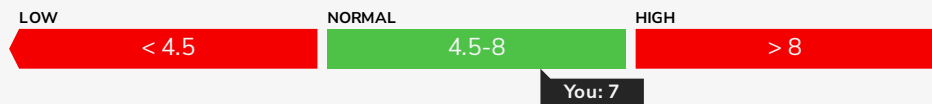
● NORMAL

pH: 7.0.

METHOD: DOUBLE INDICATOR

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

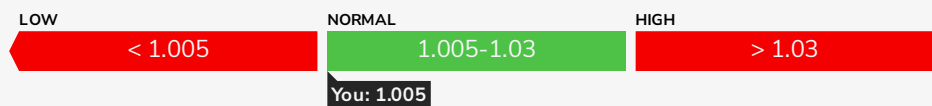
● NORMAL



Specific Gravity: 1.005.

METHOD: PKA CHANGE

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



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 ● Leukocytes ● Casts ● Crystals ● Bacteria

Found in your urine: Nothing abnormal found

Glucose in Urine: Negative

METHOD: ENZYME REACTION

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

● NORMAL

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:

Leukocyte esterase: Negative

● NORMAL

Epithelial Cells: 1/HPF

NORMAL ●

METHOD: LIGHT MICROSCOPY/IMAGE CAPTURE MICROSCOPY

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 ●

METHOD: EHRLICH'S REACTION

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. Maya Varde M.D

Consultant Pathology