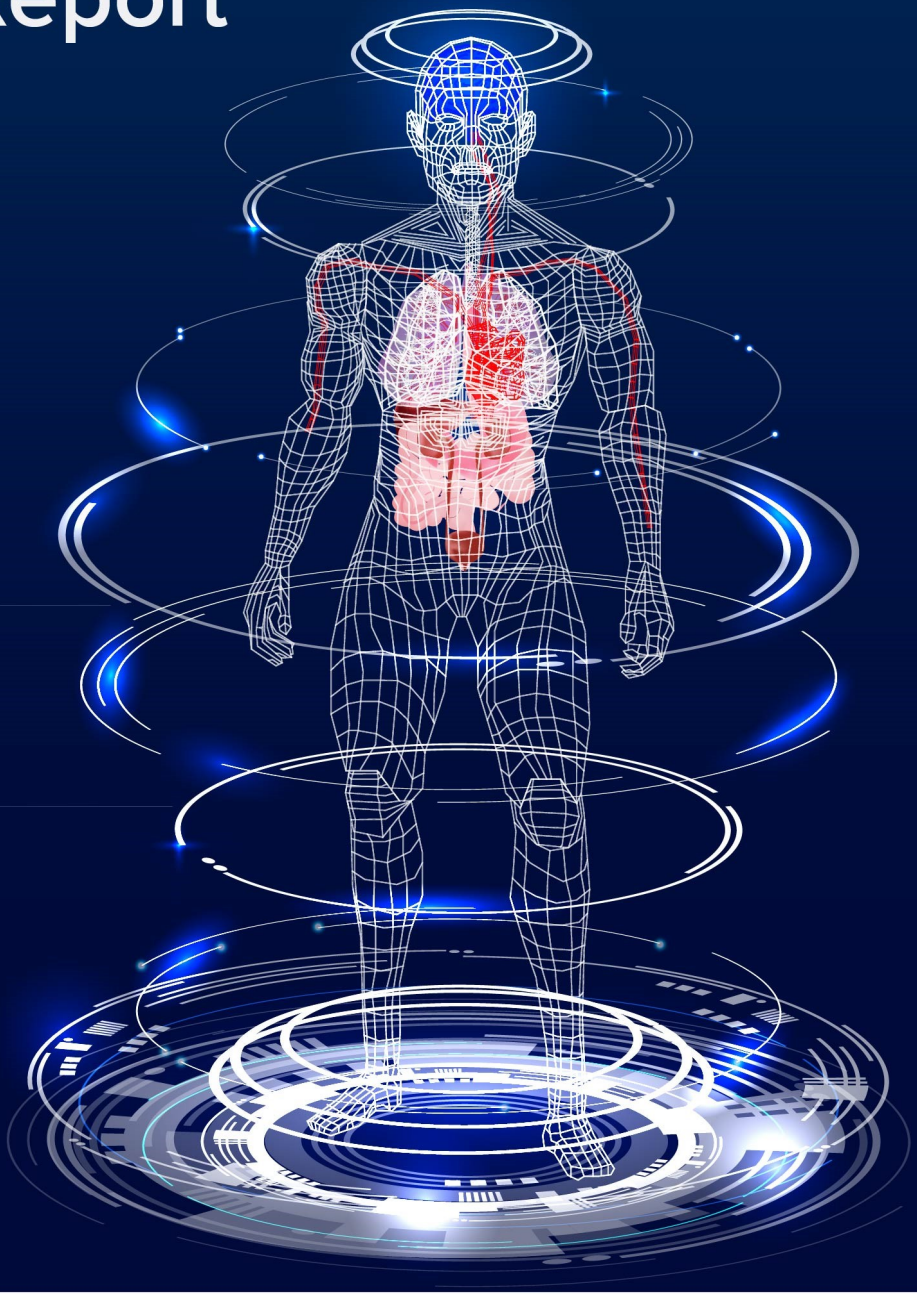
MAX Lab

Your Personal SMART Report

- Insightful
- Engaging
- Actionable

Wellwise Essential Profile



Booking ID -

Collection Date-

Reporting Date -

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MAX Lab
by MAX Hospitals

Your Health Summary

VSH1865200

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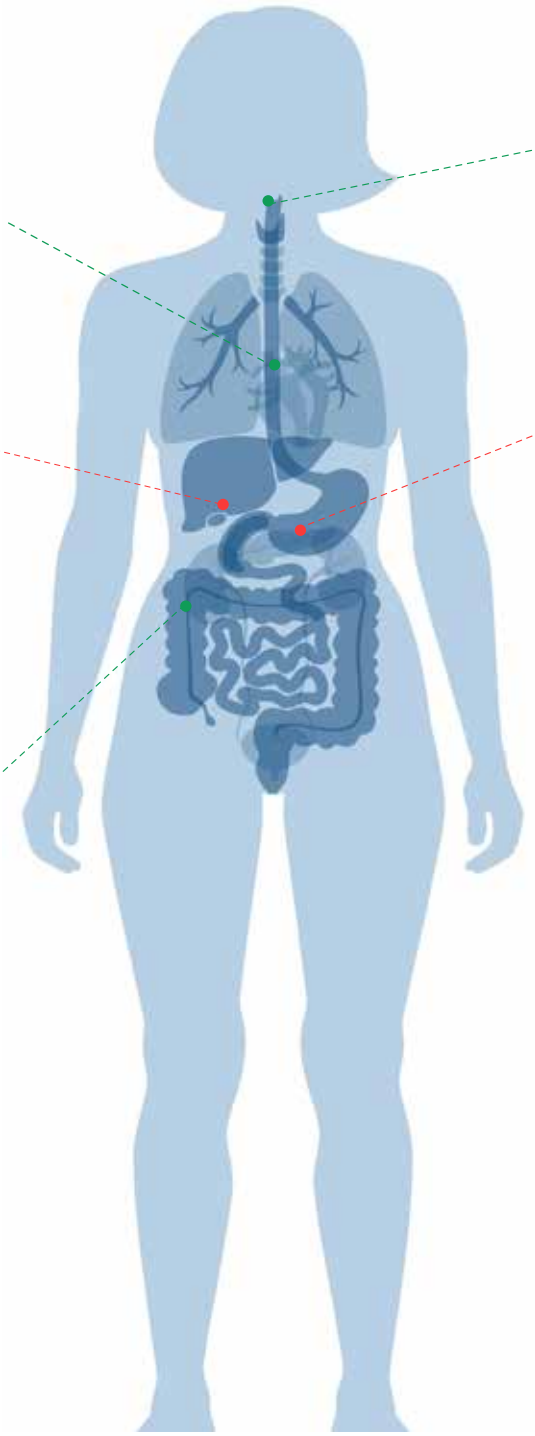

Lipid Profile

All parameters within normal limit

Thyroid Profile

All parameters within normal limit

Liver Profile

Please Watchout

Test Name	Result
SGOT (AST)	38.8

Diabetes Monitoring

Please Watchout

Test Name	Result
Blood Sugar (Fasting)	128.4
HbA1c (Glycosylated Haemoglobin)	7.4
Glycosylated Haemoglobin(Hb A1c) IFCC	57.37

Kidney And Electrolyte Profile

All parameters within normal limit

Blood Counts And Anemia

+ 4 tests Please Watchout

Test Name	Result
Haemoglobin	11.0
Haematocrit	36.2
MCV	78.0

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Report Summary

VSH1865200

Name:	Lab ID:	Collection Date/Time:
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Profile Summary

NORMAL	BORDERLINE	ABNORMAL
Blood Clotting, Thyroid Profile, Kidney And Electrolyte Profile, Lipid Profile	Liver Profile, Urinalysis	Blood Counts And Anemia, Diabetes Monitoring

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	**36.2**	%	40-50
Total Leukocyte Count	8.5	10~9/L	4-10
RBC count	4.64	10~12/L	3.8-4.8
MCV	**78.0**	fL	83-101
MCH	**23.7**	pg	27-32
MCHC	**30.4**	gm/dl	31.5-34.5
RDW	**15.3**	%	11.5-14.5
Neutrophils	50.8	%	40-80
Lymphocytes	37.6	%	20-40
Monocytes	8.3	%	2-10
Eosinophils	2.9	%	1-6
Basophils	0.4	%	0-2
Abs. Neutrophil Count	4.32	10~9/L	2-7
Abs. Lymphocyte Count	**3.2**	10~9/L	1-3
Abs. Monocyte Count	0.71	10~9/L	0.2-1
Abs. Eosinophil Count	0.25	10~9/L	0.02-0.5
Abs. Basophil Count	0.03	10~9/L	0.02-0.1

BLOOD CLOTTING

Test Name	Result	Unit	Range
Platelet Count	234	10~9/L	150-410
MPV	8.5	fl	7.8-11.2

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DIABETES MONITORING

Test Name	Result	Unit	Range
Blood Sugar (Fasting)	**128.4**	mg/dl	74-99
HbA1c (Glycosylated Haemoglobin)	**7.4**	%	< 5.7
Glycosylated Haemoglobin(Hb A1c) IFCC	**57.37**	mmol/mol	0-39
eAG (Estimated Average Glucose)	165.68	mg/dL	
Average Glucose Value(Past 3 Months IFCC)	9.18	mmol/L	

THYROID PROFILE

Test Name	Result	Unit	Range
TSH	2.80	µIU/mL	0.34-5.6

KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
Blood Urea	21.0	mg/dl	5-50
Serum Creatinine	0.6	mg/dL	0.5-0.9
Glomerular Filtration Rate	104.30	ml/min/1.73 m²	

LIVER PROFILE

Test Name	Result	Unit	Range
SGOT (AST)	**38.8**	U/L	0-32
SGPT (ALT)	29.9	U/L	0-40
Total Bilirubin	0.4	mg/dl	0.2-1.2
Direct Bilirubin	0.3	mg/dl	0-0.3
Indirect Bilirubin	0.10	mg/dL	0.1-1

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LIPID PROFILE

Test Name	Result	Unit	Range
Total Cholesterol	150	mg/dl	< 200
Triglycerides	130.0	mg/dl	< 150

URINALYSIS

Test Name	Result	Unit	Range
Urine Colour	Pale Yellow		
pH	5.0	..	5-9
Specific Gravity	1.030		1.015-1.03
Protein	Neg		
Glucose in Urine	Neg		
Ketone	Neg		
Blood	Neg		
Bilirubin	Neg		
Urobilinogen	Normal		
Nitrite	Neg		
RBC	**1**	/HPF	
Leukocytes	3	/HPF	0-5
Epithelial Cells	6	/HPF	
Casts	Nil	/LPF	
Crystals	Nil	..	
Bacteria	Nil	/HPF	

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VSH1865200

Blood Counts And Anemia

-

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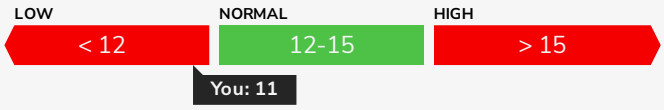
Constituents of your blood

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

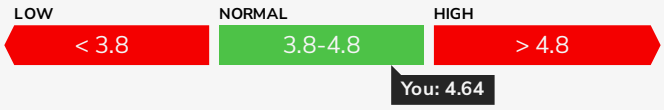
Haemoglobin: 11.0 g/dl — LOW

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.



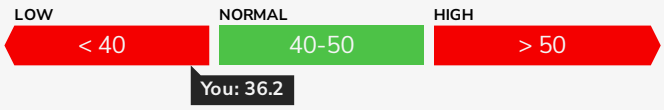
RBC count: 4.64 10~12/L — NORMAL

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



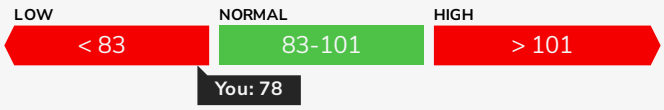
Haematocrit: 36.2 % — LOW

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



MCV: 78.0 fL — LOW

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



Differential leukocyte count

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

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Blood Counts And Anemia

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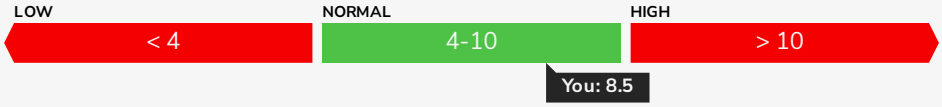
Total Leukocyte Count: 8.5 10~9/L

● NORMAL

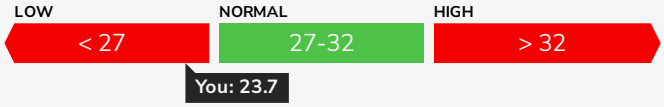
Leukocyte is another name for *WBC (white blood cell)*. WBCs are your body's 'defense department' - they respond immediately to infections by visiting the affected site(s) in your body. Too many WBCs might be because of some infection and too few WBCs also indicates some other problems in your body.



MCH: 23.7 pg

LOW ●

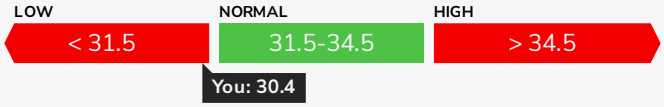
MCH level refers to the average amount of hemoglobin found in the red blood cells in the body.



MCHC: 30.4 gm/dl

LOW ●

This is the average concentration of hemoglobin in your red blood cells. Low value means hemoglobin is present in a lesser amount within your RBCs.



RDW

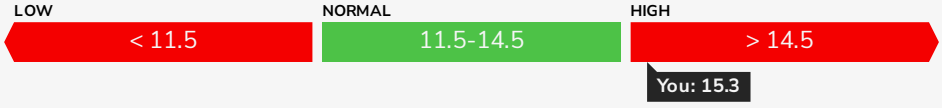
About

High RDW (Red cell Distribution Width) indicates that your RBCs are of variable sizes. If your RBCs are smaller than standard size or if your RBCs are bigger than normal size, in both cases, your RDW will come high. This test will help to know the type and reason for anemia. A high RDW could mean nutrient deficiencies.
RDW-CV and RDW-SD are two different values to understand RBCs size variation.

RDW: 15.3 %

● HIGH

Red cell Distribution Width-Coefficient of Variation.



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Blood Counts And Anemia

-

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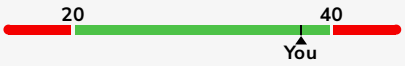
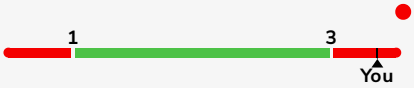
Lymphocytes: 37.6 %

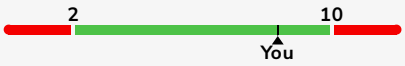


Lymphocytes are a type of WBC. They increase in number in chronic and viral infections and play a major role in your immune system. Their number decreases with an increase in steroids.

Abs. Lymphocyte Count: 3.2 10~9/L



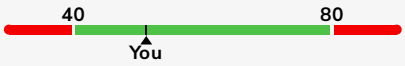
Monocytes: 8.3 %



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

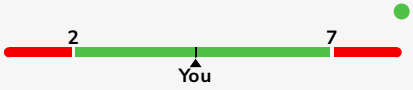
Abs. Monocyte Count: 0.71 10~9/L

Neutrophils: 50.8 %



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.

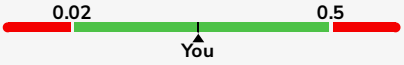
Abs. Neutrophil Count: 4.32 10~9/L



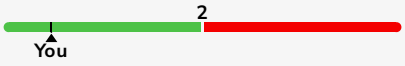
Eosinophils: 2.9 %

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: 0.25 10~9/L

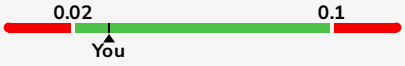


Basophils: 0.4 %



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 10~9/L



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 And Anemia

-

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Anita Khanna

Dr. Anita Khanna MD (Path.)
Associate Director & Head (Lab Medicine)

Mohini

Dr. Mohini Bhargava, MD
Associate Director (Biochemistry)

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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 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: 234 10~9/L — NORMAL

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

LOW	NORMAL	HIGH
< 150	150-410	> 410

You: 234

MPV: 8.5 fl — NORMAL

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

LOW	NORMAL	HIGH
< 7.8	7.8-11.2	> 11.2

You: 8.5

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Blood Clotting

-

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Did you know

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

This profile is done to:

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

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

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

Anita Khanna

Dr. Anita Khanna MD (Path.)
Associate Director & Head (Lab Medicine)

Mohini

Dr. Mohini Bhargava, MD
Associate Director (Biochemistry)

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Diabetes Monitoring

-

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

About Diabetes Panel

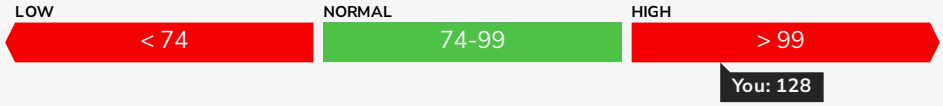
Diabetes panel is used to check how much glucose/ sugar is there in your blood. High level of Glucose levels beyond standard levels increases chances of Diabetes.

Your Results

Blood Sugar (Fasting): 128.4 mg/dl

● HIGH

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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Diabetes Monitoring

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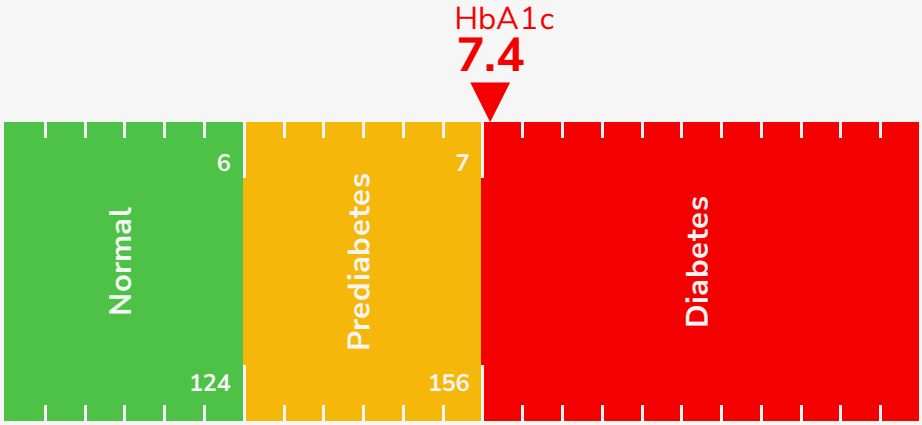
HbA1c (Glycosylated Haemoglobin): 7.4%

● HIGH

eAG (Estimated Average Glucose): 165.68 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: 57.37 mmol/mol

● HIGH

Average Glucose Value(Past 3 Months IFCC): 9.18 mmol/L

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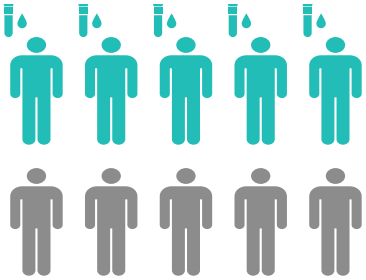
Importance of test



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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Thyroid Profile

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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_3, freeT_4 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 T_3, Free T_4 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

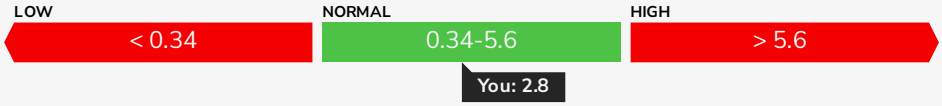
Dairy: all dairy products, including milk, cheese, yogurt, etc.

Your Results

TSH: 2.80 µlU/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_3 and T_4. 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.

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Thyroid Profile

-

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Risk Factors

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

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

Tips

Over-stressing slows down your thyroid function and is unhealthy. Get enough *sleep breathing techniques* and *meditation* to relax yourself.
Yoga postures like *bow pose*, *bridge pose*, *camel pose*, *cobra pose* and *fish pose* have shown good results in thyroid patients.
Diet:Food items such as *yogurt,milk,nuts,berries* should be taken.**Reduce** the intake of *soy and soy products*.Avoid gluten and processed foods as much as possible.

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Kidney And Electrolyte Profile

Name:	Lab ID:	Collection Date/Time:
Age/Gender:	Ref Doctor:	Receiving Date:
Max ID/Mobile:	Passport No:	Reporting Date:
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Kidney Function Tests

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

Sodium, potassium, chloride increase after intensive exercise, dehydration, excessive saline or steroid therapy. They decrease in gastrointestinal loss (e.g., vomiting, diarrhoea).

Bicarbonate is increased in poor gases exchange between lungs and blood (Pneumonia, Heart failure, lung destruction),and decreased in over ventilation, diabetes mellitus, renal failure etc.

Symptoms that may indicate a problem with your kidneys include:


High blood pressure


Difficulty beginning urination


Blood in the urine


Painful urination


Frequent urges to urinate


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

A single symptom may not mean something serious. However, when occurring simultaneously, these symptoms suggest that your kidneys aren't working properly. Kidney function tests can help determine the reason.

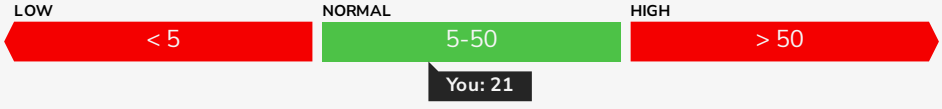
You may also need kidney function testing done if you have other conditions that can harm the kidneys, such as diabetes or high blood pressure. They can help doctors monitor these conditions.

Your Results

Blood Urea: 21.0 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 And Electrolyte Profile

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Serum Creatinine: 0.6 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.

LOW	NORMAL	HIGH
< 0.5	0.5-0.9	> 0.9

You: 0.6

Glomerular Filtration Rate: 104.30 ml/min/1.73 m²

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

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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Liver Profile

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

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

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): 38.8 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.

NORMAL	HIGH
< 32	> 32

You: 38.8

SGPT (ALT): 29.9 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.

NORMAL	HIGH
< 40	> 40

You: 29.9

Total Bilirubin 0.4 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	**0.3 mg/dl**	0-0.3	NORMAL
Indirect Bilirubin	**0.10 mg/dL**	0.1-1	NORMAL

LOW	NORMAL	HIGH
< 0.2	0.2-1.2	> 1.2

You: 0.4

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Liver Profile

-

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Centre:	OP/IP No:	

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:	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

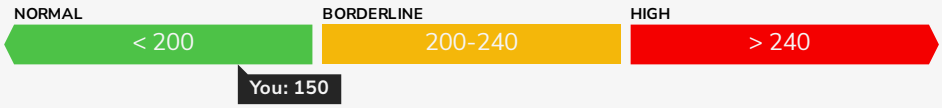
If your results show that your cholesterol level is high, you might be able to lower your cholesterol with lifestyle changes, such as quitting smoking, exercising and eating a healthy non fatty diet. If lifestyle changes aren't enough, a visit to your doctor and cholesterol-lowering medications will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

Your results

Total Cholesterol: 150 mg/dl

● NORMAL

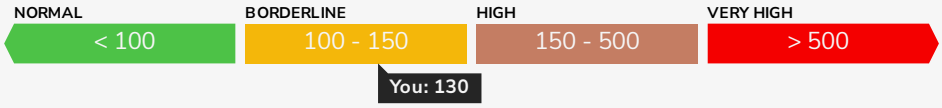
High cholesterol is bad for your heart, as high cholesterol combines with other substances to form plaque, which causes obstruction in the arteries (vessels that carry oxygen-rich blood from heart to all the parts of your body).



Triglycerides: 130.0 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

-

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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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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

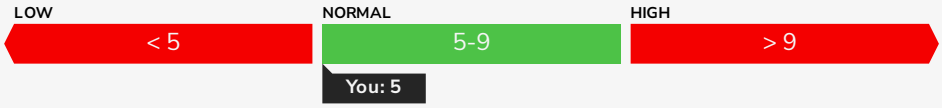
Urine Colour: Pale Yellow

● NORMAL

pH: 5.0

● NORMAL

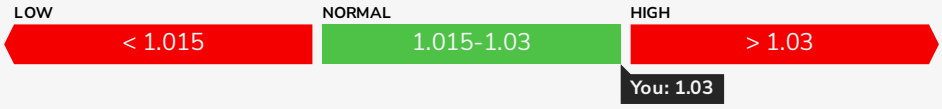
pH test checks the acidity or alkalinity of urine. Many diseases, diet and medicine change the pH of urine.



Specific Gravity: 1.030

● 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 ● Ketone ● Blood ● Bilirubin ● Nitrite ● Leukocytes ● Casts ● Crystals ● Bacteria

Found in your urine: ● RBC : 1 /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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Urinalysis

-

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Epithelial Cells: 6 /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.

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