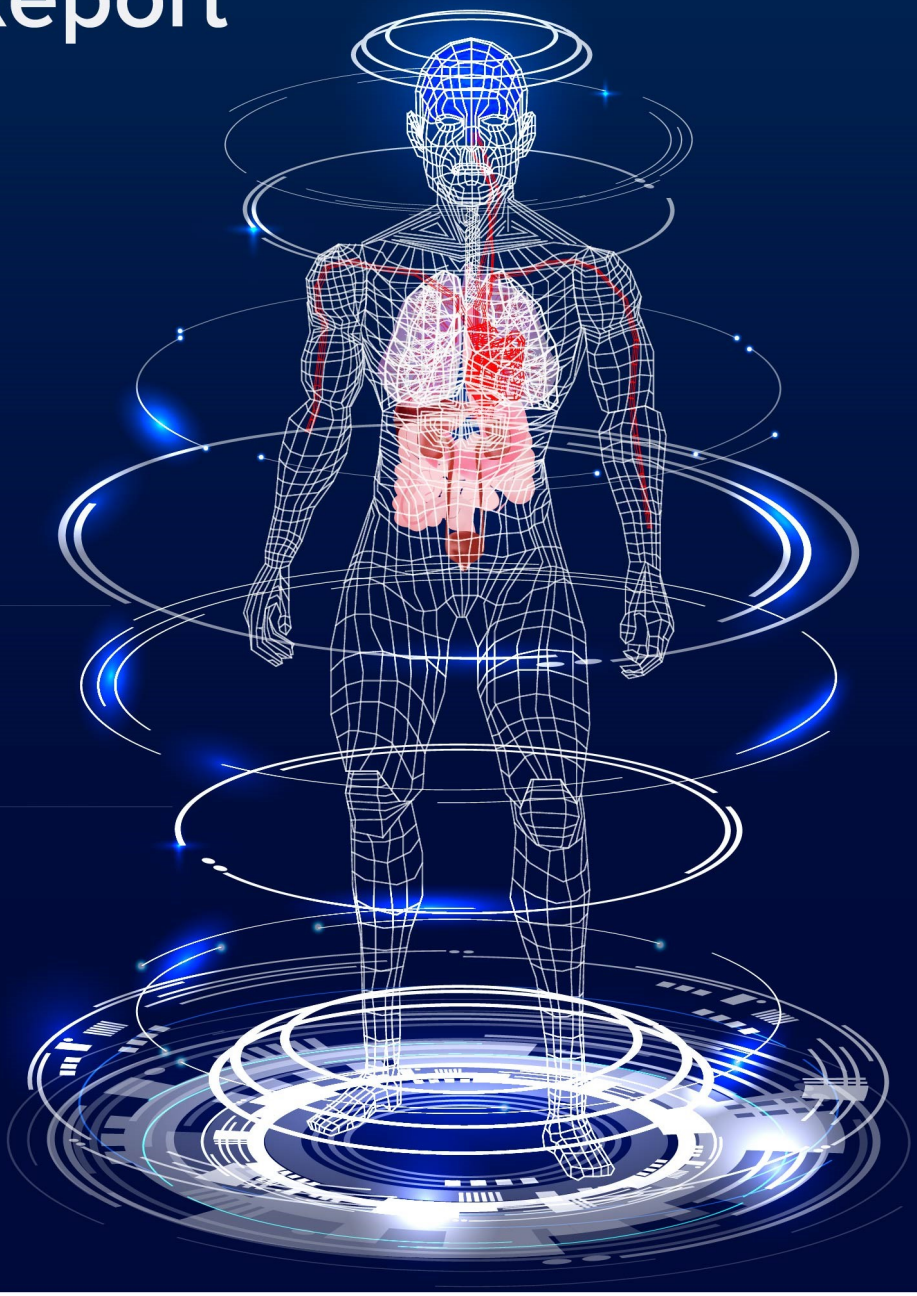
MAX Lab

Your Personal SMART Report

- Insightful
- Engaging
- Actionable

Wellwise Premium – Male



Booking ID -

Collection Date-

Reporting Date -

Your Health Summary

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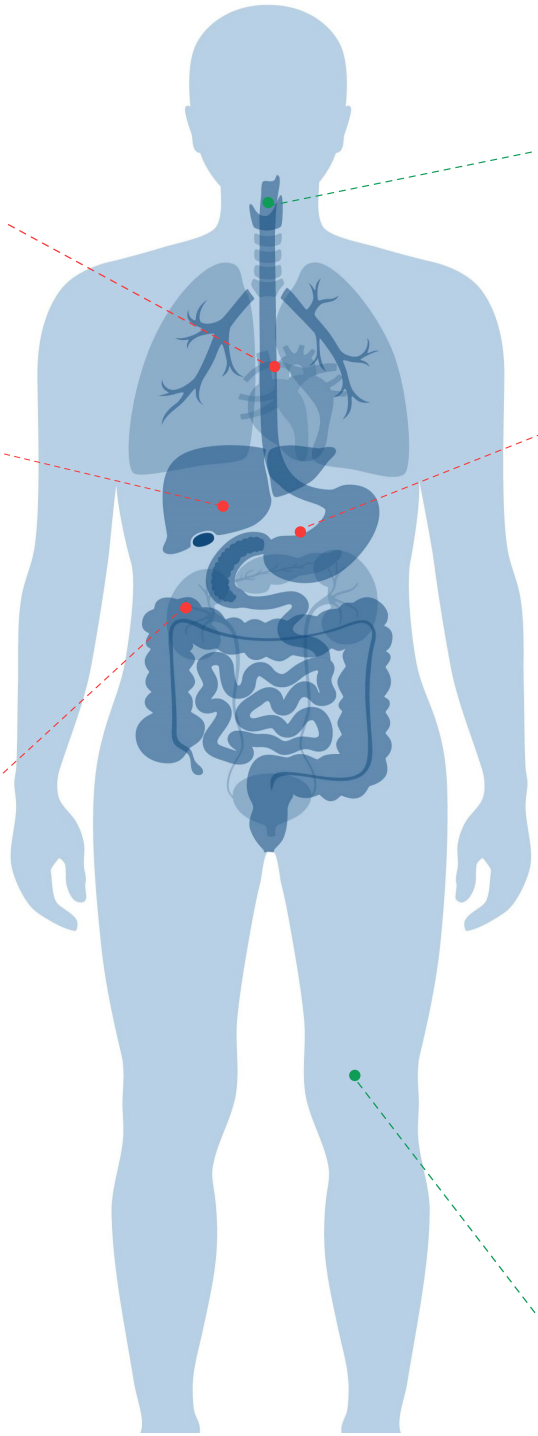

Lipid Profile

+ 4 tests Please Watchout

Test Name	Result
Total Cholesterol	206.5
HDL Cholesterol	34.5
LDL Cholesterol	142

Liver Profile

Please Watchout

Test Name	Result
LDH	207

Kidney And Electrolyte Profile

Please Watchout

Test Name	Result
Serum Creatinine	0.65
BUN : Creatinine ratio	23.22

Stress Marker

All parameters within normal limit

Vitamin Profile

All parameters within normal limit

Thyroid Profile

All parameters within normal limit

Diabetes Monitoring

Please Watchout

Test Name	Result
Blood Sugar (Fasting)	99.5
HbA1c (Glycosylated Haemoglobin)	5.80
Glycosylated Haemoglobin(Hb A1c) IFCC	39.88

HOMA-IR Insulin Index

All parameters within normal limit

Blood Counts And Anemia

All parameters within normal limit

Arthritis Screening

All parameters within normal limit

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Profile Summary

NORMAL

Blood Counts And Anemia, Blood Clotting, Inflammation, Parathyroid Hormone, Arthritis Screening, Iron Studies, Stress Marker, Fertility Profile, HOMA-IR Insulin Index, Thyroid Profile, Vitamin Profile, Prostate Screening, Immunity

BORDERLINE

Liver Profile, Urinalysis, Kidney And Electrolyte Profile, Pancreas, Hepatitis

ABNORMAL

Diabetes Monitoring, Cardiac Profile, Lipid Profile

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

BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
Haemoglobin	15.1	g/dl	13-17
Haematocrit	44.8	%	40-50
Total Leukocyte Count	6.6	10~9/L	4-10
RBC count	5.16	10~12/L	4.5-5.5
MCV	87.0	fL	83-101
MCH	29.4	pg	27-32
MCHC	33.8	g/dl	31.5-34.5
RDW	13.5	%	11.5-14.5
Neutrophils	53.0	%	40-80
Lymphocytes	33.0	%	20-40
Monocytes	8.2	%	2-10
Eosinophils	5.1	%	1-6
Basophils	0.7	%	0-2
Abs. Neutrophil Count	3.5	10~9/L	2-7
Abs. Lymphocyte Count	2.2	10~9/L	1-3
Abs. Monocyte Count	0.54	10~9/L	0.2-1
Abs. Eosinophil Count	0.34	10~9/L	0.02-0.5
Abs. Basophil Count	0.050	10~9/L	0.02-0.1
PERIPHERAL SMEAR	**RBC: -** Normocytic Normochromic **WBC: -** Counts within normal limits **Platelet: -** Adequate		
G6PD (Quantitative)	7.64	U/g Hb	>2.9

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BLOOD CLOTTING

Test Name	Result	Unit	Range
Platelet Count	236	10~9/L	150-410
MPV	8.9	fl	7.8-11.2

INFLAMMATION

Test Name	Result	Unit	Range
ESR	07	mm/hr	0-10
CRP	3.25	mg/L	0-5

DIABETES MONITORING

Test Name	Result	Unit	Range
Blood Sugar (Fasting)	**99.5**	mg/dl	74-99
HbA1c (Glycosylated Haemoglobin)	**5.80**	%	< 5.7
Glycosylated Haemoglobin(Hb A1c) IFCC	**39.88**	mmol/mol	0-39
eAG (Estimated Average Glucose)	119.76	mg/dL	
Average Glucose Value(Past 3 Months IFCC)	6.63	mmol/L	
Amylase	69	U/L	28-100

CARDIAC PROFILE

Test Name	Result	Unit	Range
Apo A	**95**	mg/dL	105-175
Apo B	112	mg/dl	60-140
APO B : APO A Ratio	1.18		
HsCRP	0.28	mg/dL	
Creatine-Kinase	**193**	U/L	0-171
Homocysteine	11.9	µmol/ L	6-15

PARATHYROID HORMONE

Test Name	Result	Unit	Range
Intact, Parathyroid Hormone (PTH)	22.7	pg/mL	12-88

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ARTHRITIS SCREENING

Test Name	Result	Unit	Range
RA factor (quantitative)	<4.4	IU/mL	0-12

IRON STUDIES

Test Name	Result	Unit	Range
Iron	94.16	µg/dL	45-182
UIBC	171.78		
TIBC	265.94	µg/dL	225-535
% Saturation Transferrin	35.41	%	17-37
Ferritin	71.3	ng/mL	23.9-336.2

LIVER PROFILE

Test Name	Result	Unit	Range
LDH	**207**	IU/L	98-192
Protein (Total)	7.32	g/dl	6.5-8.1
Albumin	4.0	g/dl	3.5-5
Globulin	3.3	g/dl	2.3-3.5
Albumin : Globulin ratio	1.2		1.2-1.5
Total Bilirubin	0.88	mg/dl	0.3-1.2
Direct Bilirubin	0.13	mg/dl	0.1-0.5
Indirect Bilirubin	0.75	mg/dL	0.1-1
SGOT (AST)	29	U/L	0-50
SGPT (ALT)	38	U/L	17-63
AST / ALT Ratio	0.76	Ratio	
ALP	87	U/L	32-91
GGT	32.0	U/L	7-50

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URINALYSIS

Test Name	Result	Unit	Range
Albumin, Urine	1.45	mg/dL	0-1.9
Urinary Creatinine	329.86	mg/dL	24-392
Albumin / Creatinine ratio	4.4	mg/g Creatinine	0-30
Urine Colour	Pale Yellow		
pH	5.5	..	5-6
Specific Gravity	**1.030**		1.015-1.025
Protein	**Trace**		
Glucose in Urine	Neg		
Ketone	**Trace**		
Blood	Neg		
Bilirubin	Neg		
Urobilinogen	Normal		
Nitrite	Neg		
RBC	Nil	/HPF	
Leukocytes	2	/HPF	0-5
Epithelial Cells	1	/HPF	
Casts	Nil	/LPF	
Crystals	Occasional calcium oxalate crystals. ..		

KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
Serum Creatinine	**0.65**	mg/dL	0.9-1.3
BUN : Creatinine ratio	**23.22**	Ratio	12-20
Glomerular Filtration Rate	131.82	ml/min/1.73 m²	
Glomerular Filtration Rate	116.32		
Uric Acid	5.88	mg/dl	3.5-7.2
Calcium	9.11	mg/dl	8.9-10.3
Sodium	140.6	mmol/L	136-144
Potassium	4.02	mmol/L	3.5-5.1
Chloride	104.20	mmol/l	101-111
Phosphorus	3.42	mg/dl	2.4-4.7
Blood Urea	32.3	mg/dL	17.12-55.64
Blood Urea Nitrogen (BUN)	15.09	mg/dl	8-26

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STRESS MARKER

Test Name	Result	Unit	Range
Cortisol (Random)	11.62	µg/dL	3-22.6

FERTILITY PROFILE

Test Name	Result	Unit	Range
Testosterone	3.19	ng/mL	1.75-7.81

LIPID PROFILE

Test Name	Result	Unit	Range
Total Cholesterol	**206.5**	mg/dl	< 200
HDL Cholesterol	**34.5**	mg/dl	>40
LDL Cholesterol	**142**	mg/dl	0-100
Triglycerides	**137.0**	mg/dl	< 150
VLDL	27.4	mg/dl	0-30
Non - HDL Cholesterol	**172.00**	mg/dL	0-130
HDL : LDL ratio	**0.24**	Ratio	0.3-0.4
Total Cholesterol : HDL ratio	**6.0**	..	0-4.9

PANCREAS

Test Name	Result	Unit	Range
Lipase	**58**	U/L	22-51
Amylase	69	U/L	28-100

HOMA-IR INSULIN INDEX

Test Name	Result	Unit	Range
Insulin (Fasting)	15.35	uU/mL	2-25
Beta Cell Function (%B)	125.20	%	
Insulin Sensitivity (%S)	49.60	%	
Homa IR Index	2.02		

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THYROID PROFILE

Test Name	Result	Unit	Range
Free T3 (Triiodothyronine)	3.17	pg/mL	2.6-4.2
Free T4 (Thyroxine)	0.72	ng/dL	0.58-1.64
TSH	2.97	µIU/mL	0.38-5.33

VITAMIN PROFILE

Test Name	Result	Unit	Range
Vitamin B12	273	pg/mL	222-1439
Vitamin D (25-Hydroxy)	46.86	ng/mL	30-100

PROSTATE SCREENING

Test Name	Result	Unit	Range
Prostate-Specific Antigen Total	0.52	ng/mL	0-4

HEPATITIS

Test Name	Result	Unit	Range
Anti Hbs Titre	**<10**	mIU/mL	0-7.9
HCV, IgG	Negative		
HCV AB	0.02	S/CO	0-0.9
HBsAg	Negative		
HBsAg Test Value	0.10		

IMMUNITY

Test Name	Result	Unit	Range
IgE Total	76.8	IU/mL	0-160

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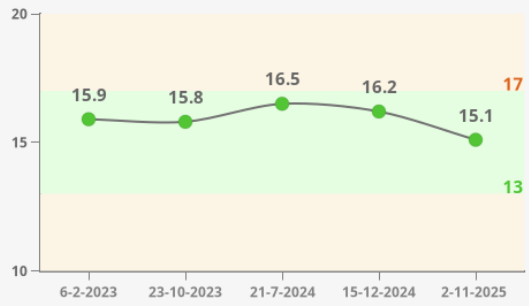
Blood Counts And Anemia

Constituents of your blood

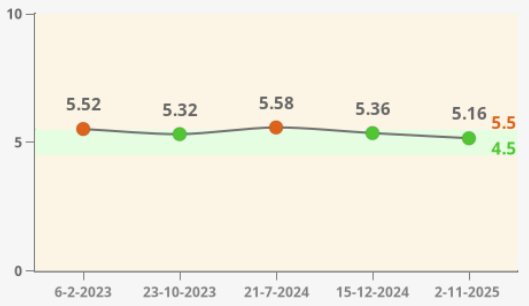
CBC is a group of blood tests that evaluates the cells circulating in blood, including RBC,WBC and platelets. CBC can detect a variety of diseases like anaemia, infections and blood cancers.

Your results

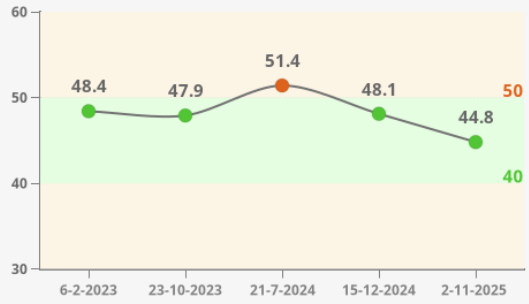
Haemoglobin: 15.1 g/dl



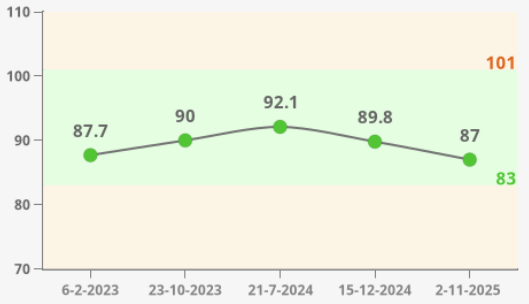
RBC count: 5.16 10~12/L



Haematocrit: 44.8 %

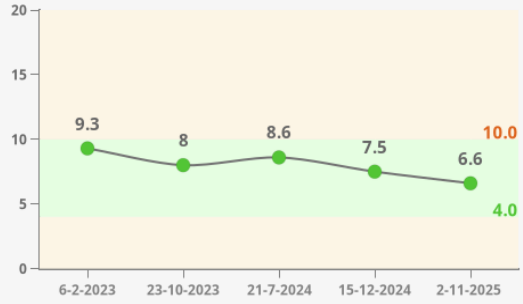


MCV: 87.0 fL



Total Leukocyte Count: 6.6 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

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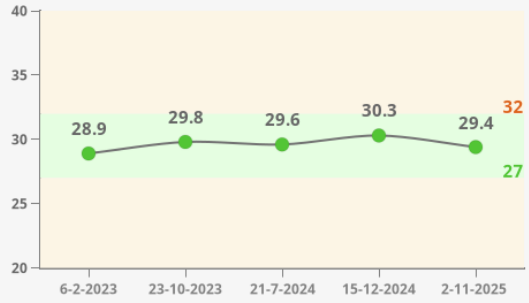
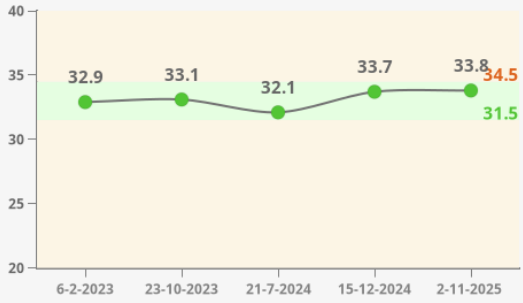
MCH: 29.4 pg

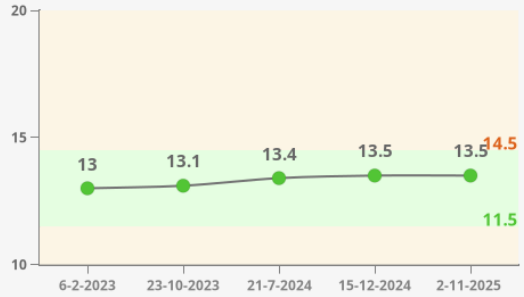


MCHC: 33.8 g/dl



RDW: 13.5 %

NORMAL



Red cell Distribution Width-Coefficient of Variation

TEST NAME	Lymphocytes	Monocytes	Neutrophils	Eosinophils	Basophils
RANGE	20-40 (%)	2-10 (%)	40-80 (%)	1-6 (%)	0-2 (%)
6 Feb 23	30.9	6.5	56.7	5.1	0.8
23 Oct 23	29.8	8.0	56.5	4.8	0.9
21 Jul 24	28.8	8.6	58.1	3.7	0.8
15 Dec 24	31.5	7.3	54.9	5.5	0.8
2 Nov 25	33.0	8.2	53.0	5.1	0.7

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TEST NAME	Abs. Neutrophil Count	Abs. Eosinophil Count	Abs. Basophil Count	Abs. Lymphocyte Count	Abs. Monocyte Count
RANGE	2.0-7.0 (10~9/L)	0.02-0.5 (10~9/L)	0.02-0.1 (10~9/L)	1.0-3.0 (10~9/L)	0.2-1.0 (10~9/L)
6 Feb 23	5.27	0.47	0.070	2.9	0.6
23 Oct 23	4.52	0.38	0.070	2.4	0.64
21 Jul 24	5	0.32	0.070	2.5	0.74
15 Dec 24	4.12	0.41	0.060	2.4	0.55
2 Nov 25	3.5	0.34	0.050	2.2	0.54

PERIPHERAL SMEAR:

RBC: - Normocytic Normochromic
WBC: - Counts within normal limits
Platelet: - Adequate

METHOD: LIGHT MICROSCOPY

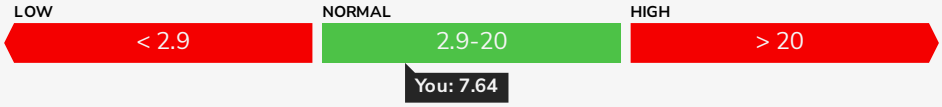
Peripheral Blood smear is examination of blood cells in a stained slide under the microscope by the pathologist. This will check the size and morphology of your platelets. This test will exclude the possibility of some bleeding disorders. It is recommended that morphology of WBC and RBC is also checked,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

G6PD (Quantitative): 7.64 U/g Hb

METHOD: UV KINETIC

G6PD (glucose 6 phosphate dehydrogenase) is an enzyme that maintains RBCs survival and protects from excessive breakage of RBCs. Low G6PD is a genetic disorder that is passed from one or both parents to their child.

● NORMAL



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.

MAX Lab

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Blood Clotting

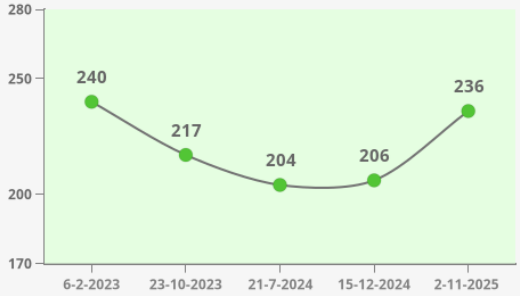
Blood Coagulation

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

Platelet Count: 236 10~9/L

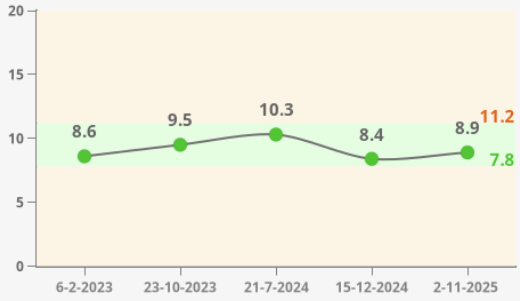
● NORMAL



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

MPV: 8.9 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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Inflammation

Inflammation

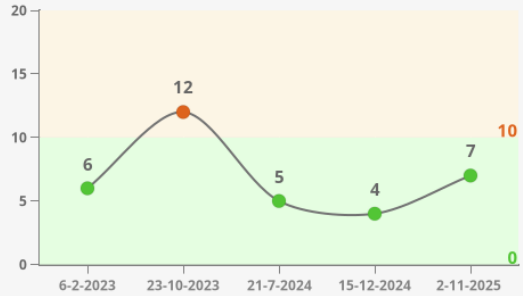
In simple words inflammation is your immune system's response against infections, allergens and cell injury. Inflammation can affect any organ of your body and it generally causes redness, swelling and heat in the affected part. Inflammation can be acute (for a short period of time, for example in infection) 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: 07 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

CRP: 3.25 mg/L

METHOD: LATEX PARTICLE IMMUNOTURBIDIMETRIC

CRP is a glucose bound protein helping in detecting septicemia, meningitis and to assess the activity of inflammatory diseases like rheumatoid arthritis. It is increased after Heart Attack, stress, trauma, infection, inflammation, surgery, or cancer.

● NORMAL

MAX Lab

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Lifestyle tips

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

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

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

Intermittent fasting has shown to reduce inflammation

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.

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

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

Substitute green tea for coffee

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

MAX Lab

Name:
Age/Gender:
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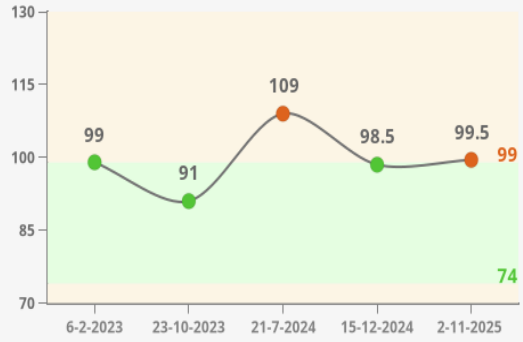
Blood Sugar (Fasting): 99.5 mg/dl

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

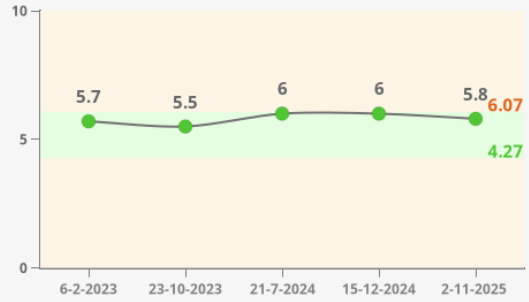
Some lifestyle changes can help keep your blood sugar levels in control

EAT LOW SUGAR FOODS THAT ARE MINIMALLY PROCESSED

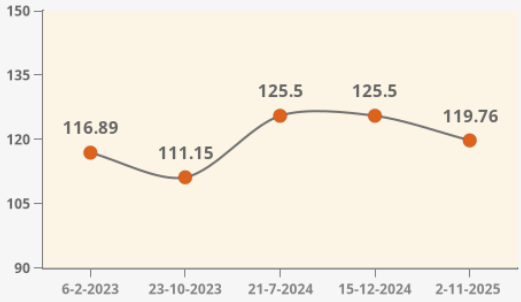
EXERCISE REGULARLY

TAKE MEDICATIONS AS PER YOUR HEALTHCARE PROVIDER'S RECOMMENDATIONS

HbA1c (Glycosylated Haemoglobin): 5.80 %



eAG (Estimated Average Glucose): 119.76 mg/dL



Glycosylated Haemoglobin(Hb A1c) IFCC: 39.88 mmol/mol

METHOD: CALCULATED

HIGH

Average Glucose Value(Past 3 Months IFCC): 6.63 mmol/L

METHOD: CALCULATED

MAX Lab

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

Lab ID:
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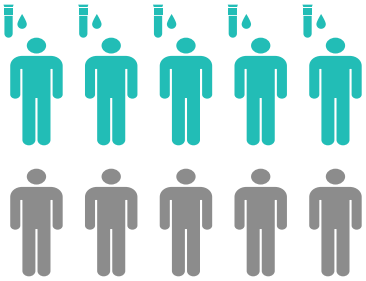
Amylase: 69 U/L
METHOD: G 7 PNP, BLOCKED

Amylase enzyme present in your saliva helps in digestion of starch - main source of carbohydrate in adults. Amylase is made in the pancreas (an organ present behind your stomach). ● NORMAL

LOW	NORMAL	HIGH
< 28	28-100	> 100

You: 69

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.

Cardiac Profile

Cardiac Profile

Most people believe they are safe from heart diseases, but in reality, heart diseases are the leading cause of death in the world. There are many different forms of heart disease. Narrowing or blockage of the coronary arteries is the most common cause of heart disease, which are the vessels that supply blood to the heart. This is called coronary artery disease and it occurs slowly over time. It is the main cause of heart attacks.

Apo A: 95 mg/dL — LOW ●
METHOD: IMMUNOTURBEDIMETRIC

Lipids cannot alone dissolve in the blood, they are transported with the help of a protein called apolipoprotein. These proteins combine with lipids -- for e.g APO A is the main protein component of HDL. Deficiency of APO A indicates risk of developing heart disease especially when HDL levels are low.

LOW	NORMAL	HIGH
< 105	105-175	> 175

You: 95

Apo B: 112 mg/dl — NORMAL ●
METHOD: IMMUNOTURBEDIMETRIC

Apolipoprotein B is the main protein component of VLDL and LDL -- since these are bad cholesterol, high APO B might also be cause of concern.

LOW	NORMAL	HIGH
< 60	60-140	> 140

You: 112

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

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

Collection Date/Time:
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APO B : APO A Ratio: 1.18

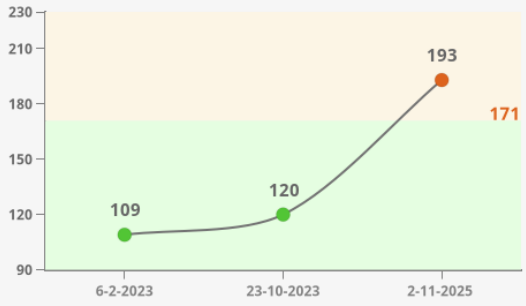
METHOD: CALCULATED

HsCRP: 0.28 mg/dL

METHOD: IMMUNO-TURBIDIMETRIC TEST(LATEX)

hs-CRP (High Sensitivity C-reactive protein) is a very sensitive test as it detects even low grade inflammation as compared to CRP test. Bad cholesterol causes not only blockage but damage to the blood vessel which results in inflammation.

Creatine-Kinase: 193 U/L



Homocysteine: 11.9 µmol/ L

NORMAL

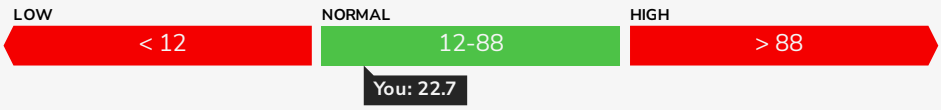
METHOD: ENZYMATIC KINETIC

Parathyroid Hormone

Parathyroid Hormone

Intact, Parathyroid Hormone (PTH): 22.7 pg/mL

METHOD: CLIA



NORMAL

Arthritis Screening

Arthritis Panel

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

Your results

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

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

Collection Date/Time:
Receiving Date:
Reporting Date:

RA factor (quantitative): <4.4 IU/mL

METHOD: IMMUNOTURBIDIMETRIC

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

● NORMAL

Iron Studies

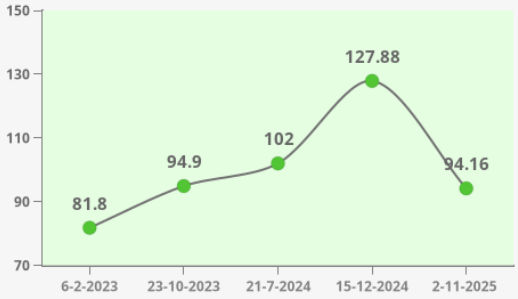
Iron Studies

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

Your results

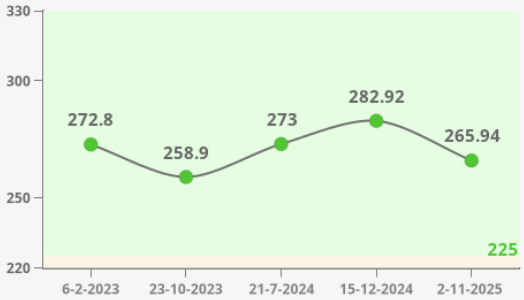
Iron: 94.16 µg/dL

● NORMAL



- Iron is a trace element distributed in the body in a number of different compartments, including hemoglobin, tissue iron etc
- Iron is transported from one organ to another by binding to a transport protein called transferrin

TIBC: 265.94 µg/dL



UIBC: 171.78

This is the measure of reserve iron binding capacity. It measures the amount of transferrin that is free(not bound to iron) and is still available to bind iron.

MAX Lab

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Collection Date/Time:
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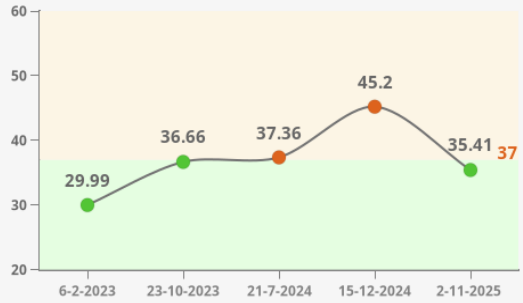
% Saturation Transferrin: 35.41 %

NORMAL



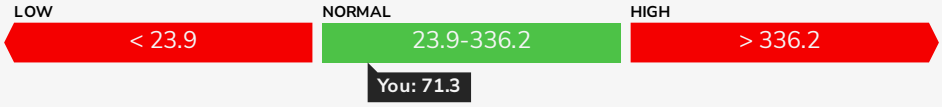
- This test measures the actual iron bound to transferrin in comparison to the maximum iron that can bind to transferrin
- For example a value of 10% means that only 10% of iron binding capacity has been achieved
- This test is used to identify hereditary abnormality in iron metabolism

Ferritin: 71.3 ng/mL

METHOD: CLIA

NORMAL

Ferritin is a protein containing iron, concentration of which roughly reflects the body iron content in many individuals. Serum ferritin concentration is a sensitive indicator of iron deficiency. Serum Ferritin concentration is increased in many disorders like infection, inflammatory disorders like rheumatoid arthritis or renal disease etc.



Overall Diet and Lifestyle to avoid Anemia

If you are a strict vegetarian then you might be vitaminB12 deficient. This vitamin is naturally present in meat, fish, egg and dairy products. You can try cereals fortified with B12, mushrooms and B12 supplements.

Food rich in vitamin C can improve iron absorption and thus help in preventing iron deficiency anaemia. This includes fruits such as oranges, strawberries, kiwi and vegetables such as broccoli, cauliflower, sprouts and capsicum.

Eat folate rich foods like fruits, dark green leafy vegetables, green peas, kidney beans(Rajma), black eyed peas(lobia), broccoli, cereals fortified with folate and peanuts.

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

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

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

MAX Lab

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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.

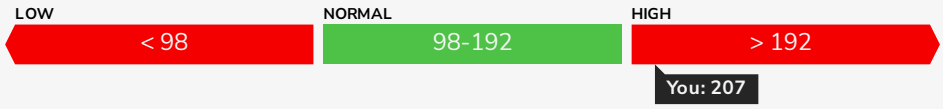
Your results

LDH: 207 IU/L

METHOD: ENZYMATIC

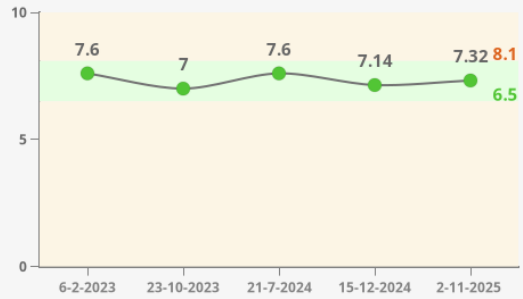
This enzyme is found in many organs, including liver, muscles, kidneys, lungs, and in blood cells and is mainly involved in energy production.

● HIGH



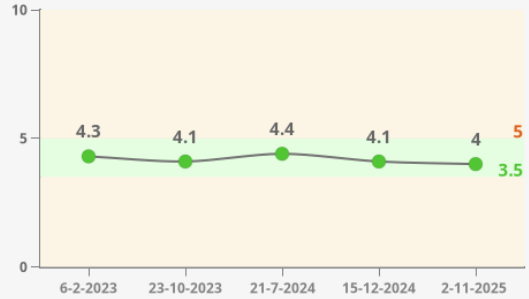
Protein (Total): 7.32 g/dl

● NORMAL

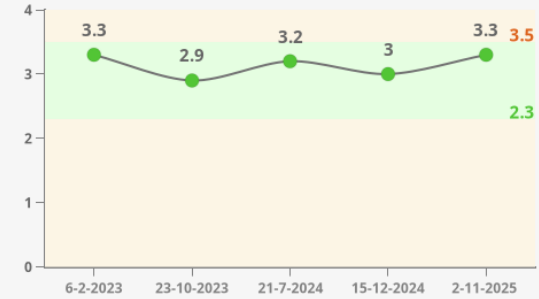


Proteins help in your overall growth and development and also transport important substances through your blood

Albumin: 4.0 g/dl



Globulin: 3.3 g/dl



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Collection Date/Time:
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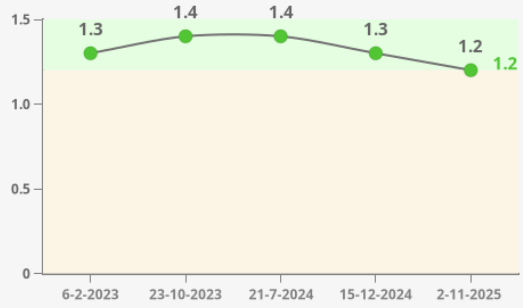
Albumin : Globulin ratio: 1.2

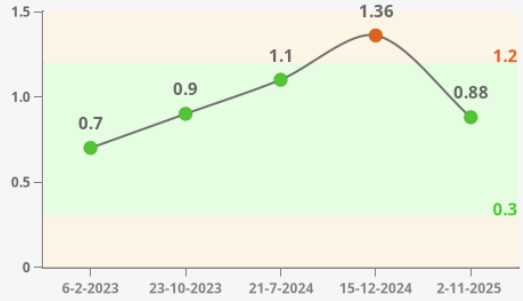
NORMAL



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

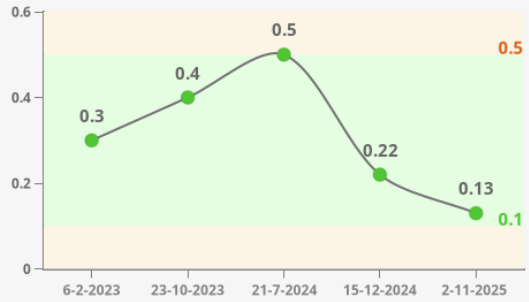
Total Bilirubin: 0.88 mg/dl

NORMAL

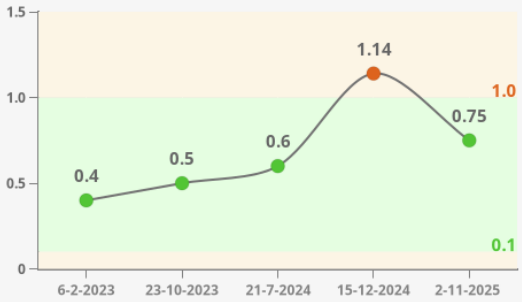


- Bilirubin is released as a breakdown product formed by the liver from the hemoglobin of old RBCs
- It is of two types-indirect & direct

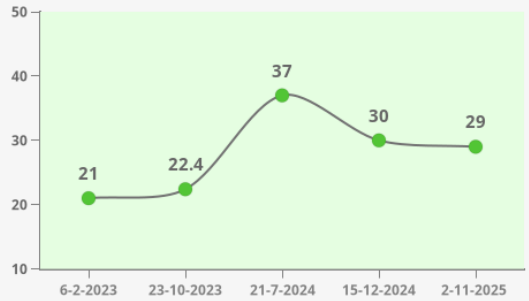
Direct Bilirubin: 0.13 mg/dl



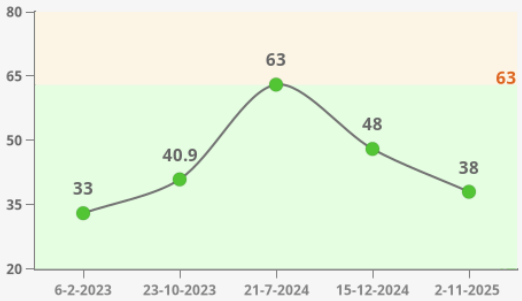
Indirect Bilirubin: 0.75 mg/dL



SGOT (AST): 29 U/L



SGPT (ALT): 38 U/L



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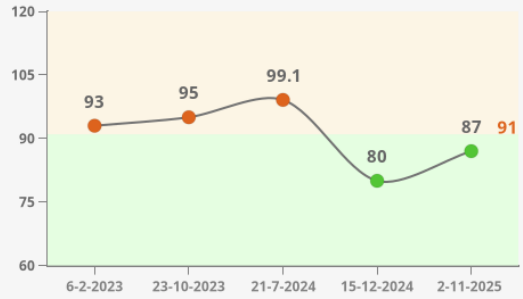
AST / ALT Ratio: 0.76 Ratio

METHOD: CALCULATED

ALP: 87 U/L

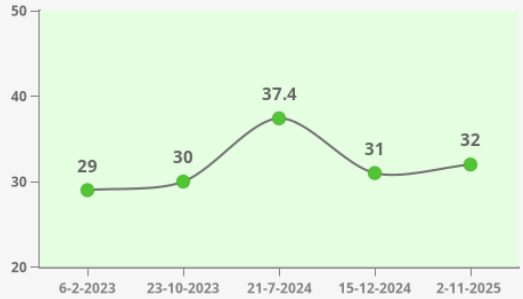
NORMAL



- 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

GGT: 32.0 U/L

NORMAL



- GGT *(Gamma-Glutamyl Transferase)* is the most sensitive enzyme of your liver
- It rises whenever there is an obstruction in the passage between your liver and intestine
- Regular alcohol drinking increases GGT levels

Some causes for a high GGT level

ALCOHOL, SMOKING

CERTAIN MEDICINES - ASK YOUR DOCTOR

Tips

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

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

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

MAX Lab

Name:
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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.

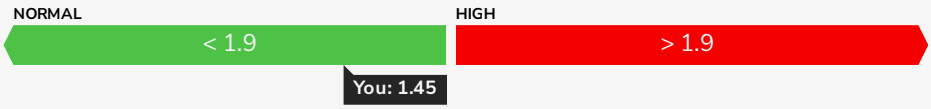
Many disorders can be detected by identifying substances that are not normally present in urine like protein, sugar, blood, bilirubin, crystals, casts and bacteria.

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

Your Results

Albumin, Urine: 1.45 mg/dL

METHOD: IMMUNOTURBIDIMETRIC

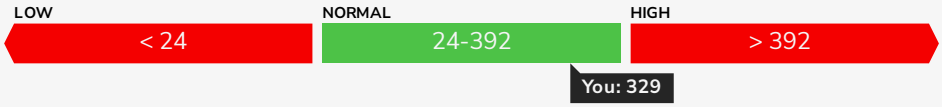


● NORMAL

Urinary Creatinine: 329.86 mg/dL

● NORMAL

A healthy kidney removes creatinine from your blood and it leaves through your urine. Abnormal levels of creatinine in the urine might indicate issues with your kidneys.



Albumin / Creatinine ratio: 4.4 mg/g Creatinine

METHOD: CALCULATED

● NORMAL

Urine Colour: Pale Yellow

● NORMAL

06/02 (2023)	23/10 (2023)	21/07 (2024)	15/12 (2024)	02/11 (2025)

MAX Lab

Name:
Age/Gender:
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Collection Date/Time:
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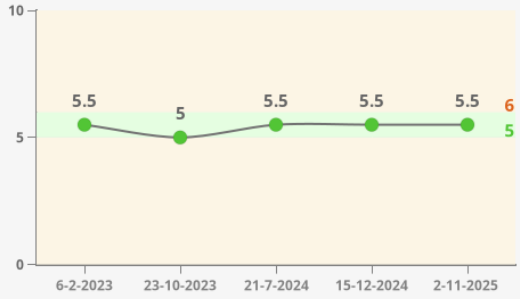
Reporting Date:

pH: 5.5..

● NORMAL



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

Specific Gravity: 1.030

METHOD: PKA CHANGE

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

LOW	NORMAL	HIGH
< 1.015	1.015-1.025	> 1.025

You: 1.03

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: ● Blood ● Bilirubin ● Nitrite ● RBC ● Leukocytes ● Casts

Found in your urine: ● Protein : Trace ● Ketone : Trace ● Crystals : Occasional calcium oxalate crystals. ..

Glucose in Urine: Neg

● NORMAL

06/02 (2023)	23/10 (2023)	21/07 (2024)	15/12 (2024)	02/11 (2025)
⊖	⊖	⊖	⊖	⊖

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: EHRLICHS 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.

MAX Lab

Name:
Age/Gender:
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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.

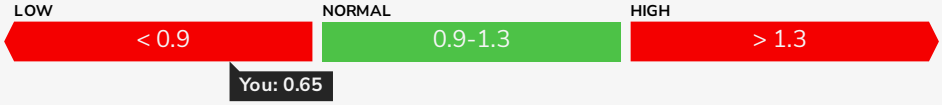
Your Results

Serum Creatinine: 0.65 mg/dL

METHOD: ALKALINE PICRATE KINETIC

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

● LOW

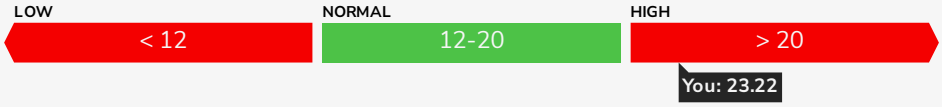


BUN : Creatinine ratio: 23.22 Ratio

METHOD: CALCULATED

The ideal ratio of BUN to creatinine falls between 10-to-1 and 20-to-1. Having a ratio above this range could mean you may not be getting enough blood flow to your kidneys

● HIGH



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Ref Doctor:
Passport No:
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Collection Date/Time:
Receiving Date:
Reporting Date:

Glomerular Filtration Rate: 131.82 ml/min/1.73 m²

METHOD: MDRD

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: 116.32

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: 5.88 mg/dl

METHOD: URICASE, COLORIMETRIC

Uric Acid is a breakdown product of genetic material present in cells. Most of the uric acid excreted is lost in the urine. 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.

● NORMAL

Some causes for a high uric acid level


ALCOHOL, HIGH-FAT DAIRY, FAST FOODS


"CRASH DIETS", OVER-FASTING

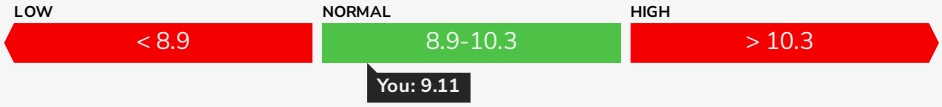

CERTAIN MEDICINES - ASK YOUR DOCTOR

Calcium: 9.11 mg/dl

METHOD: ARSENAZO III

Calcium is the mineral vital for bone health.It is increased in cancer, high vitamin D intake, in chronic renal failure patients,hyperparathyroidism while it is decreased in hypoparathyroidism, vitamin D deficiency, pancreatic disease etc.

● NORMAL



Some calcium-rich foods include:


DAIRY PRODUCTS, SUCH AS MILK, CHEESE, AND YOGURT,BEANS,FIGS,BROCCOLI,TOFU,SOY


MILK,SPINACH,FORTIFIED CEREALS,NUTS AND SEEDS, INCLUDING ALMONDS AND SESAME SEEDS

Before taking calcium supplements, talk to a doctor. Taking in too much calcium, an issue called hypercalcemia, can increase the risk of cardiovascular disease, kidney stones, and other serious health problems.

When a deficiency is severe or when supplements and dietary adjustments are not achieving sufficient results, a doctor may prescribe calcium supplements.

MAX Lab

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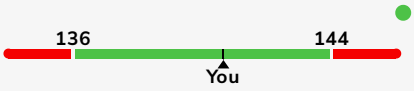
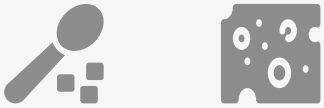
Sodium: 140.6 mmol/L

METHOD: ISE DIRECT



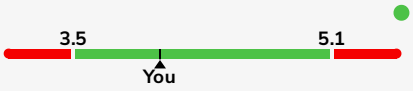
Sodium plays a key role in your body. It helps maintain normal blood pressure, supports the work of your nerves and muscles, and regulates your body's fluid balance.
Both dehydration and retention of excess water in the body causes abnormal levels of sodium. During athletic activity, your body loses sodium through your sweat.

Foods rich in sodium



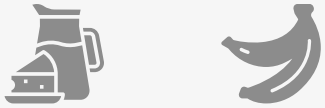
Potassium: 4.02 mmol/L

METHOD: ISE INDIRECT



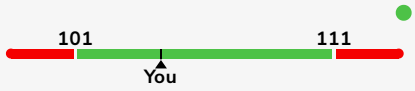
Eating potassium-rich foods removes excess sodium from the body thus ensuring that your blood pressure doesn't become too high.

Food sources of potassium



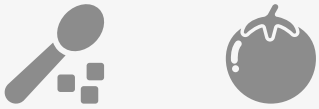
Chloride: 104.20 mmol/l

METHOD: ISE DIRECT



Chloride helps move fluids in and out of cells in your body. It's also an essential component of digestive juices.

Food sources of chloride

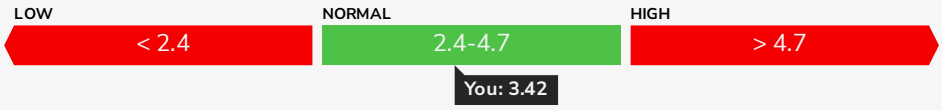


Phosphorus: 3.42 mg/dl

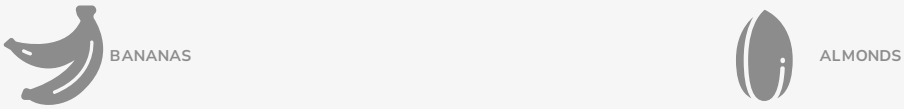
METHOD: PHOSPHO-MOLYBDATE

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.

● NORMAL



Food sources of Phosphorus



MAX Lab

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Collection Date/Time:
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Blood Urea: 32.3 mg/dL — NORMAL

METHOD: ENZYMATIC RATE (UREASE)

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

LOW	NORMAL	HIGH
< 17.12	17.12-55.64	> 55.64

You: 32.3

Blood Urea Nitrogen (BUN): 15.09 mg/dl — NORMAL

METHOD: ENZYMATIC RATE (UREASE)

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

LOW	NORMAL	HIGH
< 8	8-26	> 26

You: 15.09

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.

Stress Marker

Stress Marker

Cortisol (Random): 11.62 µg/dL

METHOD: CLIA

LOW	NORMAL	HIGH
< 3	3-22.6	> 22.6

You: 11.62

NORMAL

Fertility Profile

Fertility Profile

Sometimes, the reason behind a couple's inability to conceive is simply a hormonal imbalance. With rising stress in the modern lifestyle, hormonal imbalance is playing an important role in decreasing fertility

Your fertility profile can help your doctor have an insight into your reproductive health. These tests also help differentiate between cases where the reason for infertility is primary i.e. structurally abnormal reproductive organs from cases where the reason for infertility is secondary.

It is recommended to initiate evaluation for infertility after failing to achieve pregnancy within 12 months of unprotected intercourse. In women older than 35 years, this recommended duration of wait is just 6 months.

Your Results

MAX Lab

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

Lab ID:
Ref Doctor:
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OP/IP No:

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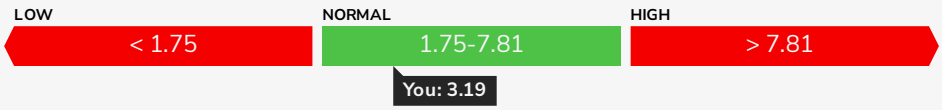
Testosterone: 3.19 ng/mL

METHOD: CLIA

Testosterone is a sex hormone and is involved in variety of functions in males like regulation of sex drive, sperm production, fat distribution, bone & muscles mass and strength.

● NORMAL



Diet and Lifestyle Tips

Healthy weight- If you are a women athlete with very low body fat, then the reason for your infertility could be your low Body Mass Index. You should eat properly to avoid malnutrition and to maintain a healthy body weight.

Weight loss- Obese women with BMI greater than 27 kg/m^2 with absence of ovulation can improve ovulation from weight loss alone. Reducing obesity will also reduce risk of gestational diabetes, hypertension in pregnancy and premature birth

Avoid smoking and alcohol- Tobacco and alcohol can reduce fertility in both males and females. Smoking can cause rapid decline in ovarian reserve, delayed conception, increased risk of miscarriage, early menopause and lower success rate of IVF, decreased sperm count.

Proper sleep- Ensure that you get proper sleep as sleep deprivation is linked with infertility

Eat antioxidant rich foods- Many studies showed that eating antioxidant rich foods like grape, mango, strawberry, blackberry, blueberries, olives and papaya can increase overall health including reproductive health.

Limit intake of caffeine- High intake of caffeine (coffee) can decrease fertility and can cause pregnancy loss.

MAX Lab

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Age/Gender:	Ref Doctor:	Receiving Date:	02/Nov/2025
Max ID/Mobile:	Passport No:	Reporting Date:	02/Nov/2025
Centre:	OP/IP No:		

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.

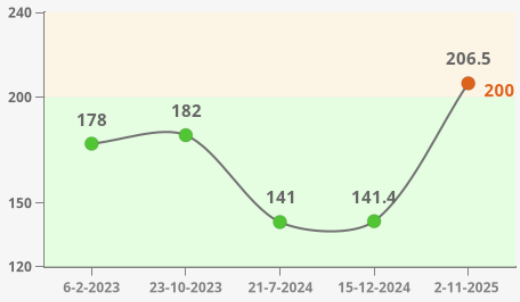
A complete lipid profile is done to determine whether your cholesterol is high and to estimate your risk of heart attacks and other forms of heart disease and diseases of the blood vessels

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

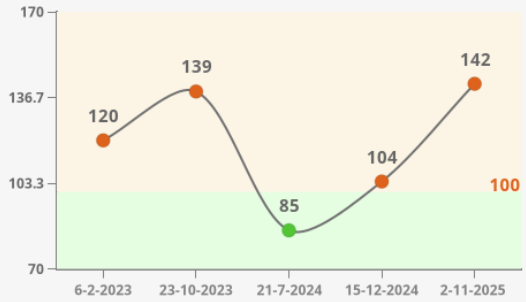
Total Cholesterol: 206.5 mg/dl

BORDERLINE

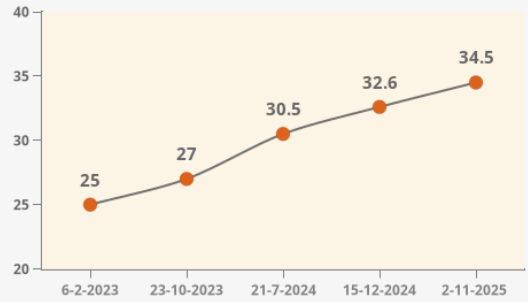


High cholesterol is bad for your heart, as high cholesterol combines with other substances to form plaque, which causes obstruction in the arteries (vessels that carry oxygen-rich blood from heart to all the parts of your body)

LDL Cholesterol: 142 mg/dl



HDL Cholesterol: 34.5 mg/dl



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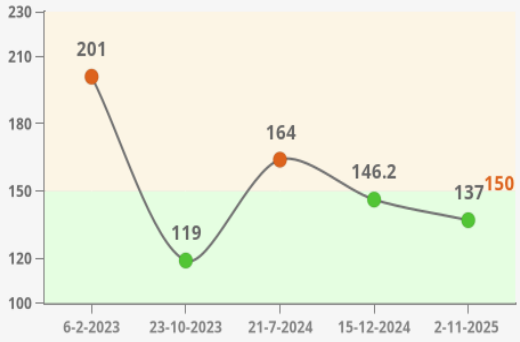
Triglycerides: 137.0 mg/dl

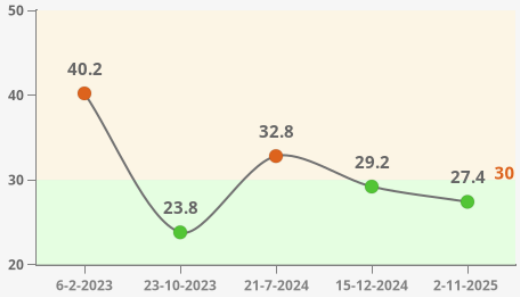
● BORDERLINE



- 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

VLDL: 27.4 mg/dl

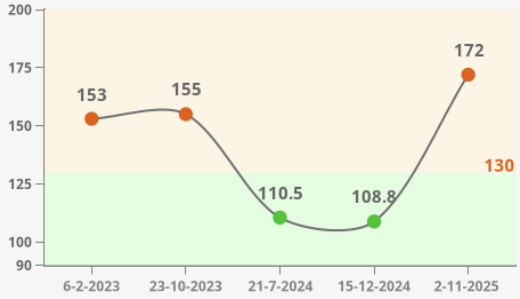
● NORMAL



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

Non - HDL Cholesterol: 172.00 mg/dL

● HIGH



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

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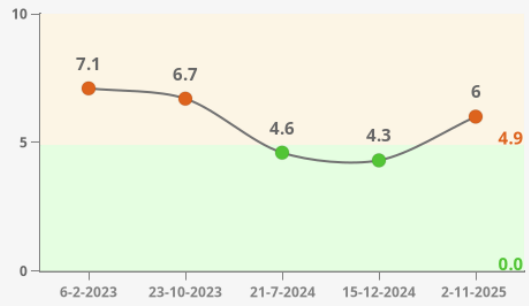
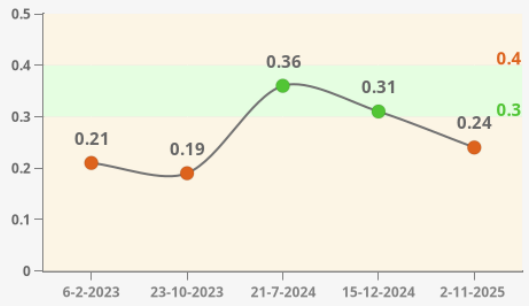
Total Cholesterol : HDL ratio: 6.0 ..



HDL : LDL ratio: 0.24 Ratio



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.

Pancreas

Pancreas

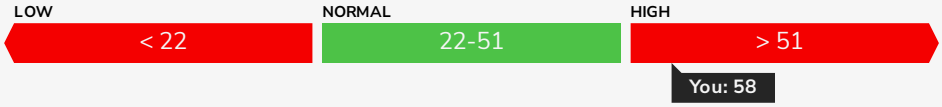
The pancreas is an organ that is located in your abdomen. The pancreas is composed of two systems, the exocrine system involved in digestion, and the endocrine system responsible for the secretion of hormones such as glucagon and insulin.

Lipase: 58 U/L

METHOD: COLORIMETRIC

Lipase is an enzyme that is produced by pancreas to help digest dietary fats. This test measures the level of lipase in your blood sample. This test is very useful to diagnose and monitor acute pancreatitis.

● HIGH

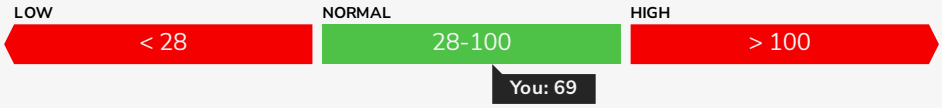


Amylase: 69 U/L

METHOD: G 7 PNP, BLOCKED

Amylase is an enzyme that is produced by pancreas to help digest sugar in your food. This test is done along with a lipase test to diagnose or to rule out pancreatitis and other pancreatic diseases.

● NORMAL



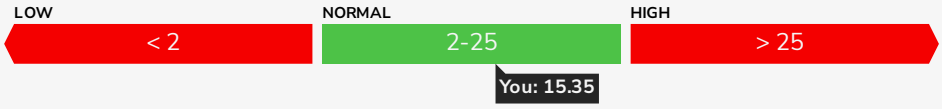
HOMA-IR Insulin Index

HOMA-IR Insulin Index

Insulin (Fasting) 15.35 uU/mL

● NORMAL

The amount of insulin in your blood continuously changes - it sometimes goes up and sometimes comes down. But that depends on a lot of things. For example, your food timings affect the amount of insulin. That is why fasting is required for this test.



Meal Suggestions

LOW CARB DIET- AVOID POTATO, WHITE RICE AND FRIED FOOD

CHOOSE FROM HIGH FIBER FOOD LIKE APPLE, CAULIFLOWER

WATCH PORTION SIZE- DO NOT EAT A HEAVY MEAL AT ONCE

Beta Cell Function (%B): 125.20 %

Insulin Sensitivity (%S): 49.60 %

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Homa IR Index: 2.02

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.

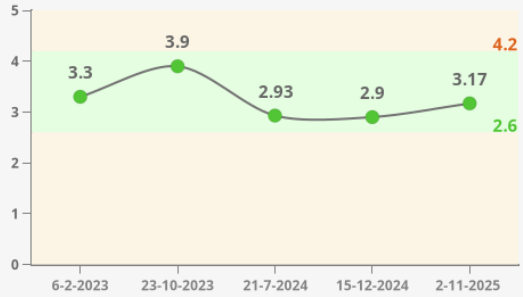
These tests measure the levels of thyroid hormones such as freeT₃, freeT₄ and TSH in the blood.

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

Free T3 (Triiodothyronine): 3.17 pg/mL

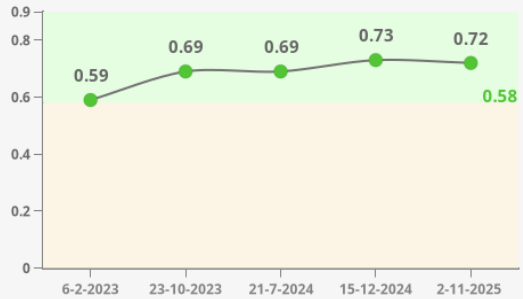
NORMAL



- 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): 0.72 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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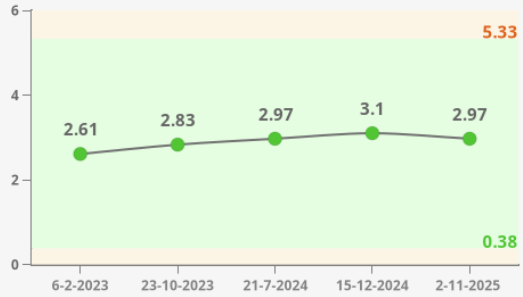
TSH: 2.97 µlU/mL

● 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.

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.

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

MAX Lab

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

Lab ID:
Ref Doctor:
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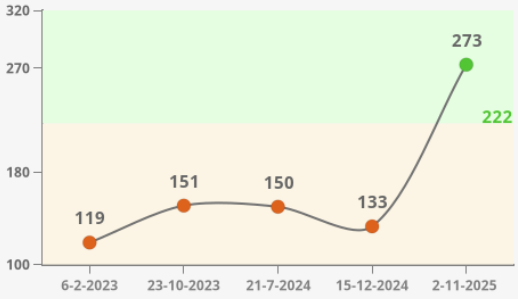
Vitamin B12: 273 pg/mL

● NORMAL



- Vitamin B12, also known as cyanocobalamin, is water soluble vitamin that is required for the maturation of erythrocytes (RBCs)

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:

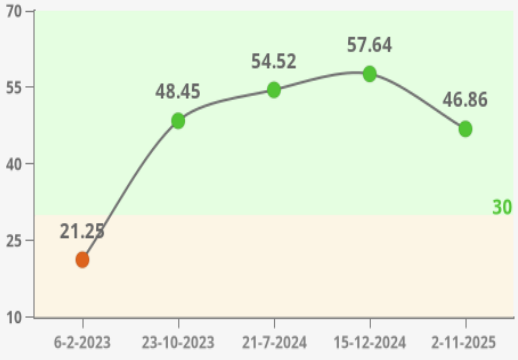
WEAKNESS, TIREDNESS, NERVE PROBLEMS LIKE NUMBNESS OR TINGLING, MUSCLE WEAKNESS, AND PROBLEMS WALKING,

HEART PALPITATIONS AND SHORTNESS OF BREATH, A SMOOTH TONGUE

CONSTIPATION, DIARRHEA, LOSS OF APPETITE, MENTAL PROBLEMS LIKE DEPRESSION, MEMORY LOSS, OR BEHAVIORAL CHANGES

Vitamin D (25-Hydroxy): 46.86 ng/mL

● NORMAL



- 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.

Tips

MAX Lab

Name:
Age/Gender:
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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.

Prostate Screening

Prostate Screening

Prostate-Specific Antigen Total: 0.52 ng/mL

METHOD: CLIA

NORMAL

PSA is a glycoprotein produced by the prostate gland. It is secreted to liquify the seminal coagulum, and it is also found in blood.
PSA serves as an excellent cancer marker in prostate cancer screening, diagnosis, prediction of cancer risks and recurrence.

Hepatitis

Hepatitis

The inflammation of the Liver is called Hepatitis, it's a swelling that occurs because of injury or inflammation in the body tissue. The inflammation can damage your Liver and affect its functions.

Anti Hbs Titre: <10 mIU/mL

HIGH

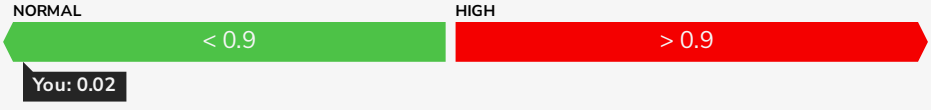
HCV, IgG: Negative

METHOD: CLIA

NORMAL

HCV AB: 0.02 S/CO

NORMAL



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HBsAg: Negative
METHOD: CLIA

HBsAg Test Value: 0.10

Immunity

Immunity

Immunity is your body's ability to fight infection and protect your body from viruses and bacteria. When your immunity is weak, or your immune system does not work properly then it will result in you getting ill and some diseases like AIDS and HIV.

IgE Total: 76.8 IU/mL
METHOD: IMMUNOTURBIDIMETRY