

Your Personal **SMART** Report



Insightful

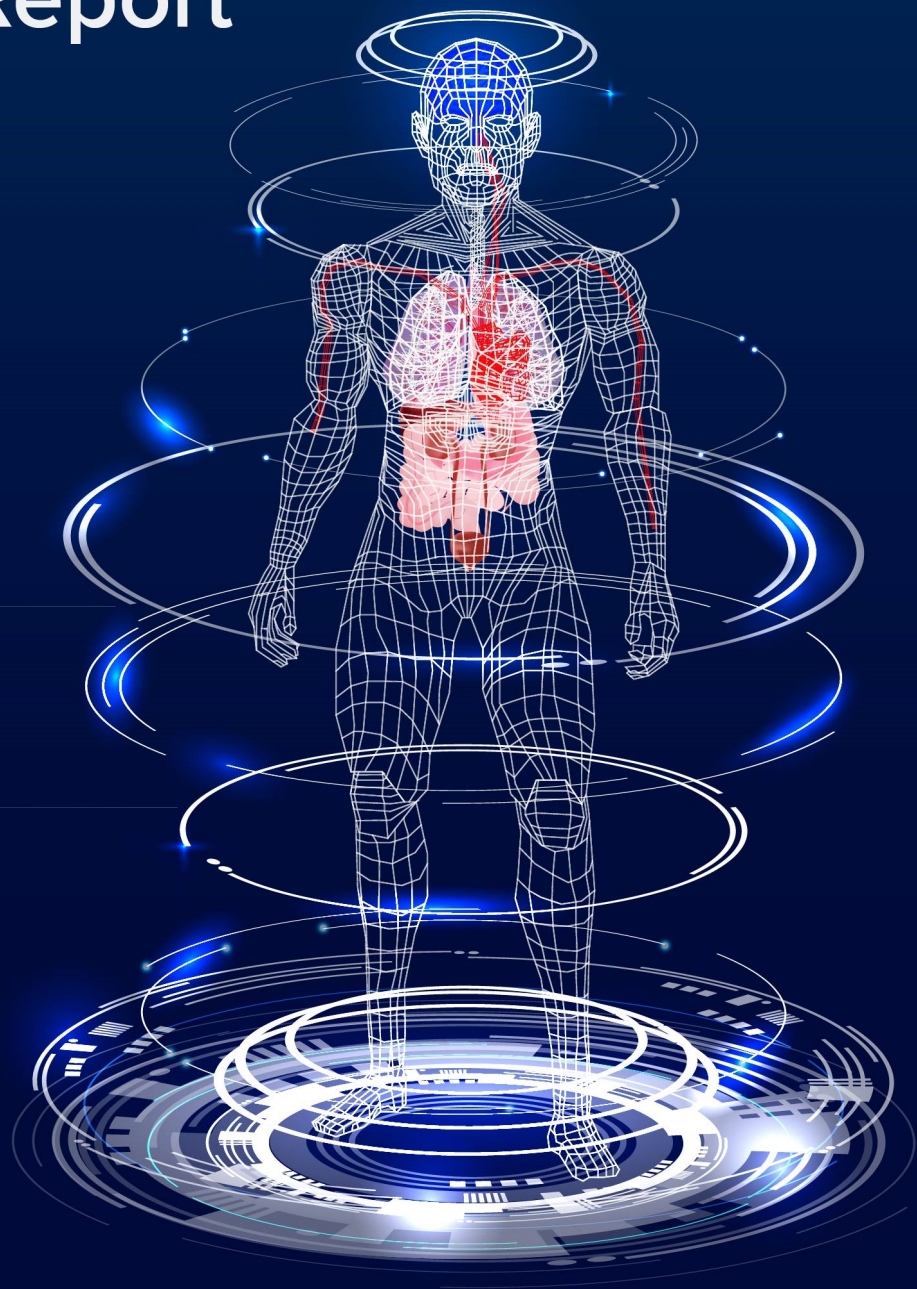


Engaging



Actionable

Wellwise Prime - Male

Your Health Summary

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

Lipid Profile

Please Watchout	
Test Name	Result
HDL : LDL ratio	0.83

Liver Profile

All parameters within normal limit

Kidney And Electrolyte Profile

Please Watchout	
Test Name	Result
Uric Acid	3.3

Stress Marker

All parameters within normal limit

Vitamin Profile

Please Watchout	
Test Name	Result
Vitamin D (25-Hydroxy)	22.19

Thyroid Profile

All parameters within normal limit

Diabetes Monitoring

All parameters within normal limit

HOMA-IR Insulin Index

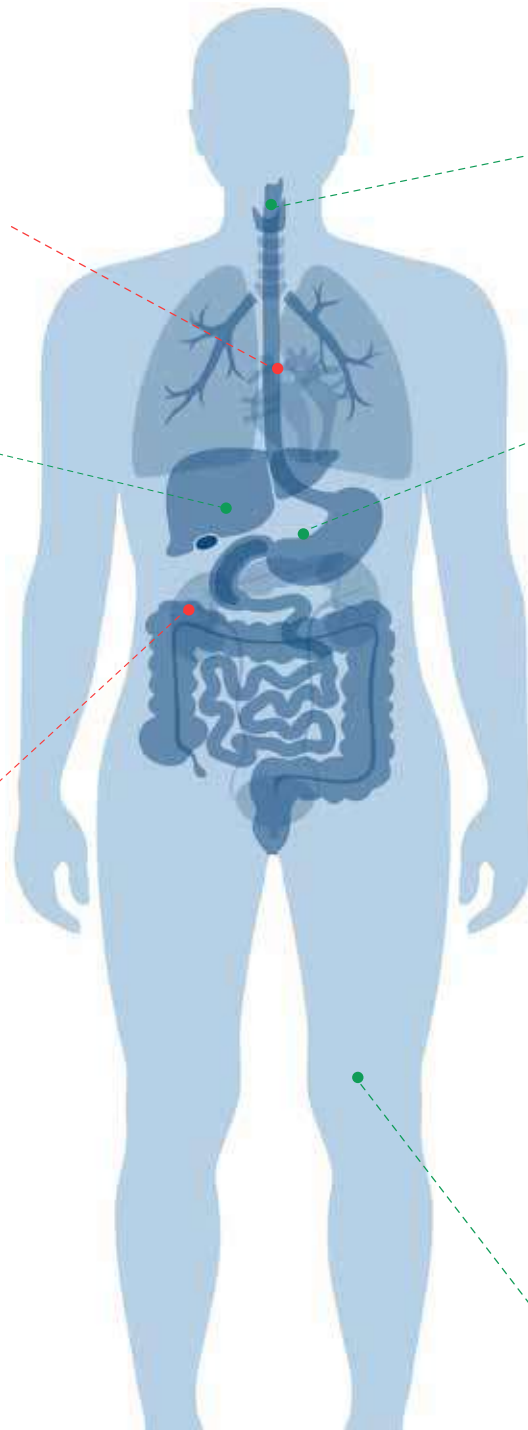
All parameters within normal limit

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, Diabetes Monitoring, HOMA-IR Insulin Index, Liver Profile, Thyroid Profile, Parathyroid Hormone, Pancreas, Arthritis Screening, Hepatitis, Fertility Profile, Immunity, Stress Marker, Prostate Screening, Cancer Screening

BORDERLINE

Kidney And Electrolyte Profile, Lipid Profile, Vitamin Profile, Iron Studies, Cardiac Profile, Urinalysis

ABNORMAL

Good job, no critical profile detected

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



BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
● Haemoglobin	15.7	g/dl	13-17
● Haematocrit	46.8	%	40-50
● Total Leukocyte Count	6.5	10~9/L	4-10
● RBC count	5.39	10~12/L	4.5-5.5
● MCV	86.8	fL	83-101
● MCH	29.1	pg	27-32
● MCHC	33.5	g/dl	31.5-34.5
● RDW	14.0	%	11.5-14.5
● Neutrophils	49.1	%	40-80
● Lymphocytes	36.2	%	20-40
● Monocytes	8.3	%	2-10
● Eosinophils	5.6	%	1-6
● Basophils	0.8	%	0-2
● Abs. Neutrophil Count	3.19	10~9/L	2-7
● Abs. Lymphocyte Count	2.4	10~9/L	1-3
● Abs. Monocyte Count	0.54	10~9/L	0.2-1
● Abs. Eosinophil Count	0.36	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)	7.73	U/g Hb	>2.9

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BLOOD CLOTTING

Test Name	Result	Unit	Range
● Platelet Count	226	10~9/L	150-410
● MPV	8.4	fl	7.8-11.2

INFLAMMATION

Test Name	Result	Unit	Range
● ESR	10	mm/hr	0-12
● CRP	0.44	mg/l	0-5

DIABETES MONITORING

Test Name	Result	Unit	Range
● Blood Sugar (Fasting)	74.0	mg/dL	74-99
● HbA1c (Glycosylated Haemoglobin)	4.39	%	< 5.7
● Glycosylated Haemoglobin(Hb A1c) IFCC	24.46	mmol/mol	0-39
● eAG (Estimated Average Glucose)	79.29	mg/dL	
● Average Glucose Value(Past 3 Months IFCC)	4.39	mmol/L	
● Amylase	81	U/L	28-100

HOMA-IR INSULIN INDEX

Test Name	Result	Unit	Range
● Insulin (Fasting)	3.01	uU/mL	2-25
● Beta Cell Function (%B)	75.70	%	
● Insulin Sensitivity (%S)	267.60	%	
● Homa IR Index	0.37		

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KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
● Uric Acid	3.3	mg/dL	3.5-7.2
● Calcium	9.8	mg/dL	8.8-10.6
● Sodium	136.0	mmol/L	136-146
● Potassium	4.70	mmol/L	3.5-5.1
● Chloride	105	mmol/L	101-109
● Phosphorus	3.3	mg/dL	2.5-4.5
● Blood Urea	33.1	mg/dL	17-43
● Blood Urea Nitrogen (BUN)	15.47	mg/dL	7.9-20
● Serum Creatinine	1.1	mg/dL	0.67-1.17
● Glomerular Filtration Rate	68.43	mL/min/1.73 m ²	
● Glomerular Filtration Rate	76.61		
● BUN : Creatinine ratio	14.06	Ratio	12-20



LIVER PROFILE

Test Name	Result	Unit	Range
● Protein (Total)	7.60	g/dL	6.6-8.3
● Albumin	4.5	g/dL	3.5-5.2
● Globulin	3.1	g/dL	2.3-3.5
● Albumin : Globulin ratio	1.4		1.2-1.5
● Total Bilirubin	0.80	mg/dL	0.3-1.2
● Direct Bilirubin	0.19	mg/dL	0-
● Indirect Bilirubin	0.61	mg/dL	0.1-1
● SGOT (AST)	22	U/L	0-50
● SGPT (ALT)	25	U/L	0-50
● AST / ALT Ratio	0.88	Ratio	
● ALP	84	U/L	30-120
● GGT	24.0	U/L	0-55
● LDH	159	IU/L	0-248

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LIPID PROFILE

Test Name	Result	Unit	Range
● HDL : LDL ratio	0.83	Ratio	0.3-0.4
● Total Cholesterol : HDL ratio	2.3	..	0-4.9
● Total Cholesterol	141	mg/dL	< 200
● HDL Cholesterol	62	mg/dL	>40
● LDL Cholesterol	75	mg/dL	0-100
● Triglycerides	85.0	mg/dL	0-150
● VLDL	17.0	mg/dL	0-30
● Non - HDL Cholesterol	79.00	mg/dL	0-130



THYROID PROFILE

Test Name	Result	Unit	Range
● Free T3 (Triiodothyronine)	2.96	pg/mL	2.6-4.2
● Free T4 (Thyroxine)	0.85	ng/dL	0.58-1.64
● TSH	1.25	μIU/mL	0.38-5.33



VITAMIN PROFILE

Test Name	Result	Unit	Range
● Vitamin D (25-Hydroxy)	22.19	ng/mL	30-100
● Vitamin B12	402.00	pg/mL	222-1439
● Serum Folate	15.8	ng/mL	>5.9



PARATHYROID HORMONE

Test Name	Result	Unit	Range
● Intact, Parathyroid Hormone (PTH)	40.79	pg/mL	12-88

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IRON STUDIES

Test Name	Result	Unit	Range
● Iron	100	µg/ dL	70-180
● UIBC	228	µg/ dL	155-355
● TIBC	328	µg/ dL	225-535
● % Saturation Transferrin	30.49	%	17-37
● Ferritin	358.98	ng/mL	23.9-336.2

PANCREAS

Test Name	Result	Unit	Range
● Lipase	54.0	U/L	0-67
● Amylase	81	U/L	28-100

ARTHRITIS SCREENING

Test Name	Result	Unit	Range
● RA factor (quantitative)	9.4	IU/ mL	0-12

HEPATITIS

Test Name	Result	Unit	Range
● Anti Hbs Titre	0.1	mIU/mL	0-7.9
● HBsAg Test Value	0.10	S/CO	0-0.9
● HCV AB	0.01	S/CO	0-0.9

CARDIAC PROFILE

Test Name	Result	Unit	Range
● HsCRP	0.05	mg/ dL	
● Apo A	144	mg/dL	105-175
● Apo B	50	mg/dl	60-140
● APO B : APO A Ratio	0.35		
● Creatine-Kinase	85	IU/L	0-171
● Homocysteine	11.8	µmol/ L	6-15

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FERTILITY PROFILE

Test Name	Result	Unit	Range
● Testosterone	3.83	ng/mL	1.75-7.81



IMMUNITY

Test Name	Result	Unit	Range
● IgE Total	22.6	IU/mL	0-160



STRESS MARKER

Test Name	Result	Unit	Range
● Cortisol (Random)	10.21	µg/dL	3-22.6



PROSTATE SCREENING

Test Name	Result	Unit	Range
● Prostate-Specific Antigen Total	2.140	ng/mL	0-4

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CANCER SCREENING

Test Name	Result	Unit	Range
● CEA	0.89	ng/ml	0-3



URINALYSIS

Test Name	Result	Unit	Range
● Albumin, Urine	<0.7	mg/dL	0-1.9
● Urinary Creatinine	96.22	mg/dl	22-328
● Albumin / Creatinine ratio	.	mg/g Creatinine	0-30
● Urine Colour	Pale Yellow		
● pH	7.5	..	5-6
● Specific Gravity	1.010		1.015-1.025
● Protein	Neg		
● Glucose in Urine	Neg		
● Ketone	Neg		
● Blood	1+		
● Leukocyte esterase	Neg		
● Bilirubin	Neg		
● Urobilinogen	Normal		
● Nitrite	Neg		
● RBC	16	/HPF	
● Leukocytes	1	/HPF	0-5
● Epithelial Cells	0	/HPF	
● Casts	Nil	/LPF	
● Crystals	Nil	..	
● Bacteria	Nil	/HPF	

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Blood Counts And Anemia

Constituents of your blood

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

Your results

Haemoglobin: 15.7 g/dl NORMAL ●

Hemoglobin is present in the Red Blood Cells and it carries oxygen to the tissues. If Hb is less it causes anemia. Anemia because of low hemoglobin and is more common in women. Decrease in haemoglobin results in Anaemia. WBC are often raised in infections.



RBC count: 5.39 10¹²/L NORMAL ●

METHOD: ELECTRICAL IMPEDANCE

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



Haematocrit: 46.8% NORMAL ●

METHOD: CALCULATED

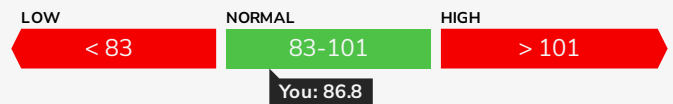
Haematocrit means *how much of your blood is made up of RBCs*. Haematocrit is sometimes also called *PCV (Packed Cell Volume)*.



MCV: 86.8 fL NORMAL ●

METHOD: ELECTRICAL IMPEDANCE

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.

Total Leukocyte Count: 6.5 10⁹/L

METHOD: ELECTRICAL IMPEDANCE

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.

● NORMAL



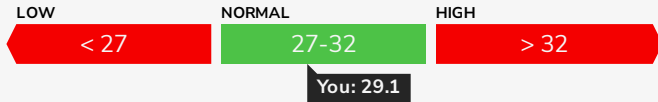
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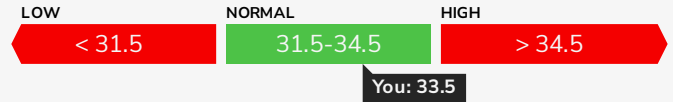
MCH: 29.1 pg NORMAL ●
METHOD: CALCULATED

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



MCHC: 33.5 g/dl NORMAL ●
METHOD: CALCULATED

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

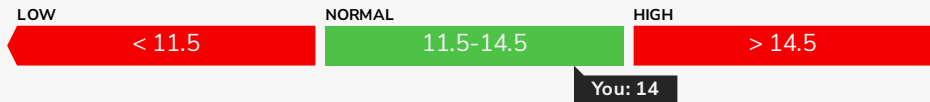
High RDW (Red cell Distribution Width) indicates that your RBCs are of variable sizes. If your RBCs are smaller than standard size or if your RBCs are bigger than normal size, in both cases, your RDW will come high. This test will help to know the type and reason for anemia. A high RDW could mean nutrient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

RDW-CV and RDW-SD are two different values to understand RBCs size variation.

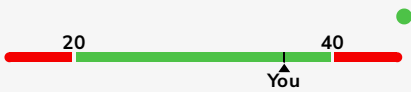
RDW: 14.0 %
METHOD: CALCULATED

Red cell Distribution Width-Coefficient of Variation.

● NORMAL



Lymphocytes: 36.2 %
METHOD: VCS / LIGHT MICROSCOPY

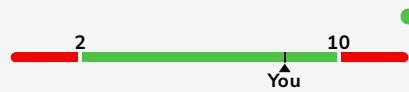


Lymphocytes are a type of WBC. They increase in number in chronic and viral infections and play a major role in your immune system. Their number decreases with an increase in steroids.

Abs. Lymphocyte Count: 2.4^{10⁻⁹/L}
METHOD: CALCULATED FROM TLC & DLC



Monocytes: 8.3 %
METHOD: VCS / LIGHT MICROSCOPY

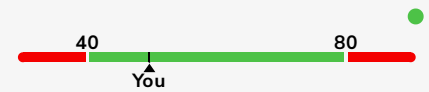


Monocytes are a type of white blood cell that fights bacteria and viruses. A high number of monocytes in the blood is caused by viral or parasitic infection, chronic inflammatory disease

Abs. Monocyte Count: 0.54^{10⁻⁹/L}
METHOD: CALCULATED FROM TLC & DLC

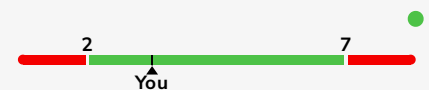


Neutrophils: 49.1 %
METHOD: VCS / LIGHT MICROSCOPY



Neutrophils are the most abundant type of WBCs. They increase in number and respond rapidly in inflammatory processes (redness and swelling in response to the infection), tissue injury and bacterial infection.

Abs. Neutrophil Count: 3.19^{10⁻⁹/L}
METHOD: CALCULATED FROM TLC & DLC



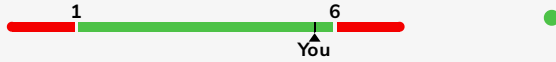
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Eosinophils: 5.6%

METHOD: VCS / LIGHT MICROSCOPY



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: 0.36^{10-9/L}

METHOD: CALCULATED FROM TLC & DLC



Basophils: 0.8%

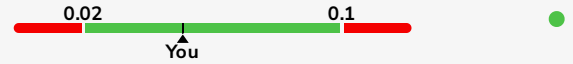
METHOD: VCS / LIGHT MICROSCOPY



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: 0.050^{10-9/L}

METHOD: CALCULATED FROM TLC & DLC



PERIPHERAL SMEAR:

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

METHOD: LIGHT MICROSCOPY

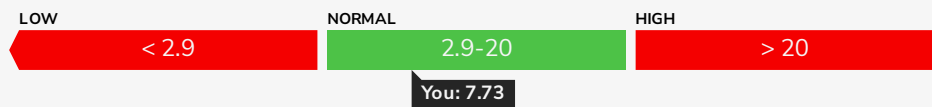
Peripheral Blood smear is examination of blood cells in a stained slide under the microscope by the pathologist. This will check the size and morphology of your platelets. This test will exclude the possibility of some bleeding disorders. It is recommended that morphology of WBC and RBC is also checked,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



G6PD (Quantitative): 7.73^{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.

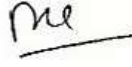
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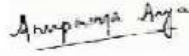
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Dr. Poonam. S. Das, M.D.
Principal Director-
Max Lab & Blood Bank Services



Dr. Dilip Kumar M.D.
Director & Quality Manager



Dr. Anupama Arya. M.D.(PATH)
Principal Consultant - Lab Medicine



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 Profile

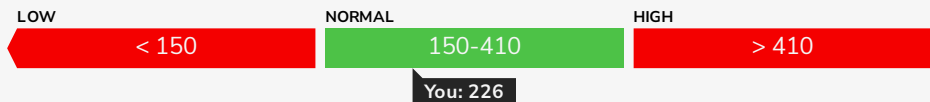
Platelets, which are tiny cells in your blood, have a very important role in blood coagulation. Whenever you get a cut or bleed, platelets stick together to form a blood clot.

Platelet Count: 226 ^{10⁹/L}

METHOD: ELECTRICAL IMPEDANCE

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

● NORMAL



MPV: 8.4 ^{fL}

METHOD: CALCULATED

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

● NORMAL



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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.



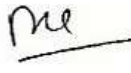
Check your risk of developing blood clots inside your body- blood clots formed inside your blood vessels can block your vessels.



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



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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).

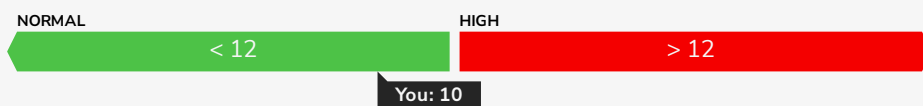
Excessive and persistent inflammation is damaging for your body. Chronic inflammation is associated with non-alcoholic fatty liver disease, diabetes, inflammatory bowel disease, asthma and autoimmune diseases etc. Being aware of your inflammatory status is the first step towards preventing yourself from complications of chronic inflammation. Remember, some chronic inflammations can even increase chances of developing cancers.

Your results

ESR: 10 mm/hr

METHOD: MODIFIED (WESTERGREN)

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. ● NORMAL



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CRP: 0.44 mg/l





METHOD: 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




Lifestyle tips

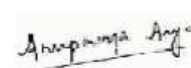
-  Enjoy sitting or walking outdoors in some sunshine. Sunshine will produce vitamin D in your body and this vitamin has an important role in promoting a healthy immune system. Healthy immune system means a lower chance of developing inflammatory and autoimmune disease. Maintaining sufficient vitamin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


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Diabetes Monitoring

Diabetes Panel

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

Your Results

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

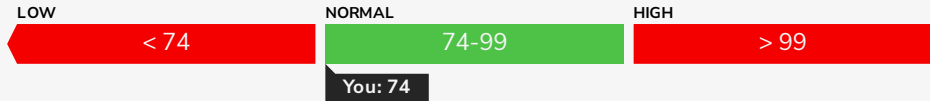
Lab ID:
Ref Doctor:
Passport No:
OP/IP No:

Collection Date/Time:
Receiving Date:
Reporting Date:

Blood Sugar (Fasting): 74.0 mg/dL

METHOD: HEXOKINASE

It is measured as Glucose. Glucose is derived from carbohydrates in the diet (grains, starchy vegetables, and legumes). ● NORMAL
It is a source of energy. Pathologically increases in Shock, Burns, Diabetes Mellitus, Gigantism, Acromegaly, Pancreatic disease etc.



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



EAT LOW SUGAR FOODS THAT ARE MINIMALLY PROCESSED



EXERCISE REGULARLY



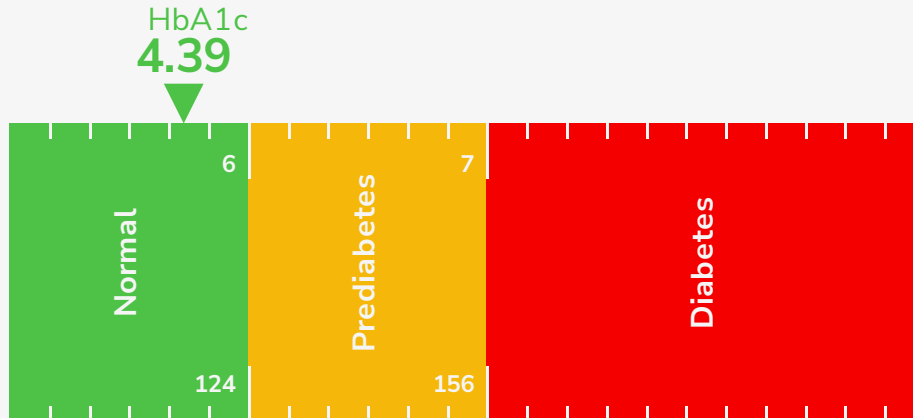
TAKE MEDICATIONS AS PER YOUR HEALTHCARE PROVIDER'S RECOMMENDATIONS

HbA1c (Glycosylated Haemoglobin): 4.39%

● NORMAL

eAG (Estimated Average Glucose): 79.29 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

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

Lab ID:
Ref Doctor:
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Glycosylated Haemoglobin(Hb A1c) IFCC: 24.46 mmol/mol

METHOD: CALCULATED



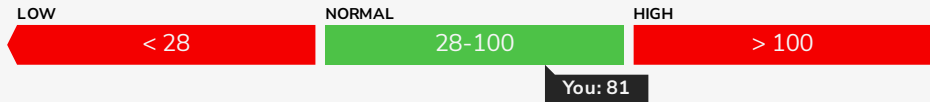
Average Glucose Value(Past 3 Months IFCC): 4.39 mmol/L

METHOD: CALCULATED

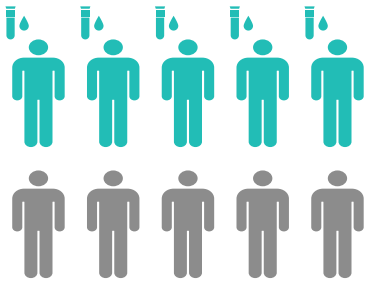
Amylase: 81 U/L

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).



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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HOMA-IR Insulin Index

HOMA-IR Insulin Index

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

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

Collection Date/Time:
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Insulin (Fasting) 3.01 uU/mL

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

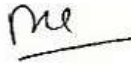
Beta Cell Function (%B): 75.70%

Insulin Sensitivity (%S): 267.60%

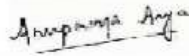
Homa IR Index: 0.37



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Lab ID:
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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.

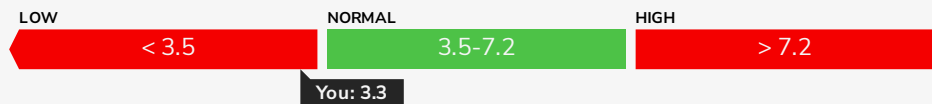
Your Results

Uric Acid: 3.3 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.

● **LOW**



Some causes for a high uric acid level



ALCOHOL, HIGH-FAT DAIRY, FAST FOODS



"CRASH DIETS", OVER-FASTING



CERTAIN MEDICINES - ASK YOUR DOCTOR

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

Lab ID:
Ref Doctor:
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OP/IP No:

Collection Date/Time:
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Calcium: 9.8 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



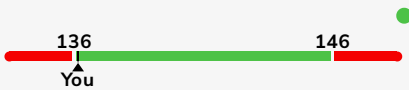
MILK, SPINACH, FORTIFIED CEREALS, NUTS AND SEEDS, INCLUDING ALMONDS AND SESAME SEEDS

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.

Sodium: 136.0 mmol/L

METHOD: ISE INDIRECT



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

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

Foods rich in sodium



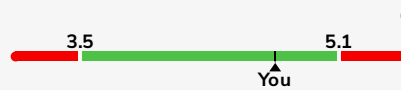
SALT



CHEESE

Potassium: 4.70 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



MILK AND DAIRY PRODUCTS



FRUITS (APRICOTS, BANANAS, CITRUS FRUITS)

Chloride: 105 mmol/L

METHOD: ISE INDIRECT



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

Food sources of chloride



SALT



TOMATOES

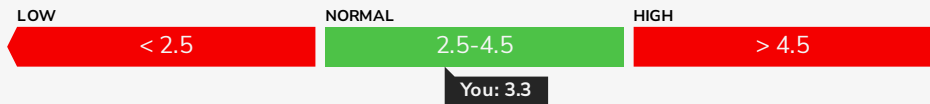
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Passport No:
OP/IP No:

Collection Date/Time:
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Reporting Date:

Phosphorus: 3.3 mg/dL
METHOD: PHOSPHOMOLYBDATE UV

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



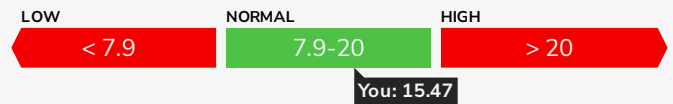
Blood Urea: 33.1 mg/dL ● NORMAL
METHOD: URASE, UV

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



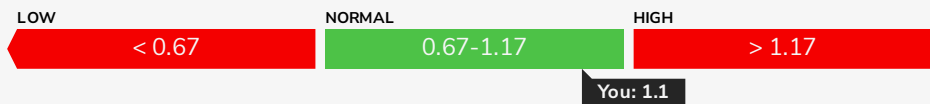
Blood Urea Nitrogen (BUN): 15.47 mg/dL ● NORMAL
METHOD: CALCULATED

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



Serum Creatinine: 1.1 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. ● NORMAL



Glomerular Filtration Rate: 68.43 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: 76.61 ●

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

Name:
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BUN : Creatinine ratio: 14.06^{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 ● NORMAL may not be getting enough blood flow to your kidneys



Tips



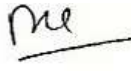
Your kidneys can be ill even if you're fine. Your kidneys can have a disease but your body might not show any effects of that.



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

Liver Function Tests

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

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

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

Your results

Protein (Total): 7.60^{g/dL}

METHOD: BIURET, REAGENT BLANK, END POINT

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



Name:
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Albumin: 4.5 g/dL NORMAL ●

METHOD: BROMOCRESOL GREEN (BCG)

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



Globulin: 3.1 g/dL NORMAL ●

METHOD: CALCULATED

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



Albumin : Globulin ratio: 1.4

METHOD: CALCULATED

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

● NORMAL

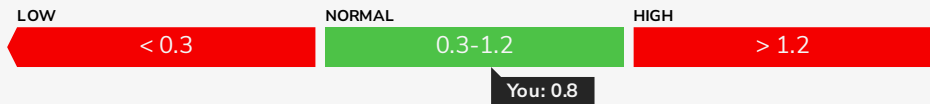


Total Bilirubin 0.80 mg/dL

● 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	0.19 mg/dL	0-	● NORMAL
Indirect Bilirubin	0.61 mg/dL	0.1-1	● NORMAL



Enzymes

About

Enzymes found in your liver are responsible for various processes that maintain body functions. These enzymes are leaked into your blood when your liver suffers damage.

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

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SGOT (AST): 22 U/L

NORMAL ●

METHOD: UV WITHOUT P5P

AST is an enzyme your liver makes. Other organs, like your heart, kidneys, brain, and muscles, also make smaller amounts. AST is also called SGOT (serum glutamic-oxaloacetic transaminase). Normally, AST levels in your blood are low. When your liver is damaged, it puts more AST into your blood, and your levels rise.

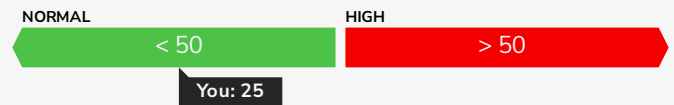


SGPT (ALT): 25 U/L

NORMAL ●

METHOD: UV WITHOUT P5P

SGPT is mostly concentrated in your liver and is a vital indicator of your liver's health. It is also called alanine aminotransferase. Serum ALT level, serum AST (aspartate transaminase) level, and their ratio (AST/ALT ratio) are commonly measured as biomarkers for liver health.



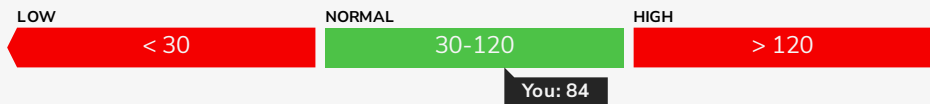
AST / ALT Ratio: 0.88 Ratio

METHOD: CALCULATED

ALP: 84 U/L

METHOD: PNPP, AMP BUFFER

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: 24.0 U/L

METHOD: G-GLUTAMYL CARBOXY NITROANILIDE

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.

● NORMAL



Some causes for a high GGT level



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

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LDH: 159 IU/L

METHOD: LACTATE TO PYRUVATE

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

● NORMAL



Tips



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



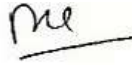
Avoid excess alcohol
Alcoholic beverages destroy and scar your liver cells.



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



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Lipid Profile

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

Ratios

About

Ratios are calculated to check the amount of good lipids as compared to bad lipids in the body. In a healthy person, good lipids should be greater than bad lipids. As per latest research, ratios are better predictors of heart disease risk as compared to individual biomarkers like LDL.

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

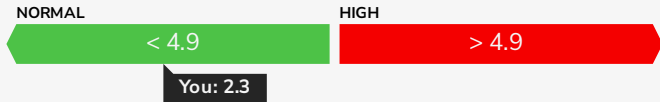
Lab ID:
Ref Doctor:
Passport No:
OP/IP No:

Collection Date/Time:
Receiving Date:
Reporting Date:

Total Cholesterol : HDL ratio: 2.3.. NORMAL ●

METHOD: CALCULATED

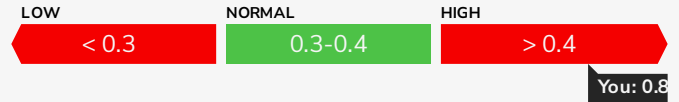
Higher the cholesterol:HDL ratio, worse it is for your heart. The ideal cholesterol:HDL ratio is 3.5. You should aim to keep your ratio below 5.



HDL : LDL ratio: 0.83 Ratio HIGH ●

METHOD: CALCULATED

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

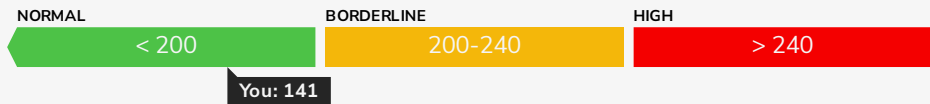


Total Cholesterol: 141 mg/dL

METHOD: CHOLESTEROL OXIDASE, ESTERAGE, PEROXIDASE

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).

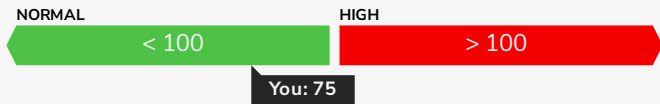
● NORMAL



LDL Cholesterol: 75 mg/dL NORMAL ●

METHOD: DIRECT MEASURE

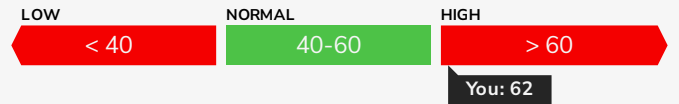
LDL (Low-Density Lipoprotein) is "bad" cholesterol because it deposits fat around your blood vessels to cause heart disease



HDL Cholesterol: 62 mg/dL NORMAL ●

METHOD: DIRECT MEASURE IMMUNOINHIBITION

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



Triglycerides: 85.0 mg/dL

METHOD: ENZYMATIC END POINT

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.

● NORMAL



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

Lab ID:
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Collection Date/Time:
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Reporting Date:

VLDL: 17.0 mg/dl

METHOD: CALCULATED

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

● NORMAL



Non - HDL Cholesterol: 79.00 mg/dL

METHOD: CALCULATED

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



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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Receiving Date:
Reporting Date:



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.

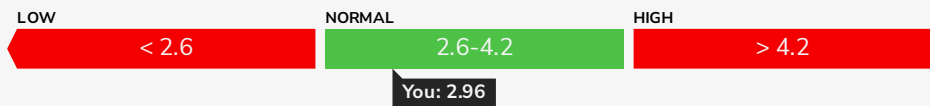
Hypothyroidism is a condition having low Free T₃, Free T₄ levels and increased TSH levels while Hyperthyroidism is a condition having increased levels of free T₃, Free T₄ and decreased levels of TSH.

Your Results

Free T3 (Triiodothyronine) 2.96 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) 0.85 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).

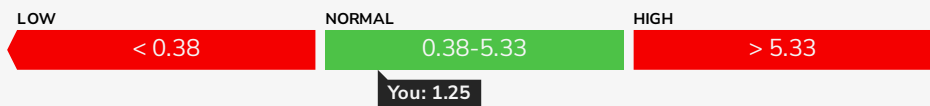


TSH: 1.25 μ U/mL

METHOD: CLIA

Thyroid Stimulating Hormone (TSH) or Thyrotropin, is hormone synthesized by Pituitary gland. It promotes the growth of thyroid cell and sustains and stimulates the hormonal secretion of T₃ and T₄. TSH is Increased in primary Hypothyroidism.

● NORMAL



Thyroid disorders

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

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

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

Lab ID:
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OP/IP No:

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Reporting Date:

Risk Factors



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



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

Tips



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

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

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

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Vitamin Profile

Vitamin Profile

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

Your results

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

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

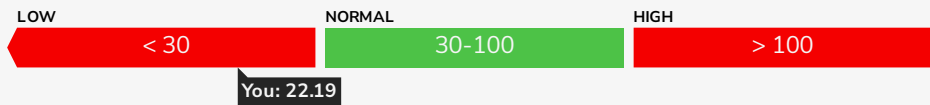
Collection Date/Time:
Receiving Date:
Reporting Date:

Vitamin D (25-Hydroxy): 22.19 ng/mL

METHOD: CLIA

Vitamin D, also called “wellness vitamin” is produced endogenously through exposure of skin to sunlight, and is absorbed from foods containing or supplemented with vitamin D. Only a few foods, primarily fish liver oils, fatty fish, egg Yolks, and liver, naturally contain significant amounts of vitamin D. It is metabolized to its biologically active form, 1, 25 – Dihydroxyvitamin D, a hormone that regulates calcium and phosphorus metabolism.

● **LOW**



Symptoms of vitamin D Deficiency:



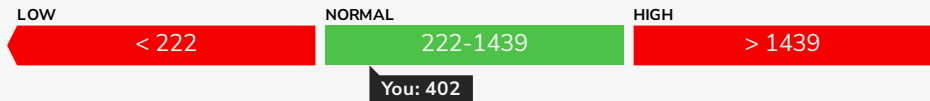
DEFICIENCY MAY INCLUDE: BONE AND BACK PAIN, LOW MOOD, FATIGUE, MUSCLE PAIN, HAIR LOSS, IMPAIRED WOUND HEALING.

Vitamin B12: 402.00 pg/mL

METHOD: CHEMILUMINESCENCE

Vitamin B12, also known as cyanocobalamin, is water soluble vitamin that is required for the maturation of erythrocytes (RBCs). Vitamin B12 is tested for patients with GIT disease, Neurological disease, psychiatric disturbances, malnutrition, alcohol abuse and anemia

● **NORMAL**



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

Name:
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Serum Folate: 15.8 ng/mL

METHOD: CLIA

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

● NORMAL



Tips



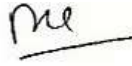
Balanced Diet- A balanced diet can take care of all the vitamin needs of your body.



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



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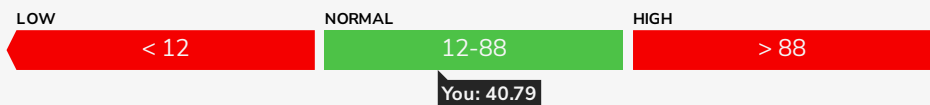


Parathyroid Hormone

Parathyroid Hormone

Intact, Parathyroid Hormone (PTH): 40.79 pg/mL

METHOD: CLIA



● NORMAL



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Lab ID:
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OP/IP No:

Collection Date/Time:
Receiving Date:
Reporting Date:



Iron Studies

Iron Studies

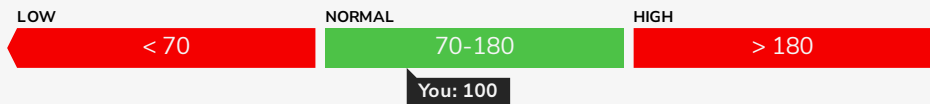
Anemia is the condition where your body has less RBCs (red blood cells) or the RBCs don't have enough haemoglobin. Hemoglobin is an oxygen binding protein inside a RBC. RBCs carry oxygen to different parts of your body. Untreated anemia can lead to heart diseases.

Your results

Iron: 100 µg/ dL

METHOD: TPTZ NO DEPROTEINIZATION

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

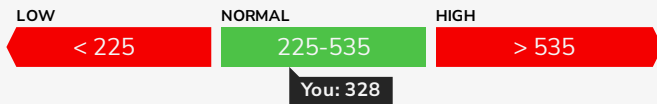


TIBC: 328 µg/ dL

METHOD: CALCULATED

NORMAL ●

This test measures the blood's ability to attach itself to iron.

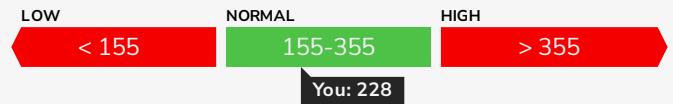


UIBC: 228 µg/ dL

METHOD: NITROSO PSAP

NORMAL ●

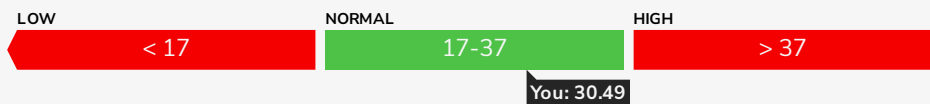
This is the measure of reserve iron binding capacity. It measures the amount of transferrin that is free(not bound to iron) and is still available to bind iron.



% Saturation Transferrin 30.49 %

● 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.



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

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

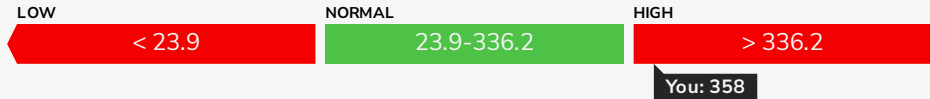
Collection Date/Time:
Receiving Date:
Reporting Date:

Ferritin: 358.98 ng/mL

METHOD: CLIA

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.

● **HIGH**



Overall Diet and Lifestyle to avoid Anemia



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



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



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



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



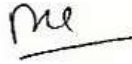
Eat folate rich foods like fruits, dark green leafy vegetables, green peas, kidney beans (Rajma), black eyed peas (Lobia), broccoli, cereals fortified with folate and peanuts.



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



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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.

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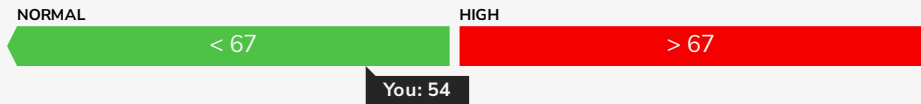
Collection Date/Time:
Receiving Date:
Reporting Date:

Lipase: 54.0 U/L

METHOD: ENZYMATIC 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.

● NORMAL

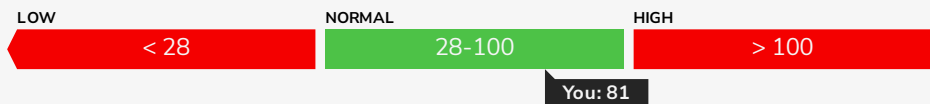


Amylase: 81 U/L

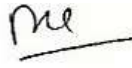
METHOD: G 7, PNP BLOCKED

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




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Arthritis Screening

Arthritis Panel

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

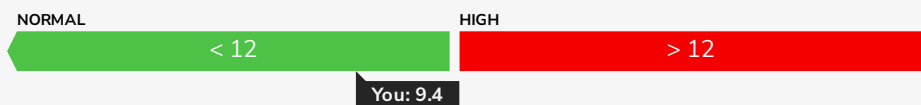
Your results

RA factor (quantitative): 9.4 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



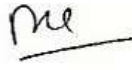
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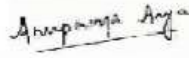
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Hepatitis

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: 0.1 mIU/mL

● NORMAL



HBsAg Test Value: 0.10 S/CO

METHOD: CLIA

● NORMAL

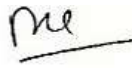


HCV AB: 0.01 S/CO

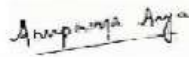
● NORMAL




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

Lab ID:
Ref Doctor:
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OP/IP No:

Collection Date/Time:
Receiving Date:
Reporting Date:



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.

HsCRP: 0.05 mg/dL

METHOD: IMMUNOTURBIDIMETRIC

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.

Apo A: 144 mg/dL

METHOD: IMMUNOTURBEDIMETRIC

NORMAL ●

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.

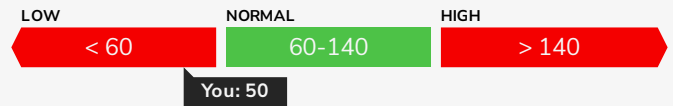


Apo B: 50 mg/dL

METHOD: IMMUNOTURBEDIMETRIC

LOW ●

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.



APO B : APO A Ratio: 0.35

METHOD: CALCULATED

Creatine-Kinase: 85 IU/L

METHOD: NAC ACTIVATED

NORMAL ●

Creatine Kinase is present in muscle tissues of heart, brain and skeletal muscles. Its level rises when any of the muscles in these tissues are damaged.



Homocysteine: 11.8 μmol/L

METHOD: ENZYMATIc KINETIC

NORMAL ●

Homocysteine is a sulfur-containing amino acid that is produced in the body. High levels of homocysteine can lead to heart disease, stroke, and other health problems.



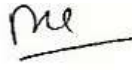
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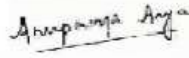
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Fertility Profile

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.

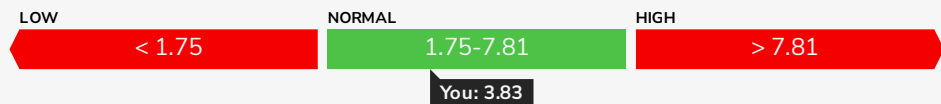
Your Results

Testosterone: 3.83 ng/mL

● NORMAL



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.



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/m² 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

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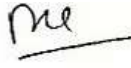
Eat antioxidant rich foods- Many studies showed that eating antioxidant rich foods like grape, mango, strawberry, blackberry, blueberries, olives and papaya can increase overall health including reproductive health.



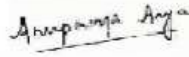
Limit intake of caffeine- High intake of caffeine (coffee) can decrease fertility and can cause pregnancy loss.



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Immunity

Immunity

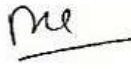
Immunity is your body's ability to fight infection and protect your body from viruses and bacteria. When your immunity is weak, or your immune system does not work properly then it will result in you getting ill and some diseases like AIDS and HIV.

IgE Total: 22.6 IU/mL

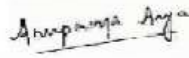
METHOD: IMMUNOTURBIDIMETRY



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Stress Marker

Stress Marker

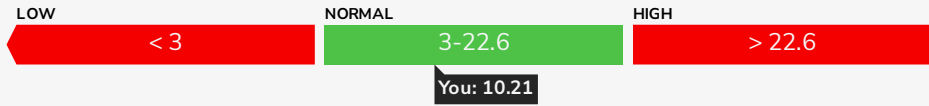
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Max ID/Mobile:
Centre:

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

Collection Date/Time:
Receiving Date:
Reporting Date:

Cortisol (Random): 10.21 $\mu\text{g/dL}$

METHOD: CLIA



● NORMAL



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Prostate Screening

Prostate Screening

Prostate-Specific Antigen Total: 2.140 ng/mL

METHOD: CLIA

PSA is a glycoprotein produced by the prostate gland. It is secreted to liquify the seminal coagulum, and it is also found ● NORMAL in blood.

PSA serves as an excellent cancer marker in prostate cancer screening, diagnosis, prediction of cancer risks and recurrence.




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Cancer Screening

Cancer Screening

Cancer cells grow and divide in an uncontrolled manner forming a tumor (lump), invading normal tissues and organs and eventually spreading throughout the body. Cancer cells kills by invading important organs and interferes with the body functions that are necessary to live.

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

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

Collection Date/Time:
Receiving Date:
Reporting Date:

CEA: 0.89 ng/ml
METHOD: CLIA



Tips



Exercise: Maintaining a healthy diet and regular exercise can lower the risk of cancer



Regular Checkup: Women aged 50-74 are advised to get a mammography screening done once in every two years. A breast self-exam can also be done by the woman at home to look for changes or lumps in the breast tissue.


Risk Factors



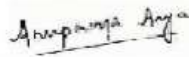
Many pesticides used in farming today have cancer causing properties. Hence vegetables, fruits and Green leaves must be thoroughly washed (and if possible the skin must be peeled) before consumption to reduce this risk.



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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

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

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

Collection Date/Time:
Receiving Date:
Reporting Date:

Albumin, Urine: <0.7 mg/dL

METHOD: IMMUNOTURBIDIMETRIC



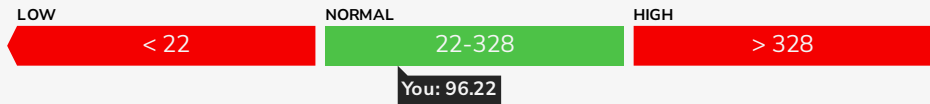
● NORMAL

Urinary Creatinine: 96.22 mg/dl

METHOD: ALKALINE PICRATE KINETIC

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.

● NORMAL



Albumin / Creatinine ratio: . mg/g Creatinine

METHOD: CALCULATED



● HIGH

Urine Colour: Pale Yellow

METHOD: VISUAL OBSERVATION/ AUTOMATED

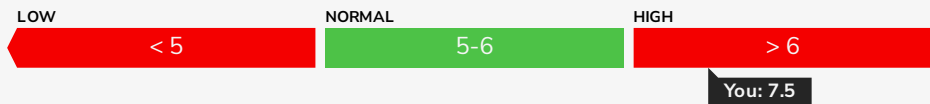
● NORMAL

pH: 7.5..

METHOD: DOUBLE INDICATOR

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

● HIGH

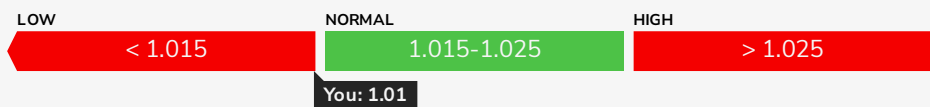


Specific Gravity: 1.010

METHOD: PKA CHANGE

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

● LOW



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

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

Collection Date/Time:
Receiving Date:
Reporting Date:

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 : 16 /HPF

Glucose in Urine: Neg

METHOD: ENZYME REACTION

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

Leukocyte esterase: Neg

METHOD: LEUKOCYTE ESTERASE REACTION

● ABNORMAL

Epithelial Cells: 0/HPF

METHOD: LIGHT MICROSCOPY/IMAGE CAPTURE MICROSCOPY

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

METHOD: EHRLICH'S REACTION

NORMAL ●

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

Tips



Drink water when thirsty

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



Don't wait too long to use the restroom

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



Dr. Poonam. S. Das, M.D.
Principal Director-
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Dr. Dilip Kumar M.D.
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Principal Consultant - Lab Medicine

All Other Tests

All Other Tests

Find your remaining tests below

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

Test Name

Result

Range

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

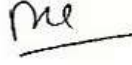
Receiving Date:

Reporting Date:

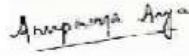
Alpha Fetoprotein CLIA	3.92 ng/mL	0 - 9
HCG-Beta Specific CLIA	0.45 mIU/mL	0.5 - 2.67
CA 19.9 Antigen CLIA	4.89 U/ml	0 - 35
Free PSA CLIA	0.270 ng/mL	-
Free PSA % Calculated	12.62 %	-



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