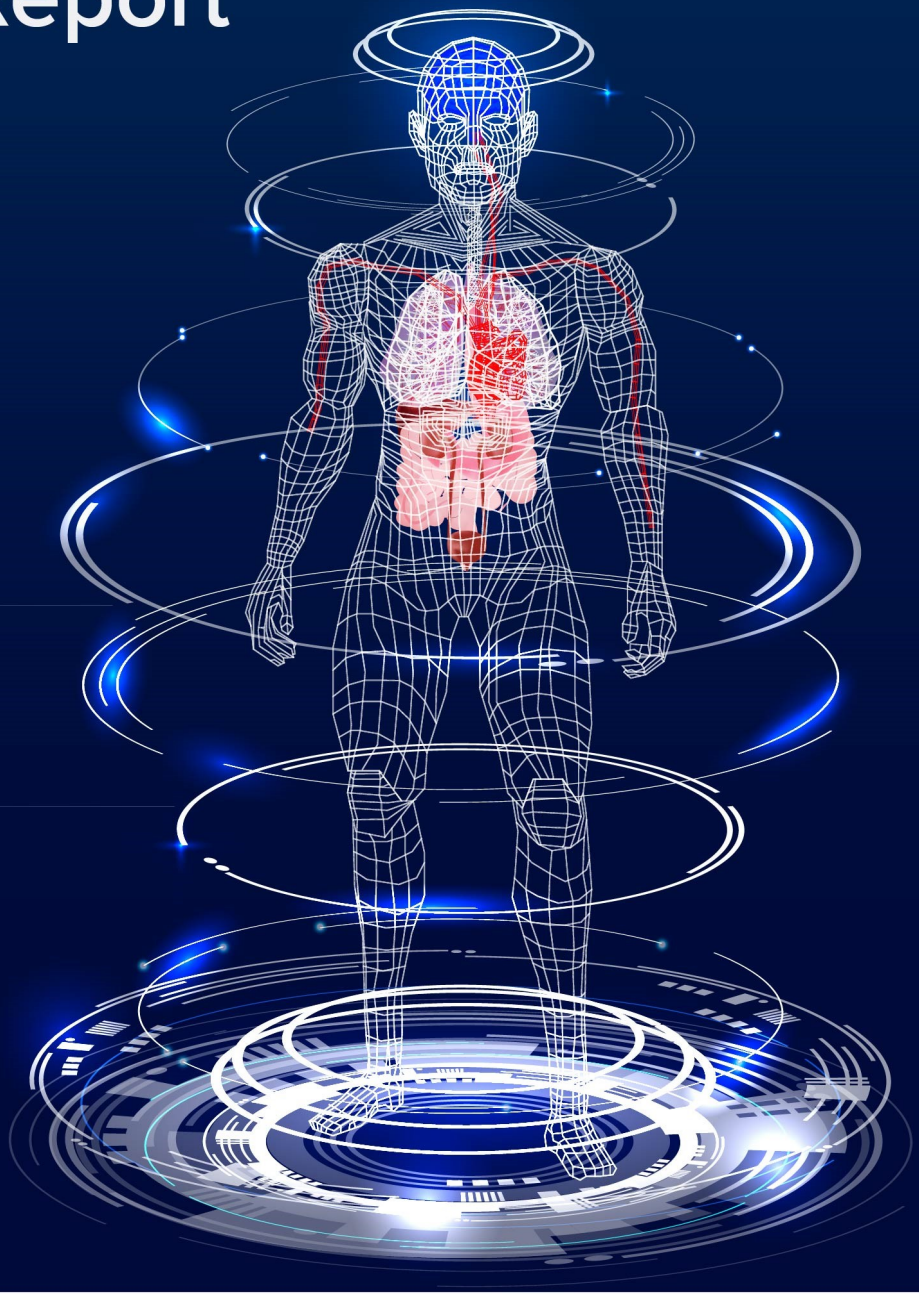
MAX Lab

Your Personal SMART Report

- Insightful
- Engaging
- Actionable



Wellwise Total Profile

Mr. .....

Booking ID -

Collection Date-

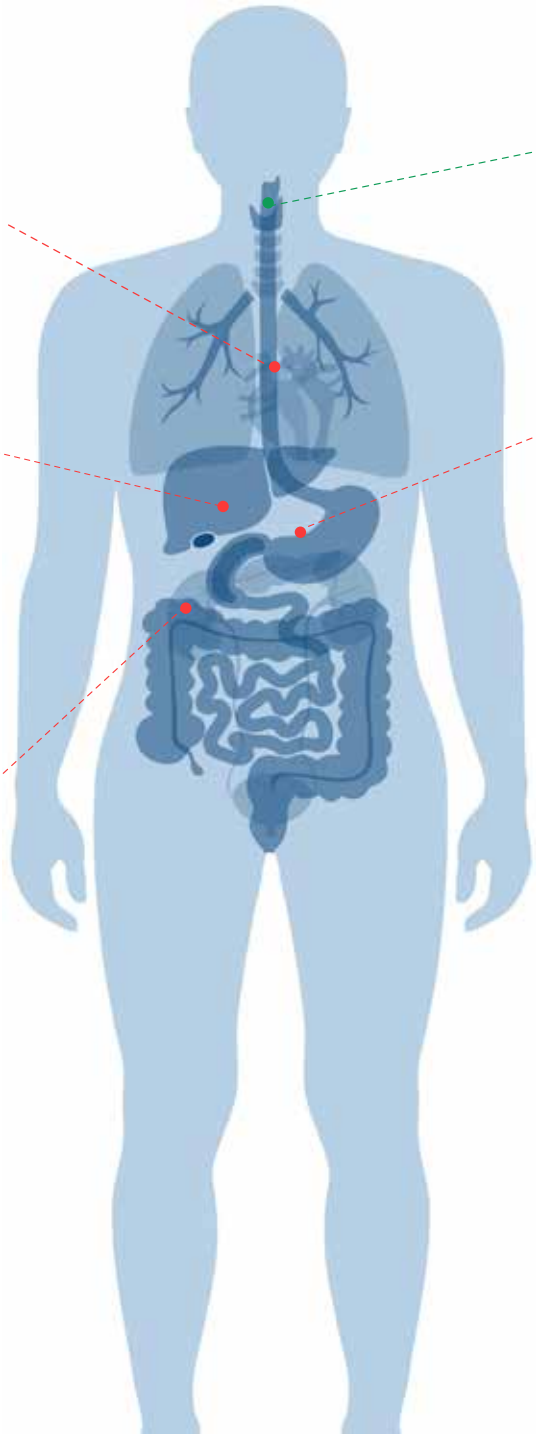
Reporting Date -

7982 100 200 | www.maxlab.co.in | feedback@maxlab.co.in

MAX Lab

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

+ 4 tests Please Watchout

Test Name	Result
Total Cholesterol	213.9
LDL Cholesterol	147
Triglycerides	161.5

Liver Profile

Please Watchout

Test Name	Result
SGOT (AST)	73.2
SGPT (ALT)	73

Kidney And Electrolyte Profile

Please Watchout

Test Name	Result
Serum Creatinine	0.72
Chloride	100.6

Vitamin Profile

Please Watchout

Test Name	Result
Vitamin D (25-Hydroxy)	29.23

Thyroid Profile

All parameters within normal limit

Diabetes Monitoring

Please Watchout

Test Name	Result
Blood Sugar (Fasting)	107.1
HbA1c (Glycosylated Haemoglobin)	6.7
Glycosylated Haemoglobin(Hb A1c) IFCC	49.72

Blood Counts And Anemia

+ 3 tests Please Watchout

Test Name	Result
Total Leukocyte Count	11.3
RBC count	5.81
RDW	14.8

MAX Lab

Report Summary

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

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

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

BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
Total Leukocyte Count	**11.3**	10~9/L	4-10
RBC count	**5.81**	10~12/L	4.5-5.5
MCV	85.6	fL	83-101
MCH	27.1	pg	27-32
MCHC	31.6	g/dl	31.5-34.5
RDW	**14.8**	%	11.5-14.5
Neutrophils	48.1	%	40-80
Lymphocytes	37.7	%	20-40
Monocytes	**10.3**	%	2-10
Eosinophils	3.0	%	1-6
Basophils	0.9	%	0-2
Abs. Neutrophil Count	5.44	10~9/L	2-7
Abs. Lymphocyte Count	**4.3**	10~9/L	1-3
Abs. Monocyte Count	**1.16**	10~9/L	0.2-1
Abs. Eosinophil Count	0.34	10~9/L	0.02-0.5
Abs. Basophil Count	0.1	10~9/L	0.02-0.1
PERIPHERAL SMEAR	**RBC: -** Normocytic Normochromic **WBC: -** Counts within normal limits **Platelet: -** Adequate No hemoparasite seen		
Iron	82.0	µg/dL	70-180

MAX Lab

Report Summary

Name:	Mr. Pardeep Kumar	Lab ID:	2667062400020~1		
Age/Gender:	53 Y 0 M 0 D / M	Ref Doctor:	SELF		
Max ID/Mobile:	ML04756669 / 7290067705	Passport No:	-	Reporting Date:	11/Jun/2024
Centre:		OP/IP No:			

BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
UIBC	303.3	µg/dL	155-355
TIBC	385.3	µg/dL	225-535
% Saturation Transferrin	21.28	%	17-37
Haemoglobin	15.8	g/dl	13-17
Haematocrit	49.8	%	40-50

BLOOD CLOTTING

Test Name	Result	Unit	Range
Platelet Count	150	10~9/L	150-410
MPV	10.3	fl	7.8-11.2

INFLAMMATION

Test Name	Result	Unit	Range
ESR	05	mm/hr	0-12
CRP	**7.0**	mg/L	0-5

DIABETES MONITORING

Test Name	Result	Unit	Range
Blood Sugar (Fasting)	**107.1**	mg/dL	74-99
HbA1c (Glycosylated Haemoglobin)	**6.7**	%	< 5.7
Glycosylated Haemoglobin(Hb A1c) IFCC	**49.72**	mmol/mol	0-39
eAG (Estimated Average Glucose)	145.59	mg/dL	
Average Glucose Value(Past 3 Months IFCC)	8.06	mmol/L	

THYROID PROFILE

Test Name	Result	Unit	Range
Free T3 (Triiodothyronine)	3.77	pg/mL	2.6-4.2
Free T4 (Thyroxine)	0.96	ng/dL	0.58-1.64
TSH	3.18	µIU/mL	0.38-5.33

MAX Lab

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KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
Serum Creatinine	**0.72**	mg/dL	0.9-1.3
eGFR by MDRD	114.20	ml/min/1.73 m²	> 90
eGFR by CKD EPI 2021	108.48		> 90
BUN : Creatinine ratio	17.56	Ratio	12-20
Uric Acid	6.34	mg/dL	3.5-7.2
Calcium	9.3	mg/dL	8.8-10.6
Sodium	140.0	mmol/L	136-146
Potassium	4.24	mmol/L	3.5-5.1
Chloride	**100.6**	mmol/L	101-109
Bicarbonate	23.4	mmol/L	21-31
Phosphorus	3.85	mg/dL	2.5-4.5
Blood Urea	27.0	mg/dL	17-43
Blood Urea Nitrogen (BUN)	12.64	mg/dL	7.9-20

LIVER PROFILE

Test Name	Result	Unit	Range
SGOT (AST)	**73.2**	U/L	0-50
SGPT (ALT)	**73**	U/L	0-50
AST / ALT Ratio	1	Ratio	
ALP	80	U/L	30-120
GGT	46.8	U/L	7-50
Protein (Total)	7.40	g/dL	6.6-8.3
Albumin	4.3	g/dL	3.5-5.2
Globulin	3.1	g/dL	2.3-5
Albumin : Globulin ratio	1.4		1.2-1.5
Total Bilirubin	0.61	mg/dL	0.3-1.2
Direct Bilirubin	0.11	mg/dL	0-0.2
Indirect Bilirubin	0.5	mg/dL	0.1-1

MAX Lab

Report Summary

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LIPID PROFILE

Test Name	Result	Unit	Range
Total Cholesterol	**213.9**	mg/dL	< 200
HDL Cholesterol	41.9	mg/dL	>40
LDL Cholesterol	**147**	mg/dL	0-100
Triglycerides	**161.5**	mg/dL	< 150
VLDL	**32.3**	mg/dL	0-30
Non - HDL Cholesterol	**172.00**	mg/dL	0-130
HDL : LDL ratio	**0.29**	Ratio	0.3-0.4
Total Cholesterol : HDL ratio	**5.1**		0-4.9

VITAMIN PROFILE

Test Name	Result	Unit	Range
Vitamin D (25-Hydroxy)	**29.23**	ng/mL	30-100
Vitamin B12	299	pg/mL	120-914

URINALYSIS

Test Name	Result	Unit	Range
Urine Colour	Pale Yellow		
pH	6.0	..	5-6
Specific Gravity	**1.030**		1.015-1.025
Protein	Nil		
Glucose in Urine	Nil		
Ketone	Nil		
Blood	ABSENT		
Bilirubin	Negative		
Urobilinogen	Normal		
Nitrite	Negative		
RBC	Nil	/HPF	
Leukocytes	2-3	/HPF	0-5
Epithelial Cells	0-1	/HPF	
Casts	Nil	/LPF	
Crystals	Calcium Oxalate ..		
Bacteria	Nil	/HPF	

MAX Lab

Blood Counts And Anemia

-

Name:	Lab ID:	Collection Date/Time:
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Constituents of your blood

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

Your results

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: 11.3 10~9/L — ● HIGH

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.

LOW	NORMAL	HIGH
< 4	4-10	> 10

You: 11.3

Haemoglobin: 15.8 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.

LOW	NORMAL	HIGH
< 13	13-17	> 17

You: 15.8

RBC count: 5.81 10~12/L — HIGH ●

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

LOW	NORMAL	HIGH
< 4.5	4.5-5.5	> 5.5

You: 5.81

Haematocrit: 49.8 % — NORMAL ●

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

LOW	NORMAL	HIGH
< 40	40-50	> 50

You: 49.8

MCV: 85.6 fL — NORMAL ●

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

LOW	NORMAL	HIGH
< 83	83-101	> 101

You: 85.6

MAX Lab

Blood Counts And Anemia

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MCH: 27.1 pg — NORMAL

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

LOW	NORMAL	HIGH
< 27	27-32	> 32

You: 27.1

MCHC: 31.6 g/dl — NORMAL

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.

LOW	NORMAL	HIGH
< 31.5	31.5-34.5	> 34.5

You: 31.6

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: 14.8 % — HIGH

Red cell Distribution Width-Coefficient of Variation.

LOW	NORMAL	HIGH
< 11.5	11.5-14.5	> 14.5

You: 14.8

MAX Lab

Blood Counts And Anemia

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Name:	Lab ID:	Collection Date/Time:
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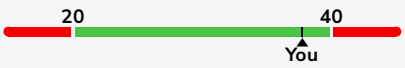
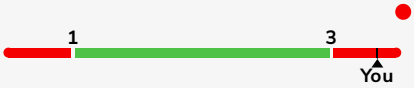
Lymphocytes: 37.7 %

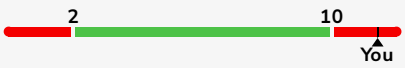


Lymphocytes are a type of WBC. They increase in number in chronic and viral infections and play a major role in your immune system. Their number decreases with an increase in steroids.

Abs. Lymphocyte Count: 4.3 10~9/L

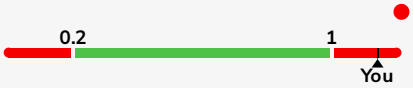


Monocytes: 10.3 %

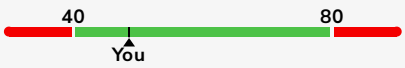


Monocytes are a type of white blood cell that fights bacteria and viruses. A high number of monocytes in the blood is caused by viral or parasitic infection, chronic inflammatory disease

Abs. Monocyte Count: 1.16 10~9/L



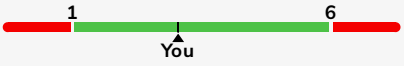
Neutrophils: 48.1 %



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.

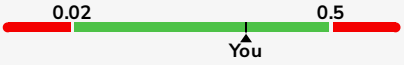
Abs. Neutrophil Count: 5.44 10~9/L

Eosinophils: 3.0 %

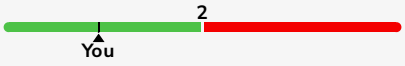


Eosinophils are white blood cells that fight infection. An allergic reaction, or cancers are most common causes of this disorder. Increased amounts of eosinophils can be present in your blood or tissues at the area of infection.

Abs. Eosinophil Count: 0.34 10~9/L

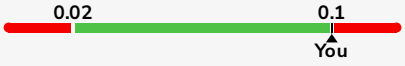


Basophils: 0.9 %



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: 0.1 10~9/L



MAX Lab

Blood Counts And Anemia

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

PERIPHERAL SMEAR:

RBC: - Normocytic Normochromic

WBC: - Counts within normal limits

Platelet: - Adequate

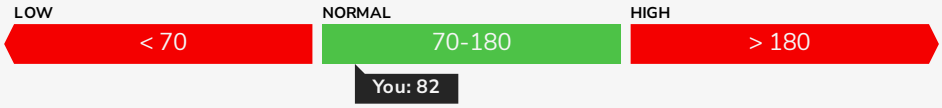
No hemoparasite seen

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.

Iron: 82.0 µg/dL

● NORMAL

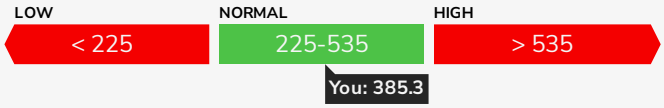
Iron is a trace element distributed in the body in a number of different compartments, including hemoglobin, tissue iron etc. Iron is transported from one organ to another by binding to a transport protein called transferrin.



TIBC: 385.3 µg/dL

NORMAL ●

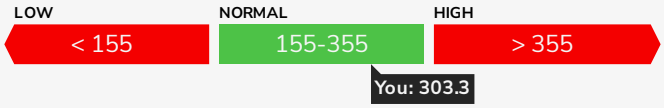
This test measures the blood's ability to attach itself to iron.



UIBC: 303.3 µg/dL

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.



MAX Lab

Blood Counts And Anemia

-

Name:	Lab ID:	Collection Date/Time:
Age/Gender:	Ref Doctor:	Receiving Date:
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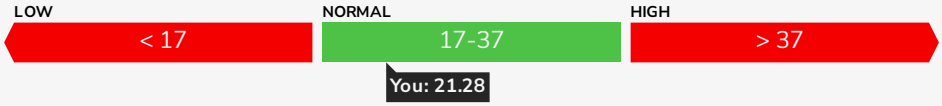
% Saturation Transferrin 21.28 %

● 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.



Did you know?

If any of your tests are abnormal, it does not confirm a medical problem. There are several factors like diet, lifestyle, women's menstrual cycle, medications, etc. Consult your doctor to know more.

Dr. Shivani Dua
M.D. Pathology

MAX Lab

Blood Clotting

-

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

About Blood Coagulation

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

Your results

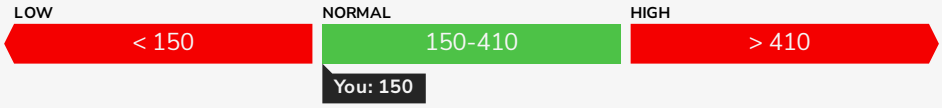
Platelet Profile

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

Platelet Count: 150 10~9/L

● NORMAL

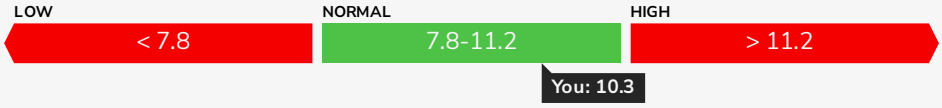
Platelets may be reduced by intake of few medicines, infections like Dengue and other disorders.



MPV: 10.3 fl

● NORMAL

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



MAX Lab

Blood Clotting

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

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.

Dr. Shivani Dua
M.D. Pathology

MAX Lab

Inflammation

-

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

About

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

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

Being aware of your inflammatory status is the first step towards preventing yourself from complications of chronic inflammation. Remember, some chronic inflammations can even increase chances of developing cancers.

Your results

ESR: 05 mm/hr

● NORMAL

ESR is a simple blood test measured as the red cells fall through a column of blood.High ESR is common in disorders like infection, rheumatoid disease, tuberculosis. Fasting sample is not needed for ESR.

CRP: 7.0 mg/L

● HIGH

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.

MAX Lab

Inflammation

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

Anti-inflammatory Diet

Incorporate chia seeds, sesame seeds, almonds, walnuts, sunflower seeds, avocados, olive oil, fatty fishes such as salmon, sardines and tuna, poppy seeds and flax seeds in your diet- These are rich in PUFA and MUFA and help lower inflammation.

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

Substitute green tea for coffee

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

Lifestyle tips

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

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

Intermittent fasting has shown to reduce inflammation

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

Dr. Shivani Dua
M.D. Pathology

MAX Lab

Diabetes Monitoring

-

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

About Diabetes Panel

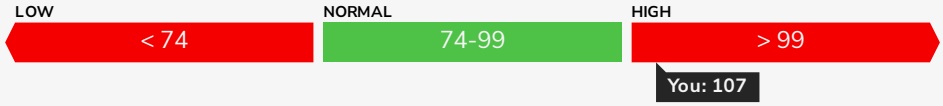
Diabetes panel is used to check how much glucose/ sugar is there in your blood. High level of Glucose levels beyond standard levels increases chances of Diabetes.

Your Results

Blood Sugar (Fasting): 107.1 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

MAX Lab

Diabetes Monitoring

-

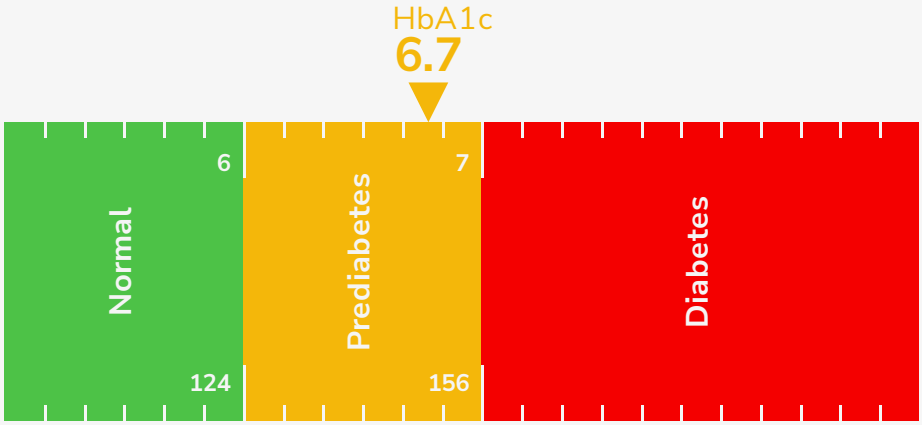
Name:	Lab ID:	Collection Date/Time:
Age/Gender:	Ref Doctor:	Receiving Date:
Max ID/Mobile:	Passport No:	Reporting Date:
Centre:	OP/IP No:	

HbA1c (Glycosylated Haemoglobin): 6.7%

● BORDERLINE

eAG (Estimated Average Glucose): 145.59 mg/dL

It refers to hemoglobin that has been modified by addition of glucose. HbA1C provides a useful index of average blood glucose over the preceding 6-8 weeks. Increased glycated hemoglobin is a reflection of hyperglycemia.
People who have diabetes need this test regularly to see if their sugar levels are staying within range.



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

EAT LOW SUGAR FOODS

EXERCISE REGULARLY

TAKE MEDICATIONS AS PER THE DOCTORS RECOMMENDATIONS

Glycosylated Haemoglobin(Hb A1c) IFCC: 49.72 mmol/mol

● HIGH

Average Glucose Value(Past 3 Months IFCC): 8.06 mmol/L

MAX Lab

Diabetes Monitoring

-

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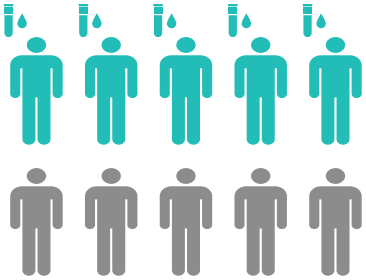
Importance of test



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

Shivani Dua

Dr. Shivani Dua
M.D. Pathology

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.

MAX Lab

Thyroid Profile

-

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

About Thyroid Profile

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

These tests measure the levels of thyroid hormones such as freeT_3, freeT_4 and TSH in the blood.

Hypothyroidism is a condition having low Free T3, Free T4 levels and increased TSH levels while Hyperthyroidism is a condition having increased levels of free T_3, Free T_4 and decreased levels of TSH.

Foods to eat in hypothyroidism

Eggs,Meat,Fish,Vegetables,Fruits including all meats, including lamb, beef, chicken, etc.

Fruits: including bananas, oranges, tomatoes..

Gluten-free grains and seeds: rice, quinoa, chia seeds, and flax seeds

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

Your Results

Free T3 (Triiodothyronine) 3.77 pg/mL

● NORMAL

Triiodothyronine, also known as T_3, is a thyroid hormone. It affects almost every physiological process in the body, including growth and development, metabolism, body temperature, and heart rate.

LOW	NORMAL	HIGH
< 2.6	2.6-4.2	> 4.2

You: 3.77

Free T4 (Thyroxine) 0.96 ng/dL

● NORMAL

T_4 also called Thyroxine is a hormone secreted by thyroid gland. It is increased in Hyperthyroidism and decreased in patients with decreased thyroid levels (Hypothyroidism).

LOW	NORMAL	HIGH
< 0.58	0.58-1.64	> 1.64

You: 0.96

MAX Lab

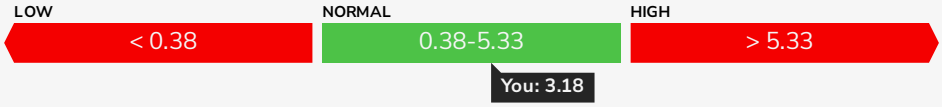
Thyroid Profile

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

TSH: 3.18 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.

MAX Lab

Thyroid Profile

-

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

Dr. Shivani Dua
M.D. Pathology

MAX Lab

Kidney And Electrolyte Profile

-

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

Kidney Function Tests

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

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

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

Symptoms that may indicate a problem with your kidneys include:

High blood pressure

Difficulty beginning urination

Blood in the urine

Painful urination

Frequent urges to urinate

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

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

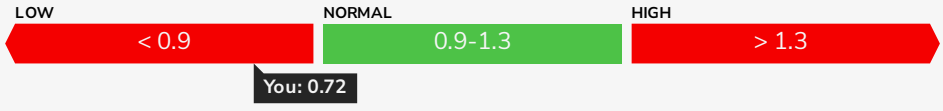
You may also need kidney function testing done if you have other conditions that can harm the kidneys, such as diabetes or high blood pressure. They can help doctors monitor these conditions.

Your Results

Serum Creatinine: 0.72 mg/dL

● LOW

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.



MAX Lab

Kidney And Electrolyte Profile

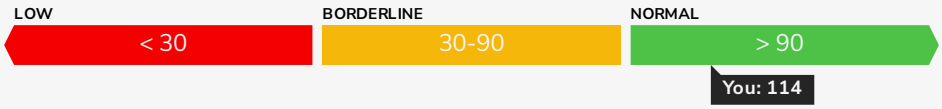
-

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

eGFR by MDRD: 114.20 ml/min/1.73 m²

● NORMAL

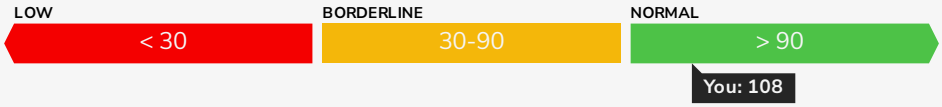
eGFR is estimated GFR calculated by the abbreviated MDRD equation taking into account your age, gender, ethnicity and Serum Creatinine level. It tells how well your kidneys are removing waste from your body



eGFR by CKD EPI 2021: 108.48

● NORMAL

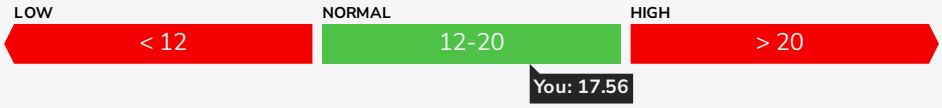
eGFR is estimated GFR calculated by the abbreviated MDRD equation taking into account your age, gender, ethnicity and Serum Creatinine level. It tells how well your kidneys are removing waste from your body



BUN : Creatinine ratio: 17.56 Ratio

● NORMAL

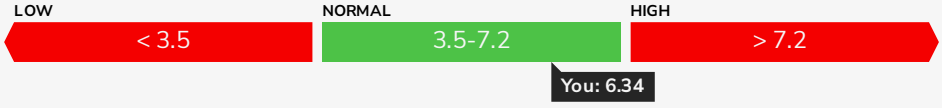
The ideal ratio of BUN to creatinine falls between 10-to-1 and 20-to-1. Having a ratio above this range could mean you may not be getting enough blood flow to your kidneys



Uric Acid: 6.34 mg/dL

● NORMAL

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



Some causes for a high uric acid level

ALCOHOL, HIGH-FAT DAIRY, FAST FOODS

"CRASH DIETS", OVER-FASTING

CERTAIN MEDICINES - ASK YOUR DOCTOR

MAX Lab

Kidney And Electrolyte Profile

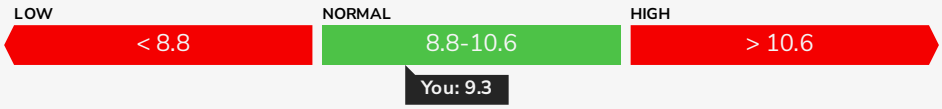
-

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

Calcium: 9.3 mg/dL

NORMAL

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



Some calcium-rich foods include:

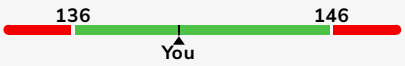
DAIRY PRODUCTS, SUCH AS MILK, CHEESE, AND YOGURT,BEANS,FIGS,BROCCOLI,TOFU,SOY

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

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

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

Sodium: 140.0 mmol/L



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

Foods rich in sodium

SALT

CHEESE

Potassium: 4.24 mmol/L

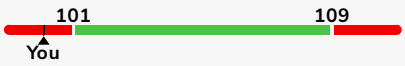
Eating potassium-rich foods removes excess sodium from the body thus ensuring that your blood pressure doesn't become too high.

Food sources of potassium

MILK AND DAIRY PRODUCTS

FRUITS(APRICOTS, BANANAS, CITRUS FRUITS)

Chloride: 100.6 mmol/L



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

Food sources of chloride

SALT

TOMATOES

MAX Lab

Kidney And Electrolyte Profile

-

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

Bicarbonate: 23.4 mmol/L

NORMAL

LOW	NORMAL	HIGH
< 21	21-31	> 31

You: 23.4

Phosphorus: 3.85 mg/dL

NORMAL

Inorganic phosphorus is a major component of bone and plays an important role in the structural support of the body. They are involved in regulation of metabolism of proteins, fats, and carbohydrates, and are excreted by kidneys. Increased levels are seen in bone tumors, vitamin D intoxication, healing fractures, renal failure, hyperparathyroidism etc.

LOW	NORMAL	HIGH
< 2.5	2.5-4.5	> 4.5

You: 3.85

Food sources of Phosphorus

BANANAS

ALMONDS

Blood Urea: 27.0 mg/dL

NORMAL

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

LOW	NORMAL	HIGH
< 17	17-43	> 43

You: 27

Blood Urea Nitrogen (BUN): 12.64 mg/dL

NORMAL

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

LOW	NORMAL	HIGH
< 7.9	7.9-20	> 20

You: 12.64

Kidney And Electrolyte Profile

-

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

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.

Dr. Shivani Dua
M.D. Pathology

MAX Lab

Liver Profile

-

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

Liver Function Tests

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

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

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

Your results

Enzymes

About

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

SGOT (AST): 73.2 U/L — HIGH

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

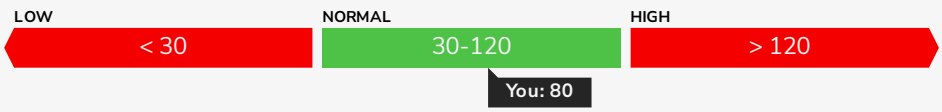
SGPT (ALT): 73 U/L — HIGH

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: 1 Ratio

ALP: 80 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.



MAX Lab

Liver Profile

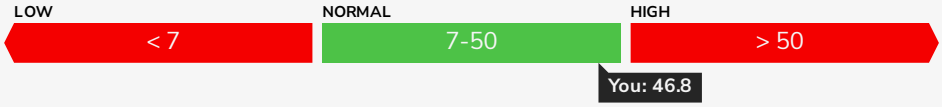
-

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

GGT: 46.8 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

Protein (Total): 7.40 g/dL

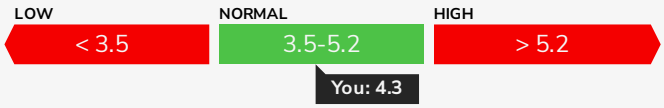
● NORMAL

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

Albumin: 4.3 g/dL

NORMAL ●

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



Globulin: 3.1 g/dL

NORMAL ●

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

Albumin : Globulin ratio: 1.4

● NORMAL

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

MAX Lab

Liver Profile

-

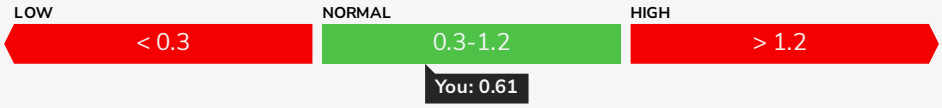
Name:	Lab ID:	Collection Date/Time:
Age/Gender:	Ref Doctor:	Receiving Date:
Max ID/Mobile:	Passport No:	Reporting Date:
Centre:	OP/IP No:	

Total Bilirubin 0.61 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	**0.11 mg/dL**	0-0.2	● NORMAL
Indirect Bilirubin	**0.5 mg/dL**	0.1-1	● 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.

Dr. Shivani Dua
M.D. Pathology

MAX Lab

Lipid Profile

-

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

About Lipid Profile

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

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

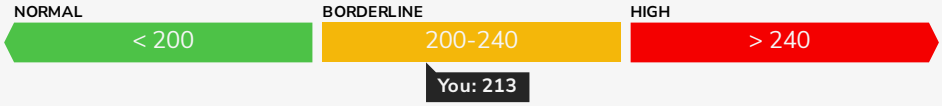
If your results show that your cholesterol level is high, you might be able to lower your cholesterol with lifestyle changes, such as quitting smoking, exercising and eating a healthy non fatty diet. If lifestyle changes aren't enough, a visit to your doctor and cholesterol-lowering medications will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

Your results

Total Cholesterol: 213.9 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: 147 mg/dL

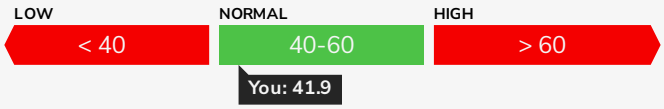
HIGH

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

HDL Cholesterol: 41.9 mg/dL

NORMAL

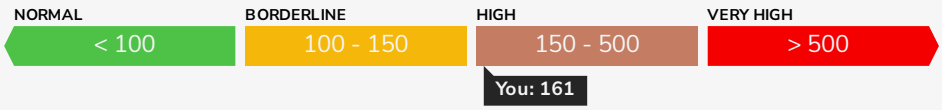
Heart friendly cholesterol HDL reduces your chances of heart disease by removing harmful bad cholesterol.



Triglycerides: 161.5 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.



MAX Lab

Lipid Profile

-

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

VLDL: 32.3 mg/dL

HIGH

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.

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.

Total Cholesterol : HDL ratio: 5.1

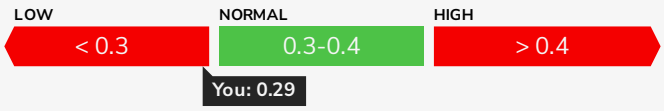
HIGH

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: 0.29 Ratio

LOW

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



MAX Lab

Lipid Profile

-

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

Risk Factors

Heart diseases are the leading cause of death in India. It's vital to take preventive measures and get your lipid profile checked regularly.

What are the chances that you might get heart disease? The answer depends on something called *risk factors*. More risk factors means more chances of heart disease. Some risk factors are outside your control and some are in your control.

Factors outside your control

People older than age 65 are more prone to heart diseases. Additionally, men are more prone than women.

If your family has heart disease, you are also at risk. Indians have a genetic tendency to accumulate fat in the belly.

Factors in your control

High BP (blood pressure) increases the load on your heart. BP can be controlled to reduce the risk.

Regular exercise keeps the heart healthy. It should be moderate to vigorous physical activity.

In case you are overweight, reducing your weight helps reduce your cholesterol.

Diabetes patients also risk having heart disease because high blood glucose over a long period of time damages the blood vessels and nerves in your body.

Dr. Shivani Dua
M.D. Pathology

MAX Lab

Vitamin Profile

-

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

About Vitamin Profile

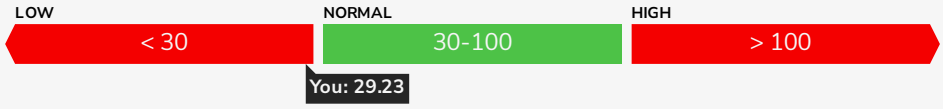
Vitamins and minerals are considered essential nutrients as they perform hundreds of roles in the body. They help maintain bones, heal wounds, and strengthen your immune system. They also convert food into energy, and repair cellular damage.

Your results

Vitamin D (25-Hydroxy): 29.23 ng/mL

● LOW

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



Symptoms of vitamin D Deficiency:

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

MAX Lab

Vitamin Profile

-

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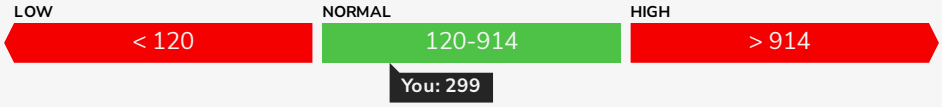
Vitamin B12: 299 pg/mL

● NORMAL

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



Food Sources of Vitamin B12:

ANIMAL SOURCES INCLUDE: DAIRY PRODUCTS, EGGS, FISH, MEAT, AND POULTRY.

FISH, SHELLFISH, CHICKEN

EGGS, POULTRY

Symptoms of Vitamin B12 Deficiency:

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

HEART PALPITATIONS AND SHORTNESS OF BREATH, A SMOOTH TONGUE

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

Tips

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

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

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MAX Lab

Urinalysis

-

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

About Complete Urine Examination

Urine routine is a group of physical, chemical and microscopic tests in a urine sample. This test is mainly done to detect and manage medical conditions like urinary tract infection, diabetes and kidney diseases.

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

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

Your Results

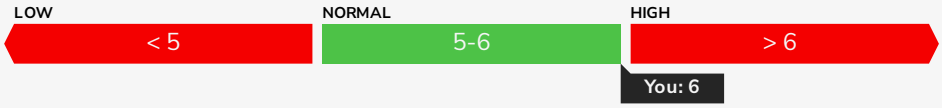
Urine Colour: Pale Yellow

● NORMAL

pH: 6.0 ..

● NORMAL

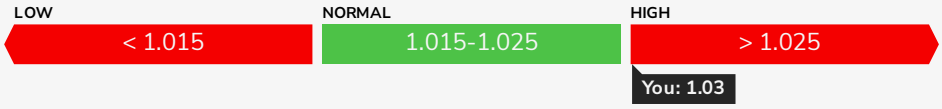
pH test checks the acidity or alkalinity of urine. Many diseases, diet and medicine change the pH of urine.



Specific Gravity: 1.030

● HIGH

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



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

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

Found in your urine: ● Crystals : Calcium Oxalate ..

Glucose in Urine: Nil

● NORMAL

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

MAX Lab

Urinalysis

-

Name:	Lab ID:	Collection Date/Time:
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Epithelial Cells: 0-1 /HPF — NORMAL

Epithelial cells are a type of cell that form the surfaces of your body. Small amount of presence of these is normal, however high numbers indicate medical condition.

Urobilinogen: Normal — NORMAL

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

Tips

Drink water when thirsty
This removes waste products from your system and keeps your urinary pattern stable.

Don't wait too long to use the restroom
Otherwise, it pressurizes your urinary bladder - that can lead to infection.

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