

Your Personal **SMART** Report



Insightful

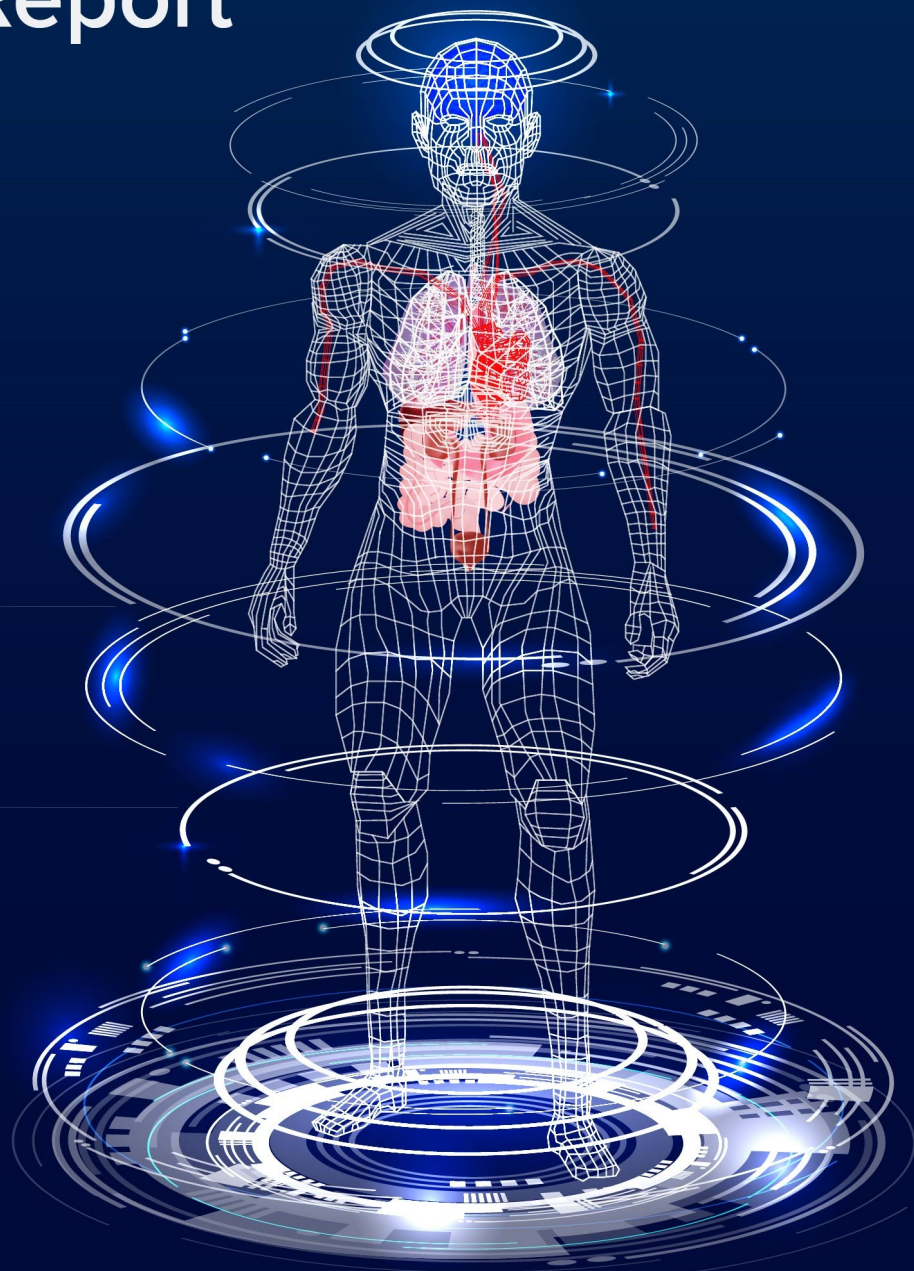


Engaging



Actionable

Wellwise Essential Plus



Booking ID -

Collection Date-

Reporting Date ·



B2B3402536

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

+ 2 tests Please Watchout

Test Name	Result
Total Cholesterol	226
LDL Cholesterol	154
Non - HDL Cholesterol	183.10



Liver Profile

All parameters within normal limit



Kidney And Electrolyte Profile

All parameters within normal limit



Thyroid Profile

Please Watchout

Test Name	Result
TSH	4.58



Diabetes Monitoring

Please Watchout

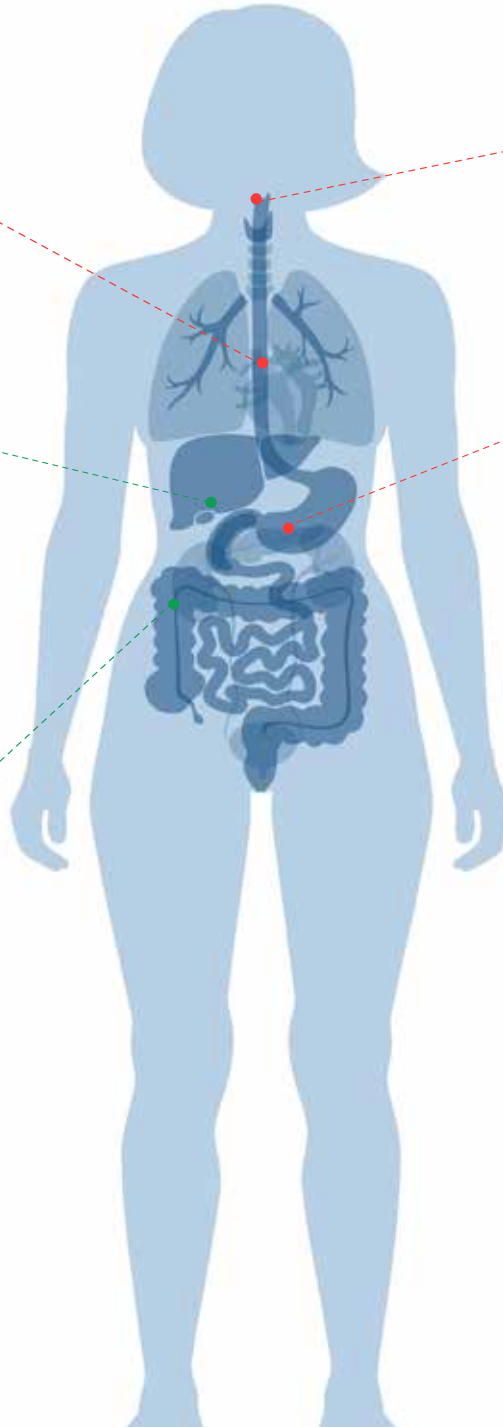
Test Name	Result
Blood Sugar (Fasting)	269.6
HbA1c (Glycosylated Haemoglobin)	10.4
Glycosylated Haemoglobin(Hb A1c) IFCC	90.27



Blood Counts And Anemia

Please Watchout

Test Name	Result
Eosinophils	15.3
Abs. Eosinophil Count	1396.89



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Swami Vivekananda Rd, near LIC, LIC Colony, Suresh Colony, Vile Parle West, Mumbai, Maharashtra 400056,

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Report Summary



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Profile Summary

NORMAL

Inflammation, Kidney And Electrolyte Profile, Liver Profile

BORDERLINE

Blood Counts And Anemia, Blood Clotting, Thyroid Profile, Urinalysis

ABNORMAL

Diabetes Monitoring, Lipid Profile

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



BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
Eosinophils	15.3	%	2-6
Basophils	0.7	%	0-2
Abs. Neutrophil Count	4583.26	/μL	2000-7000
Abs. Lymphocyte Count	2711.6	/μL	1000-3000
Abs. Monocyte Count	374.33	/μL	200-1200
Abs. Eosinophil Count	1396.89	/μL	20-500
Abs. Basophil Count	63.91	/μL	20-100
PERIPHERAL SMEAR	RBC: - Normocytic Normochromic WBC: - TLC-Normal DLC:-Eosinophilia Platelet: - Adequate on smear. No hemoparasite seen on thin smear examined.		
Haemoglobin	13.0	g/dl	12-15
Haematocrit	41.0	%	36-46
Total Leukocyte Count	9130	/μL	4000-10000
RBC count	4.46	mill/μL	3.8-4.8
MCV	91.8	fl	81-99
MCH	29.1	Pg	27-32
MCHC	31.7	g/dl	31.5-34.5
RDW	13.6	%	11-16
Neutrophils	50.2	%	40-80
Lymphocytes	29.7	%	20-40
Monocytes	4.1	%	2-10

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BLOOD CLOTTING

Test Name	Result	Unit	Range
 Platelet Count	205	x 1000/ μ L	150-400
 MPV	13.1	fl	7-12

INFLAMMATION

Test Name	Result	Unit	Range
 ESR	11	mm/hr	0-20

DIABETES MONITORING

Test Name	Result	Unit	Range
 Blood Sugar (Fasting)	269.6	mg/dl	60-100
 HbA1c (Glycosylated Haemoglobin)	10.4	%	< 5.7
 Glycosylated Haemoglobin(Hb A1c) IFCC	90.27	mmol/mol	0-39
 eAG (Estimated Average Glucose)	252.07	mg/dL	
 Average Glucose Value(Past 3 Months IFCC)	13.96	mmol/L	

THYROID PROFILE

Test Name	Result	Unit	Range
 TSH	4.58	mIU/L	0.27-4.2
 T3 (Triiodothyronine)	1.07	ng/mL	0.8-2
 T4 (Thyroxine)	8.00	μ g/dl	5.1-14.1

KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
 Blood Urea	20.5	mg/dl	19.3-42.6
 Serum Creatinine	0.64	mg/dl	0.5-0.9
 Glomerular Filtration Rate	98.22	mL/min/ 1.73m ²	

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LIVER PROFILE

Test Name	Result	Unit	Range
● Total Bilirubin	0.498	mg/dl	0-1.2
● Direct Bilirubin	0.198	mg/dl	0-0.2
● Indirect Bilirubin	0.30	mg/dl	0-0.8
● SGOT (AST)	27.2	U/L	0-40
● SGPT (ALT)	37.4	U/L	0-40



LIPID PROFILE

Test Name	Result	Unit	Range
● Total Cholesterol	226	mg/dl	< 200
● HDL Cholesterol	43	mg/dl	0-60
● LDL Cholesterol	154	mg/dl	0-100
● Triglycerides	141.0	mg/dl	< 150
● VLDL	28.2	mg/dl	0-40
● Non - HDL Cholesterol	183.10	mg/dL	0-130
● HDL : LDL ratio	0.28	Ratio	0.3-0.4
● Total Cholesterol : HDL ratio	5.3	Ratio	3.3-4.4

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URINALYSIS

Test Name	Result	Unit	Range
● Urine Colour	PALE YELLOW		
● pH	6.0	.	4.5-8
● Specific Gravity	1.015	.	1.005-1.03
● Protein	ABSENT		
● Glucose in Urine	PRESENT (+++)	mg/dl	
● Ketone	ABSENT		
● Blood	ABSENT		
● Bilirubin	ABSENT		
● Urobilinogen	NORMAL		
● Nitrite	NEGATIVE		
● RBC	ABSENT		
● Leukocytes	30-35		
● Epithelial Cells	1-2		
● Casts	ABSENT		
● Crystals	ABSENT		
● Bacteria	+++		

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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.

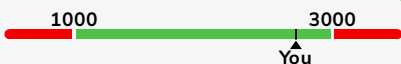
Your results

Lymphocytes: 29.7 %

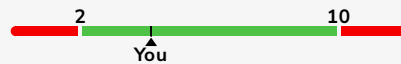


Lymphocytes are a type of WBC. They increase in number in chronic and viral infections and play a major role in your immune system. Their number decreases with an increase in steroids.

Abs. Lymphocyte Count: 2711.6 / μ L

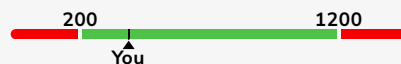


Monocytes: 4.1 %

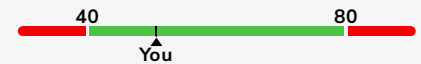


Monocytes are a type of white blood cell that fights bacteria and viruses. A high number of monocytes in the blood is caused by viral or parasitic infection, chronic inflammatory disease

Abs. Monocyte Count: 374.33 / μ L

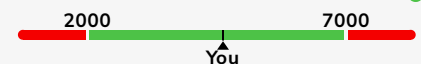


Neutrophils: 50.2 %

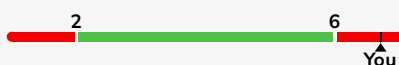


Neutrophils are the most abundant type of WBCs. They increase in number and respond rapidly in inflammatory processes (redness and swelling in response to the infection), tissue injury and bacterial infection.

Abs. Neutrophil Count: 4583.26 / μ L

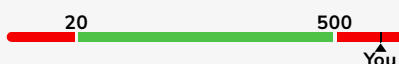


Eosinophils: 15.3 %

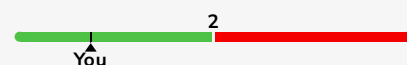


Eosinophils are white blood cells that fight infection. An allergic reaction, or cancers are most common causes of this disorder. Increased amounts of eosinophils can be present in your blood or tissues at the area of infection.

Abs. Eosinophil Count: 1396.89 / μ L



Basophils: 0.7 %



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: 63.91 / μ L





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Blood Counts And Anemia

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 Max ID/Mobile: _____ Passport No: _____ Reporting Date: _____
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PERIPHERAL SMEAR:

RBC: - Normocytic Normochromic

WBC: - TLC-Normal

DLC:-Eosinophilia

Platelet: - Adequate on smear.

No hemoparasite seen on thin smear examined.

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.



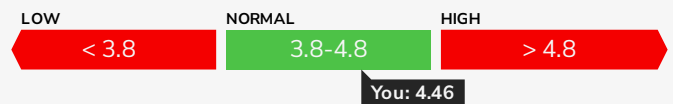
Haemoglobin: 13.0_{g/dl} NORMAL ●

Haemoglobin 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 haemoglobin and is more common in women. Decrease in haemoglobin results in Anaemia. WBC are often raised in infections.



RBC count: 4.46_{milli/L} NORMAL ●

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



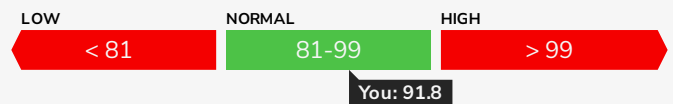
Haematocrit: 41.0% NORMAL ●

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



MCV: 91.8_{fL} NORMAL ●

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



Differential leukocyte count

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



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Blood Counts And Anemia

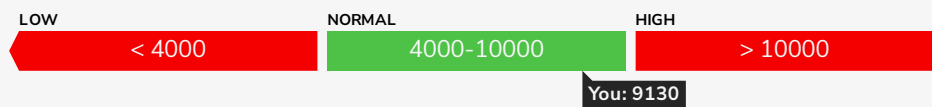
Name: _____ Lab ID: _____ Collection Date/Time: _____
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Total Leukocyte Count: 9130/ μ L

● NORMAL

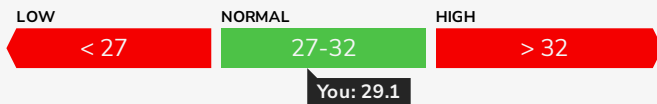
Leukocyte is another name for WBC (white blood cell). WBCs are your body's 'defense department' - they respond immediately to infections by visiting the affected site(s) in your body. Too many WBCs might be because of some infection and too few WBCs also indicates some other problems in your body.



MCH: 29.1 Pg

NORMAL ●

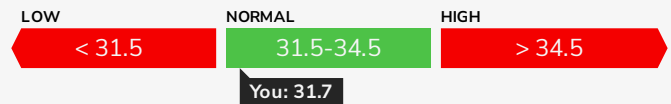
MCH level refers to the average amount of hemoglobin found in the red blood cells in the body.



MCHC: 31.7 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.



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: 13.6 %

● NORMAL

Red cell Distribution Width-Coefficient of Variation.



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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. Priyanka Vichare M.D
Clinical Associate Pathology

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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

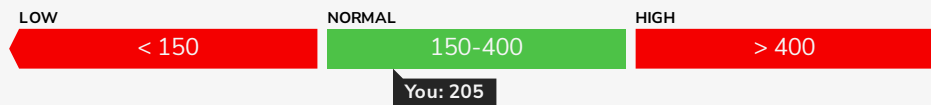
Platelet Profile

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: 205 x 1000/ μ L

● NORMAL

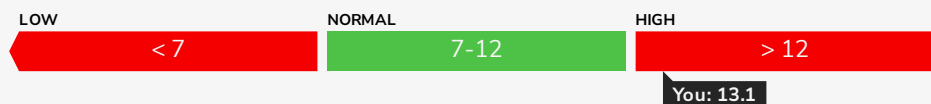
Platelets may be reduced by intake of few medicines, infections like Dengue and other disorders.



MPV: 13.1 fl

● HIGH

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



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Blood Clotting

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:



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

Name:	Lab ID:	Collection Date/Time:
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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: 11 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.



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Inflammation

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.

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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

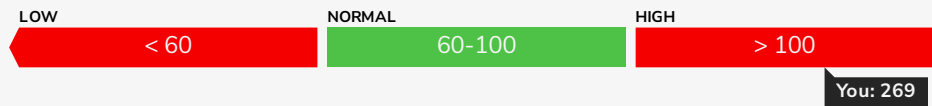
Diabetes panel is used to check how much glucose/ sugar is there in your blood. High level of Glucose levels beyond standard levels increases chances of Diabetes.

Your Results

Blood Sugar (Fasting): 269.6 mg/dl

HIGH

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



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



EAT LOW SUGAR FOODS THAT ARE MINIMALLY PROCESSED



EXERCISE REGULARLY



TAKE MEDICATIONS AS PER YOUR HEALTHCARE PROVIDER'S RECOMMENDATIONS

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Diabetes Monitoring

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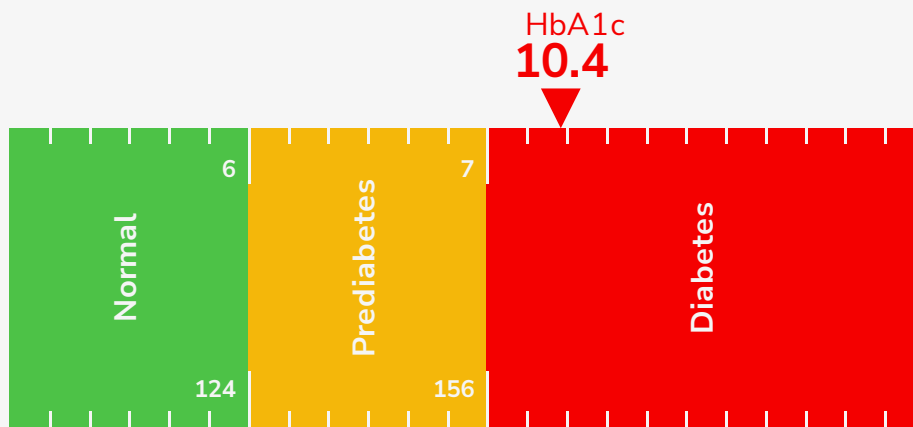


HbA1c (Glycosylated Haemoglobin): 10.4%

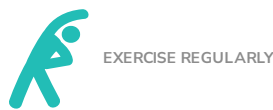
HIGH

eAG (Estimated Average Glucose): 252.07 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



Glycosylated Haemoglobin(Hb A1c) IFCC: 90.27 mmol/mol

HIGH



Average Glucose Value(Past 3 Months IFCC): 13.96 mmol/L

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Diabetes Monitoring

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

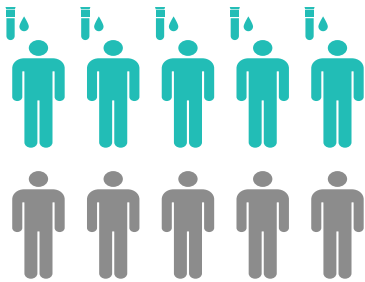
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Receiving Date:

Reporting Date:



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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Clinical Associate Pathology



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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 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.

Foods to eat in hypothyroidism

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

 **Fruits:** including bananas, oranges, tomatoes..

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

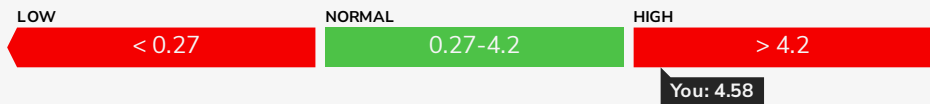
 **Dairy:** all dairy products, including milk, cheese, yogurt, etc.

Your Results

TSH: 4.58 mIU/L

● HIGH

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.



T3 (Triiodothyronine) 1.07 ng/mL

● NORMAL

T3(Triiodothyronine) is an active hormone secreted by Thyroid gland. Like T₄, this is also present in the body in bound (attached) and free form.

High level:Hyperfunction of Thyroid gland





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Thyroid Profile

Name:	Lab ID:	Collection Date/Time:
Age/Gender:	Ref Doctor:	Receiving Date:
Max ID/Mobile:	Passport No:	Reporting Date:
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T4 (Thyroxine) 8.00 µg/dl

● NORMAL

T4(Thyroxine) is the prohormone secreted by Thyroid gland, broken down in the tissues to form T3 as needed. in the body in bound (attached) and free form.

Since T4 is converted into T3, measuring free T4 is very important, as the changes show up in T4 first.



Thyroid disorders

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

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

Risk Factors



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



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

Tips



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

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

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



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Thyroid Profile

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

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Kidney And Electrolyte Profile

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

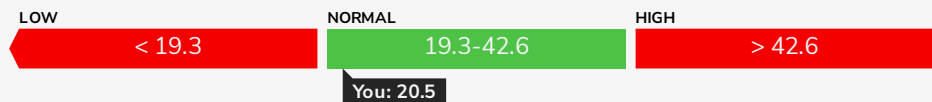
You may also need kidney function testing done if you have other conditions that can harm the kidneys, such as diabetes or high blood pressure. They can help doctors monitor these conditions.

Your Results

Blood Urea: 20.5mg/dl

● NORMAL

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



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Kidney And Electrolyte Profile

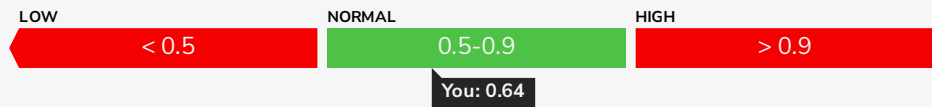
Name:	Lab ID:	Collection Date/Time:
Age/Gender:	Ref Doctor:	Receiving Date:
Max ID/Mobile:	Passport No:	Reporting Date:
Centre:	OP/IP No:	



Serum Creatinine: 0.64 mg/dl

● NORMAL

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



Glomerular Filtration Rate: 98.22 ml/min/ 1.73m²

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

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

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

Total Bilirubin 0.498 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	0.198 mg/dl	0-0.2	● NORMAL
Indirect Bilirubin	0.30 mg/dl	0-0.8	● NORMAL



Enzymes

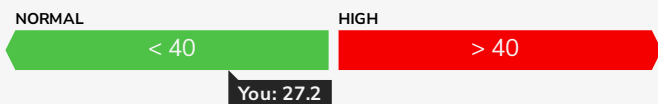
About

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

SGOT (AST): 27.2 U/L

● NORMAL

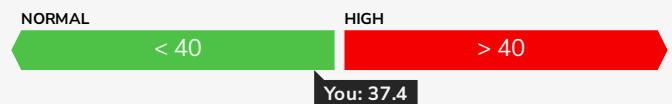
AST is an enzyme your liver makes. Other organs, like your heart, kidneys, brain, and muscles, also make smaller amounts. AST is also called SGOT (serum glutamic-oxaloacetic transaminase). Normally, AST levels in your blood are low. When your liver is damaged, it puts more AST into your blood, and your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



SGPT (ALT): 37.4 U/L

● NORMAL

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





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Liver Profile

Name:	Lab ID:	Collection Date/Time:
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Tips



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



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



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

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Lipid Profile

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



About Lipid Profile

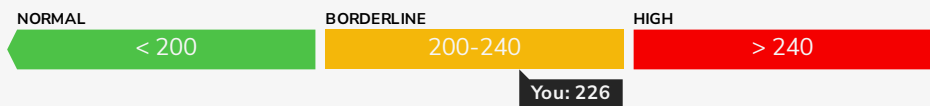
Lipids are ubiquitous in body tissues and have an important role in virtually all aspects of life – serving as hormones, aiding in digestion, providing energy storage and metabolic fuels, acting as functional and structural components of cell membranes. A complete lipid profile is done to determine whether your cholesterol is high and to estimate your risk of heart attacks and other forms of heart disease and diseases of the blood vessels. If your results show that your cholesterol level is high, you might be able to lower your cholesterol with lifestyle changes, such as quitting smoking, exercising and eating a healthy non fatty diet. If lifestyle changes aren't enough, a visit to your doctor and cholesterol-lowering medications will help.

Your results

Total Cholesterol: 226 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: 154 mg/dl

HIGH ●

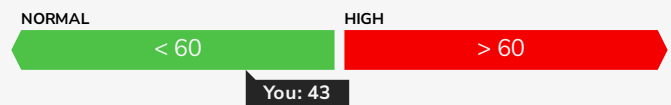
LDL (Low-Density Lipoprotein) is "bad" cholesterol because it deposits fat around your blood vessels to cause heart disease



HDL Cholesterol: 43 mg/dl

NORMAL ●

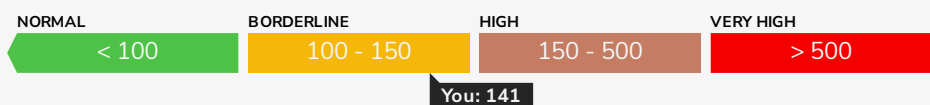
Heart friendly cholesterol HDL reduces your chances of heart disease by removing harmful bad cholesterol.



Triglycerides: 141.0 mg/dl

● **NORMAL**

The most common type of fat stored in your body. Triglycerides rise in your blood after you have a meal - as your body converts energy that is not needed right away - into fat. Triglyceride is often increased in obesity and type 2 diabetes. HDL particles are anti-atherogenic appearing to have anti-inflammatory, antioxidant and anticoagulant properties.





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Lipid Profile

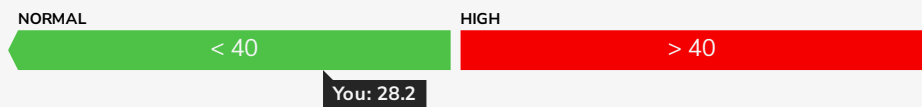
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Age/Gender:	Ref Doctor:	Receiving Date:
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Centre:	OP/IP No:	



VLDL: 28.2 mg/dl

● NORMAL

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



Non - HDL Cholesterol: 183.10 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.

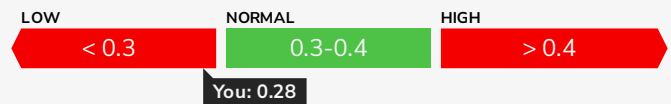
Total Cholesterol : HDL ratio: 5.3 Ratio **HIGH** ●

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: 0.28 Ratio **LOW** ●

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





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Lipid Profile

Name:	Lab ID:	Collection Date/Time:
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Risk Factors

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

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

Factors outside your control



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



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

Factors in your control



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



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



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



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

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Urinalysis

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



About Complete Urine Examination

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

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

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

Your Results

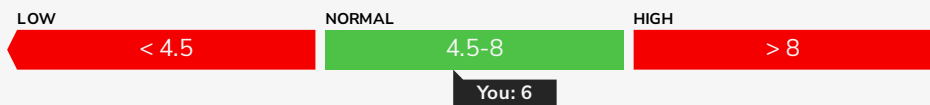
Urine Colour: PALE YELLOW

● NORMAL

pH: 6.0.

● NORMAL

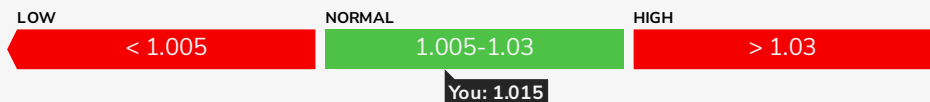
pH test checks the acidity or alkalinity of urine. Many diseases, diet and medicine change the pH of urine.



Specific Gravity: 1.015.

● NORMAL

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



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

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

Found in your urine: ● Leukocytes : 30-35 ● Bacteria : +++

Glucose in Urine: PRESENT (+++) mg/dl

● ABNORMAL

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



B2B3402536

Urinalysis

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



Epithelial Cells: 1-2 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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