

Your Personal **SMART** Report



Insightful



Engaging

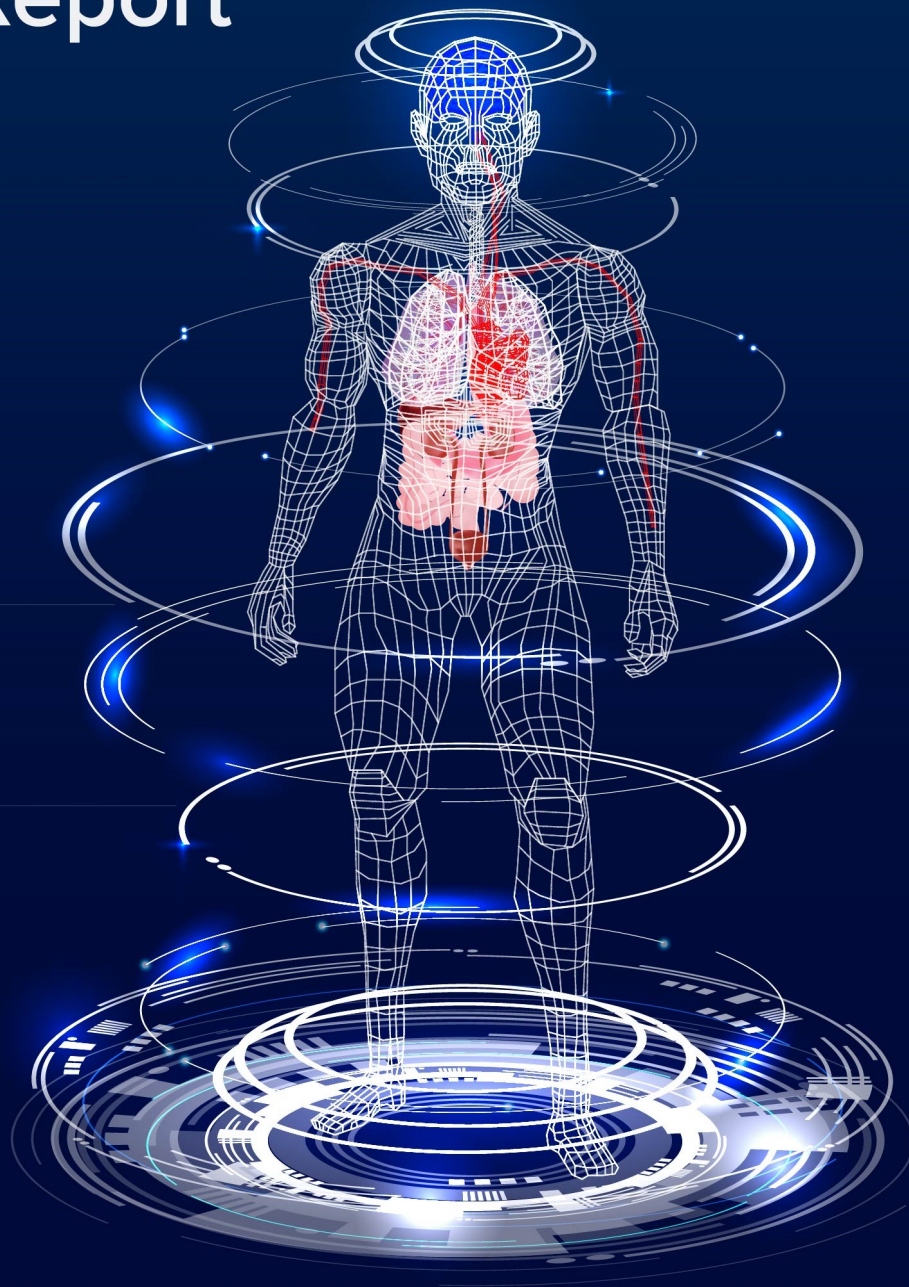


Actionable

Wellwise Platinum – Female

Mrs. Anju

F | 56 Y 8 M 10 D





b2b6969080

Your Health Summary

Name:	Mrs. Anju	Lab ID:	4896042500261-1	Collection Date/Time:	25/Apr/2025 09:05AM
Age/Gender:	56 Y 8 M 10 D / F	Ref Doctor:	SELF	Receiving Date:	25/Apr/2025
Max ID/Mobile:	ML00708468 / 9871725222	Passport No:	-	Reporting Date:	25/Apr/2025
Centre:	5612 - Dr. Vidya	OP/IP No:	/		



Lipid Profile

+ 1 tests Please Watchout

Test Name	Result
Total Cholesterol	208
LDL Cholesterol	131
Non - HDL Cholesterol	150.00



Liver Profile

All parameters within normal limit



Kidney And Electrolyte Profile

All parameters within normal limit



Vitamin Profile

All parameters within normal limit



Thyroid Profile

All parameters within normal limit



Diabetes Monitoring

All parameters within normal limit



Blood Counts And Anemia

Please Watchout	
Test Name	Result
Neutrophils	36.5
Lymphocytes	51.3
Abs. Neutrophil Count	1.93



Arthritis Screening

All parameters within normal limit

Max Lab Limited (A Wholly Owned Subsidiary of Max Healthcare Institute Ltd.)

Max Super Speciality Hospital, Saket (West Block), 1, Press Enclave Road, Saket, New Delhi - 110 017, Phone: +91-11-6611 5050

(CIN No.: U85100DL2021PLC381826)

Helpline No. 7982 100 200 www.maxlab.co.in feedback@maxlab.co.in

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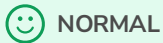
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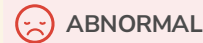
Profile Summary



Diabetes Monitoring, Cardiac Profile, Arthritis Screening, Kidney And Electrolyte Profile, Inflammation, Liver Profile, Hepatitis, Allergy Panel, Thyroid Profile, Vitamin Profile



Blood Counts And Anemia, Blood Clotting, Urinalysis



Iron Studies, Lipid Profile

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



BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
● Neutrophils	36.5	%	40-80
● Lymphocytes	51.3	%	20-40
● Monocytes	7.2	%	2-10
● Eosinophils	4.1	%	1-6
● Basophils	0.9	%	0-2
● Abs. Neutrophil Count	1.93	10~9/L	2-7
● Abs. Lymphocyte Count	2.7	10~9/L	1-3
● Abs. Monocyte Count	0.38	10~9/L	0.2-1
● Abs. Eosinophil Count	0.22	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		
● Haemoglobin	13.4	g/dl	12-15
● Haematocrit	40.4	%	40-50
● Total Leukocyte Count	5.3	10~9/L	4-10
● RBC count	4.68	10~12/L	3.8-4.8
● MCV	86.3	fL	83-101
● MCH	28.6	pg	27-32
● MCHC	33.1	g/dl	31.5-34.5



BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
● RDW	13.4	%	11.5-14.5

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BLOOD CLOTTING

Test Name	Result	Unit	Range
● Platelet Count	181	10~9/L	150-410
● MPV	11.7	fl	7.8-11.2



DIABETES MONITORING

Test Name	Result	Unit	Range
● Blood Sugar (Fasting)	81	mg/dL	74-99
● HbA1c (Glycosylated Haemoglobin)	5.50	%	< 5.7
● Glycosylated Haemoglobin(Hb A1c) IFCC	36.6	mmol/mol	0-39
● eAG (Estimated Average Glucose)	111.15	mg/dL	
● Average Glucose Value(Past 3 Months IFCC)	6.16	mmol/L	



CARDIAC PROFILE

Test Name	Result	Unit	Range
● Apo A	135	mg/dL	105-205
● Apo B	102	mg/dl	55-130
● Creatine-Kinase	33	U/L	0-145
● HsCRP	0.33	mg/dL	



ARTHRITIS SCREENING

Test Name	Result	Unit	Range
● RA factor (quantitative)	1.95	IU/mL	0-12



IRON STUDIES

Test Name	Result	Unit	Range
● Iron	55.1	µg/dL	60-180
● UIBC	295	µg/dL	155-355
● TIBC	350.1	µg/dL	215-535
● % Saturation Transferrin	15.74	%	17-37
● Ferritin	16.9	ng/mL	11-306.8

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KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
Blood Urea	27.0	mg/dL	17-43
Blood Urea Nitrogen (BUN)	12.62	mg/dL	7.9-20
Serum Creatinine	0.79	mg/dL	0.6-1.1
BUN : Creatinine ratio	15.97	Ratio	12-20
Uric Acid	4.6	mg/dL	2.6-6
Calcium	9.6	mg/dL	8.8-10.6
Sodium	141.4	mmol/L	136-146
Potassium	4.7	mmol/L	3.5-5.1
Chloride	106.9	mmol/L	101-109
Bicarbonate	28.4	mmol/L	21-31
Phosphorus	3.74	mg/dL	2.5-4.5



INFLAMMATION

Test Name	Result	Unit	Range
CRP	3.67	mg/L	0-5



LIVER PROFILE

Test Name	Result	Unit	Range
LDH	153	IU/L	0-247
Protein (Total)	6.86	g/dL	6.6-8.3
Albumin	4.0	g/dL	3.5-5.2
Globulin	2.9	g/dL	2.3-3.5
Albumin : Globulin ratio	1.4		1.2-1.5
Total Bilirubin	0.39	mg/dL	0.3-1.2
Direct Bilirubin	0.07	mg/dL	0-0.2
Indirect Bilirubin	0.32	mg/dL	0.1-1
SGOT (AST)	32	U/L	0-35
SGPT (ALT)	35	U/L	0-35
AST / ALT Ratio	0.91	Ratio	
ALP	94	U/L	30-120
GGT	14.0	U/L	0-38

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HEPATITIS

Test Name	Result	Unit	Range
● HBsAg Test Value	0.07	S/CO	0-0.9



LIPID PROFILE

Test Name	Result	Unit	Range
● Total Cholesterol	208	mg/dL	< 200
● HDL Cholesterol	58	mg/dL	>40
● LDL Cholesterol	131	mg/dL	0-100
● Triglycerides	99.0	mg/dL	< 150
● VLDL	19.8	mg/dL	0-30
● Non - HDL Cholesterol	150.00	mg/dL	0-130
● HDL : LDL ratio	0.44	Ratio	0.3-0.4
● Total Cholesterol : HDL ratio	3.6		0-4.9



ALLERGY PANEL

Test Name	Result	Unit	Range
● Phadiatop	0.04	kUA/L	0-0.34



THYROID PROFILE

Test Name	Result	Unit	Range
● Free T3 (Triiodothyronine)	3.27	pg/mL	2.6-4.2
● Free T4 (Thyroxine)	0.85	ng/dL	0.58-1.64
● TSH	3.72	μIU/mL	0.38-5.33

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VITAMIN PROFILE

Test Name	Result	Unit	Range
● Serum Folate	8.7	ng/mL	>5.9
● Vitamin B12	367	pg/mL	222-1439
● Vitamin D (25-Hydroxy)	42.96	ng/mL	30-100



URINALYSIS

Test Name	Result	Unit	Range
● Urine Colour	Pale Yellow		
● pH	5.5	..	5-6
● Specific Gravity	1.010		1.015-1.025
● Protein	Neg		
● Glucose in Urine	Neg		
● Ketone	Neg		
● Blood	Neg		
● Bilirubin	Neg		
● Urobilinogen	Normal		
● Nitrite	Neg		
● RBC	0	/HPF	
● Leukocytes	0	/HPF	0-5
● Epithelial Cells	1	/HPF	
● Casts	Nil	/LPF	
● Crystals	Nil	..	
● Bacteria	Nil	/HPF	

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Blood Counts And Anemia

Name: Mrs. Anju
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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

TEST NAME	Lymphocytes	Monocytes	Neutrophils	Eosinophils	Basophils
RANGE	20-40 (%)	2-10 (%)	40-80 (%)	1-6 (%)	0-2 (%)
11 Mar 23	<div><div></div></div> 52.5	<div><div></div></div> 6.7	<div><div></div></div> 36.7	<div><div></div></div> 3.2	<div><div></div></div> 0.9
8 Aug 24	<div><div></div></div> 46.2	<div><div></div></div> 7.6	<div><div></div></div> 41.1	<div><div></div></div> 4.2	<div><div></div></div> 0.9
25 Apr 25	<div><div></div></div> 51.3	<div><div></div></div> 7.2	<div><div></div></div> 36.5	<div><div></div></div> 4.1	<div><div></div></div> 0.9

TEST NAME	Abs. Neutrophil Count	Abs. Eosinophil Count	Abs. Basophil Count	Abs. Lymphocyte Count	Abs. Monocyte Count
RANGE	2.0-7.0 (10~9/L)	0.02-0.5 (10~9/L)	0.02-0.1 (10~9/L)	1.0-3.0 (10~9/L)	0.2-1.0 (10~9/L)
11 Mar 23	<div><div></div></div> 2.35	<div><div></div></div> 0.2	<div><div></div></div> 0.060	<div><div></div></div> 3.4	<div><div></div></div> 0.43
8 Aug 24	<div><div></div></div> 2.38	<div><div></div></div> 0.24	<div><div></div></div> 0.050	<div><div></div></div> 2.7	<div><div></div></div> 0.44
25 Apr 25	<div><div></div></div> 1.93	<div><div></div></div> 0.22	<div><div></div></div> 0.050	<div><div></div></div> 2.7	<div><div></div></div> 0.38

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PERIPHERAL SMEAR:

RBC: - Normocytic Normochromic

WBC: - Counts within normal limits

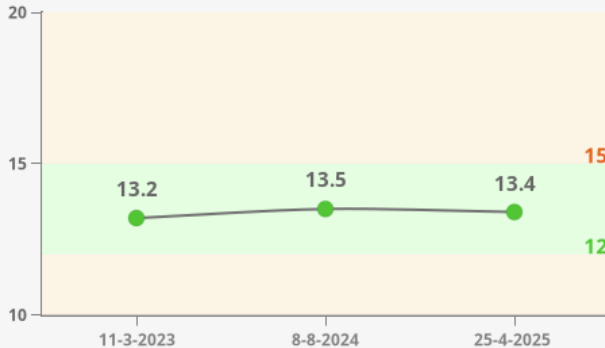
Platelet: - Adequate

METHOD: LIGHT MICROSCOPY

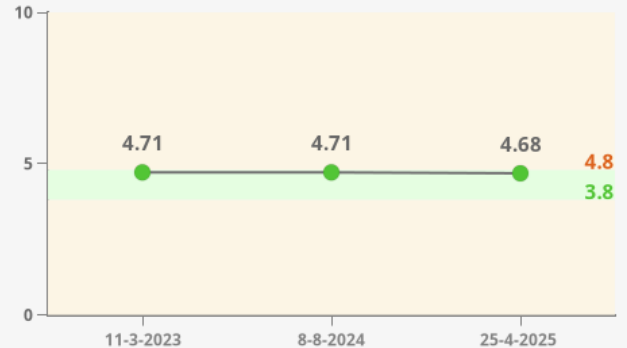
Peripheral Blood smear is examination of blood cells in a stained slide under the microscope by the pathologist. This will check the size and morphology of your platelets. This test will exclude the possibility of some bleeding disorders. It is recommended that morphology of WBC and RBC is also checked,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



Haemoglobin: 13.4 g/dl



RBC count: 4.68 $10^{12}/L$



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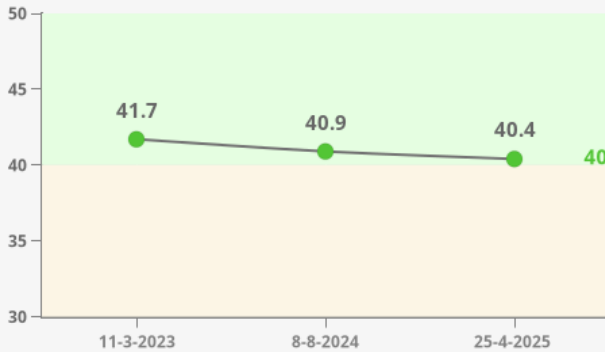
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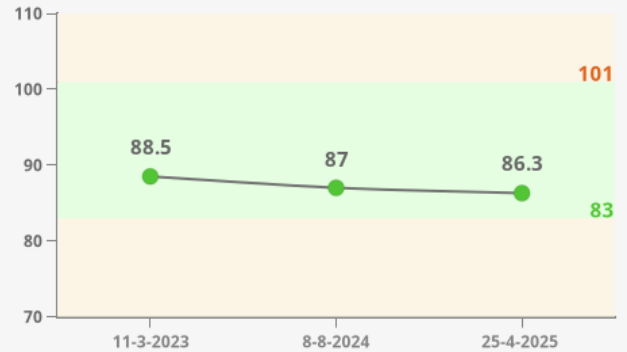
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Haematocrit: 40.4 %

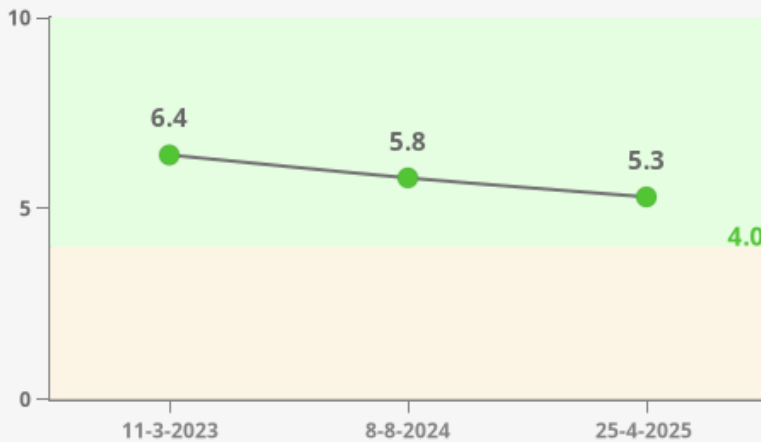


MCV: 86.3 fL



Total Leukocyte Count: 5.3 $10^9/L$

● NORMAL



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

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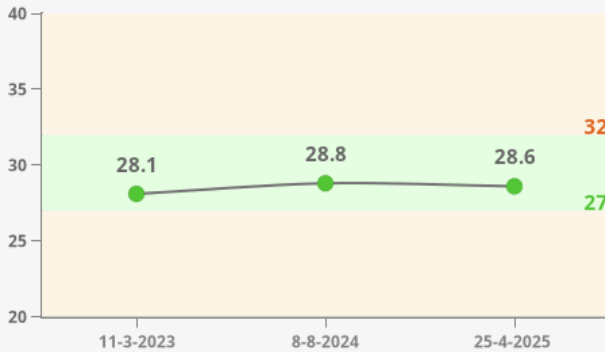
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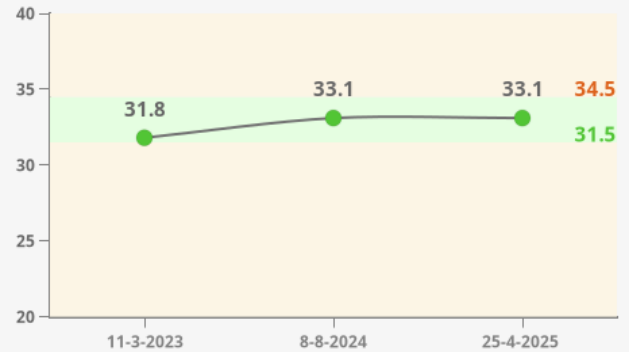
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MCH: 28.6 pg

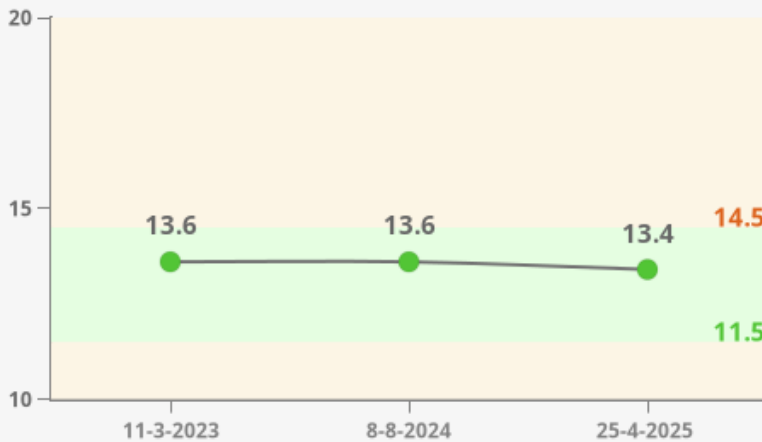


MCHC: 33.1 g/dl



RDW: 13.4%

● NORMAL



○ Red cell Distribution Width-Coefficient of Variation

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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b2b6969080

Blood Counts And Anemia

Name:	Mrs. Anju	Lab ID:	4896042500261~1	Collection Date/Time:	25/Apr/2025 09:05AM
Age/Gender:	56 Y 8 M 10 D / F	Ref Doctor:	SELF	Receiving Date:	25/Apr/2025
Max ID/Mobile:	ML00708468 / 9871725222	Passport No:	-	Reporting Date:	25/Apr/2025
Centre:	5612 - Dr. Vidya	OP/IP No:	/		



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b2b6969080

Blood Clotting

Name:	Mrs. Anju	Lab ID:	4896042500261~1	Collection Date/Time:	25/Apr/2025 09:05AM
Age/Gender:	56 Y 8 M 10 D / F	Ref Doctor:	SELF	Receiving Date:	25/Apr/2025
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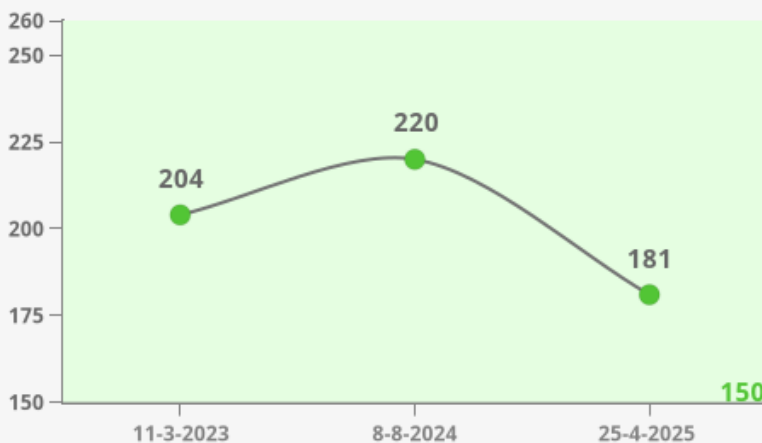
About Blood Coagulation

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

Your results

Platelet Count: 181 10~9/L

● NORMAL



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

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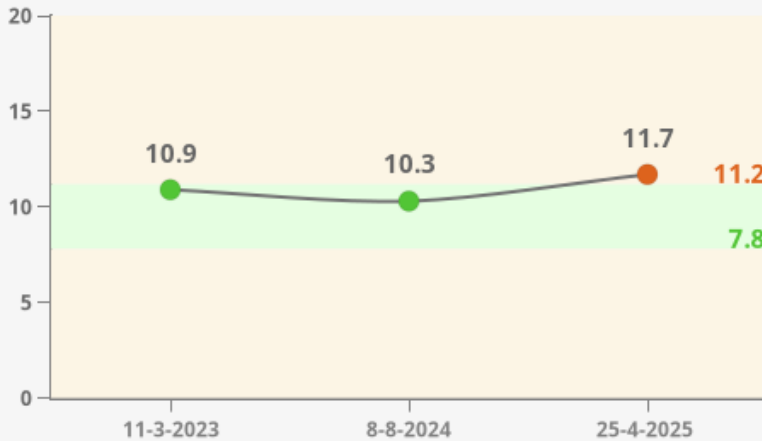
Blood Clotting

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MPV: 11.7 fl

● HIGH



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

Did you know



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

This profile is done to:



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



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



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



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Diabetes Monitoring

Name:	Mrs. Anju	Lab ID:	4896042500261~1	Collection Date/Time:	25/Apr/2025 09:05AM
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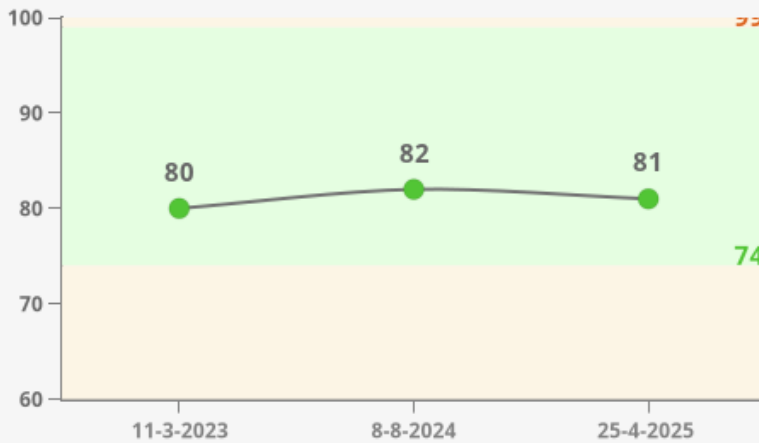
About Diabetes Panel

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): 81 mg/dL

● NORMAL



- 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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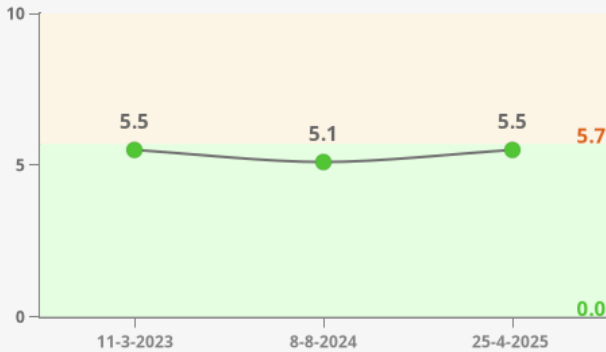
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Diabetes Monitoring

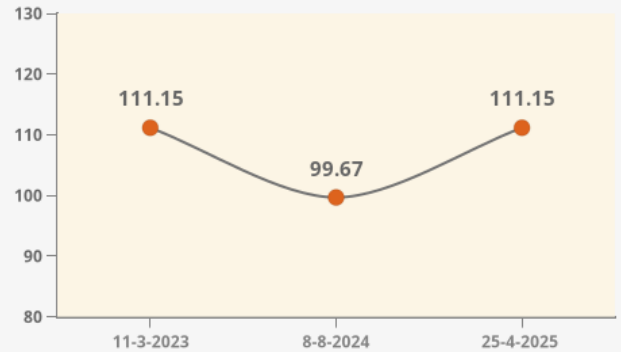
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HbA1c (Glycosylated Haemoglobin): 5.50 %



eAG (Estimated Average Glucose): 111.15 mg/dL



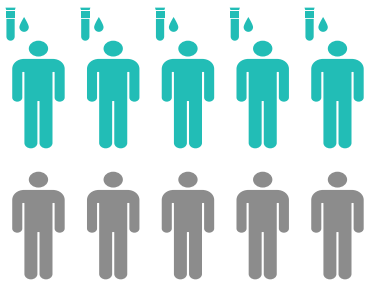
Glycosylated Haemoglobin(Hb A1c) IFCC: 36.6 mmol/mol

● NORMAL



Average Glucose Value(Past 3 Months IFCC): 6.16 mmol/L

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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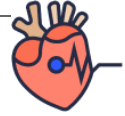
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Cardiac Profile

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Cardiac Profile

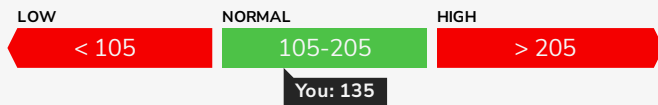
Most people believe they are safe from heart diseases, but in reality, heart diseases are the leading cause of death in the world. There are many different forms of heart disease. Narrowing or blockage of the coronary arteries is the most common cause of heart disease, which are the vessels that supply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

Apo A: 135 mg/dL

NORMAL ●

METHOD: IMMUNOTURBIDIMETRIC

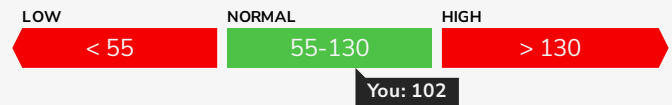
Lipids cannot alone dissolve in the blood, they are transported with the help of a protein called apolipoprotein. These proteins combine with lipids -- for e.g APO A is the main protein component of HDL. Deficiency of APO A indicates risk of developing heart disease especially when HDL levels are low.


Apo B: 102 mg/dL

NORMAL ●

METHOD: IMMUNOTURBIDIMETRIC

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.


Creatine-Kinase: 33 U/L

METHOD: NAC ACTIVATED

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.

● NORMAL


HsCRP: 0.33 mg/dL

METHOD: LATEX PARTICLE 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.

●

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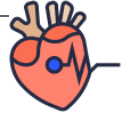
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Arthritis Screening

Name: Mrs. Anju
Age/Gender: 56 Y 8 M 10 D / F
Max ID/Mobile: ML00708468 / 9871725222
Centre: 5612 - Dr. Vidya

Lab ID: 4896042500261~1
Ref Doctor: SELF
Passport No: -
OP/IP No: /

Collection Date/Time: 25/Apr/2025 09:05AM
Receiving Date: 25/Apr/2025
Reporting Date: 25/Apr/2025



About 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): 1.95 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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Iron Studies

Name: Mrs. Anju
Age/Gender: 56 Y 8 M 10 D / F
Max ID/Mobile: ML00708468 / 9871725222
Centre: 5612 - Dr. Vidya

Lab ID: 4896042500261~1
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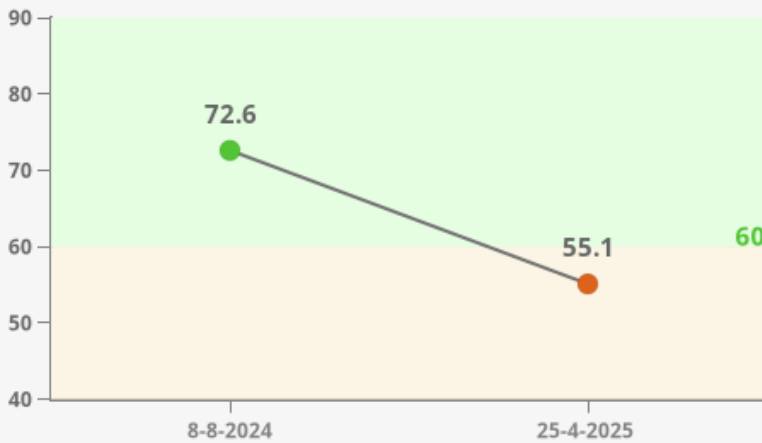
About Iron Studies

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: 55.1 $\mu\text{g/dL}$

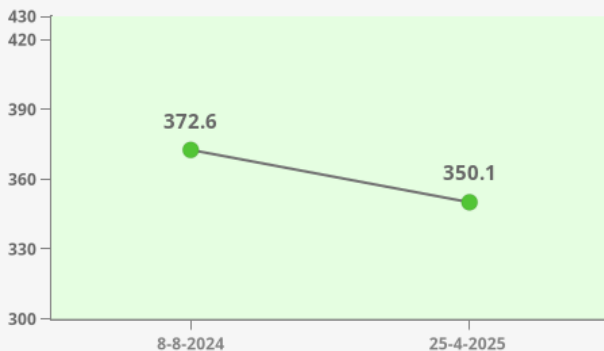
● LOW



- 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: 350.1 $\mu\text{g/dL}$

●

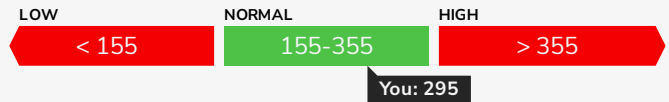


UIBC: 295 $\mu\text{g/dL}$

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.



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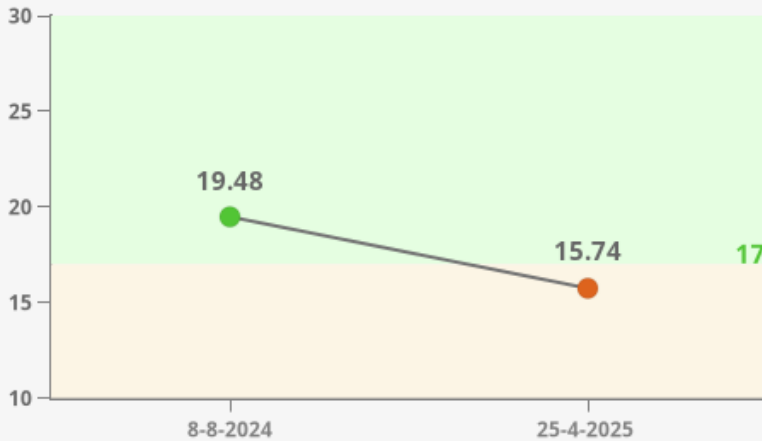
Iron Studies

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% Saturation Transferrin: 15.74%

● LOW

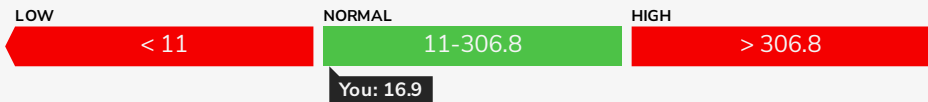


- This test measures the actual iron bound to transferrin in comparison to the maximum iron that can bind to transferrin
- For example a value of 10% means that only 10% of iron binding capacity has been achieved
- This test is used to identify hereditary abnormality in iron metabolism

Ferritin: 16.9 ng/mL

METHOD: CLIA

Ferritin is a protein containing iron, concentration of which roughly reflects the body iron content in many individuals. ● NORMAL
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.



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b2b6969080

Iron Studies

Name:	Mrs. Anju	Lab ID:	4896042500261~1	Collection Date/Time:	25/Apr/2025 09:05AM
Age/Gender:	56 Y 8 M 10 D / F	Ref Doctor:	SELF	Receiving Date:	25/Apr/2025
Max ID/Mobile:	ML00708468 / 9871725222	Passport No:	-	Reporting Date:	25/Apr/2025
Centre:	5612 - Dr. Vidya	OP/IP No:	/		



Overall Diet and Lifestyle to avoid Anemia



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



Food rich in vitamin C can improve iron absorption and thus help in preventing iron deficiency anaemia.

This includes fruits such as oranges, strawberries, kiwi and vegetables such as broccoli, cauliflower, sprouts and capsicum.



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



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



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



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.



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Principal Director-
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Dr. Bansidhar Tarai, M.D
Director, Microbiology & Molecular
Diagnostics



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Consultant Microbiology



Dr Nidhi Malik, MD
Consultant Microbiology



b2b6969080

Kidney And Electrolyte Profile

Name:	Mrs. Anju	Lab ID:	4896042500261~1	Collection Date/Time:	25/Apr/2025 09:05AM
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Kidney Function Tests

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

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

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

Symptoms that may indicate a problem with your kidneys include:



High blood pressure



Difficulty beginning urination



Blood in the urine



Painful urination



Frequent urges to urinate



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

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

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

Your Results

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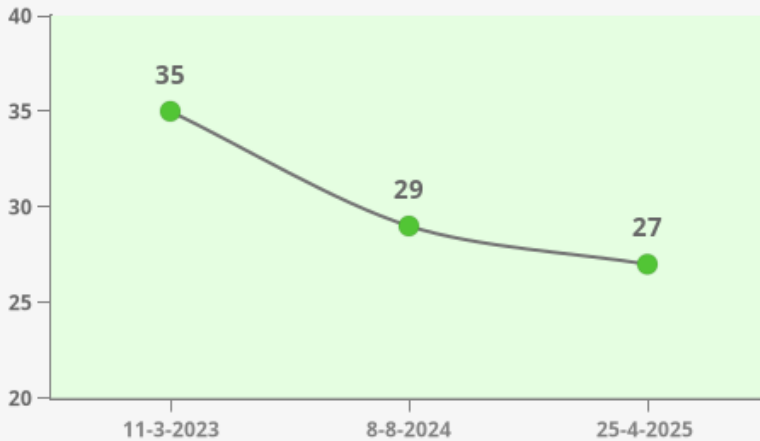
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Blood Urea: 27.0 mg/dL

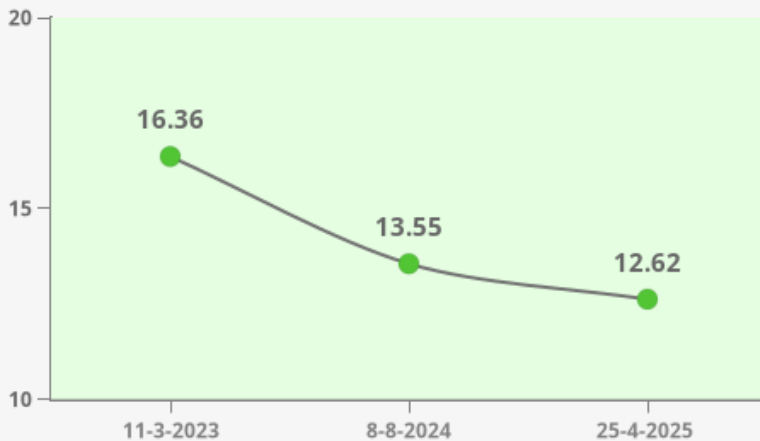
● NORMAL



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

Blood Urea Nitrogen (BUN): 12.62 mg/dL

● NORMAL



- $BUN (mg/dL) = Urea (mg/dL) / 2.1428$
- Its value depends upon the level of Blood Urea

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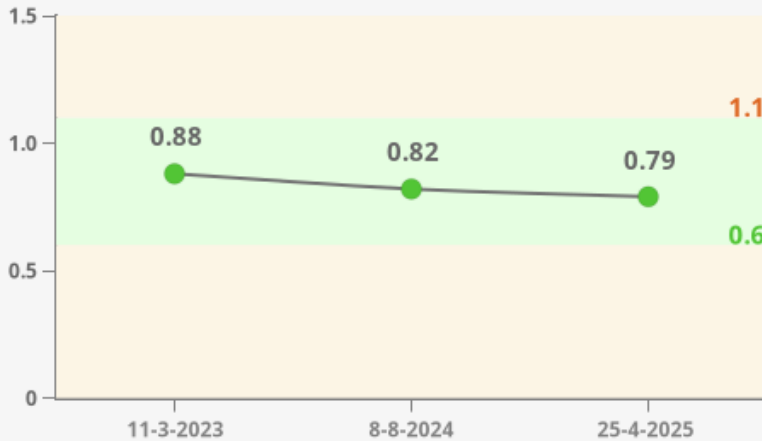
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Serum Creatinine: 0.79 mg/dL

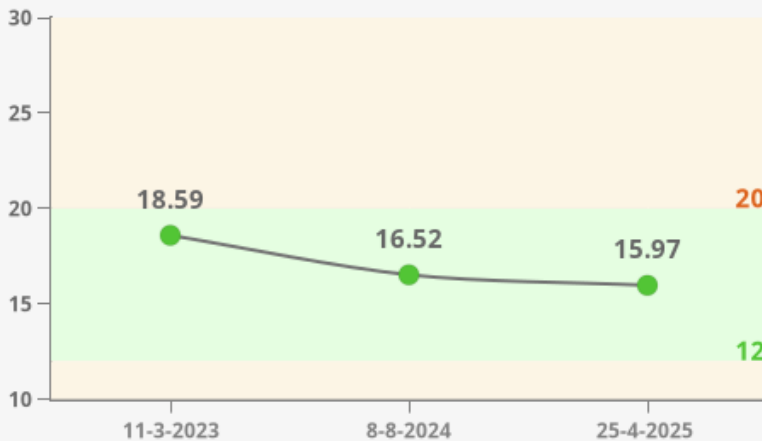
● NORMAL



- 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

BUN : Creatinine ratio: 15.97 Ratio

● NORMAL



- The ideal ratio of BUN to creatinine falls between 10-to-1 and 20-to-1

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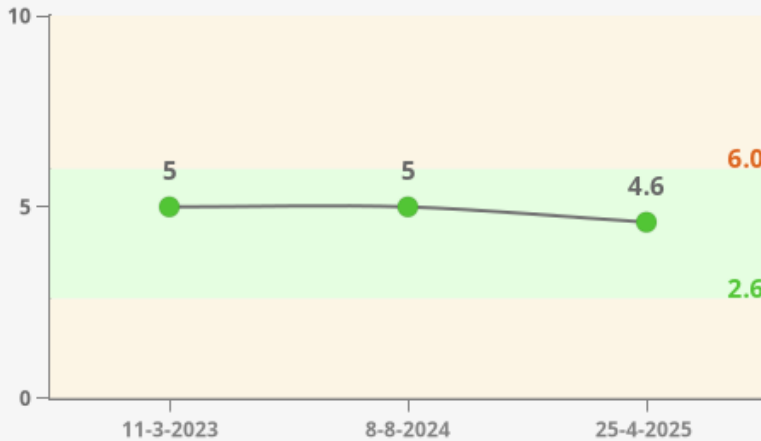
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Uric Acid: 4.6 mg/dL

● 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

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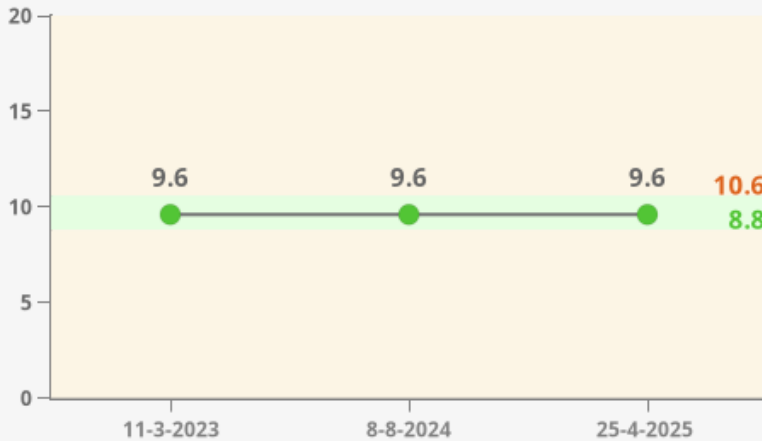
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Calcium: 9.6mg/dL

● 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

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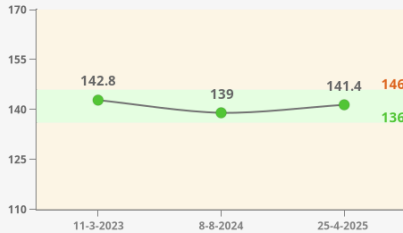
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Sodium: 141.4 mmol/L



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

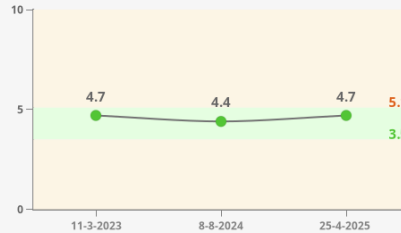


SALT



CHEESE

Potassium: 4.7 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

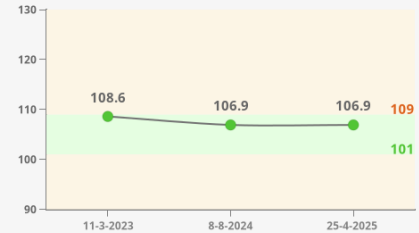


MILK AND DAIRY PRODUCTS



FRUITS(APRICOTS, BANANAS, CITRUS FRUITS)

Chloride: 106.9 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



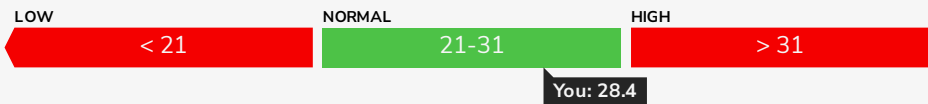
SALT



TOMATOES

Bicarbonate: 28.4 mmol/L

METHOD: ENZYMATIC



● NORMAL



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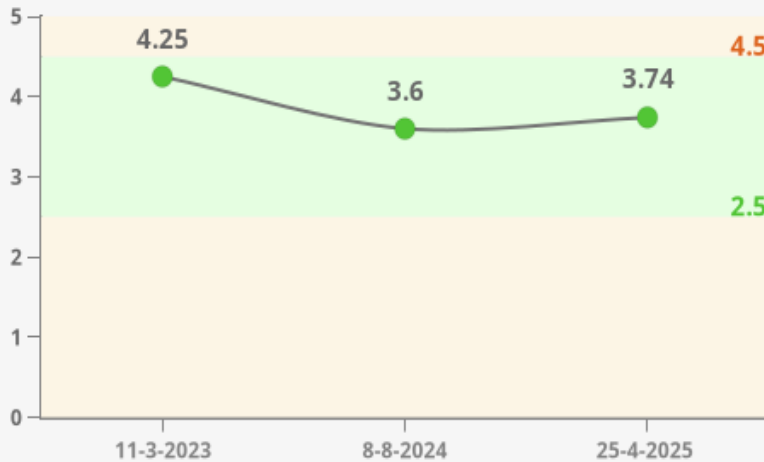
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Phosphorus: 3.74 mg/dL

● 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

Food sources of Phosphorus



BANANAS



ALMONDS

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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Inflammation

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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.

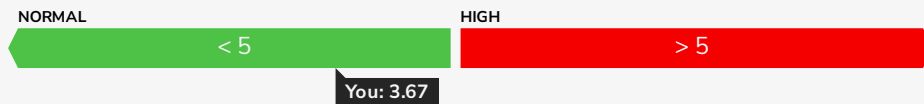
Your results

CRP: 3.67 mg/L

METHOD: LATEX PARTICLE IMMUNOTURBIDIMETRIC

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

● NORMAL



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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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Liver Profile

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Liver Function Tests

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

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

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

Your results

LDH: 153 IU/L

METHOD: LACTATE TO PYRUVATE

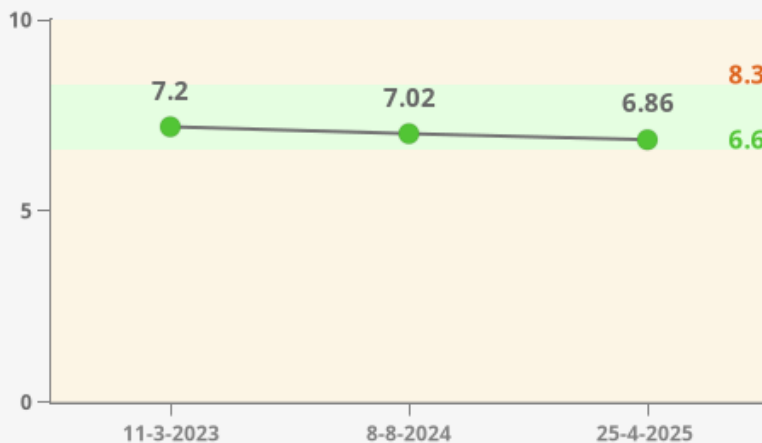
This enzyme is found in many organs, including liver, muscles, kidneys, lungs, and in blood cells and is mainly involved in energy production.

● NORMAL



Protein (Total): 6.86 g/dL

● NORMAL



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

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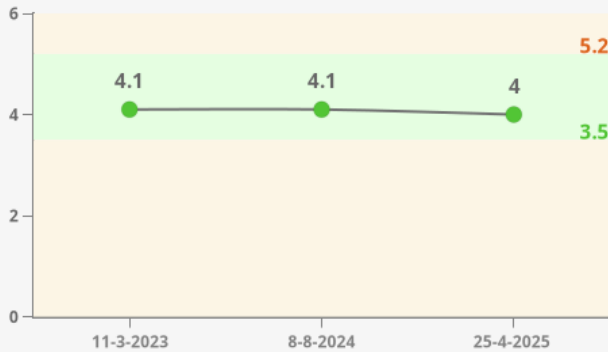
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Liver Profile

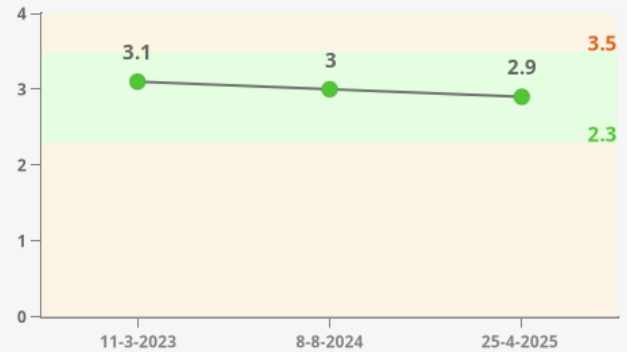
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Albumin: 4.0 g/dL

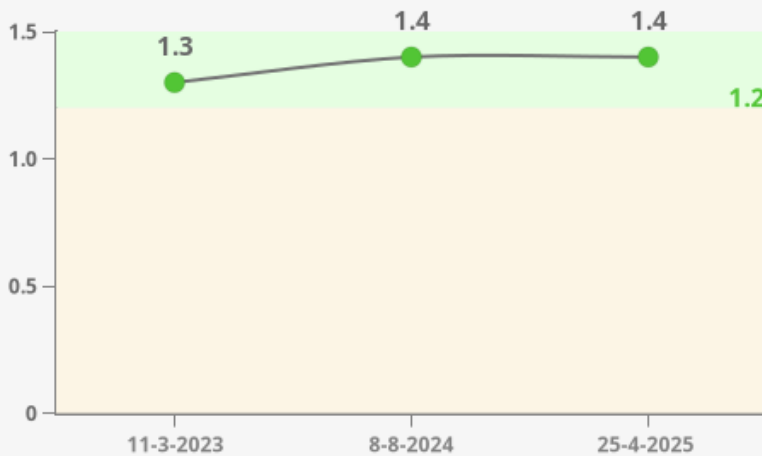


Globulin: 2.9 g/dL



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



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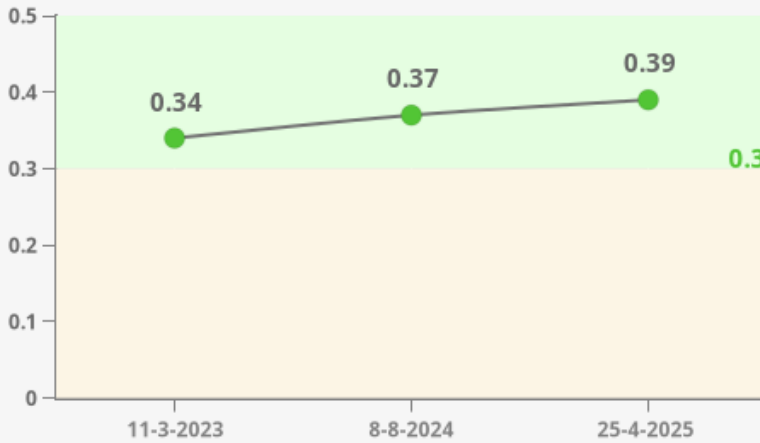
Liver Profile

Name:	Mrs. Anju	Lab ID:	4896042500261~1	Collection Date/Time:	25/Apr/2025 09:05AM
Age/Gender:	56 Y 8 M 10 D / F	Ref Doctor:	SELF	Receiving Date:	25/Apr/2025
Max ID/Mobile:	ML00708468 / 9871725222	Passport No:	-	Reporting Date:	25/Apr/2025
Centre:	5612 - Dr. Vidya	OP/IP No:	/		



Total Bilirubin: 0.39 mg/dL

● NORMAL

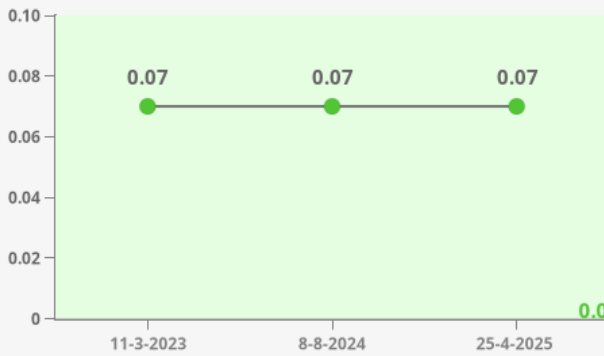


Bilirubin is released as a breakdown product formed by the liver from the hemoglobin of old RBCs

It is of two types-indirect & direct

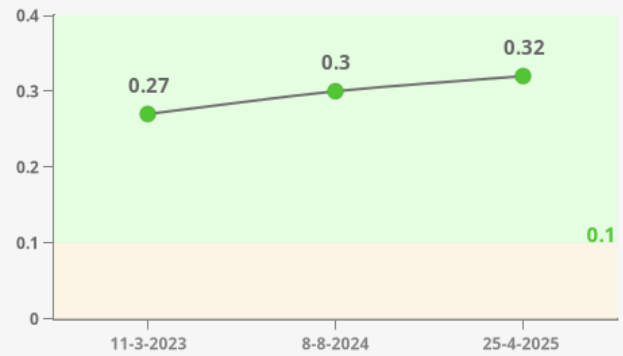
Direct Bilirubin: 0.07 mg/dL

●



Indirect Bilirubin: 0.32 mg/dL

●



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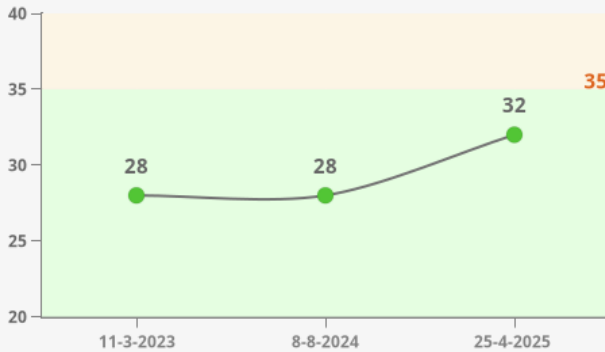
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Liver Profile

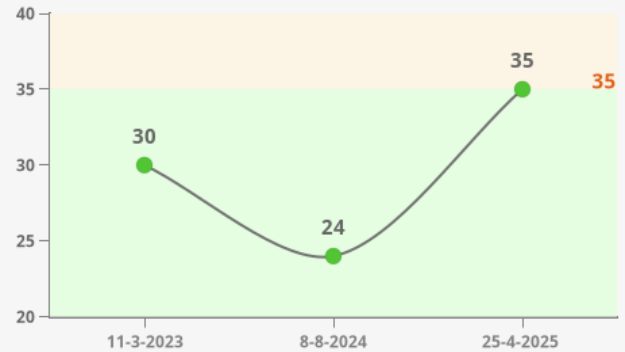
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SGOT (AST): 32 U/L



SGPT (ALT): 35 U/L

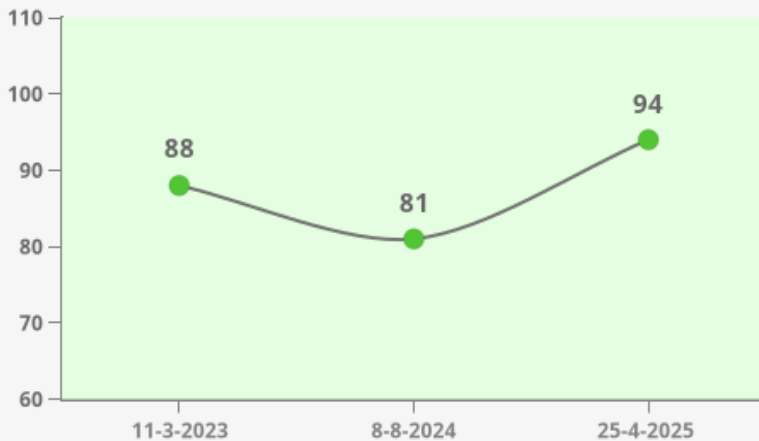


AST / ALT Ratio: 0.91 Ratio

METHOD: CALCULATED

ALP: 94 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

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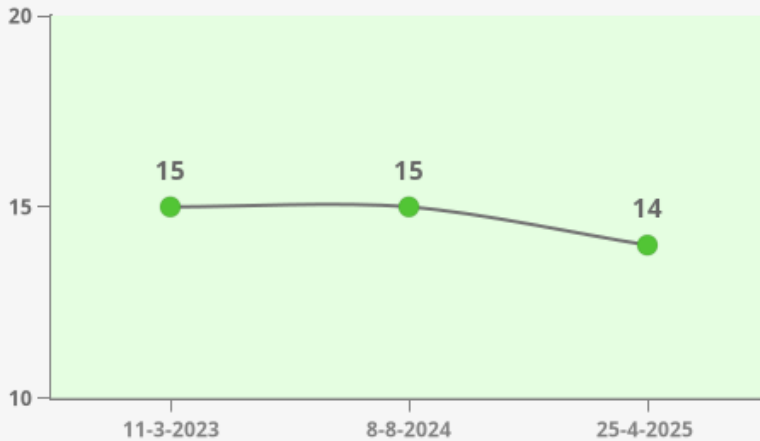
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Liver Profile

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GGT: 14.0 U/L
● NORMAL


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

Some causes for a high GGT level



ALCOHOL, SMOKING



CERTAIN MEDICINES - ASK YOUR DOCTOR

Tips



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



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



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



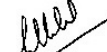
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Hepatitis

Name:	Mrs. Anju	Lab ID:	4896042500261~1	Collection Date/Time:	25/Apr/2025 09:05AM
Age/Gender:	56 Y 8 M 10 D / F	Ref Doctor:	SELF	Receiving Date:	25/Apr/2025
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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.

HBsAg Test Value: 0.07 S/CO

METHOD: CLIA



● NORMAL



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Lipid Profile

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Max ID/Mobile:	ML00708468 / 9871725222	Passport No:	-	Reporting Date:	25/Apr/2025
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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.

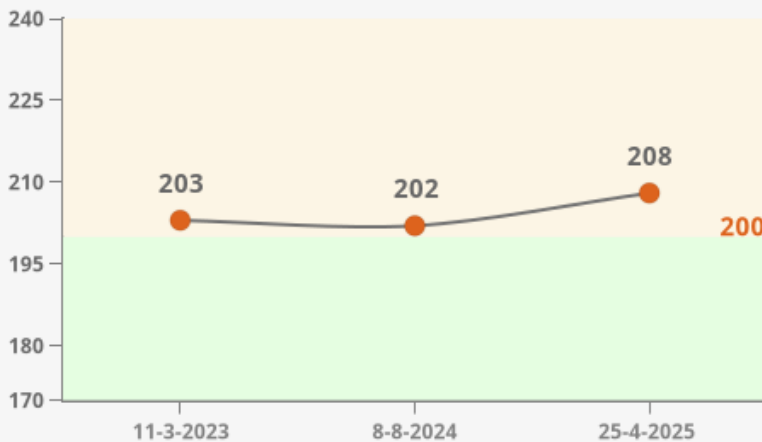
A complete lipid profile is done to determine whether your cholesterol is high and to estimate your risk of heart attacks and other forms of heart disease and diseases of the blood vessels

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: 208mg/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)

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Lipid Profile

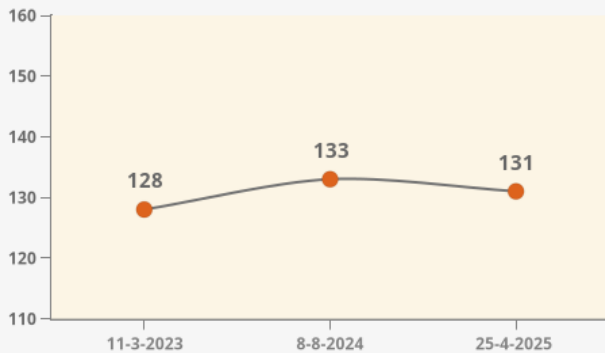
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Centre: 5612 - Dr. Vidya

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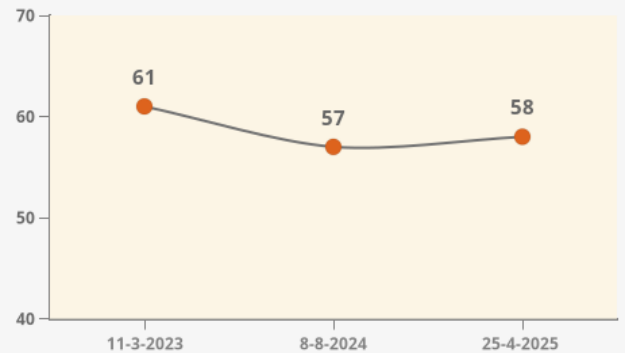
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LDL Cholesterol: 131 mg/dL

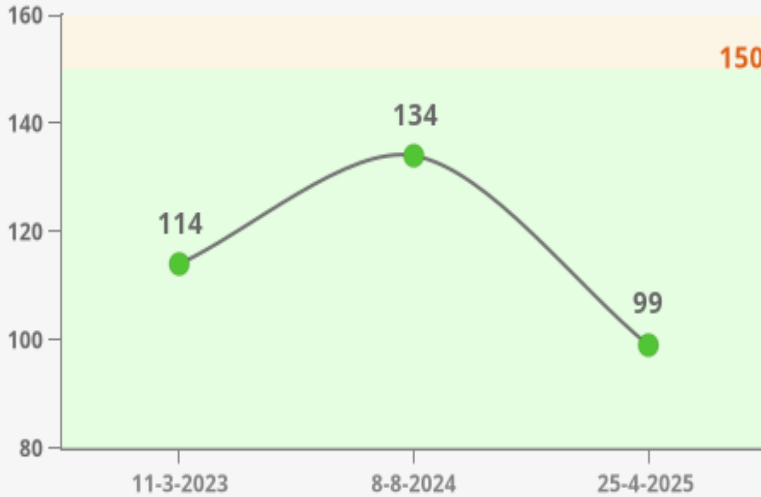


HDL Cholesterol: 58 mg/dL



Triglycerides: 99.0 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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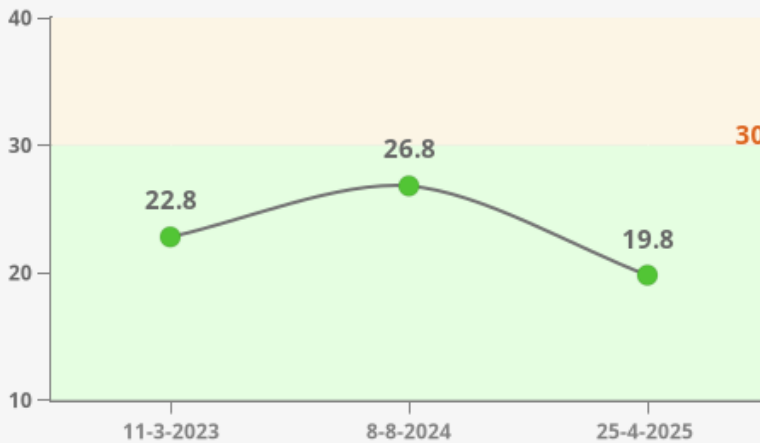
Lipid Profile

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VLDL: 19.8mg/dL

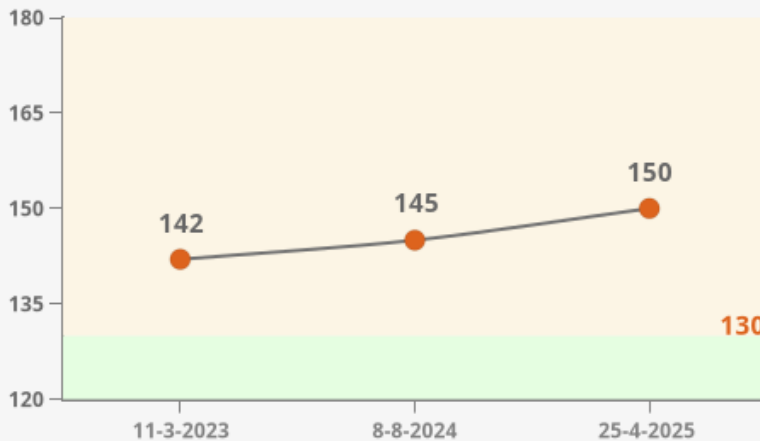
● NORMAL



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

Non - HDL Cholesterol: 150.00mg/dL

● HIGH



○ Non-HDL cholesterol is basically your HDL number subtracted from your total cholesterol number

○ So, in other words, it's all the "bad" types of cholesterol

○ Ideally, you want this number to be lower rather than higher

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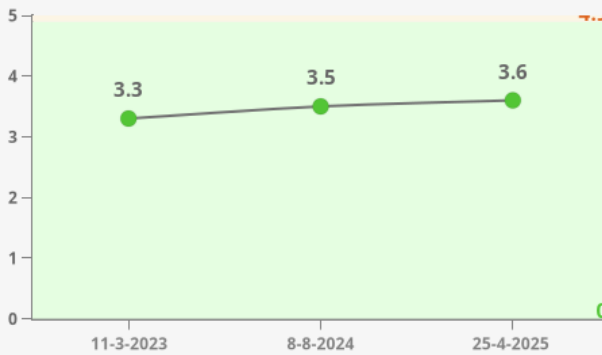
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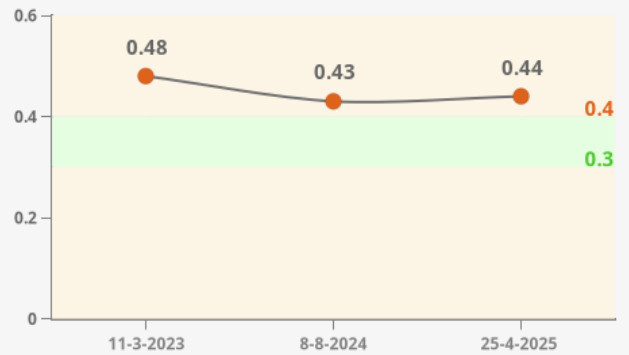
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Total Cholesterol : HDL ratio: 3.6



HDL : LDL ratio: 0.44



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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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Allergy Panel

Name:	Mrs. Anju	Lab ID:	4896042500261~1	Collection Date/Time:	25/Apr/2025 09:05AM
Age/Gender:	56 Y 8 M 10 D / F	Ref Doctor:	SELF	Receiving Date:	25/Apr/2025
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Centre:	5612 - Dr. Vidya	OP/IP No:	/		



Allergy Panel

Phadiatop: 0.04 kUA/L

METHOD: FLUOROENZYME IMMUNOASSAY



● NORMAL



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Thyroid Profile

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Age/Gender:	56 Y 8 M 10 D / F	Ref Doctor:	SELF	Receiving Date:	25/Apr/2025
Max ID/Mobile:	ML00708468 / 9871725222	Passport No:	-	Reporting Date:	25/Apr/2025
Centre:	5612 - Dr. Vidya	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

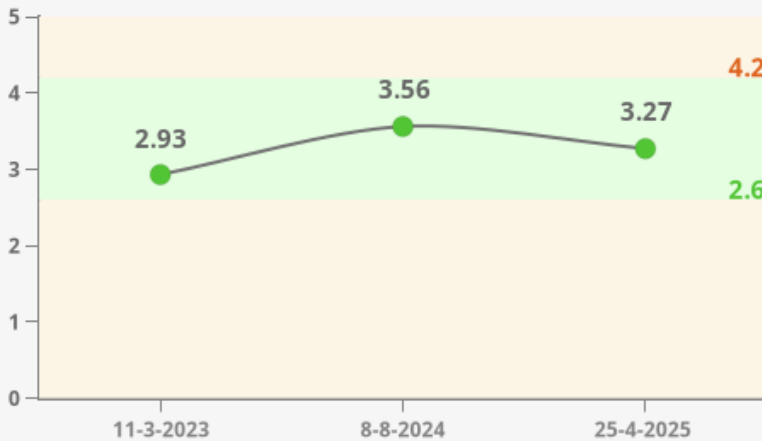


Dairy: all dairy products, including milk, cheese, yogurt, etc.

Your Results

Free T₃ (Triiodothyronine): 3.27 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

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Thyroid Profile

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Age/Gender: 56 Y 8 M 10 D / F
Max ID/Mobile: ML00708468 / 9871725222
Centre: 5612 - Dr. Vidya

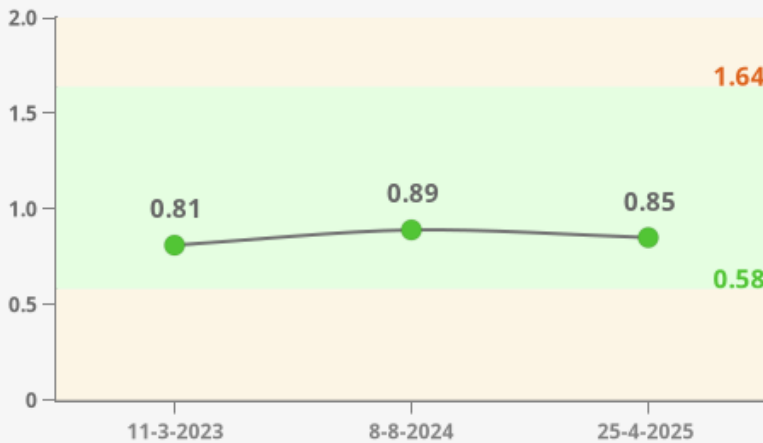
Lab ID: 4896042500261~1
Ref Doctor: SELF
Passport No: -
OP/IP No: /

Collection Date/Time: 25/Apr/2025 09:05AM
Receiving Date: 25/Apr/2025
Reporting Date: 25/Apr/2025



Free T4 (Thyroxine): 0.85 ng/dL

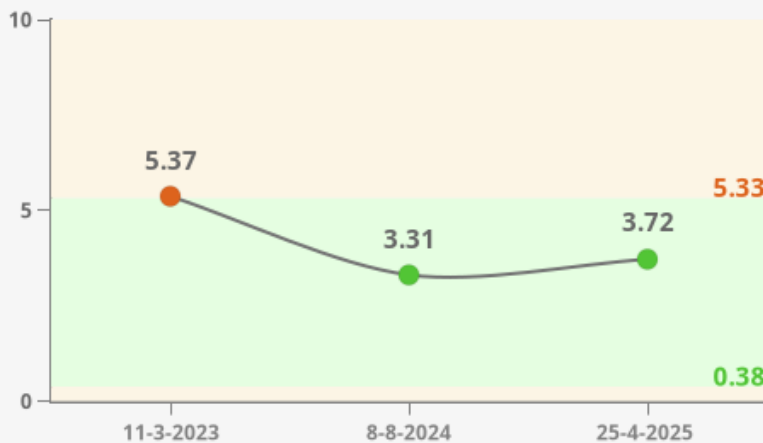
● NORMAL



- 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: 3.72 μ U/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 T₃ and T₄
- 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.

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b2b6969080

Thyroid Profile

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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.



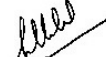
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Vitamin Profile

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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.

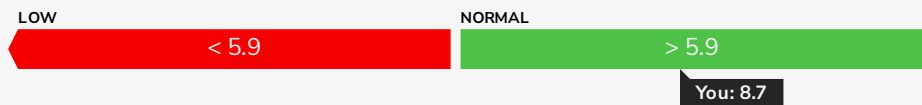
Your results

Serum Folate: 8.7 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



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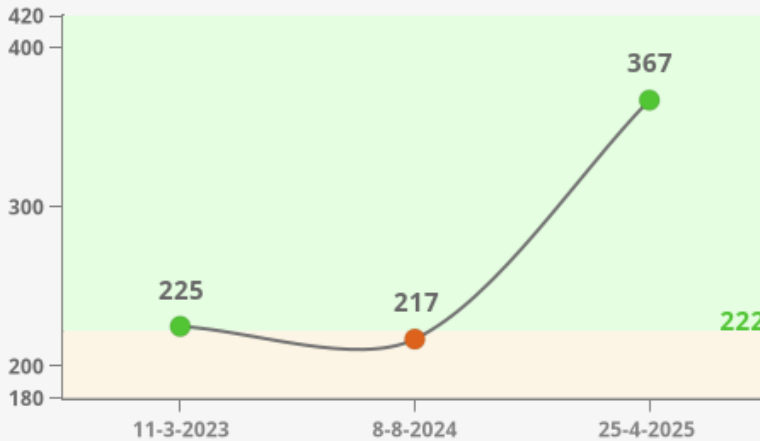
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Vitamin B12: 367 pg/mL

● NORMAL



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

Food Sources of Vitamin B12:



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



FISH, SHELLFISH, CHICKEN



EGGS, POULTRY

Symptoms of Vitamin B12 Deficiency:



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



HEART PALPITATIONS AND SHORTNESS OF BREATH, A SMOOTH TONGUE



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

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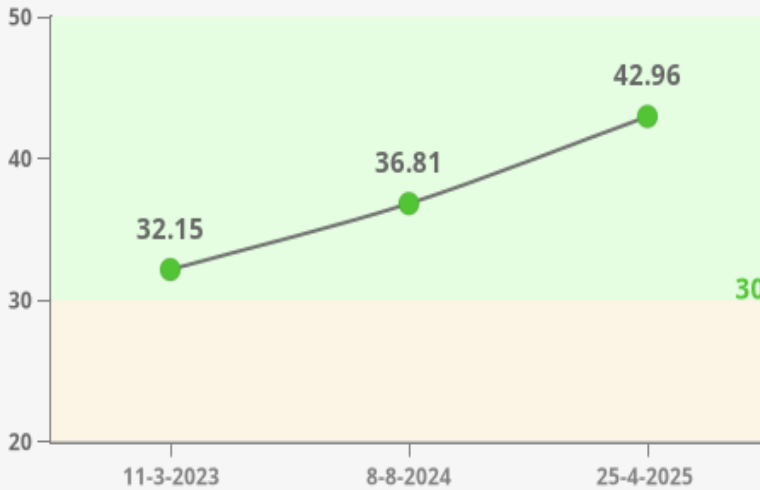
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Vitamin Profile

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Vitamin D (25-Hydroxy): 42.96 ng/mL
● NORMAL


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

Symptoms of vitamin D Deficiency:



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

Tips



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.



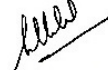
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Urinalysis

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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

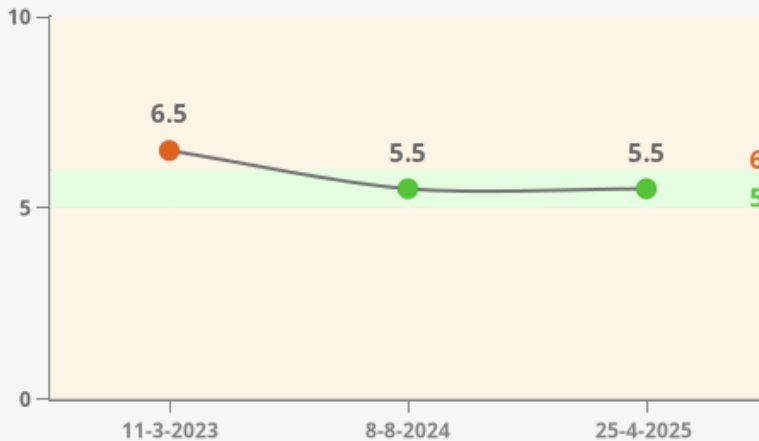
Urine Colour: Pale Yellow

METHOD: VISUAL OBSERVATION/ AUTOMATED

● NORMAL

pH: 5.5..

● NORMAL



○ pH test checks the acidity or alkalinity of urine

○ Many diseases, diet and medicine change the pH of urine

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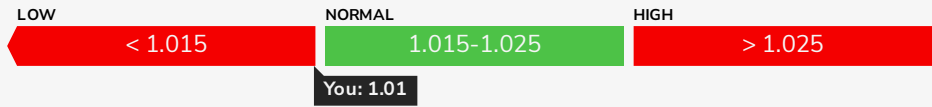
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Specific Gravity: 1.010

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**

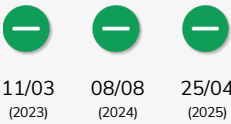


The following section contains names of chemicals that are NOT found in a healthy person's urine.(Each is an individual test performed on your sample).

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

Found in your urine: Nothing abnormal found

Glucose in Urine: Neg

● **NORMAL**


Epithelial Cells: 1/HPF

● **NORMAL**

METHOD: LIGHT MICROSCOPY/IMAGE CAPTURE MICROSCOPY

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

Urobilinogen: Normal

● **NORMAL**

METHOD: EHRLICH'S REACTION

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

Tips



Drink water when thirsty

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



Don't wait too long to use the restroom

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

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All Other Tests

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All Other Tests

Find your remaining tests below

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

Test Name	Result	Range
ESR (Modified Westergren) Modified (Westergren)	8 mm/hr	0 - 19
Apo B/ Apo A1 Ratio	0.76	0.35 - 0.98
eGFR by MDRD MDRD	75.10 mL/min/1.73 m ²	-
eGFR by CKD EPI 2021	87.36	-
Testosterone (total) CLIA	0.43 ng/mL	0.1 - 0.75



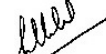
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