

Your Personal **SMART** Report



Insightful

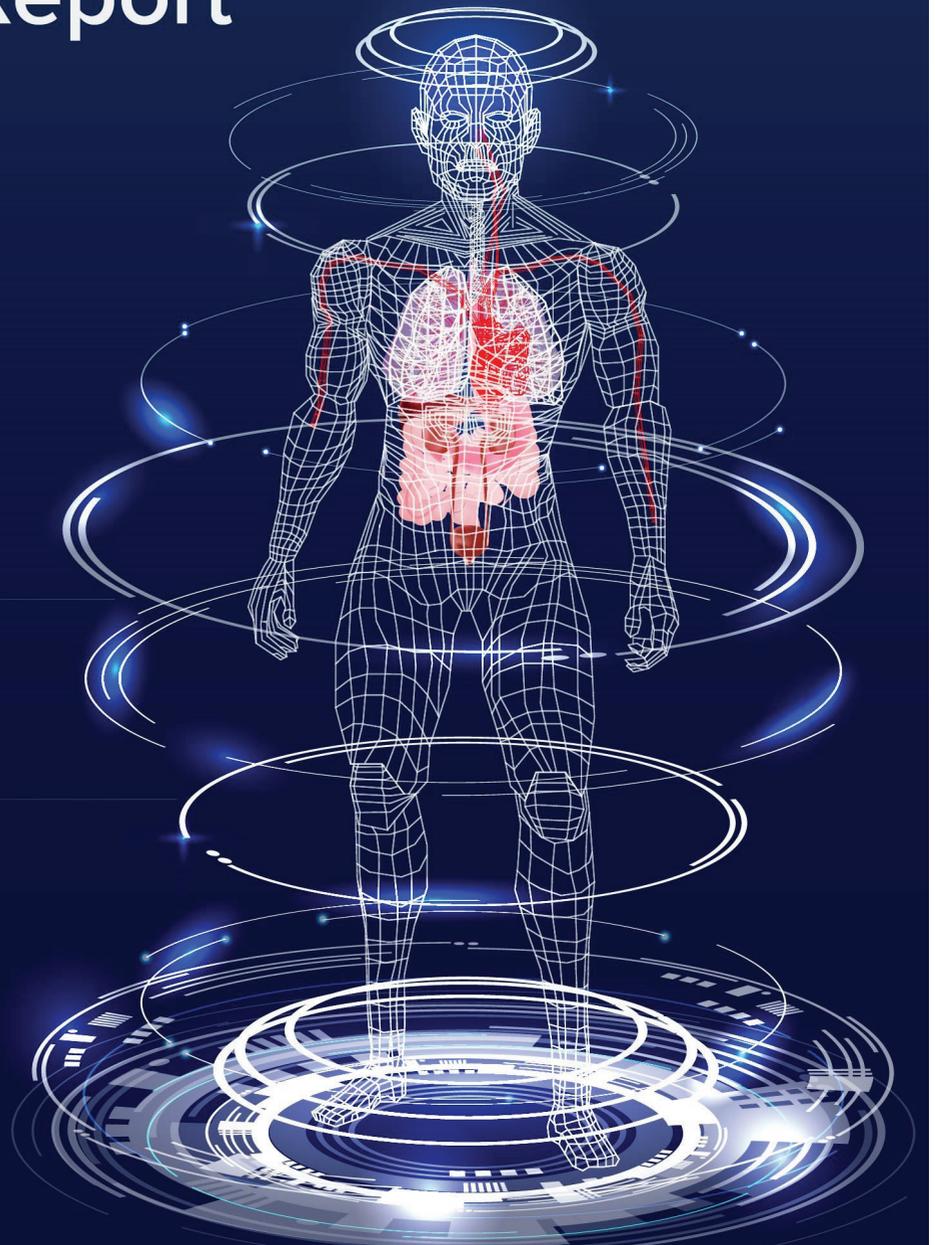


Engaging



Actionable

**Max Care Full-Body
Healthcheck**



Booking ID -

Collection Date-

Reporting Date -



b2b7604303

Your Health Summary

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



Lipid Profile

Please Watchout	
Test Name	Result
LDL Cholesterol	114
Triglycerides	152.2
VLDL	30.4



Liver Profile

Please Watchout	
Test Name	Result
ALP	112



Kidney And Electrolyte Profile

Please Watchout	
Test Name	Result
Blood Urea	15.6
Blood Urea Nitrogen (BUN)	7.29
Chloride	100.97



Vitamin Profile

Please Watchout	
Test Name	Result
Vitamin D (25-Hydroxy)	15.21



Thyroid Profile

All parameters within normal limit



Diabetes Monitoring

Please Watchout	
Test Name	Result
Blood Sugar (Fasting)	215.9
HbA1c (Glycosylated Haemoglobin)	9.60
Glycosylated Haemoglobin(Hb A1c) IFCC	81.42



Blood Counts And Anemia

+ 5 tests Please Watchout	
Test Name	Result
Haemoglobin	11.1
Haematocrit	36.6
Total Leukocyte Count	10.1

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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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Profile Summary

 NORMAL Blood Clotting, Thyroid Profile	 BORDERLINE Liver Profile, Iron Studies, Vitamin Profile	 ABNORMAL Blood Counts And Anemia, Diabetes Monitoring, Lipid Profile, Kidney And Electrolyte Profile
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● Normal (N) ● Low (L) ● Borderline (BL) ● High (H) ● No Ref Range



BLOOD COUNTS AND ANEMIA

Test Name	Result	Unit	Range
● Haemoglobin	11.1	g/dl	12-15
● Haematocrit	36.6	%	40-50
● Total Leukocyte Count	10.1	10 ⁹ /L	4-10
● RBC count	6.18	10 ¹² /L	3.8-4.8
● MCV	59.2	fL	83-101
● MCH	18.0	pg	27-32
● MCHC	30.4	g/dl	31.5-34.5
● RDW	18.3	%	11.5-14.5
● Neutrophils	62.9	%	40-80
● Lymphocytes	29.1	%	20-40
● Monocytes	6.1	%	2-10
● Eosinophils	1.3	%	1-6
● Basophils	0.6	%	0-2
● Abs. Neutrophil Count	6.35	10 ⁹ /L	2-7
● Abs. Lymphocyte Count	2.9	10 ⁹ /L	1-3
● Abs. Monocyte Count	0.62	10 ⁹ /L	0.2-1
● Abs. Eosinophil Count	0.13	10 ⁹ /L	0.02-0.5
● Abs. Basophil Count	0.060	10 ⁹ /L	0.02-0.1



BLOOD CLOTTING

Test Name	Result	Unit	Range
● Platelet Count	268	10 ⁹ /L	150-410
● MPV	9.2	fL	7.8-11.2

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DIABETES MONITORING

Test Name	Result	Unit	Range
● Blood Sugar (Fasting)	215.9	mg/dl	74-99
● HbA1c (Glycosylated Haemoglobin)	9.60	%	< 5.7
● Glycosylated Haemoglobin(Hb A1c) IFCC	81.42	mmol/mol	0-39
● eAG (Estimated Average Glucose)	228.82	mg/dL	
● Average Glucose Value(Past 3 Months IFCC)	12.67	mmol/L	



LIVER PROFILE

Test Name	Result	Unit	Range
● ALP	112	U/L	32-91
● GGT	27.0	U/L	7-50
● Protein (Total)	7.24	g/dl	6.5-8.1
● Albumin	4.1	g/dl	3.5-5
● Globulin	3.1	g/dl	2.3-3.5
● Albumin : Globulin ratio	1.3		1.2-1.5
● Total Bilirubin	0.56	mg/dl	0.3-1.2
● Direct Bilirubin	0.12	mg/dl	0.1-0.5
● Indirect Bilirubin	0.44	mg/dL	0.1-1
● SGOT (AST)	30	U/L	0-50
● SGPT (ALT)	44	U/L	17-63
● AST / ALT Ratio	0.68	Ratio	



LIPID PROFILE

Test Name	Result	Unit	Range
● LDL Cholesterol	114	mg/dl	0-100
● Triglycerides	152.2	mg/dl	< 150
● VLDL	30.4	mg/dl	0-30
● Non - HDL Cholesterol	128.20	mg/dL	0-130
● HDL : LDL ratio	0.37	Ratio	0.3-0.4
● Total Cholesterol : HDL ratio	4.0	..	0-4.9
● Total Cholesterol	170.7	mg/dl	< 200
● HDL Cholesterol	42.5	mg/dl	>40

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KIDNEY AND ELECTROLYTE PROFILE

Test Name	Result	Unit	Range
 Blood Urea	15.6	mg/dL	17.12-55.64
 Blood Urea Nitrogen (BUN)	7.29	mg/dL	8-26
 Serum Creatinine	0.60	mg/dL	0.6-1.1
 BUN : Creatinine ratio	12.15	Ratio	12-20
 Uric Acid	4.04	mg/dl	2.6-6
 Calcium	9.60	mg/dL	8.9-10.3
 Sodium	136.7	mmol/L	136-144
 Potassium	4.82	mmol/L	3.5-5.1
 Chloride	100.97	mmol/l	101-111

IRON STUDIES

Test Name	Result	Unit	Range
 Iron	31.42	µg/dL	45-182

VITAMIN PROFILE

Test Name	Result	Unit	Range
 Vitamin D (25-Hydroxy)	15.21	ng/mL	30-100
 Vitamin B12	270	pg/mL	222-1439

THYROID PROFILE

Test Name	Result	Unit	Range
 T3 (Triiodothyronine)	1.22	ng/mL	0.87-1.78
 T4 (Thyroxine)	9.30	µg/dL	5.93-13.29
 TSH	4.23	uIU/ml	0.34-5.6

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Blood Counts And Anemia

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 Centre: _____ OP/IP No: _____



Constituents of your blood

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

Your results

Haemoglobin: 11.1 g/dl LOW ●

METHOD: MODIFIED CYANMETHEMOGLOBIN

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



RBC count: 6.18 ^{10~12/L} HIGH ●

METHOD: ELECTRICAL IMPEDANCE

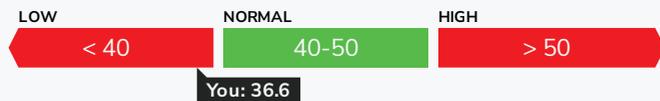
The number of red blood cells in 1 microlitre of your blood. Low RBCs count indicates anemia.



Haematocrit: 36.6% LOW ●

METHOD: CALCULATED

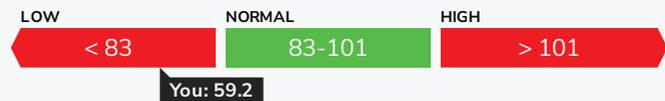
Haematocrit means *how much of your blood is made up of RBCs*. Haematocrit is sometimes also called *PCV (Packed Cell Volume)*.



MCV: 59.2 fL LOW ●

METHOD: ELECTRICAL IMPEDANCE

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



Differential leukocyte count

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



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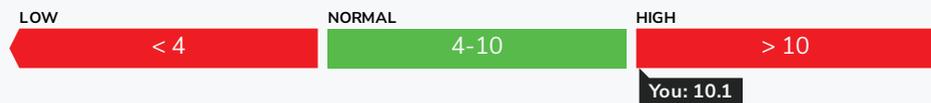


Total Leukocyte Count: 10.1 ^{10⁹/L}

METHOD: ELECTRICAL IMPEDANCE

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

● HIGH

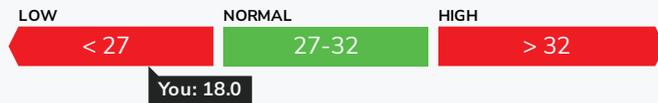


MCH: 18.0 pg

METHOD: CALCULATED

LOW ●

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



MCHC: 30.4 g/dl

METHOD: CALCULATED

LOW ●

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: 18.3%

METHOD: CALCULATED

Red cell Distribution Width-Coefficient of Variation.

● HIGH



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Blood Counts And Anemia

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

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Lymphocytes: 29.1 %

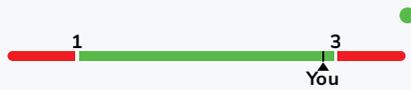
METHOD: VCS / LIGHT MICROSCOPY



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

Abs. Lymphocyte Count: 2.9^{10-9/L}

METHOD: CALCULATED FROM TLC & DLC



Monocytes: 6.1 %

METHOD: VCS / LIGHT MICROSCOPY



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

Abs. Monocyte Count: 0.62^{10-9/L}

METHOD: CALCULATED FROM TLC & DLC



Neutrophils: 62.9 %

METHOD: VCS / LIGHT MICROSCOPY



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

Abs. Neutrophil Count: 6.35^{10-9/L}

METHOD: CALCULATED FROM TLC & DLC



Eosinophils: 1.3 %

METHOD: VCS / LIGHT MICROSCOPY



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

Abs. Eosinophil Count: 0.13^{10-9/L}

METHOD: CALCULATED FROM TLC & DLC



Basophils: 0.6 %

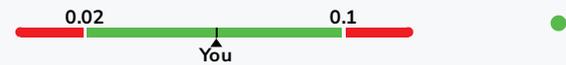
METHOD: VCS / LIGHT MICROSCOPY



Basophils are WBC that release enzymes to fight harmful bacteria and germs, involved in allergic reactions, help to trigger inflammation and prevent blood clotting.

Abs. Basophil Count: 0.060^{10-9/L}

METHOD: CALCULATED FROM TLC & DLC



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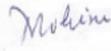


Did you know?

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



Dr. Preeti Tuli, M.D.
Associate Director & Quality Manager, Pathology



Dr. Mohini Bhargava, MD
Associate Director (Biochemistry)

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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

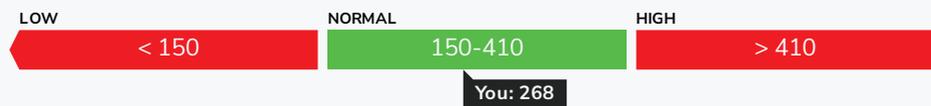
Platelets, which are tiny cells in your blood, have a very important role in blood coagulation. Whenever you get a cut or bleed, platelets stick together to form a blood clot.

Platelet Count: 268 10⁹/L

METHOD: ELECTRICAL IMPEDANCE

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

● NORMAL

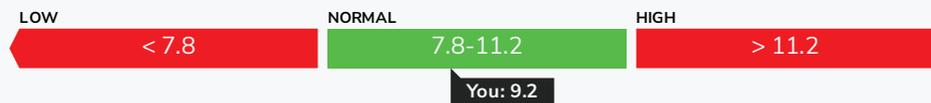


MPV: 9.2 fl

METHOD: CALCULATED

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

● NORMAL





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Blood Clotting

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



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

This profile is done to:



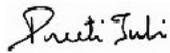
Diagnose bleeding problems-If you bleed a lot after cuts or you get significant easy bruising. If your nose bleeds or if your bleeding from gums take more than normal time to stop.



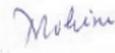
Check your risk of developing blood clots inside your body- blood clots formed inside your blood vessels can block your vessels.



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



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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

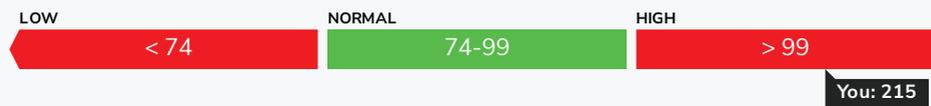
Diabetes panel is used to check how much glucose/ sugar is there in your blood. High level of Glucose levels beyond standard levels increases chances of Diabetes.

Your Results

Blood Sugar (Fasting): 215.9 mg/dl

METHOD: HEXOKINASE

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.

● HIGH

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



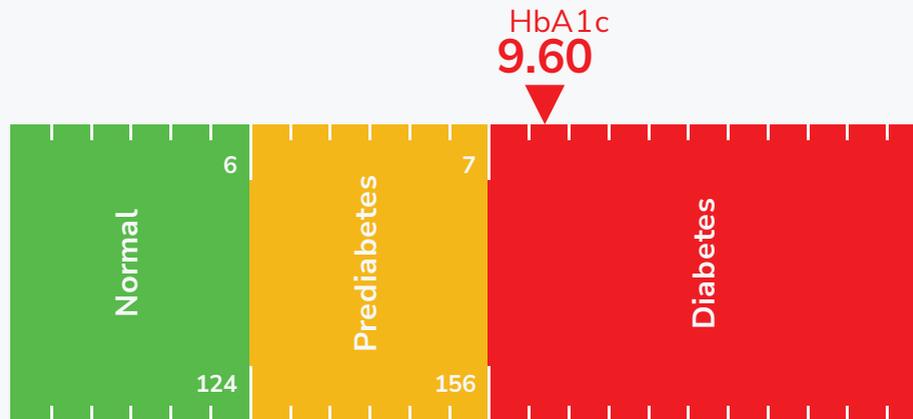
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HbA1c (Glycosylated Haemoglobin): 9.60%

● HIGH

eAG (Estimated Average Glucose): 228.82 mg/dL

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



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



EAT LOW SUGAR FOODS



EXERCISE REGULARLY



TAKE MEDICATIONS AS PER THE DOCTORS RECOMMENDATIONS

Glycosylated Haemoglobin(Hb A1c) IFCC: 81.42 mmol/mol

● HIGH



Average Glucose Value(Past 3 Months IFCC): 12.67 mmol/L

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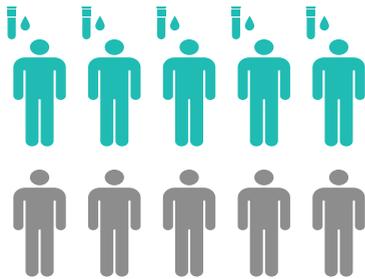
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Importance of test



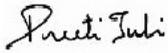
Out of 10 Indians who already have diabetes, 5 of them *don't even know* that they have diabetes.

Diabetes Myths

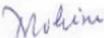


Does diabetes happen **ONLY** because of sugar?

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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Associate Director & Quality Manager, Pathology



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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

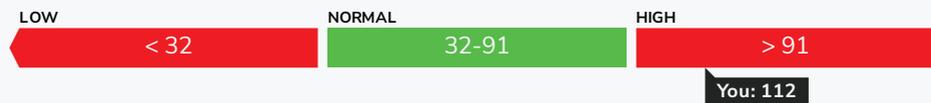
ALP: 112 U/L

METHOD: PNP AMP BUFFER

Alkaline phosphatase (ALP) is an essential enzyme found primarily in the liver and bones, but also in small amounts in the intestines, placenta, and kidneys.

● HIGH

Increased in bone formation, bone disease, renal disease, liver disease.



GGT: 27.0 U/L

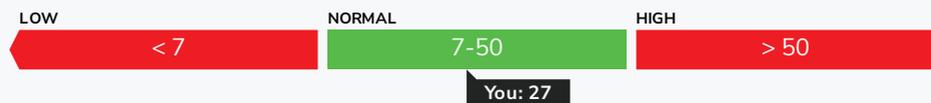
METHOD: ENZYMATIC RATE

GGT (*Gamma-Glutamyl Transferase*) is the most sensitive enzyme of your liver.

● NORMAL

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

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Liver Profile

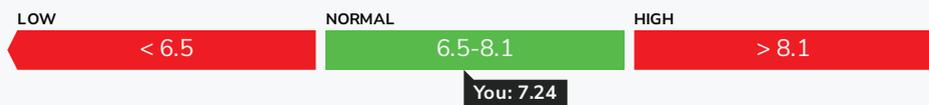
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Protein (Total): 7.24 g/dl

METHOD: BIURET

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



Albumin: 4.1 g/dl

METHOD: BCP

NORMAL ●

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



Globulin: 3.1 g/dl

METHOD: CALCULATED

NORMAL ●

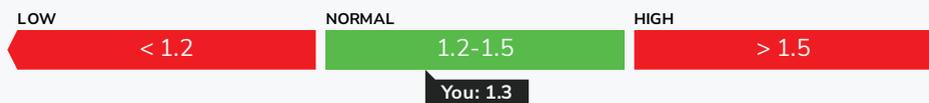
The globulin is a group of proteins made by the immune system in your liver. It plays an important role in liver function, blood clotting and fighting infection.



Albumin : Globulin ratio: 1.3

METHOD: CALCULATED

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



Total Bilirubin 0.56 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	0.12 mg/dl	0.1-0.5	● NORMAL
Indirect Bilirubin	0.44 mg/dl	0.1-1	● NORMAL





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Liver Profile

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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.

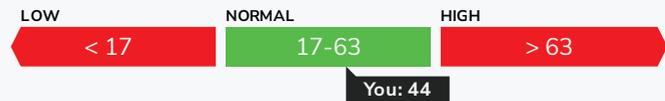
SGOT (AST): 30 U/L NORMAL ●
METHOD: UV WITHOUT P5P

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



SGPT (ALT): 44 U/L NORMAL ●
METHOD: KINETIC RATE USING LDH

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



AST / ALT Ratio: 0.68 Ratio
METHOD: CALCULATED

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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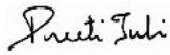
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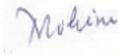
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Lipid Profile

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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

LDL Cholesterol: 114 mg/dl HIGH ●

METHOD: HOMOGENEOUS ASSAY

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



HDL Cholesterol: 42.5 mg/dl NORMAL ●

METHOD: HOMOGENEOUS ASSAY

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



Triglycerides: 152.2 mg/dl

METHOD: ENZYMATIC, END POINT

The most common type of fat stored in your body. Triglycerides rise in your blood after you have a meal - as your body converts energy that is not needed right away - into fat.

Triglyceride is often increased in obesity and type 2 diabetes. HDL particles are anti-atherogenic appearing to have anti-inflammatory, antioxidant and anticoagulant properties.

● HIGH





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Lipid Profile

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VLDL: 30.4 mg/dL
METHOD: CALCULATED

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

● **HIGH**



Non - HDL Cholesterol: 128.20 mg/dL
METHOD: CALCULATED

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



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.

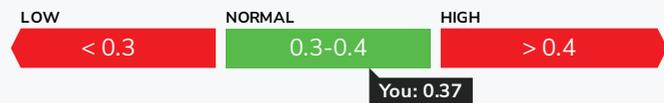
Total Cholesterol : HDL ratio: 4.0 ● NORMAL
METHOD: CALCULATED

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



HDL : LDL ratio: 0.37 Ratio ● NORMAL
METHOD: CALCULATED

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





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Lipid Profile

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Total Cholesterol: 170.7 mg/dl

METHOD: CHOLESTEROL OXIDASE, ESTERASE, PEROXIDASE

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

● NORMAL


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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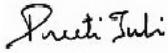
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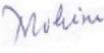
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Kidney And Electrolyte Profile

Name:	Lab ID:	Collection Date/Time:
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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.

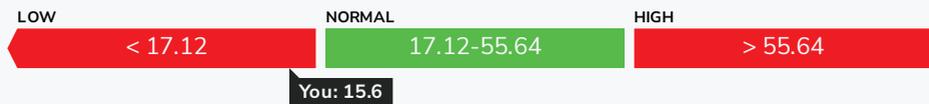
You may also need kidney function testing done if you have other conditions that can harm the kidneys, such as diabetes or high blood pressure. They can help doctors monitor these conditions.

Your Results

Blood Urea: 15.6 mg/dL
METHOD: ENZYMATIC RATE (UREASE)

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

● **LOW**



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Kidney And Electrolyte Profile

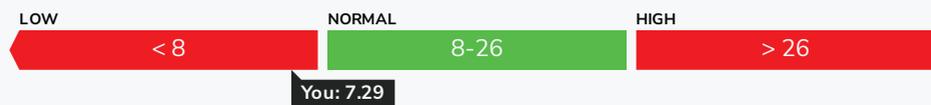
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Blood Urea Nitrogen (BUN): 7.29 mg/dl

METHOD: ENZYMATIC RATE (UREASE)

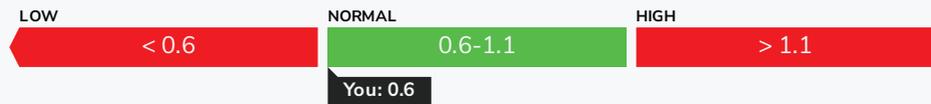
BUN (mg/dl) = Urea (mg/dl) / 2.1428. Its value depends upon the level of Blood Urea.

● **LOW**


Serum Creatinine: 0.60 mg/dL

METHOD: ALKALINE PICRATE KINETIC

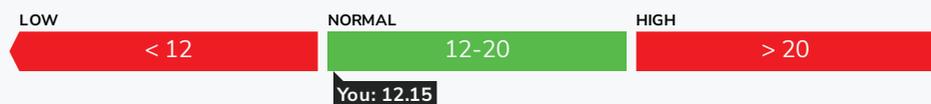
Creatinine is a waste product present in all body fluids and secretions, and is freely filtered by the kidney. It is produced ● **NORMAL** each day and is related to muscle mass (and body weight). It is increased in diminished renal function.



BUN : Creatinine ratio: 12.15 Ratio

METHOD: CALCULATED

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



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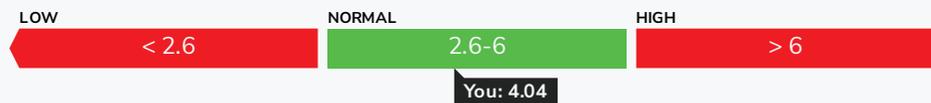
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Uric Acid: 4.04 mg/dl

METHOD: URICASE, COLORIMETRIC

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

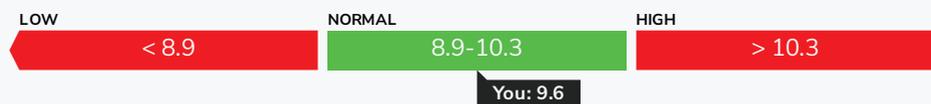


CERTAIN MEDICINES - ASK YOUR DOCTOR

Calcium: 9.60 mg/dl

METHOD: ARSENAZO III

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



Some calcium-rich foods include:



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



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

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

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

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Kidney And Electrolyte Profile

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:



Sodium: 136.7 mmol/L

METHOD: ISE DIRECT



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

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

Foods rich in sodium



SALT



CHEESE

Potassium: 4.82 mmol/L

METHOD: ISE INDIRECT



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

Food sources of potassium



MILK AND DAIRY PRODUCTS



FRUITS (APRICOTS, BANANAS, CITRUS FRUITS)

Chloride: 100.97 mmol/L

METHOD: ISE DIRECT



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

Food sources of chloride



SALT



TOMATOES

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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Mohini

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Iron Studies

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



About Iron Studies

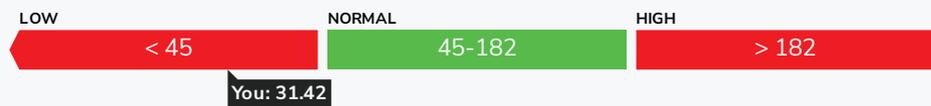
Anemia is the condition where your body has less RBCs (red blood cells) or the RBCs don't have enough haemoglobin. Hemoglobin is an oxygen binding protein inside a RBC. RBCs carry oxygen to different parts of your body. Untreated anemia can lead to heart diseases.

Your results

Iron: 31.42 $\mu\text{g/dL}$

● 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.



Overall Diet and Lifestyle to avoid Anemia



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



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



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



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



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



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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Iron Studies

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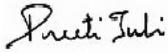
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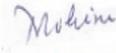
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Vitamin Profile

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



About Vitamin Profile

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

Your results

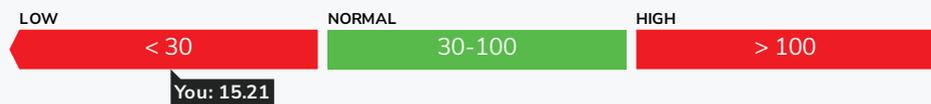
Vitamin D (25-Hydroxy): 15.21 ng/mL

METHOD: CLIA

Vitamin D, also called "wellness vitamin" is produced endogenously through exposure of skin to sunlight, and is absorbed from foods containing or supplemented with vitamin D.

Only a few foods, primarily fish liver oils, fatty fish, egg Yolks, and liver, naturally contain significant amounts of vitamin D. It is metabolized to its biologically active form, 1, 25 – Dihydroxyvitamin D, a hormone that regulates calcium and phosphorus metabolism.

● **LOW**



Symptoms of vitamin D Deficiency:



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

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Vitamin Profile

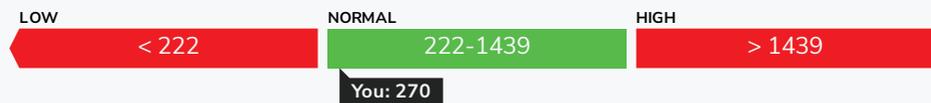
Name:	Lab ID:	Collection Date/Time:
Age/Gender:	Ref Doctor:	Receiving Date:
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Vitamin B12: 270 pg/mL

METHOD: CLIA

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



Food Sources of Vitamin B12:



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



FISH, SHELLFISH, CHICKEN



EGGS, POULTRY

Symptoms of Vitamin B12 Deficiency:



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



HEART PALPITATIONS AND SHORTNESS OF BREATH, A SMOOTH TONGUE



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

Tips



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



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

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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.

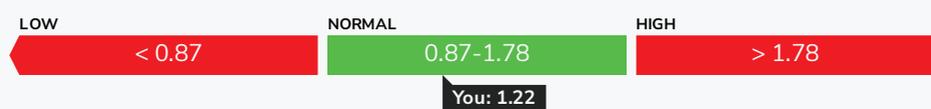
Your Results

T3 (Triiodothyronine) 1.22 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



T4 (Thyroxine) 9.30 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.



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Thyroid Profile

Name:

Age/Gender:

Max ID/Mobile:

Centre:

Lab ID:

Ref Doctor:

Passport No:

OP/IP No:

Collection Date/Time:

Receiving Date:

Reporting Date:

**TSH: 4.23** uIU/ml

METHOD: CHEMILUMINESCENCE

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



Thyroid disorders

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

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

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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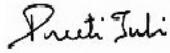
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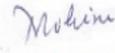
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All Other Tests

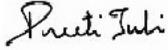
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All Other Tests

Find your remaining tests below

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

Test Name	Result	Range
eGFR by MDRD MDRD	108.60 ml/min/1.73 m ²	-
eGFR by CKD EPI 2021	113.43	-



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