

Name
JOHN DOE

Accession No
NG1234

Basic Info
M | 49

Date of Test
Aug 01, 2023

Diabetes Monitoring



Diabetes is a condition where your blood glucose or sugar is too high. Untreated diabetes (high blood sugar) can silently (without any observable symptoms) damage your blood vessels, heart, kidney, eyes etc. These tests help diagnose diabetes and give some estimation of your future risk of developing diabetes.

Personalised Insights - Diabetes Risk

Your Score: 40 (Moderate Risk)

This is a **partially calculated score**. Please scan or click on the QR code to view your complete risk profile.

SCAN/CLICK ME



Risk Levels:

● Low ● Moderate ● High

Glycosylated Hemoglobin (HbA1c): 6.6%

● HIGH

HbA1c is your average blood glucose (sugar) levels for the last three months.



Estimated average glucose (eAG): 142.72 mg/dL

The result value is an estimated average of your blood sugar levels over a period of 2 to 3 months. It is calculated using your HbA1c result values.

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Glucose - Fasting: 132mg/dL

● HIGH

It estimates the level of glucose in your blood when at least 8 hours have passed since your last meal.



High fasting blood sugar indicates : (Hyperglycemia) High risk of diabetes

Diet & Lifestyle Tips



Watch portion size and choose low glycaemic index foods- There is a sharp increase in blood glucose levels after heavy meals.



Keep track of the amount of carbohydrate you consume each day.



Avoid sweets and soft drinks. Don't add sugar in foods and drinks.



Lose weight if you are overweight. Obesity increases your risk for diabetes.



Exercise regularly - Exercise helps boost your body's sensitivity to insulin. Limit intake of white bread and white rice.

Feedback

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Blood Counts



Blood is the body fluid that delivers sugars, oxygen, hormones etc. throughout your body and also carries away carbon dioxide and other waste products from your body cells. Blood count checks the number and types of cells in your blood. This helps doctors check your overall health and helps diagnose conditions such as anemia, infections, clotting problems, blood cancers, and immune system disorders.

WBCs: White Blood Cells

RBCs: Red Blood Cells

MCV: 81 fL

● LOW

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



Abnormal results may indicate : Iron deficiency anemia.

MCH: 26.3 pg

● LOW

It is the average amount of hemoglobin in RBCs.



Abnormal results may indicate : Iron deficiency anemia.

RDW-CV: 17.2 %

● HIGH

Red cell Distribution Width-Coefficient of Variation



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MPV: 13.7_{fL}

● HIGH

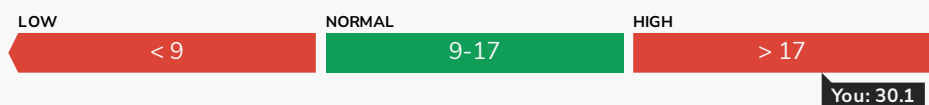
MPV(Mean Platelet Volume) is the average size of your platelets.



PDW: 30.1_{fL}

● HIGH

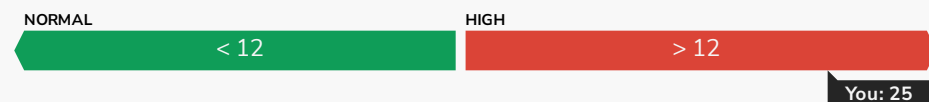
It measures the degree of variation in the size of platelets.



Erythrocyte Sedimentation Rate: 25_{mm/hr}

● HIGH

ESR is the distance in millimeters that erythrocytes fall during 1 hour in a sample of blood. If there is inflammation in the body then ESR value is high.



Abnormal results may indicate



Infections



Renal disease



Anemia



Acute allergy



Pregnancy (but not first trimester)



Old Age

Differential Leukocyte Count

There are five different types of WBCs. These are Neutrophils, Lymphocytes, Monocytes, Eosinophils and Basophils. This test measures the percentage of each type of WBC in your blood.

Eosinophils 12.4 %

● HIGH

Eosinophils are a type of WBCs that have the ability to fight parasitic infections (infections because of worms). Normally your body has a very small number of eosinophils but they increase in number if you have allergic disorders (eg. asthma), parasitic or fungal infections or some skin diseases. Allergies are the most common cause of high eosinophils. High eosinophils have also been observed in certain types of cancer.

Absolute Eosinophil Count 0.77 $10^3/\mu\text{L}$ 0.02-0.5 ● HIGH



Abnormal results may indicate: If you have chronically high eosinophils then you should consult your doctor as these eosinophils secrete substances that might be damaging your body tissues, also your doctor can rule out cancer as the reason behind your permanently high eosinophils.

Normal Parameters

Test Name	Result unit	Range
● Hemoglobin	13.6 g/dL	12-15
● HCT	41.8 %	36-46
● MCHC	32.5 g/dL	31.5-34.5
● Total Leucocyte Count	6.18 $10^3/\mu\text{L}$	4-10
● Neutrophils	48.6 %	40-80
● Lymphocytes	33 %	20-40
● Monocytes	5.4 %	2-10
● Basophils	0.6 %	< 2
● Absolute Neutrophil Count	3 $10^3/\mu\text{L}$	2-7
● Absolute Lymphocyte Count	2.04 $10^3/\mu\text{L}$	1-3
● Absolute Monocyte Count	0.33 $10^3/\mu\text{L}$	0.2-1
● Absolute Basophil Count	0.04 $10^3/\mu\text{L}$	0.02-0.1
● Platelet Count	165 $10^3/\mu\text{L}$	150-410

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Urinalysis



The urinalysis, as it's sometimes called, is a set of tests conducted on your urine. These tests measure specific properties of urine and also find out if there are any unwanted chemicals in your urine. If your results in these tests are abnormal, your doctor can correlate them clinically. Sometimes, abnormal urine results are because of kidney disease, liver disease or diabetes.

RBC: 5.17 $10^6/\text{cu.mm}$

● HIGH



Diet and Lifestyle Tips



Drinking plenty of water helps flush toxins and bacteria from your bladder and keeps your urinary pattern stable.



Poor toilet and hygiene habits like holding urine for long can increase risk of urinary tract infections.



Women are at higher risk of getting urinary tract infections (UTIs). Antibiotics are prescribed to treat bacterial UTIs but regular use of antibiotics can be harmful for your health. There is some scientific evidence that cranberry juice can decrease UTIs.



Use salt in moderation. High sodium (from salt) increases your risk of developing kidney stones. Salt also makes you retain water, which puts pressure on your bladder. Consider reducing your alcohol and caffeine intake, they may irritate your bladder.

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Electrolyte Profile



Electrolytes are electrically charged minerals in your blood, body fluids and urine. Electrolytes are important because they help:

Regulate the amount of water in your body.

Regulate the pH of your blood.

Move nutrients into your cells. Move wastes out of your cells.

Make sure that your nerves, muscles, the heart, and the brain work the way they should.

Your body needs a balanced level of these electrolytes. Both too high and too low levels of these electrolytes may indicate a medical problem.

Normal Parameters

Test Name	Result unit	Range
● Calcium	9.4 mg/dL	8.4-10.2
● Uric Acid	6 mg/dL	2.7-6.1
● Sodium	139 mmol/L	132-146
● Potassium	5.4 mmol/L	3.5-5.5
● Chloride	104 mmol/L	99-109

Anemia Studies



Anemia is the condition where your body has less Red Blood Cells (RBCs) or RBCs do not have enough hemoglobin. Hemoglobin is an oxygen binding protein inside RBC. RBCs carry oxygen to different parts of your body. Anemia, if left untreated for a prolonged period of time, can lead to cardiovascular diseases and multiorgan failure.

Normal Parameters

Test Name	Result unit	Range
Iron Serum	105.2 µg/dL	50-170
Unsaturated Iron Binding Capacity	260.76 µg/dL	120-470
Total Iron Binding Capacity (TIBC)	365.96 µg/dL	240-450
Transferrin Saturation	28.75 %	16-50

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Lipid Profile



A panel of tests that measures the amount of fat/lipid in your blood.

Personalised Insights - Heart Risk

Your Score: 3.9 (Low Risk)

This is a **partially calculated score**. Please scan or click on the QR code to view your complete risk profile.

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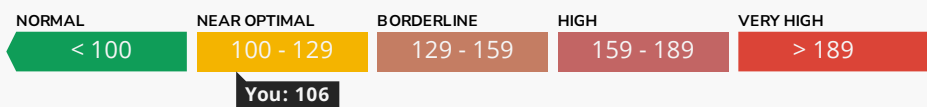
Risk Levels:

● Low ● Intermediate ● High

Cholesterol - LDL: 106.7 mg/dL

● NEAR OPTIMAL

LDL cholesterol is often called "Atherogenic" or "bad cholesterol" as high levels of this cholesterol increases the risk of atherosclerosis and other cardiovascular diseases.



Non HDL Cholesterol: 133.7 mg/dL

● HIGH

Non-HDL = Total cholesterol - HDL cholesterol.

The higher the result value, the higher is the total amount of all **bad** cholesterol in your body.



Abnormal results may indicate : High risk of heart diseases.

Lipid Ratios

About

Ratios compare the amount of good lipids to the amount of bad lipids in your body. In a healthy person good lipids should be greater than bad lipids. Ratios are better predictors of heart disease risk as compared to isolated parameters, such as LDL.

Cholesterol : HDL Cholesterol: 4.09 Ratio ● HIGH

This ratio is also known as atherogenic index, as it gives estimation of the risk of atherosclerosis. The higher the ratio, the higher is the risk of heart disease. The ideal ratio is <3 for women and <4 for men.



Did You Know?



Total cholesterol/HDL ratio is considered a more sensitive and specific index of cardiovascular risk than total cholesterol.

Normal Parameters

Test Name	Result unit	Range
Cholesterol - Total	177 mg/dL	< 200
Triglycerides	135 mg/dL	< 150
Cholesterol - HDL	43.3 mg/dL	40-60
Cholesterol- VLDL	27 mg/dL	10-29.9
LDL : HDL Cholesterol	2.46 Ratio	2-2.5

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Diet & Lifestyle Tips

The good news is, high cholesterol can be lowered, thus reducing your risk of heart disease and stroke (American Heart Association). Making even modest changes in your lifestyle can prevent significant medical issues later (American Heart Association).



Increase intake of fibres. A Fibre rich diet can reduce digestive absorption of cholesterol.



At least 150 minutes of moderate-intensity aerobic exercise a week is sufficient to lower both cholesterol.



Being overweight or obese tends to raise bad cholesterol and lower good cholesterol. But a weight loss of as little as 5% to 10% can help improve cholesterol numbers.



Reducing these fats means limiting your intake of red meat, processed meat and dairy products made with whole milk. Choose low-fat (1%) or fat-free (skim milk) dairy products instead.



Quit smoking and avoid secondhand smoke- Avoiding smoke can improve your lipid profile as well as other profiles, which together lowers your overall risk of heart disease.



Limit fried foods, especially, commercially fried foods, fried fast foods and baked goods (such as, doughnuts, cookies, crackers, muffins, pies and cakes) These foods are very high in fat, and it's likely to be saturated and trans fat.

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Liver Profile

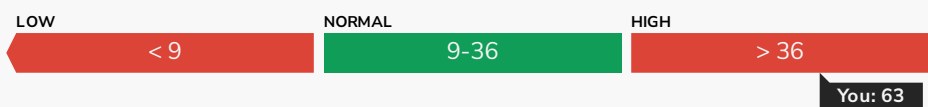


Liver performs a variety of functions including detoxification of various metabolites and production of digestive enzymes. Bilirubin is a yellowish substance produced during the body's normal process of breaking down old red blood cells. A healthy liver removes most of bilirubin from the body. Different types of enzymes are present inside your liver for e.g. SGOT, SGPT, GGT, etc. Measuring the levels of these enzymes in your blood, can be useful for diagnosis and monitoring of liver disease.

Gamma Glutamyltransferase (GGT): 63 U/L

● HIGH

This test estimates the level of GGT (Gamma-Glutamyl Transferase) enzyme in your blood. This test can help detect liver disorders associated with alcohol and smoking as these have been found to increase your GGT levels.



Common reasons for abnormal results :



It can be a sign of bile duct obstruction or alcohol use disorder or liver disorder.

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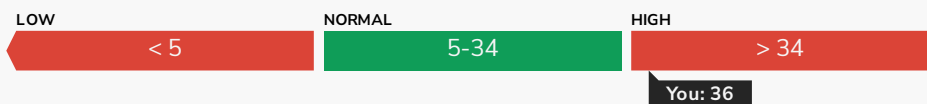
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Aspartate Transaminase (SGOT): 36 U/L

● HIGH

AST is mostly found in your liver. Some AST is also found in muscles and other organs of your body. Since AST is not specific to the liver, this test alone is insufficient to tell if the damage is in the liver, or in some other organ.



Common reasons for abnormal results :



Intense exercise, muscle injury, polymyositis (inflammatory disease of muscles), hypothyroidism, acute myocardial infarction and pancreatitis can also increase the level of AST and ALT in your blood.



Obesity, insulin resistance and type-2 diabetes increases your risk of developing (NAFLD - non-alcoholic fatty liver disease). Mild and fluctuating elevation of AST and ALT is seen in people with NAFLD.



Drugs such as aspirin, acetaminophen, anti-tuberculosis drugs and statin can cause mild increase in your AST and ALT levels.



Abnormal results may indicate : It may be a sign of hepatitis or some other liver diseases, or it may be a sign of heart problems or pancreatitis. It may be a sign of hepatitis or some other liver diseases, or it may be a sign of heart problems or pancreatitis.

Normal Parameters

Test Name	Result unit	Range
● Bilirubin-Total	1.1 mg/dL	0.2-1.2
● Bilirubin-Direct	0.35 mg/dL	< 0.5
● Bilirubin-Indirect	0.75 mg/dL	0.2-0.8
● Protein, Total	7.4 g/dL	6.4-8.3
● Albumin	4.48 g/dL	3.5-5
● Globulin	2.92 g/dL	2.3-4.1
● A/G Ratio	1.53 Ratio	0.8-1.9
● Alanine Transaminase (SGPT)	52 U/L	< 55
● Alkaline Phosphatase	101 U/L	46-116

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Did you know:



Your liver breaks down most of the alcohol you drink. This process can generate harmful substances which can damage your liver.



Liver inflammation can occur when there is a high accumulation of fat in the liver.



Overdose of some medicines can damage your liver.



Analysing these test results can help your doctor differentiate between liver problems that are intrinsic to the liver (i.e. originate within the liver itself) from the liver related problems whose source is outside the liver (for eg., liver injury caused by blockage of bile duct). Studying the variation of test results with respect to time, will also help differentiate acute viral hepatitis from chronic hepatitis and cirrhosis.

Diet and Lifestyle Tips



Increasing physical activity through exercise can improve fatty liver disease.



Two or more serves of oily fish per week has a beneficial effect on lipid profile and may prevent progression of fatty liver disease.



Recommends eating a healthy diet and maintaining a healthy weight to prevent any type of fatty liver disease.



Avoid excess alcohol- Chronic excessive alcohol consumption leads to fat deposition in your liver cells. This alcoholic fatty liver condition can progress to liver inflammation, fibrosis/cirrhosis, liver scarring and even liver failure.

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Kidney Profile



This panel checks the health status of your kidneys. Kidneys filter waste from your blood and produce urine. Healthy kidneys also maintain proper dilution of your blood and maintain electrolyte balance of your body.

BUN/Creatinine Ratio: 14.1^{Ratio}

It helps in differential diagnosis of kidney diseases. When your BUN report is abnormal, then this ratio can help differentiate pre-renal (occurring in the circulatory system before the kidney is reached) from renal causes.

Normal Parameters

Test Name	Result unit	Range
● Blood Urea Nitrogen	11 mg/dL	9-23
● Urea	23.54 mg/dL	19.26-49.22
● Creatinine	0.78 mg/dL	0.5-1.1

Diet and Lifestyle Tips



Check your blood pressure and glucose levels regularly- High BP and high glucose for a long period of time can damage your kidneys.



Take a healthy diet- Limit consumption of processed food and animal products especially red meat as it is high in fat and salts. High fat and salts are not healthy for your kidney. Increase intake of fruits, vegetables and whole grains.



Avoid dehydration- Drinking plenty of water helps flush toxins and bacteria from your bladder. Remember, if you don't drink water even after feeling thirsty, then that can do harm to your body.



Moderate exercise should be part of your routine- Exercise will help lower your blood pressure.

Feedback

Thyroid Profile



Thyroid gland releases hormone T3 and T4 that regulate your body’s temperature, muscle strength, body weight, energy levels and even your mood. Abnormal thyroid function may even affect your cardiac health and sleep cycle.

Personalised Insights - Thyroid Risk

Your Score: 5 (Low Risk)

This is a **partially calculated score**. Please scan or click on the QR code to view your complete risk profile.

SCAN/CLICK ME



Risk Levels:
● Low ● Medium ● High

Normal Parameters

Test Name	Result unit	Range
● T3, Total	1.23 ng/mL	0.6-1.81
● T4, Total	9.4 µg/dL	4.5-12.6
● Thyroid Stimulating Hormone - Ultra Sensitive	2.71 uIU/mL	0.55-4.78

Feedback