



Personal Health Report



A comprehensive analysis of your health using **Blood, Urine and Physicals data**

Prepared for

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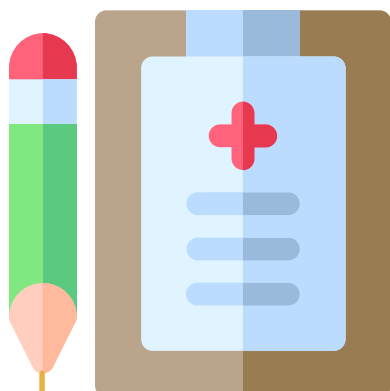
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Personal Health Analytics Report



What to expect from this report



- ✓ Analysis and explanation of your health check results.
- ✓ Diet dos and don'ts and other guidance.
- ✓ Next steps to maintain or improve your health.

Always consult your doctor



- ✓ While some parameters help in diagnosis independently, others are more complex and require examination by a doctor. Hence you might find some parameters in this report that are yellow, orange, red or have no colour or explanation which you will need to discuss with your doctor.
- ✓ The Smart Health Report is created to help you understand your report better and is not intended to replace a doctor.

Report Walkthrough

[Health
Summary.](#)

Pg- 03

[Glance at Imp.
Parameters](#)

Pg- 04

[Imp.Parameters
Explained](#)

Pg- 07

[Diet Dos &
Don'ts](#)

Pg- 12

[Clinical Data](#)

Pg- 17

[Consolidated
Guidance](#)

Pg- 15




.....your next step towards better health

Disclaimer

- If you are pregnant, some of the recommendations in the Smart Report may not directly apply to you. Please consult your doctor.
- The analyzed information in the Smart Report is not ideal for individuals less than 15 years of age.
- Health Vectors will not be liable for any indirect, direct, special, consequential or other damages.
- This report is not intended to replace your doctor. Please make sure you consult your doctor before further actions.
- Please be careful of any food allergies or intolerances that you are sensitive to.
- Analysis uses Blood, Physicals data (and urine data if present).

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Your Health Summary

 A comprehensive analysis of your health using Blood data only and does not include any other test you might have done (X ray, Ultrasound study, ECG, ECHO, Stool Test, etc.)



Congratulations for getting a health check done. This is the first step towards taking control of your health. We noticed that you are doing well with the following:



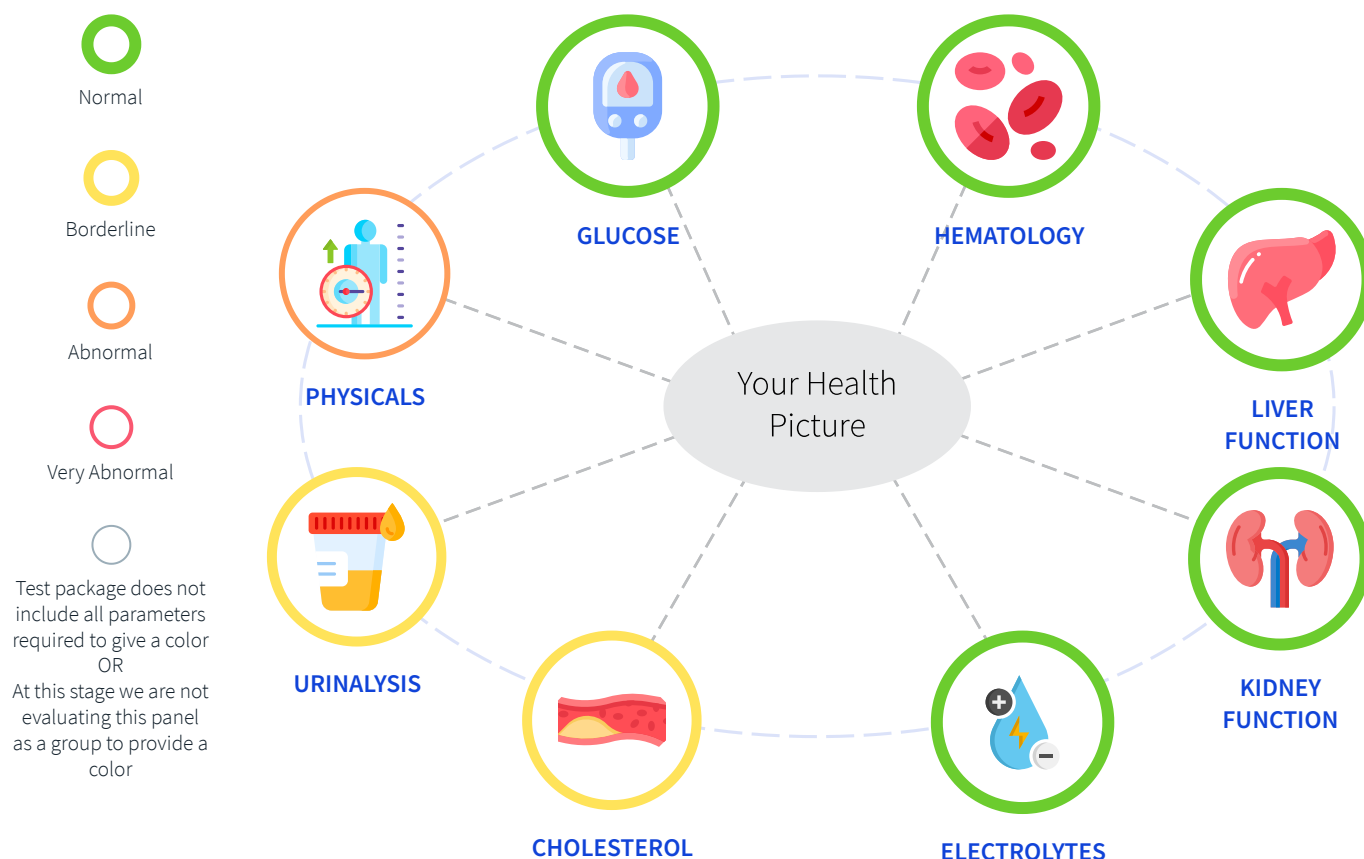
-  Sugar tested is normal
-  Thyroid function test is normal

Please note! There are a few test results which seem abnormal and need your attention.



-  Liver function test needs attention
-  Uric acid is high

Your Health Picture





Your Important Parameters at a Glance

Profile	Important parameters in respective profile			
<div> PHYSICALS</div>	<div>Weight (kg) Value: 93 Range: 52-65</div>	<div>BMI (kg/m2) Value: 33 Range: 18.5-23</div>	<div>Blood Pressure Value: 125/74 Range: <= 120/80</div>	<div>Body Fat% Value: 29.1 Range: 7-20</div>
	<div>Height (cm) Value: 168</div>			
<div> GLUCOSE</div>	<div>Glycosylated Hemoglobin (HbA1c) Value: 5.3 Range: 4 - 5.6</div>	<div>Glucose - Fasting Value: 85 Range: 70-99</div>		
<div> HEMATOLOGY</div>	<div>Hemoglobin Value: 15.3 Range: 13.0-17.0</div>	<div>HCT Value: 45.4 Range: 40 - 50</div>	<div>RBC Value: 4.38 Range: 4.5 - 5.5</div>	
	<div>Total Leucocyte Count Value: 6.60 Range: 4 - 10</div>	<div>Eosinophils Value: 2 Range: 1-6</div>	<div>Absolute Eosinophil Count Value: 0.13 Range: 0.02-0.5</div>	
	<div>Platelet Count Value: 260 Range: 150-410</div>			
	<div> The Hematology group color is decided by various measurements of the red blood cells, white blood cells, platelets</div>			

Your Important Parameters at a Glance continued...

Profile	Important parameters in respective profile		
 LIVER FUNCTION	<div>Alkaline Phosphatase</div> <div>Value: 89</div> <div>Range: 50 - 116</div>	<div>Bilirubin-Total</div> <div>Value: 1.63</div> <div>Range: 0.2-1.2</div>	<div>Aspartate Transaminase (SGOT)</div> <div>Value: 25</div> <div>Range: 11 - 34</div>
	<div>Alanine Transaminase (SGPT)</div> <div>Value: 34</div> <div>Range: 0-45</div>	<div>Gamma Glutamyltransferase (GGT)</div> <div>Value: 20</div> <div>Range: 12 - 55</div>	<div>Albumin</div> <div>Value: 4.88</div> <div>Range: 3.5-5.0</div>
	<div>Protein, Total</div> <div>Value: 8.28</div> <div>Range: 6.4 - 8.3</div>		
	<div><div></div> Liver as an organ seems normal even though the individual liver function tests are deranged.</div>		
 KIDNEY FUNCTION	<div>Creatinine</div> <div>Value: 0.88</div> <div>Range: 0.6-1.2</div>	<div>Uric Acid</div> <div>Value: 9.3</div> <div>Range: 3.7 - 7.7</div>	<div>Urea</div> <div>Value: 19.69</div> <div>Range: 17.5-49.22</div>
	<div><div></div> Kidney function is assessed by Serum Creatinine primarily while Uric Acid, Urea, Serum Albumin, age and gender also contribute.</div>		
 ELECTROLYTES	<div>Sodium</div> <div>Value: 138</div> <div>Range: 136 - 145</div>	<div>Chloride</div> <div>Value: 103.8</div> <div>Range: 98 - 107</div>	<div>Potassium</div> <div>Value: 4.45</div> <div>Range: 3.5-5.1</div>
 CHOLESTEROL	<div>Cholesterol - Total</div> <div>Value: 187</div> <div>Range: Refer the lab results page</div>	<div>Cholesterol - LDL</div> <div>Value: 128</div> <div>Range: Refer the lab results page</div>	<div>Cholesterol - HDL</div> <div>Value: 37</div> <div>Range: 40 - 60</div>
	<div>Triglycerides</div> <div>Value: 108</div> <div>Range: Refer the lab results page</div>		

Your Important Parameters at a Glance continued...

Profile	Important parameters in respective profile			
<div></div> <div>THYROID PROFILE</div>	<div>Thyroid Stimulating Hormone - Ultra</div> <div>Value: 1.959</div> <div>Range: 0.35-4.94</div>			
	<div></div> <div>URINALYSIS</div>	<div>Ketones</div> <div>Value: Negative</div> <div>Range: Negative</div>	<div>Glucose</div> <div>Value: Negative</div> <div>Range: Negative</div>	<div>Protein</div> <div>Value: Negative</div> <div>Range: Negative</div>
		<div>Specific gravity</div> <div>Value: 1.025</div> <div>Range: 1.003 - 1.035</div>	<div>Red Blood Cells</div> <div>Value: 3-5</div> <div>Range: 0-2</div>	<div>Pus cells</div> <div>Value: 1-2</div> <div>Range: 0-5</div>

Some of Your Important Parameters Explained



Urine RBC

Result: **3-5**

Range: **0-2**

Red blood cells (RBCs) are essential components of our body. Normally, urine contains only a small number of RBCs. An increase in the number of RBCs in urine, known medically as hematuria, may indicate underlying health issues.

Cause / Effect of these parameters

An increased number of RBCs in urine can be observed in:

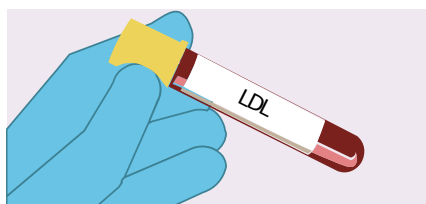
- Urinary Tract Infections (UTIs)
- Kidney Infections (pyelonephritis)
- Kidney or bladder stones
- Traumatic kidney injury



- Malignancies in the kidney or urinary system.

What can you do about it?

It is advisable to promptly consult your doctor for further assessments and appropriate treatment to expedite recovery and improve your health outcome.



LDL

Result: **128**

Range: [Refer the lab results page](#)

Cholesterol is a waxy, fat-like substance that is found in the blood.

LDL-C (Low Density Lipoprotein Cholesterol) is a type of cholesterol and is also called as "bad" cholesterol.

Increased levels of LDL-C in blood causes clogging of blood vessels to the heart and brain over time.

Cause / Effect of these parameters

As a person ages, bad cholesterol in blood can lead to formation of blockages in the blood vessels of the heart or brain which can in old age lead to heart attack or stroke.

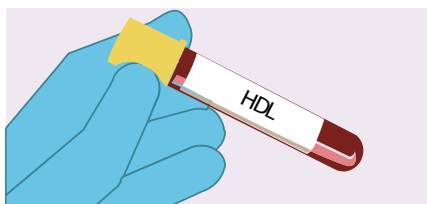


What can you do about it?

You do not have very high LDL-C and your borderline LDL-C can be reduced by

- Low cholesterol diet
- Increasing physical activity
- Creating a healthy weight management plan
- Consulting your doctor

Some of Your Important Parameters Explained



HDL

Result: 37

Range: 40 - 60

Cholesterol is a waxy, fat-like substance that is found in the blood.

HDL-C (High density lipoprotein Cholesterol) is a type of cholesterol and is called a "good" cholesterol. It carries cholesterol away from the blood vessels into the liver for breaking down and removing from the body. Hence HDL prevents clogging of blood vessels and heart attack.

Cause / Effect of these parameters

As a person ages, low levels of HDL-C (good cholesterol) increases the chances of forming blockages in the blood vessels of the heart or brain which can in old age lead to heart attack or stroke.

What can you do about it?

Approaches to raising HDL-C include lifestyle factors such as creating a healthy weight management plan, increased physical activity and stopping smoking.

In diabetics, a normal HDL level reduces the risk of heart attack and stroke.

Some of the foods rich in Omega-3 fatty acids like fish (salmon, tuna etc.), oils (olive oil, etc.), nuts (almonds, cashews etc.) improve HDL-C.



Uric Acid

Result: 9.3

Range: 3.7 - 7.7

Uric acid is a breakdown product of a particular protein (purine). Certain foods are high in purines and for some people, eating these purine rich foods can increase uric acid.

Cause / Effect of these parameters

High uric acid level can be a precipitating factor for gout and renal stones as well as a strong risk factor for Metabolic Syndrome and Cardiovascular disease.

High intake of fructose-rich industrialized food and high alcohol

 intake (particularly beer) seem to influence plasma uric acid levels.

What can you do about it?

Please consult a doctor to evaluate you further.

Avoid foods rich in purine like red meat, organ meat, shellfish like mussels, fishes like sardines, anchovies, sugary beverages, high fat dairy products and alcohol.

Some of Your Important Parameters Explained



Total Bilirubin

Result: 1.63

Range: 0.2-1.2

Bilirubin is a substance which is formed by the breakdown of old red blood cells in the body.

A healthy liver helps remove this bilirubin(yellow color) through stools. But when the liver has problems, bilirubin can build up in the body to unhealthy levels.

Cause / Effect of these parameters

A transiently elevated bilirubin just above the upper limit of the range can be seen in many healthy people.

However, a persistently elevated bilirubin needs to be investigated further as diseases of the liver and/or



gall bladder can be the cause. Rapid hemolysis or even rare genetic diseases (eg, Gilbert syndrome) can cause high levels of bilirubin.

What can you do about it?



Your doctor can help you evaluate the causes of high bilirubin levels and suggest treatment.



HbA1c

Result: 5.3

Range: 4 - 5.6

HbA1c is a blood test performed to measure the average sugar in the blood for the past 2 to 3 months.

If the HbA1c has been higher than 6.5% on many occasions, then it is said to have crossed into diabetic ranges.

HbA1c levels higher than normal indicate poor control of blood sugars for the past 2 to 3 months.

Cause / Effect of these parameters

The symptoms of diabetes can be mild and go unnoticed.

Common symptoms of diabetes are:

- Urinate a lot often at night and feel very thirsty
- Feeling very hungry and also losing weight- even though you are eating more
- Cuts/bruises that are slow to heal



- Fatigue
- Tingling, pain, or numbness in hands/feet etc.

What can you do about it?



Congratulations, your HbA1c has tested normal. Your last 3 months sugar control has been normal

- Follow a low carb/low sugars diet to keep it normal.
- Exercise regularly if your doctor allows you.

Some of Your Important Parameters Explained



Total Cholesterol

Result: **187**

Range: [Refer the lab results page](#)

Cholesterol is a waxy, fat-like substance that is found in the blood. It is required by the body to build cells. But too much cholesterol can be a problem. Cholesterol comes from two sources. The liver makes all the cholesterol we need. The remainder of the cholesterol in the body comes from foods derived from animals.

Cause / Effect of these parameters

Cholesterol travels through the blood on proteins called 'lipoproteins'. Two types of lipoproteins carry cholesterol throughout the body.

- LDL-C (Low Density Lipoprotein Cholesterol) is also known as "bad" cholesterol.
- HDL-C (High density lipoprotein Cholesterol) is also known as "good" cholesterol.

What can you do about it?

You have normal levels of Total cholesterol in your body.

You can continue to keep them normal by

- Following a healthy diet, keeping your weight in control, limiting your sugar intake
- Eating more fibre
- Exercising regularly (after consulting a doctor)



Creatinine

Result: **0.88**

Range: **0.6-1.2**

A creatinine blood test measures the level of creatinine in the blood.

Creatinine is a waste product that is formed when creatine, which is found in the muscles, breaks down. Creatinine is filtered out of the body from the kidneys. So, Creatinine levels in the blood can tell the doctor how well the kidneys are filtering.

Cause / Effect of these parameters

High levels of creatinine in blood may mean the kidneys are getting damaged.

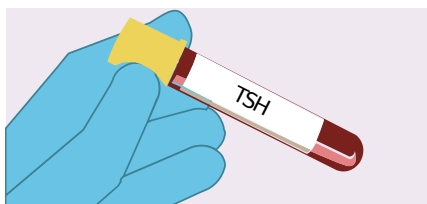
What can you do about it?

You are doing well to keep your Creatinine levels in control.

Keep yourself well hydrated by drinking plenty of water on a daily basis if your doctor allows.

Avoid over the counter medicines and always consult your doctor before taking any medications.

Some of Your Important Parameters Explained



TSH

Result: 1.959

Range: 0.35-4.94

TSH (Thyroid Stimulating Hormone) is a hormone secreted by brain (pituitary gland) which regulates the production of thyroid hormones (T3,T4) from the thyroid gland in the neck.

TSH level that is too high or too low can indicate the thyroid gland isn't working correctly. High TSH levels indicate under active thyroid gland (hypothyroidism). Low TSH levels in the blood indicate hyperactive thyroid gland (hyperthyroidism).

Cause / Effect of these parameters

Symptoms of hyperthyroidism include

- Nervousness & anxiety
- Tiredness
- Twitching or trembling
- Irregular or fast heart beats
- Weight loss, etc.



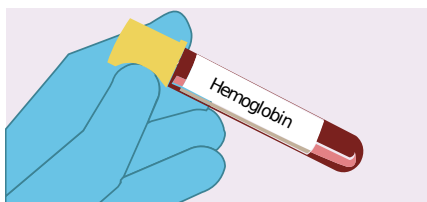
Symptoms of hypothyroidism include

- Tiredness
- Weight gain
- Infertility
- Constipation
- Pregnancy complications etc.

What can you do about it?



Your TSH levels are normal.



Hemoglobin

Result: 15.3

Range: 13.0-17.0

Hemoglobin is the red color pigment in the blood which is formed by a combination of iron (heme) and a protein (globin).

The job of hemoglobin is to carry oxygen from the lungs to different parts of the body and carry the carbon dioxide generated back to the lungs to be breathed out.

Cause / Effect of these parameters

If the hemoglobin is reduced, it is called anemia causing the person to feel:

- Fatigue or weakness
- Loss of appetite & weight loss
- Shortness of breath on exertion



- Light headedness
- Dizziness
- Fast heartbeat etc.

What can you do about it?



You are doing well to keep your Hemoglobin levels in control.

Your Diet Dos & Don'ts

i This personalized diet guideline has been designed based on your report. For optimal adjustments, engage in a discussion with your nutritionist, as they know best. Please also be careful of any food allergies or intolerance that you are sensitive to.

The Diet Dos and Don'ts reflect your nutritional requirements based on your health status :
[Cholesterol Care](#) | [Good cholesterol improving](#) | [Liver Friendly](#) | [Low purine](#)

Fruits and Vegetables

- ✓ Eat 4-5 servings of fruits and veggies daily, including them in each meal and snack.
- ✓ Consume avocado as it is known to increase HDL and decrease LDL.
- ✓ Consume vegetables carrot, okra, pumpkin etc. as they are rich in fibers and good for your liver
- ✓ Consume 1-2 garlic cloves on an empty stomach in the morning to increase good cholesterol and decrease bad cholesterol.
- ✓ Include high-fiber vegetables such as okra, eggplant (brinjal), and carrots in your diet for cholesterol management.
- ✗ Instead of consuming freshly squeezed fruit juices, it is better to consume the whole fruit.



Cereals



- ✓ Include nutrient-rich millets like jowar, bajra, and others into your diet.
- ✓ Include high-fiber cereals in your diet, such as brown rice, red rice, whole wheat, oats, quinoa etc.
- ✗ Avoid consuming refined carbohydrates such as sugar, jaggery, white rice, cornflour, maida, and its products.
- ✗ Avoid products that contain yeast, such as breads and pizzas.

Pulses

- ✓ You can consume small quantity of moong dal or arhar (toor) dal 2 to 3 times a week.
- ✗ Consume various forms of pulses (such as beans, chana, etc.) in moderate amounts.
- ✗ Avoid soy and its products like soy milk, soya flour, soy chunks, tofu etc.



Dairy



- ✓ Include skimmed or low-fat milk and its products such as curd, buttermilk, yogurt, paneer etc. in your diet.

Your Diet Dos & Don'ts continued...

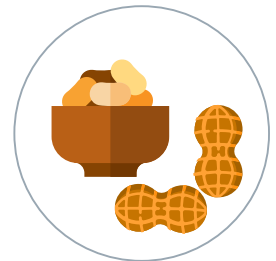


Dairy

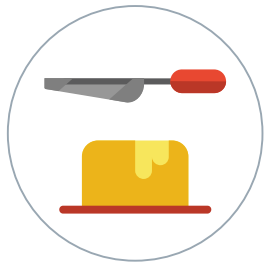
- ❌ Avoid high-fat or sugary dairy products including khoa, cheese, sweetened yoghurt, and creamy paneer (instead, choose low-fat paneer).

Nuts and Seeds

- ✓ As a snack between meals, you can enjoy small servings of whole nuts such as almonds and walnuts.
- ✓ To boost the nutritional content of cereals, salads, yoghurt, and dals, add Omega-3 fatty acid-rich seeds such as flaxseeds, chia seeds, and sabja (basil) seeds.
- ❌ Restrict eating salted or fried nuts.



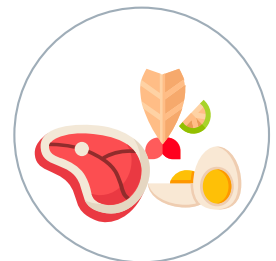
Oils and Fats



- ✓ Every day, consume no more than 1-2 tablespoons of oil. Select healthy oils like sunflower, rice bran, olive oil and ghee. Alternate between oils rather than using simply one.
- ✓ Using oils that are cold pressed is recommended.
- ❌ Limit your consumption of saturated fats, such as butter.
- ❌ Avoid fried foods.
- ❌ Avoid high-fat foods such as peanut butter and mayonnaise.

Meats

- ✓ Consume lean protein sources like egg whites and chicken.
- ✓ Limit your consumption of non-vegetarian food to a maximum of two times per week.
- ✓ It's advisable to consume one whole egg on a regular basis.
- ❌ Avoid consuming red meat (including mutton, lamb, beef, pork, etc.).
- ❌ Do not include shellfish (such as crab, prawns, shrimps, etc.) in your diet.
- ❌ Make sure the meat is completely cooked. Avoid consuming raw or undercooked meats.



Your Diet Dos & Don'ts continued...

General Advice



- ✓ It's fine to nibble between meals if you're hungry, but choose nutritious options like a fruit bowl, sprouts salad, or nuts.
- ✓ Consume a minimum of 8-10 glasses of water daily, as long as your doctor approves.
- ✓ Utilize healthy cooking techniques like steaming, boiling, roasting, stewing, and poaching.
- ✓ Maintain a gap of at least 2 hours between your last meal and bedtime.
- ✓ Be mindful of your food consumption, stop eating when you feel full, and avoid overeating.
- ✓ Include clear soups, unsweetened lemon juice, and seasonings like pepper, mint, garlic, and curry leaves in your diet.
- ✗ Avoid the consumption of sweets, as they tend to be high in both fats and sugar.
- ✗ Avoid snacks such as candy, French fries, instant noodles, ice cream, and soft drinks as they are high in calories and can lead to obesity as well as interfere with hunger and the consumption of nutritional foods.
- ✗ If you consume alcohol, consider avoiding its intake.
- ✗ Avoid packaged foods since they include a lot of preservatives, salt/sodium, trans fats, added sugars, artificial sweeteners, and additives.
- ✗ Avoid soda drinks and packed fruit juices as they can increase uric acid.

Your Next Steps

Doctor Consultation

In view of the reports, please consult:

DOCTOR	CONDITION
General Physician	Deranged LFT, High Uric Acid, Urine Test Abnormality



Physical Activity Advice

Please consult your doctor before you start the physical activity/exercise. Opt for at least 150 minutes per week of moderate intensity physical activity. This could include:



- At least 30 minutes of aerobic activity 4 days a week (like Jump rope (imagine/real), , Running, Brisk walking)
- At least 15 minutes of muscle stretching activity 1 day a week (like Crunch, Leg lifts, Plank, Knee-to-chest stretch)
- At least 15 minutes of muscle strengthening activity 1 day a week (like Sit-ups, Gardening (digging and shovelling), Lift free weights/carry groceries (<20kg), Push-ups)
- You can also practice yoga on a regular basis to improve your balance & flexibility.

Nutrition Advice

Please follow a diet that is:
Cholesterol Care | Good cholesterol improving | Liver Friendly | Low purine
(Please refer to Diet Dos and Don'ts for further details)



Additional Advice



- Avoid eating unhygienic food & drinking unclean water specially from roadside stalls to prevent catching liver infections (Hepatitis etc.).
- Drink plenty of water (2-3 liters of water per day) to avoid kidney stone formation if your doctor allows you.

Your Next Steps

Follow Ups

Please check your weight on regular basis.. Please check your weight and blood pressure on regular basis. Your doctor knows best - please seek his/her advice for the follow up tests.



After 1 week

- Urine routine

After 6 weeks

- Uric Acid

Additional Tests



Your doctor knows best - please seek his/her advice regarding the following additional tests if not performed.

- Abdominal Ultrasound Scan
- Urine Culture
- Vit B12
- Folic Acid

Your Clinical Data

Colour Guidance

Group colours show the health of your organ/profile. The colours are decided based on how your doctor would decide whether your organ or profile is doing ok after looking at the combination of your tests, age and gender. Ex. If your kidney function profile is green, and your individual tests are yellow/orange/red, then it means that the kidney organ system is normal even though some of its parameters are off.

PHYSICALS

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Height	168	cm	-	
Weight	93	kg	52-65	
BP Systolic	125	mmHg	<= 120	
BP Diastolic	74	mmHg	<= 80	
Blood Pressure	125/74	mmHg	<= 120/80	
BMI	33	kg/m ²	18.5-23	
Body Fat%	29.15	%	7-20	
Body Surface Area	2.08	m ²	-	
Height:Weight	1.81	cm/kg	2.24-2.93	
Healthy Weight	52-65	kg	-	

GLUCOSE

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Glycosylated Hemoglobin (HbA1c)	5.3	%	4 - 5.6	
Estimated average glucose (eAG)	105.41	mg/dL	-	
Glucose - Fasting	85	mg/dL	70-99	

HEMATOLOGY

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Erythrocyte Sedimentation Rate	10	mm/hr	0-10	
Hemoglobin	15.3	g/dL	13.0-17.0	
RBC	4.38	mili/cu.mm	4.5 - 5.5	
HCT	45.4	%	40 - 50	
MCV	103.6	f l	83 - 101	
MCH	34.8	pg	27 - 32	

Your Clinical Data continued...

HEMATOLOGY

TEST NAME	RESULT	UNIT	RANGE	LEVEL
MCHC	33.6	g/dL	31.5 - 34.5	<div></div>
RDW-CV	15.0	%	11.6-14	<div></div>
Total Leucocyte Count	6.60	10^3/μL	4 - 10	<div></div>
Neutrophils	63	%	40-80	<div></div>
Lymphocytes	28	%	20-40	<div></div>
Monocytes	7	%	2-10	<div></div>
Eosinophils	2	%	1-6	<div></div>
Basophils	0	%	0-2	<div></div>
Absolute Neutrophil Count	4.16	10^3/μL	2-7	<div></div>
Absolute Lymphocyte Count	1.85	10^3/μL	1-3	<div></div>
Absolute Monocyte Count	0.46	10^3/μL	0.2-1	<div></div>
Absolute Eosinophil Count	0.13	10^3/μL	0.02-0.5	<div></div>
Absolute Basophil Count	0	10^3/μL	0.02-0.1	<div></div>
Platelet Count	260	10^3/μL	150-410	<div></div>
MPV	8.2	f l	6.5 - 12	<div></div>
PDW	13.8	f l	9 - 17	<div></div>

LIVER FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Bilirubin-Total	1.63	mg/dL	0.2-1.2	<div></div>
Bilirubin-Direct	0.49	mg/dL	0.0-0.5	<div></div>
Bilirubin-Indirect	1.14	mg/dL	0 - 0.8	<div></div>
Protein, Total	8.28	g/dL	6.4 - 8.3	<div></div>
Albumin	4.88	g/dL	3.5-5.0	<div></div>
Globulin	3.4	g/dl	1.8 - 3.6	<div></div>
A/G Ratio	1.44	Ratio	0.8 - 2.1	<div></div>
Aspartate Transaminase (SGOT)	25	U/L	11 - 34	<div></div>
Alanine Transaminase (SGPT)	34	U/L	0-45	<div></div>
AST/ALT Ratio	0.73	Ratio	-	<div></div>
Alkaline Phosphatase	89	U/L	50 - 116	<div></div>

Your Clinical Data continued...

LIVER FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Gamma Glutamyltransferase (GGT)	20	U/L	12 - 55	<div></div>

KIDNEY FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Blood Urea Nitrogen	9	mg/dL	8-23	<div></div>
Urea	19.69	mg/dl	17.5-49.22	<div></div>
Creatinine	0.88	mg/dl	0.6-1.2	<div></div>
Uric Acid	9.3	mg/dL	3.7 - 7.7	<div></div>
BUN/Creatinine Ratio	10.4	Ratio	12:1-20:1	

ELECTROLYTES

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Sodium	138	mmol/L	136 - 145	<div></div>
Potassium	4.45	mmol/L	3.5-5.1	<div></div>
Chloride	103.8	mmol/L	98 - 107	<div></div>

CHOLESTEROL

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Cholesterol - Total	187	mg/dL	Desirable <200, Borderline High 200-239, High >=240	<div></div>
Triglycerides	108	mg/dl	Normal: <150, Borderline: 150 - 199, High:200-499, Very High>=500	<div></div>
Cholesterol - HDL	37	mg/dl	40 - 60	<div></div>
Cholesterol - LDL	128	mg/dl	Desirable: <100 Above desirable: 100-129 Borderline high: 130-159 High: 160-189 Very high: >=190	<div></div>
Cholesterol- VLDL	22	mg/dl	10 - 30	<div></div>

Your Clinical Data continued...

CHOLESTEROL

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Cholesterol : HDL Cholesterol	5.1	Ratio	Desirable : 3.5-4.5 High Risk : > 5	
LDL : HDL Cholesterol	3.51	Ratio	Desirable : 2.5-3.0 High risk : >3.5	
Non HDL Cholesterol	150	mg/dl	Desirable:<130, Above Desirable:130-159, Borderline High:160-189, High:190-219, Very High:>=220	

THYROID PROFILE

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Thyroid Stimulating Hormone - Ultra	1.959	uIU/ml	0.35-4.94	

URINALYSIS

TEST NAME	RESULT	BIOLOGICAL REFERENCE	LEVEL
Colour	Pale Yellow	Pale Yellow	
Appearance	Clear	Clear	
Specific gravity	1.025	1.003 - 1.035	
pH	6.0	4.6-8.0	
Glucose	Negative	Negative	
Protein	Negative	Negative	
Ketones	Negative	Negative	
Blood	Trace	Negative	
Bilirubin	Negative	Negative	
Urobilinogen	Normal	Normal	
Leucocyte Esterase	Negative	Negative	
Nitrite	Negative	Negative	
Pus cells	1-2	0-5 /hpf	
Red Blood Cells	3-5	0-2 /hpf	
Epithelial cells	1-2	Few /hpf	

Your Clinical Data continued...

URINALYSIS



TEST NAME	RESULT	BIOLOGICAL REFERENCE	LEVEL
Casts	Nil	Nil /hpf	<div></div>
Crystals	Nil	Nil	<div></div>
Yeast	Nil	Nil	<div></div>
Bacteria	Nil	Nil	<div></div>

Online Doctor Consultation

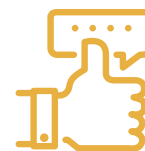
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Title	Description	Source Link
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