TATA 1mg

Personal Health Report

A comprehensive analysis of your health using **Blood data**

Prepared for

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27-10-2023
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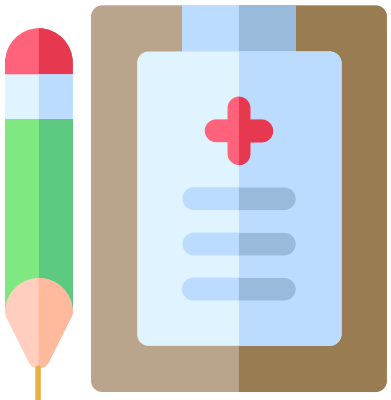
Personal Health Analytics Report



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

.....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 data (and urine data if present).

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:

- BP is normal
- Thyroid function test is normal
- Hemoglobin levels are normal

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

- Cholesterol needs attention
- Liver function test needs attention

Your Health Picture

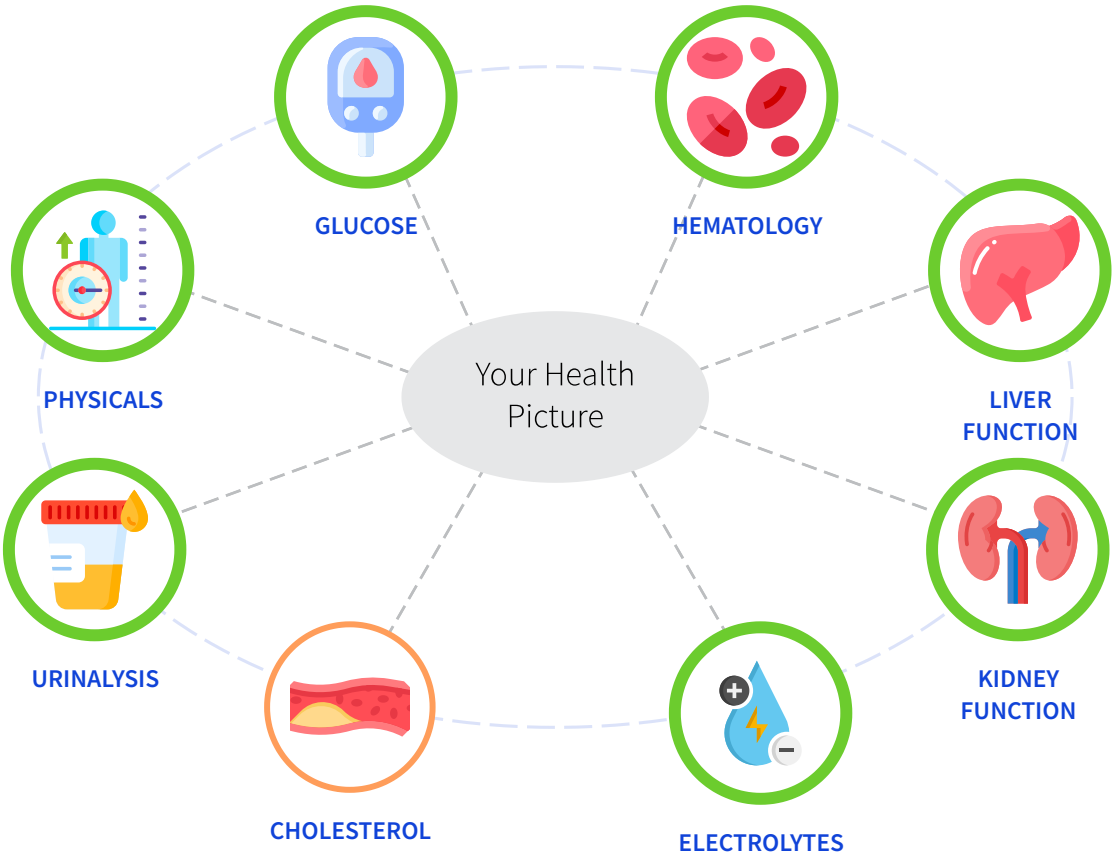
Normal

Borderline

Abnormal

Very Abnormal

Test package does not include all parameters required to give a color
OR
At this stage we are not evaluating this panel as a group to provide a color



Your Important Parameters at a Glance

Profile	Important parameters in respective profile

PHYSICALS

Weight (kg)
Value: 77
Range: 57-71

BMI (kg/m2)
Value: 24.9
Range: 18.5-23

Blood Pressure
Value: 114/72
Range: <= 120/80

Body Fat%
Value: 18.5
Range: 7-20

Height (cm)
Value: 176

GLUCOSE

Glycosylated Hemoglobin (HbA1c)
Value: 5.9
Range: 4-5.6

Glucose - Fasting
Value: 92
Range: 70.0 - 99.0

ⓘ The glucose group color is decided by HbA1c, Fasting Glucose with the effect of age and gender.

HEMATOLOGY

Hemoglobin
Value: 14.8
Range: 13.0-17.0

HCT
Value: 44.1
Range: 40 - 50

RBC
Value: 4.77
Range: 4.5 - 5.5

Total Leucocyte Count
Value: 6.45
Range: 4 - 10

Eosinophils
Value: 4.6
Range: 1-6

Absolute Eosinophil Count
Value: 0.3
Range: 0.02-0.5

Platelet Count
Value: 333
Range: 150-410

Your Important Parameters at a Glance continued...

Profile	Important parameters in respective profile

LIVER FUNCTION

Alkaline Phosphatase
Value: 91
Range: 45-129

Bilirubin-Total
Value: 1.25
Range: 0.3-1.2

Aspartate Transaminase (SGOT)
Value: 27
Range: < 34

Alanine Transaminase (SGPT)
Value: 30
Range: 10-49

Gamma Glutamyltransferase (GGT)
Value: 15
Range: <73

Albumin
Value: 4.35
Range: 3.4 - 4.8

Protein, Total
Value: 7.14
Range: 5.7 - 8.2

ⓘ Liver as an organ seems normal even though the individual liver function tests are deranged.

KIDNEY FUNCTION

Creatinine
Value: 0.62
Range: 0.7-1.3

Uric Acid
Value: 5.9
Range: 3.5-7.2

Urea
Value: 20.59
Range: 19.26-49.22

ELECTROLYTES

Sodium
Value: 140
Range: 132.0-146.0

Chloride
Value: 101.9
Range: 99.0-109.0

Potassium
Value: 4.55
Range: 3.5 - 5.5

CHOLESTEROL

Cholesterol - Total
Value: 215
Range: Refer the lab results page

Cholesterol - LDL
Value: 156
Range: Refer the lab results page

Cholesterol - HDL
Value: 40
Range: Refer the lab results page

Triglycerides
Value: 97
Range: Refer the lab results page

THYROID PROFILE

Thyroid Stimulating Hormone - Ultra
Value: 2.752
Range: 0.55 - 4.78

Your Important Parameters at a Glance continued...

Profile	Important parameters in respective profile

URINALYSIS

Ketones
Value: NEGATIVE

Glucose
Value: NEGATIVE

Protein
Value: NEGATIVE

Pus cells
Value: 1-2
Range: 0-5

Nitrite
Value: NEGATIVE

Specific gravity
Value: 1.020
Range: 1.003 - 1.035

Red Blood Cells
Value: NIL
Range: 0-2

Some of Your Important Parameters Explained

HbA1c

Result: 5.9

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

Usually, the symptoms of pre-diabetes can be mild and go unnoticed.

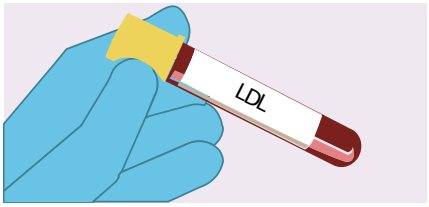
Common symptoms of diabetes are:

- 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?

Please consult a doctor to advice further.

- Follow a low carb/low sugars diet.
- Exercise regularly as advised by your doctor.
- Follow up regularly with your treating doctor.



LDL

Result: 156

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

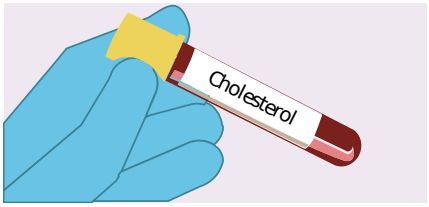
As a person ages, bad cholesterol in blood can lead to formation of blockages in the blood vessels of the heart or brain which can in old age lead to heart attack or stroke.

What can you do about it?

The elevated LDL-C can be reduced by

- Low cholesterol diet
- Increasing physical activity
- Reducing weight
- Cholesterol lowering medicines if recommended by doctor

Some of Your Important Parameters Explained



Total Cholesterol

Result: 215

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.

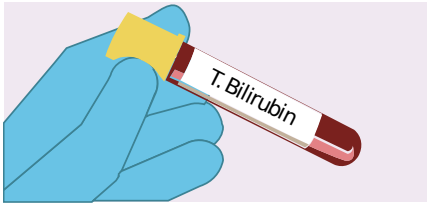
- LDL-C (Low Density Lipoprotein Cholesterol) is also known as "bad" cholesterol.
- HDL-C (High density lipoprotein Cholesterol) is also known as "good" cholesterol.

What can you do about it?

You have elevated levels of Total cholesterol in your body.

You can reduce them by

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



Total Bilirubin

Result: 1.25

Range: 0.3-1.2

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.

Some of Your Important Parameters Explained

Fasting Glucose

Result: 92

Range: 70.0 - 99.0

The food we eat gets converted into blood glucose which is circulated throughout the body in blood. Insulin is required to move the glucose from blood into the cells. Any disturbance in this process, the blood glucose increases. This is called Diabetes.

FBS more than 126 mg/dl or PPBS more than 200 mg/dl are supposed to be in diabetic ranges. Fasting of 8-12 hrs is mandatory for the accurate interpretation of FBS.

Cause / Effect of these parameters

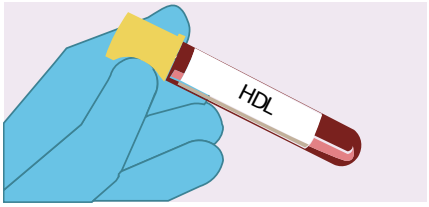
The symptoms of diabetes can be mild and go unnoticed. Common symptoms of diabetes are:

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

What can you do about it?

Congratulations, your sugars (FBS/PPBS) tested are normal.

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



HDL

Result: 40

Range: Refer the lab results page

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.

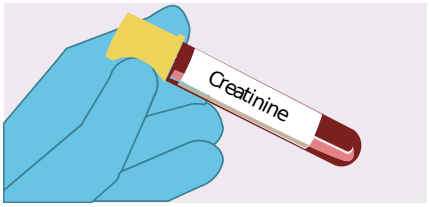
What can you do about it?

You have normal HDL-C levels. Approaches to raising HDL-C include lifestyle factors such as weight reduction, 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.

Some of Your Important Parameters Explained



Creatinine

Result: 0.62

Range: 0.7-1.3

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

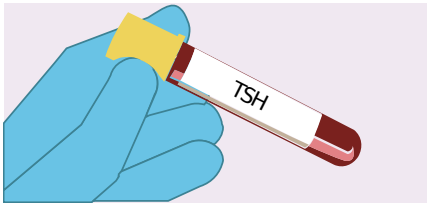
High levels of creatinine in blood may mean the kidneys are getting damaged.

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.



TSH

Result: 2.752

Range: 0.55 - 4.78

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.

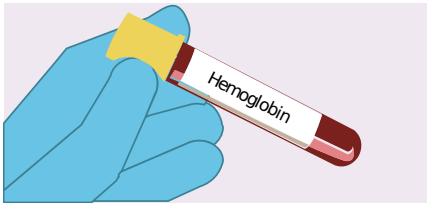
Symptoms of hypothyroidism include

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

What can you do about it?

Your TSH levels are normal.

Some of Your Important Parameters Explained



Hemoglobin

Result: 14.8

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.

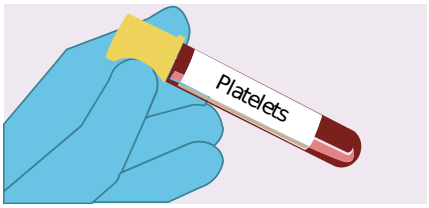
Cause / Effect of these parameters

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.



Platelet Count

Result: 333

Range: 150-410

A platelet count is a lab test to count how many platelets are there in the blood.

Platelets are a component of the blood that help the body to form blood clot when there are cuts/injuries.

Cause / Effect of these parameters

Sometimes, the platelets can be low due to the following conditions:

- Viral infections (ex Dengue etc.)
- Some types of anemia
- Some drugs
- Blood cancers etc.

What can you do about it?

Good your platelet count is normal.

Your Diet Dos & Don'ts

The Diet Dos and Don’ts reflect your nutritional requirements based on your health status :
Low Sugar Diet | Cholesterol lowering | Liver Friendly

Fruits and Vegetables

- ✓ Have 4-5 servings of fruits and vegetables daily
- ✓ Consume butter fruit/avocado as it is known to increase HDL and decrease LDL
- ✓ Consume more green leafy vegetables as they are rich in fibers and good for your liver
- ✓ Consume 1-2 garlic cloves in the morning on empty stomach as it helps increase good cholesterol and reduce bad cholesterol
- ✓ Consume high fiber vegetables like okra, eggplant (brinjal), carrots etc. for cholesterol management
- ✓ Foods like pumpkin, garlic, fenugreek leaves (methi), strawberries are beneficial for better sugar control
- ⊘ Rather than drinking fresh fruit juices, it is preferable to eat the fruit
- ⊘ Avoid starchy foods like potato, sweet potato, mango, chickoo/sapota, banana etc. for better blood sugar management

Cereals

- ✓ Consume millets like ragi, jowar, bajra, etc.
- ✓ Have high fiber cereals like brown rice, red rice, whole wheat, oats, quinoa etc.
- ⊘ Avoid using refined cereals like maida, corn flour, white rice, etc.

Pulses

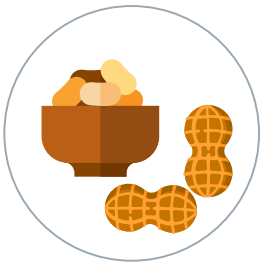
- ✓ Consume dal with husk (skin)
- ✓ Consume rajma, green mung
- ✓ Have pulses like (kabuli chana , green and black chana)

Dairy

- ✓ Have skimmed or low fat milk and its products like curd, paneer etc.
- ⊘ Avoid high fat or sweetened dairy products like khoa, cheese, sweetened yogurt, malai paneer (instead have low fat paneer)

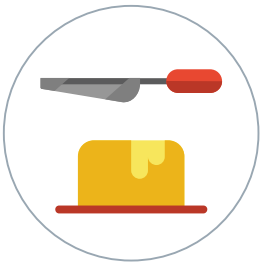
Your Diet Dos & Don'ts continued...

Nuts and Seeds



- ✓ You can snack on whole nuts like almonds, walnut, etc. in small quantities between meals
- ✓ Add flaxseeds, chia seeds or sabja seeds (high in omega 3 fatty acids) to your cereals, salads, yogurt, dal
- ⊘ Avoid consumption of salted or fried nuts
- ⊘ Avoid dry fruits high in sugars like raisins, dates, anjeer, apricots, etc.

Oils and Fats



- ✓ Consume only 1-2 teaspoons of oil in a day. Some of the good oils are sunflower, rice bran, olive oil, etc. Use these oils in rotation rather than sticking to one
- ✓ It is better to use cold pressed oils
- ⊘ Avoid fried foods
- ⊘ Limit consumption of saturated fats like ghee, butter, etc.
- ⊘ Avoid high fat items like peanut butter, mayonnaise, etc.

Meats

- ✓ Eat high quality lean proteins which are normally present in egg whites and chicken
- ✓ Include 1-2 portions of fatty fish like salmon, mackerel or tuna in a week
- ✓ You can eat 1 whole egg regularly
- ⊘ Meat should be properly cooked. Avoid raw/ undercooked meats
- ⊘ Avoid red meat (mutton, lamb, beef, pork, etc.)

General Advice

- ✓ Reduce salt intake (not more than half teaspoon per day per person).
- ✓ If you feel hungry between meals, it's okay to snack, but just remember to eat healthy snacks like fruit bowl, sprouts salad, nuts, etc.
- ✓ Drink at least 8-10 glasses of water every day if your doctor allows
- ✓ Use healthy cooking methods such as steaming, boiling, roasting, stewing and poaching
- ✓ Read food labels and choose your foods wisely. Limit consumption of foods that have high quantity of preservatives, salt/sodium, trans fats, added sugars, artificial sweeteners, colors and additives
- ✓ Keep at least a 2 hours gap between your last meal and bedtime
- ✓ Pay attention to the food you eat, stop when you feel full and do not overeat

Your Diet Dos & Don'ts continued...

General Advice

- ✓ Include in your diet light foods like clear soups, lemon juice (without sugar), seasonings like pepper, mint, garlic , curry leaves
- ⊘ Avoid sweets (they are high in fats and sugar)
- ⊘ Limit consumption of snacks such as candies, french fries, instant noodles, ice-cream and soft drinks because they contain many calories that not only cause obesity but also affect our appetite and hinder the intake of nutritious food
- ⊘ Avoid alcohol (if you drink)
- ⊘ Avoid processed food (ex. instant noodles, ready to eat meals, namkeens, ketchup, mustard sauce, chilli sauce, chips, etc.)

Your Next Steps

Doctor Consultation

In view of the reports, please consult:

DOCTOR	CONDITION
Physician	Deranged LFT, High Cholesterol, Elevated Sugar

Based on your conditions it is advised to do the following :

- Keep your weight within (57-71 kg)

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

Nutrition Advice

Please follow a diet that is:

Low Sugar Diet | Cholesterol lowering | Liver Friendly

(Please refer to Diet Dos and Don'ts for further details)

Additional Advice

- Consume cholesterol lowering medicines if recommended by the doctor.
- Regularly follow up with your doctor as controlling sugar is an ongoing process.
- Avoid gaining weight, eating sweets, limit stress and sleep adequately.
- Avoid eating unhygienic food & drinking unclean water specially from roadside stalls to prevent catching liver infections (Hepatitis etc.).

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 3 months

- HbA1c
- Fasting Lipid Profile

Additional Tests

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

- Apo A1, Apo B
- Lipoprotein(a)
- Abdominal Ultrasound Scan

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	176	cm	-	
Weight	77	kg	57-71	
BP Systolic	114	mmHg	<= 120	
BP Diastolic	72	mmHg	<= 80	
Blood Pressure	114/72	mmHg	<= 120/80	
BMI	24.9	kg/m^2	18.5-23	
Body Fat%	18.51	%	7-20	
Body Surface Area	1.94	m^2	-	
Height:Weight	2.29	cm/kg	2.24-2.93	
Healthy Weight	57-71	kg	-	

GLUCOSE

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Glycosylated Hemoglobin (HbA1c)	5.9	%	4-5.6	
Estimated average glucose (eAG)	122.63	mg/dL	-	
Glucose - Fasting	92	mg/dL	70.0 - 99.0	

HEMATOLOGY

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Erythrocyte Sedimentation Rate	5	mm/hr	<=10	
Hemoglobin	14.8	g/dL	13.0-17.0	
RBC	4.77	10^6/cu.mm	4.5 - 5.5	
HCT	44.1	%	40 - 50	
MCV	92.4	fL	83 - 101	
MCH	31.0	pg	27 - 32	

Your Clinical Data continued...

HEMATOLOGY

TEST NAME	RESULT	UNIT	RANGE	LEVEL
MCHC	33.5	g/dL	31.5 - 34.5	
RDW-CV	15.7	%	11.6-14	
Total Leucocyte Count	6.45	10^3/µL	4 - 10	
Neutrophils	47.6	%	40-80	
Lymphocytes	40.8	%	20-40	
Monocytes	6.6	%	2-10	
Eosinophils	4.6	%	1-6	
Basophils	0.4	%	0-2	
Absolute Neutrophil Count	3.07	10^3/µl	2-7	
Absolute Lymphocyte Count	2.63	10^3/µl	1-3	
Absolute Monocyte Count	0.43	10^3/µl	0.2-1	
Absolute Eosinophil Count	0.3	10^3/µl	0.02-0.5	
Absolute Basophil Count	0.03	10^3/µl	0-0.1	
Platelet Count	333	10^3/µl	150-410	
MPV	8.6	fL	6.5 - 12	
PDW	15	fL	9 - 17	

LIVER FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Bilirubin-Total	1.25	mg/dL	0.3-1.2	
Bilirubin-Direct	0.38	mg/dL	0.0-0.3	
Bilirubin-Indirect	0.87	mg/dL	0.1 - 1.0	
Protein, Total	7.14	g/dL	5.7 - 8.2	
Albumin	4.35	g/dL	3.4 - 4.8	
Globulin	2.8	g/dl	1.8-3.6	
A/G Ratio	1.56	Ratio	-	
Aspartate Transaminase (SGOT)	27	U/L	< 34	
Alanine Transaminase (SGPT)	30	U/L	10-49	
AST/ALT Ratio	0.9	Ratio	-	
Alkaline Phosphatase	91	U/L	45-129	

Your Clinical Data continued...

LIVER FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Gamma Glutamyltransferase (GGT)	15	U/L	<73	

KIDNEY FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Blood Urea Nitrogen	10	mg/dL	9.0-21.0	
Urea	20.59	mg/dL	19.26-49.22	
Creatinine	0.62	mg/dL	0.7-1.3	
Uric Acid	5.9	mg/dL	3.5-7.2	
BUN/Creatinine Ratio	15.5	Ratio	12:1-20:1	

ELECTROLYTES

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Sodium	140	mEq/L	132.0-146.0	
Potassium	4.55	mEq/L	3.5 - 5.5	
Chloride	101.9	mEq/L	99.0-109.0	

CHOLESTEROL

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Cholesterol - Total	215	mg/dL	Desirable <200, Borderline High 200-239, High >=240	
Triglycerides	97	mg/dL	Normal: <150, Borderline: 150 - 199, High:200-499, Very High>=500	
Cholesterol - HDL	40	mg/dL	Low (undesirable, high risk): < 40 mg/dL High (desirable, low risk): >= 60 mg/dL	
Cholesterol - LDL	156	mg/dL	Desirable: <100 Above desirable: 100-129 Borderline high: 130-159 High: 160-189 Very high: >=190	

Your Clinical Data continued...

CHOLESTEROL

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Cholesterol- VLDL	19	mg/dL	10-30	
Cholesterol : HDL Cholesterol	5.4	Ratio	Desirable : 3.5-4.5 High Risk : >5	
LDL : HDL Cholesterol	3.94	Ratio	Desirable- 2.5 to 3, High risk > 3.5	
Non HDL Cholesterol	175	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	2.752	uIU/ml	0.55 - 4.78	

URINALYSIS

TEST NAME	RESULT	BIOLOGICAL REFERENCE	LEVEL
Colour	YELLOW	Pale Yellow	
Appearance	CLEAR	Clear	
Specific gravity	1.020	1.003 - 1.035	
pH	6.0	4.6 - 8.0	
Glucose	NEGATIVE	Negative	
Protein	NEGATIVE	Negative	
Ketones	NEGATIVE	Negative	
Blood	NEGATIVE	Negative	
Bilirubin	NEGATIVE	Negative	
Urobilinogen	NORMAL	Normal	
Leucocyte Esterase	NEGATIVE	Negative	
Nitrite	NEGATIVE	Negative	
Pus cells	1-2	/hpf 0-5	
Red Blood Cells	NIL	/hpf 0-2	
Epithelial cells	1-2	/hpf	

Your Clinical Data continued...

URINALYSIS

TEST NAME	RESULT	BIOLOGICAL REFERENCE	LEVEL
Casts	NIL	/lpf	
Crystals	NIL	Nil	
Yeast	NIL	Nil	
Bacteria	NIL	Nil	

Online Doctor Consultation

You can use any of the E-consultations in any specialities available on the Tata 1mg app. Please click on the link below to access the same.

https://www.1mg.com/online-doctor-consultation

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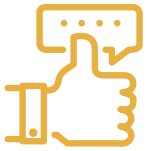

Feedback Link: https://rb.gy/idkiya **Social Links:**

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	Title	Description	Source Link
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8.	**Nutrition**	National Health Portal Of India Nutrition Committee of the American Heart Association American Heart Association Healthy diet - World Health Organization European Patients Forum (EPF) 2015-2020 Dietary Guidelines - health.gov Nutrition for prevention of CVD Dietary recommendations during the COVID-19 pandemic	https://www.nin.res.in https://www.ahajournals.org https://www.heart.org https://www.who.int https://european-nutrition.org https://health.gov https://www.heart.org/nutrition https://academic.oup.com/nutritionreviews

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