



**Redcliffe**  
**labs**

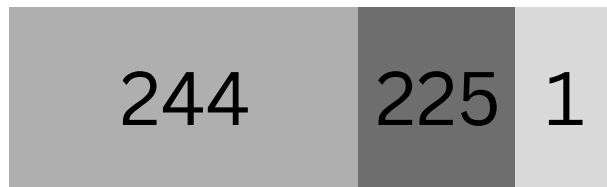
**Septa Health(Bangalore)- Blood Test Analysis**

# Lipid(Cholesterol)



Total Participants:

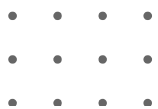
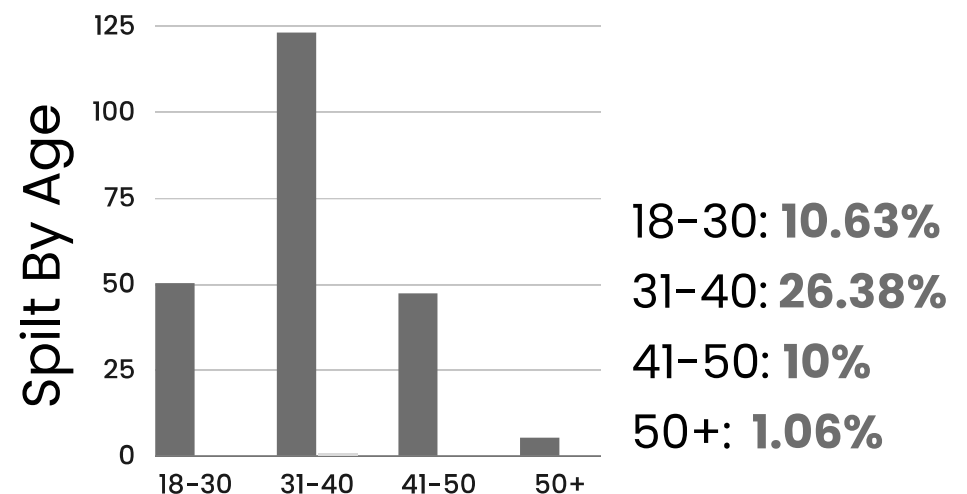
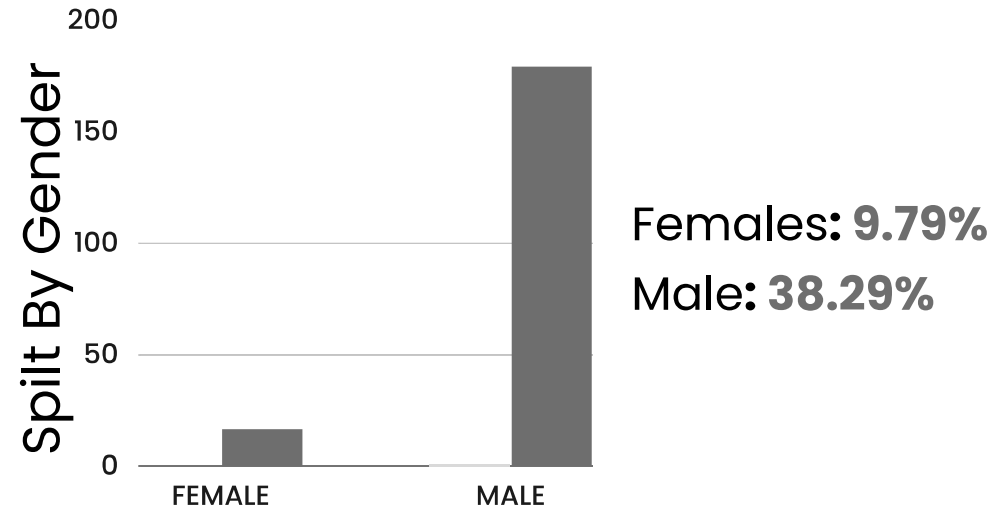
**470**



Females are the major population suffering from Kidney diseases in this unit, which is very very high compared to the other Units of Septa Health.

Need to check if there is high salt consumption or less water intake or what?

## Need attention bucket



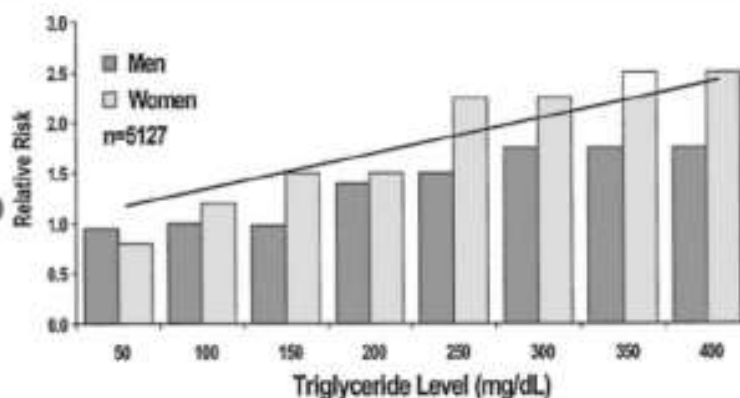


All About

# Lipid (Cholesterol)

## Major Functions

- Precursor of Vitamins and hormones
- Prolong the digestion by slowing down the secretion of stomach acid
- Provides energy reserves in the form of Triglycerides
- Transports and stores metabolic fuels



Risk of coronary heart disease by triglyceride level in men and women—The Framingham Heart Study. [Adapted from Castelli WP. Epidemiology of triglycerides: a view from Framingham. Am J Cardiol 1992;70:3H-9H. Copyright © 1992 Excerpta Medica. Used with permission.]

## Trivia

A triglyceride level of 400 increases the risk of cardiac disease by **60% in males** and **150% in females**.

## Causes of High Cholesterol



Foods high in Trans Fats



Smoke or Alcohol



Physically Inactive



Obesity



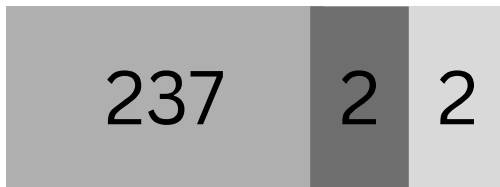
Genes

# Kidney(Creatinine)



Total Participants:

**241**



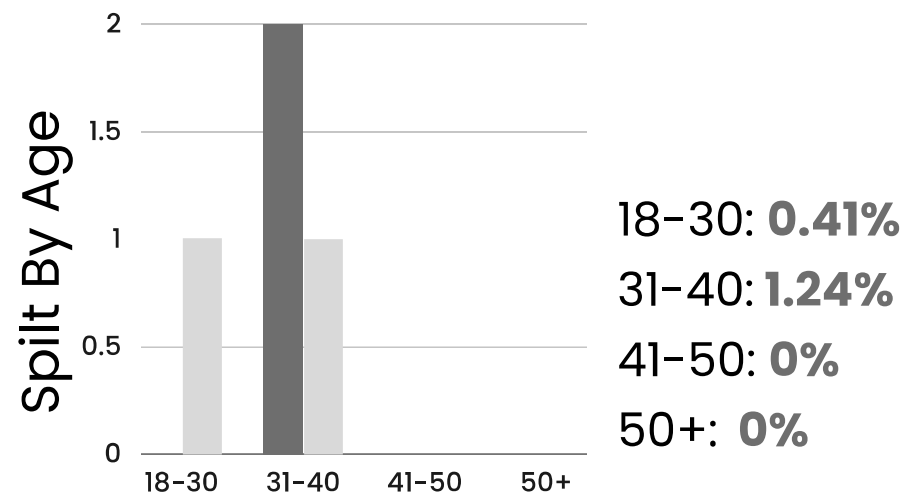
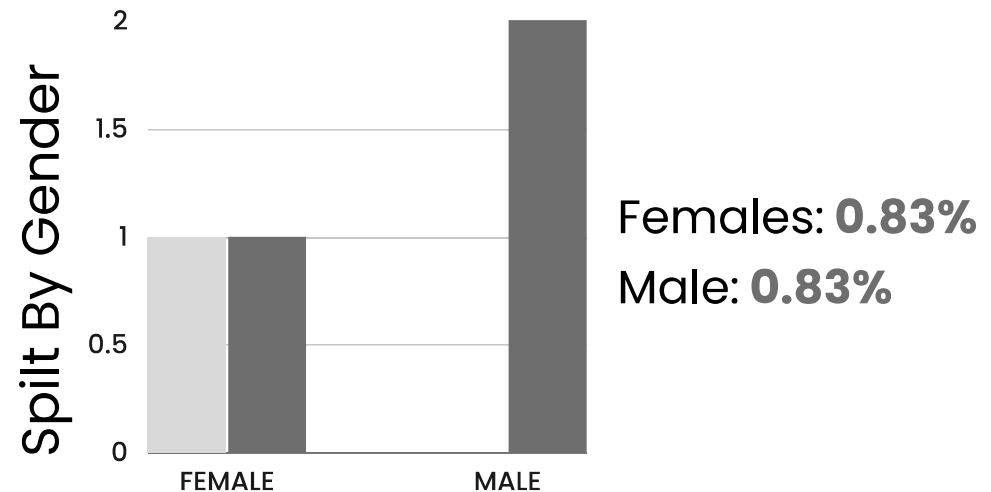
■ Unhealthy  
■ Healthy  
■ Borderline

Lipid markers reflects your eating habits along with your physical movement.

For eg. Higher triglycerides explains that you are either consuming high calorie diet AND/OR not being physically active to burn those excess calories.

Everyone is severely impacted by the wrong eating habits.

## Need attention bucket





## Major functions



### 1 Clean blood

Kidney works 24\*7, filtering waste and balancing fluids, controlling minerals and chemicals, regulating blood pressure and production of Red Blood Cells

## Symptoms of Kidney Issues



Swelling in  
legs and feet



Blood in  
urine



Tiredness



Poor  
appetite



Upset  
stomach

## Cause of Kidney Issues



#1 Diabetes



#2 Blood Pressure

## Trivia

### Senior Citizen?

Chronic Kidney Disease (CKD) can happen at any age but higher the age group, higher is your chances to develop it.

**15%**

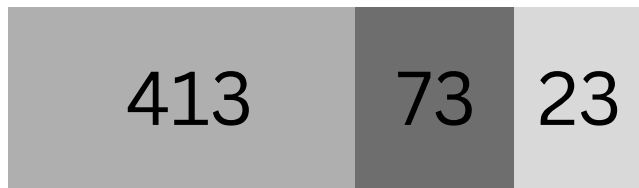
population develops CKD but majority get to know it only when they reach the stage of dialysis. Frequent testing is must if you have any symptoms.

# Diabetes(HBA1C)



Total Participants:

**509**

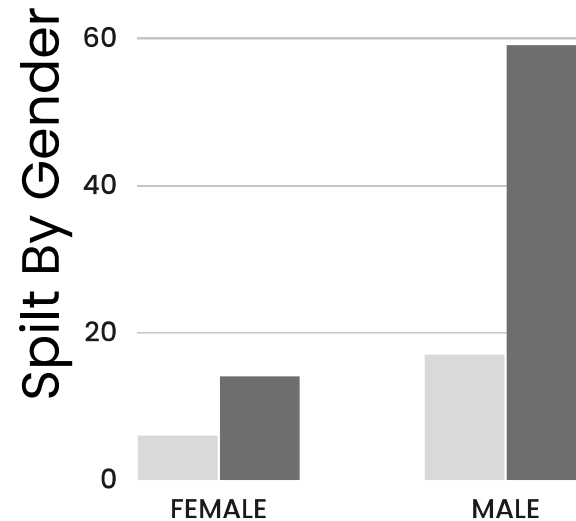


■ Unhealthy  
■ Healthy  
■ Borderline

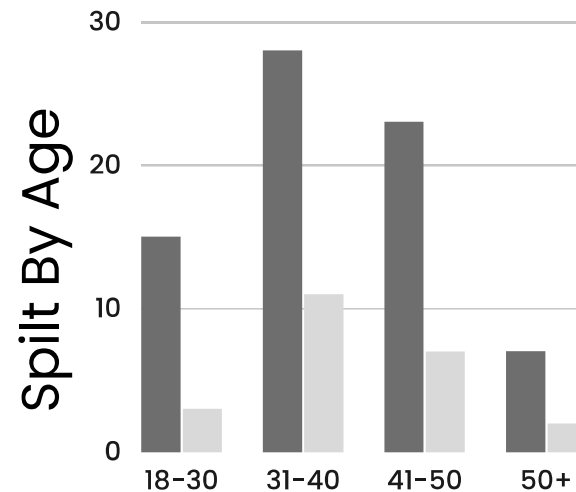
Diabetes starts with Insulin resistance. It takes years of abuse on the body to finally break down and show the sign of diabetes.

Clearly, with age there is a increase in the condition but looking at the Lipid levels of the group, young ones are just at the cusp of this disease.

## Need attention bucket



Females: **3.93%%**  
Male: **14.93%**



18-30: **3.54%**  
31-40: **7.66%**  
41-50: **7.33%**  
50+: **0.81%**



## All about **Diabetes**

### Major Functions

Provide energy to all the cell for their smooth functioning.

Excess blood sugar will produce excess insulin, offsetting pancreas and will eventually lead to insulin resistance.

Excess blood sugar will glycate all your organs leading them to perform suboptimally, ending up in multiple organ failure.



### Causes of High Cholesterol



Increased  
Thirst



Frequent  
Urination



Blurred  
Vision



Tiredness



Skin  
Rashes

### Trivia

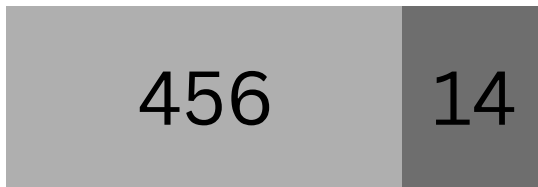
Almost **8 crore** adults in India are diabetic & this number is expected to increase to **9.8 crore by 2030.**

# Iron



Total Participants:

**470**



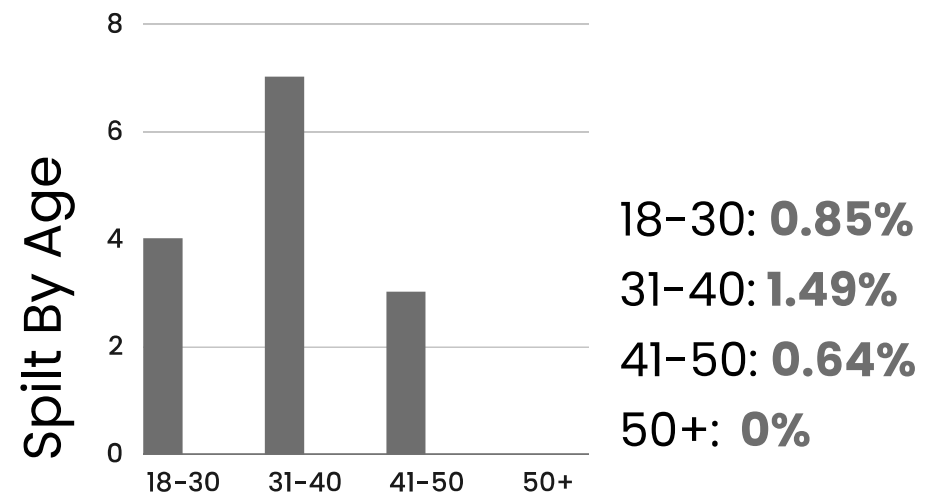
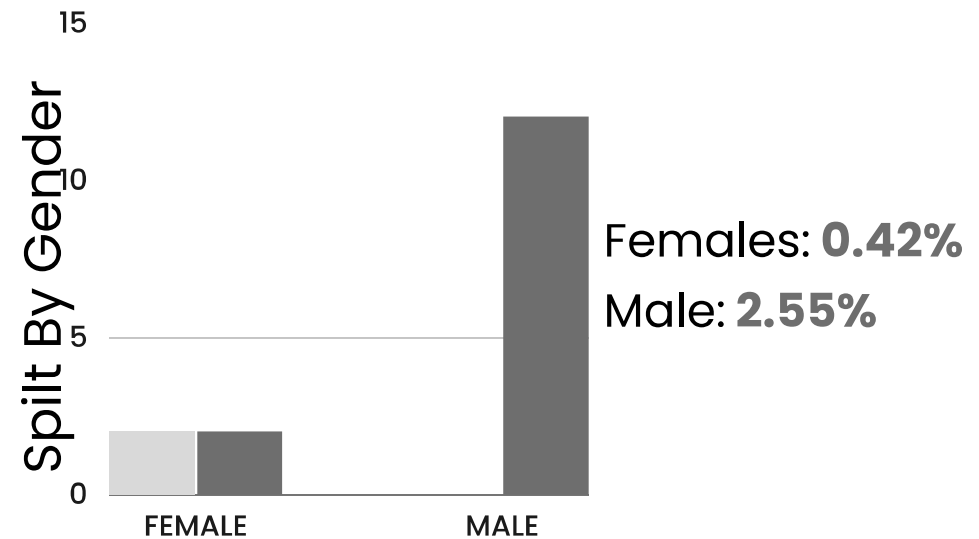
- Unhealthy
- Healthy
- Borderline

Females are generally at a higher risk of being low on Iron (Haemoglobin) because of their monthly periods (blood loss).

Ragi, Apple Beetroot juice are the natural means to boost the iron levels.



## Need attention bucket







## All about **Iron**

### Major Functions

Improves hemoglobin, helps in circulating oxygen throughout the body

Ensure healthy pregnancy

Provide energy to cells to perform essential tasks.

Intensifies brain functions, memory & concentration.



Headache



Pale skin



Dizziness



Brittle nails



Heart palpitation



Irregular heartbeat



Leg cramps



Slow blood loss

### Symptoms of Iron Deficiency

#### Root causes

Blood loss (menstrual bleeding, or injury)

Regular use of pain relievers, such as aspirin

Diets low in iron

#### Interesting facts

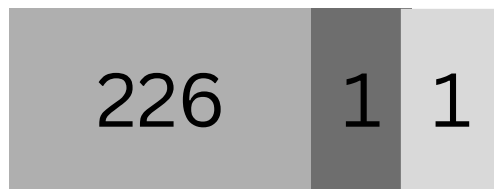
- Cooking food in iron pots can add more than 80% of iron.
- Iron deficiency anemia are 6 times more likely to create restless leg syndrome (a strong urge to move your legs)

# Vitamin B12



Total Participants:

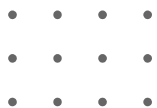
**228**



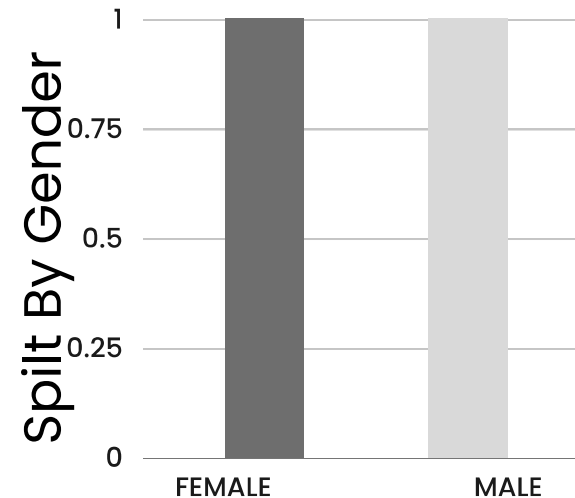
■ Unhealthy  
■ Healthy  
■ Borderline

Efficiency of this vitamin can lead to serious health complications, emphasizing the importance of adequate intake through a balanced diet or supplementation.

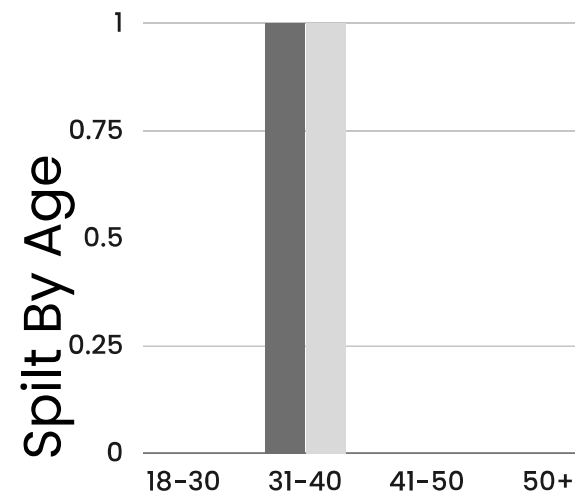
This report aims to enhance understanding of vitamin B12 and its significance for human health.



## Need attention bucket



Females: **0.44%**  
Male: **0.44%**



18-30: **0%**  
31-40: **0.88%**  
41-50: **0%**  
50+: **0%**



## All About **Vitamin B12**

### Major functions

Vital for nervous system, myelin production, cognition, memory, brain health.

Crucial for nucleotide production, cell division, and growth of healthy cells.

Cofactor in methylation for gene regulation, protein synthesis, detoxification.

Essential for red blood cells, DNA synthesis, anemia prevention.

### Symptoms of Vitamin B12 Deficiency



Mental Problems



Chronic Pain



Blood Disorders



Infertility



Hair Problems

#### Root causes

Medical conditions (anemia, gastrointestinal disorders, surgery)

Common in strict vegetarians or vegans lacking animal-derived sources.

Medications and treatments (e.g., PPIs, metformin, weight loss surgeries).

#### Interesting facts

- Vitamin B12 can be stored in the liver, ensuring long-term availability.
- Vitamin B12 is vital for fetal brain development; pregnant women should monitor levels and seek supplementation if necessary.