



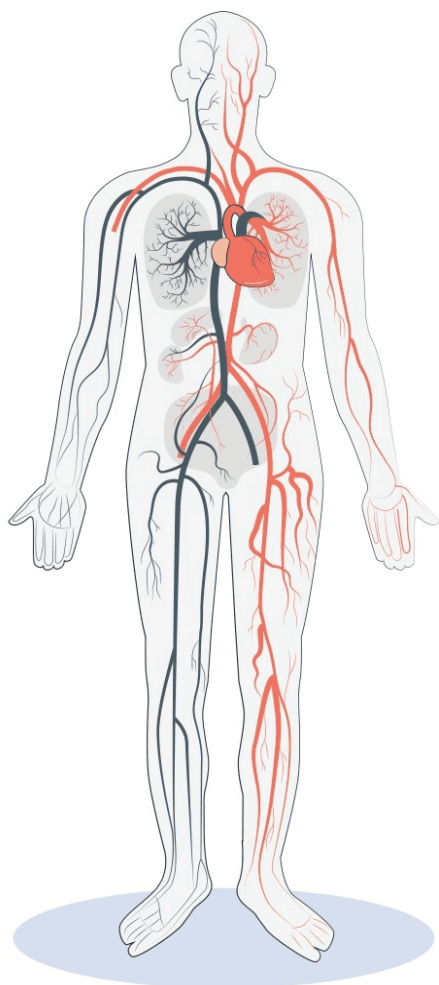
Insightful



Recommendation



Easy Visual Depiction



SIDDHESH BHURKE

PERSONAL SMART REPORT

A comprehensive analysis of your health

COMPLETE CARE ACTIVE MEN

23-01-2026 10:55:55

Date of test

2026-Jan-23 16:6

Report released on

Tested At:

Phadke-Mahim West

Agilus Pathlabs Private Limited Mahalakshmi
Engineering Estate, Mahim West Mumbai,
400028 Maharashtra, INDIA Tel : 9819938916,
Fax : CIN - U85195DL1999PTC217659

Your Health Summary



BLOOD COUNTS

| Please Watchout | |
|-----------------------|--------|
| Test Name | Result |
| Abs. Basophil Count | 0.11 |
| Abs. Lymphocyte Count | 3.51 |
| Lymphocytes | 41 |



LIPID PROFILE

| Please Watchout | |
|-----------------------|--------|
| Test Name | Result |
| Triglycerides | 321 |
| HDL Cholesterol | 37 |
| Non - HDL Cholesterol | 191 |



KIDNEY PROFILE

All parameters within normal limit



ELECTROLYTE PROFILE

All parameters within normal limit



VITAMIN PROFILE

| Please Watchout | |
|------------------------|--------|
| Test Name | Result |
| Vitamin B12 | 146 |
| Vitamin D (25-Hydroxy) | 13.9 |



THYROID PROFILE

All parameters within normal limit



DIABETES MONITORING

All parameters within normal limit



LIVER PROFILE

All parameters within normal limit



ANEMIA STUDIES

All parameters within normal limit

Profile Summary



NORMAL

Liver Profile, Anemia Studies, Urinalysis, Diabetes Monitoring, Thyroid Profile, Kidney Profile, Electrolyte Profile, Inflammation, Cancer Profile



BORDERLINE

Blood Counts



ABNORMAL

Lipid Profile, Vitamin Profile

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

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

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 8 %

● 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.

Abs. Eosinophil Count 0.66 thou/ μ 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.

Abs. Basophil Count 0.11 thou/ μ L

● HIGH

Absolute basophil count gives the estimation of the number of one specific type of WBC in your blood, that is basophil.



Common reasons for abnormal results :



Allergic reactions.



Chronic inflammation related to infections (including influenza and tuberculosis)



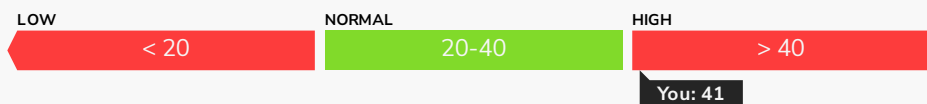
Inflammatory bowel disease, Autoimmune disease.

Lymphocytes 41 %

● HIGH

Lymphocytes are a type of WBCs that have an important role in your immune system, especially in your acquired or adaptive immunity (acquired immunity is the sub-type of immunity which is not present by birth and develops with time). Lymphocytes secrete antibodies, and kill virus infected cells and tumour cells.

Abs. Lymphocyte Count 3.51 thou/ μ L 1-3 ● HIGH



Common reasons for abnormal results :



Viral, bacterial and parasitic infections.



Drug reaction



Some type of blood cancer or Typhoid.

Did you know?



In HIV infection there is a decrease in the number of one specific type of lymphocyte (i.e. CD4 cells).

Normal Parameters

| Test Name | Result unit | Range |
|-------------------------|----------------------|-----------|
| ● RBC count | 5.02 mil/ μ L | 4.5-5.5 |
| ● MCHC | 33.6 g/dL | 31.5-34.5 |
| ● WBC(PBS) | EOSINOPHILIA PRESENT | |
| ● Haematocrit | 47.6 % | 40-50 |
| ● MPV | 10.7 fL | 6.8-10.9 |
| ● Platelet Count | 214 thou/ μ L | 150-410 |
| ● Abs. Neutrophil Count | 3.78 thou/ μ L | 2-7 |
| ● Haemoglobin | 16.0 g/dL | 13-17 |
| ● MCH | 31.9 pg | 27-32 |
| ● Monocytes | 6 % | 2-10 |
| ● Abs. Monocyte Count | 0.52 thou/ μ L | 0.2-1 |
| ● MCV | 94.8 fL | 83-101 |
| ● Total Leukocyte Count | 8.58 thou/ μ L | 4-10 |
| ● RDW-CV | 12.9 % | 11.6-14 |
| ● Neutrophils | 44 % | 40-80 |
| ● Basophils | 1 % | < 2 |

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.

Feedback

Lipid Profile



This profile helps detect imbalance of lipids such as cholesterol, Triglycerides etc. If left untreated, it increases the risk of cardiovascular diseases.

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

Triglycerides: 321 mg/dL

● HIGH

It is the most common type of fat stored in your body. Its level rises in your blood after a meal, as your body converts calories that are not needed right away, into triglycerides.

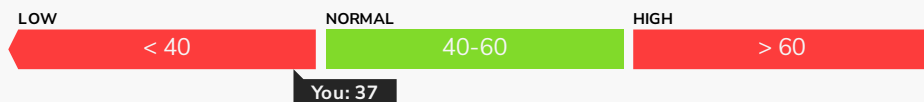


Abnormal results may indicate : High risk for heart attack, stroke and pancreatitis. (Pancreatitis is an acute inflammation of the pancreas)

HDL Cholesterol: 37 mg/dL

● LOW

HDL cholesterol is often called "heart friendly cholesterol" or "good cholesterol" as its high levels reduce the risk of heart disease. HDL picks up excess cholesterol from your arteries and takes it back to your liver. The liver then flushes it out from your body.



Did You Know?



HDL particles have antioxidant, anti-inflammatory, anti-thrombotic properties, which may contribute to their ability to inhibit atherosclerosisNCBI-Books. HDL are called protective lipoproteins.

Non - HDL Cholesterol: 191 mg/dL

● HIGH

Non-HDL = Total cholesterol - HDL cholesterol.

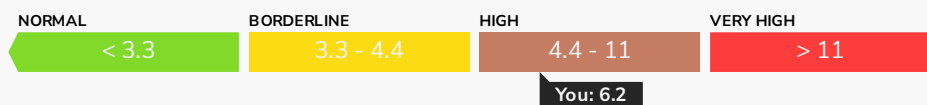
The higher the result value, the higher is the total amount of all **bad** cholesterol in your body.**Abnormal results may indicate :** High risk of heart diseases.**Lipid Ratios****About**

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.

Total Cholesterol : HDL ratio: 6.2

● 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 |
|---------------------|-------------|-------|
| ● Total Cholesterol | 228 mg/dL | < 240 |

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.



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.



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



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.



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.



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.

Vitamin Profile



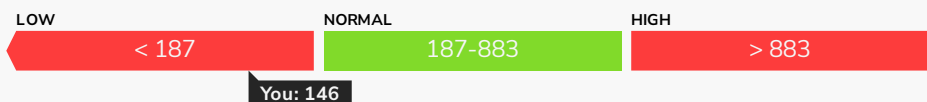
Vitamins perform many essential roles in your body and maintain your overall health.

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

Vitamin B12: 146_{pg/mL}

● LOW

Vit B12 plays an important role in protein metabolism, DNA synthesis, formation of red blood cells and in maintenance of the central nervous system. A person can develop deficiency within weeks/months, when on a Vit B12 deficient diet.



Causes of Deficiency :



Strict vegetarian diet- Plant based foods are deficient in this Vit.



Gastrointestinal problems which reduce digestive absorption of Vit B12 from diet.

Complications



Anemia



Loss of appetite



Weak immune system

Food sources



Beef liver, clams, fish, meat, poultry, eggs

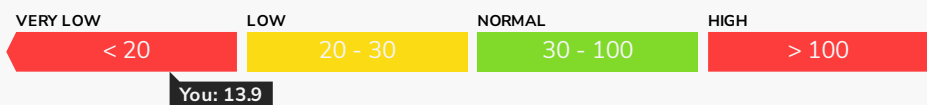


milk/dairy products, cereals fortified with B12 and nutritional yeast.

Vitamin D (25-Hydroxy): 13.9 ng/mL

● LOW

Known as the "sunshine vitamin", Vitamin D (Vit D) is produced by your skin when exposed to sunlight. Vit D helps in digestive absorption of calcium from your diet. Vit D has an important role in maintaining healthy bones and is said to play a role in preventing cancer and autoimmune diseases. It is anti-inflammatory, and maintains a healthy immune system.

**Causes of Deficiency :**

Insufficient dietary intake.



Malabsorption problem- Your digestive system can't absorb enough Vit D from food.



Less exposure to sunlight. Production of vit D from your skin depends upon your skin tone: Darker skin needs more exposure than lighter skin to produce equal amounts of Vit D. This happens because dark skin has natural protection against sunshine.



Medical conditions that affect the liver or kidney- Vit D is not sufficiently converted to its active form in your body.



Abnormal results may indicate Vit D deficiency is very common. Vit D deficiency is linked with many medical conditions including depression, type 2 diabetes, hypertension, cancer, bone pain and weak bones.

Diet and Lifestyle Tips

Avoid very high-SPF sunscreen: Your skin naturally produces Vit D on being exposed to sun but applying sunscreen can decrease this. It is recommended that you should get a balanced amount of sunshine but you should avoid a long exposure to a very bright scorching sun.



Choose a vitamin rich diet- Fatty fish such as salmon, tuna, and mackerel, Beef liver, Cheese, Mushrooms, Egg yolks, cooking oils and fortified milk are rich sources of Vitamin D.



Discuss supplements with your doctor- Vit D supplements are generally advised to be taken along with meals. Obese people are generally recommended higher dose of supplements/

Diet and lifestyle tips

A balanced diet can fulfil all the vitamin needs of your body.



Consult your doctor before taking any supplements.

Liver Profile



Liver performs a variety of functions including detoxification of various metabolites and production of digestive enzymes. Common liver enzymes are Alkaline phosphatase (ALP), Alanine transaminase (ALT), Aspartate transaminase (AST), Gamma-glutamyl transferase (GGT). Liver disease, medical condition, medication & infection can cause elevated liver enzymes which could be temporary or because of liver disease.

Normal Parameters

| Test Name | Result unit | Range |
|---|-------------|---------|
| ● Protein (Total) | 7.4 g/dL | 6.3-8.6 |
| ● Globulin | 2.7 g/dL | 1.5-3.5 |
| ● Albumin | 4.7 g/dL | 3.7-5.6 |
| ● Total Bilirubin | 0.45 mg/dL | < 1.2 |
| ● LDH | 225 U/L | 135-225 |
| ● Indirect Bilirubin | 0.32 mg/dL | < 0.4 |
| ● Aspartate Aminotransferase (AST/SGOT) | 34 U/L | 15-45 |
| ● Alanine Aminotransferase (ALT/SGPT) | 43 U/L | < 50 |
| ● Direct Bilirubin | 0.13 mg/dL | < 0.6 |
| ● GGT | 21 U/L | 8-78 |
| ● ALP | 58 U/L | 40-129 |
| ● Albumin : Globulin ratio | 1.7 RATIO | 0.9-2 |

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 |
|----------------------------|-------------|---------|
| ● % Saturation Transferrin | 32 % | 14-50 |
| ● Iron | 130 µg/dL | 59-158 |
| ● TIBC | 405 µg/dL | 250-450 |

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.

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H) ● Abnormal (AB)

Normal Parameters

| Test Name | Result unit | Range |
|----------------------|-------------------|-------------|
| ● Appearance | CLEAR | |
| ● Blood | NOT DETECTED | |
| ● RBC | NOT DETECTED /HPF | |
| ● Leukocyte Esterase | NOT DETECTED | |
| ● Epithelial Cells | 0-1 /HPF | |
| ● Crystals | NOT DETECTED | |
| ● Urine Colour | PALE YELLOW | |
| ● Specific Gravity | 1.015 | 1.003-1.035 |
| ● Urobilinogen | NORMAL | |
| ● Nitrite | NOT DETECTED | |
| ● Casts | NOT DETECTED | |
| ● pH | 5.5 | 4.6-8 |
| ● Bilirubin | NOT DETECTED | |
| ● Protein | NOT DETECTED | |
| ● Ketone | NOT DETECTED | |
| ● Pus Cells | 1-2 /HPF | |
| ● Bacteria | NOT DETECTED | |
| ● Yeast cells | NOT DETECTED | |

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.

Normal Parameters

| Test Name | Result unit | Range |
|------------------------------------|--------------|--------|
| ● Glucose in Urine | NOT DETECTED | |
| ● Blood Sugar (Fasting) | 87 mg/dL | 70-110 |
| ● HbA1c (Glycosylated Haemoglobin) | 5.3 % | < 5.7 |

Thyroid Profile



Thyroid profile consist of thyroid hormone & TSH. Thyroid is released from thyroid gland and TSH is released from hypothalamus. Thyroid gland regulates your body's temperature, muscle weight, body weight, energy levels and even your mood. Abnormal thyroid function may even affect your cardiac health and sleep cycle.

Normal Parameters

| Test Name | Result unit | Range |
|----------------------------|-------------------|-----------|
| Free T3 (Triiodothyronine) | 3.08 pg/mL | 1.58-3.91 |
| TSH | 2.580 μ IU/mL | 0.35-4.94 |
| Free T4 (Thyroxine) | 1.08 ng/dL | 0.7-1.48 |

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.

Normal Parameters

| Test Name | Result unit | Range |
|---------------------------|-------------|---------|
| Serum Creatinine | 0.81 mg/dL | 0.7-1.4 |
| BUN : Creatinine ratio | 13.58 | 10-20 |
| Blood Urea Nitrogen (BUN) | 11 mg/dL | 8-21 |
| Uric Acid | 7.3 mg/dL | 4-8.6 |

Electrolyte Profile

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



1. Regulate the amount of water in your body.
2. Regulate the pH of your blood.
3. Move nutrients into your cells.
4. Move wastes out of your cells.
5. 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 |
|--------------|-------------|----------|
| ● Magnesium | 2.1 mg/dL | 1.7-2.3 |
| ● Sodium | 145 mmol/L | 135-145 |
| ● Chloride | 104 mmol/L | 97-110 |
| ● Calcium | 9.4 mg/dL | 8.1-10.4 |
| ● Phosphorus | 3.8 mg/dL | 2.8-4.5 |
| ● Potassium | 4.60 mmol/L | 3.5-5.3 |

Inflammation

Inflammation is the body's immune system's response to an injury, surgery, or irritation. This natural defense process acts by removing injurious stimuli and initiating the healing process. Inflammation can be chronic (such as arthritis) or acute (like in case of trauma).

Normal Parameters

| Test Name | Result unit | Range |
|-----------|-------------|-------|
| ● CRP | 2.0 mg/L | < 5 |

Preventive Cancer Screening



Preventive cancer screening checks for the signs of cancer in healthy individuals and in individuals without any symptoms of cancer. Screening can help doctors find and treat several types of cancers early, before the onset of symptoms and before it is too late for the curative treatment. Early detection is important because when abnormal tissue or cancer is found early, it may be easier to treat. Cancer cells grow and divide in an uncontrolled manner forming a tumour (lump), invading normal tissues and important organs and thus interfering with the important body functions. If left untreated, cancer cells from a tumour can come into blood and with blood or lymph circulation, they can eventually spread throughout the body.

Tumor marker test

This test looks for tumour markers, also called cancer markers, in the body tissues, urine, or blood. Tumour markers are substances made by normal cells or by cancer cells, in response to cancer in the body. Some tumour markers are specific only to one type of cancer. Other markers are non-specific and can be found in several types of cancers.

Normal Parameters

| Test Name | Result unit | Range |
|-----------------------------------|-------------|-------|
| ● Prostate-Specific Antigen Total | 0.811 ng/mL | < 10 |



Follow Ups

Agilus Diagnostics advises you to consult..

After 2 years

- ☒ Liver Profile
- ☒ Thyroid Profile
- ☒ Diabetes Profile
- ☒ Electrolyte Profile
- ☒ Kidney Function Test & Urine analysis

After 3 months

- ☒ Blood Counts
- ☒ Lipid Profile
- ☒ Vitamin Profile

After 1 year

- ☒ Anemia Profile



Additional Tests

Your doctor knows best - please seek his/her advice regarding the following additional tests.

- ☒ ESR
- ☒ IgE
- ☒ DEXA scan
- ☒ Nasal swab
- ☒ Throat swab
- ☒ Homocysteine