■ Medical Report Summary

■ Patient Information

Sample date: 240427-117018483
Age/gender: 30Y -3M -14D /Male
Lab no: 2318728834
Name: ASAD ARSHAD
Test: HBA1C (GLYCOSYLATED HEMOGLOBIN)
Result: 9.90 %
Reference range: {'Normal': '<5.7', 'Pre Diabetic': '5.7-6.4', 'Diabetic': '>6.5'}
Date: 30-July-2024
Status: Critical

■ Explanation

HBA1C (GLYCOSYLATED HEMOGLOBIN) Let's break down your test result: * **What the test measures:** This test measures your average blood sugar levels over the past 2-3 months. It shows how well your body is controlling sugar levels. * **Your value and what it means:** Your HBA1C level is 9.90%. This is a measure of how much sugar is attached to your hemoglobin, a protein in your red blood cells. * **Status and why:** Your status is **Critical**. This is because your HBA1C level is significantly higher than the normal range (<5.7%). In fact, it's above 6.5%, which indicates that you have diabetes. A level of 9.90% is considered high and requires attention. * **What to do next:** You should discuss your results with your doctor or healthcare provider. They will likely recommend a plan to manage your blood sugar levels and prevent complications. This may include lifestyle changes, medication, or further testing. Don't hesitate to ask questions or seek guidance on how to control your diabetes. Please consult your doctor or healthcare provider for further guidance and support.

■ Summary and Recommendations

■ Summary:

- The HBA1C test measures average blood sugar levels over 2-3 months.
- The test result shows an average blood sugar level, with a value of 9.90%.
- This value indicates that blood sugar levels are not well controlled.
- A status of "Critical" indicates a high level of sugar attached to hemoglobin.

■ Risks/Conditions:

- Diabetes (High)
- Potential for diabetes-related complications (High)
- Cardiovascular disease risk (Possible)
- Kidney disease risk (Possible)

■ Actions/Recommendations:

- Consult a doctor or healthcare provider to discuss the test results and develop a plan to manage blood sugar levels.

- Schedule a follow-up appointment with a healthcare provider within 1-2 weeks to review the plan and make any necessary adjustments.
- Start keeping a food diary to track sugar intake and identify areas for reduction.
- Consider seeking guidance from a registered dietitian or diabetes educator to develop a personalized meal plan.