

# Health Report

| Test            | Value | Unit                 | Normal Range |
|-----------------|-------|----------------------|--------------|
| Hemoglobin      | 14.5  | g/dL                 | 13.5–17.5    |
| WBC Count       | 7.2   | ×10 <sup>3</sup> /µL | 4.0–11.0     |
| Platelet Count  | 250   | ×10 <sup>3</sup> /µL | 150–400      |
| Glucose         | 95    | mg/dL                | 70–99        |
| Creatinine      | 1.0   | mg/dL                | 0.7–1.3      |
| BUN             | 15    | mg/dL                | 7–20         |
| Sodium          | 138   | mmol/L               | 135–145      |
| Potassium       | 4.2   | mmol/L               | 3.5–5.1      |
| Chloride        | 102   | mmol/L               | 98–106       |
| Calcium         | 9.5   | mg/dL                | 8.6–10.2     |
| ALT             | 25    | U/L                  | 7–56         |
| AST             | 30    | U/L                  | 10–40        |
| Total Bilirubin | 0.8   | mg/dL                | 0.1–1.2      |
| Albumin         | 4.0   | g/dL                 | 3.4–5.4      |
| Total Protein   | 7.0   | g/dL                 | 6.0–8.3      |
| LDH             | 180   | U/L                  | 140–280      |
| Troponin        | 0.02  | ng/mL                | <0.04        |
| BNP             | 50    | pg/mL                | <100         |
| CRP             | 1.5   | mg/L                 | <3           |
| ESR             | 10    | mm/hr                | 0–20         |
| Procalcitonin   | 0.03  | ng/mL                | <0.05        |
| D-Dimer         | 0.3   | mg/L FEU             | <0.5         |
| INR             | 1.0   |                      | 0.8–1.2      |
| Lactate         | 1.5   | mmol/L               | 0.5–2.0      |

## Interpretation Summary:

All provided laboratory values fall within typical reference ranges. These results suggest stable blood counts, normal kidney and liver function, balanced electrolytes, and no biochemical evidence of infection or inflammation. Cardiac markers (Troponin, BNP) are within safe limits, indicating no acute cardiac stress. Overall, these lab findings are consistent with a healthy physiological profile.

## Recommendations / Next Steps:

- Continue routine health checkups annually.

- Maintain balanced diet, hydration, exercise, and adequate sleep.
- If symptoms develop (fatigue, chest discomfort, fever, etc.), consult a physician despite normal lab values.
- Repeat tests as advised by your healthcare provider.