

## PCOS/PCOD Lab Report Summary - Nikita Negi

Dear Nikita,

Based on the lab reports, here's a simplified explanation and interpretation of your test results related to PCOS/PCOD and overall health.

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### HORMONAL PROFILE:

1. Testosterone (Total): 0.85 ng/mL

- Reference: 0.1-0.75

- Interpretation: Slightly high - may support PCOS diagnosis

2. DHEA-S: 347.35 -g/dL

- Reference: 18-391

- Interpretation: Normal but on the higher side

3. LH (Luteinizing Hormone): 12.76 mIU/mL

- Reference (Follicular phase): 2.12-10.89

- Interpretation: Slightly high - supports PCOS

4. FSH (Follicle Stimulating Hormone): 5.43 mIU/mL

- Reference: 3.03-8.08

- Interpretation: Normal

5. LH/FSH Ratio - 2.35 (High; >2 common in PCOS)

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6. Prolactin: 11.78 ng/mL

- Reference: 3.34-26.74

- Interpretation: Normal

7. TSH: 0.948 -IU/mL

- Reference: 0.38-5.33

- Interpretation: Normal

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### BLOOD SUGAR PROFILE:

1. HbA1c: 5.1%

- Reference: <5.7%

- Interpretation: Normal (non-diabetic)

2. Random Blood Sugar: 86 mg/dL

- Reference: 74-140

- Interpretation: Normal

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### COMPLETE BLOOD COUNT (CBC):

- All values are within normal range - No signs of infection, anemia, or inflammation

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### URINE TESTS:

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- Routine and culture: Normal and sterile (no infection detected)

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PROTHROMBIN TIME (PT/INR):

- PT: 10.6 sec, INR: 0.90 - Acceptable for clotting

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VDRL TEST (Syphilis Screening):

- Result: Non-Reactive - No syphilis detected

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SUMMARY:

- PCOS is supported by elevated testosterone, LH, and LH/FSH ratio
- No diabetes, thyroid disorder, or infection found
- Blood and urine tests are within healthy range

Please consult your gynecologist for further treatment or lifestyle advice.

Wishing you good health!