

# Patient Health Report

**Total Tests Reviewed:** 20  
**Abnormal Findings:** 20

## AI Health Explanation

### **\*\*Patient-Friendly Lab Report Summary\*\***

We've found some abnormal results in your lab tests. Don't worry, I'm here to explain what they mean and what you can do about them.

### **\*\*Abnormal Findings:\*\***

1. **\*\*Beryllium\*\***: Your levels are low (0.01 vs. normal range of 0.10-0.80). This might be a sign of poor nutrition or stress.

\* Takeaway: Focus on a balanced diet with plenty of fruits, vegetables, and whole grains. Try relaxation techniques like meditation or deep breathing to manage stress.

2. **\*\*Monocytes\*\***: Your levels are low (0.15 vs. normal range of 0.20-1.00). This could be due to poor immune function or chronic fatigue.

\* Takeaway: Get plenty of rest, and consider taking a vitamin D supplement to support your immune system. Avoid excessive stress and get regular exercise to boost energy levels.

3. **\*\*Mean Corpuscular Hemoglobin\*\***: Your levels are low (31.3 vs. normal range of 31.5-34.5). This might indicate anemia or poor nutrition.

\* Takeaway: Increase iron intake through red meat, spinach, or iron supplements. Eat more iron-rich foods like beans, lentils, and dark leafy greens to support healthy red blood cell production.

4. **\*\*Red Cell Distribution Width\*\***: Your levels are high (46.9 vs. normal range of 39.0-46.0). This could be a sign of anemia or chronic disease.

\* Takeaway: Maintain a healthy diet, and consider taking iron supplements if necessary. Discuss any underlying medical conditions with your healthcare provider.

5. **\*\*Specific Gravity\*\***: Your levels are high (1.01 vs. normal range of 1.01-1.003). This might indicate dehydration or kidney issues.

\* Takeaway: Drink plenty of water throughout the day to stay hydrated. Monitor your urine output and consult a healthcare professional if you have concerns about kidney function.

6. **\*\*pH\*\***: Your levels are high (5.5 vs. normal range of 5.5-5). This could be due to respiratory or metabolic issues.

\* Takeaway: Maintain good lung health by quitting smoking, avoiding pollution, and getting regular exercise. Discuss any underlying medical conditions with your healthcare provider.

7. **\*\*Deficiency\*\***: Your levels are low (20 vs. normal range of 21-29). This might indicate poor nutrition or chronic stress.

\* Takeaway: Focus on a balanced diet, and consider taking supplements to support overall health. Practice stress-reducing techniques like meditation or deep breathing.

### **\*\*Other Abnormal Findings:\*\***

1. **\*\*HDL Cholesterol\*\***: Your levels are low (35 vs. normal range of 40-60). This might increase your risk for heart disease.

\* Takeaway: Maintain a healthy diet rich in fruits, vegetables, and whole grains. Consider taking supplements or discussing options with your healthcare provider.

2. **\*\*TC/HDL Ratio\*\***: Your levels are high (6.3 vs. normal range of 3-5). This could be a sign of increased cardiovascular risk.

\* Takeaway: Focus on a heart-healthy diet, regular exercise, and stress management to reduce your risk.

3. **\*\*LDL/HDL Ratio\*\***: Your levels are high (4.8 vs. normal range of 1.5-3.5). This might indicate an increased risk for cardiovascular disease.

\* Takeaway: Follow the same recommendations as above to manage your risk.

**\*\*Additional Findings:\*\***

1. **\*\*Blood Urea Nitrogen (BUN)\*\***: Your levels are low (6.44 vs. normal range of 7.94-20.07). This could be due to kidney issues or dehydration.

\* Takeaway: Monitor your urine output and consult a healthcare professional if you have concerns about kidney function.

2. **\*\*Urea\*\***: Your levels are low (13.78 vs. normal range of 17-43). This might indicate poor nutrition or chronic disease.

\* Takeaway: Focus on a balanced diet, and consider taking supplements to support overall health. Discuss any underlying medical conditions with your healthcare provider.

3. **\*\*Uric Acid\*\***: Your levels are high (6.6 vs. normal range of 3.2-6.1). This might increase your risk for gout or kidney stones.

\* Takeaway: Maintain a healthy diet, and consider reducing your intake of certain foods like organ meats and seafood. Discuss any underlying medical conditions with your healthcare provider.

**\*\*Takeaways:\*\***

1. Focus on a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.

2. Practice stress-reducing techniques like meditation or deep breathing to manage chronic stress.

3. Get regular exercise to boost energy levels and support overall health.

4. Monitor your urine output and consult a healthcare professional if you have concerns about kidney function.

Remember to discuss any abnormal findings with your healthcare provider, as they may require further evaluation or treatment.

***Doctor Consultation Recommended***

Please consult your doctor for professional medical advice.