

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.