

India's trusted Health Test @Home Service

National Reference Laboratory in Delhi NCR



Booking ID : 12596639845

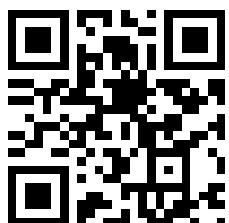
Sample Collection Date : 22/Jan/2025

Dirghayu Kumar

Male, 22 Yrs

A Comprehensive Health Analysis Report

AI Based Personalized Report for You



INDIA'S FIRST & ONLY CREDIBILITY CHECK FOR YOUR LAB REPORT

Check the authenticity of your lab report with machine data

Scan the QR using any QR code scanner

HEALTH ANALYSIS

Personalized Summary & Vital Parameters

Dirghayu Kumar

Booking ID : 12596639845 | Sample Collection Date : 22/Jan/2025

Dirghayu Kumar ,

Congratulations, We have successfully completed your health diagnosis. This is a big step towards staying on top of your health and identify potential to improve!

10 Vital Health Parameters of a Human Body Ecosystem

Below are the health parameters which require routine checkups for primary healthcare. The view also includes *personalised information* depending on the tests you have taken.

Your Health Score

85
Out of 100*Calculated from test reports

Thyroid Function

Thyroid Stimulating Hormone (TSH)-Ultrasensitive : 1.97 µIU/ml

• Everything looks good



Cholesterol Total

119.4 mg/dl

• Everything looks good



Kidney Function

Serum Creatinine : 0.78 mg/dl

• Everything looks good



Vitamin D

Test not taken



HbA1c

Test not taken



Vitamin B12

Test not taken



Liver Function

Alanine Aminotransferase (ALT/SGPT) : 41 U/L

• Everything looks good



Calcium Total

10.3 mg/dl

• Everything looks good



Iron studies

Test not taken



Complete Hemogram

Haemoglobin (HB) : 16.8 g/dL

• Everything looks good



New Features Report Summary

Understanding laboratory reports can be complex, often leading to unwarranted anxiety.

At Healthians, we understand that you shouldn't have to rely on a Google search to decipher your own health report. That's why we offer comprehensive summaries that are easy to understand.

Dirghayu Kumar

Booking ID 12596639845 | Sample Collection Date: 22/Jan/2025

Patient Summary Report

Dirghayu Kumar, a 22-year-old male, has undergone a health assessment that revealed some parameters outside the typical range. While it's natural to feel concerned about these results, it's important to remember that many factors can influence test outcomes, and we can take steps to address them.

Summary of Deranged Parameters

1.

Blood Count Abnormalities

: Certain components of your blood count, such as the levels of red blood cells and their characteristics, are showing variations. This can occur due to various reasons, including hydration status, nutritional factors, or even physical activity levels.

2.

Liver Function Indicators

: Some liver function tests indicate that certain proteins and bilirubin levels are slightly elevated. This can be a reflection of dietary habits, hydration, or even temporary changes in liver function, which are often reversible.

3.

White Blood Cell Count

: Your white blood cell count is on the higher side, which can be a response to various factors, including stress, infection, or inflammation in the body.

4.

Overall Health Considerations

: The combination of these results suggests that your body may be experiencing some stress or changes that could be addressed through lifestyle adjustments.

Suggestions for Improvement

1.

Hydration

: Ensure you are drinking enough water throughout the day. Proper hydration can help improve blood parameters and support overall health.

2.

Balanced Diet

: Focus on a well-rounded diet rich in fruits, vegetables, whole grains, and lean proteins. This can help support your blood health and liver function.

3.

Regular Exercise

: Engaging in regular physical activity can help improve your overall health and may positively influence your blood counts and liver function.

4.

Stress Management

: Consider incorporating stress-reducing activities into your routine, such as mindfulness, yoga, or meditation. Managing stress can have a beneficial impact on your overall well-being.

Remember, these results are just one piece of the puzzle regarding your health, and with some positive lifestyle changes, you can work towards improving these parameters.

Patient Name	: Dirghayu Kumar	Barcode	: E5038725	
Age/Gender	: 22Y OM OD /Male	Sample Collected On	: 22/Jan/2025 10:45AM	
Order Id	: 12596639845	Sample Received On	: 22/Jan/2025 03:12PM	
Referred By	: Self	Report Generated On	: 22/Jan/2025 06:18PM	
Customer Since	: 22/Jan/2025	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Live More Screening Package With Free Sugar Test

Test Name	Value	Unit	Bio. Ref Interval
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Fasting Blood Sugar

Glucose, Fasting : 76.7 mg/dl 70 - 100
 Method: Hexokinase
 Machine: BECKMAN COULTER DXC 700 AU

American Diabetes Association Reference Range :

Normal : < 100 mg/dl
 Impaired fasting glucose(Prediabetes) : 100 - 125 mg/dl
 Diabetes : >= 126 mg/dl

Conditions that can result in an elevated blood glucose level include:

- Diabetes mellitus ,Hemochromatosis ,Cushing syndrome ,Acromegaly and gigantism.
- Increased circulating epinephrine such as in pheochromocytoma and adrenalin injections
- Acute pancreatitis
- Chronic pancreatitis

Conditions that cause low blood glucose level include :

- Pancreatic disorders : Islet cell tumor , pancreatitis
- Hepatic disease (diffuse severe disease)
- Endocrine disorders : hypopituitarism, Addison's disease ,hypothyroidism
- Alcoholism
- Malnutrition



Dr Sohini Sengupta
 MD (Biochemistry) , DNB , FNB (Lab Medicine)
 Head of Lab , Healthians Labs



SIN No:E5038725

Healthians Labs (A Unit of Expedient Healthcare Marketing Pvt. Ltd.)

Plot 1 & 2, Udyog Vihar, Phase-4, Gurgaon, Haryana, Pincode-122016 (CAP Number: 9019582 | NABL Accreditation Certificate Number MC-4245)

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DEPARTMENT OF BIOCHEMISTRY

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Cholesterol Total - Serum

Total Cholesterol	119.4	mg/dl	Desirable : <200
Method: CHO-POD			Borderline: 200-239
Machine: SIEMENS ADVIA 2400 XPT			High : >/=240

Serum cholesterol can help determine your risk of the build up of plaques in your arteries that can lead to narrowed or blocked arteries throughout your body (atherosclerosis). High cholesterol levels usually don't cause any signs or symptoms, so atherosclerosis, hepatic and thyroid diseases.

Cholesterol is mainly transported in two lipoprotein classes (LDL and HDL), both of which play a contradictory role in the pathogenesis of lipid disorders. The total cholesterol concentration therefore provides only a baseline value that indicates whether further laboratory investigations of lipoprotein metabolism should be carried out (HDL, LDL, and triglycerides)

Triglycerides

Serum Triglycerides	60.5	mg/dl	Desirable : <150
Method: GPO Trinder without serum blank			Borderline high : 150-199
Machine: SIEMENS ADVIA 2400 XPT			High : 200-499
			Very high : > 500

Serum Triglyceride are a type of fat in the blood. High triglyceride levels are associated with several factors, including being overweight, eating too many sweets or drinking too much alcohol, smoking, being sedentary, or having diabetes with elevated blood sugar levels. Analysis has proven useful in the diagnosis and treatment of patients with diabetes mellitus, nephrosis, liver obstruction, other diseases involving lipid metabolism, and various endocrine disorders. In conjunction with high density lipoprotein and total serum cholesterol, a triglyceride determination provides valuable information of the assessment of coronary heart disease risk. It is done in fasting state. Measurements of triglyceride are used in the diagnosis and treatment of patients with acute and chronic pancreatitis, extrahepatic biliary obstruction, and other diseases involving lipid metabolism.



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Customer Since	: 22/Jan/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

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Liver Function Test (LFT)

Serum Bilirubin, (Total) Method: Vanadate oxidation Machine: SIEMENS ADVIA 2400 XPT	1.30	mg/dl	0.3 - 1.2
Serum Bilirubin, (Direct) Method: Vanadate oxidation Machine: SIEMENS ADVIA 2400 XPT	0.55	mg/dl	0 - 0.3
Serum Bilirubin, (Indirect) Method: Calculated	0.75	mg/dl	0.0 - 0.8
Aspartate Aminotransferase (AST/SGOT) Method: UV without P5P Machine: SIEMENS ADVIA 2400 XPT	30.00	U/L	5 - 34
Alanine Aminotransferase (ALT/SGPT) Method: UV without P5P Machine: SIEMENS ADVIA 2400 XPT	41	U/L	10 - 49
Alkaline Phosphatase (ALP) Method: AMP Buffer Machine: SIEMENS ADVIA 2400 XPT	107.00	U/L	38 - 126
Gamma Glutamyl Transferase (GGT) Method: Modified IFCC Machine: SIEMENS ADVIA 2400 XPT	25.4	U/L	5 - 73
Serum Total Protein Method: Biuret Machine: SIEMENS ADVIA 2400 XPT	8.47	g/dl	5.7-8.2
Serum Albumin Method: Bromo Cresol Green(BCG) Machine: SIEMENS ADVIA 2400 XPT	5.00	g/dl	3.4 - 4.8
Serum Globulin Method: Calculated	3.47	gm/dl	3.0 - 4.2
Albumin/Globulin Ratio Method: Calculated	1.44	Ratio	1.2 - 2.5
SGOT/SGPT Ratio Method: Calculated	0.73	Ratio	0.7 - 1.4

Bilirubin is a yellowish pigment found in bile and is a breakdown product of normal heme catabolism. Elevated levels are a result of increased


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bilirubin production (e.g hemolysis and ineffective erythropoiesis), decreased bilirubin excretion (e.g.; obstruction and hepatitis) and abnormal bilirubin metabolism (e.g; hereditary and neonatal jaundice) .

Conjugated (direct) bilirubin is elevated in conditions like- Hereditary disorders(Dubin Johnson syndrome, Rotor syndrome),Hepatocellular damage(e.g -viral ,toxic ,alcohol ,drugs) ,biliary duct obstruction (extrahepatic or intrahepatic), Infiltrations ,space occupying lesions(e.g metastasis, abscess , granuloma , amyloidosis. Increased unconjugated (indirect) bilirubin may be a result of hemolytic or pernicious anemia, transfusion reaction & a common metabolic condition termed Gilbert syndrome.

AST levels increase in viral hepatitis, blockage of the bile duct ,cirrhosis of the liver, liver cancer, kidney failure, hemolytic anemia, pancreatitis, hemochromatosis. AST levels may also increase after a heart attack or strenuous activity.

ALT is a liver specific enzyme commonly measured as a part of a diagnostic evaluation of hepatocellular injury, to determine liver health.

Elevated ALP levels are seen in Biliary Obstruction, Osteoblastic Bone Tumors, Osteomalacia, Hepatitis, Hyperparathyroidism, Leukemia, Lymphoma, Paget's disease, Rickets, Sarcoidosis etc.

Elevated serum GGT activity can be found in diseases of the liver, Biliary system and pancreas. Obstructive liver disease, high alcohol consumption and use of enzyme-inducing drugs lead to raised GGT levels .

Serum total protein measures the total amount of protein in serum. It is largely comprised of albumin and globulins. Increased levels may be due to: Chronic inflammation or infection, including HIV and hepatitis B or C, multiple myeloma, Waldenstrom's disease. Decreased levels may be due to: Agammaglobulinemia, Bleeding (hemorrhage), Burns, Glomerulonephritis, Liver disease, Malabsorption, Malnutrition, Nephrotic Syndrome.

Albumin is the most abundant protein in the serum and is produced in the liver. Low serum albumin levels (hypoalbuminemia) can be caused by: Liver diseases like liver cirrhosis, nephrotic syndrome, protein-losing enteropathy, burns, hemodilution, increased vascular permeability or decreased lymphatic clearance, malnutrition and wasting .

Globulins are increased in most liver diseases , in chronic inflammatory diseases and neoplastic diseases



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Kidney Function Test1 (KFT1)

Serum Creatinine	0.78	mg/dl	0.2 - 1.2
Method: Jaffes Kinetic			
Machine: SIEMENS ADVIA 2400 XPT			
GFR, ESTIMATED	129.31	mL/min/1.73m ²	
Method: Calculated			
Serum Uric Acid	6.2	mg/dl	3.5 - 7.2
Method: Uricase/Peroxidase			
Machine: SIEMENS ADVIA 2400 XPT			
Serum Calcium	10.3	mg/dl	8.7-10.4
Method: Arsenazo III			
Machine: SIEMENS ADVIA 2400 XPT			
Serum Phosphorus	3.1	mg/dl	2.4 - 5.1
Method: Phosphomolybdate/UV			
Machine: SIEMENS ADVIA 2400 XPT			
Serum Sodium	139	mmol/L	132 - 146
Method: ISE (Indirect)			
Machine: SIEMENS ADVIA 2400 XPT			
Serum Chloride	103	mmol/L	99-109
Method: ISE (Indirect)			
Machine: SIEMENS ADVIA 2400 XPT			
Blood Urea	21	mg/dl	19.3-49.38
Method: Urease			
Machine: SIEMENS ADVIA 2400 XPT			
Blood Urea Nitrogen (BUN)	9.7	mg/dl	8-20
Method: Calculated			
Bun/Creatinine Ratio	12.45	Ratio	
Method: Calculated			
Urea/Creatinine Ratio	26.64	Ratio	
Method: Calculated			

The kidneys play a vital role in the excretion of waste products and toxins such as urea, creatinine and uric acid, regulation of extracellular fluid volume, serum osmolality and electrolyte concentrations, as well as the production of hormones like erythropoietin and 1,25 dihydroxy vitamin D and renin. Assessment of renal function is important in the management of patients with kidney disease or pathologies affecting renal function. Tests of renal function have utility in identifying the presence of renal disease, monitoring the response of kidneys to treatment, and determining the progression of renal disease.



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Test Name	Value	Unit	Bio. Ref Interval
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Urea is synthesized in the liver as the final product of protein and amino acid metabolism. Urea synthesis is therefore dependent on daily protein intake and endogenous protein metabolism.

Creatinine is a metabolic product of creatine and phosphocreatine, which are both found almost exclusively in muscle.

Uric Acid is the major product of purine catabolism in humans. Uric acid levels are used to monitor the treatment of gout.

Measurement of calcium is used in the diagnosis and treatment of parathyroid disease, a variety of bone diseases, chronic renal disease, urolithiasis and tetany. Phosphorus levels are increased in acute or chronic renal failure with decreased GFR .

Sodium is an electrolyte, and it helps regulate the amount of water in and around the cells & the balance of chemicals in the body called acids and bases.

Chloride is a negatively charged ion that works with other electrolytes such as potassium, sodium, and bicarbonate, to help regulate the amount of fluid in the body and maintain the acid-base balance.



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Sample Type	: URINE	ReportStatus	: Final Report	

DEPARTMENT OF CLINICAL PATHOLOGY

Live More Screening Package With Free Sugar Test

Test Name	Value	Unit	Bio. Ref Interval
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Urine Routine & Microscopy Extended

PHYSICAL EXAMINATION

 Colour Method: Visual	Yellow	Pale Yellow
 Volume Method: Visual	15.00	mL
 Appearance Method: Visual	Clear	Clear

CHEMICAL EXAMINATION

 Specific Gravity Method: Acid ionic exchange Machine: DIRUI FUS 2000	1.020	1.001 - 1.035
 pH Method: pH indicator method Machine: DIRUI FUS 2000	6.0	4.5 - 7.5
 Glucose Method: Glucose oxidase enzyme reaction Machine: DIRUI FUS 2000	Negative	Negative
 Urine Protein Method: protein error method Machine: DIRUI FUS 2000	Negative	Negative
 Ketones Method: Sodium nitroprusside Machine: DIRUI FUS 2000	Negative	Negative
 Urobilinogen Method: Diazonium salt Machine: DIRUI FUS 2000	Normal	Normal
 Bilirubin Method: Diazotized Dichloroaniline reaction Machine: DIRUI FUS 2000	Negative	Negative
 Nitrite Method: Griess method Machine: DIRUI FUS 2000	Negative	Negative


Dr. Sakesh Agarwal
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DEPARTMENT OF CLINICAL PATHOLOGY

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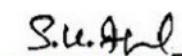
Test Name	Value	Unit	Bio. Ref Interval
 Blood Method: Peroxidase-like method Machine: DIRUI FUS 2000	Negative		Negative
 Leucocyte Esterase Method: Pyrrole diazonium reaction Machine: DIRUI FUS 2000	Negative		Negative
MICROSCOPIC EXAMINATION			
 Pus Cells Method: Flow Imaging Technique	1-2	/HPF	0 - 5
 Epithelial cells Method: Flow Imaging Technique	1-2	/HPF	0 - 5
 RBCs Method: Flow Imaging Technique	Nil	/HPF	Nil
 Casts Method: Flow Imaging Technique	Nil		Nil
 Crystals Method: Flow Imaging Technique	Nil		Nil
 Bacteria Method: Flow Imaging Technique	Absent		Absent
 Yeast Cell Method: Flow Imaging Technique	Absent		Absent
 Others (Non Specific) Method: Flow Imaging Technique	Nil		NIL

The main indication for testing for glucose in urine is detection of unsuspected diabetes mellitus or follow-up of known diabetic patients. Renal glycosuria accounts for 5% of cases of glycosuria in general population.

Proteinuria can be seen in nephrotic syndrome, pyelonephritis, heavy metal poisoning, tuberculosis of kidney, interstitial nephritis, cystinosis, Fanconi syndrome, rejection of kidney transplant. Hemodynamic proteinuria is transient and can be seen in high fever, hypertension, heavy exercise, congestive cardiac failure, seizures, and exposure to cold. Post-renal proteinuria is caused by inflammatory or neoplastic conditions in renal pelvis, ureter, bladder, prostate, or urethra.

Ketonuria can be seen in uncontrolled Diabetes mellitus with ketoacidosis, Glycogen storage disorder, starvation, persistent vomiting in children, weight reduction program, fever in children, severe thyrotoxicosis, pregnancy and protein calorie malnutrition.

Presence of bilirubin in urine indicates conjugated hyperbilirubinemia (obstructive or hepatocellular jaundice). Bile salts along with bilirubin can be detected in urine in cases of obstructive jaundice. Normally about 0.5-4 mg of urobilinogen is excreted in urine in 24 hours. Therefore, a small amount of urobilinogen is normally detectable in urine. Increased urobilinogen in urine can be seen due to hemolysis, megaloblastic anemia and hemorrhage in tissues. Decreased urobilinogen can be seen in obstructive jaundice, reduction of intestinal bacterial flora, neonates and following antibiotic treatment. The presence of abnormal number of intact red blood cells in urine is called as hematuria. It implies presence of a bleeding lesion in the urinary tract. Hematuria can be seen in glomerular diseases like Glomerulonephritis, Berger's disease, lupus nephritis, Henoch-Schonlein purpura, non glomerular diseases like Calculus, tumor, infection, tuberculosis, pyelonephritis, hydronephrosis, polycystic kidney disease, trauma, after strenuous physical exercise, diseases of prostate (benign hyperplasia of prostate,



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DEPARTMENT OF CLINICAL PATHOLOGY

Live More Screening Package With Free Sugar Test

Test Name	Value	Unit	Bio. Ref Interval
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carcinoma of prostate).

Nitrites are not present in normal urine. Ingested nitrites are converted to nitrate and excreted in urine. If gram-negative bacteria (e.g. E.coli, Salmonella, Proteus, Klebsiella, etc.) are present in urine, they will reduce the nitrates to nitrites through the action of bacterial enzyme nitrate reductase. As E. coli is the commonest organism causing urinary tract infection, this test is helpful as a screening test for urinary tract infection.

Some organisms like Staphylococci or Pseudomonas do not reduce nitrate to nitrite and therefore in such infections nitrite test is negative. Leucocyte esterase test detects esterase enzyme released in urine from granules of leucocytes. Thus the test is positive in pyuria.


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 Referred By : Self
 Customer Since : 22/Jan/2025
 Sample Type : WHOLE BLOOD EDTA

Barcode : E5038725 
 Sample Collected On : 22/Jan/2025 10:45AM
 Sample Received On : 22/Jan/2025 02:28PM
 Report Generated On : 22/Jan/2025 03:31PM
 Sample Temperature : Maintained ✓
 ReportStatus : Final Report

DEPARTMENT OF HAEMATOLOGY

Live More Screening Package With Free Sugar Test

Test Name	Value	Unit	Bio. Ref Interval
Complete Blood Count			
Haemoglobin (HB)	16.8	g/dL	13.0-17.0
Method: Colorimetric Method			
Machine: MINDRAY BC6000			
Total Leucocyte Count (TLC)	10.7	10^3/uL	4.0-10.0
Method: SF CUBE Technology			
Machine: MINDRAY BC6000			
Hematocrit (PCV)	52.7	%	40.0-50.0
Method: Calculated			
Machine: MINDRAY BC6000			
Red Blood Cell Count (RBC)	6.80	10^6/µl	4.50-5.50
Method: Impedance			
Machine: MINDRAY BC6000			
Mean Corp Volume (MCV)	77.2	fL	83.0-101.0
Method: Derived from RBC Histogram			
Machine: MINDRAY BC6000			
Mean Corp Hb (MCH)	24.6	pg	27.0-32.0
Method: Calculated			
Machine: MINDRAY BC6000			
Mean Corp Hb Conc (MCHC)	31.9	g/dL	31.5-34.5
Method: Calculated			
Machine: MINDRAY BC6000			
RDW - CV	14.7	%	11.6-14.0
Method: Derived from RBC Histogram			
Machine: MINDRAY BC6000			
RDW - SD	43.80	fL	39.0-46.0
Method: Derived from RBC Histogram			
Machine: MINDRAY BC6000			
Mentzer Index	11.35	Ratio	
Method: Calculated			
RDWI	166.89	Ratio	
Method: Calculated			
Green and king index	52	Ratio	
Method: Calculated			


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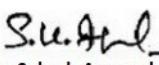
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DEPARTMENT OF HAEMATOLOGY

Live More Screening Package With Free Sugar Test

Test Name	Value	Unit	Bio. Ref Interval
Differential Leucocyte Count			
Neutrophils Method: SF CUBE Technology Machine: MINDRAY BC6000	66.7	%	40 - 80
Lymphocytes Method: SF CUBE Technology Machine: MINDRAY BC6000	22.4	%	20-40
Monocytes Method: SF CUBE Technology Machine: MINDRAY BC6000	8.0	%	02 - 10
Eosinophils Method: SF CUBE Technology Machine: MINDRAY BC6000	2.5	%	01 - 06
Basophils Method: SF CUBE Technology Machine: MINDRAY BC6000	0.4	%	00 - 02
Absolute Leucocyte Count			
Absolute Neutrophil Count (ANC) Method: Calculated Machine: MINDRAY BC6000	7.14	10^3/uL	2.0-7.0
Absolute Lymphocyte Count (ALC) Method: Calculated Machine: MINDRAY BC6000	2.40	10^3/uL	1.0-3.0
Absolute Monocyte Count Method: Calculated Machine: MINDRAY BC6000	0.86	10^3/uL	0.2-1.0
Absolute Eosinophil Count (AEC) Method: Calculated Machine: MINDRAY BC6000	0.27	10^3/uL	0.02-0.5
Absolute Basophil Count Method: Calculated Machine: MINDRAY BC6000	0.04	10^3/uL	0.02 - 0.10
Platelet Count(PLT) Method: Impedance Machine: MINDRAY BC6000	321	10^3/µl	150-410


Dr. Sakesh Agarwal
MBBS, DCP
Consultant Pathologist, Healthians Labs



SIN No:E5038725

Patient Name	: Dirghayu Kumar	Barcode	: E5038725	
Age/Gender	: 22Y OM OD /Male	Sample Collected On	: 22/Jan/2025 10:45AM	
Order Id	: 12596639845	Sample Received On	: 22/Jan/2025 02:28PM	
Referred By	: Self	Report Generated On	: 22/Jan/2025 03:31PM	
Customer Since	: 22/Jan/2025	Sample Temperature	: Maintained ✓	
Sample Type	: WHOLE BLOOD EDTA	ReportStatus	: Final Report	

DEPARTMENT OF HAEMATOLOGY

Live More Screening Package With Free Sugar Test

Test Name	Value	Unit	Bio. Ref Interval
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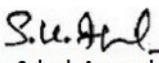
MPV	8.9	fL	7 - 9
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Method: Derived from PLT Histogram
Machine: MINDRAY BC6000

The International Council for Standardization in Haematology (ICSH) recommends reporting of absolute counts of various WBC subsets for clinical decision making. This test has been performed on a fully automated 5 part differential cell counter which counts over 10,000 WBCs to derive differential counts. A complete blood count is a blood panel that gives information about the cells in a patient's blood, such as the cell count for each cell type and the concentrations of Hemoglobin and platelets. The cells that circulate in the bloodstream are generally divided into three types: white blood cells (leukocytes), red blood cells (erythrocytes), and platelets (thrombocytes). Abnormally high or low counts may be physiological or may indicate disease conditions, and hence need to be interpreted clinically.

The Mentzer index is used to differentiate iron deficiency anaemia beta thalassemia trait. If a CBC indicates microcytic anaemia, these are two of the most likely causes, making it necessary to distinguish between them.

If the quotient of the mean corpuscular volume divided by the red blood cell count is then 13, thalassemia is more likely. If the result is greater than 13, then iron-deficiency anaemia is more likely.



Dr. Sakesh Agarwal
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Consultant Pathologist, Healthians Labs



SIN No:E5038725

Page 12 of 13

Patient Name : Dirghayu Kumar
 Age/Gender : 22Y OM OD /Male
 Order Id : 12596639845
 Referred By : Self
 Customer Since : 22/Jan/2025
 Sample Type : SERUM

Barcode : E5038725 
 Sample Collected On : 22/Jan/2025 10:45AM
 Sample Received On : 22/Jan/2025 03:12PM
 Report Generated On : 22/Jan/2025 04:52PM
 Sample Temperature : Maintained ✓
 ReportStatus : Final Report

DEPARTMENT OF IMMUNOLOGY

Test Name	Value	Unit	Bio. Ref Interval
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Thyroid Stimulating Hormone (TSH)

 Thyroid Stimulating Hormone (TSH)-Ultrasensitive 1.968  µIU/ml 0.55-4.78
 Method: CLIA
 Machine: SIEMENS CENTAUR XP

Interpretation:

Pregnancy interval	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 – 3.0
Third trimester	0.3 – 3.0

1. Thyroid hormones undergo circadian variation: Peak levels are seen at around midnight. Minimum levels seen between morning through noon. This variation may be as much as 50% thus, influence of sampling time needs to be considered for clinical interpretation.
2. Circulating forms of T3 and T4 are mostly reversibly bound with Thyroxine binding globulins (TBG), and to a lesser extent with albumin and Thyroid binding Pre-Albumin. Thus the conditions in which TBG and protein levels alter such as chronic liver disorders, pregnancy, excess of estrogens, androgens, anabolic steroids and glucocorticoids may cause misleading total T3, total T4 and TSH interpretations.
3. TSH levels may be normal in central hypothyroidism, recent rapid correction of hypothyroidism or hyperthyroidism, pregnancy, phenytoin therapy etc.
4. TSH values of <0.03 uIU/mL must be clinically correlated to evaluate the presence of a rare TSH variant in certain individuals which is undetectable by conventional methods.
5. Presence of Autoimmune disorders may lead to spurious results of thyroid hormones.
6. Various drugs influence the levels of thyroid hormones such as L-Dopa, Lithium, Glucocorticoids, Phenytoin etc.
7. Serum TSH is evaluated in Neonates to diagnose Congenital Hypothyroidism.
8. Within hours of birth, plasma TSH, T4, and T3 concentrations rise rapidly. By 2 to 3 days, TSH concentrations fall. T4 falls to adult concentrations by 1 to 2 months of age.

***** End Of Report *****



Dr Sohini Sengupta
 MD (Biochemistry) , DNB , FNB (Lab Medicine)
 Head of Lab , Healthians Labs




SIN No:E5038725

Healthians Labs (A Unit of Expedient Healthcare Marketing Pvt. Ltd.)

Plot 1 & 2, Udyog Vihar, Phase-4, Gurgaon, Haryana, Pincode-122016 (CAP Number: 9019582 | NABL Accreditation Certificate Number MC-4245)

Terms & Conditions:

- 1) Machine Data is available for last 7 days only. In case of manual testing & outsourced testing, machine data will not be available.
- 2) CBC parameters may vary when it is manually reviewed by the Pathologists.
- 3) **For Thyroid tests** - Circulating TSH shows a normal circadian rhythm with a peak between 11pm-5am and a nadir between 5pm-8pm. TSH values are also lowered after food when compared to fasting in a statistically significant manner. This variation is of the order of ±50%, hence time of day and fasting status have influence on the reported TSH level.
- 4) **For Lipid profile** - Lipid and Lipoprotein concentrations vary during the normal course of daily activity. Also, certain drugs, diet and alcohol can have lasting effects on Triglyceride levels. To obtain best results for Lipid testing, a strict fasting of 10-12 hours with a light meal on the previous night is recommended.
- 5) Test results released pertain to the specimen submitted.
- 6) Test results are dependent on the quality of the sample received by the Lab.
- 7) The tests are carried out in the lab with the presumption that the specimen belongs to the patient named or identified in the bill/test request form/booking ID.
- 8) The reported results are for information and are subject to confirmation and interpretation by the referring doctor to co-relate clinically.
- 9) Test results may show interlaboratory variations.
- 10) Liability of Healthians for deficiency of services or other errors and omissions shall be limited to the fee paid by the patient for the relevant laboratory services.
- 11) This report is not subject to use for any medico-legal purposes.
- 12) Few of the tests might be outsourced to partner labs as and when required.
- 13) This report is not intended to replace but to lead by providing comprehensive information. It is recommended that you consult your doctor/physician for interpretation of results.
- 14) All reports might not be applicable for individuals less than 18, pregnant women or individuals suffering from diseases for which health test has not been performed or symptoms not diagnosed.
- 15) This report is based on preventive health test screening and is meant for a healthy lifestyle. It does not provide any recommendation for life threatening situations.
- 16) It is strongly recommended to take required precautions for allergic reactions or sensitivities.
- 17) Authorised partner labs as mentioned for certain tests are as below:
HL/PL/001- Metropolis Healthcare Ltd
HL/PL/002- Thyrocare Technologies Limited
HL/PL/003- Lifecell International Pvt. Ltd. - Laboratory Services
HL/PL/004- Modern Diagnostic & Research Centre

ADVISORY
Health Advisory

Dirghayu Kumar

Booking ID: I2596639845 | Sample Collection Date : 22/Jan/2025

No Data Body Mass Index

6'2" Height (ft/in)

No Data Weight (kgs.)

Physical Activity
No Data

Smoke
No Data

Food Preference
No Data

Alcohol
No Data

Medication
No Data

Family History
No Data

Blood Pressure
No Data

Pulse Rate
No Data

Waist (In Cm)
No Data

Hip Circumference (In Cm)
No Data

SPO2 Levels
No Data

Sugar Levels
No Data

Additional Remarks :

NA

**SUGGESTED
NUTRITION**
SUGGESTED NUTRITION
Do's

- Have a balanced diet that includes whole grains, pulses, dairy, fruits, vegetables, nuts and healthy fats
- Include fruits like apples, berries and melons in your diet
- Have dates and figs
- Take vitamin C rich foods like citrus fruits, strawberries and green, leafy vegetables

Dont's

- Avoid flavoured and seasoned foods
- Decrease intake of colas and sugary drinks
- Avoid saturated fats, transfats, oily and greasy foods like cakes, creamy or fried foods
- Limit intake of salt
- Avoid refined carbs, processed foods
- Avoid the use of oil and avoid sauces and dressings

**SUGGESTED
LIFESTYLE**
SUGGESTED LIFESTYLE
Do's

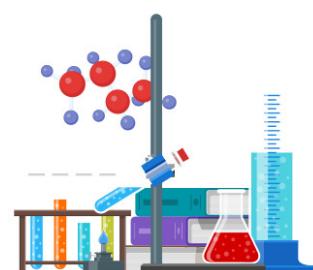
- Have breakfast early in morning and a light high fiber snack for dinner
- Maintain ideal weight
- Plan a healthy routine and have food at the same time everyday

Dont's

- Avoid overexertion without having food or drink
- Avoid strenuous exercises
- Avoid smoking and alcohol

**SUGGESTED
FUTURE TESTS**
SUGGESTED FUTURE TESTS

- Complete Hemogram - **Every 2 Month**
- Peripheral Smear Examination By Pathologist - **Every 2 Month**
- Iron Studies - **Every 3 Month**



HEALTH ADVISORY**Suggestions for Health & Well-being**

Dirghayu Kumar

Booking ID : 12596639845 | Sample Collection Date : 22/Jan/2025

PHYSICAL ACTIVITY**PHYSICAL ACTIVITY**

Physical activities can vary from Regular walks (Brisk or normal), Jogging , Sports, Stretching, Yoga to light weight lifting etc. It is recommended to partake in physical activity at least 30 minutes a day for 3-4 days a week.

If regular workout is difficult, then we can adapt changes such as using stairs instead of lift/escalators and doing household work!

**STRESS MANAGEMENT****STRESS MANAGEMENT**

Managing stress is an essential part of well-being. Some day to day changes can help such as having sufficient sleep (6-8 hours), indulging yourself in meditation, positive attitude towards lifestyle, using humor, traveling, talking to people whom you feel comfortable with and making time for hobbies by doing what you love to do.

BALANCED DIET**BALANCED DIET**

A balanced diet is the key to healthy lifestyle. Include Whole grains, vegetables, whole fruits, nuts, seeds, beans, plant oils in your diet.

It is recommended to always have a high protein breakfast and a light dinner. Avoid items such as processed foods, potatoes and high calorie/sugar products. Don't forget to drink water regularly!

**BMI**

BMI recommended range is 18.5 to 24.9. Your BMI is 29.35, which is on a higher side.

Please fill your Health Karma to know your BMI results

BMI for your body helps prevent many untimely diseases and goes a long way.

BMI CHART

UNDERWEIGHT	NORMAL	OVERWEIGHT	OBESITY
Less than 18.5	Between 18.5 - 24.9	Between 25.0 - 29.9	More than 30

BMI

Supplement Suggestions

Dirghayu Kumar

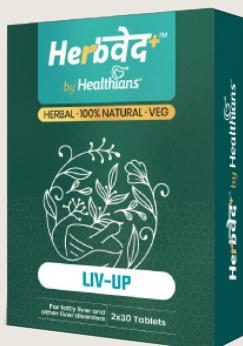
Booking ID : I2596639845 | Sample Collection Date : 22/Jan/2025

Your test report has indicated that you have certain deficiencies in your body which may hamper your health & wellbeing in the longer run.

In order to fulfill the gaps in nutrition and promote a healthier body we suggest you the following supplements mentioned below:

Deficiency/Out of Range Parameter(s)	Suggested Supplement	
Bilirubin Total, Serum	LIV-UP	To order, call 1800-572-000-4

Suggestions for Improving Deficiencies



LIV-UP

De-toxify your body with a healthier liver.

LIV-UP is a scientifically formulated and clinically proven all-natural supplement that takes care of your liver and its functions. This ayurvedic supplement keeps your liver cool, and optimally functioning, thus promoting healthy digestion. Take the all-natural road to robust liver health with LIV-UP.

Untreated or unmanaged liver issues can cause grave and even lethal complications, which include:

- Liver Infections | • Liver Cancer | • Liver Failure | • Elevated Blood Toxin Levels | • Liver Cirrhosis

Infused with the ages-proven goodness of all-natural ingredients, LIV-UP is the perfect supplement to promote and maintain good liver health, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in LIV-UP present the following benefits:

Methi Dana

Reducing the risk of developing fatty liver disease.

Triphala

Promotes liver function & boosts immunity

Ginger

Supports liver health & prevents liver inflammation

Yellow Myrobalan

Keeps the liver cool & promotes optimal functioning

Kulki

Reduces inflammation & protects the liver from injury



IMMUNO-PLUS

Give your immunity a boost the all-natural way.

IMMUNO-PLUS is the perfect all-natural herbal supplement to boost your immune system and strengthens your body's defenses against diseases and infections. IMMUNO-PLUS provides your immune system the necessary reinforcement to keep you safe and healthy.

A weakened immune system opens you to a host of illnesses, such as:

- Recurring Infections | • Heightened Risk of Cancer | • Autoimmune Disorders | • Slow Growth Rate | • Serious Damage to the Heart, Lungs, Digestive Tract & the Nervous System

Infused with the ages-proven goodness of all-natural ingredients, IMMUNO-PLUS is the perfect supplement to strengthen your immune system without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in IMMUNO-PLUS present the following benefits:

Amla

Boosts immunity & Stores antioxidants

Jetwatika

Antioxidant properties strengthen the immune system

Aloe Vera

Fights against oxygenated rogue molecules in the blood

Ashwagandha

Reinforces the immune system to increase its fighting ability

Ginger

Anti-inflammatory & antioxidant effects reinforce the immune system




Your one-stop destination for affordable & reliable imaging services

 Honest pricing

 Highly experienced
130+ radiology
specialists

 100% covid safe

 State-of-the-art
radiology labs
across India

 + 
2% CASH BACK + **100% Cash Back**
When you book via app
[Know More](#)

About Healthians Labs

How we control Report Accuracy at Healthians



Quality Control

We follow Quality control to ensure both **precision & accuracy** of patient results.



Machine Data

We save patient's result values **directly from machines** ensuring no manipulations & no fake values.



QR Code

QR Code based authenticity check on all its reports



Calibration

We make use of calibrators to evaluate the **precision & accuracy** of measurement equipment.



Equipment

Our Labs are equipped with state-of-the-art instruments with **cutting edge technology** to provide faster & reliable results.



EQA

Our Labs participate in EQA & show proven accuracy by checking **laboratory performance** through external agency or facility.

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