

Dear VAISHALI VYAS

Congratulations for getting a health check done. Here is your comprehensive smart report for taking control of your health.

Name : **VAISHALI VYAS**

Gender/Age: **FEMALE / 31Y**

SID NO: **119007521**

Package: **ISWARYAM-DIAMOND - MHC**

Date of test: **30-06-2024**

# Personalised Smart Report

## INCLUDES

1. Total Health Picture
2. Tests that need your attention
3. Historical Trend Chart
4. Your Next Steps



36+ Years of Trust



Trusted by Doctors



Honest & Transparent



Present in 12+ States



2.5 Cr + customers

# YOUR HEALTH PICTURE

VAISHALI VYAS  
31 yrs | FEMALE

## YOUR HEALTH SCORE



Based on your test results



### Thyroid Function

- Everything looks good



### Diabetes

- Concern



### Complete Hemogram

- Concern



### Liver Function

- Concern



### Vitamin D

- Everything looks good



### Cholesterol Profile

- Concern



### Kidney Function

- Everything looks good



### Vitamin B12

- Everything looks good



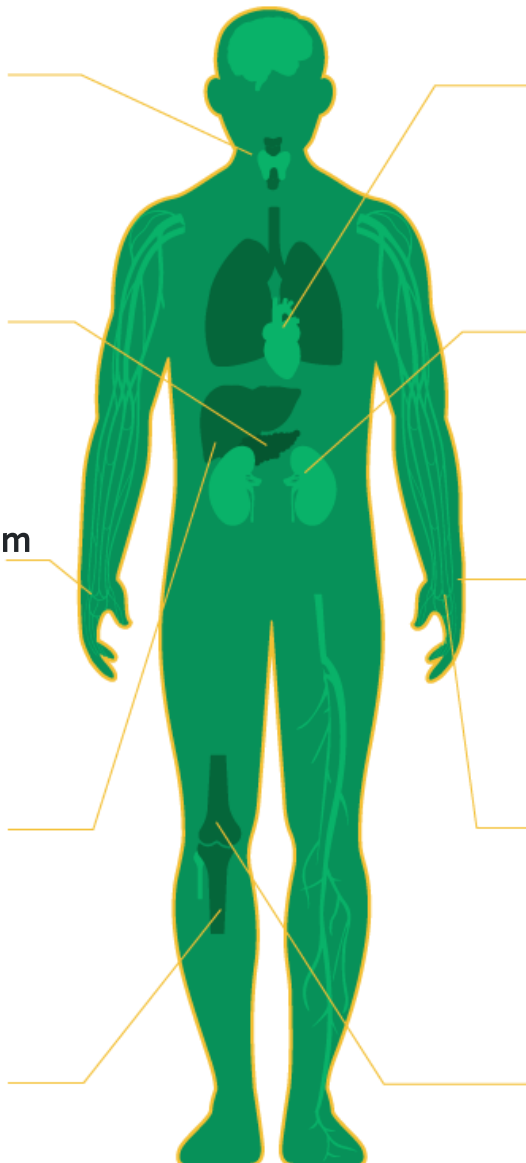
### Iron Studies

- Everything looks good



### Bone Health

- Concern



## TESTS THAT NEED YOUR ATTENTION

VAISHALI VYAS  
31 yrs | FEMALE

### ALKALINE PHOSPHATASE

Alkaline phosphatase (ALP) is an enzyme that helps break down proteins. It is found in many tissues in the body, including the liver, bones, and intestines. ALP levels in the blood can be used to detect problems in these organs.

#### Impact on health

Increased alkaline phosphatase levels can indicate liver disease, bone disorders, medications like steroids and in pregnancy.

#### Suggestions to improve

If you have a high ALP, your doctor may recommend treatment based on the underlying cause to bring your levels back to normal.

#### Your Result

↑ 111.0 U/L

( Mildly increased )

#### Reference Range

42 - 98 U/L

### CHOLESTEROL

Cholesterol is a type of fat that is found in all cells in the body. It is made by the liver. Cholesterol is needed for many body functions, including production of some hormones

#### Impact on health

Increased cholesterol levels can build up in your arteries and increase the risk of heart disease and stroke. Conditions which can increase cholesterol are high dietary intake of saturated fat, obesity, physical inactivity, smoking, family history, medications like steroids.

#### Suggestions to improve

Eating a healthy diet (avoiding fried foods, excess oil. include lots of vegetables, taking healthy unsaturated fatty food like fish, nuts, avocado). Exercising regularly, Not taking food atleast 90 minutes before sleeping and Stopping smoking.

#### Your Result

↑ 266.0 mg/dl

( Significantly increased )

#### Reference Range

0 - 200 mg/dl

## HbA1c

HbA1c is a measure of your average blood sugar levels over the past 3 months. It is used to diagnose and monitor diabetes.

### Impact on health

Increased HbA1c levels can indicate prediabetes or diabetes and rarely due to underlying anemia or kidney or liver disease. Symptoms include loss of weight without trying, frequent urination, increased thirst, tiredness, itchy skin

### Suggestions to improve

Low carbohydrate diet (Take less rice, wheat, bread. Avoid sugary products) and include more vegetables, nuts, berries, yoghurt, chicken, fish. Atleast 14 hours of fasting between dinner and breakfast (water, black coffee & black tea without sugar can be taken during fasting). Medications / insulin may be needed for uncontrolled diabetes.

## Your Result



5.7 %

( Mildly increased )

## Reference Range

4.5 - 5.6 %

## LDL CHOLESTEROL

LDL cholesterol, also known as low-density lipoprotein or 'bad' cholesterol, carries cholesterol from the liver to the rest of the body.

### Impact on health

Increased LDL cholesterol can build up in the arteries and is a major risk factor for heart disease and stroke. Conditions which can increase LDL levels are high dietary intake of saturated fat, obesity, physical inactivity, smoking, family history, medications like steroids.

### Suggestions to improve

Eating a healthy diet (avoiding fried foods, excess oil. include lots of vegetables, taking healthy unsaturated fatty food like fish, nuts, avocado). Exercising regularly, Not taking food atleast 90 minutes before sleeping and Stopping smoking.

## Your Result



171 mg/dl

( Significantly increased )

## Reference Range

0 - 100 mg/dl

## PHOSPHORUS

Phosphorus is an essential mineral that is found in all cells in the body. It is important for Building and maintaining strong bones and teeth, Transmitting nerve impulses, Contracting muscles, Regulating blood sugar levels.

### Impact on health

Increased phosphorus levels can indicate hyperphosphatemia, which can cause constipation, vomiting, fatigue and heart problems. It can be due to over intake of supplements or rarely in kidney disease.

### Suggestions to improve

If you have a high phosphorus, your doctor may recommend treatment based on the underlying cause to bring your levels back to normal

## Your Result



5.4 mg/dl

( Significantly increased )

## Reference Range

2.5 - 4.5 mg/dl

## Total WBC Count

White blood cells are made in the bone marrow, are part of the immune system and help fight infection.

### Impact on health

Increased WBC levels can indicate infection (WBCs are increased in an attempt to fight off the infection), inflammation (like chronic arthritis or lupus), strenuous exercise / stress, or very rarely in some cancers.

### Suggestions to improve

If you have a high WBC count, your doctor may recommend treatment based on the underlying cause to bring your levels back to normal

## Your Result



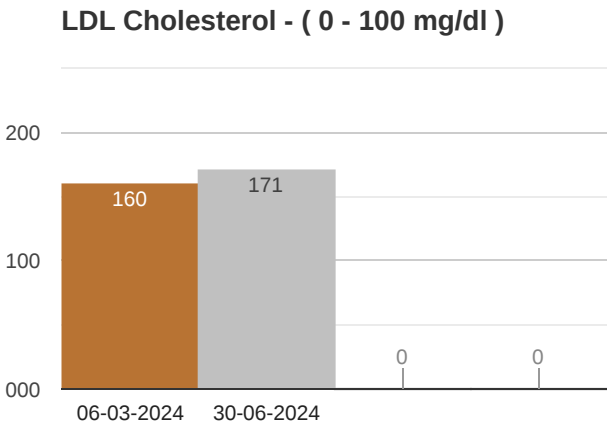
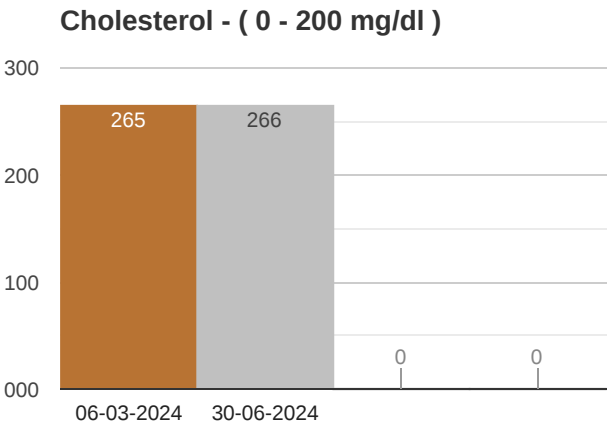
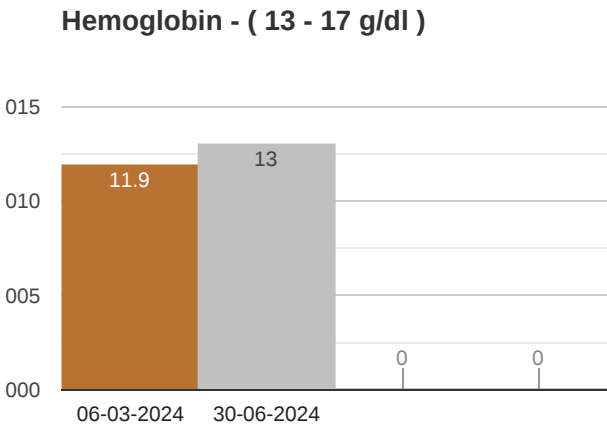
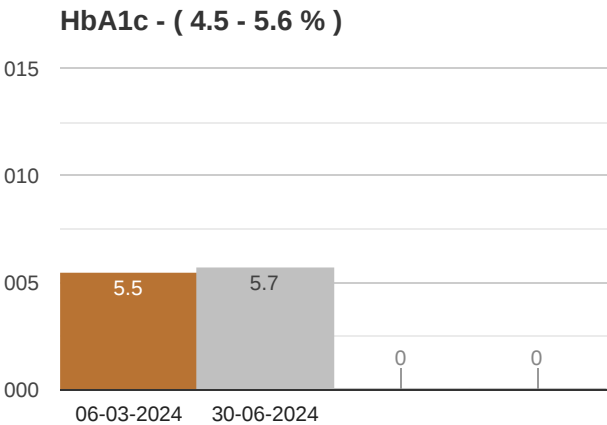
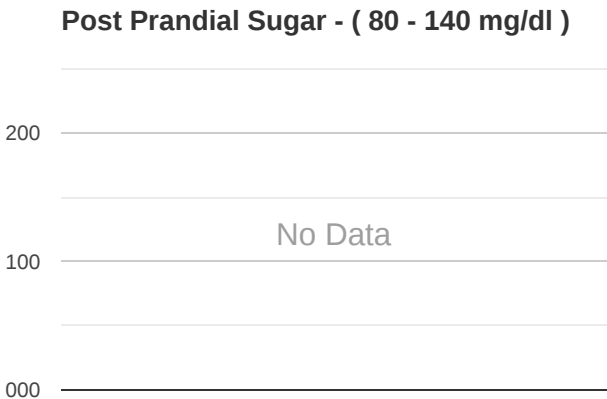
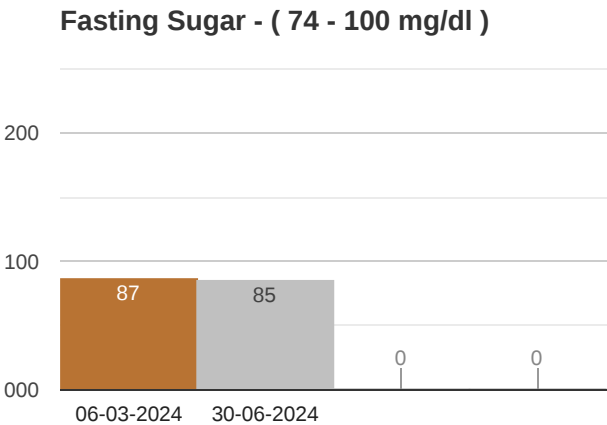
( Mildly increased )

## Reference Range

4000 - 10000 Cells/Cumm

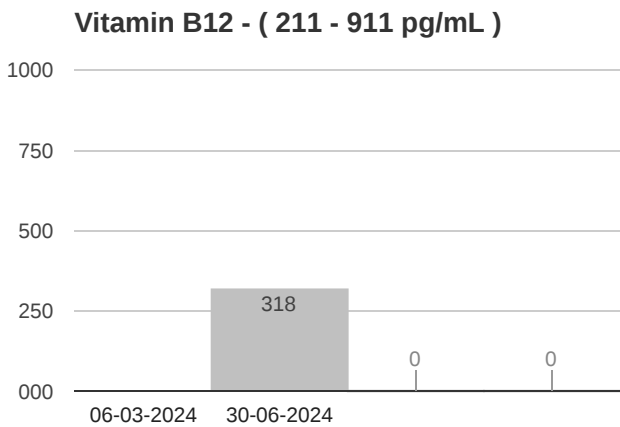
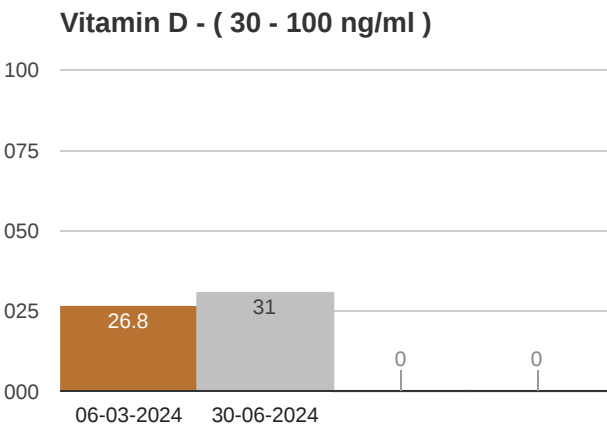
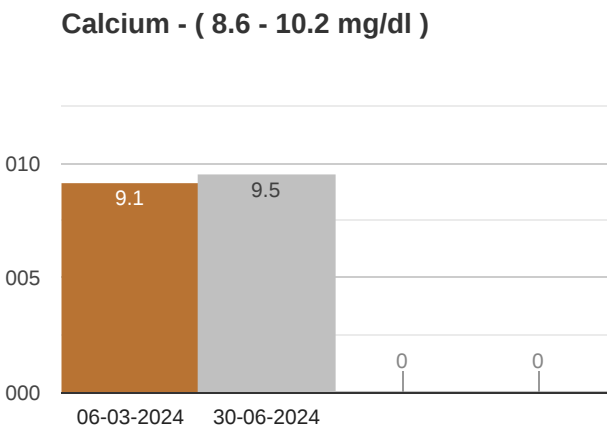
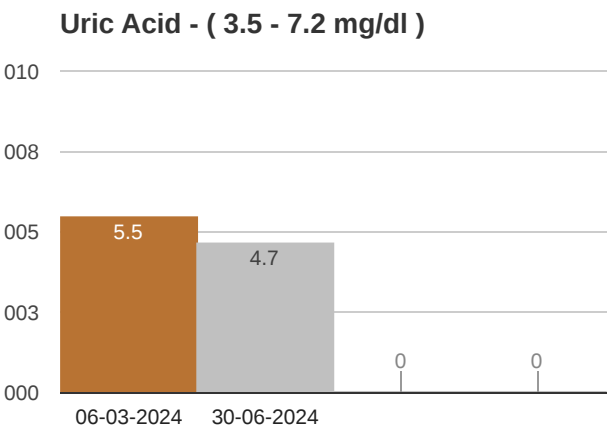
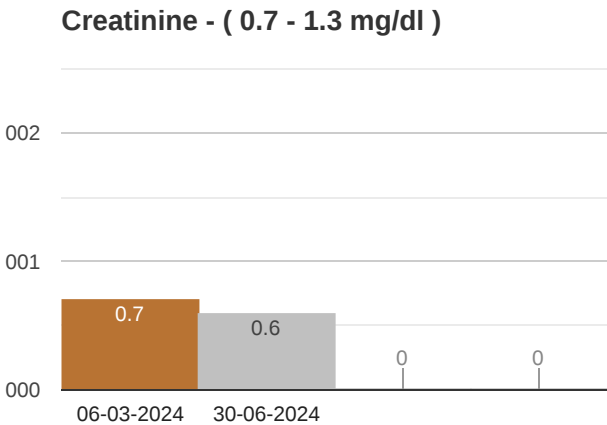
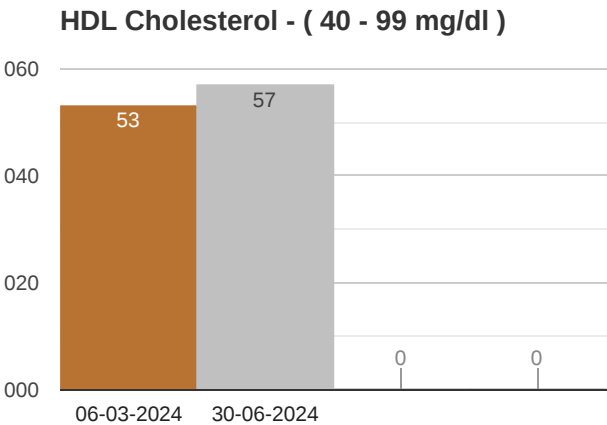
# HISTORICAL TREND CHART

VAISHALI VYAS  
31 yrs | FEMALE



HISTORICAL TREND  
CHART

VAISHALI VYAS  
31 yrs | FEMALE



YOUR NEXT  
STEPS

VAISHALI VYAS  
31 yrs | FEMALE



FOLLOW UP OF ABNORMAL TESTS

Please check your weight and blood pressure on regular basis.  
Your doctor knows best - please seek his/her advice for the follow up tests.

After 6 weeks	• Cholesterol • LDL Cholesterol
After 3 months	• HbA1c • Phosphorus • Total WBC count
After 6 months	• Alkaline phosphatase



FURTHER RECOMMENDED TESTS

Your doctor knows best - please seek his/her advice regarding the following additional tests if not performed.

ADDITIONAL TESTS	WHY YOU SHOULD DO THIS TEST
APOLIPOPROTEIN A1, APOLIPOPROTEIN B, High Sensitive CRP	To establish risk of heart disease due to increased cholesterol levels
Carotid doppler	To rule out plaque formation in arteries supplying brain and to evaluate stroke risk because of very high cholesterol and LDL cholesterol level

DISCLAIMER

- The recommendations and analysis might not be applicable for pregnant women, individuals less than 18 years of age and individual with life-threatening diseases.
- This report and analysis are not intended to replace a doctor consultation. It is recommended that you consult your doctor for report interpretation & further steps.
- The analysis is based only on the blood, urine and other tests which were part of the preventive health check-up screening package taken by you. It is strongly recommended to take the required precautions for any food allergies or intolerances.



YOUR NEXT  
STEPS

VAISHALI VYAS  
31 yrs | FEMALE



KINDLY CONSULT FOLLOWING DOCTORS

In view of the reports, please consult a physician who might recommend other specialists

DOCTOR	CONDITION
General Physician	Deranged Lipid Profile

General health tips:

- Avoid taking food or water atleast 90 mins before going to sleep
- Don't drink coffee or tea after 4 PM in the evening
- A daily walk for 45 mins and sleep of 7-8 hours goes a long way in reducing stress

Take control of  
your Health

Yearly Preventive Health Checkups

Help screen for diseases at an early stage

Regular monitoring of pre-existing health conditions and, reducing complications

Suggest paths to improve your lifestyle



Tamil Nadu - 75500 75500 | Bangalore - 70224 70224 | Hyderabad - 76699 76699

Mumbai - 73496 73496 | Delhi - 76394 76394 | Kolkata - 95505 95505

Trivandrum - 73730 72720 | Vizag - 82972 82972 | Ahmedabad - 72869 72869

Pune - 76589 76589