

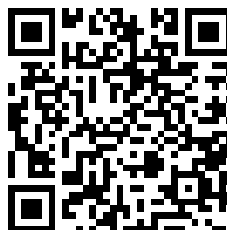
29

years
YOUR AGE

15 years

YOUR HEALTHI AGE

You may have celebrated 29 birthdays but your body is as old as a 15 year old.



Scan the QR code to digitally view this report and all related educational articles on your device.

<https://rebrand.ly/iufo5u>

DOING WELL

Great job on managing your BLOOD PRESSURE, Diabetes, Nutrition, Activity, Stress, and Sleep

REQUIRES IMMEDIATE ATTENTION

WEIGHT

You have scored 80 points out of 100 on your weight.

You are almost there! Just a few changes can help you reach your ideal weight. Learn more about how to maintain a healthy weight and lay the foundation towards a healthy future.

Doing well: Weight

Make a change: Great job! It's all good.

Disclaimer: *This is an indicative assessment with risk profiling based on the information provided by you, and your test results. Please consult your physician before making any changes to your routine to determine if they are appropriate for your body conditions.

Sumayya Shahin

Female, 29

Created on: 5th Nov 2019



Vitals

Height	145 cms	Waist	70 cms
Weight	45 kgs	Hip	
Blood Pressure	90 /60 mmHg	BMI	21.403 kg/m2

Active Conditions

Family History

Life Style

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Hemogram	Value	Unit	Reference
Neutrophils 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	52.6	%	Normal (40 - 75)
Lymphocytes 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	40.8	%	Normal (20 - 45)
Eosinophils 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	1.1	%	Normal (0 - 7)
Monocytes 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	5.1	%	Normal (2 - 10)
Basophils 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	0.4	%	Normal (0 - 1)
Haemoglobin 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	12.9	g/dL	Normal (12 - 15)
Total WBC Count 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	5540	cells/cu.mm	Normal (4400 - 11000)
RBC 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	4.63	mil/ μ L	Normal (3.8 - 5.5)
PCV 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	39.9	%	Normal (34 - 48)
MCV 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	86.2	fL	Normal (80 - 96)
MCH 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	27.9	pg	Normal (27 - 31)
MCHC 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	32.3	%	Normal (32 - 37)
Platelet Count 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	<u>146</u>	thou/ μ L	Normal (150 - 400)
ESR 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	8	mm at 1 hr	Normal <20

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Diabetes Profile	Value	Unit	Reference
Glucose Fasting 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	80	mg/dL	Desirable (70 - 100) Impaired (100 - 125) High >125
Glucose Postprandial 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	124	mg/dL	Normal (70 - 140)

Liver function	Value	Unit	Reference
SGPT/ALT 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	32	U/L	Normal (10 - 50)
Bilirubin (Total) 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	0.6	mg/dL	Normal (0.1 - 1.2)
Bilirubin (Direct) 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	0.22	mg/dL	Normal (0 - 0.4)
SGOT/AST 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	28	U/L	Normal (5 - 37)
Alkaline Phosphatase 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	43	U/L	Normal (37 - 98)
Total Protein 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	7	gm/dL	Normal (6 - 8.2)
Albumin 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	4.6	gm/dL	Normal (3.5 - 5.2)
Globulin 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	2.4	gm/dL	Normal (0.8 - 3.4)

Kidney Function	Value	Unit	Reference
Calcium 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	9	mg/dL	Normal (8 - 10.5) Normal (8 - 10.5)
Creatinine 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	<u>0.56</u>	mg/dL	Normal (0.6 - 1.4)
Uric acid 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	3.7	mg/dL	Normal (2.6 - 6)

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Lipid Profile	Value	Unit	Reference
Total Cholesterol 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	127	mg/dl	Normal <200 Borderline High (200 - 239) High >239
HDL Cholesterol 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	49	mg/dl	Low <40 Desirable (30 - 60) Borderline low (40 - 60)
LDL Cholesterol 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	67	mg/dL	Normal <100 Above normal (100 - 129.9) Borderline High (130 - 159.9) High (160 - 189) Very High >189
VLDL Cholesterol 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	11	mg/dL	Normal (10 - 40)
Triglycerides 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	55	mg/dL	Normal <150 Borderline High (150 - 199.9) High (200 - 499) Very High >499

Thyroid Function	Value	Unit	Reference
Thyroid Stimulating Hormone (TSH) 2 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road		μIU/mL	Normal (0.34 - 4.25)

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Urine analysis	Value	Unit	Reference
Colour 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	Pale yellow	-	
Appearance 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	Clear	-	
Pus Cells 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	OCCASIONAL	/hpf	Normal : 4-6
Epithelial cells 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	OCCASIONAL	/HPF	Normal : 2-4
RBCs 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	NIL	/HPF	Normal : 1-2

Vitamins	Value	Unit	Reference
Vitamin B12 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	311.2	pg/ml	Normal (211 - 940)
Vitamin D 2nd Nov 2019 - Manipal Hospital : Bangalore : Old Airport Road	<u>4.5</u>	ng/ml	Deficiency <20 Insufficiency (20 - 29) Optimum level (30 - 80)

Vital Statistics	Value	Unit	Reference
Weight 5th Nov 2019 - Self reported	45	Kgs	Underweight (0 - 38.9) Normal (38.9 - 48.4) Overweight (48.4 - 54.7) Obese >54.7
Blood pressure (Systolic) 5th Nov 2019 - Self reported	90	mm Hg	Normal <120 Borderline (120 - 139) High >139
Blood pressure (Diastolic) 5th Nov 2019 - Self reported	60	mm Hg	Normal <80 Borderline (80 - 89) High >89

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