



20232

Report Summary

Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120



YOUR NORMAL PROFILES

Vitamin Profile, Fertility Profile



YOUR BORDERLINE PROFILES

Lipid Profile, Liver Profile, Urinalysis, Electrolyte Profile, Blood Counts, Anemia Studies



YOUR ABNORMAL PROFILES

Kidney Profile, Thyroid Profile, Blood Clotting, Diabetes Monitoring

Here's the **summary** of your report, where you can **click on profile names** to go to that particular section.

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

LIPID PROFILE



Test Name	Result	unit	Range
● Triglycerides	350	mg/dL	< 280
● LDL : HDL ratio	1.4		< 3
● VLDL	55	mg/dL	< 40
● HDL Cholesterol	62	mg/dL	35.3-79.5
● LDL Cholesterol	70	mg/dL	60-130

Test Name	Result	unit	Range
● HsCRP	3.2	undefined	< 5
● Creatine-Kinase	132	U/L	55-170
● Non - HDL Cholesterol	32	mg/dL	< 130
● Total Cholesterol : HDL ratio	3.2		< 3.3
● Total Cholesterol	187	mg/dL	< 200

LIVER PROFILE



Test Name	Result	unit	Range
● Total Bilirubin	1.3	mg/dL	< 2
● Direct Bilirubin	0.15	mg/dL	< 0.2
● Indirect Bilirubin	0.61	mg/dL	< 1
● SGOT (AST)	45	U/L	8-41
● SGPT (ALT)	71	U/L	< 41
● ALP	61	U/L	40-130

Test Name	Result	unit	Range
● Protein (Total)	7.3	g/dL	6.4-8.3
● Albumin	4.3	g/dL	3.5-5
● Globulin	3.9	gm/dL	2.3-3.5
● Albumin : Globulin ratio	1.4		1.1-2.2
● GGT	32	U/L	< 49

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URINALYSIS



Test Name	Result	unit	Range
● Urobilinogen	Negative		
● pH	5.8		5.5-6.5

Test Name	Result	unit	Range
● Specific Gravity	1.015		1.01-1.025
● Casts	Negative		

KIDNEY PROFILE



Test Name	Result	unit	Range
● Blood Urea	32	mg/dL	19-45
● Blood Urea Nitrogen (BUN)	11	mg/dL	7.94-20.1
● Serum Creatinine	0.4	mg/dL	0.7-1.3

Test Name	Result	unit	Range
● Uric Acid	6.2	mg/dL	3.5-7.2
● Urea : Creatinine ratio	18		20-35
● BUN : Creatinine ratio	15		10-20

ELECTROLYTE PROFILE



Test Name	Result	unit	Range
● Sodium	122	mmol/L	135-150
● Potassium	4.2	mmol/L	3.5-5
● Chloride	101	mmol/L	94-110

Test Name	Result	unit	Range
● Calcium	8.7	mg/dL	8.6-10.3
● Phosphorus	3.5	mg/dL	2.5-4.5

THYROID PROFILE



Test Name	Result	unit	Range
● TSH	2.04	μIU/mL	0.35-5.5
● T3 (Triiodothyronine)	32	ng/dL	60-181

Test Name	Result	unit	Range
● T4 (Thyroxine)	3.2	μg/dL	3.2-12.6

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BLOOD COUNTS



Test Name	Result	unit	Range
● ESR	3.3	mm	1-10
● RBC count	5.2	Millions/cumm	4.5-5.5
● Total Leukocyte Count	17000	Cells/cumm	4000-10000
● Platelet Count	2.3	lakhs/cumm	1.5-4.1
● Neutrophils	47	%	40-75
● Eosinophils	4.1	%	2-6
● Basophils	0.40	%	< 1

Test Name	Result	unit	Range
● Lymphocytes	36	%	20-45
● Monocytes	3.6	%	2-10
● Abs. Eosinophil Count	80	cells/uL	40-440
● Abs. Neutrophil Count	5000	cells/uL	2000-7000
● Abs. Basophil Count	450	cells/mL	< 100
● Abs. Lymphocyte Count	850	cells/uL	40-440
● Abs. Monocyte Count	180	cells/uL	200-1000

ANEMIA STUDIES



Test Name	Result	unit	Range
● Transferrin Serum	180	mg/dL	215-365
● Iron	83	ug/dL	50-170
● Haemoglobin	11	gms%	13-17
● Haematocrit	43	%	40-50
● MCV	91	fL	83-101
● MCH	29	pg	27-32

Test Name	Result	unit	Range
● MCHC	33	%	32-36
● RDW-CV	12.1	%	11.6-14
● RDW-SD	41	fL	39-46
● TIBC	252	ug/dL	228-428
● % Saturation Transferrin	25	%	16-50

BLOOD CLOTTING



Test Name	Result	unit	Range
● MPV	14	fL	6-11
● P-LCR	18	%	15-35

Test Name	Result	unit	Range
● PCT	0.15	%	< 0.25

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DIABETES MONITORING



Test Name	Result	unit	Range
● HbA1c (Glycosylated Haemoglobin)	5.7	%	< 5.6
● eAG (Estimated Average Glucose)	120	ng/mL	< 117
● Blood Sugar (Fasting)	82	mg/dL	60-110

Test Name	Result	unit	Range
● Amylase	52	U/L	< 80
● Glucose in Urine	Negative		

VITAMIN PROFILE



Test Name	Result	unit	Range
● Vitamin D (25-Hydroxy)	75	ng/mL	30-100

Test Name	Result	unit	Range
● Vitamin B12	657	pg/mL	211-911

FERTILITY PROFILE

Test Name	Result	unit	Range
● Testosterone(Free)	0.009	nmol/L	0.003-0.03

Note : All the biomarkers for which the patient got tested are represented in the Summary

Lipid Profile

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About Lipid Profile

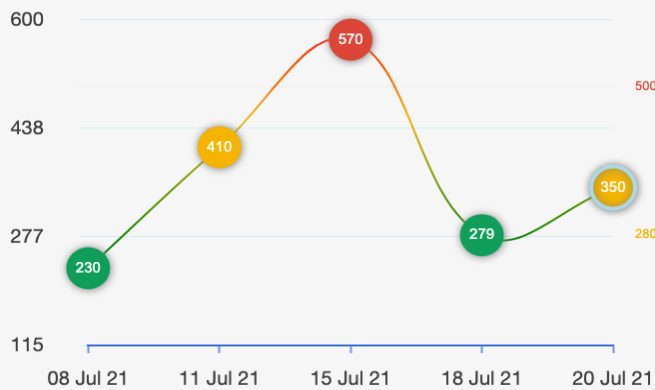
This panel measures lipids, a kind of fatty substance in your blood. Some fat is good for you but when it increases, the fat tends to settle down in blood vessels which can obstruct the forward blood flow. This puts you at risk of developing a heart attack or stroke.

Your results

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

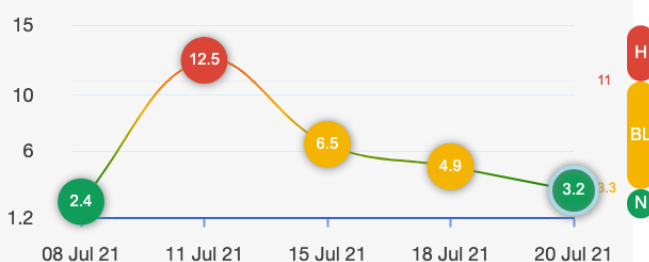
Triglycerides: 350 mg/dL

● HIGH

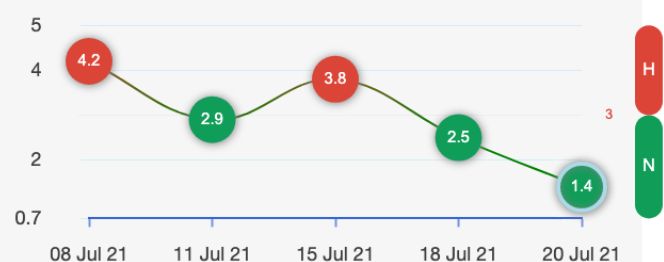


The most common type of fat stored in your body
Triglycerides rise in your blood after you have a meal - as your body converts energy that is not needed right away - into fat

Total Cholesterol : HDL ratio: 3.2



LDL : HDL ratio: 1.4



Lipid Profile

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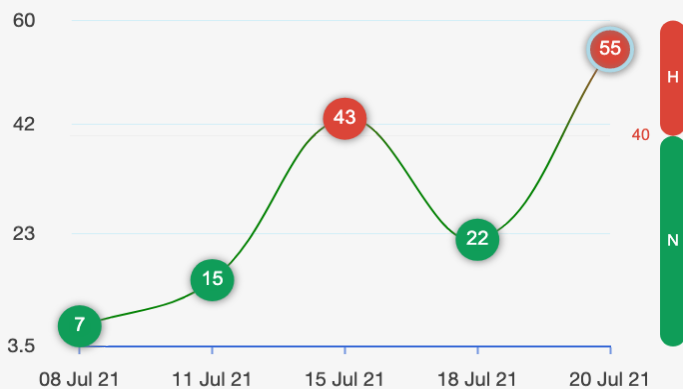
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EMP ID: 20232

BMI: 70
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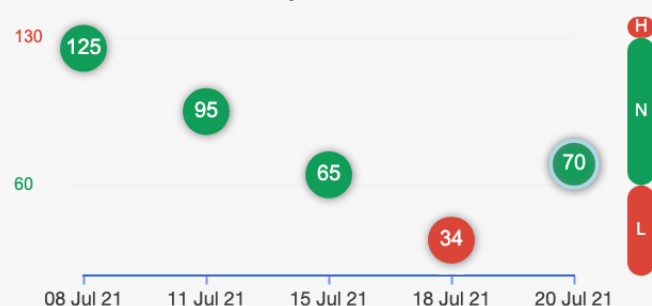
VLDL: 55 mg/dL

HIGH

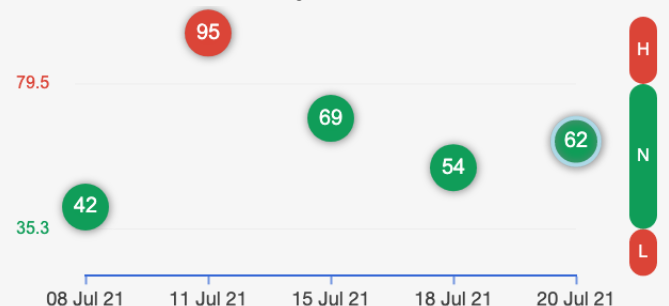


VLDL is made by your liver and is used to carry triglycerides to your tissues

LDL Cholesterol: 70 mg/dL

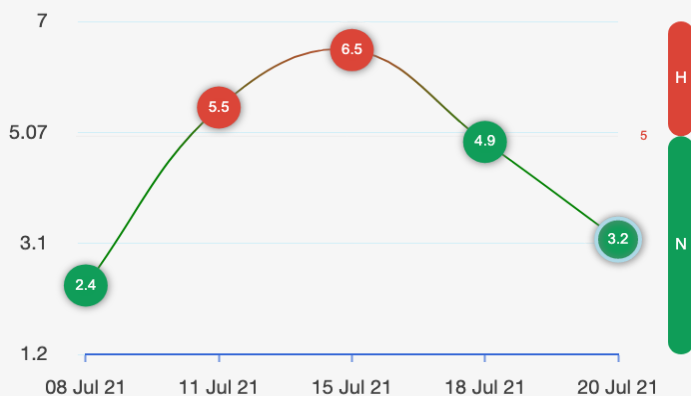


HDL Cholesterol: 62 mg/dL



HsCRP: 3.2 undefined

NORMAL



hs-CRP (High Sensitivity C-reactive protein) is a very sensitive test as it detects even low grade inflammation as compared to CRP test

Bad cholesterol causes not only blockage but damage to the blood vessel which results in inflammation

Lipid Profile

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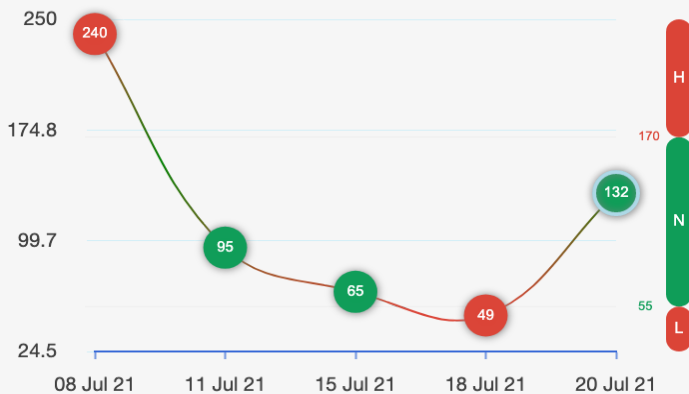

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EMP ID: 20232

BMI: 70
BP: 120

Creatine-Kinase: 132 U/L

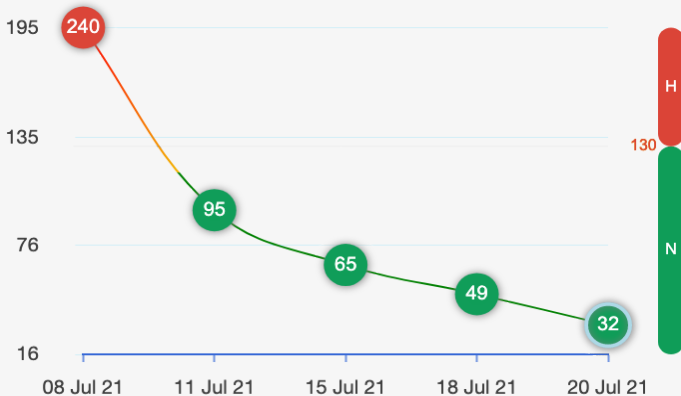
● NORMAL



- Creatine Kinase is present in muscle tissues of heart, brain and skeletal muscles
- Its level rises when any of the muscles in these tissues are damaged

Non - HDL Cholesterol: 32 mg/dL

● NORMAL



- Non-HDL cholesterol is basically your HDL number subtracted from your total cholesterol number
- So, in other words, it's all the "bad" types of cholesterol
- Ideally, you want this number to be lower rather than higher

Lipid Profile

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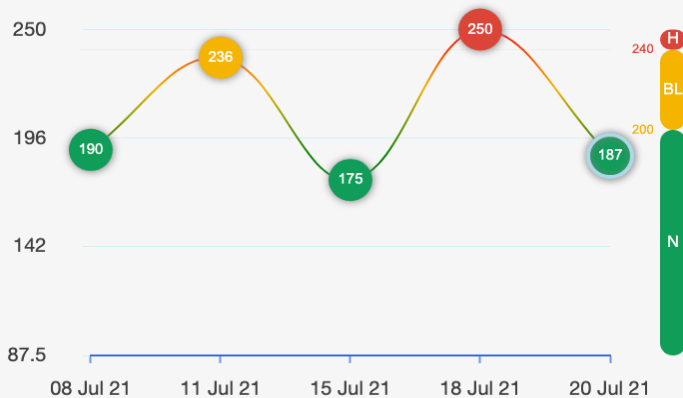

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Total Cholesterol: 187 mg/dL

● NORMAL



- ☐ High cholesterol is bad for your heart, as too much of cholesterol combines with other substances to form plaque, which causes obstruction in the arteries (vessels that carry oxygen-rich blood from heart to all the parts of your body)

Lipid Profile

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Male, 35 years old	EMP ID:	20232	BP:	120
Date: 20-07-2021				



Risk Factors

Heart diseases are the leading cause of death in India. It's vital to take preventive measures and get your lipid profile checked regularly. What are the chances that you might get heart disease? The answer depends on something called risk factors. More risk factors means more chances of heart disease.

Factors outside your control:



People older than age 65 are more prone to heart diseases because your body's chemistry changes as you age, your risk of high cholesterol climbs. For instance, as you age, your liver becomes less able to remove LDL cholesterol.



If your family has heart disease, you are also at risk.

Factors in your control:



Overweight- Having a body mass index (BMI) of 30 or greater puts you at risk of high cholesterol. In case you are overweight, reducing your weight helps reduce your cholesterol.



Lifestyle - smoking, alcoholism, junk and very oily food.



High Blood pressure- High BP (blood pressure) increases the load on your heart. BP can be controlled to reduce the risk.



Uncontrolled diabetes - Diabetes patients also risk having heart disease because high blood glucose over a long period of time damages the blood vessels and nerves in your body. High blood sugar contributes to higher levels of a dangerous cholesterol called very-low-density lipoprotein (VLDL) and lower HDL cholesterol.

Liver Profile

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About Liver Profile

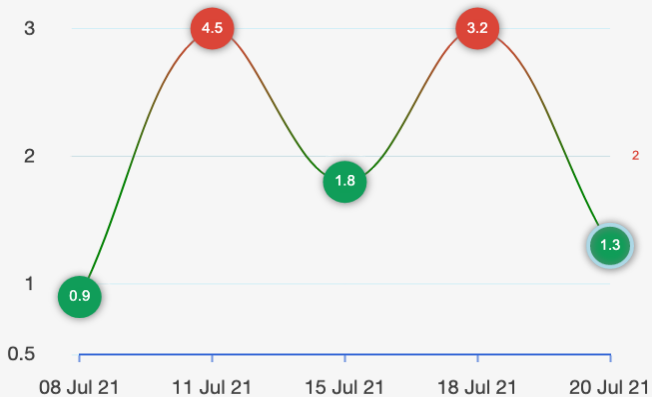
Liver is a very important organ in your body as it performs a variety of functions. One of the main functions of the liver is to make proteins that are secreted in your blood. It also makes enzymes which convert food into energy and processes old muscles and cells. When your liver is damaged, enzymes leak into your blood and appear in the blood test.

Your results

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

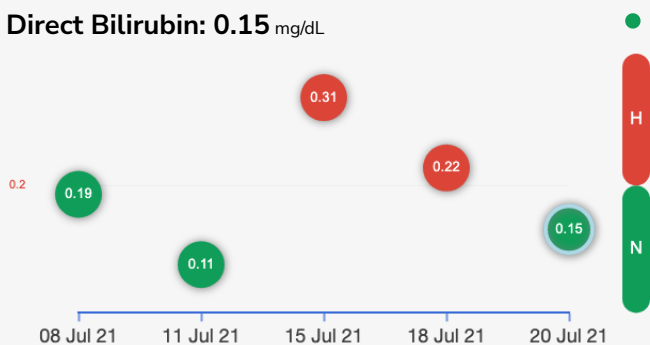
Total Bilirubin: 1.3 mg/dL

● NORMAL

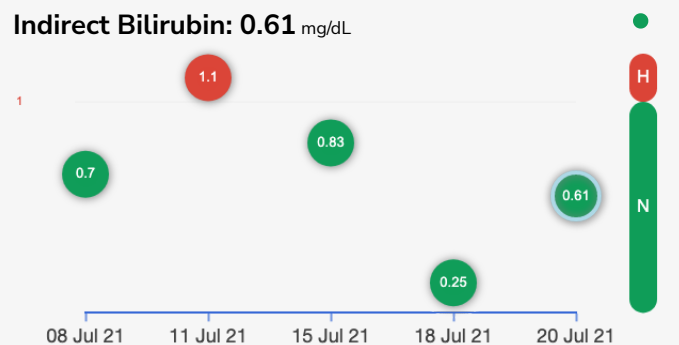


Bilirubin is released as a breakdown product formed by the liver from the hemoglobin of old RBCs
It is of two types-indirect & direct

Direct Bilirubin: 0.15 mg/dL



Indirect Bilirubin: 0.61 mg/dL



Liver Profile

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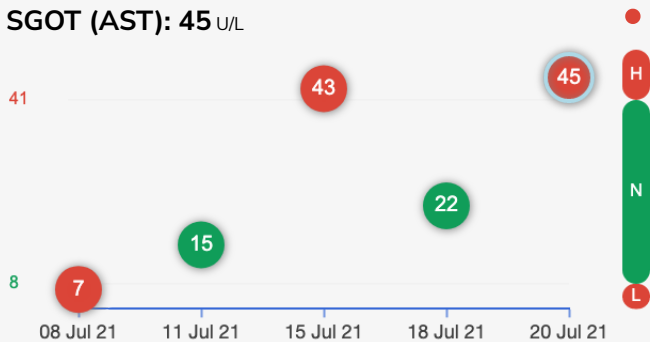
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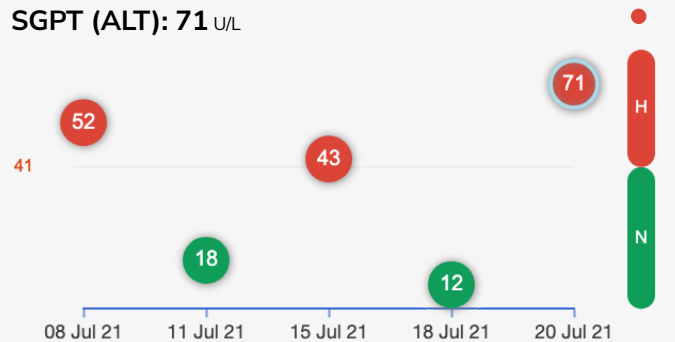
BMI: 70
BP: 120



SGOT (AST): 45 U/L

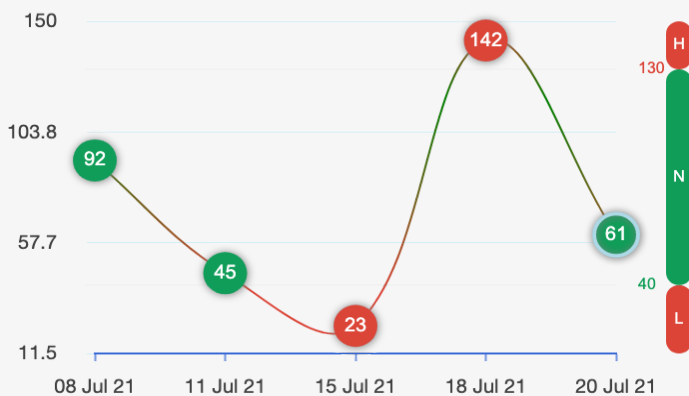


SGPT (ALT): 71 U/L



ALP: 61 U/L

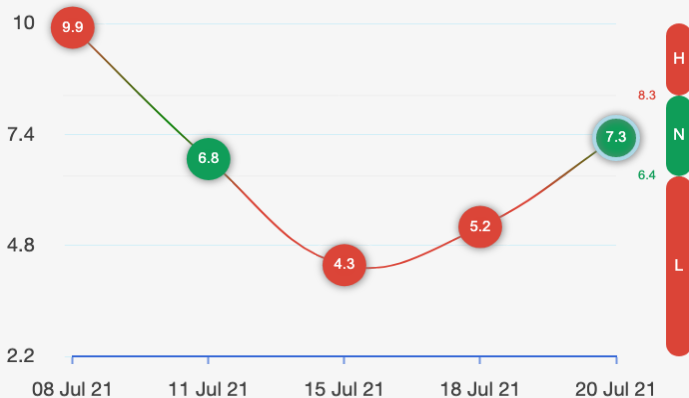
● NORMAL



○ Alkaline phosphatase (ALP) is an essential enzyme found primarily in the liver and bones, but also in small amounts in the intestines, placenta, and kidneys

Protein (Total): 7.3 g/dL

● NORMAL



○ Proteins help in your overall growth and development and also transport important substances through your blood

Liver Profile

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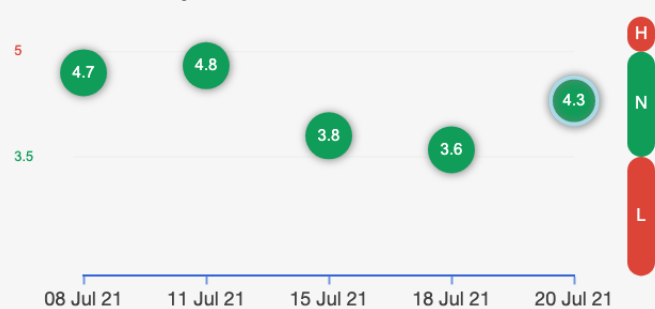
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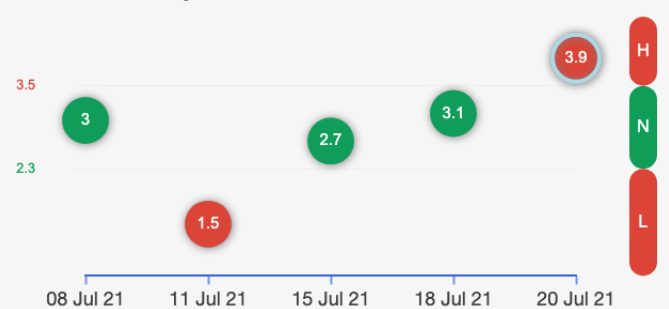
BMI: 70
BP: 120



Albumin: 4.3 g/dL

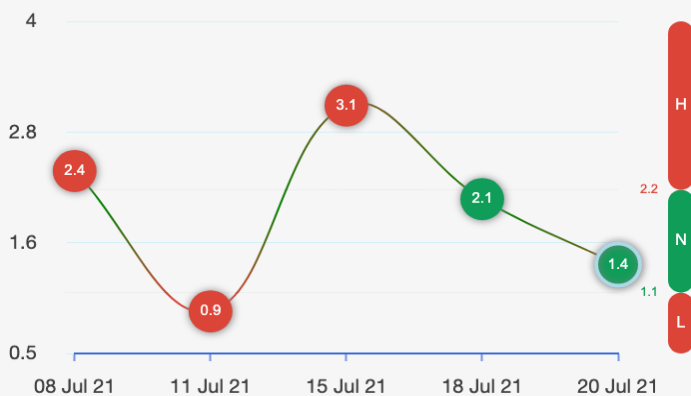


Globulin: 3.9 gm/dL



Albumin : Globulin ratio: 1.4

● NORMAL



○ Sometimes abbreviated as A/G ratio, this is simply the amount of albumin *divided by* the amount of globulin

Liver Profile

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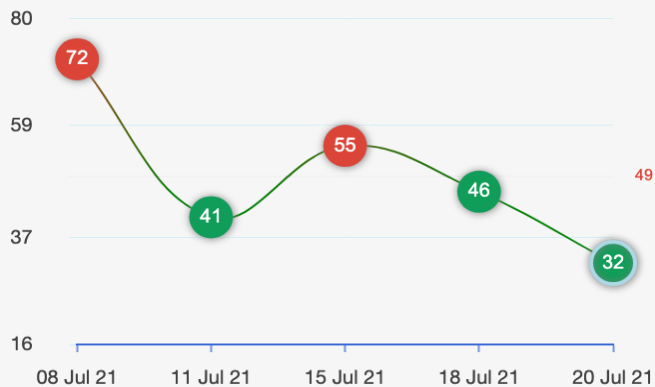
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GGT: 32 U/L

● NORMAL



- GGT (Gamma-Glutamyl Transferase) is the most sensitive enzyme of your liver
- It rises whenever there is an obstruction in the passage between your liver and intestine
- Regular alcohol drinking increases GGT levels

Some causes for a high GGT level



Tips



Exercising regularly uses triglycerides as fuel and keeps your liver healthy.



Avoid excess alcohol
Alcoholic beverages destroy and scar your liver cells.



Olive oil is an excellent choice. It accumulates less fat in your liver.

Urinalysis

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About Complete Urine Examination

The *urinalysis*, as it's sometimes called, is a set of tests conducted on your urine - these tests measure specific properties of urine and also to find out if there are any unwanted chemicals in your urine.

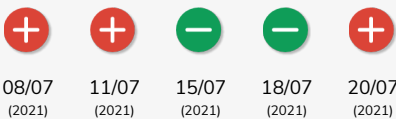
If your results in these tests are abnormal, your doctor can correlate them clinically. Sometimes, abnormal urine results are because of kidney disease, liver disease or diabetes.

Your Results

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

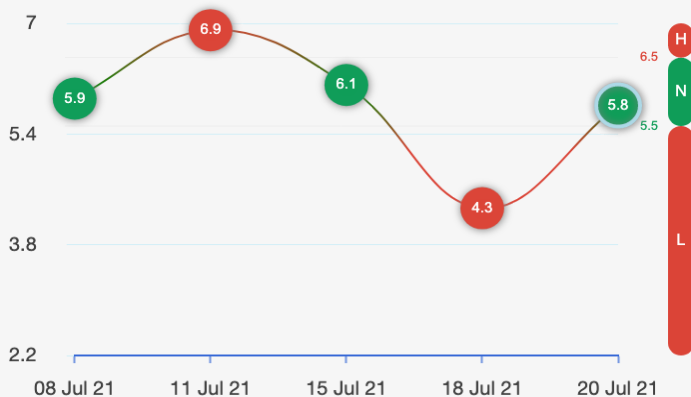
Urobilinogen: Negative

● ABNORMAL



pH: 5.8

● NORMAL

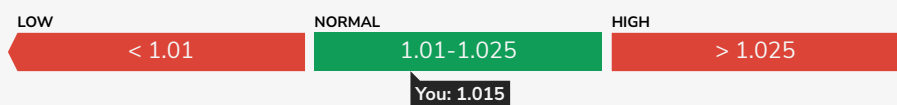


pH test checks the acidity or alkalinity of urine
Many diseases, diet and medicine change the pH of urine

Specific Gravity: 1.015

● NORMAL

This test compares density of water to density of urine. This helps in checking how well your kidneys are diluting urine.



Urinalysis

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Casts: Negative

● NORMAL



08/07
(2021)



11/07
(2021)



15/07
(2021)



18/07
(2021)



20/07
(2021)

Tips



Drink water when thirsty

This removes waste products from your system and keeps your urinary pattern stable.



Don't wait too long to use the restroom

Otherwise, it pressurizes your urinary bladder too much - that can lead to infection.

Kidney Profile

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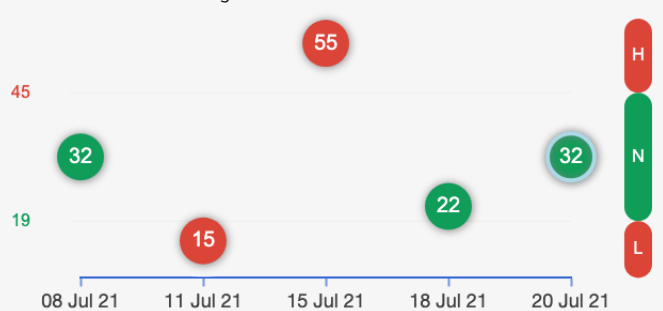
About Kidney Profile

This panel is used to check the healthy functioning of your kidneys. Kidneys filter blood in your body to remove waste products - these waste products are produced when a breakdown of proteins (present in food, muscles, and other cells) occurs in the body to generate energy.

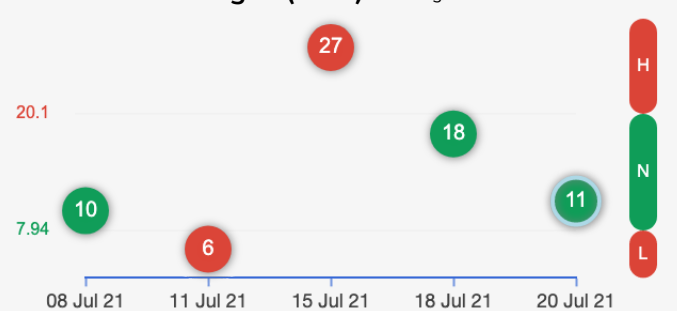
Your Results

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

Blood Urea: 32 mg/dL

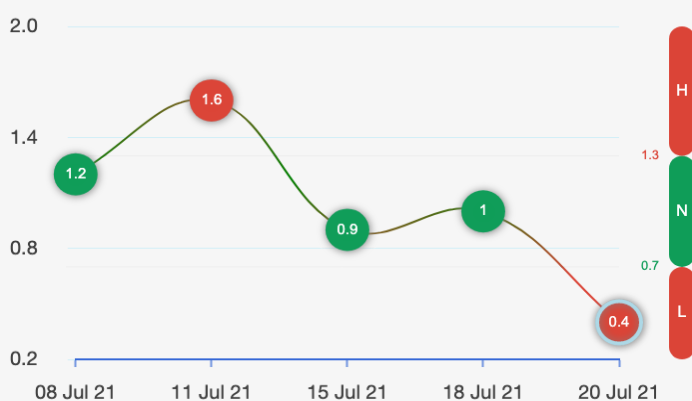


Blood Urea Nitrogen (BUN): 11 mg/dL



Serum Creatinine: 0.4 mg/dL

● LOW



- Creatinine is a waste product that your kidneys regularly remove from your body
- A high level of creatinine in your blood simply means your kidneys are not functioning properly

Kidney Profile

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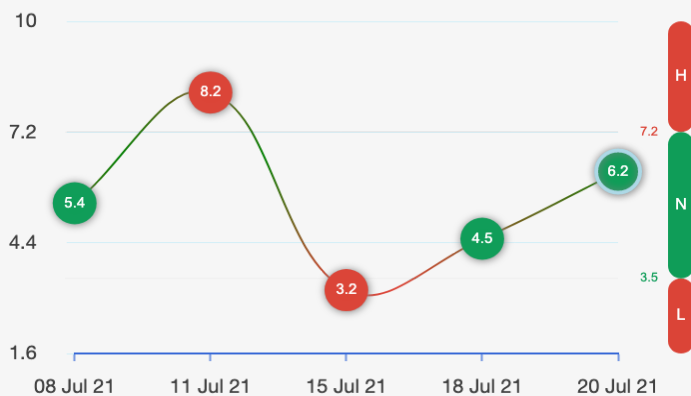
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EMP ID: 20232

BMI: 70
BP: 120

Uric Acid: 6.2 mg/dL

● NORMAL



○ Uric Acid is another waste product in your body

Some causes for a high uric acid level



ALCOHOL, HIGH-FAT DAIRY, FAST FOODS

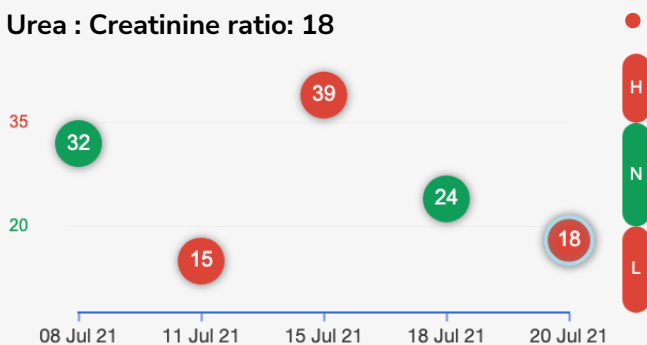


"CRASH DIETS", OVER-FASTING

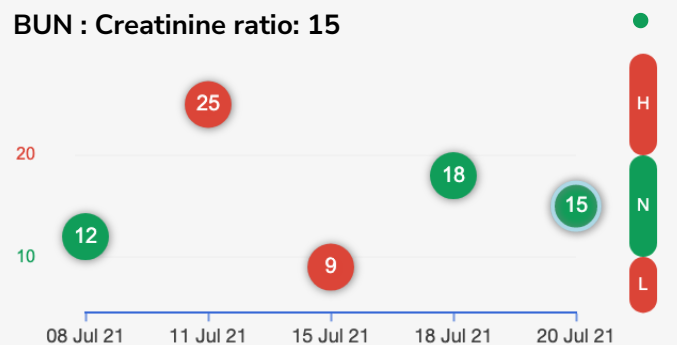


CERTAIN MEDICINES - ASK YOUR DOCTOR

Urea : Creatinine ratio: 18



BUN : Creatinine ratio: 15



Kidney Profile

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Diet and Lifestyle Tips



Drinking 1.5-2 litres water a day helps clear sodium and toxins from your kidney.



Your BP (blood pressure) is an important factor for the health of your kidneys. Your doctor may check your BP - high BP for a long time can damage your kidneys.

Risk Factors



Maintain a healthy weight, being overweight makes your kidney work harder and can damage your kidney.



Long term stress can increase your blood pressure and blood glucose level, both the factors critical for having a healthy kidney.

Symptoms:



The common symptoms of kidney diseases are reduced urine volume, dark concentrated urine, blood in urine, puffiness around eyes, edema, increase in blood pressure etc.

Did you know:



Your kidneys can be ill even if you're fine. Your kidneys can have a disease but your body might not show any effects of that. The tests on this panel help to find that out.

Electrolyte Profile

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Lab Id: T265686 BMI: 70
EMP ID: 20232 BP: 120



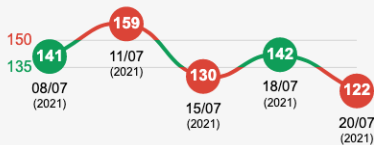
About Electrolyte Profile

Electrolytes are electrically charged minerals in your blood, body fluids and urine. They control the amount of water in your body. They also regulate the pH of your blood and are essential in proper functioning of muscles and nerves. Your body needs a balanced level of these electrolytes. Both too high and too low levels of these electrolytes may indicate a medical problem.

Your Results

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

Sodium: 122 mmol/L



Foods rich in sodium

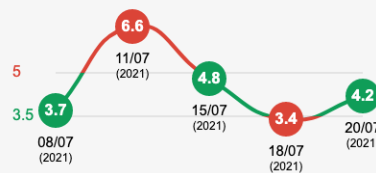


SALT



CHEESE

Potassium: 4.2 mmol/L



Food sources of potassium

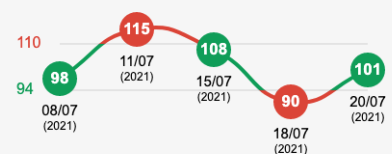


MILK AND DAIRY PRODUCTS



FRUITS (APRICOTS, BANANAS, CITRUS FRUITS)

Chloride: 101 mmol/L



Food sources of chloride

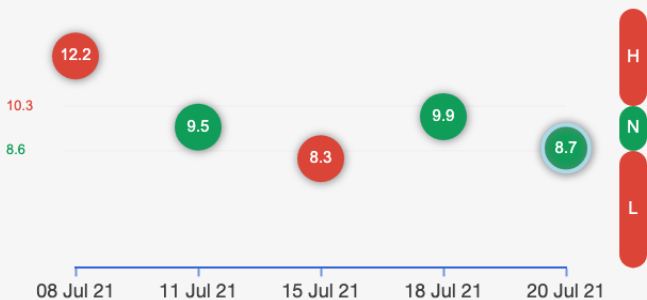


SALT

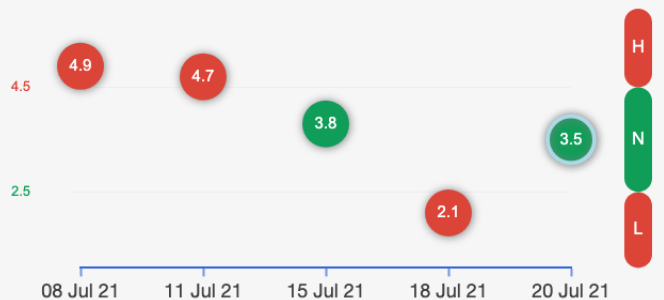


TOMATOES

Calcium: 8.7 mg/dL



Phosphorus: 3.5 mg/dL



Diet and lifestyle tips

Electrolyte Profile

[Back to Summary](#)

Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120



Electrolyte imbalance can cause nausea, dizziness and fatigue



Sea salt and coconut water are good natural electrolyte booster

Thyroid Profile

[Back to Summary](#)

Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120



About Thyroid Profile

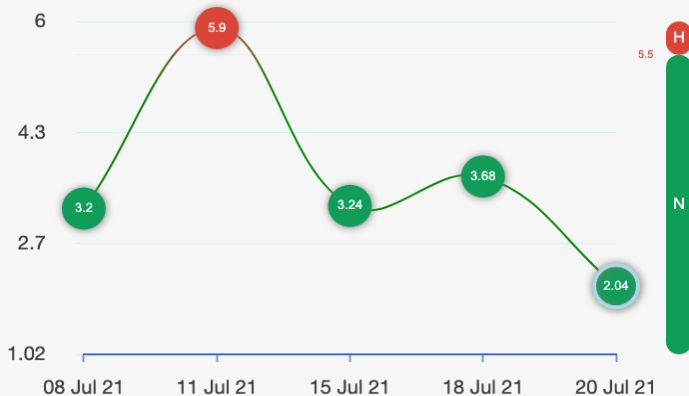
The panel is used to check if your thyroid gland is functioning normally. Thyroid gland secretes chemicals (hormones) in the blood. These chemicals help in metabolism (utilization of food and energy), growth and development. It is important for regulation of -- body temperature, muscle strength, body weight and even your mood. It may also interfere with cardiac health and sleep cycle.

Your Results

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

TSH: 2.04 $\mu\text{IU/mL}$

● NORMAL



- TSH (*Thyroid Stimulating Hormone*) checks the level of T3 and T4 - two hormones made by the thyroid gland
- TSH ensures that both of these are present in your body in the right amounts
- When T3 and T4 become too less \rightarrow TSH is *activated* to secrete more T3 and T4 (a condition known as hypothyroidism)
- When T3 and T4 become too high \rightarrow TSH is *deactivated* to stop secretion of T3 and T4 (a condition known as hyperthyroidism)
- Sometimes the levels of TSH remain normal but T3 and T4 are raised-a condition known as subclinical hyperthyroidism, so free T3 and free T4 estimation is an integral part

Thyroid Profile

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

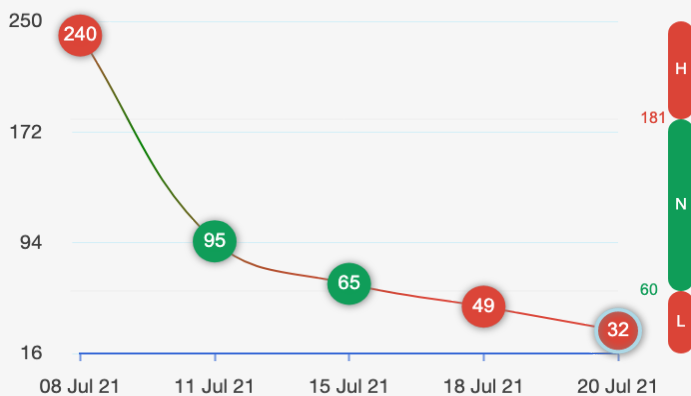
Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120



T3 (Triiodothyronine): 32 ng/dL

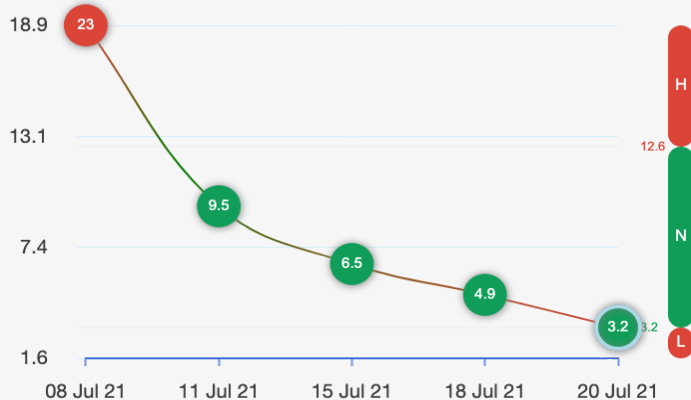
● LOW



- T3(Triiodothyronine) is an active hormone secreted by Thyroid gland
- Like T4, this is also present in the body in bound (attached) and free form

T4 (Thyroxine): 3.2 µg/dL

● NORMAL



- T4(Thyroxine) is the prohormone secreted by Thyroid gland, broken down in the tissues to form T3 as needed
- in the body in bound (attached) and free form
- Since T4 is converted into T3, measuring free T4 is very important, as the changes show up in T4 first

Thyroid Profile

[Back to Summary](#)

Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120



Risk Factors



Genetic: If your family has thyroid disease, you are also at risk.



Additionally, patients with auto-immune diseases -- like Type-1 diabetes -- are also at risk



Gender: Women are more prone to thyroid diseases as compared to men. Additionally, pregnant women are at a slightly higher risk.

Tips



Over-stressing slows down your thyroid function and is unhealthy. Get enough *sleep breathing techniques* and *meditation* to relax yourself.

Yoga postures like *bow pose*, *bridge pose*, *camel pose*, *cobra pose* and *fish pose* have shown good results in thyroid patients.

Diet: Food items such as *yogurt, milk, nuts, berries* should be taken. **Reduce** the intake of *soy and soy products*. Avoid gluten and processed foods as much as possible.

Blood Counts

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120



About

Blood is a specialized bodily fluid that supplies essential substances like sugars, oxygen, hormones - around the body and also removes waste from the cells.

Solid part of your blood (roughly 45%): RBCs (red blood cells), WBCs (white blood cells), and platelets

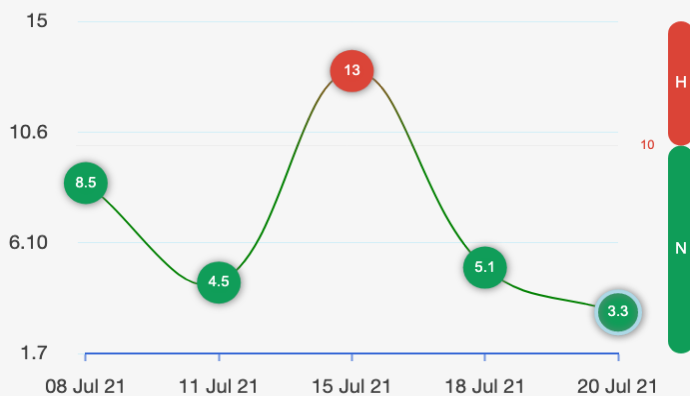
Liquid part of your blood (roughly 55%, usually called plasma): Water, Salts, and Proteins.

Your results

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

ESR: 3.3 mm

● NORMAL

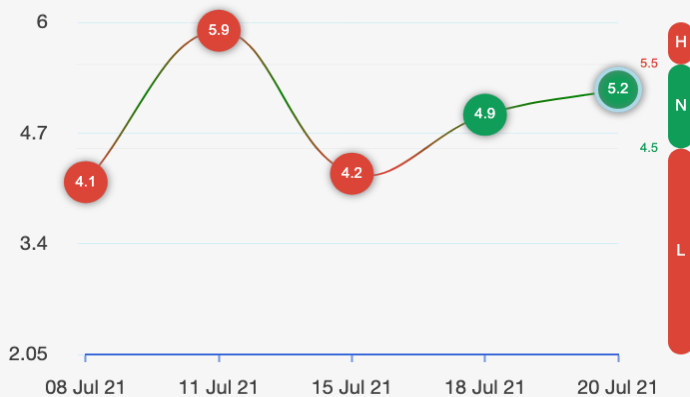


ESR (Erythrocyte Sedimentation Rate) is the speed at which RBCs in your sample settle down at the bottom of the test tube

If there is inflammation in the body then ESR value is high

RBC count: 5.2 Millions/cumm

● NORMAL



The number of red blood cells in 1 microlitre of your blood

Low RBCs count indicates anemia

Blood Counts

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

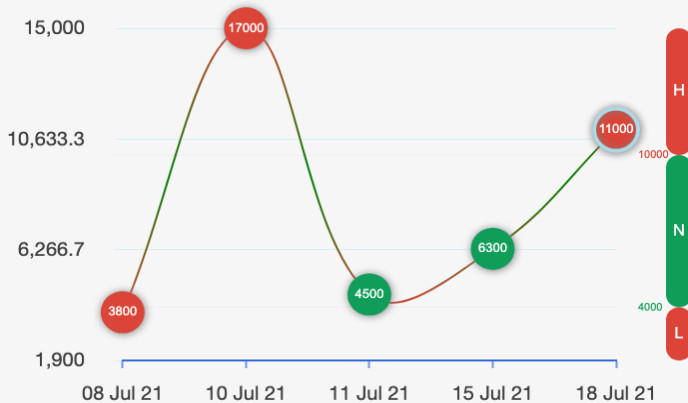
Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120



Total Leukocyte Count: 17000 Cells/cumm

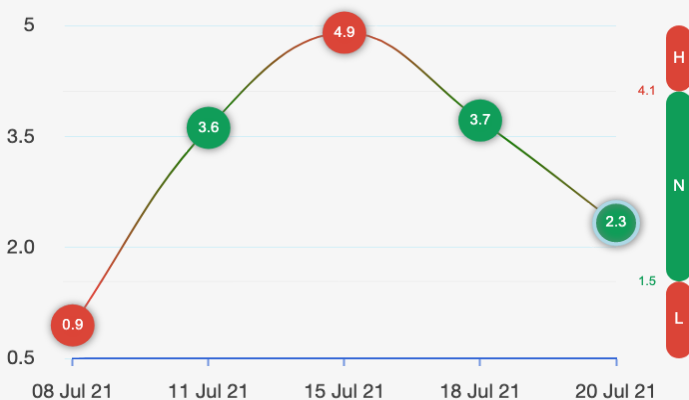
● HIGH



- Leukocyte is another name for WBC (white blood cell)
- WBCs are your body's 'defense department' - they respond immediately to infections by visiting the affected site(s) in your body
- Too many WBCs might be because of some infection and too few WBCs also indicates some other problems in your body

Platelet Count: 2.3 lakhs/cumm

● NORMAL



- This test will help diagnose bleeding disorders in which the number of platelets become too low or too high

Foods that help increasing platelet count



SPINACH, DARK-GREEN LEAFY
VEGETABLES



FISH, EGGS, POULTRY



ORANGE, LEMON, KIWIFRUIT






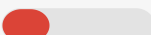



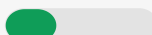




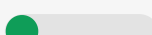

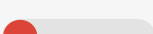
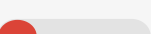





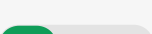

Blood Counts







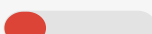



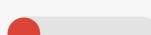

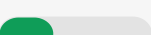
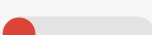
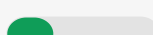


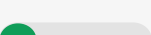




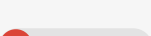
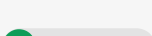

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686 BMI: 70
EMP ID: 20232 BP: 120



TEST NAME	Neutrophils	Lymphocytes	Eosinophils	Monocytes	Basophils
RANGE	40-75 (%)	20-45 (%)	2-6 (%)	2-10 (%)	< 1 (%)
14 Jul 21	 109	 48	 4.2	 27	 0.92
18 Jul 21	 23	 35	 5.2	 6.5	 0.33
19 Jul 21	 33	 75	 7.3	 12.3	 0.03
20 Jul 21	 85	 10	 1.5	 9.0	 1.85
10 Sept 21	 47	 36	 4.1	 3.6	 0.40

TEST NAME	Abs. Lymphocyte Count	Abs. Neutrophil Count	Abs. Monocyte Count	Abs. Eosinophil Count	Abs. Basophil Count
RANGE	40-440 (cells/ μ L)	2000-7000 (cells/ μ L)	200-1000 (cells/ μ L)	40-440 (cells/ μ L)	< 100 (cells/mL)
14 Jul 21	 600	 9000	 1390	 190	 190
18 Jul 21	 220	 1900	 540	 540	 120
19 Jul 21	 30	 3500	 350	 35	 30
20 Jul 21	 180	 5440	 240	 240	 80
10 Sept 21	 850	 5000	 180	 80	 450

Did you know?

If any of your tests are abnormal, it does not confirm a medical problem. There are several factors like diet, lifestyle, women's menstrual cycle, medications, etc. Consult your doctor to know more.

Anemia Studies

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120



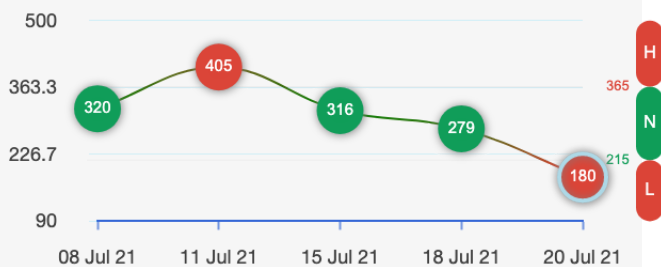
About Anemia Panel

Anemia is the condition where your body has less red blood cells (RBCs) or RBCs do not have enough hemoglobin. Hemoglobin is an oxygen binding protein inside a RBC. RBCs carry oxygen to different parts of your body. Untreated anemia can lead to heart diseases.

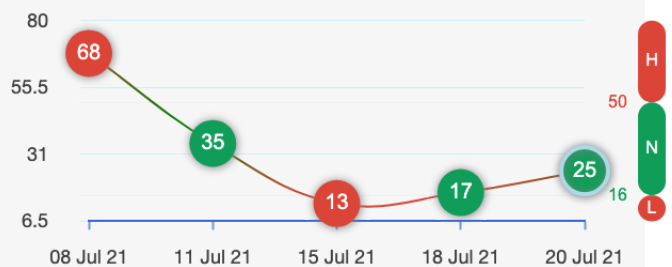
Your results

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

Transferrin Serum: 180 mg/dL

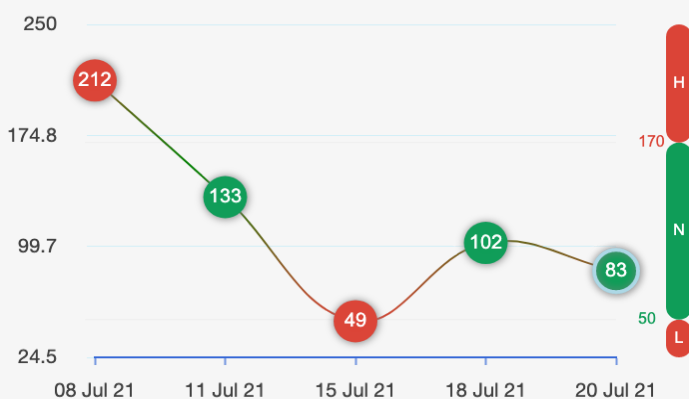


% Saturation Transferrin: 25 %



Iron: 83 ug/dL

● NORMAL



- Iron in haemoglobin is responsible for carrying oxygen throughout your body
- Symptoms of iron deficiency (most common being *tiredness*) are not seen for years and may go unnoticed
- Anemia because of iron deficiency is the most common cause of anemia
- In children iron deficiency anemia causes growth problems and in pregnant women it causes premature deliveries

Anemia Studies

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

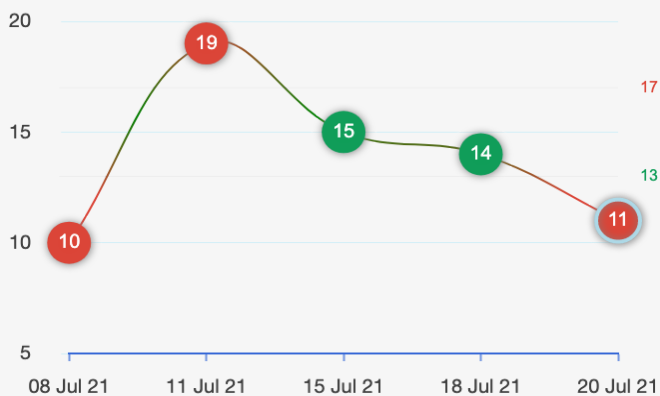
Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120



Haemoglobin: 11 gms%

● LOW



- Hemoglobin is present in the Red Blood Cells and it carries oxygen to the tissues
- If Hb is less it causes anemia
- Anemia because of low hemoglobin and is more common in women

Foods that help increasing haemoglobin



SPINACH, BROCCOLI, GREEN BEANS

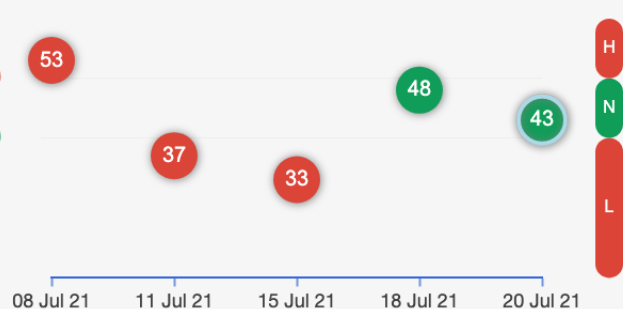


ORANGE, LEMON, KIWIFRUIT

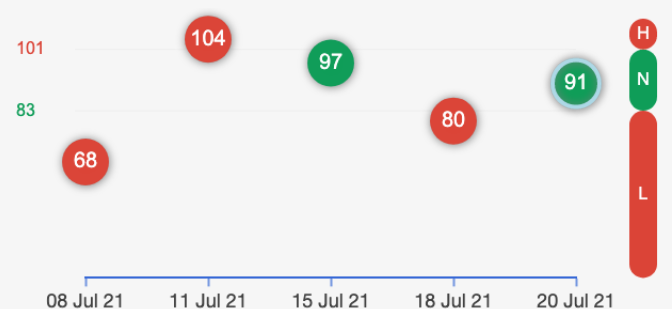


SWEET POTATOES, CARROTS

Haematocrit: 43 %



MCV: 91 fl



Anemia Studies

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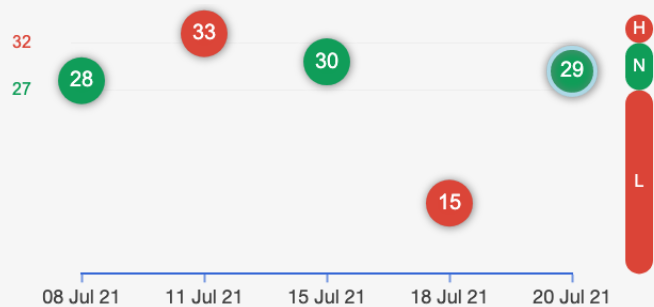


Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

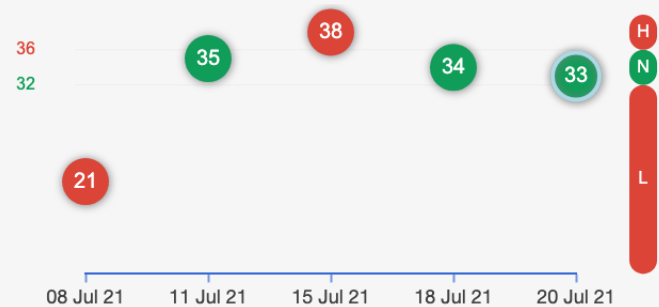
Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120

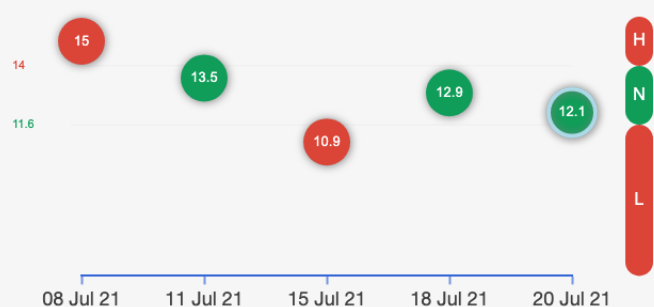
MCH: 29 pg



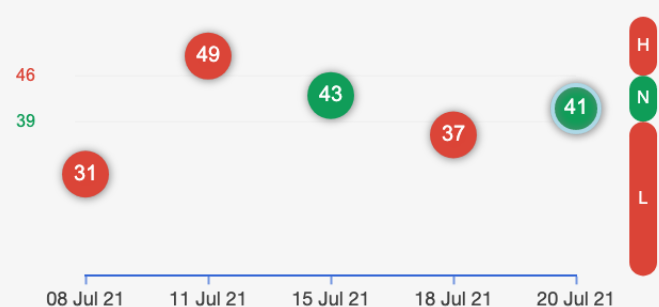
MCHC: 33 %



RDW-CV: 12.1 %

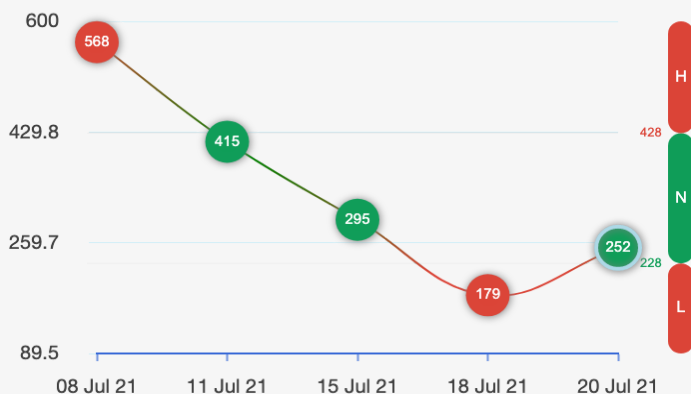


RDW-SD: 41 fL



TIBC: 252 µg/dL

● NORMAL



○ This test measures the blood's ability to attach itself to iron

Anemia Studies

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Joyneel Acharya	Lab Id:	T265686	BMI:	70
Male, 35 years old	EMP ID:	20232	BP:	120
Date: 20-07-2021				



Diet Tips to avoid Anemia



Eat plenty of iron-rich foods like green-leafy vegetables, lentils, and beans.



Food rich in vitamin C can improve iron absorption and thus help in preventing iron deficiency anaemia. This includes fruits such as oranges, strawberries, kiwi and vegetables such as broccoli, cauliflower, sprouts and capsicum.



Eat folate rich foods like fruits, dark green leafy vegetables, green peas, kidney beans(Rajma), black eyed peas(lobia), broccoli, cereals fortified with folate and peanuts.



Avoid drinking tea or coffee with your meals, as they can affect iron absorption.



Take Vitamin A rich foods like red and yellow fruits as this vitamin increases iron absorption from food.



If you are a strict vegetarian then you might be vitamin B12 deficient. This vitamin is naturally present in meat, fish, egg and dairy products. You can try cereals fortified with B12, mushrooms and B12 supplements.

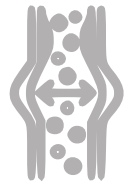
Blood Clotting

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120



About Blood Coagulation

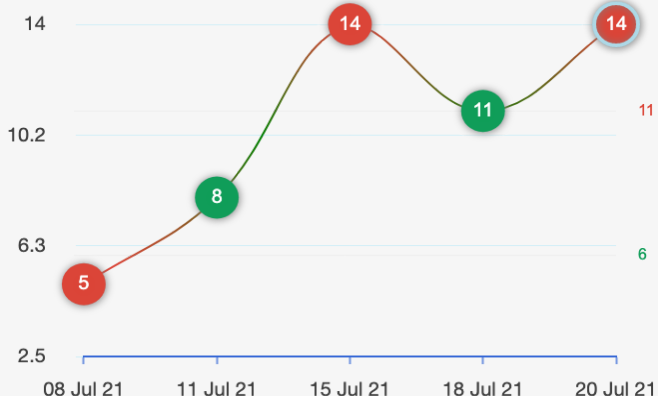
A Blood clot is a gel-like collection of blood. When formed on external injury, it seals your wounds and prevents excess blood loss. Blood coagulation(formation of blood clot) is a complex bioprocess involving many factors. Imbalance of these clotting factors causes bleeding problems. Both too little blood clotting and excessive blood clotting are health problems.

Your results

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

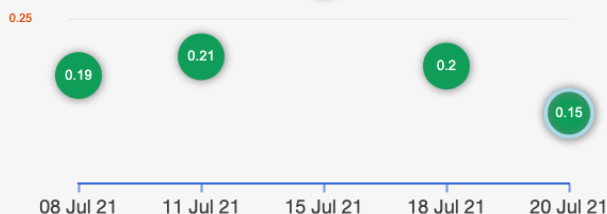
MPV: 14 fL

● HIGH

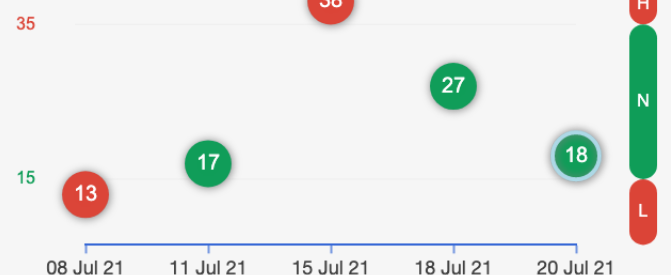


○ MPV(Mean Platelet Volume) is the average size of your platelets

PCT: 0.15 %



P-LCR: 18 %



Did you know?

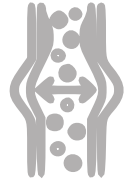
A blood clot formed inside your blood vessels is very serious and can even cause a heart attack.

Blood Clotting

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id:	T265686	BMI:	70
EMP ID:	20232	BP:	120



This profile is done to:

1. Diagnose bleeding problems-If you bleed a lot after cuts or you get significant easy bruising. If your nose bleeds or if your bleeding from gums take more than normal time to stop.
2. Check your risk of developing blood clots inside your body- blood clots formed inside your blood vessels can block your vessels.
3. Check proper functioning of your liver- Normal levels of clotting factors means your liver is producing them properly.

Diet and Lifestyle Tips (For preventing complications of excess bleeding)



1. You should eat some fruit daily. Fruits like oranges, strawberries, guavas, tomatoes and capsicums are rich in vitamin C and they support healthy blood vessels and prevent excessive bleeding disorders. Vitamin C deficient diet can cause bleeding gums.
2. Eat green leafy vegetables like spinach, broccoli, kale and collard green. They are rich in vitamin K. Vitamin K deficiency causes bleeding problems.
3. If you are taking a high dose of vitamin E then discuss this with your doctor. High dose of vitamin E can cause vitamin K deficiency.

Diabetes Monitoring

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686 BMI: 70
EMP ID: 20232 BP: 120



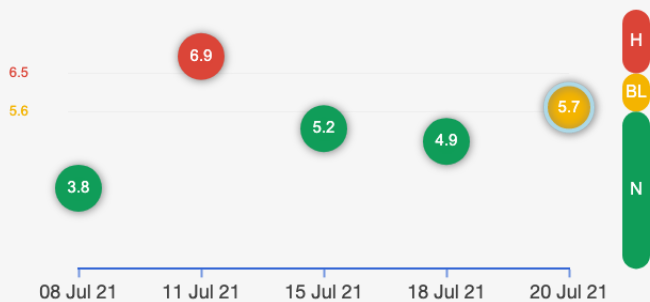
About Diabetes Panel

Diabetes panel is used to check how much glucose/ sugar is there in your blood. Too much blood glucose might indicate diabetes.

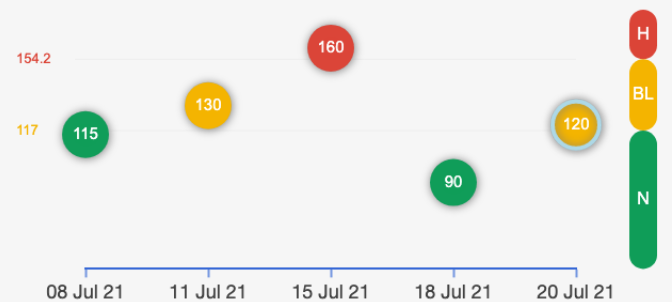
Your Results

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

HbA1c (Glycosylated Haemoglobin): 5.7 %

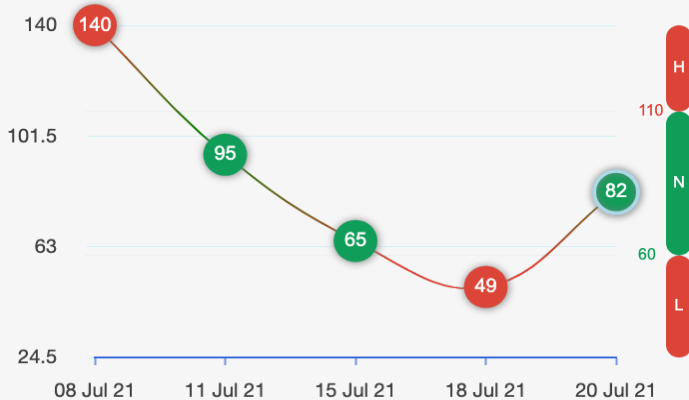


eAG (Estimated Average Glucose): 120 ng/mL



Blood Sugar (Fasting): 82 mg/dL

● NORMAL



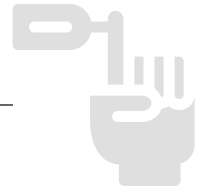
- The amount of glucose in your blood continuously changes - it sometimes goes up and sometimes comes down
- But that depends on a lot of things
- For example, your food timings affect the amount of glucose
- That is why fasting is required for this test

Diabetes Monitoring

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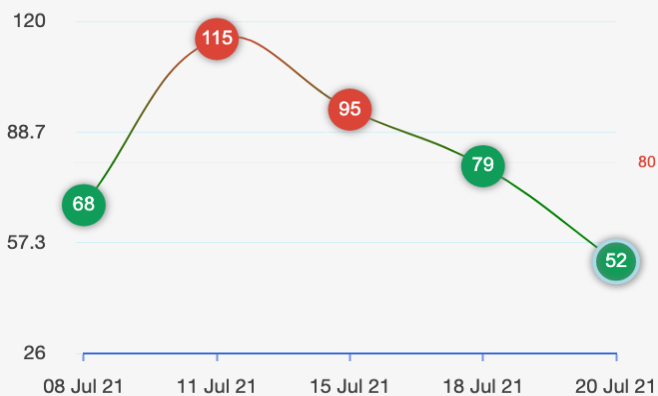
Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686
EMP ID: 20232
BMI: 70
BP: 120



Amylase: 52 U/L

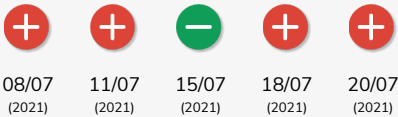
● NORMAL



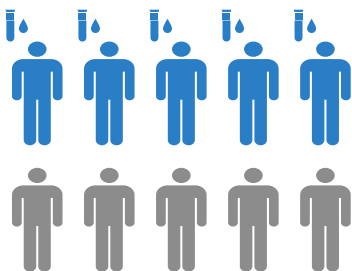
- Amylase enzyme present in your saliva helps in digestion of starch - main source of carbohydrate in adults
- Amylase is made in the pancreas (an organ present behind your stomach)

Glucose in Urine: Negative

● ABNORMAL



Importance of test



Out of 10 Indians who already have diabetes, 5 of them *don't even know* that they have diabetes.

Diabetes Myths



Does diabetes happen ONLY because of sugar?

No. If you don't eat sugar or sweets, but still eat a lot of unhealthy foods, you can gain too much weight. That can also lead to diabetes.



Is it okay for a diabetic person to eat ghee?

Yes. After eating, your blood glucose levels can go up and down too much (that's unhealthy). Eating ghee helps to control that.

Vitamin Profile

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686
EMP ID: 20232
BMI: 70
BP: 120



About Vitamin Profile

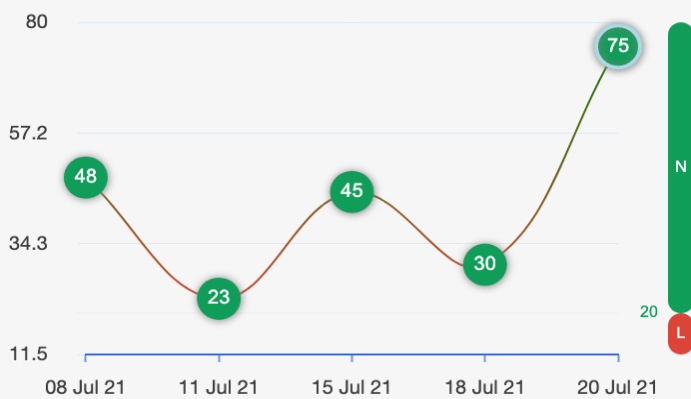
Vitamins and minerals are considered essential nutrients as they perform hundreds of roles in the body. They help maintain bones, heal wounds, and strengthen your immune system. They also convert food into energy, and repair cellular damage.

Your results

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

Vitamin D (25-Hydroxy): 75 ng/mL

● NORMAL



- Known as the "sunshine vitamin", Vitamin D is produced by your skin when exposed to sunlight
- Vitamin D is essential for strong bones - it helps your body use calcium from the diet
- Thus, low vitamin D increases the chances of fracture and may also increase the chances of diabetes and heart disease

Vitamin-D Tips



GET SOME SUN: EXPOSE YOUR SKIN TO THE SUN FOR A LIMITED TIME. SUNLIGHT CREATES VITAMIN D IN OUR BODY BUT THE PROCESS DEPENDS ON SEVERAL FACTORS.



CONSIDER SUPPLEMENTS: ASK YOUR DOCTOR IF VITAMIN D SUPPLEMENTS OR EATING FOODS FORTIFIED WITH VITAMIN D ARE RIGHT FOR YOU.

Vitamin Profile

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

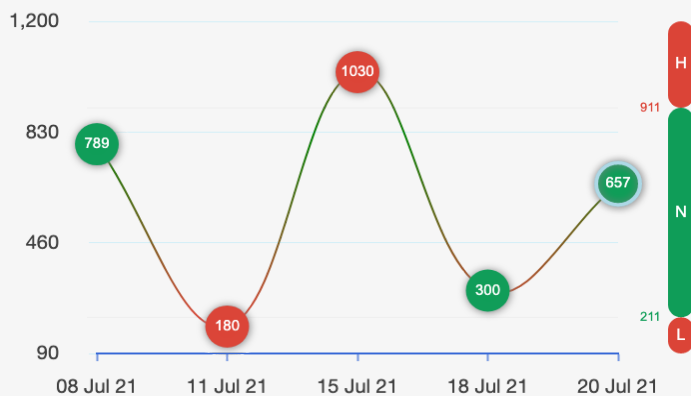
Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120



Vitamin B12: 657 pg/mL

● NORMAL



- Vitamin B12 is required for making RBCs and it also helps your brain work well
- Your body can store it in your liver for up to 4 years

Foods rich in vitamin B12



MILK, CHEESE, GHEE, CURD, PANEER, BUTTER



FISH, SHELLFISH, CHICKEN



EGGS, POULTRY

Tips



A balanced diet can take care of all the vitamin needs of your body.



Consult your doctor before taking any vitamin supplements.

Fertility Profile

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Joyneel Acharya
Male, 35 years old
Date: 20-07-2021

Lab Id: T265686
EMP ID: 20232

BMI: 70
BP: 120

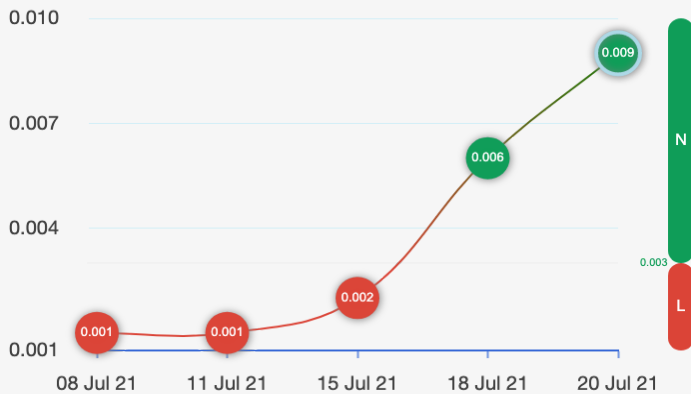
Fertility Profile

In general, fertility is the ability to produce children. However, the hormones involved in fertility are responsible for various other functions of the body as well. It is important to have healthy levels for overall wellbeing.

● Normal (N) ● Low (L) ● Borderline (BL) ● High (H)

Testosterone(Free): 0.009 nmol/L

● NORMAL



○ Testosterone is present in the body either attached to a protein or unattached
○ This test measures the amount of unattached or 'free' testosterone in your blood

Factors Affecting Fertility



Physical activity has a great effect on fertility and plays an important role in it



Risk factors like tobacco, alcohol, and high BMI have their influence in causing infertility.