

Liver Profile



Joyneel Acharya	Lab Id:	T265686	BMI:	123
Male, 35 years old	EMP ID:	20232	BP:	80

YOUR ABNORMAL TESTS

Total Bilirubin, Direct Bilirubin,
Indirect Bilirubin, SGOT (AST), SGPT
(ALT), ALP, GGT, Protein (Total),
Albumin, Globulin, Albumin :
Globulin ratio

YOUR NORMAL TESTS

ABOUT YOUR 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.

● Normal ● Borderline ● Abnormal

Total Bilirubin: 2.3

● HIGH

Bilirubin is released as a breakdown product formed by the liver from the hemoglobin of old RBCs.



Common reasons for abnormal results :



Presence of Gallbladder stones



Liver Disorders like Hepatitis-Inflammation of the liver, Alcoholic liver disease



Reaction to drugs



Increased destruction of Red Blood Cells

Direct Bilirubin: 2

● HIGH

Bilirubin gets eliminated from the body via stool and urine, giving urine its distinctive yellow colour.



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Indirect Bilirubin: 3

● HIGH

Indirect bilirubin from blood is transported to the liver bound to blood protein albumin.



Albumin : Globulin ratio: 5

● HIGH

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



Common reasons for abnormal results :

This can be a sign of disease in your :



Liver



Kidney



Intestines

Albumin: 12

● HIGH

Albumin is the most abundant circulating protein found in plasma. It represents half of the total protein content. It plays an important role in the transport of important substances like vitamins, hormones, etc. It also helps in the fat metabolism in the body.



Globulin: 23

● HIGH

The globulin is a group of proteins made by the immune system in your liver. It plays an important role in liver function, blood clotting and fighting infection.



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Enzymes

About

Enzymes found in your liver are responsible for various processes that maintain body functions. These enzymes are leaked into your blood when your liver suffers damage.

SGOT (AST): 90

● HIGH

AST is an enzyme your liver makes. Other organs, like your heart, kidneys, brain, and muscles, also make smaller amounts. AST is also called SGOT (serum glutamic-oxaloacetic transaminase). Normally, AST levels in your blood are low. When your liver is damaged, it puts more AST into your blood, and your levels rise.



Common reasons for abnormal results :

A high AST level is a sign of liver damage, but it can also mean you have damage to another organ that makes it, like your heart or kidneys. That's why doctors often do the AST test together with tests of other liver enzymes :



Liver damage



Damage to Heart.



Damage to Kidney.

SGPT (ALT): 98

● HIGH

SGPT is mostly concentrated in your liver and is a vital indicator of your liver's health. It is also called alanine aminotransferase. Serum ALT level, serum AST (aspartate transaminase) level, and their ratio (AST/ALT ratio) are commonly measured as biomarkers for liver health.



Common reasons for abnormal results :



It showcases problems such as viral hepatitis, diabetes, congestive heart failure, liver damage, bile duct (small tubes that pass bile -- fluid made by liver helpful for digestion -- outside liver) problems etc.

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ALP: 210

● HIGH

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.



Common reasons for abnormal results :



Increase serum level of ALP usually found in a patient with blockage of biliary duct and liver diseases.

GGT: 151

● HIGH

GGT (*Gamma-Glutamyl Transferase*) is the most sensitive enzyme of your liver.



Common reasons for abnormal results :



It rises whenever there is an obstruction in the passage between your liver and intestine.



Regular alcohol drinking increases GGT levels.

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Protein (Total): 15

● HIGH

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



Common reasons for abnormal results :



Chronic infection



Inflammation

Symptoms :

Symptoms for high protein are



bone pain



Weakness and fatigue



Loss of appetite.

Diet and Lifestyle Tips



Exercising regularly uses triglycerides as fuel and keeps your liver healthy

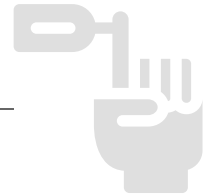


Avoid excess alcohol. Alcoholic beverages destroy and scar your liver cells.



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

Diabetes Monitoring



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YOUR ABNORMAL TESTS

Blood Sugar (Fasting), Blood Sugar (Postprandial), Blood Sugar (Random), HbA1c (Glycosylated Haemoglobin), eAG (Estimated Average Glucose), Glucose in Urine

YOUR NORMAL TESTS

ABOUT YOUR DIABETES MONITORING This panel is used to check how much glucose/sugar there is in your blood. Too much blood glucose might indicate diabetes.

● Normal ● Borderline ● Abnormal

Blood Sugar (Fasting): 200

● HIGH

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.



Symptoms :



Increased thirst and frequent urination



Extreme hunger



Unexplained weight loss

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Blood Sugar (Postprandial): 250

● HIGH

Post prandial measure your blood sugar level just after you eat, preferably after *2 hours*. If you have consistently high blood glucose on 2 separate occasions, it might indicate diabetes.



Diet :



Keep your blood sugar in check before the meal, that ways the it won't spike post meal



Eat breakfast every morning. People with diabetes, tend to get blood sugar spikes if they miss breakfast or lunch



Go for a walk after dinner, it helps in burning excess glucose after meal

Blood Sugar (Random): 350

● HIGH

This refers to the amount of glucose in your blood at any random time of the day and has no relation with what time you ate your last meal. If the levels are high, your doctor may order follow-up tests like *Blood Sugar (fasting)*, *Glucose Tolerance Test*.



Did you know :

Your test results might be affected if you



Smoke during the test period



Eat a snack or candy after your meal and before you're tested



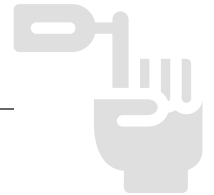
Exercise during the testing period

Glucose in Urine: ORANGE

● ABNORMAL

NEGATIVE means good - it means that Glucose was not found in your urine - like for a normal, healthy person.

Diabetes Monitoring



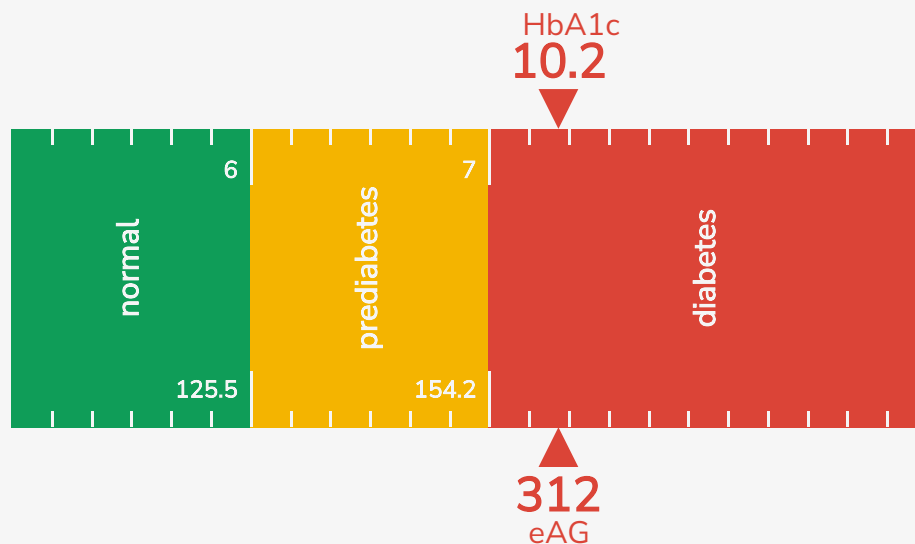
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HbA1c (Glycosylated Haemoglobin): 10.2%

● HIGH

eAG (Estimated Average Glucose): 312 ng/mL

When glucose builds up in your blood, it binds to the hemoglobin in your red blood cells. The HbA1c(Glycated Haemoglobin) test measures how much glucose is bound to hemoglobin.Red blood cells live for about 3 months, so the test shows the average level of glucose in your blood for the past 2-3 months.



One of the ways to control and reduce your HbA1c level - is to change your diet. Generally, foods that are high in carbs increase your blood sugar significantly. Also, foods that are high in fiber keep your glucose level in check.

Additionally, keeping your portion sizes *small* could prevent sharp rises in your blood sugar.

Some high-Carb foods to avoid



WHITE BREAD



POTATOES

Some high-Fiber foods to choose from



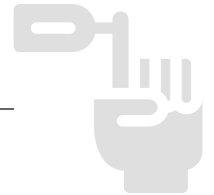
APPLES



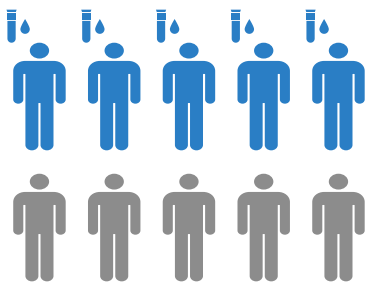
CABBAGE

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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.

