

Lab No : P5300046/0217 IC No: 910329-01-6204

Refer No: 402415

Date of Report : 11/02/2017

Patient's Name : NORHANISAH BINTI SAFARI

Age/Sex : 25 / Female

Patient's Address : NO 6442 JALAN NURI 20 BANDAR PUTRA
81000 KULAI JOHOR

Tel / HP : 019-3800160

Doctor's Name : BP DIAGNOSTIC CENTRE SDN BHD

Tel : 03-33447888

Clinic Name : MUNCHY - MUNCHWORLD MARKETING SDN BHD

Fax : 03-33442266

Clinic's Address :

Date Received : 09/02/2017

Specimen : BLOOD URINE

Time Received : 11:42:55

Sampling Date : 09/02/2017

Sampling Time: 11:42:55

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HAEMATOLOGY EXAMINATION

Total RBC	: 4.8	x10 ¹² /L	(M 4.5-6.0 F 4.0-5.5)
Haemoglobin (Hb)	: 128	gm/L	(M 125-175 F 115-155)
Haematocrit(PCV)	: 0.41	L	(M 0.40-0.50 F 0.37-0.45)
MCV	: 87	fl	(82-98)
MCH	: 27	pg	(27-33)
MCHC	: 310	g/L	(310 - 350)
RDW	: 13.5	%	(11.0 - 16.0)
Total WBC	: 5.50	x10 ⁹ /L	(4-11)

Differential Count

Polymorphs	: 50	%	(50 - 70)
Lymphocytes	: 43	%	(20 - 40)
Monocytes	: 4	%	< 6
Eosinophils	: 3	%	< 4
Basophils	: 0	%	(Less than 1)

Absolute Count

Polymorphs	: 2.8	x10 ⁹ /L	(2.0 - 7.5)
Lymphocytes	: 2.4	x10 ⁹ /L	(1.0 - 4.0)
Monocytes	: 0.2	x10 ⁹ /L	< 1.0
Eosinophils	: 0.17	x10 ⁹ /L	< 0.6
Basophils	: 0.00	x10 ⁹ /L	< 0.1

ESR (Westergren) : 12 mm/hr (M 0-16 F 0-20)

Platelet count : 237 x10⁹ /L (150-400)

Film

RBC : Normochromic normocytic.

WBC : Morphologically normal.

Platelet : Adequate



MS ISO 15189
MEDICAL TESTING
SAMM NO. 753



Results validated and authorised through the Laboratory Information System.

Results checked and authorised for release

Test done at B.P. Clinical Lab Sdn. Bhd. (Glenmarie), Lot 2, Jalan Pendaftar U1/54, Section U1, Temasya@Glenmarie, 40150 Sha

Tel : 03-55699996 Fax : 03-55696827

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BLD TEST CA-125 (CANCER MARKER Ovary)

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RENAL FUNCTION TEST

Sodium	: 139	mmol/L	(135 - 145)
Potassium	: 4.6	mmol/L	(3.5-5.1)
Chloride	→ : 109	mmol/L	(98-107)
Urea	: 3.7	mmol/L	Male<50yrs old:3.2-7.4 >50yrs old:3.0-9.2 Female<50yrs old:2.5-6.7 >50yrs old:3.5-7.2

Creatinine	: 62.8	umol/L	(M 63.6 - 110.5 umol/L) (F 50.4 - 98.1 umol/L)
← Uric Acid	: 333	umol/L	(M:208-428, F:155-357)
Calcium	: 2.33	mmol/L	(2.10-2.55)
Phosphorus	: 1.13	mmol/L	(0.74-1.52)

LIVER FUNCTION TEST

Total Protein	: 78	g/L	(64-83)
Albumin	: 45	g/L	(35-52)
Globulin	: 33	g/L	(21-40)
A/G Ratio	: 1.4		(1.0-2.2)
Total Bilirubin	: 13.7	umol/L	(3.4-20.5 umol/L) (Less than 171.0-NB)
SGOT/AST	: 27	U/L	(5-34)
SGPT/ALT	: 22	U/L	(0-55)
Gamma Glutamyl Transpeptidase(GGT)	: 15	U/L	(M 12-64; F 9-36)
Alkaline Phosphatase	: 70	U/L	(1-12years old<500 M>20years F>15years:40-150 M 12-15 years<750)

HEPATITIS B SCREENING

*HBsAg : Non-Reactive

Anti-HBs : 64 mIU/mL

Note : Acquired naturally ? If not, please advise patient
for a booster dose.

>100 HEP B x1 → KANSER HAT
>1000

(CERVICAL KANSER

(0.116) → CERVIX 70% HPV



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Glomerular Filtration Rate (Estimated) : 107 ml/min./1.7
Normal or increased GFR : ≥ 90
Mild decreased GFR : 60 - 89
Moderate decreased GFR : 30 - 59
Severe decreased GFR : 15 - 29
Kidney failure : ≤ 14

Note : Calculation adopted from MDRD

Reference Range for urine FEME

Parameter	Range
PH	5.0 - 8.5
Protein	Negative
Glucose	Negative
Ketone	Negative
Blood	Negative
Color	Pale yellow to Amber
Transparency	Clear - slightly cloudy
Specific Gravity	1.005 - 1.030

Reference Range for Microscopy

Parameter	Range
WBC	0-5 /HPF
RBC	0-3/ HPF
Casts	Hyaline 0-1/LPF ,granular cast present is abnormal
Epithelia	0-5 /HPF
Bacteria(Clean catch)	Few/Occasional
Crystals	Usually not significant unless found persistently in patient with renal calculi or if associated with certain metabolic disease
Amorphous	Not significant



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Dr. Azizudin Ab. Hamid
MD (UKM)

Dr. Zain Azrai Bin Zainuri
MBBS (University Melbourne)

Dr. Mohd Khairul Azman Mohd
MBBS (Malaya)

For further confirmation, please repeat test with another fresh specimen, if desired. Should you have further enquiries, please contact your nearest BP branch or mail us at
1-800-88-7171 458, Jalan Pudu, 55100 Kuala Lumpur. Tel: 03-9222 2800 / 03-9222 2801 Fax: 03-9222 2802 bphq@bphealthcare.com

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OTHERS

Blood Glucose : 4.44 mmol/L (Fasting \leq 5.55 mmol/L
Random $<$ 7.77 mmol/L)
 Free T4 : 11.5 pmol/L (Adult: 9.0 - 23.9
New Born: 11.6 - 38.7)
 *Syphilis Serology (Modified VDRL) : Non-Reactive
 Rheumatoid Factor (Quantitative) : $<$ 20 IU/ml ($<$ 30 IU/ml)

LIPIDS STUDIES

Total Cholesterol : 4.66 mmol/L ($<$ 5.18)
 Triglycerides : 0.53 mmol/L ($<$ 1.70)
 HDL - Cholesterol : 2.0 mmol/L ($>$ 1.0)
 LDL - Cholesterol : 2.5 mmol/L (Optimal $<$ 2.6)
 Total Chol/HDL-Chol : 2.4 (Risk indicated if $>$ 4.5)

*Urine FEME

pH : 6.0
 Protein : Negative
 Glucose : Negative
 Ketone : Negative
 Blood : Negative
 Colour : Straw, Clear
 Transparency : Clear

*Urine Microscopy

*Wet smear (Urine deposit) :-

Pus cells : Nil /HPF
 RBC : Nil /HPF
 Casts : Nil /LPF
 Epithelia : Nil /HPF
 Bacteria : Nil /HPF

Specific Gravity : 1.030

Leader in Health Check



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I.D. NORHANISAH_BINTI_SAF AGE 25 HEIGHT 146.4cm GENDER F DATE/TIME 10.2.2001/11:03 (3685)

Body Composition Analysis 体质分析表

Compartments 部位	Values 数值	Fat Free Mass 无脂肪重量	Weight 体重	Normal Range 标准范围
T B W Total Body Water 身体总含水量 (公升)	24.5	33.5	52.5	22.9 ~ 28.0
Protein 蛋白质 (公斤) (kg)	6.6			6.1 ~ 7.5
Mineral 矿物质 (公斤) (kg)	2.37			2.12 ~ 2.59
B F M Body Fat Mass 体脂肪 (公斤) (kg)	19.0			9.0 ~ 14.4

Mineral is estimated. 矿物质为估计数值

Nutritional Evaluation 营养评价

Protein 蛋白质	<input checked="" type="checkbox"/> Normal 标准	<input type="checkbox"/> Deficient 缺乏
Mineral 矿物质	<input checked="" type="checkbox"/> Normal 标准	<input type="checkbox"/> Deficient 缺乏
B F M 体脂	<input type="checkbox"/> Normal 标准	<input type="checkbox"/> Deficient 缺乏 <input checked="" type="checkbox"/> Excessive 过量

Weight Management 体重管理

Weight 体重	<input type="checkbox"/> Normal 标准	<input type="checkbox"/> Under 低 <input checked="" type="checkbox"/> Over 高
S M M 体肌	<input checked="" type="checkbox"/> Normal 标准 <input type="checkbox"/> Strong 强	<input type="checkbox"/> Under 低
B F M 体脂	<input type="checkbox"/> Normal 标准	<input type="checkbox"/> Under 低 <input checked="" type="checkbox"/> Over 高

Muscle - Fat Analysis 体肌体脂分析表

	Under 低	Normal 标准	Over 高	UNIT%	Normal Range 标准范围
Weight 体重 (kg)	55 70 85 100 115 130 145 160 175 190 205	52.5			38.3 ~ 51.8
S M M Skeletal Muscle Mass 体肌 (kg)	70 80 90 100 110 120 130 140 150 160 170	17.8			16.7 ~ 20.5
B F M Body Fat Mass 体脂肪 (kg)	40 60 80 100 160 220 280 340 400 460 520	19.0			9.0 ~ 14.4

Obesity Diagnosis 肥胖诊断

	Under 低	Normal 标准	Over 高	UNIT%	Normal Range 标准范围
B M I Body Mass Index 体质指数 (kg/m ²)	10 15 18.5 21 25 30 35 40 45 50 55	24.5			18.5 ~ 25.0
P B F Percent Body Fat 体脂比率 (%)	8 13 18 23 28 33 38 43 48 53 58	36.1			18.0 ~ 28.0
W H R Waist to Hip Ratio 腰臀围比	0.60 0.65 0.70 0.75 0.80 0.85 0.90 0.95 1.00 1.05 1.10	0.89			0.70 ~ 0.80

Obesity Diagnosis 肥胖诊断

B M I 体质指数	<input checked="" type="checkbox"/> Normal 标准	<input type="checkbox"/> Under 低 <input type="checkbox"/> Over 高
P B F 体脂比率	<input type="checkbox"/> Normal 标准	<input type="checkbox"/> Over 高 <input checked="" type="checkbox"/> Extremely Over 过高
W H R 腰臀围比	<input type="checkbox"/> Normal 标准	<input type="checkbox"/> Over 高 <input checked="" type="checkbox"/> Extremely Over 过高

Weight Control 体重控制

Target Weight 目标体重	45.1 kg
Weight Control 体重控制	- 7.4 kg
Fat Control 脂肪控制	- 8.5 kg
Muscle Control 肌肉控制	+ 1.1 kg
Fitness Score 健康得分	70 Points 分数
B M R 身体新陈代谢率	1095 Kcal 卡路里

Impedance 阻抗

Z	RA	LA	TR	RL	LL
20kHz	368	380	24.3	303	305
100kHz	336	350	21.5	270	272

Exercise Planner 运动计划

Plan your weekly exercises from the followings and estimate your weight loss from those activities.
计划您每周的运动量，并估计这些活动可让您减少的体重。

Energy expenditure of each activity (base weight): 52.5 kg / Duration: 30min. / unit: kcal
每项运动的消耗量 (基本体重): 52.5 kg / 时限: 30分钟/单位: 卡路里

Walking 105	Jogging 184	Cycling 158	Swim 184	Mountain Climbing 171	Aerobic 184
Table tennis 119	Tennis 158	Football 184	Oriental Fencing 263	Gate ball 100	Badminton 119
Racketball 263	Tae Kwon Do 263	Squash 263	Basketball 158	Rope jumping 184	Golf 92
Push-ups development of upper body 伏地挺身 上半身发展	Sit-ups abdominal muscle training 仰卧起坐 腹肌训练	Weight Training backache prevention 健身 背痛预防	Dumbbell Exercise muscle strength 哑铃 肌肉强度	Elastic band muscle strength 松紧带 肌肉强度	Squats maintenance of lower body muscles 蹲举 维持下半身肌肉

- Choose practicable and preferable activities from the left.
- Energy expenditure for each is calculated when it is done for 30 min.
- Fill in those lined space below with your choices for 7 days.
- Calculate the total energy expenditure for a week.
- Estimate expected total weight loss for a month using the formula shown below.

步骤

- 从左选择喜欢及可行的活动
- 每项能量消耗以进行该活动30分钟为单位
- 填写你未来7天所选择的活动于下方列表
- 计算一周的总运动量
- 应用以下公式推算一个月内将减少的体重

Fill-out Form 填写列表

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六	Sunday 星期日
Racketball 500 (1 hour)	Jogging 350 (1 hour)	Racketball 500 (1 hour)	Jogging 350 (1 hour)	Racketball 500 (1 hour)	walking 300 (1 hour 30 minutes)	
weight training		weight training		weight training		

Calculation for expected total weight loss for a month (one month = 4 weeks)

Total energy expenditure (kcal/week) X 4 weeks ÷ 7700

一个月内估计体重减少的计算 (一个月=四星期)

总能量消耗 (卡路里/星期) x 4星期 ÷ 7700

$$(2500 \times 4) \div 7700 = 1.3 \text{ kg or } (2500 \times 4) \div 7700 \times 2.2 = 2.86 \text{ lb.}$$

2500 Kcal 卡路里	1.3kg (2.86 lb.)	1400 Kcal 卡路里
Total energy expenditure for a week 一周的总能量消耗	Expected total weight loss for a month 一个月里体重减少的预算	Recommended calorie intake per day 建议每日的热量摄取



BP DIAGNOSTIC CENTRE SDN. BHD. (255509-X)
OFFICIAL RECEIPT

458, Jalan Pudu, 55100 Kuala Lumpur.

Tel: 03-9222 2800 / 03-9222 2801 Fax: 03-9222 2802

Date : 09/02/2017
Time : 12:04:01

Receipt No. : P033571
Lab No. : P5300046/0217

Received with thanks from NORHANISAH BINTI SAFARI [910329-01-6204]

TEST DONE

NEW CAMPAIGN PROFILE; BODY COMPOSITION ANALYSIS

BP DIAGNOSTIC CENTRE SDN BHD
(255509-X)

For **BP DIAGNOSTIC CENTRE**
55100 KUALA LUMPUR
TEL: 03-92222800 FAX: 03-92222802

Lab Test (RM) 100.00
TOTAL (RM) 100.00
CASH TENDERED (RM) 100.00
Changed Amount 0.00

*** Goods and services sold are not returnable /refundable

*Taking care of you now
and in the future*

Medical report is Private & Confidential.
Please present your receipt and identity card to obtain your report.
Please note that all BP Membership Points will only be valid for a period of two (2) years from the calendar month each point is earned
(the calendar month of purchase made).

Signature

Business Hours 營業時間

Mon - Fri 7:30am - 5:00pm
星期一至五
Sat 8:00am - 1:00pm
星期六
Sun & Public Holidays Closed
星期日及公共假期