KAREENA VIKRAM JAIN Premveela Khadki Tel No: 918551953355 PID: 11711193 Age:20.00 Years Sex:FEMALE	**Reference:Dr.SELF**	**SID: 121551896** **121551896** Collection Date: 29-06-2021 08:35 AM Sample Date: 29-06-2021 08:35 am Report Date: 29-06-2021 06:14 PM

REPORT

Complete Blood Count	**Result**	**Biological Reference Interval**
(EDTA Whole Blood)		
Hemoglobin (Hb), EDTA whole blood	**12.40**	12.3 - 15.3 g/dL
Method: Photometry		
Total Leucocytes (WBC) count	**8,000**	4000-10000/µL
Method : Coulter Principle / Microscopy		
Platelet count	**304,000**	150000 - 450000 /µL
Method : Coulter Principle / Microscopy		
Red blood cell (RBC) count	**4.69**	4.10 - 5.10 x 10^6 /µL
Method: Coulter Principle		
PCV (Packed Cell Volume)	**38.40**	35.9 - 44.6 %
Method: Calculated		
MCV (Mean Corpuscular Volume)	**82.00**	80.0 - 96.0 fL
Method: Derived from RBC histogram		
MCH (Mean Corpuscular Hb)	**26.50**	27.5 - 33.2 pgms
Method: Calculated		
MCHC (Mean Corpuscular Hb Conc.)	**32.30**	33.4 - 35.5 g/dL
Method: Calculated		
RDW (RBC distribution width)	**19.80**	11.6 - 14.6 %
Method: Derived from RBC Histogram		
WBC Differential Count		
Method: VCSn / Microscopy / Calculated		
Neutrophils	**58**	40 - 80 %
Absolute Neutrophils	**4,640**	2000 - 7000 /µL
Eosinophils	**4**	1 - 6 %
Absolute Eosinophils	**320**	20 - 500 /µL
Basophils	**0**	0 - 2 %
Absolute Basophils	**0**	0 - 100 /µL
Lymphocytes	**32**	20 - 40 %
Absolute Lymphocytes	**2,560**	1000 - 3000 /µL
Monocytes	**6**	2 - 10 %
Absolute Monocytes	**480**	200 - 1000 /µL
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Complete Blood Count Findings

R.B.C. : **Mild anisocytosis, occasional target cell seen.**

W.B.C. : **No abnormality detected**

Platelets : **Adequate**

Remark : --

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REPORT

Test Description	Observed Value	Biological Reference Interval
Lipid Profile Mini :		
Cholesterol (Total), serum by Enzymatic method	**129**	Desirable : < 200 mg/dL Borderline high : 200 - 239 mg/dL High : >/= 240 mg/dL
Triglycerides, serum by Enzymatic method	**62**	Normal : < 150 mg/dL Borderline high : 150-199 mg/dL High : 200-499 mg/dL Very high : >/= 500 mg/dL
HDL Cholesterol, serum by Enzymatic method	**40**	Men : > 40 mg/dL Women : > 50 mg/dL
VLDL Cholestrol, serum by calculation	**12**	< 30 mg/dL
LDL Cholesterol, serum by calculation	**77**	Optimal : <100 mg/dL Near optimal/above optimal : 100-129 mg/dL Borderline high : 130-159 mg/dL High : 160-189 mg/dL Very high : >/= 190 mg/dL
Cholesterol(Total)/HDL Cholesterol Ratio	**3.23**	Males : Acceptable ratio </= 5.00 Females : Acceptable ratio </= 4.50
LDL Cholesterol/HDL Cholesterol Ratio	**1.92**	Males : Acceptable ratio </= 3.60 Females : Acceptable ratio </= 3.20

Reference : ATP III, NCEP Guidelines and National Lipid Association (NLA) 2014 Recommendations

As per most international and national guidelines including Lipid Association of India 2016 :

1. Lipoprotein and lipid levels should be considered in conjunction with other atherosclerotic cardiovascular disease (ASCVD) risk determinants to assess treatment goals and strategies.
2. Non-fasting lipid levels can be used in screening and in general risk estimation.

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REPORT

Test Description	Observed	Biological Reference Interval
Liver Function Test :		
Bilirubin-Total, serum by Diazo method	**0.60**	0.10 - 1.20 mg/dL Neonates : Upto 15.0 mg/dL
Bilirubin-Conjugated, serum by Diazo method	**0.30**	Upto 0.5 mg/dL
Bilirubin-Unconjugated, serum by calculation	**0.30**	0.1 to 1.0 mg/dL
SGOT (AST), serum by Enzymatic method	**35**	>or= 14 years : 8 - 43 U/Lt
SGPT (ALT), serum by Enzymatic Method	**20**	7 to 45 U/Lt
Alkaline Phosphatase,serum by pNPP-kinetic	**56**	Adult Female : (Unit : U/Lt.). 15 - < 17 years : 50 - 117 > or =17 years: 35 - 104
Protein (total), serum by Biuret method	**7.30**	6.4 to 8.2 g/dL
Albumin, serum by Bromocresol purple method	**4.10**	3.4 to 5.0 g/dL
Globulin, serum by calculation	**3.20**	2.3 - 3.5 g/dL

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REPORT

Test Description	Observed Value	Biological Reference Interval
TEST NAME		
Glycated Hemoglobin (HbA1C), by HPLC	**5.20**	4.0 to 5.6 %

Interpretation :
HbA1C level reflects the mean glucose concentration over previous 8-12 weeks and provides better indication of long term glycemic control.

For diagnosis of Diabetes Mellitus (>/= 18 yrs of age) :
5.7 % - 6.4 % : Increased risk for developing diabetes.
>/= 6.5 % : Diabetes

Therapeutic goals for glycemic control :
Adults : < 7%
Toddlers and Preschoolers : < 8.5% (but > 7.5 %)
School age (6-12 yrs) : < 8%
Adolescents and young adults (13 - 19 yrs) : < 7.5 %

Levels of HbA1C may be low as result of shortened RBC life span in case of hemolytic anemia.
Increased HbA1C values may be found in patients with polycythemia or post splenectomy patients.
Patients with Homozygous forms of rare variant Hb(CC,SS,EE,SC) HbA1c can not be quantitated as there is no HbA. In such circumstances glycemic control can be monitored using plasma glucose levels or serum Fructosamine.

The A1c target should be individualized based on numerous factors, such as age, life expectancy, comorbid conditions, duration of diabetes, risk of hypoglycemia or adverse consequences from hypoglycemia, patient motivation and adherence.

Ref : ADA (Standards of Medical Care in Diabetes - 2017)

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REPORT

Test Description	Observed Value	Biological Reference Interval
Haematology :		
Erythrocyte Sedimentation Rate, EDTA Whole Blood	**11**	Female under 50 Yrs : Upto 20mm/hr. Female 50 - 85 Yrs : Upto 30mm/hr. Female > 85 yrs : Upto 42mm/hr. Results corrected to 18 deg. celsius

Technique : Automated Westergren Method .
1. ESR is markedly elevated in monoclonal gammopathy such as multiple myeloma, in severe polyclonal hyperglobulinemia due to inflammatory disease, and in hyperfibrinogenemia. 2. Moderate elevations are common in active inflammatory disease such as rheumatoid arthritis, chronic infections, collagen disease and neoplastic disease
3. ESR has little diagnostic value in these disorders but can be useful in monitoring disease activity.
4. Useful in the diagnosis and in monitoring polymyalgia rheumatica and temporal arteritis.
5. Moderate increase is seen in pregnancy (beginning at the 10th to 12th week) and returns to normal about 1 month postpartum .
6. Red cells with an abnormal or irregular shape, such as sickle cells or spherocytes, hinder rouleaux formation and lower the ESR.

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REPORT

Test Description	Observed Value	Biological Reference Interval
Clinical Chemistry :		
Urea, serum by GLDH-urease	**18**	17 to 49 mg/dL
BUN-Blood Urea Nitrogen,serum by calculation	**8.41**	8 to 23 mg/dL
Creatinine, serum by Jaffe w/o deproteinization	**0.66**	0.6 to 1.2 mg/dL
Uric Acid, serum by Uricase method	**5.20**	Female : 2.60 to 6.00 mg/dL

** Uric acid is useful for 1. Diagnosis and follow up of renal failure. 2. Monitoring patients receiving cytotoxic drugs and a variety of other disorders, including gout, leukemia, psoriasis, starvation and other wasting conditions . * Increased uric acid is seen in following conditions : 1. Increased purine synthesis 2. Inherited metabolic disorders 3. Excess dietary purine intake 4. Increased nucleic acid turnover 5. Malignancy, cytotoxic drugs 6. Decreased urinary excretion (due to CRF) 7. Increased renal reabsorption . * Uric acid is decreased in : 1. Hepatocellular disease with reduced purine synthesis 2. Defective renal reabsorption 3. Overtreatment of uricemia (allopurinol or cancer therpies like 6-mercaptopurine, etc).*

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Test Description	Observed Value	Biological Reference Interval
Clinical Chemistry :		
Hormones		
T3 (Total), serum by CMIA	**1.23**	0.64 to 1.52 ng/ml
T4 (Total), serum by CMIA	**8.38**	4.87 to 11.72 µg/dL
TSH(Ultrasensitive), serum by CMIA	**0.81**	For non pregnant female : 0.40 - 4.00 µIU/mL For pregnant female : 1st trimester : 0.1 - 2.5 µIU/mL 2nd trimester : 0.2 - 3.0 µIU/mL 3rd trimester : 0.3 - 3.0 µIU/mL Ref : American Thyroid Association guidelines 2017

REPORT

Test Description	Observed value	Biological Reference Interval
HOMA Index Insulin Resistance Test		
Plasma glucose fasting, by Hexokinase method	**84**	< 100 mg/dL 100 to 125 mg/dL : Impaired fasting glucose tolerance / Prediabetes >/= 126 mg/dL : Suggestive of diabetes mellitus (On more than one occasion) American Diabetes Association Guidelines 2020
Insulin Fasting, Serum by CMIA	**3.70**	Fasting : 2.5 to 25 µU/mL Peak upto 150 µU/mL
HOMA IR Index	**0.77**	> 2.5 indicates insulin resistance

Interpretation

1. As, the direct measurement of the insulin effect on the blood sugar concentration is not possible other indices are used for determining an insulin resistance.
2. One of the most common indices is the HOMA index (Homeostasis Model Assessment), which is calculated according to the following formula:
   HOMA index = fasting insulin (µU/ml) X fasting blood sugar (mg/dl) /405
3. Indications :
   * Adiposis (BMI > 28 kg/m²)
   * Suspected insulin resistance (metabolic syndrome, diabetes mellitus type 2)
   * Suspected polycystic ovary syndrome (PCO-S)
   * Cycle disturbances (e. g. amenorrhea)
   * Infertility
4. Reference ranges :
   > 2.0 indication for insulin resistance
   > 2.5 insulin resistance probable
   > 5.0 average value in patients with diabetes mellitus type 2

Reference : https://www.bioscientia.de/en/files/2011/10/Marker

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REPORT

Test Description	Observed Value	Biological Reference Interval
Hormones :		
C-Peptide, serum by CMIA	**1.12**	Random : 0.78 - 5.19 ng/mL Fasting : 1.10 to 4.40 ng/mL

C-peptide is useful for :

a)Diagnostic workup of hypoglycemia:

-Diagnosis of factitious hypoglycemia due to surreptitious administration of insulin

-Evaluation of possible insulinoma

-Surrogate measure for the absence or presence of physiological suppressibility of Endogenous insulin secretion during diagnostic insulin-induced hypoglycemia

b) Assessing insulin secretory reserve in selected diabetic patients who either have insulin autoantibodies or who are receiving insulin therapy:

-Assessing residual endogenous insulin secretory reserve

-Monitoring pancreatic and islet cell transplant function

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REPORT

Urine Routine Examination	**Result**	**Biological Reference Interval**
(Sample : Urine, Automated / Semiautomated)		
Physical		
Quantity Examined	**5.0**	ml
Method : Visual		
Appearance	**Clear**	-
Method : Visual / Automated		
Colour	**Pale yellow**	-
Method : Visual / Automated		
Chemical (Dipstick)		
pH	**5.5**	4.6 - 8.0
Method : Indicator Principle		
Protein	**Absent**	Absent
Method : Sulphosalycylic Acid/ pH Indicator		
Glucose	**Absent**	Absent
Method : GOD-POD / Benedict's		
Acetone	**Absent**	Absent
Method : Sodium Nitroprusside reaction		
Bile Pigments	**Absent**	Absent
Method : Diazo Reaction / Fouchet's test		
Urobilinogen	**Not significant**	Not Significant
Method : Modified Ehrlich / Watson Schwartz		
Microscopy / Flow cytometry		
R.B.Cs	**1-2**	0 - 2 per hpf
Pus cells	**1-2**	0 - 5 per hpf
Epithelial cells	**Occasional**	0 - 5 per hpf
Casts	**Not Detected**	-
Crystals	**Not Detected**	-
-	**<-->**	

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"Accreditation as per ISO 15189:2012, Cert.No. MC-3143. Refer scope@ www.nabl-india.org"

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REPORT

Test Description	Observed Value	Biological Reference Interval
CRP(hs) - C- Reactive Protein high sensitivity	**3.27**	See clinical information below . Method : Nephelometry / Immunoturbidimetry

Clinical Information :

1. C-reactive protein (CRP) is a biomarker of inflammation. Plasma CRP concentrations increase rapidly and dramatically (100-fold or more) in response to tissue injury or inflammation.

2. High-sensitivity CRP (hs-CRP) is more precise than standard CRP when measuring baseline (i.e. normal) concentrations and enables a measure of chronic inflammation. It is recommended for cardiovascular risk assessment. Atherosclerosis is an inflammatory disease and hs-CRP has been endorsed by multiple guidelines as a biomarker of atherosclerotic cardiovascular disease risk.

Low cardiovascular risk : < 2.0 mg/L
High cardiovascular risk : >/= 2.0 mg/L
Acute inflammation : > 10.0 mg/L

3. A single test for high-sensitivity CRP (hs-CRP) may not reflect an individual patient's basal hs-CRP level. Repeat measurement may be required to firmly establish an individual's basal hs-CRP concentration. The lowest of the measurements should be used as the predictive value.

Reference : Mayo Medical Laboratories

End of Report

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