REPORT

VINEET K GOYAL 424, Sindh Society, Lane No.4 Baner Road, Aundh Tel No: 919822403677 PID: 114462 Age:39.10 Years Sex:MALE	**Reference:Dr.PHADKE UDAY MD, DM, DNI** Sample Collected At: **The Poona Club Ltd.** 6,Bund Garden Road, Pune 1 **Zone CA**	**SID: 120090445** Collection Date: 18-09-2020 08:37 AM Sample Date: 18-09-2020 08:37 am Report Date: 18-09-2020 02:26 PM

Test Description	Observed Value	Biological Reference Interval
Lipid Profile Mini :		
Cholesterol (Total), serum by Enzymatic method	**173**	Desirable : < 200 mg/dL Borderline high : 200 - 239 mg/dL High : >/= 240 mg/dL
Triglycerides, serum by Enzymatic method	**178**	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	**38**	Men : > 40 mg/dL Women : > 50 mg/dL
VLDL Cholestrol, serum by calculation	**36**	< 30 mg/dL
LDL Cholesterol, serum by calculation	**99**	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	**4.55**	Males : Acceptable ratio </= 5.00 Females : Acceptable ratio </= 4.50
LDL Cholesterol/HDL Cholesterol Ratio	**2.62**	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.

MC-3143

Dr.(Mrs.) Awanti Golwilkar Mehendale
MD(Path) Regn.No.: 2000/02/1052
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424, Sindh Society,
Lane No.4
Baner Road, Aundh
Tel No: 919822403677
PID: 114462

Age:39.10 Years Sex:MALE

Reference:Dr.PHADKE UDAY MD, DM, DNI
Sample Collected At:
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Test Description	Observed	Biological Reference Interval
Liver Function Test :		
Bilirubin-Total, serum by Diazo method	**1.34**	0.10 - 1.20 mg/dL Neonates : Upto 15.0 mg/dL
Bilirubin-Conjugated, serum by Diazo method	**0.44**	Upto 0.5 mg/dL
Bilirubin-Unconjugated, serum by calculation	**0.90**	0.1 to 1.0 mg/dL
SGOT (AST), serum by Enzymatic method	**25**	15 - 37 U/Lt
SGPT (ALT), serum by Enzymatic Method	**31**	16 to 63 U/Lt
Alkaline Phosphatase,serum by pNPP-kinetic	**57**	Adult Male : 46 - 116 U/Lt
Protein (total), serum by Biuret method	**7.40**	6.4 to 8.2 g/dL
Albumin, serum by Bromocresol purple method	**4.55**	3.4 to 5.0 g/dL
Globulin, serum by calculation	**2.85**	2.3 - 3.5 g/dL

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Test Description	Observed Value	Biological Reference Interval
TEST NAME		
Glycated Hemoglobin (HbA1C), by HPLC	**7.30**	4.0 to 5.6 %

On follow up.

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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Test Description	Observed Value	Biological Reference Interval
Plasma Glucose :		
Plasma glucose fasting, by Hexokinase method	**117**	< 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 2019

Clinical Chemistry

Urea, serum by GLDH-urease	**19**	17 to 49 mg/dL
BUN-Blood Urea Nitrogen,serum by calculation	**8.88**	8 to 23 mg/dL
Creatinine, serum by Jaffe w/o deproteinization	**0.80**	0.6 to 1.2 mg/dL
Uric Acid, serum by Uricase method	**6.60**	Male : 3.50 to 7.20 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).*

MC-3143

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Test Description	Observed Value	Biological Reference Interval
Clinical Chemistry :		

MC-3143

"Laboratory is accredited as per ISO 15189:2012, Certificate Number MC-3143. Scope available on request / @ ww

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Test Description	Observed Value	Biological Reference Interval
TEST NAME		
Vitamin B12, serum by CMIA	**292.0**	187 - 883 pg/mL

Interpretation :

1. Vitamin B12 (cobalamin) is necessary for hematopoiesis and normal neuronal function.

2. Vitamin B12 is decreased in

Decreased Serum B12
Pregnancy
Contraceptive hormones
Malabsorption
Ethanol ingestion
Smoking
Strict vegan diet
Pernicious anemia

3. Serum methylmalonic acid and homocysteine levels are also elevated in vitamin B12 deficiency states. Active B12 (Holotranscobalamin) is low in Vitamin B12 deficiency.

4. Please correlate in case of patients taking vitamin B12 supplementation.

MC-3143

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Test Description	Observed Value	Reference range & Units
TEST NAME		
Homocysteine,plasma by CMIA	**8.03**	Male : 5.08 to 15.39 µmol/Lt

Homocysteine concentration is an indicator of acquired folate or cobalamin deficiency, and is a contributing factor in the pathogenesis of neural tube defects. Currently, the use of homocysteine for assessment of cardiovascular risk is uncertain and controversial. Based on several meta-analyses, at present, homocysteine may be regarded as a weak risk factor for coronary heart disease, and there is a lack of direct causal relationship between hyperhomocysteinemia and cardiovascular disease. It is most likely an indicator of poor lifestyle and diet. Homocysteine concentrations >13 mcmol/L are considered abnormal in patients evaluated for suspected nutritional deficiencies (B12, folate) and inborn errors of metabolism. Homocysteine concentrations < or =10 mcmol/L are desirable when utilized for cardiovascular risk.

MC-3143

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Test Description	Observed Value	Biological Reference Interval
TEST NAME		
25 - OH Vitamin D, serum by CMIA	**39.50**	Severe deficiency : < 10 ng/mL Mild to moderate deficiency : 10 to 19 ng/mL Optimum levels : 20 to 50 ng/mL Increased risk of hypercalciuria: 51 to 80 ng/mL Toxicity possible : > 80 ng/mL Ref. : Mayo Medical Laboratories These reference ranges represent clinical decision values, based on the 2011 Institute of Medicine report

Interpretation :

Vitamin D is vital for strong bones. It also has important, emerging roles in immune function and cancer prevention.

Vitamin D compounds in the body are exogenously derived by dietary means; from plants as 25-hydroxyvitamin D2 (ergocalciferol or calciferol) or from animal products as 25-hydroxyvitamin D3 (cholecalciferol or calcidiol).

Vitamin D may also be endogenously derived by conversion of 7-dihydrocholesterol to 25-hydroxyvitamin D3 in the skin upon ultraviolet exposure.

The total 25-hydroxyvitamin D (25-OH-VitD) level (the sum of 25-OH-vitamin D2 and 25-OH-vitamin D3) is the appropriate indicator of vitamin D body stores.

Patients with renal failure can have very high 25-OH-VitD levels without any signs of toxicity, as renal conversion to the active hormone 1,25-OH-VitD is impaired or absent.

Kindly corelate clinically, with supplementation history & repeat with fresh sample if necessary.

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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**	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	**Absent**	0 - 2 per hpf
Pus cells	**Occasional**	0 - 5 per hpf
Epithelial cells	**Occasional**	0 - 5 per hpf
Casts	**Not detected**	-
Crystals	**Not detected**	-
-	**#*-**	

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Test Description	Observed Value	Biological Reference Interval
CRP(hs) - C- Reactive Protein high sensitivity	**1.66**	See clinical information below . Method : Nephelometry / Immunoturbidimetry

On follow up.

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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