

PATIENT LABORATORY REPORT

Patient Information

Name: Mr. Rohan Sharma

Age: 52

Gender: Male

Date of Report: 19-Feb-2025

Lab ID: LBR20250219

Referring Physician: Dr. A. Mehta

Diagnostic Test Results

Fasting Blood Glucose (FBG)

Value: 134 mg/dL | Reference Range: 70 - 99 mg/dL | Interpretation: High

Postprandial Blood Glucose (PPBG)

Value: 190 mg/dL | Reference Range: < 140 mg/dL | Interpretation: High

HbA1c

Value: 7.2% | Reference Range: 4.0 - 5.6% | Interpretation: High

Insulin (Fasting)

Value: 25 µIU/mL | Reference Range: 2 - 25 µIU/mL | Interpretation: Upper Limit

HOMA-IR

Value: 4.5 | Reference Range: < 2.0 | Interpretation: High

LDL Cholesterol

Value: 140 mg/dL | Reference Range: < 100 mg/dL | Interpretation: High

Triglycerides

Value: 210 mg/dL | Reference Range: < 150 mg/dL | Interpretation: High

Blood Pressure

Value: 119/88 mmHg | Reference Range: < 120/80 mmHg | Interpretation: Normal

BMI

Value: 26.5 kg/m² | Reference Range: 18.5 - 24.9 kg/m² | Interpretation: Overweight

Urine Microalbumin

Value: 35 mg/L | Reference Range: < 30 mg/L | Interpretation: Elevated

Diagnostic Summary

- Type 2 Diabetes Mellitus (T2DM) Confirmed: Elevated glucose and HbA1c (>6.5%).
- Insulin Resistance & Metabolic Syndrome: High HOMA-IR, Triglycerides, Low HDL.
- Cardiovascular Risk Factors: Elevated LDL, Hypertension, Obesity.
- Early Signs of Diabetic Nephropathy: Slightly elevated Urine Microalbumin.

Recommendations

- Lifestyle Changes: Adopt a low-carb diet, increase physical activity, and monitor blood glucose.
- Medications: Consider Metformin or other diabetes management drugs as prescribed.
- Regular Monitoring: Follow up with HbA1c testing every 3 months.
- Consult a Specialist: Meet an endocrinologist for further diabetes management.

Doctor's Notes

The patient is advised to undergo regular monitoring of blood glucose levels and maintain a healthy lifestyle to prevent complications.

Authorized by:

Dr. A. Mehta, MD

Endocrinologist

Signature: _____