

Lab Report

Patient Name: Hemant Kumar

Date of Birth: 15th May 1985

Gender: Male

Patient ID: HK-1520

Date of Report: 25th August 2024

Physician: Dr. Anjali Verma

Clinical History:

Hemant Kumar, a 39-year-old male, presented with complaints of abdominal discomfort, bloating, and fatigue over the past few months. He also reported experiencing episodes of unexplained weight fluctuations, dry skin, and increased sensitivity to cold. Based on the clinical symptoms, a series of tests were conducted to investigate potential underlying conditions.

Investigations Conducted:

1. Lactose Intolerance Test:

- **Test Performed:** Hydrogen Breath Test
- **Results:** Positive
- **Interpretation:** The results indicate that Hemant Kumar has Lactose Intolerance. The elevated levels of hydrogen detected in his breath after the ingestion of lactose suggest that his body is not adequately digesting lactose, leading to gastrointestinal symptoms.

2. Thyroid Function Test:

- **Tests Performed:**
 - **TSH (Thyroid-Stimulating Hormone):** 6.8 mIU/L (Reference Range: 0.4 - 4.0 mIU/L)
 - **Free T4:** 0.7 ng/dL (Reference Range: 0.8 - 2.0 ng/dL)
 - **Free T3:** 2.5 pg/mL (Reference Range: 2.3 - 4.2 pg/mL)
- **Results:** Abnormal
- **Interpretation:** The elevated TSH level, along with low levels of Free T4 and Free T3, is indicative of hypothyroidism. This condition occurs when the thyroid gland does not produce enough thyroid hormones, leading to symptoms such as fatigue, weight gain, and cold intolerance, as reported by the patient.

Summary and Diagnosis:

- **Lactose Intolerance:** Hemant Kumar has been diagnosed with Lactose Intolerance, which explains his gastrointestinal symptoms. It is recommended that he avoid lactose-containing foods and consider lactase supplements to manage his condition.
- **Hypothyroidism:** The patient has also been diagnosed with hypothyroidism. Thyroid hormone replacement therapy will be necessary to normalize thyroid function and alleviate the associated symptoms.

Recommendations:

1. Dietary Modifications:

- Adopt a lactose-free diet.
- Consider lactase enzyme supplements before consuming dairy products.

2. Medication:

- Initiate thyroid hormone replacement therapy (e.g., Levothyroxine) as prescribed by the physician.
- Regular monitoring of thyroid function tests is advised to adjust the medication dosage as needed.

3. Follow-up:

- A follow-up appointment is recommended in 6 weeks to reassess symptoms and thyroid function.
- Further evaluation and consultation with a dietitian may be beneficial to manage lactose intolerance effectively.

Physician's Signature:

Dr. Anjali Verma

Date: 25th August 2024

Note: This lab report is confidential and intended only for the use of the patient and healthcare providers directly involved in the patient's care.