

HealthFirst Diagnostics

123 Medical Center Blvd, Suite 200 | New Delhi, India | Ph: +91 11 2345 6789

NABL Accredited | CAP Certified | ISO 15189:2022

PATIENT INFORMATION

Patient Name: Rahul Sharma

Age / Gender: 42 Years / Male

Patient ID: PID-2026-10432

Referred By: Dr. Priya Mehta, MD (Internal Medicine)

Collection Date: February 12, 2026, 07:30 AM (Fasting)

Report Date: February 13, 2026

LABORATORY TEST RESULTS

COMPLETE BLOOD COUNT (CBC)

Test Name	Result	Unit	Reference Range	Status
Hemoglobin	13.2	g/dL	13.5 - 17.5	LOW
RBC Count	4.3	million/mcL	4.5 - 5.5	LOW
WBC Count	7200	cells/mcL	4000 - 11000	Normal
Platelet Count	245000	cells/mcL	150000 - 400000	Normal
Hematocrit (PCV)	39.8	%	40 - 54	LOW
MCV	88.2	fL	80 - 100	Normal
MCH	28.5	pg	27 - 33	Normal

IRON STUDIES & VITAMINS

Test Name	Result	Unit	Reference Range	Status
Ferritin	15	ng/mL	20 - 250	LOW
Serum Iron	45	mcg/dL	60 - 170	LOW
Vitamin B12	180	pg/mL	200 - 900	LOW
Vitamin D (25-OH)	16.5	ng/mL	30 - 100	LOW
Folic Acid	8.2	ng/mL	3.0 - 17.0	Normal

METABOLIC PANEL

Test Name	Result	Unit	Reference Range	Status
Fasting Glucose	118	mg/dL	70 - 100	HIGH
HbA1c	6.2	%	4.0 - 5.6	HIGH
Fasting Insulin	18.5	uIU/mL	2.6 - 24.9	Normal
Blood Urea Nitrogen (BUN)	16	mg/dL	7 - 20	Normal
Creatinine	0.9	mg/dL	0.7 - 1.3	Normal
Uric Acid	6.8	mg/dL	3.5 - 7.2	Normal

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LIPID PROFILE

Test Name	Result	Unit	Reference Range	Status
Total Cholesterol	235	mg/dL	< 200	HIGH
LDL Cholesterol	155	mg/dL	< 100	HIGH
HDL Cholesterol	38	mg/dL	> 40	LOW
Triglycerides	195	mg/dL	< 150	HIGH
VLDL Cholesterol	39	mg/dL	< 30	HIGH
Total Cholesterol/HDL Ratio	6.18		< 5.0	HIGH

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INFLAMMATORY MARKERS

Test Name	Result	Unit	Reference Range	Status
hs-CRP	3.8	mg/L	< 1.0	HIGH
ESR	22	mm/hr	0 - 15	HIGH

THYROID FUNCTION TESTS

Test Name	Result	Unit	Reference Range	Status
TSH	5.2	mIU/L	0.4 - 4.0	HIGH
Free T4	0.9	ng/dL	0.8 - 1.8	Normal
Free T3	2.4	pg/mL	2.3 - 4.2	Normal

LIVER FUNCTION TESTS

Test Name	Result	Unit	Reference Range	Status
SGPT / ALT	52	U/L	7 - 56	Normal
SGOT / AST	38	U/L	5 - 40	Normal
Alkaline Phosphatase	78	U/L	44 - 147	Normal
Total Bilirubin	0.8	mg/dL	0.1 - 1.2	Normal
GGT	45	U/L	9 - 48	Normal
Total Protein	7.2	g/dL	6.0 - 8.3	Normal
Albumin	4.1	g/dL	3.5 - 5.5	Normal

CLINICAL OBSERVATIONS

- Mild anemia (low hemoglobin, RBC, and hematocrit) likely due to iron deficiency - ferritin and serum iron are both below normal.
- Vitamin B12 deficiency detected (180 pg/mL). Supplementation recommended.
- Significant Vitamin D insufficiency (16.5 ng/mL). Oral supplementation of 60,000 IU weekly for 8 weeks advised.
- Prediabetic range: Fasting glucose (118 mg/dL) and HbA1c (6.2%) both elevated. Dietary intervention and lifestyle modification recommended.
- Dyslipidemia: Elevated total cholesterol, LDL, triglycerides, and VLDL with low HDL. Cardiovascular risk assessment recommended.
- Elevated hs-CRP (3.8 mg/L) indicates systemic inflammation - may be related to metabolic syndrome.
- Subclinical hypothyroidism: TSH mildly elevated (5.2 mIU/L) with normal Free T4 and T3. Monitoring recommended.
- Liver function tests within acceptable limits but SGPT trending toward upper range.

RECOMMENDATIONS

- Iron supplementation: Ferrous sulfate 325mg daily with Vitamin C for enhanced absorption

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- Vitamin B12: Methylcobalamin 1500 mcg daily for 3 months
- Vitamin D3: 60,000 IU weekly for 8 weeks, then maintenance dose of 1000 IU daily
- Dietary changes: Mediterranean diet pattern, reduce refined carbohydrates and saturated fats
- Regular aerobic exercise: 150 minutes/week of moderate intensity
- Repeat lipid profile and HbA1c in 3 months
- Thyroid function recheck in 6 weeks
- Consider oral glucose tolerance test (OGTT) for detailed diabetes screening

Verified By: Approved By:

Dr. Sanjay Kumar, MD Pathology Dr. Anita Verma, MD Biochemistry

Reg. No: MCI-28347 Reg. No: MCI-31892