

# TEST REPORTS

# medecro.ai



**Patient Name: John Doe**

**Booking ID: B12345**

**Date: 8th September 2024**



## Blood Pressure Test

Result: 120/80

Normal Range: 120/80 mmHg

Status: Normal

### Test Summary:

Blood pressure measures the force of blood pushing against artery walls, indicating heart health and risk of cardiovascular disease.

### Possible Causes:

1. Healthy lifestyle
2. Genetic predisposition
3. Current medication use

### Case Summary:

A normal blood pressure reading is typically below 120/80 mmHg, meaning the systolic pressure (top number) is less than 120 and the diastolic pressure (bottom number) is less than 80.

### Considerations:

Continue healthy habits: balanced diet, regular exercise, maintaining a healthy weight, managing stress, and limiting alcohol and salt intake. Schedule regular checkups with your doctor to monitor blood pressure.

## Blood Sugar Test

Result: 90 mg/dL

Normal Range: 70-99 mg/dL

Status: Normal

### Test Summary:

A blood sugar test measures the amount of glucose in your blood, indicating how well your body regulates blood sugar levels.

### Possible Causes:

1. Recent meal consumption
2. Proper insulin function
3. Effective diabetes management

### Case Summary:

Normal blood sugar levels vary, but generally range from 70 to 100 milligrams per deciliter (mg/dL) before meals and less than 140 mg/dL two hours after eating.

### Considerations:

Maintain a healthy diet, exercise regularly, and manage stress. Consult your healthcare provider for personalized recommendations and monitoring.

## Cholesterol Test

Result: 190 mg/dL

Normal Range: 200 mg/dL

Status: Normal

### Test Summary:

A blood test that measures cholesterol levels, indicating risk for heart disease.

### Possible Causes:

1. Healthy diet and exercise
2. Genetic predisposition for low cholesterol
3. Medications for lowering cholesterol

### Case Summary:

Normal cholesterol levels vary by age and other factors, but generally, total cholesterol under 200 mg/dL is considered healthy.

### Considerations:

Maintain a healthy lifestyle! Eat a heart-healthy diet low in saturated and trans fats, exercise regularly, and manage stress. Continue regular cholesterol screenings as recommended by your doctor.

## Vitamin D Test

Result: 30 ng/mL

Normal Range: 20-50 ng/mL

Status: Normal

### Test Summary:

A blood test measures the amount of vitamin D in your blood, indicating your body's ability to absorb and utilize this essential nutrient.

### Possible Causes:

1. Recent sun exposure
2. Adequate vitamin D intake
3. Healthy kidney function

### Case Summary:

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### Considerations:

Maintain a healthy lifestyle with regular sunlight exposure and a balanced diet. Continue routine blood tests as recommended by your healthcare provider. Supplement with Vitamin D only if advised by your doctor.

## Hemoglobin Test

Result: 14 g/dL

Normal Range: 13.8-17.2 g/dL

Status: Normal

### Test Summary:

Hemoglobin test measures the amount of oxygen-carrying protein in red blood cells, indicating potential anemia or other blood disorders.

### Possible Causes:

1. Healthy red blood cell production
2. Adequate iron intake
3. No blood loss or bleeding

### Case Summary:

A normal hemoglobin result indicates adequate oxygen-carrying capacity in the blood. For adults, this typically ranges between 13.5 to 17.5 g/dL for males and 12.0 to 15.5 g/dL for females.

### Considerations:

Maintain a balanced diet, stay hydrated, and engage in regular exercise. Consult your doctor for personalized advice and follow-up testing based on your individual health history and needs.

## White Blood Cell Count Test

Result: 5,000 / $\mu$ L

Normal Range: 4,000-11,000 / $\mu$ L

Status: Normal

### Test Summary:

A white blood cell count measures the number of white blood cells in a blood sample, indicating infection, inflammation, or other medical conditions.

### Possible Causes:

1. Healthy individual
2. Recent infection resolved
3. No current infection present

### Case Summary:

A normal white blood cell count (WBC) ranges from 4,500 to 11,000 cells per microliter of blood. This indicates a healthy immune system with sufficient infection-fighting cells.

### Considerations:

No specific actions are generally recommended for normal white blood cell counts. If you have any concerns, consult your doctor for personalized advice.

## Platelets Test

Result: 250,000 / $\mu$ L

Normal Range: 150,000-450,000 / $\mu$ L

Status: Normal

### Test Summary:

Platelets are tiny cell fragments that help stop bleeding by forming clots. They are essential for blood clotting and wound healing.

### Possible Causes:

1. Healthy bone marrow function
2. No recent bleeding or surgery
3. Adequate iron and vitamin B12 levels

### Case Summary:

A normal platelet count ranges from 150,000 to 450,000 per microliter of blood, indicating sufficient clotting factors to prevent excessive bleeding.

### Considerations:

If your platelet count is normal, no further action is typically needed. Maintain a healthy lifestyle with balanced diet, exercise, and adequate hydration. If you have any concerns, consult your doctor.



## Sodium Test

Result: 140 mEq/L

Normal Range: 135-145 mEq/L

Status: Normal

### Test Summary:

Sodium is a soft, silvery-white, highly reactive alkali metal with various applications in chemistry, medicine, and industry.

### Possible Causes:

1. Adequate hydration
2. Proper kidney function
3. Balanced electrolyte intake

### Case Summary:

A normal sodium level in blood is typically between 135 and 145 milliequivalents per liter (mEq/L). This range varies slightly depending on factors like age and laboratory methods.

### Considerations:

If your sodium levels are normal, no action is needed. Continue to maintain a balanced diet and fluid intake. Regularly monitor your sodium levels as recommended by your doctor.

## Potassium Test

Result: 4.0 mEq/L

Normal Range: 3.5-5.0 mEq/L

Status: Normal

### Test Summary:

Potassium is an essential mineral for nerve and muscle function, blood pressure regulation, and fluid balance.

### Possible Causes:

1. Adequate potassium intake
2. Healthy kidney function
3. Effective potassium regulation by the body

### Case Summary:

Normal potassium levels in the blood typically range from 3.5 to 5.0 millimoles per liter (mmol/L), with slight variations based on individual factors and lab methods. Maintaining potassium within this range is crucial for proper heart, muscle, and nerve function.

### Considerations:

Continue regular monitoring of potassium levels as recommended by your healthcare provider. Maintain a balanced diet, drink plenty of fluids, and inform your doctor of any changes in medications or health conditions.

## Calcium Test

Result: 9.0 mg/dL

Normal Range: 8.5-10.2 mg/dL

Status: Normal

### Test Summary:

Calcium is a mineral vital for strong bones, teeth, and muscle function, as well as nerve transmission and blood clotting.

### Possible Causes:

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### Case Summary:

A normal calcium level in blood is typically between 8.5 and 10.5 milligrams per deciliter (mg/dL). This range may vary slightly depending on the laboratory.

### Considerations:

Maintain a healthy diet and lifestyle, including adequate calcium intake and regular exercise. Follow up with your healthcare provider for routine monitoring and discuss any concerns.