

# India's trusted Health Test @Home Service

National Reference Laboratory in Delhi NCR



Booking ID : 11776994263

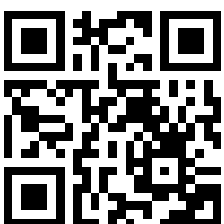
Sample Collection Date : 27/Sep/2024

**Rimghim**

Female, 25 Yrs

## A Comprehensive Health Analysis Report

AI Based Personalized Report for You



**INDIA'S FIRST & ONLY CREDIBILITY CHECK FOR YOUR LAB REPORT**

Check the authenticity of your lab report with machine data

*Scan the QR using any QR code scanner*


Patient Name	: Rimghim	Barcode	: A0230395
Age/Gender	: 25Y OM OD /Female	Sample Collected On	: 27/Sep/2024 07:01AM
Order Id	: 11776994263	Sample Received On	: 27/Sep/2024 11:42AM
Referred By	: Self	Report Generated On	: 27/Sep/2024 01:50PM
Customer Since	: 27/Sep/2024	Sample Temperature	: Maintained ✓
Sample Type	: URINE	ReportStatus	: Final Report

## DEPARTMENT OF CLINICAL PATHOLOGY


Test Name	Value	Unit	Bio. Ref Interval
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### Urine Routine & Microscopy Extended


#### PHYSICAL EXAMINATION


 Colour	Pale Yellow		Pale Yellow
Method: Physical measurement cell Machine: LABUMAT & URISED			


 Volume	15.00	mL	
Method: Visual			


 Appearance	Clear		Clear
Method: Physical measurement cell Machine: LABUMAT & URISED			


#### CHEMICAL EXAMINATION


 Specific Gravity	1.025		1.001 - 1.030
Method: Physical measurement cell Machine: LABUMAT & URISED			

 pH	5.5		4.5 - 7.5
Method: Acid-base indicator method Machine: LABUMAT & URISED			

 Glucose	Negative		Negative
Method: Glucose oxidase enzyme reaction Machine: LABUMAT & URISED			

 Urine Protein	Negative		Negative
Method: Protein error method Machine: LABUMAT & URISED			

 Ketones	Negative		Negative
Method: Sodium nitroprusside Machine: LABUMAT & URISED			

 Urobilinogen	Normal		Normal
Method: Diazonium salt Machine: LABUMAT & URISED			

 Bilirubin	Negative		Negative
Method: Azo reaction Machine: LABUMAT & URISED			

 Nitrite	Negative		Negative
Method: Griess method Machine: LABUMAT & URISED			

 Blood	Negative		Negative
Method: Pseudoperoxidative Activity			

*S. U. Agarwal*

DR. SAKESH AGARWAL  
MBBS, DCP, HEALTHIANS LABS



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Machine: LABUMAT & URISED

Leucocyte Esterase	Negative		Negative
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Method: diazonium salt

Machine: LABUMAT & URISED

### MICROSCOPIC EXAMINATION

Pus Cells	1-2	/HPF	0 - 5
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Method: Microscopic Examination

Epithelial cells	1-2	/HPF	0 - 5
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Method: Microscopic Examination

RBCs	Nil	/HPF	Nil
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Method: Microscopic Examination

Casts	Nil		Nil
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Method: Microscopic Examination

Crystals	Nil		Nil
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Method: Microscopic Examination

Bacteria	Absent		Absent
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Method: Microscopic Examination

Yeast Cell	Absent		
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Others (Non Specific)	Nil		
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Method: Direct & Concentration technique /Microscopy

The main indication for testing for glucose in urine is detection of unsuspected diabetes mellitus or follow-up of known diabetic patients. Renal glycosuria accounts for 5% of cases of glycosuria in general population.

Proteinuria can be seen in nephrotic syndrome, pyelonephritis, heavy metal poisoning, tuberculosis of kidney, interstitial nephritis, cystinosis, Fanconi syndrome, rejection of kidney transplant. Hemodynamic proteinuria is transient and can be seen in high fever, hypertension, heavy exercise, congestive cardiac failure, seizures, and exposure to cold. Post-renal proteinuria is caused by inflammatory or neoplastic conditions in renal pelvis, ureter, bladder, prostate, or urethra.

Ketonuria can be seen in uncontrolled Diabetes mellitus with ketoacidosis, Glycogen storage disorder, starvation, persistent vomiting in children, weight reduction program, fever in children, severe thyrotoxicosis, pregnancy and protein calorie malnutrition.

Presence of bilirubin in urine indicates conjugated hyperbilirubinemia (obstructive or hepatocellular jaundice). Bile salts along with bilirubin can be detected in urine in cases of obstructive jaundice. Normally about 0.5-4 mg of urobilinogen is excreted in urine in 24 hours. Therefore, a small amount of urobilinogen is normally detectable in urine. Increased urobilinogen in urine can be seen due to hemolysis, megaloblastic anemia and haemorrhage in tissues. Decreased urobilinogen can be seen in obstructive jaundice, reduction of intestinal bacterial flora, neonates and following antibiotic treatment. The presence of abnormal number of intact red blood cells in urine is called as hematuria. It implies presence of a bleeding lesion in the urinary tract. Hematuria can be seen in glomerular diseases like Glomerulonephritis, Berger's disease, lupus nephritis, Henoch-Schonlein purpura, non glomerular diseases like Calculus, tumor, infection, tuberculosis, pyelonephritis, hydronephrosis, polycystic kidney disease, trauma, after strenuous physical exercise, diseases of prostate (benign hyperplasia of prostate, carcinoma of prostate).

Nitrites are not present in normal urine. Ingested nitrites are converted to nitrate and excreted

in urine. If gram-negative bacteria (e.g. E.coli, Salmonella, Proteus, Klebsiella, etc.) are present in urine, they will reduce the nitrates to nitrites through the action of bacterial enzyme nitrate reductase. As E. coli is the commonest organism causing urinary tract infection, this test is helpful as a screening test for urinary tract infection.

Some organisms like Staphylococci or Pseudomonas do not reduce nitrate to nitrite and therefore in such infections nitrite test is negative.

Leucocyte esterase test detects esterase enzyme released in urine from granules of leucocytes. Thus the test is positive in pyuria.

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\*\*\* End Of Report \*\*\*



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### Terms & Conditions:

- 1) Machine Data is available for last 7 days only. In case of manual testing & outsourced testing, machine data will not be available.
- 2) CBC parameters may vary when it is manually reviewed by the Pathologists.
- 3) **For Thyroid tests** - Circulating TSH shows a normal circadian rhythm with a peak between 11pm-5am and a nadir between 5pm-8pm. TSH values are also lowered after food when compared to fasting in a statistically significant manner. This variation is of the order of  $\pm 50\%$ , hence time of day and fasting status have influence on the reported TSH level.
- 4) **For Lipid profile** - Lipid and Lipoprotein concentrations vary during the normal course of daily activity. Also, certain drugs, diet and alcohol can have lasting effects on Triglyceride levels. To obtain best results for Lipid testing, a strict fasting of 10-12 hours with a light meal on the previous night is recommended.
- 5) Test results released pertain to the specimen submitted.
- 6) Test results are dependent on the quality of the sample received by the Lab.
- 7) The tests are carried out in the lab with the presumption that the specimen belongs to the patient named or identified in the bill/test request form/booking ID.
- 8) The reported results are for information and are subject to confirmation and interpretation by the referring doctor to co-relate clinically.
- 9) Test results may show interlaboratory variations.
- 10) Liability of Healthians for deficiency of services or other errors and omissions shall be limited to the fee paid by the patient for the relevant laboratory services.
- 11) This report is not subject to use for any medico-legal purposes.
- 12) Few of the tests might be outsourced to partner labs as and when required.
- 13) This report is not intended to replace but to lead by providing comprehensive information. It is recommended that you consult your doctor/physician for interpretation of results.
- 14) All reports might not be applicable for individuals less than 18, pregnant women or individuals suffering from diseases for which health test has not been performed or symptoms not diagnosed.
- 15) This report is based on preventive health test screening and is meant for a healthy lifestyle. It does not provide any recommendation for life threatening situations.
- 16) It is strongly recommended to take required precautions for allergic reactions or sensitivities.
- 17) Authorised partner labs as mentioned for certain tests are as below:  
HL/PL/001- Metropolis Healthcare Ltd  
HL/PL/002- Thyrocare technologies Limited  
HL/PL/003- Lifecell International Pvt. Ltd. - Laboratory Services  
HL/PL/004- Modern Diagnostic & Research Centre

### About Healthians Labs

## How we control Report Accuracy at Healthians



#### Quality Control

We follow Quality control to ensure both **precision & accuracy** of patient results.



#### Machine Data

We save patient's result values **directly from machines** ensuring no manipulations & no fake values.



#### QR Code

QR Code based authenticity check on all its reports



#### Calibration

We make use of calibrators to evaluate the **precision & accuracy** of measurement equipment.



#### Equipment

Our Labs are equipped with state-of-the-art instruments with **cutting edge technology** to provide faster & reliable results.



#### EQA

Our Labs participate in EQA & show proven accuracy by checking **laboratory performance** through external agency or facility.

## Health Advisory

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RECOMMENDED  
FUTURE  
TESTS

**SUGGESTED FUTURE TESTS**

- Thyroid Profile-Total (T3, T4 & TSH Ultra-sensitive) - **Every 1 Month**
- Vitamin D Total-25 Hydroxy - **Every 2 Month**
- Calcium Total, Serum - **Every 2 Month**
- Complete Blood Count - **Every 2 Month**
- Vitamin B12 - **Every 2 Month**
- Folic Acid - **Every 2 Month**

**EVERYTHING LOOKS GOOD!**

As per your test results, We would recommend you to regularly take preventive health checkups for well-being.

### HEALTH ADVISORY

### Suggestions for Health & Well-being

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## PHYSICAL ACTIVITY

### PHYSICAL ACTIVITY

Physical activities can vary from Regular walks (Brisk or normal), Jogging , Sports, Stretching, Yoga to light weight lifting etc. It is recommended to partake in physical activity at least 30 minutes a day for 3-4 days a week. If regular workout is difficult, then we can adapt changes such as using stairs instead of lift/escalators and doing household work!



### BALANCED DIET

A balanced diet is the key to healthy lifestyle. Include Whole grains, vegetables, whole fruits, nuts, seeds, beans, plant oils in your diet. It is recommended to always have a high protein breakfast and a light dinner. Avoid items such as processed foods, potatoes and high calorie/sugar products. Don't forget to drink water regularly!

## BALANCED DIET

## STRESS MANAGEMENT

### STRESS MANAGEMENT

Managing stress is an essential part of well-being. Some day to day changes can help such as having sufficient sleep (6-8 hours), indulging yourself in meditation, positive attitude towards lifestyle, using humor, traveling, talking to people whom you feel comfortable with and making time for hobbies by doing what you love to do.



### BMI

BMI recommended range is 18.5 to 24.9. Your BMI is **29.35**, which is on a higher side. Please fill your Health Karma to know your BMI results as BMI for your body helps prevent many untimely diseases and goes a long way.

#### BMI CHART

UNDERWEIGHT	NORMAL	OVERWEIGHT	OBSE
Less than 18.5	Between 18.5 - 24.9	Between 25.0 - 29.9	More than 30
*****	*****	*****	*****

## BMI

### Supplement Suggestions

Rimghim

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In order to fulfill the gaps in nutrition and promote a healthier body we suggest you the following supplements mentioned in the table below:

### Suggestions for Improving Deficiencies



#### IMMUNO-PLUS

Give your immunity a boost the all-natural way.

IMMUNO-PLUS is the perfect all-natural herbal supplement to boost your immune system and strengthens your body's defenses against diseases and infections. IMMUNO-PLUS provides your immune system the necessary reinforcement to keep you safe and healthy.

A weakened immune system opens you to a host of illnesses, such as:

- Recurring Infections
- Heightened Risk of Cancer
- Autoimmune Disorders
- Slow Growth Rate
- Serious Damage to the Heart, Lungs, Digestive Tract & the Nervous System

Infused with the ages-proven goodness of all-natural ingredients, IMMUNO-PLUS is the perfect supplement to strengthen your immune system without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in IMMUNO-PLUS present the following benefits:

#### Amla

Boosts immunity & Stores antioxidants

#### Jetwatika

Antioxidant properties strengthen the immune system

#### Aloe Vera

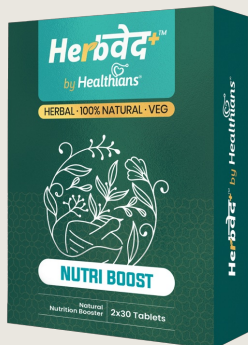
Fights against oxygenated rogue molecules in the blood

#### Ashwagandha

Reinforces the immune system to increase its fighting ability

#### Ginger

Anti-inflammatory & antioxidant effects reinforce the immune system



#### NUTRI-BOOST

Make-up for your missing nutrition the all-natural way!

NUTRI-BOOST is a scientifically formulated and clinically proven all-natural supplement that provides you with essential nutrients that might be missing from your daily diet. With NUTRI-BOOST, give your body the richness of all-natural nutrients and get all the energy you need to keep active throughout the day.

A lack of essential nutrients can lead to serious deficiencies which lead to serious health consequences. Some of the common deficiencies include:

- Iron Deficiency
- Iodine Deficiency
- Vitamin D Deficiency
- Calcium Deficiency
- Vitamin B12 deficiency

Infused with the ages-proven goodness of all-natural ingredients, NUTRI-BOOST is the perfect supplement to fill in the gap of vital nutrients for your body, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in NUTRI-BOOST present the following benefits:

#### Indian Khajoor

Promotes brain and heart health

#### Shatavari

Anti-oxidant properties boost the immune system.

#### Amla

Aids in digestion, and promotes heart & liver health

#### Wheat

Aids in weight control reduces the risk of heart ailments and provides energy

#### Jetwatika

Prevents cell damage to keep optimum body functionality