

## Report Information

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Organization:	Muaina Diagnostic Lab
Classification:	NORMAL
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## AI Analysis Summary

Complete hepatitis screening panel shows negative results for both Hepatitis B and C infections.

This serological report shows comprehensive hepatitis screening results for a 40-year-old female patient. The Anti HCV test value of 0.09 is well below the cut-off value of 1.00, indicating no evidence of Hepatitis C virus infection. Similarly, the HBsAg test value of 0.26 is also well below the cut-off of 1.00, confirming absence of active Hepatitis B infection. Both tests were performed using the reliable CMIA technique, which provides high accuracy and sensitivity for hepatitis screening. These results indicate the patient is not currently infected with either Hepatitis B or C viruses.

## Key Findings

### [INFO] Serology - Hepatitis Screening

Anti HCV test result: 0.09 (Non Reactive, Normal < 1.00)

### [INFO] Serology - Hepatitis Screening

HBsAg test result: 0.26 (Non Reactive, Normal < 1.00)

### [INFO] Test Methodology

Tests performed using CMIA (Chemiluminescent Microparticle Immuno Assay) technique

**DISCLAIMER:** This AI-generated analysis is for informational purposes only and should not replace professional medical advice. Always consult with qualified healthcare providers for diagnosis and treatment decisions.

# MUAINA

## Patient-Friendly Interpretation

### Medical Condition

#### Healthy Status

No hepatitis infection detected, indicating good liver health and immune system status

Severity: MILD | ICD Code: Z00.00

### What This Means

Your hepatitis screening tests show excellent results - you are completely free from both Hepatitis B and C infections. This is great news for your liver health and overall well-being.

### Important Precautions

- Continue practicing safe hygiene to prevent future hepatitis exposure
- Use sterile medical equipment and avoid sharing personal items like razors or toothbrushes
- Be cautious with blood transfusions and ensure they are from screened donors
- Practice safe food handling and avoid contaminated water sources

### Diet Recommendations

- Maintain a liver-healthy diet rich in fruits, vegetables, and whole grains
- Include foods high in antioxidants like berries, leafy greens, and nuts
- Limit processed foods, excessive sugar, and trans fats
- Stay well hydrated with 8-10 glasses of water daily
- Consider liver-supporting foods like turmeric, garlic, and green tea

### Consultation Information

**Follow-up:** Annual health checkup recommended

**How to Book:** Schedule routine wellness consultation with a nutritionist for optimal health maintenance

**Priority:** ROUTINE

### Do's and Don'ts

#### Things to Do:

- ✓ Maintain good personal hygiene practices
- ✓ Follow a balanced, liver-friendly diet
- ✓ Stay physically active with regular exercise
- ✓ Get adequate sleep (7-8 hours daily)
- ✓ Keep up with routine health screenings

#### Things to Avoid:

- ✗ Don't share personal hygiene items like razors or toothbrushes

- ✗ Avoid excessive alcohol consumption
- ✗ Don't ignore symptoms of fatigue, jaundice, or abdominal pain
- ✗ Avoid unprotected exposure to potentially contaminated blood or bodily fluids

### ***Lifestyle Changes***

- Engage in regular moderate exercise like walking, swimming, or yoga
- Practice stress management through meditation or relaxation techniques
- Maintain a regular sleep schedule for optimal immune function
- Consider joining wellness programs for continued health education

This interpretation is designed to help you understand your results in simple terms. It is NOT a substitute for professional medical advice. Please discuss these findings with your healthcare provider.

# MUAINA

## Recommended Healthcare Providers

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### *Suggested Doctors*

#### **Ms. Fatima Sheikh**

Clinical Nutritionist - M.Sc Nutrition, RD, Certified Wellness Coach

Location: Karachi, Lahore, Islamabad

Availability: Monday to Saturday, 9 AM - 5 PM

Contact: WhatsApp booking available

Fee: PKR 2,000 - 3,500

#### **Ms. Ayesha Malik**

Dietitian & Lifestyle Consultant - M.Phil Food & Nutrition, RD

Location: Major cities across Pakistan

Availability: Tuesday to Sunday, 10 AM - 6 PM

Contact: Online and in-person consultations

Fee: PKR 2,500 - 4,000

### *Specialist Consultations Recommended*

#### **Clinical Nutritionist (ROUTINE)**

For optimal dietary planning and preventive health maintenance

#### **General Physician (ROUTINE)**

For annual comprehensive health checkup and wellness monitoring

The suggested doctors are recommendations based on your medical needs. Availability and fees may vary. Please contact the healthcare provider directly to confirm appointment details.