

# Medical Report Summary

## Extracted Values:

FBS: 142

PPBS: 215

HbA1c: 7.1

**Risk Level: High Risk**

## Suggestions:

- High FBS: Avoid refined carbs, walk daily, drink fenugreek water.
- High PPBS: Avoid fruit juice, prefer green salads before meals.
- Diabetic HbA1c: Low-GI diet, split meals, consult doctor.