

BODY MEASUREMENTS



PATIENT	DATE	20-12-2019	CENTER : GURGAON
Ps	REF. BY	Arun Garg	
Male, undefined years old	LAB ID	10001910579	

BMI AND BP

Mass Index (BMI)

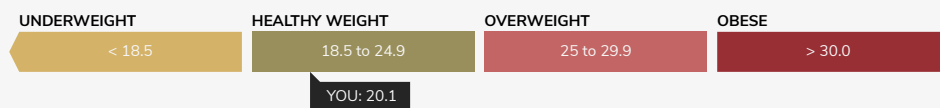
Your BMI is a measurement of your body weight based on your height and weight. Although it doesn't actually "measure" your percentage of body fat, it is useful to estimate a healthy body weight.

Blood Pressure

Your BP is the force of blood against the walls of your arteries. It rises during heartbeats and falls in between heartbeats. If your BP is high, it is putting extra strain on your arteries and on your heart.

YOUR RESULTS

BMI : 20.1



Your Details



WEIGHT: 68



HEIGHT: 1.84

Some Tips to take care of your Liver

Avoid excess alcohol

Alcoholic beverages destroy and scar your liver cells. If you drink, drink in moderation.

Exercise Regularly

This will help you use up your triglycerides and keep your liver healthy.