

# India's largest Health Test @Home Service

India's Most Awarded Healthcare Brand



Booking ID : 4902860201

**Niharika Ambojipet**

Female, 24 Years

## 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 or alternatively follow below steps :



Go to [bit.ly/verifyqr](https://bit.ly/verifyqr) on your mobile



Scan the QR Code

Niharika Ambojipet | Booking ID : 4902860201

## Healthians Smart Report

A Self explanatory Health Diagnostics Report

Healthians Smart report is **India's most innovative** and easy to understand report that describes all information in an intuitive way required for **better health & lifestyle** of customers

Below are the sections which depict what you can expect from this report , how you can read this report and use it for your well-being.

### 1. Health Analysis

This section summarizes your test results, your critical health parameters and on basis of them where you should draw your attention to. This has been determined by lab results & health karma questions which you answered regarding your lifestyle.



### 2. Historical Charts

These charts are a way to measure and keep a track of how your health has progressed over time. We depict important parameters here and depending on your test history, the charts describe rise and fall of your health metrics.



### 3. Lab Test Results

Comprehensive test results generated through use of latest technology and quality checks by health experts. This section provides an exhaustive view of which tests you have taken, ideal result and your actual result with highlighted focus points.



### 4. Health Advisory

An Advisory section suggesting what modifications to bring in your nutrition & lifestyle, recommendations on your BMI along with regular tests and further consultations to pursue for a healthier future.



### 5. General Recommendations

Brief view of general preventive test recommendations categorized by age groups. Refer this section to know at what age, which tests are necessary and at what frequency they should be booked.



#### Disclaimer:

- 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.
- 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.
- 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.
- It is strongly recommended to take required precautions for allergic reactions or sensitivities.

### HEALTH ANALYSIS

## Personalized Summary & Vital Parameters

Niharika Ambojipet  
Booking ID : 4902860201

Niharika Ambojipet,

Congratulations, We have successfully completed your health diagnosis. This is a big step towards staying on top of your health and identify potential to improve!

### 10 Vital Health Parameters of a Human Body Ecosystem

Below are the health parameters which require routine checkups for primary healthcare. The view also includes *personalised information* depending on the tests you have taken.

#### Comorbidities: Yes

\* Adults of any age with Comorbidities are at increased risk of severe illness from the virus that causes COVID-19.



#### Your Health Score

86  
Out of 100

\*Calculated from test reports



#### Thyroid Function

Thyroid Stimulating Hormone (TSH) - Ultrasensit : 4.9890  $\mu$ IU/ml

● Concern



#### Cholesterol Total

159 mg/dl  
● Everything looks good



#### Kidney Function

Serum Creatinine : 0.44 mg/dl  
● Concern



#### Vitamin D

Test not taken



#### HbA1c

Test not taken



#### Vitamin B12

Test not taken



#### Liver Function

Alanine Aminotransferase (ALT/SGPT) : 28.10 U/L  
● Everything looks good



#### Calcium Total

9.1 mg/dl  
● Everything looks good



#### Iron studies

Test not taken



#### Complete Hemogram

Haemoglobin (HB) : 10.2 g/dl  
● Concern



### HEALTH ANALYSIS

### Critical Parameters

Niharika Ambojipet  
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We have observed that the below given critical parameters have shown out of range results, which can have negative impact on your health.

#### Creatinine, Serum

Creatinine is a chemical waste in your blood, produced from muscle metabolism and excess meat consumption. It is normally removed from your blood by your kidneys, but when kidney function slows down, the creatinine level rises. The Creatinine Serum test is hence required to monitor kidney functions.

##### Impact on overall health?

This test assess your kidney function, determines your risk of kidney damage and renal complications of high blood pressure or diabetes.

##### How to improve health conditions?

In case of high creatinine levels, consult a doctor for clinical evaluation and discuss further tests. It is often advisable to reduce protein intake and avoid strenuous exercises.

Your Result Value

↓ **0.44** mg/dl

Concern

Normal Value

● **0.51-0.95 mg/dl**

### HEALTH ANALYSIS

### HISTORICAL CHARTS

Niharika Ambojipet  
Booking ID : 4902860201

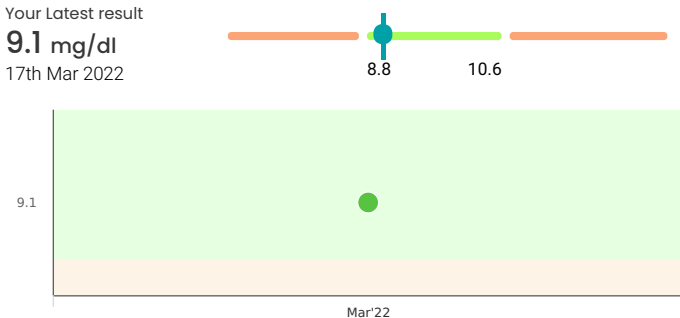
#### Calcium Total, Serum

Your Latest result

**9.1 mg/dl**

17th Mar 2022

Everything looks good



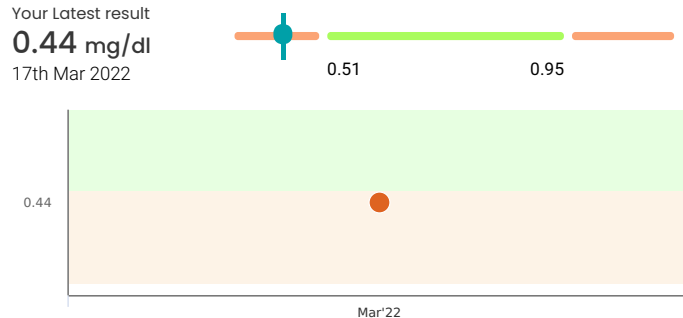
#### Creatinine, Serum

Your Latest result

**0.44 mg/dl**

17th Mar 2022

Borderline Result



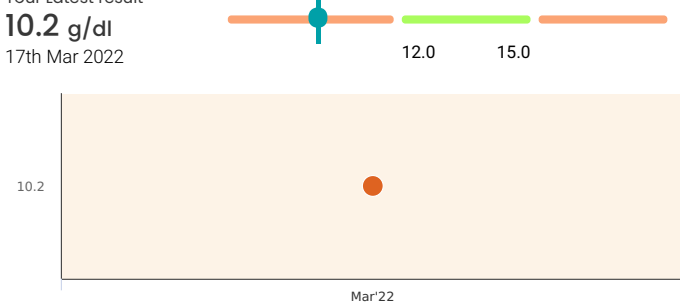
#### Hemoglobin Hb

Your Latest result

**10.2 g/dl**

17th Mar 2022

Concern



#### TSH Ultra - Sensitive

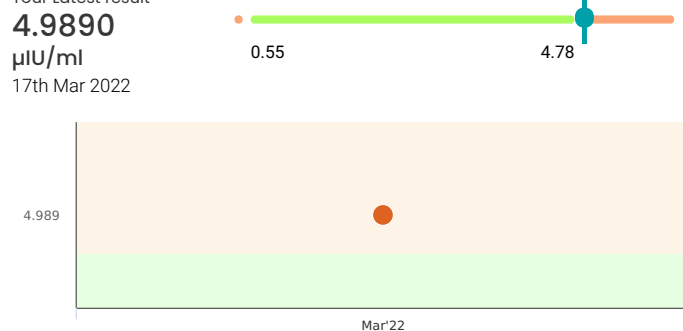
Your Latest result

**4.9890**

$\mu\text{IU/ml}$

17th Mar 2022

Borderline Result



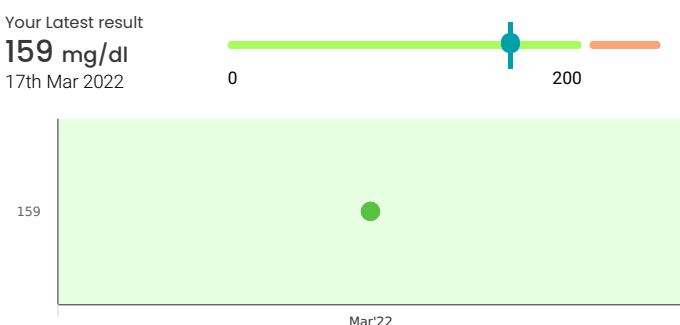
#### Cholesterol-Total, Serum

Your Latest result

**159 mg/dl**

17th Mar 2022

Everything looks good



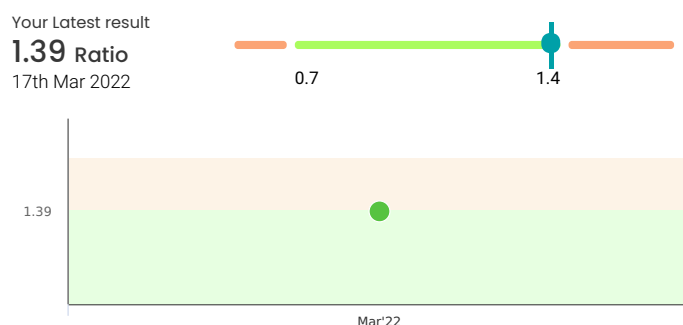
#### SGOT/SGPT Ratio

Your Latest result

**1.39 Ratio**


17th Mar 2022

Everything looks good



KEEP WATCHING  
THIS SPACE FOR MORE  
GRAPHICAL REPORTS

KEEP WATCHING  
THIS SPACE FOR MORE  
GRAPHICAL REPORTS

Patient Name	: Niharika Ambojipet 4902860201	Barcode	: H5502083 
Age/Gender	: 24/Female	Sample Collected On	: 17/Mar/2022 07:33AM
Order Id	: 4902860201	Sample Received On	: 17/Mar/2022 11:53AM
Referred By	: Self	Report Generated On	: 17/Mar/2022 12:25PM
Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓
Sample Type	: Flouride Plasma	Report Status	: Final Report

## DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
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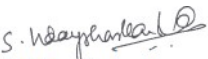
### Fasting Blood Sugar

Glucose, Fasting	99.5	mg/dl	70-100
Method: Hexokinase			

#### American Diabetes Association Reference Range :

Normal : < 100 mg/dl  
 Impaired fasting glucose(Prediabetes) : 100 - 126 mg/dl  
 Diabetes : >= 126 mg/dl


Conditions that can result in an elevated blood glucose level include: Acromegaly, Acute stress (response to trauma, heart attack, and stroke for instance), Chronic kidney disease, Cushing syndrome, Excessive consumption of food, Hyperthyroidism, Pancreatitis  
 A low level of glucose may indicate hypoglycemia, a condition characterized by a drop in blood glucose to a level where first it causes nervous system symptoms (sweating, palpitations, hunger, trembling, and anxiety), then begins to affect the brain (causing confusion, hallucinations, blurred vision, and sometimes even coma and death). A low blood glucose level (hypoglycemia) may be seen with: Adrenal insufficiency, Drinking excessive alcohol, Severe liver disease, Hypopituitarism, Hypothyroidism, Severe infections, Severe heart failure, Chronic kidney (renal) failure, Insulin overdose, Tumors that produce insulin (insulinomas), Starvation.

  
**Dr S. UdayaBhaskar Rao**  
 Consultant Pathologist



SIN No: H5502083



Patient Name	: Niharika Ambojipet 4902860201	Barcode	: H5502083	
Age/Gender	: 24/Female	Sample Collected On	: 17/Mar/2022 07:33AM	
Order Id	: 4902860201	Sample Received On	: 17/Mar/2022 11:53AM	
Referred By	: Self	Report Generated On	: 17/Mar/2022 02:02PM	
Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Final Report	

## DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
<b>Lipid Profile</b>			
Total Cholesterol Method: Enzymatic	159	mg/dl	Desirable : <200 Borderline: 200-239 High : >=240
Serum Triglycerides Method: Enzymatic	55	mg/dl	Desirable : <150 Borderline high : 150-199 High : 200-499 Very high : > 500
Serum HDL Cholesterol Method: Enzymatic immuno inhibition	58.1	mg/dl	40 - 59
Serum LDL Cholesterol Method: Enzymatic	85.5	mg/dl	Optimal : <100 near /above Optimal:100 - 129 Borderline High:130 - 159 High : 160 - 189 Very High :>=190
Serum VLDL Cholesterol Method: Calculated	11.0	mg/dl	06 - 30
Total CHOL / HDL Cholesterol Ratio Method: Calculated	2.73	Ratio	3.30 - 4.40
LDL / HDL Cholesterol Ratio Method: Calculated	1.47	Ratio	Desirable/Low Risk: 0.5-3.0 Line/Moderate Risk: 3.0-6.0 Elevated/High Risk: >6.0
HDL / LDL Cholesterol Ratio	0.68	Ratio	Desirable/Low Risk : 0.5 - 3.0 Border Line/Moderate Risk : 3.0 - 6.0 Elevated/High Risk: > 6.0
Non-HDL Cholesterol Method: Calculated	100.5	mg/dl	0.0 - 160.0

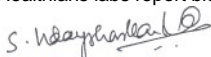
Dyslipidemia is a disorder of fat or lipoprotein metabolism in the body and includes lipoprotein overproduction or deficiency. Dyslipidemias means increase in the level of one or more of the following:

Total Cholesterol

The "bad" cholesterol or low density lipoprotein (LDL) and/or triglyceride concentrations. Dyslipidemia also includes a decrease in the "good" cholesterol or high-density lipoprotein (HDL) concentration in the blood.

Lipid level assessments must be made following 9 to 12 hours of fasting, otherwise assay results might lead to erroneous interpretation.


Healthians labs report biological reference intervals (normal ranges) in accordance to the recommendations of The National Cholesterol Education Program (NCEP)



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Consultant Pathologist




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Referred By	: Self	Report Generated On	: 17/Mar/2022 02:02PM
Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓
Sample Type	: SERUM	Report Status	: Final Report

## DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
<p>&amp; Adult Treatment Panel IV (ATP IV) Guidelines providing the most desirable targets of various circulating lipid fractions in the blood. NCEP recommends that all adults above 20 years of age must be screened for abnormal lipid levels.</p> <p>*NCEP recommends the assessment of 3 different samples drawn at intervals of 1 week for harmonizing biological variables that might be encountered in single assays. Hence a single result of Lipid Profile may not be adequate for clinical decision making. Healthians' counselling team will reach you shortly to explain implications of your report. You may reach out to customer support helpline as well.</p> <p>*NCEP recommends lowering of LDL Cholesterol as the primary therapeutic target with lipid lowering agents, however, if triglycerides remain &gt;200 mg/dL after LDL goal is reached, set secondary goal for non-HDL cholesterol (total minus HDL) 30 mg/dL higher than LDL goal.</p> <p>*High Triglyceride and low HDL levels are independent risk factors for Coronary Heart disease and requires further clinical consultation.</p> <p>*Healthians lab performs direct LDL measurement which is more appropriate and may vary from other lab reports which provide calculated LDL values.</p>			





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Consultant Pathologist



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Referred By	: Self	Report Generated On	: 17/Mar/2022 02:02PM
Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained 
Sample Type	: Serum	Report Status	: Final Report

## DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
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### Liver Function Test (LFT)

Serum Bilirubin, (Total) Method: Diazo	0.68	mg/dl	0.3 - 1.2
Serum Bilirubin, (Direct) Method: Diazo	0.17	mg/dl	0.0 - 0.2
Serum Bilirubin, (Indirect) Method: Calculated	0.51	mg/dl	0.0 - 0.8
Aspartate Aminotransferase (AST/SGOT) Method: IFCC	<b>39.1</b>	U/L	< 35
Alanine Aminotransferase (ALT/SGPT) Method: IFCC	28.10	U/L	< 35
Alkaline Phosphatase (ALP) Method: IFCC AMP Buffer	54.70	U/L	43 - 115
Gamma Glutamyl Transferase (GGT) Method: IFCC	19.6	U/L	< 38
Serum Total Protein Method: Biuret	7.03	gm/dl	6.6 - 8.3
Serum Albumin Method: Bromo Cresol Green (BCG)	4.20	g/dl	3.5 - 5.2
Serum Globulin Method: Calculated	<b>2.83</b>	gm/dl	3.0 - 4.2
Albumin/Globulin Ratio Method: Calculated	1.48	Ratio	1.2 - 2.5
SGOT/SGPT Ratio Method: Calculated	1.39	Ratio	0.7 - 1.4

Bilirubin is a yellowish pigment found in bile and is a breakdown product of normal heme catabolism. Elevated levels results from increased bilirubin production (eg hemolysis and ineffective erythropoiesis); decreased bilirubin excretion (eg; obstruction and hepatitis); and abnormal bilirubin metabolism (eg; hereditary and neonatal jaundice). Conjugated (direct) bilirubin is elevated more than unconjugated (indirect) bilirubin in viral hepatitis; drug reactions, alcoholic liver disease conjugated (direct) bilirubin is also elevated more than unconjugated (indirect) bilirubin when there is some kind of blockage of the bile ducts like in Gallstones getting into the bile ducts tumors & Scarring of the bile ducts. Increased unconjugated (indirect) bilirubin may be a result of hemolytic or pernicious anemia, transfusion reaction & a common metabolic condition termed Gilbert syndrome.


AST levels increase in viral hepatitis, blockage of the bile duct, cirrhosis of the liver, liver cancer, kidney failure, hemolytic anemia, pancreatitis, hemochromatosis. Ast levels may also increase after a heart attack or strenuous activity. ALT is commonly measured as a part of a diagnostic evaluation of hepatocellular injury, to determine liver health. Elevated ALP levels are seen in Biliary Obstruction, Osteoblastic Bone Tumors, Osteomalacia, Hepatitis, Hyperparathyroidism, Leukemia, Lymphoma, Paget's disease, Rickets, Sarcoidosis etc.

Elevated serum GGT activity can be found in diseases of the liver, Biliary system and pancreas. Conditions that increase serum GGT are obstructive liver disease, high alcohol consumption and use of enzyme-including drugs etc.

  
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Consultant Pathologist



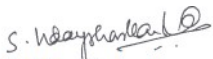
SIN No: H5502083

Patient Name	: Niharika Ambojipet 4902860201	Barcode	: H5502083 
Age/Gender	: 24/Female	Sample Collected On	: 17/Mar/2022 07:33AM
Order Id	: 4902860201	Sample Received On	: 17/Mar/2022 11:53AM
Referred By	: Self	Report Generated On	: 17/Mar/2022 02:02PM
Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓
Sample Type	: Serum	Report Status	: Final Report

## DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
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Serum total protein, also known as total protein, is a biochemical test for measuring the total amount of protein in serum..Protein in the plasma is made up of albumin and globulin. Higher-than-normal levels may be due to: Chronic inflammation or infection, including HIV and hepatitis B or C, Multiple myeloma,Waldenstrom's disease. Lower-than-normal levels may be due to: Agammaglobulinemia, Bleeding (hemorrhage), Burns, Glomerulonephritis, Liver disease, Malabsorption, Malnutrition, Nephrotic - Human serum albumin is the most abundant protein in human blood plasma. It is produced in the liver.Albumin constitutes about half of the blood serum protein. Low blood albumin levels (hypoalbuminemia) can be caused by: Liver disease like cirrhosis of the liver, nephrotic syndrome, protein-losing enteropathy, Burns, hemodilution, increased vascular permeability or decreased lymphatic clearance, malnutrition and wasting etc.



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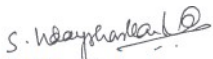


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Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓
Sample Type	: SERUM	Report Status	: Final Report

## DEPARTMENT OF BIOCHEMISTRY


Test Name	Value	Unit	Bio. Ref Interval
<b>Kidney Function Test1 (KFT1)</b>			
Serum Creatinine	<b>0.44</b>	mg/dl	0.51-0.95
Method: Jaffes Kinetic			
Serum Uric Acid	4.5	mg/dl	2.6-6.0
Method: Uricase			
Serum Calcium	9.1	mg/dl	8.8 - 10.6
Method: Arsenazo			
Serum Phosphorus	3.4	mg/dl	2.5 - 4.5
Method: Phosphomolybdate complex			
Serum Sodium	138	mmol/L	136 - 146
Method: ISE (Indirect)			
Serum Chloride	106	mmol/L	101 - 109
Method: ISE (Indirect)			
Blood Urea	23	mg/dl	17-43
Method: Urease			
Blood Urea Nitrogen (BUN)	10.7	mg/dl	8-20
Method: Calculated			
Bun/Creatinine Ratio	24.32	Ratio	
Method: Calculated			
Urea/Creatinine Ratio	52.05	Ratio	
Method: Calculated			



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Consultant Pathologist



SIN No:H5502083

Patient Name	: Niharika Ambojipet 4902860201	Barcode	: H5502083	
Age/Gender	: 24/Female	Sample Collected On	: 17/Mar/2022 07:33AM	
Order Id	: 4902860201	Sample Received On	: 17/Mar/2022 11:53AM	
Referred By	: Self	Report Generated On	: 17/Mar/2022 06:10PM	
Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓	
Sample Type	: URINE	Report Status	: 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: Visual

Volume 30.00 mL

Method: Visual

Appearance Clear Clear

Method: Visual

#### CHEMICAL EXAMINATION

Specific Gravity 1.005 1.001 - 1.035

Method: Dipstick-Ion exchange

pH 6.0 4.5 - 7.5

Method: Dipstick-Double indicator

Glucose Negative Negative

Method: Dipstick-oxidase peroxidase

Urine Protein Negative Negative

Method: Dipstick-Bromophenol blue

Ketones Negative Negative

Method: Sodium nitroprusside

Urobilinogen Normal Normal

Method: Dipstick-Ehrlichs Test

Bilirubin Negative Negative

Method: Dipstick-Ehrlichs Test

Nitrite Negative Negative

Method: Dipstick-Griess test

Blood Negative Nil

Method: Dipstick-Peroxidase

Leucocyte Esterase Negative Nil

Method: Dipstick- Esterase

#### MICROSCOPIC EXAMINATION

Pus Cells 2-4 /HPF 0 - 5

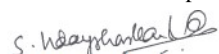
Method: Microscopic Examination

Epithelial cells 3-5 /HPF 0 - 5

Method: Microscopic Examination

RBCs Nil /HPF Nil


Method: Microscopic Examination



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Referred By	: Self	Report Generated On	: 17/Mar/2022 06:10PM	
Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓	
Sample Type	: URINE	Report Status	: Final Report	

## DEPARTMENT OF CLINICAL PATHOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Casts	Nil		Nil
Method: Microscopic Examination			
Crystals	Nil		Nil
Method: Microscopic Examination			
Bacteria	Absent		Absent
Method: Microscopic Examination			
Yeast Cell	Absent		



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Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓
Sample Type	: Whole Blood EDTA	Report Status	: Final Report

## DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
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### Complete Haemogram

Haemoglobin (HB)	10.2	g/dl	12.0-15.0
Method: Photometric Measurement			
Total Leucocyte Count (TLC)	6.4	10 <sup>3</sup> /uL	4.0-10.0
Method: Coulter Principle			
Hematocrit (PCV)	31.3	%	36.0-46.0
Method: Calculated			
Red Blood Cell Count (RBC)	5.20	millions/cumm	3.80-4.80
Method: Coulter Principle			
Mean Corp Volume (MCV)	59.9	FL	83.0-101.0
Method: Derived from RBC Histogram			
Mean Corp Hb (MCH)	19.5	pg	24.0-30.0
Method: Calculated			
Mean Corp Hb Conc (MCHC)	32.6	gm%	31.5-34.5
Method: Calculated			
RDW - CV	17.3	%	12.3-14.0
Method: Derived from RBC Histogram			
RDW - SD	36.80	FL	39.0-46.0
Method: Derived from RBC Histogram			
Mentzer Index	11.52	Ratio	
Method: Calculated			
RDWI	199.28	Ratio	
Method: Calculated			
Green and king index	61	Ratio	
Method: Calculated			

### Differential Leucocyte Count


Neutrophils	44.8	%	40 - 75
Method: VCSn Technology			
Lymphocytes	45.5	%	20 - 45
Method: VCSn Technology			
Monocytes	6.9	%	01 - 10
Method: VCSn Technology			
Eosinophils	2.4	%	01 - 06
Method: VCSn Technology			
Basophils	0.4	%	00 - 02
Method: VCSn Technology			

S. UdayaBhaskar Rao

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Sample Type	: Whole Blood EDTA	Report Status	: Final Report

## DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
<b>Absolute Leucocyte Count</b>			
Absolute Neutrophil Count (ANC)	2.87	10 <sup>3</sup> /uL	2.0-7.0
Method: Calculated			
Absolute Lymphocyte Count (ALC)	2.91	10 <sup>3</sup> /uL	1.0-3.0
Method: Calculated			
Absolute Monocyte Count	0.44	10 <sup>3</sup> /uL	0.2-1.0
Method: Calculated			
Absolute Eosinophil Count (AEC)	0.15	10 <sup>3</sup> /uL	0.02-0.5
Method: Calculated			
Absolute Basophil Count	0.03	10 <sup>3</sup> /uL	0.0 - 0.10
Method: Calculated			
Platelet Count(PLT)	292	10 <sup>3</sup> /μl	150-410
Method: Coulter Principle			
PDW	17.3	%	9.6 - 15.2
MPV	9.1	FL	7.9-9.2
Method: Derived from PLT Histogram			
PCT	0.27	%	0.19 - 0.39
ESR	4	mm/1st hour	00-15
Method: Automated Modified Westergren method			

The International Council for Standardization in Haematology (ICSH) recommends reporting of absolute counts of various WBC subsets for clinical decision making. This test has been performed on a fully automated 5 part differential cell counter which counts over 10,000 WBCs to derive differential counts. A complete blood count is a blood panel that gives information about the cells in a patient's blood, such as the cell count for each cell type and the concentrations of Hemoglobin and platelets. The cells that circulate in the bloodstream are generally divided into three types: white blood cells (leukocytes), red blood cells (erythrocytes), and platelets (thrombocytes). Abnormally high or low counts may be physiological or may indicate disease conditions, and hence need to be interpreted clinically.

The Mentzer index is used to differentiate iron deficiency anaemia beta thalassemia trait. If a CBC indicates microcytic anaemia, these are two of the most likely causes, making it necessary to distinguish between them.


If the quotient of the mean corpuscular volume divided by the red blood cell count is then 13, thalassemia is more likely. If the result is greater than 13, then iron-deficiency anaemia is more likely. Green and King Index used to differentiate IDA from thalassemia trait value >65 is likely to be Iron Deficiency Anemia and value <65 Beta Thalassemia Trait. For RDWI Value >220 more likely to be Iron Deficiency Anemia and value <220 more likely to be Beta Thalassemia Trait.

ESR is a non-specific phenomenon, its measurement is clinically useful in disorders associated with an increased production of acute-phase proteins. It provides an index of progress of the disease in rheumatoid arthritis or tuberculosis, and it is of considerable value in diagnosis of temporal arteritis and polymyalgia rheumatica. It is often used if multiple myeloma is suspected, but when the myeloma is non-secretory or light chain, a normal ESR does not exclude this diagnosis.

An elevated ESR occurs as an early feature in myocardial infarction. Although a normal ESR cannot be taken to exclude the presence of organic disease, the vast majority of acute or chronic infections and most neoplastic and degenerative diseases are associated with changes in the plasma proteins that increased ESR values.

An increased ESR in subjects who are HIV seropositive seems to be an early predictive marker of progression toward acquired immune deficiency syndrome (AIDS).


The ESR is influenced by age, stage of the menstrual cycle and medications taken (corticosteroids, contraceptive pills). It is especially low (0–1 mm) in polycythaemia, hypofibrinogenaemia and congestive cardiac failure and when there are abnormalities of the red cells such as poikilocytosis, spherocytosis, or sickle cells.

  
Dr S. Udaya Bhaskar Rao  
Consultant Pathologist



SIN No:H5502083

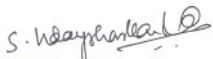


Patient Name	: Niharika Ambojipet 4902860201	Barcode	: H5502083	
Age/Gender	: 24/Female	Sample Collected On	: 17/Mar/2022 07:33AM	
Order Id	: 4902860201	Sample Received On	: 17/Mar/2022 11:53AM	
Referred By	: Self	Report Generated On	: 17/Mar/2022 06:10PM	
Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓	
Sample Type	: Whole Blood EDTA	Report Status	: Final Report	

## DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
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In cases of performance enhancing drug intake by athletes the ESR values are generally lower than the usual value for the individual and as a result of the increase in haemoglobin (i.e. the effect of secondary polycythaemia).



Dr S. UdayaBhaskar Rao  
Consultant Pathologist



SIN No:H5502083

Patient Name	: Niharika Ambojipet 4902860201	Barcode	: H5502083	
Age/Gender	: 24/Female	Sample Collected On	: 17/Mar/2022 07:33AM	
Order Id	: 4902860201	Sample Received On	: 17/Mar/2022 11:53AM	
Referred By	: Self	Report Generated On	: 17/Mar/2022 12:32PM	
Customer Since	: 17/Mar/2022	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Final Report	

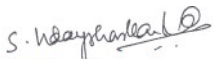
## DEPARTMENT OF IMMUNOLOGY

Test Name	Value	Unit	Bio. Ref Interval
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### Thyroid Stimulating Hormone (TSH)

Thyroid Stimulating Hormone (TSH)-Ultrasensitive	4.9890	μIU/ml	0.55-4.78
Method: CLIA			

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



Dr S. UdayaBhaskar Rao  
Consultant Pathologist



SIN No:H5502083












#### 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.

ADVISORY

## Health Advisory

Niharika Ambojipet  
Booking ID : 4902860201

 <p>Body Mass Index</p> <p>No Data</p>	 <p>Physical Activity</p> <p>No Data</p>	 <p>Smoke</p> <p>No Data</p>	 <p>Food Preference</p> <p>No Data</p>	 <p>Blood Pressure</p> <p>No Data</p>
 <p>Height</p> <p>No Data</p>	 <p>Medication</p> <p>No Data Found</p>	 <p>Alcohol</p> <p>No Data</p>	 <p>Family History</p> <p>No Data</p>	 <p>Sugar Levels</p> <p>No Data</p>
 <p>Weight</p> <p>No Data</p>				

## SUGGESTED NUTRITION

### SUGGESTED NUTRITION

#### Do's

- Include whole grains in your diet like whole wheat bread and other products, brown rice or hand pounded rice, oats
- Have fresh fruits, green leafy vegetables and unsalted nuts and seeds
- Have a balanced diet that includes whole grains, pulses, dairy, fruits, vegetables, nuts and healthy fats
- Have dates and figs
- Take vitamin C rich foods like citrus fruits, strawberries and green, leafy vegetables
- Include fruits like apples, berries and melons in your diet

#### Dont's

- Avoid saturated fats, trans fats, oily and greasy foods like cakes, creamy or fried foods
- Avoid cruciferous foods like cauliflower, cabbage and spinach
- Avoid soy products like soymilk or tofu
- Limit intake of salt
- Avoid refined carbs, processed foods
- Decrease intake of colas and sugary drinks
- Avoid the use of oil and avoid sauces and dressings
- Avoid flavoured and seasoned foods

## SUGGESTED LIFESTYLE

### SUGGESTED LIFESTYLE

#### Do's

- Stay active and maintain ideal weight
- Maintain ideal weight

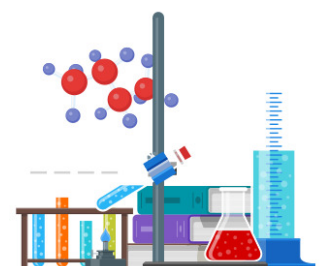
#### Dont's

- Avoid overeating or calorie rich food
- Avoid overworking or being stressed for long time
- Avoid smoking and alcohol
- Avoid overexertion without having food or drink
- Avoid strenuous exercises

## SUGGESTED FUTURE TESTS

### SUGGESTED FUTURE TESTS

- Thyroid Profile-Total (T3, T4 & TSH Ultra-sensitive) - **Every 1 Month**
- Complete Hemogram - **Every 1 Month**
- Iron Studies - **Every 1 Month**
- Peripheral Smear Examination By Pathologist - **Every 2 Month**



### HEALTH ADVISORY

### Suggestions for Health & Well-being

Niharika Ambojipet  
Booking ID : 4902860201

## 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. 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

Your test report has indicated that you have certain deficiencies in your body which may hamper your health & wellbeing in the longer run.

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

Deficiency/Out of Range Parameter(s)	Suggested Supplement
SGOT/AST	LIV-UP
TSH Ultra - Sensitive	THYRO FIX

To order, call 1800-572-000-4

## Suggestions for Improving Deficiencies



### LIV-UP

De-toxify your body with a healthier liver.

LIV-UP is a scientifically formulated and clinically proven all-natural supplement that takes care of your liver and its functions. This ayurvedic supplement keeps your liver cool, and optimally functioning, thus promoting healthy digestion. Take the all-natural road to robust liver health with LIV-UP.

Untreated or unmanaged liver issues can cause grave and even lethal complications, which include:

- Liver Infections
- Liver Cancer
- Liver Failure
- Elevated Blood Toxin Levels
- Liver Cirrhosis

Infused with the ages-proven goodness of all-natural ingredients, LIV-UP is the perfect supplement to promote and maintain good liver health, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in LIV-UP present the following benefits:

#### Methi Dana

Reducing the risk of developing fatty liver disease.

#### Triphala

Promotes liver function & boosts immunity

#### Ginger

Supports liver health & prevents liver inflammation

#### Yellow Myrobalan

Keeps the liver cool & promotes optimal functioning

#### Kulki

Reduces inflammation & protects the liver from injury



### THYRO FIX

Here's nature's way to improve your thyroid function.

THYRO-FIX is a scientifically formulated and clinically proven all-natural supplement that helps strike the optimum balance of your thyroid levels. Whether hyperthyroidism or hypothyroidism, this ayurvedic supplement keeps your thyroid balanced and optimally functioning. Take the all-natural road to a healthy thyroid with THYRO-FIX.

Be it hyperthyroidism or hypothyroidism, untreated thyroid conditions can cause serious health issues, such as:

- Cardiovascular Diseases
- Brittle Bones
- Eye Issues
- Infertility
- Mental Health Concerns

Infused with the ages-proven goodness of all-natural ingredients, THYRO-FIX is the perfect supplement to promote and maintain good thyroid health, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in THYRO-FIX present the following benefits:

#### Arjun Tree Extract

Decreases thyroid levels in hyperthyroidism to maintain hormonal balance

#### Ashwagandha

Increases thyroid levels in hypothyroidism to maintain hormonal balance

#### Anantmool

Anti-inflammatory & anti-oxidant properties reduce the symptoms of thyroid disorder

#### Asparagus

Regulates blood sugar levels & promotes heart health