

India's trusted Health Test @Home Service

National Reference Laboratory in Delhi NCR



Booking ID : 11078015276

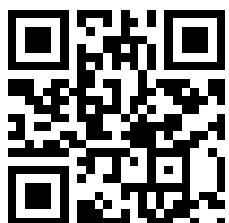
Sample Collection Date : 26/Jun/2024

Rajkamel R

Male, 26 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

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HEALTH ANALYSIS

Personalized Summary & Vital Parameters

Rajkamel R

Booking ID : 11078015276 | Sample Collection Date : 26/Jun/2024

Rajkamel R,

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.

Your Health Score

92

Out of 100

*Calculated from test reports

Thyroid Function

Thyroid Stimulating Hormone (TSH)-Ultrasensitive : 2.2 uIU/ml

• Everything looks good



Cholesterol Total

202.1 mg/dl

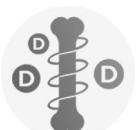
• Concern



Kidney Function

Serum Creatinine : 0.99 mg/dl

• Everything looks good



Vitamin D

Test not taken



HbA1c

Test not taken



Vitamin B12

Test not taken



Liver Function

Alanine Aminotransferase (ALT/SGPT) : 36.37 U/L

• Everything looks good



Calcium Total

Test not taken



Iron studies

Test not taken



Complete Hemogram

Haemoglobin (HB) : 14.2 g/dL

• Everything looks good

HEALTH ANALYSIS

Critical Parameters

Rajkamel R

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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.

Blood Glucose Fasting

This test measures the blood sugar level in the fasting state. It is done as a part of routine health tests, for diabetes screening and to monitor diabetic treatment. This test helps to detect prediabetes, type 1 and type 2 diabetes and gestational diabetes.

Impact on overall health?

This test can assess your risk of diabetes and evaluate the effectiveness of any ongoing diabetes treatment.

How to improve health conditions?

For high or low blood glucose levels, consult a physician for further investigations. Follow a healthy diet, Be active and practice stress management techniques.

Your Result Value

↑104.21 mg/dl

Concern

Normal Value

70-100 mg/dl

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DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
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Fasting Blood Sugar

Glucose, Fasting **104.21** mg/dl 70 - 100
 Method: Hexokinase
 Machine: BECKMAN COULTER DxC 700 AU

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.

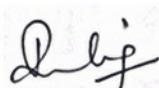
Blood Urea Nitrogen, BUN - Serum

Blood Urea Nitrogen (BUN)	8.3	mg/dl	6 - 20
Method: Calculated			
Blood Urea	18	mg/dl	17 - 43
Method: Urease (GLDH,Kinetic assay)			
Machine: BECKMAN COULTER DxC 700 AU			

Bilirubin Total

Serum Bilirubin, (Total)	0.67	mg/dl	0.3 - 1.2
Method: DIAZONIUM (DPD)			
Machine: BECKMAN COULTER DxC 700 AU			

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.



Dr. Archanaadevi R
Consultant Pathologist
DNB. Pathology



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DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
Cholesterol Total - Serum			
Total Cholesterol	202.1	mg/dl	Desirable : <200
Method: ABELL KENDALL			Borderline: 200-230
Machine: BECKMAN COULTER DxC 700 AU			High : >/=240

Serum cholesterol can help determine your risk of the build up of plaques in your arteries that can lead to narrowed or blocked arteries throughout your body (atherosclerosis). High cholesterol levels usually don't cause any signs or symptoms, so atherosclerosis, hepatic and thyroid diseases. Cholesterol is mainly transported in two lipoprotein classes (LDL and HDL), both of which play a contradictory role in the pathogenesis of lipid disorders. The total cholesterol concentration therefore provides only a baseline value that indicates whether further laboratory investigations of lipoprotein metabolism should be carried out (HDL, LDL, and triglycerides)

Creatinine

Serum Creatinine 0.99 mg/dl 0.9-1.3
Method: Alkaline Picrate Method (Modified jaffe,Kinetic)
Machine: BECKMAN COULTER DxC 700 AU

GFR, ESTIMATED 107.74 mL/min/1.73m²

Creatinine is a metabolic product of creatine and phosphocreatine, which are both found almost exclusively in muscle. Thus, creatinine production is proportional to muscle mass and varies little from day to day. Measurements of creatinine are used in the diagnosis and treatment of renal disease and prove useful in the evaluation of kidney glomerular function and in monitoring renal dialysis. However, the serum level is not sensitive to early renal damage and responds more slowly than blood urea nitrogen (BUN) to haemodialysis during treatment of renal failure.

Serum creatinine varies with the subject's age, body weight, and sex. It is sometimes low in subjects with relatively small muscle mass, cachectic patients, amputees, and in older persons.

A serum creatinine level that would usually be considered normal does not rule out the presence of impaired renal function.

Higher than normal level may be due to :

- Blockage in the urinary tract
 - Kidney problems, such as kidney damage or failure, infection, or reduced blood flow
 - Loss of body fluid (dehydration)
 - Muscle problems, such as breakdown of muscle fibers
 - Problems during pregnancy, such as seizures (eclampsia), or high blood pressure caused by pregnancy (preeclampsia)

Lower than normal level may be due to :

- Myasthenia Gravis
 - Muscular dystrophy


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DNB, Pathology



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The test was performed by **Healthians Labs (A Unit of Expedient Healthcare Marketing Pvt. Ltd.) - Plot No. 72, Ground Floor – Part A2, Sai Sriyas Krishna Building, Poonamallee Road, Ekkatuthangal, Chennai - 600032** and validated by Authorised Medical Practitioner / Lab Doctor

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DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
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Uric acid

Serum Uric Acid 5.6 mg/dl 3.5-7.2

Method: Uricase PAP

Machine: BECKMAN COULTER DxC 700 AU

Uric Acid is the major product of purine catabolism in humans. Most uric acid formation occurs in the liver, and is eliminated via the kidney, with the body uric acid pool determined by the balance between synthesis and elimination.

Causes of Increased levels

- High Protein Intake.
- Prolonged fasting.
- Gout.
- Lesch nyhan syndrome.
- Type 2 DM.
- Metabolic syndrome.

Causes of decreased levels

- Low Zinc Intake
- OCP's
- Multiple Sclerosis

Alanine aminotransferase - (ALT / SGPT)

Alanine Aminotransferase (ALT/SGPT) 36.37 U/L 3 - 50

Method: IFCC (UV WITHOUT P5P)

Machine: BECKMAN COULTER DxC 700 AU

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.

Aspartate Aminotransferase(SGOT)

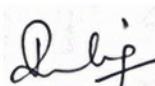
Aspartate Aminotransferase (AST/SGOT) 23.76 U/L 3- 50

Method: IFCC (UV WITHOUT P5P)

Machine: BECKMAN COULTER DxC 700 AU

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.

Slight or moderate increases in AST levels may also be observed after ingestion of alcohol, or administration of drugs including penicillin, salicylates and opiates.



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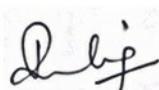


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DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
Bun/Creatinine Ratio			
Bun/Creatinine Ratio	8.35	Ratio	
Method: Calculated			



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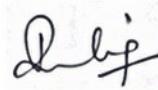


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Sample Type	: URINE	Report Status	: Final Report	

DEPARTMENT OF CLINICAL PATHOLOGY

Test Name	Value	Unit	Bio. Ref Interval
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	1.010		1.001 - 1.035
Method: Dipstick-Ion exchange			
Machine: LAURA VERSION 2			
pH	6.0		4.5 - 7.5
Method: Dipstick-Double indicator			
Machine: LAURA VERSION 2			
Glucose	Negative		Negative
Method: Dipstick-oxidase peroxidase			
Machine: LAURA VERSION 2			
Urine Protein	Negative		Negative
Method: Dipstick-Bromophenol blue			
Machine: LAURA VERSION 2			
Ketones	Negative		Negative
Method: Sodium nitroprusside			
Machine: LAURA VERSION 2			
Urobilinogen	Normal		Normal
Method: Dipstick-Ehrlichs Test			
Machine: LAURA VERSION 2			
Bilirubin	Negative		Negative
Method: Dipstick-Ehrlichs Test			
Machine: LAURA VERSION 2			
Nitrite	Negative		Negative
Method: Dipstick-Griess test			
Machine: LAURA VERSION 2			
Blood	Negative		Nil
Method: Dipstick-Peroxidase			
Machine: LAURA VERSION 2			
Leucocyte Esterase	Negative		Nil
Method: Dipstick- Esterase			



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DEPARTMENT OF CLINICAL PATHOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Machine: LAURA VERSION 2			
MICROSCOPIC EXAMINATION			
Pus Cells	2-4	/HPF	0 - 5
Method: Microscopic Examination			
Epithelial cells	1-2	/HPF	0 - 5
Method: Microscopic Examination			
RBCs	Nil	/HPF	Nil
Method: Microscopic Examination			
Casts	Nil		Nil
Method: Microscopic Examination			
Crystals	Nil		Nil
Method: Microscopic Examination			
Bacteria	Absent		Absent
Method: Microscopic Examination			
Yeast Cell	Nil		Absent
Others (Non Specific)	Nil		
Method: Microscopic Examination			

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.

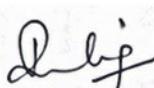
Ketonuria can be seen in uncontrolled Diabetes mellitus with ketoacidosis, Glycogen storage disorder, starvation, persistent vomiting in children, weight reduction program, fever in children, severe thyrotoxicosis, pregnancy and protein calorie malnutrition.

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 hemorrhage 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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DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Complete Blood Count			
Haemoglobin (HB)	14.2	g/dL	13.0-17.0
Method: Photometric Measurement Machine: BECKMAN COULTER DxH900			
Total Leucocyte Count (TLC)	8.7	10^3/uL	4.0-10.0
Method: Coulter Principle Machine: BECKMAN COULTER DxH900			
Hematocrit (PCV)	41.9	%	40.0-50.0
Method: Calculated Machine: BECKMAN COULTER DxH900			
Red Blood Cell Count (RBC)	5.00	10^6/µl	4.50-5.50
Method: Coulter Principle Machine: BECKMAN COULTER DxH900			
Mean Corp Volume (MCV)	83.7	fL	83.0-101.0
Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH900			
Mean Corp Hb (MCH)	28.4	pg	27.0-32.0
Method: Calculated Machine: BECKMAN COULTER DxH900			
Mean Corp Hb Conc (MCHC)	34.0	g/dL	31.5-34.5
Method: Calculated Machine: BECKMAN COULTER DxH900			
RDW - CV	14.3	%	11.6-14.0
Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH900			
RDW - SD	42.00	fL	39.0-46.0
Method: Derived from RBC Histogram Machine: BECKMAN COULTER DxH900			
Mentzer Index	16.74	Ratio	
Method: Calculated			
RDWI	239.38	Ratio	
Method: Calculated			
Green and king index	71	Ratio	
Method: Calculated			
Differential Leucocyte Count			
Neutrophils	69.8	%	40 - 80
Method: VCS Technology Machine: BECKMAN COULTER DxH900			



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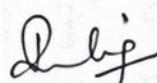
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DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Lymphocytes Method: VCS Technology Machine: BECKMAN COULTER DxH900	21.4	%	20-40
Monocytes Method: VCS Technology Machine: BECKMAN COULTER DxH900	6.0	%	02 - 10
Eosinophils Method: VCS Technology Machine: BECKMAN COULTER DxH900	2.2	%	01 - 06
Basophils Method: VCS Technology Machine: BECKMAN COULTER DxH900	0.6	%	00 - 02
Absolute Leucocyte Count			
Absolute Neutrophil Count (ANC) Method: Calculated Machine: BECKMAN COULTER DxH900	6.07	10 ³ /uL	2.0-7.0
Absolute Lymphocyte Count (ALC) Method: Calculated Machine: BECKMAN COULTER DxH900	1.86	10 ³ /uL	1.0-3.0
Absolute Monocyte Count Method: Calculated Machine: BECKMAN COULTER DxH900	0.52	10 ³ /uL	0.2-1.0
Absolute Eosinophil Count (AEC) Method: Calculated Machine: BECKMAN COULTER DxH900	0.19	10 ³ /uL	0.02-0.5
Absolute Basophil Count Method: Calculated Machine: BECKMAN COULTER DxH900	0.05	10 ³ /uL	0.02 - 0.10
Platelet Count(PLT) Method: Coulter Principle Machine: BECKMAN COULTER DxH900	315	10 ³ /µl	150-410
MPV Method: Derived from PLT Histogram Machine: BECKMAN COULTER DxH900	8.5	fL	7 - 9

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



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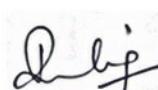
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DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
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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.



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DEPARTMENT OF IMMUNOLOGY

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

Thyroid Stimulating Hormone (TSH)-Ultrasensitive 2.2000 uIU/ml 0.270 - 4.20
 Method: ECLIA
 Machine: ROCHE COBAS PRO e801

Reference Range of TSH for pregnant females:

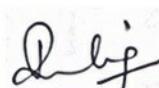
Pregnancy interval	Bio Ref Range for TSH in uIU/ml
First trimester	0.05 - 3.70
Second trimester	0.31 – 4.35
Third trimester	0.41 – 5.18

Human thyroid-stimulating hormone is a glycoprotein hormone released from the anterior pituitary, is the principal regulator of thyroid function, stimulating the synthesis and release of thyroid hormones thyroxine (T4) and triiodothyronine (T3). T3 and T4 regulate biochemical processes that are essential for normal metabolism. The synthesis and secretion of TSH is stimulated by thyrotropin-releasing hormone (TRH), which is produced by the hypothalamus in response to low levels of circulating T3 and T4.

The principal clinical use for TSH measurement is for the assessment of thyroid status. TSH is measured in conjunction with thyroid hormones or antibodies to: 1) detect or exclude hypothyroidism or hyperthyroidism; 2) monitor T4 replacement treatment in hypothyroidism or antithyroid treatment in hyperthyroidism; 3) monitor TSH suppression in thyroid cancer patients on thyroxine therapy; and 4) assess the response to TRH stimulation testing.

Interpretation :- TSH Levels are subject to circadian variation, reaching peak levels between 2-4a.m. The variation is to the order of 50%. Hence time of the day has influence on the measured serum TSH concentrations.

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



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SIN No:E1048326

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 ±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.

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.



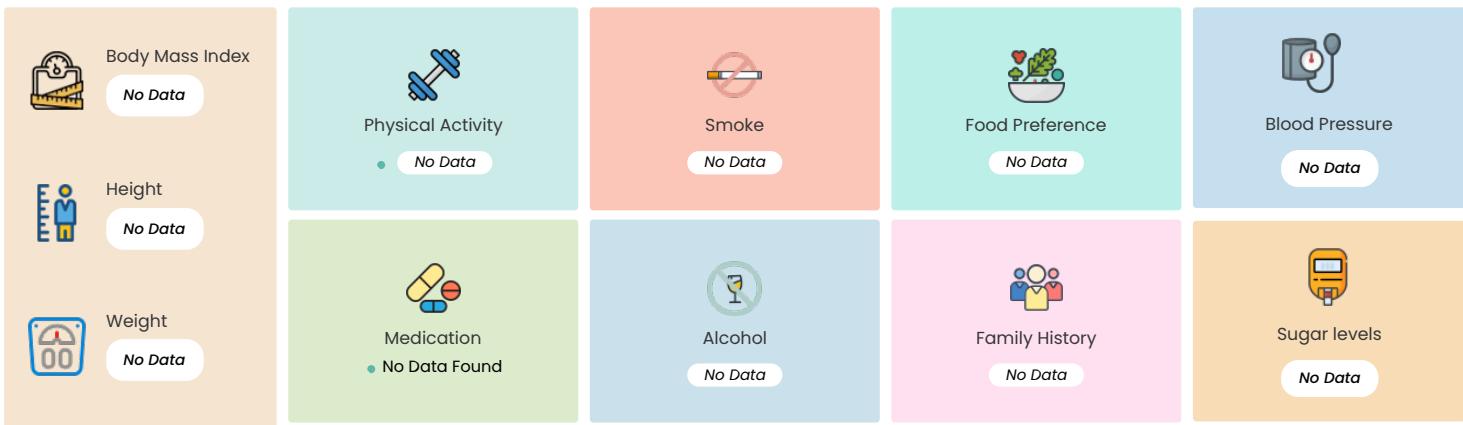
EQA

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

ADVISORY
Health Advisory

Rajkamel R

Booking ID : 11078015276 | Sample Collection Date : 26/Jun/2024


SUGGESTED NUTRITION
SUGGESTED NUTRITION
Do's

- Have a balanced diet that includes whole grains, pulses, dairy, fruits, vegetables, nuts and healthy fats
- Include fruits like apples, berries and melons in your diet
- Include fresh garlic and fenugreek seeds in your diet

Dont's

- Avoid flavoured and seasoned foods
- Decrease intake of colas and sugary drinks
- Avoid saturated fats, transfats, oily and greasy foods like cakes, creamy or fried foods
- Avoid high cholesterol and calorie dense foods
- Avoid red meat and organ meats

SUGGESTED LIFESTYLE
SUGGESTED LIFESTYLE
Do's

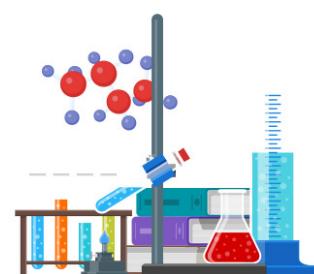
- Sleep well at night and do relaxing activities
- Maintain ideal weight

Dont's

- Avoid overexertion without having food or drink
- Avoid strenuous exercises
- Avoid smoking and alcohol
- Avoid late night heavy meals
- Avoid overeating or calorie rich food

SUGGESTED FUTURE TESTS
SUGGESTED FUTURE TESTS

- Complete Hemogram - **Every 2 Month**
- Peripheral Smear Examination By Pathologist - **Every 2 Month**
- Lipid Profile - **Every 3 Month**
- Liver Function Test - **Every 3 Month**



HEALTH ADVISORY
Suggestions for Health & Well-being
Rajkamel R

Booking ID : 11078015276 | Sample Collection Date : 26/Jun/2024

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!


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.

BALANCED DIET
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!


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	OBESITY
Less than 18.5	Between 18.5 - 24.9	Between 25.0 - 29.9	More than 30

BMI

Supplement Suggestions

Rajkamel R

Booking ID : 11078015276 | Sample Collection Date : 26/Jun/2024

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	
Blood Glucose Fasting	DIABEAT-EASE	To order, call 1800-572-000-4
Cholesterol-Total, Serum	APPLE CIDER VINEGAR	

Suggestions for Improving Deficiencies



DIABEAT-EASE

Manage diabetes the all-natural way!

An all-natural supplement that helps in lowering your blood sugar levels, thus preventing the onset of diabetes and managing it if you are already a diabetic. By reducing blood sugar levels, this naturally-sourced diabetes supplement enables you to lead a productive life, while managing your diabetes in a safe and natural way.

Remember, ignoring diabetes can cause a lot of serious complications, including:

- Vision & Hearing Loss | • Nerve Damage | • Heart Attack | • Stroke | • Dementia

Infused with the ages-proven goodness of all-natural ingredients, DIABEAT-EASE is the perfect supplement to help you control diabetes without having to worry about side-effects. Sourced from nature's own pharmacy of herbs, the ingredients in DIABEAT-EASE present the following benefits:

Saunf

Helps control blood pressure & manage diabetes

Karela

Reduces blood sugar & reduces cholesterol levels

Chirata

Helps manage high blood pressure, diabetes & detoxifies blood

Ashwagandha

Reduces blood sugar, cholesterol, & triglycerides levels

Vijayasar

Helps manage diabetes by lowering down sugar cravings



APPLE CIDER VINEGAR

Boosts Energy & Improves Immunity

Herbved Apple Cider Vinegar with Mother is 100% natural, raw, unfiltered and unpasteurized that has been fermented from Himalayan apples. It contains a substance called mother that consists of antioxidants, proteins, enzymes, and friendly bacteria that offers you a host of health benefits like losing weight, controlling High BP, Sugar & Cholesterol and improving digestion. It can work wonders on your hair making it soft and shiny, controlling dandruff & hairfall and can also prevent acne when applied as a toner externally on your skin.

Benefits of Apple Cider Vinegar:

- Helps in weight loss | Helps control cholesterol levels | Lowers blood pressure | Controls hairfall and makes hair soft and shiny | Improves digestion



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