

Blood Counts

Wellness Package

NAME

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AGE/GENDER

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DATE

20-12-2019

REFERRAL

SELF

CONSTITUENTS OF YOUR BLOOD

Blood is a specialized bodily fluid that supplies substances like sugars, oxygen, hormones- around the body and also removes waste from the cells.

Solid part of your blood (45%): RBCs (red blood cells), WBCs (white blood cells) and platelets.

Liquid part of your blood (55%, usually called Plasma): Water, Salts.

Leukocyte is another name for WBC (white blood cell).

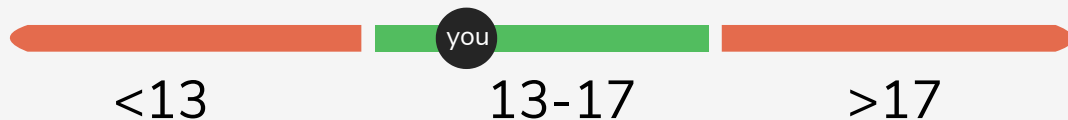
WBCs are your body's "defense department"- they respond immediately to infections by visiting the affected site(s) in your body.

Too many WBCs might be because of some infection and too few WBCs also indicates some other problems in your body.

YOUR RESULTS

Hemoglobin

14.1
g/dL

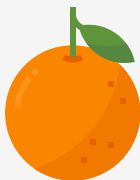


This is the protein found in your RBCs. It gives blood its red color.

Foods that help increasing haemoglobin



Spinach, Broccoli, Green Beans



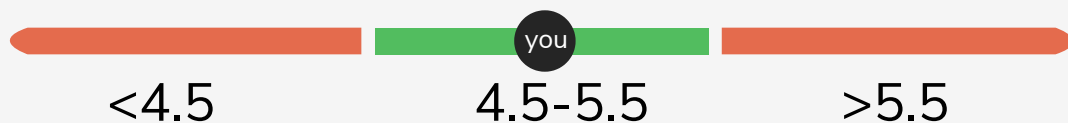
Orange, Lemon, Kiwifruit



Sweet Potatoes, Carrots

RBC Count

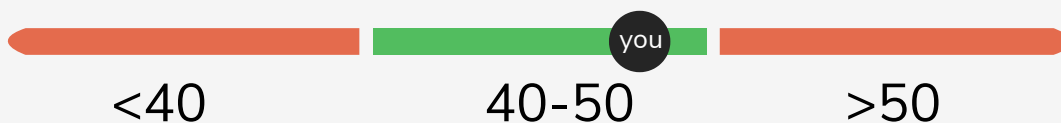
5.01
million cells/mm³



The number of red blood cells in 1 microlitre of your blood.

Haematocrit

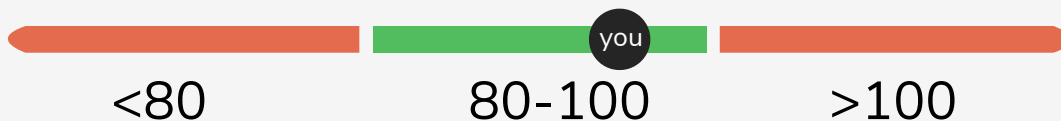
48.0
%



Haematocrit means how much of your blood is made up of RBCs.
Haematocrit is sometimes also called PCV (Packed Cell Volume).

MCV

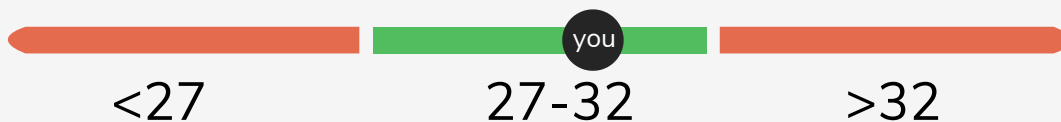
94.8
fL



MCV (Mean Corpuscular Volume) is the size of your RBCs.

MCH

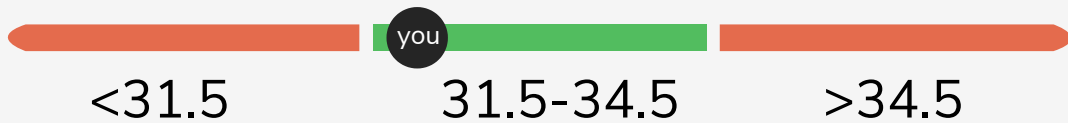
30.3
pg



MCH (Mean Corpuscular Hemoglobin) is the amount of hemoglobin per RBC.

MCHC

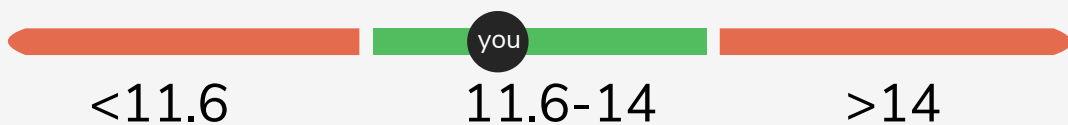
31.9
g/dL



MCHC (Mean Corpuscular Hemoglobin Concentration) is the amount of hemoglobin relative to the size of the cell (hemoglobin concentration) per RBC.

RDW-CV

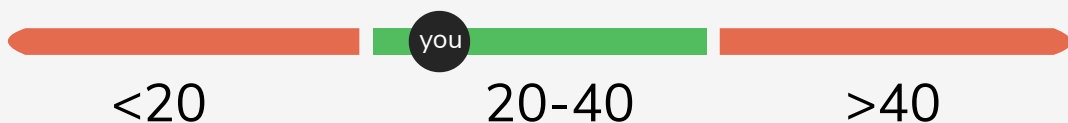
12.5
%



RDW (Red cell Distribution Width) indicates the size differences in RBCs. A high RDW could mean vitamin or mineral deficiencies.

Lymphocytes

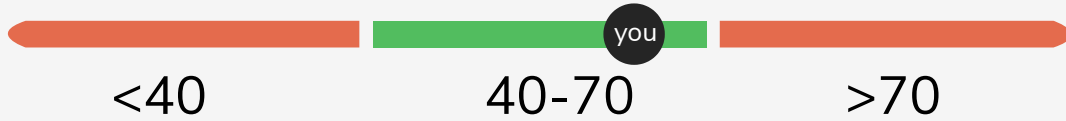
24.0
%



Lymphocytes play a major role in your immune system. A temporary increase may be harmless and due to a small infection.

Neutrophils

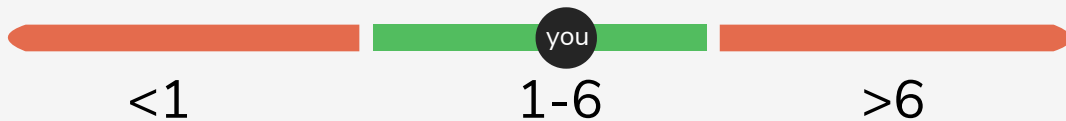
63.5
%



Neutrophils are the most abundant WBCs. They get to the injury site within minutes, making up much of the pus.

Eosinophils

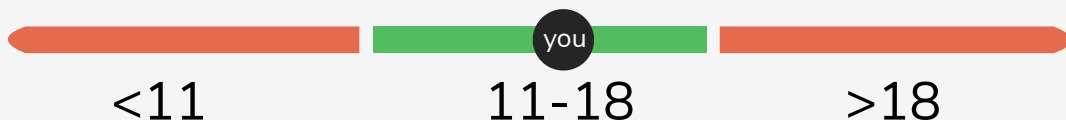
3.9
%



Eosinophils are involved in allergic reactions and can attack multicellular parasites, such as worms.

PDW

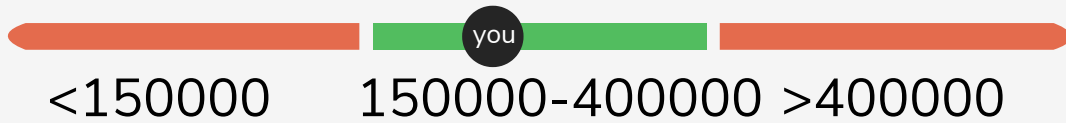
15
%



PDW (Platelet Distribution Width) test measures variation in the size of your platelets.

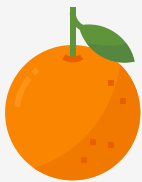
Platelet Count

240000
cells/mm³



Platelets are tiny plate-like cells in your blood that try to stop bleeding. Whenever you get a cut or bleed, platelets rush to that place and stick together - this stops more blood from owing out. This is clotting.

Foods that help increasing platelet count



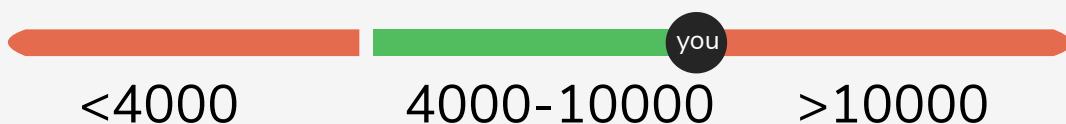
Orange, Lemon, Kiwifruit



Fish, Eggs, Poultry

WBC Total Count

9820
cells/mm³



Leukocytes, also known as WBCs (white blood cells) are your body's defense department. They respond immediately to infections by visiting the affected site(s) in your body.