Vitamin Profile

{{header-details}}

Vitamin D

Known as the "*sunshine vitamin*", Vitamin D is produced by your skin when exposed to sunlight. Vitamin D is essential for strong bones - it helps your body use calcium from the diet. Thus, low vitamin D increases the chances of fracture and may also increase the chances of diabetes and heart disease.

Women above the age of 50 should *specifically* come out of a Vitamin D deficiency because the chances of *osteoporosis* are very high for such women. (Osteoporosis is a "silent disease" - it leads to bone fracture and there are no symptoms in the early days.)

Your Results

{{vitaminDCard}}

A common problem

Roughly, only 3 out of 10 Indians have normal levels of Vitamin D.

Reasons for low values

In modern times, many people turn out to be deficient in Vitamin D.

Longer amount of time spent indoors: This includes people who mainly work or study inside

Geographic location: Further from the equator, cold, rainy or cloudy environments

Sunscreen use: SPF 15 may reduce Vitamin D production in the skin by 99%

Diet: There are only a few dietary sources of Vitamin D (like fortified milk, oily fish), which many don't or can't include in their diet

Tips

Get some sun: Expose your skin to the sun for a limited time. Sunlight creates Vitamin D in our body but the process depends on several factors. *(www.vitamindcouncil.org)*

Consider supplements: Ask your doctor if Vitamin D supplements or eating foods fortified with Vitamin D are right for you.

Vitamin Profile

{{header-details}}

About Vitamin B12

Vitamin B12 is a *water-soluble* vitamin. Hence, it is excreted through urine.

Vitamin B12 is required for making RBCs, for DNA synthesis and proper brain function. Your body can store it for up to 4 years. Unlike other water-soluble vitamins, Vitamin B12 is stored in your liver.

Your Results

{{b12Card}}

Lipid Profile

{{header-details}}

About Lipid Profile

This panel measures the amount of *lipoprotein ("lipid" + "protein")* - a type of fat in the body. Fat is required to produce energy in your body. It is found in liver, tissues and blood. Too much fat restricts oxygen flow to your heart, which may lead to heart disease.

Your results

{{totalCholSvg}}

Good lipids *remove* fat from your blood vessels, *bad* lipids *deposit* fat on your blood vessels.

Good lipids ("good" cholesterol)

{{hdlCard}}

Bad lipids ("bad" cholesterol)

{{ldlCard}}

{{triglycerideCard}}

Lipid Profile

{{header-details}}

{{vldlCard}}

Ratios

Ratios are calculated to compare the amount of bad lipids versus the good lipids in your body. In a healthy person, good lipids should be more than bad lipids.

{{cholHdlRatioSvg}}

{{ldlHdlRatioCard}}

Risk Factors

Heart diseases are the leading cause of death in India. It's vital to take preventive measures and get your lipid profile checked regularly.

What are the chances that you might get heart disease? The answer depends on something called *risk factors*. More risk factors means more chances of heart disease. Some risk factors are outside your control and some are in your control.

Factors outside your control

People older than age 65 are more prone to heart diseases. Additionally, men are more prone than women.

If your family has heart disease, you are also at risk. Indians have a genetic tendency to accumulate fat in the belly.

Factors in your control

High BP (blood pressure) increases the load on your heart. BP can be controlled to reduce the risk.

Regular exercise keeps the heart healthy. It should be moderate to vigorous physical activity.

In case you are overweight, reducing your weight helps reduce your cholesterol.

Diabetes patients also risk having heart disease because high blood glucose over a long period of time damages the blood vessels and nerves in your body.

Liver Profile

{{header-details}}

About Liver Profile

Liver is a very important organ in your body as it performs a variety of functions. One of the main functions of the liver is to make proteins that are secreted in your blood. It also makes enzymes which convert food into energy, and processes old muscles and cells. When your liver is damaged, enzymes leak into your blood and appear in the blood test. This panel checks the healthy functioning of your liver.

Your results

{{bilirubinTotalCard}}

{{bilirubinIndirectCard}}

{{bilirubinDirectCard}}

Enzymes

Enzymes found in your liver are responsible for various processes that maintain body functions. These enzymes are leaked into your blood when your liver suffers damage.

{{sgotCard}}

{{sgptCard}}

Liver Profile

{{header-details}}

Proteins

Proteins help in your overall growth and development, and also transport important substances through your blood. We'll be talking about two proteins in your liver - *albumin* and *globulin*.

{{proteinTotalCard}}

{{albuminCard}}

{{globulinCard}}

{{agRatioCard}}

Tips

Exercising regularly uses triglycerides as fuel and keeps your liver healthy.

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

Liver Profile

{{header-details}}

Hepatitis B

Hepatitis B is the most common serious liver infection in the world. It is caused by the Hepatitis B virus, which attacks and injures your liver. 95% of the cases happen from mother to infant; only 5% occurs in adults through unprotected sex, unsafe blood transfusion, etc. Since there may be no symptoms (it is a '*silent disease*'), testing is the only way to know if you have Hepatitis B.

{{HBsAgCard}}

CHECKED BY

Dr. Arpeeta Mazumdar
Microbiologist

Kidney Profile

{{header-details}}

About Kidney Profile

This panel is used to check healthy functioning of your kidneys. Kidneys filter blood in your body to remove waste products - these waste products are produced when breakdown of proteins (present in food, muscles and other cells) occurs in the body to generate energy.

Most kidney problems happen because of high blood pressure or diabetes.

Your Results

{{creatinineCard}}

{{uricAcidCard}}

Some causes for a *high* uric acid level

{{bloodUreaCard}}

{{bunCard}}

{{bunCreatinineRatioCard}}

TIP

Your kidneys can be ill even if you're fine.
Your kidneys can have a disease but your body might not show any effects of that. The tests on this panel help to find that out.

Electrolyte Profile

{{header-details}}

About Electrolyte Profile

Electrolytes are electrically charged minerals in your body's blood and cells. They control the amount of water in your body and maintain the fluid balance between the cells. They also regulate the pH of your blood, help conduct nerve impulses and allow proper muscle function.

Your Results

ALL METHODS : ISE

{{sodiumDynamic}}

Excess sodium causes high blood pressure. During athletic activity, your body loses sodium through your sweat.

Foods rich in sodium

SALT

{{potassiumDynamic}}

Eating potassium-rich foods removes excess sodium thus ensuring that your blood pressure doesn't become too high.

Foods rich in potassium

CHEESE

MILK PRODUCTS

{{chlorideDynamic}}

Chloride helps move fluids in and out of your body cells. It's also an essential component of digestive juices.

Foods rich in chloride

SALT

TOMA

Tips

About one-fourth of a teaspoon of salt (per day) is enough to give your body the sodium and chloride it needs.

Instant, boxed meals and processed foods contain too much sodium - much more than your body requires. Prefer home-cooked food instead.

Thyroid Profile

{{header-details}}

About Thyroid Profile

This panel is used to check the imbalance in your thyroid gland. (Glands are organs in your body that secrete chemical substances that regulate various functions for healthy working of the body.) A healthy thyroid gland is very important for metabolism, i.e how your body uses energy. It's also important for controlling body temperature, regulation of mood, muscle strength and regulation of body weight.

Your Results

{{tshCard}}

{{t3Card}}

{{t4Card}}

Thyroid disorders

There are two kinds of thyroid disorders.

Hypothyroidism: Caused by too less production of thyroid hormones in your body, this leads to unintentional weight gain, fatigue, slow heart rate.

Hyperthyroidism: Caused by too much production of thyroid hormones in your body, this leads to unintentional weight loss, nervousness, rapid heart rate.

Thyroid Profile

{{header-details}}

Risk Factors

Genetic: If your family has thyroid disease, you are also at risk. Additionally, patients of auto-immune diseases -- like Type-1 diabetes -- are also at risk.

Gender: Women are more prone to thyroid diseases as compared to men. Additionally, pregnant women are at a slightly higher risk.

Age: People older than the age of 60 are more prone to thyroid diseases.

Tips

Eat more vitamin and mineral-rich foods like **fruits** and **nuts**. Over-stressing slows down your thyroid function and is unhealthy. Get enough **sleep** and try **yoga** or breathing techniques. **Meditation**, in particular, is very simple to get started.

{{diabetes}}

Arthritis Panel

{{header-details}}

About Arthritis Panel

Joints are places in your body where your bones connect, such as wrists, knees, hips. Arthritis is the swelling of joints, with usual symptoms incl. pain in joints, along with stiffness, trouble moving or doing simple tasks.

Your results

{{esrCard}}

{{alpArthritisCard}}

Minerals

A strong body needs a healthy amount of minerals. *Calcium* is important for your bones, and also helps your body's nerves and muscles perform better. Checking your body's mineral levels is important to stay away from arthritis.

{{calciumDynamic}}

Low levels of calcium can lead to problems in blood clotting and osteoarthritis.

Foods rich in calcium

Anemia Studies

{{header-details}}

About Anemia Panel

Anemia is the condition where your body has less RBCs (red blood cells) or the RBCs don't have enough hemoglobin. Hemoglobin is the protein present in RBCs that help carry oxygen to your body's tissues.

Your results

{{hemoglobinCard}}

{{ironCard}}

{{tibcCard}}

{{uibcCard}}

{{saturationTransferrinCard}}

Anemia Studies

{{header-details}}

{{rbcCountCard}}

{{hematocritCard}}

{{mchCard}}

{{rdwCvCard}}

{{mcvCard}}

{{mchcCard}}

Blood Counts

{{header-details}}

Constituents of your blood

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

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

Liquid part of your blood (roughly 55%, usually called *plasma*): Water, Salts and Proteins

Your results

{{tlcCard}}

Granulocytes

There are three types of granulocytes: *neutrophils*, *eosinophils*, *basophils*. They are the first line of defence - they fight bacterial infections and allergies.

ALL METHODS : VCS TECHNOLOGY & MICROSCOPY

{{neutrophilsDynamic}}

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

{{ancDynamic}}

{{eosinophilsDynamic}}

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

{{aecDynamic}}

{{basophilsCard}}

Blood Counts

{{header-details}}

Agranulocytes

There are two types of agranulocytes: *lymphocytes* and *monocytes*.

{{lymphocytesDynamic}}

{{monocytesDynamic}}

{{alcDynamic}}

{{amcDynamic}}

Platelets

{{plateletCountCard}}

{{mpvCard}}

Complete Urine Examination

{{header-details}}

About Complete Urine Examination

The *urinalysis*, as it's sometimes called, is a set of tests conducted on your urine - these tests measure specific properties of urine and also find out if there are any unwanted chemicals in your urine. If your results in these tests are abnormal, your doctor can correlate them clinically. Sometimes, abnormal urine results are because of kidney disease, liver disease or diabetes.

Your Results

{{urineColor}}

{{appearanceCard}}

{{specificGravityCard}}

{{phCard}}

Complete Urine Examination

{{header-details}}

{{pus}} {{epithelial}} {{urobilinogen}}

Other chemicals

The following section contains names of chemicals that are NOT found in a healthy person's urine.

The table on the left mentions the chemicals which were NOT found in your urine and the table on the right mentions those that WERE found in your urine. *(Each of them requires an individual test performed on your urine sample).*

{{notFound}} {{found}}

{{urineremarks}}

Tips

Drink water when thirsty
This removes waste products from your system and keeps your urinary pattern stable.

Don't wait too long to use the bathroom Otherwise, it pressurizes your urinary bladder too much - that can lead to infection.

Dr. Maneesh Bagai
Head - Reference Lab

*** End of report ***

End of report