

# smart Health Report

An Insightful Health Analytics Report  
for Easier Understanding



Prepared For

**Other Dummy-PL246E**

**M 16**

Name  
Other Dummy-PL246E

Patient ID  
10685372

Gender  
M

Age  
16

## Health Summary



### BLOOD COUNTS

Everything looks good



### THYROID PROFILE

Everything looks good



### LIPID PROFILE

Test Name	Result
HDL Cholesterol	12
Please Watchout	



### DIABETES MONITORING

Everything looks good



### KIDNEY PROFILE

Test Name	Result
Creatinine	0.63
Uric Acid	3.2
Please Watchout	



### LIVER PROFILE

Everything looks good



### ANEMIA STUDIES

Everything looks good



### VITAMIN PROFILE

Test Name	Result
Vitamin - B12	144
Vitamin D 25 - Hydroxy	4.8
Please Watchout	



### MINERAL PROFILE

Everything looks good



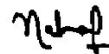
Patient NAME : Other Dummy-PL246E	Report STATUS : Final Report
DOB/Age/Gender : 16 Y/Male	Barcode NO : HQ933189
Patient ID / UHID : 10685372/OF10685372	Sample Type : Whole blood EDTA
Referred BY : Self	Report Date : Dec 07, 2024, 06:36 PM.
Sample Collected : Dec 07, 2024, 03:49 PM	

Test Description	Value(s)	Unit(s)	Reference Range
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**Fit India Full Body Checkup With Vitamin Screening with Free HsCRP**

**Complete Blood Count (CBC)**

RBC Parameters			
Hemoglobin <i>Cyanide free colorimetric</i>	14.5	g/dL	13.0 - 17.0
RBC Count <i>Electrical impedance</i>	4.6	10 <sup>6</sup> /μl	4.5 - 5.5
PCV <i>Calculated</i>	45.4	%	40 - 50
MCV <i>Calculated</i>	97.6	fl	83 - 101
MCH <i>Calculated</i>	31.3	pg	27 - 32
MCHC <i>Calculated</i>	32	g/dL	31.5 - 34.5
RDW (CV) <i>Calculated</i>	13.7	%	11.6 - 14.0
RDW-SD <i>Calculated</i>	43.8	fl	35.1 - 43.9
WBC Parameters			
TLC <i>Electrical impedance and microscopy</i>	6.2	10 <sup>3</sup> /μl	4 - 10
Differential Leucocyte Count			
Neutrophils <i>Laser based Flow-cytometry</i>	55	%	40-80
Lymphocytes <i>Laser based Flow-cytometry</i>	40	%	20-40
Monocytes <i>Laser based Flow-cytometry</i>	4	%	2-10
Eosinophils <i>Laser based Flow-cytometry</i>	1	%	1-6
Basophils <i>Laser based Flow-cytometry</i>	0	%	<2
Absolute Leukocyte Counts <i>Calculated</i>			
Neutrophils. <i>Calculated</i>	3.41	10 <sup>3</sup> /μl	2 - 7
Lymphocytes. <i>Calculated</i>	2.48	10 <sup>3</sup> /μl	1 - 3
Monocytes. <i>Calculated</i>	0.25	10 <sup>3</sup> /μl	0.2 - 1.0
Eosinophils. <i>Calculated</i>	0.06	10 <sup>3</sup> /μl	0.02 - 0.5



**Dr. Neha Prabhakar**  
**MBBS, MD (Pathology)**  
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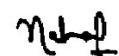
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Basophils. <i>Calculated</i>	0	10 <sup>3</sup> /μl	0.02 - 0.5
<b>Platelet Parameters</b>			
Platelet Count <i>Electrical impedance and microscopy</i>	175	10 <sup>3</sup> /μl	150 - 410
Mean Platelet Volume (MPV) <i>Calculated</i>	12.6	fL	9.3 - 12.1
PCT <i>Calculated</i>	0.2	%	0.17 - 0.32
PDW <i>Calculated</i>	30	fL	8.3 - 25.0
P-LCR <i>Calculated</i>	53.9	%	18 - 50
P-LCC <i>Calculated</i>	94	10 <sup>9</sup> /L	44 - 140
Mentzer Index <i>Calculated</i>	21.22	%	> 13

**Interpretation:**  
CBC provides information about red cells, white cells and platelets. Results are useful in the diagnosis of anemia, infections, leukemias, clotting disorders and many other medical conditions.



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Referred BY : Self	Report Date : Dec 07, 2024, 06:10 PM.
Sample Collected : Dec 07, 2024, 03:49 PM	

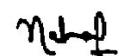
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**Erythrocyte Sedimentation Rate (ESR)**

ESR - Erythrocyte Sedimentation Rate <i>MODIFIED WESTERGREN</i>	8	mm/hr	0 - 20
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**Interpretation:**  
 ESR is also known as Erythrocyte Sedimentation Rate. An ESR test is used to assess inflammation in the body. Many conditions can cause an abnormal ESR, so an ESR test is typically used with other tests to diagnose and monitor different diseases. An elevated ESR may occur in inflammatory conditions including infection, rheumatoid arthritis, systemic vasculitis, anemia, multiple myeloma, etc. Low levels are typically seen in congestive heart failure, polycythemia, sickle cell anemia, hypo fibrinogenemia, etc.

**Reference-** Dacie and Lewis practical hematology



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**HbA1C (Glycosylated Haemoglobin)**

Glycosylated Hemoglobin (HbA1c) <i>HPLC</i>	5.5	%	< 5.7
Estimated Average Glucose <i>Calculated</i>	111.15	mg/dL	Refer Table Below

**Interpretation:**

Interpretation For HbA1c% As per American Diabetes Association (ADA)

Reference Group	HbA1c in %
Non diabetic adults >=18 years	<5.7
At risk (Prediabetes)	5.7 - 6.4
Diagnosing Diabetes	>= 6.5
Therapeutic goals for glycemic control	Age > 19 years Goal of therapy: < 7.0 Age < 19 years Goal of therapy: <7.5

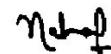
**Note:**

1. Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled. 2. Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate

**Comments :**

HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations ADA criteria for correlation between HbA1c & Mean plasma glucose levels.

HbA1c(%)	Mean Plasma Glucose (mg/dL)	HbA1c(%)	Mean Plasma Glucose (mg/dL)
6	126	12	298
8	183	14	355
10	240	16	413



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Patient ID / UHID : 10685372/OF10685372	Sample Type : FLUORIDE F
Referred BY : Self	Report Date : Dec 07, 2024, 07:45 PM.
Sample Collected : Dec 07, 2024, 03:49 PM	

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### Glucose Fasting

Glucose Fasting <i>Hexokinase</i>	99	mg/dL	70 - 100
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#### Interpretation:

Status	Fasting plasma glucose in mg/dL
Normal	<100
Impaired fasting glucose	100 - 125
Diabetes	≥126

**Reference :** American Diabetes Association

#### Comment :

Blood glucose determinations are commonly used as an aid in the diagnosis and treatment of diabetes. Elevated glucose levels (hyperglycemia) may also occur with pancreatic neoplasm, hyperthyroidism, and adrenal cortical hyper function as well as other disorders. Decreased glucose levels (hypoglycemia) may result from excessive insulin therapy, insulinoma, or various liver diseases.

#### Note

- The diagnosis of Diabetes requires a fasting plasma glucose of  $>$  or  $=$  126 mg/dL or a random / 2 hour plasma glucose value of  $>$  or  $=$  200 mg/dL with symptoms of diabetes mellitus.
- Very high glucose levels ( $>$ 450 mg/dL in adults) may result in Diabetic Ketoacidosis.



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### Liver Function Test (LFT)

Bilirubin Total <i>Diazonium Salt</i>	0.35	mg/dL	0.2 - 1.2
Bilirubin Direct <i>Diazo Reaction</i>	0.10	mg/dL	0.0 - 0.5
Bilirubin Indirect <i>Calculated</i>	0.25	mg/dL	0.1 - 1.0
SGOT/AST <i>Enzymatic [NADH (without P-5-P)]</i>	17	U/L	11 - 34
SGPT/ALT <i>Enzymatic [NADH (without P-5-P)]</i>	19	U/L	< 45
SGOT/SGPT Ratio	0.89	%	-
Alkaline Phosphatase <i>Para-nitrophenyl phosphate (p-NPP)</i>	99	U/L	56 – 167
Total Protein <i>Biuret</i>	7.9	g/dL	6.4 - 8.3
Albumin <i>Colorimetric BCG</i>	3.92	g/dL	3.2 - 4.5
Globulin <i>Calculated</i>	<b>3.98</b>	g/dL	2.3 - 3.5
Albumin :Globulin Ratio <i>Calculated</i>	<b>0.98</b>	-	1.3 - 2.1
Gamma Glutamyl Transferase (GGT) <i>L-Gamma-Glutamyl-3-Carboxy-4-Nitroanalide</i>	11	U/L	< 55

**Interpretation:**  
 The liver filters and processes blood as it circulates through the body. It metabolizes nutrients, detoxifies harmful substances, makes blood clotting proteins, and performs many other vital functions. The cells in the liver contain proteins called enzymes that drive these chemical reactions. When liver cells are damaged or destroyed, the enzymes in the cells leak out into the blood, where they can be measured by blood tests. Liver tests check the blood for two main liver enzymes. Aspartate aminotransferase (AST), SGOT: The AST enzyme is also found in muscles and many other tissues besides the liver. Alanine aminotransferase (ALT), SGPT: ALT is almost exclusively found in the liver. If ALT and AST are found together in elevated amounts in the blood, liver damage is most likely present. Alkaline Phosphatase and GGT: Another of the liver's key functions is the production of bile, which helps digest fat. Bile flows through the liver in a system of small tubes (ducts), and is eventually stored in the gallbladder, under the liver. When bile flow is slow or blocked, blood levels of certain liver enzymes rise: Alkaline phosphatase Gamma-utamyl transpeptidase (GGT) Liver tests may check for any or all of these enzymes in the blood. Alkaline phosphatase is by far the most commonly tested of the three. If alkaline phosphatase and GGT are elevated, a problem with bile flow is most likely present. Bile flow problems can be due to a problem in the liver, the gallbladder, or the tubes connecting them. Proteins are important building blocks of all cells and tissues. Proteins are necessary for your body's growth, development, and health. Blood contains two classes of protein, albumin and globulin. Albumin proteins keep fluid from leaking out of blood vessels. Globulin proteins play an important role in your immune system. Low total protein may indicate: 1.bleeding 2.liver disorder 3.malnutrition 4.agammaglobulinemia High Protein levels 'Hyperproteinemia: May be seen in dehydration due to inadequate water intake or to excessive water loss (eg, severe vomiting, diarrhea, Addison's disease and diabetic acidosis) or as a result of increased production of proteins Low albumin levels may be caused by: 1.A poor diet (malnutrition). 2.Kidney disease. 3.Liver disease. High albumin levels may be caused by: Severe dehydration.



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Patient NAME : <b>Other Dummy-PL246E</b>	Report STATUS : Final Report
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### Kidney Function Test (KFT)

Blood Urea <i>Urease</i>	22	mg/dL	18 - 45
Bun <i>Calculated</i>	10.28	mg/dL	8.4 - 21.0
Creatinine <i>Kinetic Alkaline Picrate</i>	<b>0.63</b>	mg/dL	0.65 - 1.04
eGFR (CKD-EPI)	143.16	ml/min/1.73 sq m	Normal Or High: $\geq 90$ Mild Or Decrease: 60-89 Mild To Moderate Decrease: 45-59 Mild To Severe Decrease: 30-44 Severe Decrease: 15-29 Kidney Failure: $< 15$
Bun/Creatinine Ratio <i>Calculated</i>	16.32		12 - 20
Urea / Creatinine Ratio <i>Calculated</i>	34.92		25.68- 42.8
Uric Acid <i>Uricase</i>	<b>3.2</b>	mg/dL	3.7 - 7.7
Calcium Serum <i>Arsenazo III</i>	9.2	mg/dL	8.4 - 10.2
Phosphorus <i>Phosphomolybdate</i>	3.6	mg/dL	2.3 - 4.7
Sodium <i>ISE-Indirect</i>	142	mmol/L	136 - 145
Potassium <i>ISE-Indirect</i>	4.25	mmol/L	3.5 - 5.1
Chloride <i>ISE-Indirect</i>	102	mmol/L	98 - 107

#### Interpretation:

Kidney function tests is a collective term for a variety of individual tests and procedures that can be done to evaluate how well the kidneys are functioning. Many conditions can affect the ability of the kidneys to carry out their vital functions. Some lead to a rapid (acute) decline in kidney function others lead to a gradual (chronic) decline in function. Both result in a buildup of toxic waste substance on urine samples, as well as on blood samples. A number of symptoms may indicate a problem with your kidneys. These include : high blood pressure, blood in urine frequent urges to urinate, difficulty beginning urination, painful urination, swelling in the hands and feet due to a buildup of fluids in the body. A single symptom may not mean something serious. However, when occurring simultaneously, these symptoms suggest that your kidneys are not working properly. Kidney function tests can help determine the reason. Electrolytes are present in the human body and the balancing act of the electrolytes in our bodies is essential for normal function of our cells and organs. There has to be a balance. Ionized calcium this test if you have signs of kidney or parathyroid disease. The test may also be done to monitor progress and treatment of these diseases.



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### Lipid Profile

Total Cholesterol <i>Enzymatic</i>	99	mg/dL	<200
Triglycerides <i>Glycerol phosphate oxidase</i>	44	mg/dL	<150
HDL Cholesterol <i>Accelerator Selective Detergent</i>	12	mg/dL	> 40
Non HDL Cholesterol <i>Calculated</i>	87	mg/dL	<130
LDL Cholesterol <i>Calculated</i>	78.2	mg/dL	<100
V.L.D.L Cholesterol <i>Calculated</i>	8.8	mg/dL	<30
Chol/HDL Ratio <i>Calculated</i>	8.25	Ratio	-
HDL/ LDL Ratio <i>Calculated</i>	0.15	Ratio	-
LDL/HDL Ratio <i>Calculated</i>	6.52	Ratio	-

### Interpretation:

Lipid level assessments must be made following 9 to 12 hours of fasting, otherwise assay results might lead to erroneous interpretation. NCEP recommends of 3 different samples to be drawn at intervals of 1 week for harmonizing biological variables that might be encountered in single assays.

National Lipid Association Recommendations (NLA-2014)	Total Cholesterol (mg/dL)	Triglyceride (mg/dL)	LDL Cholesterol (mg/dL)	Non HDL Cholesterol (mg/dL)
Optimal	<200	<150	<100	<130
Above Optimal			100-129	130 - 159
Borderline High	200-239	150-199	130-159	160 - 189
High	>=240	200-499	160-189	190 - 219
Very High	-	>=500	>=190	>=220

HDL Cholesterol	
Low	High
<40	>=60

### Risk Stratification for ASCVD (Atherosclerotic Cardiovascular Disease) by Lipid Association of India.

Risk Category	A. CAD with > 1 feature of high risk group
Extreme risk group	B. CAD with >1 feature of very high risk group of recurrent ACS (within 1 year) despite LDL-C <or = 50 mg/dl or poly vascular disease
Very High Risk	1.Established ASCVD 2.Diabetes with 2 major risk factors of evidence of end organ damage 3. Familial Homozygous Hypercholesterolemia



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<b>High Risk</b>	1. Three major ASCVD risk factors 2. Diabetes with 1 major risk factor or no evidence of end organ damage 3. CHD stage 3B or 4. 4 LDL >190 mg/dl 5. Extreme of a single risk factor 6. Coronary Artery Calcium - CAC > 300 AU 7. Lipoprotein a >= 50 mg/dl 8. Non stenotic carotid plaque		
<b>Moderate Risk</b>	2 major ASCVD risk factors		
<b>Low Risk</b>	0-1 major ASCVD risk factors		
<b>Major ASCVD (Atherosclerotic cardiovascular disease) Risk Factors</b>			
1. Age >=45 years in Males & >= 55 years in Females	3. Current Cigarette smoking or tobacco use		
2. Family history of premature ASCVD	4. High blood pressure		
5. Low HDL			

Newer treatment goals and statin initiation thresholds based on the risk categories proposed by Lipid Association of India in 2020.

Risk Group	Treatment Goals		Consider Drug Therapy	
	LDL-C (mg/dl)	Non-HDL (mg/dl)	LDL-C (mg/dl)	Non-HDL (mg/dl)
Extreme Risk Group Category A	<50 (Optional goal <OR = 30)	<80 (Optional goal <OR = 60)	>OR = 50	>OR = 80
Extreme Risk Group Category B	>OR = 30	>OR = 60	> 30	> 60
Very High Risk	<50	<80	>OR = 50	>OR = 80
High Risk	<70	<100	>OR = 70	>OR = 100
Moderate Risk	<100	<130	>OR = 100	>OR = 130
Low Risk	<100	<130	>OR = 130*	>OR = 160

\* After an adequate non-pharmacological intervention for at least 3 months.

References : Management of Dyslipidaemia for the Prevention of Stroke : Clinical practice Recommendations from the Lipid Association of India. Current Vascular Pharmacology,2022,20,134-155.



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**High Sensitivity C-Reactive Protein (Hs-CRP)**

HIGHLY SENSITIVE C-REACTIVE PROTEIN (hs-CRP) <i>Immunoturbidimetric</i>	<b>2.3</b>	mg/L	<1.00
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**Interpretation:**

Cardio CRP In mg/L	Cardiovascular Risk
<1	Low
1-3	Average
3-10	High
>10	Persistent elevation may represent Non cardiovascular inflammation

**Note:** To assess vascular risk, it is recommended to test hsCRP levels 2 or more weeks apart and calculate the average

**Comments:**

High sensitivity C Reactive Protein (hsCRP) significantly improves cardiovascular risk assessment as it is a strongest predictor of future coronary events. It reveals the risk of future Myocardial infarction and Stroke among healthy men and women, independent of traditional risk factors. It identifies patients at risk of first Myocardial infarction even with low to moderate lipid levels. The risk of recurrent cardiovascular events also correlates well with hsCRP levels. It is a powerful independent risk determinant in the prediction of incident Diabetes.

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Patient NAME : Other Dummy-PL246E	Report STATUS : Final Report
DOB/Age/Gender : 16 Y/Male	Barcode NO : ZF603649
Patient ID / UHID : 10685372/OF10685372	Sample Type : Serum
Referred BY : Self	Report Date : Dec 07, 2024, 07:50 PM.
Sample Collected : Dec 07, 2024, 03:49 PM	

Test Description	Value(s)	Unit(s)	Reference Range
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**Vitamin B12 / Cyanocobalamin**

Vitamin - B12 CMIA	<b>144</b>	pg/mL	187 - 883
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**Interpretation:**

Low Values are a sign of a vitamin B12 deficiency. People with this deficiency are likely to have or develop symptoms. Causes of vitamin B12 deficiency include: Not enough vitamin B12 in diet (rare except with a strict vegetarian diet), Diseases that cause malabsorption (for example, celiac disease and Crohn's disease), Lack of intrinsic factor, Above normal heat production (for example, with hyperthyroidism), Pregnancy. Increased vitamin B12 levels are uncommon. Usually excess vitamin B12 is removed in the urine. Conditions that can increase B12 levels include: Liver disease (such as cirrhosis or hepatitis), Myeloproliferative disorders (for example, polycythemia vera and chronic myelocytic leukemia). Vitamin B12: Low Levels can cause malabsorption, Lack of intrinsic factor, Above normal heat production (for example, with hyperthyroidism), Pregnancy. High Level Liver disease, Myeloproliferative disorders (for example, polycythemia vera and chronic myelocytic leukemia). 1. Out of 140 healthy indian population, 91% of Vitamin B 12 concentrations was at lower level: 59.00 pg/ml and upper level: 700.00 pg/ml



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**Vitamin D 25 Hydroxy**

Vitamin D 25 - Hydroxy <i>CMIA</i>	<b>4.8</b>	ng/mL	Deficient <20 Insufficient 21 - 29 Sufficient 30 - 100
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**Interpretation:**

25-Hydroxy vitamin D represents the main body reservoir and transport form. Mild to moderate deficiency is associated with Osteoporosis / Secondary Hyperparathyroidism while severe deficiency causes Rickets in children and Osteomalacia in adults. Prevalence of Vitamin D deficiency is approximately >50% specially in the elderly. This assay is useful for diagnosis of vitamin D deficiency and Hypervitaminosis D. It is also used for differential diagnosis of causes of Rickets & Osteomalacia and for monitoring Vitamin D replacement therapy.



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Referred BY : Self	Report Date : Dec 07, 2024, 07:50 PM.
Sample Collected : Dec 07, 2024, 03:49 PM	

Test Description	Value(s)	Unit(s)	Reference Range
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### Thyroid Profile Total

Triiodothyronine (T3) CMIA	144	ng/dL	35 - 193
Total Thyroxine (T4) CMIA	8.2	µg/dL	4.87 - 11.72
Thyroid Stimulating Hormone (Ultrasensitive) CMIA	1.3	mIU/L	0.35 - 4.94

#### Interpretation:

Pregnancy	Reference ranges TSH
1st Trimester	0.1 - 2.5
2nd Trimester	0.2 - 3.0
3rd Trimester	0.3 - 3.0

**Note:**  
TSH levels are subject to circadian variation, reaching peak levels between 2-4 am. and at a minimum between 6-10 pm. The variation is of 50 %, hence time of the day has influence on the measured serum TSH concentrations.

#### Clinical Use:

- Diagnose Hypothyroidism and Hyperthyroidism
- Monitor T4 replacement or T4 suppressive therapy
- Quantify TSH levels in the subnormal range

**Increased Levels :** Primary hypothyroidism, Subclinical hypothyroidis, TSH dependent Hyperthyroidism, Thyroid hormone resistance  
**Decreased Levels:** Grace disease, Autonomous thyroid hormone secretion, TSH deficiency

Primary malfunction of the thyroid gland may result in excessive (hyper) or below normal (hypo) release of T3 or T4. In addition as TSH directly affects thyroid function, malfunction of the pituitary or the hypo - thalamus influences the thyroid gland activity. Disease in any portion of the thyroid-pituitary-hypothal- mus system may influence the levels of T3 and T4 in the blood. In primary hypothyroidism, TSH levels are significantly elevated, while in secondary and tertiary hypothyroidism, TSH levels may be low. In addition, in the Euthyroid Sick Syndrome, multiple alterations in serum thyroid function test findings have been recognized in patients with a wide variety of non-thyroidal illnesses (NTI) without evidence of preexisting thyroid or hypothalami c-pituitary diseases. Thyroid Binding Globulin (TBG) concentrations remain relatively constant in healthy individuals. However, pregnancy, excess estrogen's, androgen's, antibiotic steroids and glucocorticoids are known to alter TBG levels and may cause false thyroid values for Total T3 and T4 tests.

TSH	T4	T3	INTERPRETATION
High	Normal	Normal	Mild (subclinical) hypothyroidism
High	Low	Low or Normal	Hypothyroidism
Low	Normal	Normal	Mild (subclinical) hyperthyroidism
Low	High or normal	High or normal	Hyperthyroidism
Low	Low or normal	Low or normal	Nonthyroidal illness; pituitary (secondary) hypothyroidism



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Patient ID / UHID	: 10685372/OF10685372	Sample Type	: Serum
Referred BY	: Self	Report Date	: Dec 07, 2024, 07:50 PM.
Sample Collected	: Dec 07, 2024, 03:49 PM		

Test Description			Value(s)	Unit(s)	Reference Range
Normal	High	High	Thyroid hormone resistance syndrome (a mutation in the thyroid hormone receptor decreases thyroid hormone function)		



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Patient NAME : Other Dummy-PL246E	Report STATUS : Final Report
DOB/Age/Gender : 16 Y/Male	Barcode NO : YB510090
Patient ID / UHID : 10685372/OF10685372	Sample Type : Spot Urine
Referred BY : Self	Report Date : Dec 09, 2024, 04:57 PM.
Sample Collected : Dec 07, 2024, 03:49 PM	

Test Description	Value(s)	Unit(s)	Reference Range
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### Urine Routine and Microscopic Examination

Physical Examination			
Volume	20	mL	-
Colour	Pale yellow	-	Pale yellow
Transparency	Clear	-	Clear
Deposit	Absent	-	Absent
Chemical Examination			
Reaction (pH) <i>Double Indicator</i>	7	-	4.5 - 8.0
Specific Gravity <i>Ion Exchange</i>	1.015	-	1.010 - 1.030
Urine Glucose (sugar)	Negative	-	Negative
Urine Protein (Albumin)	Negative	-	Negative
Urine Ketones (Acetone)	Negative	-	Negative
Blood	Negative	-	Negative
Leucocyte esterase	Negative	-	Negative
Bilirubin Urine	Negative	-	Negative
Nitrite <i>Griless Test</i>	Negative	-	Negative
Urobilinogen <i>Ehrlichs Test</i>	Normal	-	Normal
Microscopic Examination			
Pus Cells (WBCs)	1-2	/hpf	0 - 5
Epithelial Cells	1-2	/hpf	0 - 4
Red blood Cells	Absent	/hpf	Absent
Crystals	Absent	-	Absent
Cast	Absent	-	Absent
Yeast Cells	Absent	-	Absent
Amorphous deposits	Absent	-	Absent
Bacteria	Absent	-	Absent
Protozoa	Absent	-	Absent

**Interpretation:**

**URINALYSIS-** Routine urine analysis assists in screening and diagnosis of various metabolic, urological, kidney and liver disorders.

**Protein:** Elevated proteins can be an early sign of kidney disease. Urinary protein excretion can also be temporarily elevated by strenuous exercise, orthostatic proteinuria, dehydration, urinary tract infections and acute illness with fever

**Glucose:** Uncontrolled diabetes mellitus can lead to presence of glucose in urine. Other causes include pregnancy, hormonal disturbances, liver disease and certain medications.

**Ketones:** Uncontrolled diabetes mellitus can lead to presence of ketones in urine. Ketones can also be seen in starvation, frequent vomiting,



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DOB/Age/Gender : 16 Y/Male	Barcode NO : YB510090
Patient ID / UHID : 10685372/OF10685372	Sample Type : Spot Urine
Referred BY : Self	Report Date : Dec 09, 2024, 04:57 PM.
Sample Collected : Dec 07, 2024, 03:49 PM	

Test Description	Value(s)	Unit(s)	Reference Range
<p>pregnancy and strenuous exercise.</p> <p><b>Blood:</b> Occult blood can occur in urine as intact erythrocytes or haemoglobin, which can occur in various urological, nephrological and bleeding disorders.</p> <p><b>Leukocytes:</b> An increase in leukocytes is an indication of inflammation in urinary tract or kidneys. Most common cause is bacterial urinary tract infection.</p> <p><b>Nitrite:</b> Many bacteria give positive results when their number is high. Nitrite concentration during infection increases with length of time the urine specimen is retained in bladder prior to collection.</p> <p><b>pH:</b> The kidneys play an important role in maintaining acid base balance of the body. Conditions of the body producing acidosis/ alkalosis or ingestion of certain type of food can affect the pH of urine.</p> <p><b>Specific gravity:</b> Specific gravity gives an indication of how concentrated the urine is. Increased specific gravity is seen in conditions like dehydration, glycosuria and proteinuria while decreased specific gravity is seen in excessive fluid intake, renal failure and diabetes insipidus.</p> <p><b>Bilirubin:</b> In certain liver diseases such as biliary obstruction or hepatitis, bilirubin gets excreted in urine.</p> <p><b>Urobilinogen:</b> Positive results are seen in liver diseases like hepatitis and cirrhosis and in cases of haemolytic anaemia.</p>			

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



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<b>Name</b> Other Dummy-PL246E	<b>Patient ID</b> 10685372	<b>Gender</b> M	<b>Age</b> 16
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## Health Advisory

● Normal (N)  
 ● Low (L)  
 ● Borderline (BL)  
 ● High (H)



### 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

**Creatinine: 0.63 mg/dL** ● LOW

Creatinine is a waste product that your kidneys regularly remove from your body. A high level of creatinine in your blood simply means your kidneys are not functioning properly.

Note:

- 1) If you go to gym and you have increased bulk of muscles, also if you take high protein diet, then your creatinine levels could be high even when your kidneys are absolutely healthy.
- 2) If you have very low body mass especially because of age and muscle degeneration disease, then your creatinine levels are not a true representative of your kidney function.



#### Did you know?

Creatinine is a better indicator of kidneys function as unlike urea, creatinine levels are largely unaffected by other factors such as fever.



If you go to gym and you have increased bulk of muscles, also if you consume high amounts of red meat, then your creatinine levels could be high, even when your kidneys are absolutely healthy.



If you have very low body mass, especially because of age and muscle degeneration disease, then your creatinine levels are not a true representative of your kidneys function.



Abnormal creatinine levels are sometimes seen in pregnancy.



Some medicines can raise creatinine levels.



**Uric Acid: 3.2** mg/dL

● LOW

Uric Acid is another waste product in your body. High levels of uric acid can lead to problems like gout (deposition of uric acid crystals in great toe/toes specifically causing redness and joint pain)



**Abnormal results may indicate :**

Your kidneys are not functioning properly. High levels of uric acid can lead to gout disease. Note: In gout, uric acid crystals get deposited in joints. Symptoms of gout are pain, redness, swelling in joints, especially in your big toe.

**Did You Know?**



Purine rich diet can increase production of uric acid in your body. Foods rich in purine include all meats but specifically organ meats (kidneys, liver), and seafood.



Beer can also increase uric acid levels by decreasing the excretory function of kidneys.



Heavy exercise can increase the production of uric acid in your body.



**Lipid Profile**

A panel of tests that measures the amount of fat or lipid in your blood.

**HDL Cholesterol: 12** mg/dL

● LOW

Heart friendly cholesterol HDL reduces your chances of heart disease by removing harmful bad cholesterol.

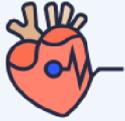


**Did You Know?**



HDL particles have antioxidant, anti-inflammatory, anti-thrombotic properties, which may contribute to their ability to inhibit atherosclerosisNCBI-Books. HDL are called protective lipoproteins.





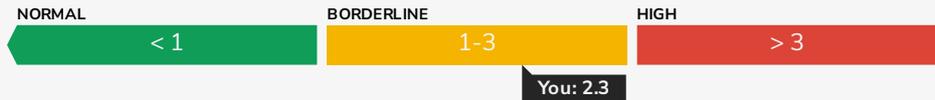
## Cardiac Profile

Most people believe they are safe from heart diseases, but in reality, heart diseases are the leading cause of death in the world. There are many different forms of heart disease. Narrowing or blockage of the coronary arteries is the most common cause of heart disease, which are the vessels that supply blood to the heart. This is called coronary artery disease and it occurs slowly over time. It is the main cause of heart attacks.

### HIGHLY SENSITIVE C-REACTIVE PROTEIN (hs-CRP): 2.3 mg/L

● BORDERLINE

hs-CRP (High Sensitivity C-reactive protein) is a very sensitive test as it detects even low grade inflammation as compared to CRP test. Bad cholesterol causes not only blockage but damage to the blood vessel which results in inflammation.



#### Risk Factors :

You are at low risk of developing cardiovascular disease if your hs-CRP level is lower than 1.0 mg/L.

You are at average risk of developing cardiovascular disease if your levels are between 1.0 mg/L and 3.0 mg/L.

You are at high risk for cardiovascular disease if your hs-CRP level is higher than 3.0 mg/L.





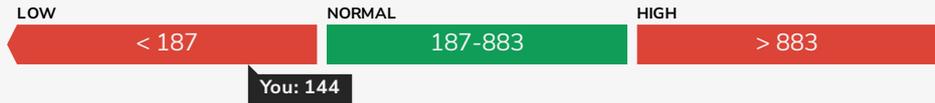
## Vitamins Profile

Vitamins are considered essential nutrients because they perform hundreds of roles in your body. They help maintain bones, heal wounds, and strengthen your immune system. They also convert food into energy, and repair cellular damage

### Vitamin - B12: 144 pg/mL

● LOW

Vitamin B12 is required for making RBCs and it also helps your brain work well. Your body can store it in your liver for up to 4 years.



#### Causes of Deficiency :



Strict vegetarian diet- Plant based foods are deficient in this Vit.



Gastrointestinal problems which reduce digestive absorption of Vit B12 from diet.

#### Complications :



Anemia



Loss of appetite



Weak immune system

#### Food sources :



Beef liver, clams, fish, meat, poultry, eggs



milk/dairy products, cereals fortified with B12 and nutritional yeast.



**Vitamin D 25 - Hydroxy: 4.8 ng/mL**

● LOW

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



**Causes of Deficiency :**



Insufficient dietary intake.



Malabsorption problem- Your digestive system can't absorb enough Vit D from food.



Less exposure to sunlight. Production of vit D from your skin depends upon your skin tone: Darker skin needs more exposure than lighter skin to produce equal amounts of Vit D. This happens because dark skin has natural protection against sunshine.



Medical conditions that affect the liver or kidney- Vit D is not sufficiently converted to its active form in your body.

**Abnormal results may indicate :**



Vit D deficiency is very common. Vit D deficiency is linked with many medical conditions including depression, type 2 diabetes, hypertension, cancer, bone pain and weak bones.

**Diet and Lifestyle Tips :**



Avoid very high-SPF sunscreen: Your skin naturally produces Vit D on being exposed to sun but applying sunscreen can decrease this. It is recommended that you should get a balanced amount of sunshine but you should avoid a long exposure to a very bright scorching sun.



Choose a vitamin rich diet- Fatty fish such as salmon, tuna, and mackerel, Beef liver, Cheese, Mushrooms, Egg yolks, cooking oils and fortified milk are rich sources of Vitamin D.



Discuss supplements with your doctor- Vit D supplements are generally advised to be taken along with meals. Obese people are generally recommended higher dose of supplements/



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