Redcliffe labs

Healthy India Ki Trusted Lab

smart Health Report

An Insightful Health Analytics Report for Easier Understanding

Prepared For

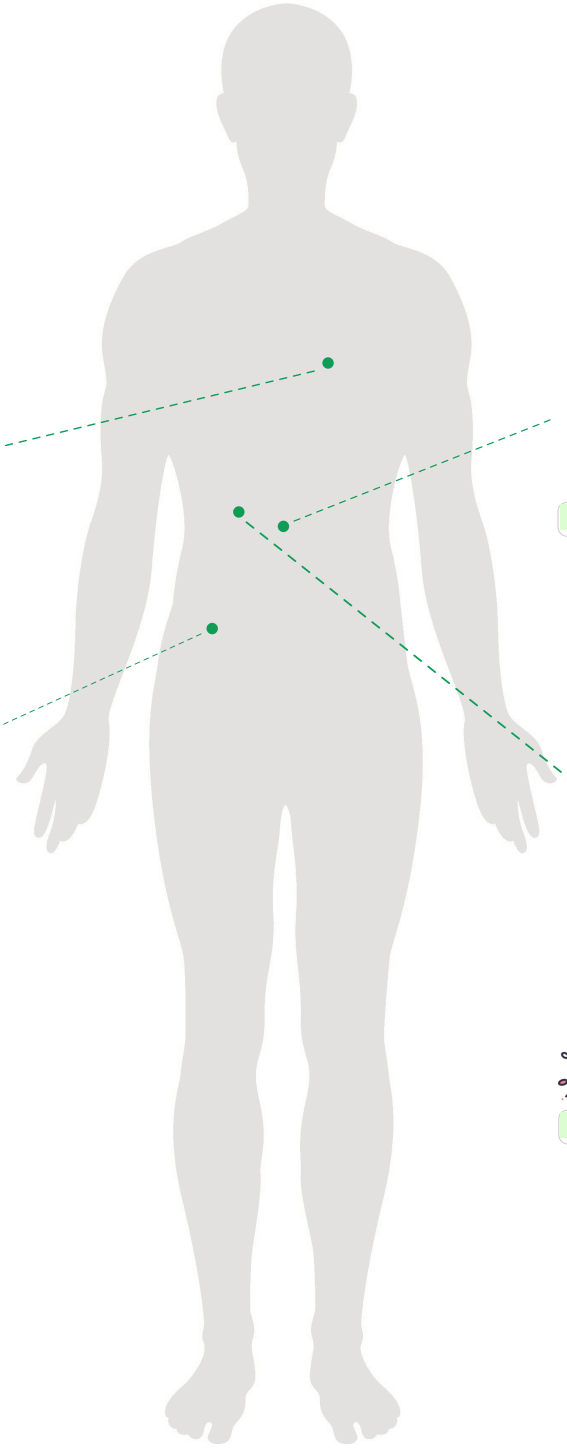
Mr Mr.Dummy

M 23

SMART HEALTH REPORT

Name	Patient ID	Gender	Age
Mr Mr.Dummy	8053170	M	23

Health Summary



LIPID PROFILE
Everything looks good

DIABETES MONITORING
Everything looks good

KIDNEY PROFILE
Everything looks good

LIVER PROFILE
Everything looks good

ANEMIA STUDIES
Everything looks good

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LABORATORY REPORT

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Patient Name	**: Mr Mr.Dummy**		
DOB/Age/Gender	: 23 Y/Male	Sample Collected	: Apr 26, 2024, 01:00 PM
Patient ID / UHID	: 8053170/RCL7247928	Report Date	: Apr 26, 2024, 02:21 AM
Referred By	: Dr. Dr. X	Barcode No	: HY522602
Sample Type	: Whole blood EDTA	Report Status	: Final Report

MC-5280

Fitness Check Package

Complete Blood Count (CBC)

Test Description	Value(s)	Unit(s)	Reference Range
RBC Parameters			
Hemoglobin *colorimetric*	14.5	g/dL	13.0 - 17.0
RBC Count *Electrical impedance*	4.8	10^6/µl	4.5 - 5.5
PCV *Calculated*	42	%	40 - 50
MCV *Calculated*	99	fl	83 - 101
MCH *Calculated*	29	pg	27 - 32
MCHC *Calculated*	32.2	g/dL	31.5 - 34.5
RDW (CV) *Calculated*	12.5	%	11.6 - 14.0
RDW-SD *Calculated*	39.5	fl	35.1 - 43.9
WBC Parameters			
TLC *Electrical impedance and microscopy*	5	10^3/µl	4 - 10
Differential Leucocyte Count			
Neutrophils *Laser based Flow-cytometry*	55	%	40-80
Lymphocytes *Laser based Flow-cytometry*	36	%	20-40
Monocytes *Laser based Flow-cytometry*	7	%	2-10
Eosinophils *Laser based Flow-cytometry*	2	%	1-6
Basophils *Laser based Flow-cytometry*	0	%	<2
Absolute Leukocyte Counts ***Calculated***			
Neutrophils. *Calculated*	2.75	10^3/µl	2 - 7
Lymphocytes. *Calculated*	1.8	10^3/µl	1 - 3
Monocytes. *Calculated*	0.35	10^3/µl	0.2 - 1.0
Eosinophils. *Calculated*	0.1	10^3/µl	0.02 - 0.5

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Consultant Pathologist

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Test Description	Value(s)	Unit(s)	Reference Range
Basophils. *Calculated*	**0**	10^3/µl	0.02 - 0.5
Platelet Parameters			
Platelet Count *Electrical impedance and microscopy*	239	10^3/µl	150 - 410
Mean Platelet Volume (MPV) *Calculated*	10.2	fL	9.3 - 12.1
PCT *Calculated*	0.32	%	0.17 - 0.32
PDW *Calculated*	16	fL	8.3 - 25.0
P-LCR *Calculated*	20	%	18 - 50
P-LCC *Calculated*	55	%	44 - 140
Mentzer Index *Calculated*	20.63	%	-

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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Test Description	Value(s)	Unit(s)	Reference Range

HbA1C (Glycosylated Haemoglobin)

Glycosylated Hemoglobin (HbA1c) *HPLC*	5.2	%	< 5.7
Estimated Average Glucose	102.54	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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Liver Function Test (LFT)

Test Description	Value(s)	Unit(s)	Reference Range
Bilirubin Total *Colorimetric Diazo*	0.5	mg/dL	0 - 1.2
Bilirubin Direct *Diazo*	0.1	mg/dL	0 - 0.20
Bilirubin Indirect *Calculation (T Bil - D Bil)*	0.4	mg/dL	0.1 - 1.0
SGOT/AST *IFCC without P5P*	25	U/L	up to 40
SGPT/ALT *IFCC without P5P*	36	U/L	up to 41
SGOT/SGPT Ratio	0.69	-	-
Alkaline Phosphatase *IFCC*	55	U/L	40 - 129
Total Protein *Biuret*	6.8	g/dL	6.6 - 8.7
Albumin *BCG Colorimetric*	3.7	g/dL	3.5 - 5.2
Globulin *Calculation (T.P - Albumin)*	3.1	g/dL	2.3 - 3.5
Albumin :Globulin Ratio *Calculation (Albumin/Globulin)*	1.19	-	1.0 - 2.1
Gamma Glutamyl Transferase (GGT) *IFCC*	53	U/L	10 - 71

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

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Test Description	Value(s)	Unit(s)	Reference Range

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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Kidney Function Test (KFT)

Test Description	Value(s)	Unit(s)	Reference Range
Blood Urea *Urease*	24	mg/dL	16.6 - 48.5
Creatinine *Jaffe*	1.03	mg/dL	0.70 - 1.20
Bun *Urease*	11.21	mg/dL	6 - 20
Bun/Creatinine Ratio	10.88		
Urea / Creatinine Ratio	23.3		
Uric Acid *Enzymatic colorimetric*	3.9	mg/dL	3.4 - 7.0
Calcium Serum *BAPTA*	8.9	mg/dL	8.6 - 10.0
Phosphorus *Molybdate UV*	3.5	mg/dL	2.5 - 4.5
Sodium *ISE-Indirect*	140.2	mmol/L	136 - 145
Potassium *ISE-Indirect*	3.78	mmol/L	3.5 - 5.1
Chloride *ISE-Indirect*	99.1	mmol/L	98 - 107

Interpretation:

Kidney function tests is a collective term for a variety of individual tests and proceduresthat can be done toevaluate how well the kidneys are functioning. Many conditions can affect the ability of the kidneys to carryout their vital functions. Somelead to a rapid (acute) decline in kidney functionothers lead to a gradual (chronic) declineinfunction. Both result in a buildup of toxic waste subst done 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 (sodium,potassium,and chloride) 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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Test Description	Value(s)	Unit(s)	Reference Range
Lipid Profile			
Total Cholesterol *Enzymatic - Cholesterol Oxidase*	152	mg/dL	<200
Triglycerides *Colorimetric - Lip/Glycerol Kinase*	136	mg/dL	<150
HDL Cholesterol *Enzymatic colorimetric*	46	mg/dL	> 40
Non HDL Cholesterol *Calculated*	106	mg/dL	<130
LDL Cholesterol *Calculated*	78.8	mg/dL	<100
V.L.D.L Cholesterol *Calculated*	27.2	mg/dL	< 30
Chol/HDL Ratio *Calculated*	3.3	Ratio	-
HDL/ LDL Ratio *Calculated*	0.58	Ratio	-
LDL/HDL Ratio *Calculated*	1.71	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

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Test Description	Value(s)	Unit(s)	Reference Range

Very High Risk	1.Established ASCVD 2.Diabetes with 2 major risk factors of evidence of end organ damage 3. Familial Homozygous Hypercholesterolemia
High Risk	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
Moderate Risk	2 major ASCVD risk factors
Low Risk	0-1 major ASCVD risk factors
Major ASCVD (Atherosclerotic cardiovascular disease) Risk Factors	
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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Lipase

Lipase *Colorimetric*	56	U/L	13 - 60

Interpretation:
Pancreas is the major and primary source of serum lipase though lipases are also present in liver, stomach, intestine, WBC, fat cells and milk. In acute pancreatitis, serum lipase becomes elevated at the same time as amylase and remains high for 7-10 days. Increased lipase activity rarely lasts longer than 14 days. Prolonged increase suggests poor prognosis or presence of a cyst. The combined use of serum lipase and serum amylase is effective in ruling out acute pancreatitis.

Increased levels
Acute & Chronic pancreatitis
Obstruction of pancreatic duct
Non pancreatic conditions like renal diseases, acute cholecystitis, intestinal obstruction, duodenal ulcer, alcoholism, diabetic ketoacidosis and following endoscopic retrograde cholangiopancreatography

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Test Description	Value(s)	Unit(s)	Reference Range
Amylase			
Amylase *Enzymatic colorimetric*	68	U/L	28 - 100

Interpretation:

1. Amylase levels are significantly increased in patients with acute pancreatitis, pancreatic duct obstruction, carcinoma pancreas, ovaries, or lungs, cholecystitis, macroamylasemia, renal disease, pancreatic pseudocyst, procedures like Endoscopic retrograde cholangiopancreatography and acute alcohol poisoning.
2. In acute pancreatitis, elevated amylase levels usually parallel lipase concentrations, although lipase levels may take a bit longer to rise than blood amylase levels and will remain elevated longer.
3. Amylase levels are raised in aspirin, diuretics, oral contraceptives, corticosteroids, indomethacin, ethyl alcohol and opiate intake

*** End Of Report ***

Disclaimer: Method given in report are only indicative and can be changed depending upon type of machine and kit available at time of testing.

Not all tests at all locations are under NABL scope. Availability of tests under NABL scope varies from lab to lab.

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2. It is to be presumed that the tests performed pertain to the specimen/sample attributed to the Customer's name or identification. It is presumed that the verification particulars have been cleared out by the customer or his/her representation at the point of generation of said specimen / sample. It is hereby clarified that the reports furnished are restricted solely to the given specimen only.

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