

smart Health Report

An Insightful Health Analytics Report
for Easier Understanding

Prepared For

Mr MR.DUMMY

M 23



Name
 Mr MR.DUMMY

Patient ID
 8053227

Gender
 M

Age
 23

Health Summary



BLOOD COUNTS

Everything looks good



THYROID PROFILE

Everything looks good



LIPID PROFILE

Everything looks good



DIABETES MONITORING

Test Name	Result
Glycosylated Hemoglobin (HbA1c)	6.0
Please Watchout	



KIDNEY PROFILE

Everything looks good



LIVER PROFILE

Everything looks good



ANEMIA STUDIES

Test Name	Result
Hemoglobin	8
Please Watchout	



VITAMIN PROFILE

Everything looks good



MINERAL PROFILE

Everything looks good



Patient Name	: Mr MR.DUMMY		
DOB/Age/Gender	: 23 Y/Male	Sample Collected	: Apr 26, 2024, 01:00 PM
Patient ID / UHID	: 8053227/RCL7249737	Report Date	: May 25, 2024, 06:06 PM.
Referred By	: Dr. Dr. X	Barcode No	: HY585702
Sample Type	: Whole blood EDTA	Report Status	: Final Report
Test Description	Value(s)	Unit(s)	Reference Range

Cardiac Profile - Comprehensive

Complete Blood Count (CBC)

RBC Parameters			
Hemoglobin <i>Spectrophotometry</i>	8	g/dL	13.0 - 17.0
RBC Count <i>Electrical impedance</i>	2.5	10 ⁶ /μl	4.5 - 5.5
PCV <i>Calculated</i>	25.2	%	40 - 50
MCV <i>Calculated</i>	99.5	fl	83 - 101
MCH <i>Calculated</i>	31.7	pg	27 - 32
MCHC <i>Calculated</i>	31.9	g/dL	31.5 - 34.5
RDW (CV) <i>Calculated</i>	15.4	%	11.6 - 14.0
RDW-SD <i>Calculated</i>	59	fl	35.1 - 43.9
WBC Parameters			
TLC <i>Electrical impedance and microscopy</i>	5.9	10 ³ /μl	4 - 10
Differential Leucocyte Count			
Neutrophils <i>Flow-cytometry DHSS</i>	77	%	40-80
Lymphocytes <i>Flow-cytometry DHSS</i>	20	%	20-40
Monocytes <i>Flow-cytometry DHSS</i>	2	%	2-10
Eosinophils <i>Flow-cytometry DHSS</i>	1	%	1-6
Basophils <i>Flow-cytometry DHSS</i>	0	%	<2
Absolute Leukocyte Counts <i>Calculated</i>			
Neutrophils.	4.54	10 ³ /μl	2 - 7
Lymphocytes. <i>Calculated</i>	1.18	10 ³ /μl	1 - 3
Monocytes. <i>Calculated</i>	0.12	10 ³ /μl	0.2 - 1.0
Eosinophils. <i>Calculated</i>	0.06	10 ³ /μl	0.02 - 0.5
Basophils.	0	10 ³ /μl	0.02 - 0.5



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Sample Type : Whole blood EDTA		Report Status : Final Report	
Test Description	Value(s)	Unit(s)	Reference Range
Calculated			
Platelet Parameters			
Platelet Count <i>Electrical impedance and microscopy</i>	160	10 ³ /μl	150 - 410
Mean Platelet Volume (MPV) <i>Calculated</i>	9.8	fL	9.3 - 12.1
PCT <i>Calculated</i>	0.1	%	0.17 - 0.32
PDW <i>Calculated</i>	16.3	fL	8.3 - 25.0
P-LCR <i>Calculated</i>	31.6	%	18 - 50
P-LCC <i>Calculated</i>	46	%	44 - 140
Mentzer Index <i>Calculated</i>	39.8	%	> 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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Erythrocyte Sedimentation Rate (ESR)

ESR - Erythrocyte Sedimentation Rate MODIFIED WESTERGREN	4	mm/hr	0 - 10																											
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.																														
<table><tr><th>AGE</th><th>MALE</th><th>FEMALE</th></tr><tr><td>1 DAY</td><td>0-2</td><td>0-2</td></tr><tr><td>2 - 7 DAYS</td><td>0-4</td><td>0-4</td></tr><tr><td>8 - 14 DAYS</td><td>0-17</td><td>0-17</td></tr><tr><td>15 DAYS - 17 YEARS</td><td>0-20</td><td>0-20</td></tr><tr><td>18 - 50 YEARS</td><td>0-10</td><td>0-12</td></tr><tr><td>51- 60 YEARS</td><td>0-12</td><td>0-19</td></tr><tr><td>61 - 70 YEARS</td><td>0-14</td><td>0-20</td></tr><tr><td>71 - 100 YEARS</td><td>0-30</td><td>0-35</td></tr></table>				AGE	MALE	FEMALE	1 DAY	0-2	0-2	2 - 7 DAYS	0-4	0-4	8 - 14 DAYS	0-17	0-17	15 DAYS - 17 YEARS	0-20	0-20	18 - 50 YEARS	0-10	0-12	51- 60 YEARS	0-12	0-19	61 - 70 YEARS	0-14	0-20	71 - 100 YEARS	0-30	0-35
AGE	MALE	FEMALE																												
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61 - 70 YEARS	0-14	0-20																												
71 - 100 YEARS	0-30	0-35																												
Reference- Dacie and lewis practical hematology																														



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Referred By : Dr. Dr. X

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Report Date : May 25, 2024, 06:06 PM.

Barcode No : HY585702

Report Status : Final Report

Test Description	Value(s)	Unit(s)	Reference Range
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HbA1C (Glycosylated Haemoglobin)

Glycosylated Hemoglobin (HbA1c) HPLC	6.0	%	< 5.7
Estimated Average Glucose	125.5	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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Referred By	: Dr. Dr. X	Barcode No	: ZC664048
Sample Type	: FLUORIDE F	Report Status	: Final Report
Test Description	Value(s)	Unit(s)	Reference Range

Glucose Fasting (BSF)

Glucose Fasting <i>Hexokinase</i>	94.0	mg/dL	<100
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 in 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 1.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. 2.Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis.			



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Patient ID / UHID : 8053227/RCL7249737
Referred By : Dr. Dr. X
Sample Type : Serum

Sample Collected : Apr 26, 2024, 01:00 PM
Report Date : May 08, 2024, 12:45 PM.
Barcode No : ZC664049
Report Status : Final Report

Test Description	Value(s)	Unit(s)	Reference Range
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Liver Function Test (LFT)

Bilirubin Total <i>Diazo</i>	0.4	mg/dL	0 - 1.2
Bilirubin Direct <i>Diazo Jondrof</i>	0.2	mg/dL	0 - 0.20
Bilirubin Indirect <i>Calculation (T Bil - D Bil)</i>	0.2	mg/dL	0.1 - 1.0
SGOT/AST <i>IFCC without P5P</i>	16	U/L	up to 40
SGPT/ALT <i>IFCC without P5P</i>	17	U/L	up to 41
SGOT/SGPT Ratio <i>Calculated</i>	0.94	%	-
Alkaline Phosphatase <i>IFCC</i>	102	U/L	40 - 129
Total Protein <i>Biuret</i>	7.0	g/dL	6.4 - 8.3
Albumin <i>BCG Colorimetric</i>	4.0	g/dL	3.5 - 5.2
Globulin <i>Calculation (T.P - Albumin)</i>	3	g/dL	2.3 - 3.5
Albumin :Globulin Ratio <i>Calculation (Albumin/Globulin)</i>	1.33	-	1.3 - 2.1
Gamma Glutamyl Transferase (GGT) <i>IFCC Colorimetric</i>	10	U/L	8 - 61

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-utanyl 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

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Referred By : Dr. Dr. X		Barcode No : ZC664049	
Sample Type : Serum		Report Status : Final Report	
Test Description	Value(s)	Unit(s)	Reference Range
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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Referred By	: Dr. Dr. X	Barcode No	: ZC664049
Sample Type	: Serum	Report Status	: Final Report
Test Description	Value(s)	Unit(s)	Reference Range

Kidney Function Test (KFT)

Blood Urea <i>Urease with UV</i>	22.0	mg/dL	16.6 - 48.5
Creatinine <i>Jaffes</i>	0.9	mg/dL	0.70 - 1.20
Bun <i>Calculated</i>	10.28	mg/dL	6 - 20
Bun/Creatinine Ratio <i>Calculated</i>	11.42		
Urea / Creatinine Ratio	24.44		
Uric Acid <i>Uricase</i>	4.3	mg/dL	3.4 - 7.0
Calcium Serum <i>BAPTA</i>	9.0	mg/dL	8.6 - 10.0
Phosphorus <i>Molybdate UV</i>	4.3	mg/dL	2.5 - 4.5
Sodium <i>ISE-Indirect</i>	141.0	mmol/L	136 - 145
Potassium <i>ISE-Indirect</i>	4.1	mmol/L	3.5 - 5.1
Chloride <i>ISE-Indirect</i>	102.0	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 (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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Referred By	: Dr. Dr. X	Barcode No	: ZC664049
Sample Type	: Serum	Report Status	: Final Report
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Lipid Profile

Total Cholesterol <i>CHOD-PAP</i>	142	mg/dL	<200
Triglycerides <i>Enzymatic colorimetric</i>	121	mg/dL	<150
HDL Cholesterol <i>CHOD-POD</i>	51	mg/dL	> 40
Non HDL Cholesterol <i>Calculated</i>	91	mg/dL	<130
LDL Cholesterol <i>Calculated</i>	66.8	mg/dL	<100
V.L.D.L Cholesterol <i>Calculated</i>	24.2	mg/dL	< 30
Chol/HDL Ratio <i>Calculated</i>	2.78	Ratio	-
HDL/ LDL Ratio <i>Calculated</i>	0.76	Ratio	-
LDL/HDL Ratio <i>Calculated</i>	1.31	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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Iron Studies

Iron <i>FerroZine</i>	67.3	µg/dL	33 - 193
TIBC,(Total Iron Binding Capacity) <i>Calculated</i>	354.3	µg/dL	228 - 428
UIBC <i>FerroZine</i>	287.0	µg/dL	125 - 345
Transferrin Saturation <i>Calculated</i>	19	%	16 - 45
Interpretation: Increased levels due to iron ingestion or ineffective erythropoiesis.Decreased levels due to infection, inflammation, malignancy, menstruation and Fe deficiency.Needs to be taken into consideration with TIBC. Transferrin Saturation:- Low level Transferrin Saturation can indicate iron deficiency, erythropoiesis, infection, or inflammation. High level Transferrin Saturation can indicate recent ingestion of dietary iron,ineffective erythropoiesis,haemochromatosis or liver disease.High TIBC, UIBC, or transferrin usually indicates iron deficiency, but they are also increased in pregnancy and with the use of oral contraceptives. Low TIBC, UIBC, or transferrin may occur if someone has:Hemochromatosis, Certain types of anemia due to accumulated iron,Malnutrition,kidney disease that causes a loss of protein in urine.			

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High Sensitivity C-Reactive Protein (Hs-CRP)

HIGHLY SENSITIVE C-REACTIVE PROTEIN (hs-CRP) <i>Particle enhanced immunoturbidimetric assay.</i>	2.1	mg/L	Low < 1.00 mg/L Average 1.0-3.0 mg/L High > 3.0 mg/L
Interpretation: 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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Processing Lab :-

928-909-0609

ccsupport@redcliffelabs.com

www.redcliffelabs.com

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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	: 8053227/RCL7249737	Report Date	: May 08, 2024, 11:52 AM.
Referred By	: Dr. Dr. X	Barcode No	: ZC664049
Sample Type	: Serum	Report Status	: Final Report
Test Description	Value(s)	Unit(s)	Reference Range

Vitamin B12 / Cyanocobalamin

Vitamin - B12 CMIA	412.0	pg/mL	187 - 883
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 "Patients on Biotin supplement may have interference in some immunoassays. Ref: Arch Pathol Lab Med—Vol 141, November 2017. With individuals taking high dose Biotin (more than 5 mg per day) supplements, at least 8-hour wait time before blood draw is recommended."			

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DOB/Age/Gender	: 23 Y/Male	Sample Collected	: Apr 26, 2024, 01:00 PM
Patient ID / UHID	: 8053227/RCL7249737	Report Date	: May 08, 2024, 11:58 AM.
Referred By	: Dr. Dr. X	Barcode No	: ZC664049
Sample Type	: Serum	Report Status	: Final Report
Test Description	Value(s)	Unit(s)	Reference Range

Vitamin D 25 Hydroxy

Vitamin D 25 - Hydroxy CMIA	62.0	ng/mL	Deficient <20 Insufficient 21 - 29 Sufficient 30 - 100
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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DOB/Age/Gender	: 23 Y/Male	Sample Collected	: Apr 26, 2024, 01:00 PM
Patient ID / UHID	: 8053227/RCL7249737	Report Date	: May 08, 2024, 12:27 PM.
Referred By	: Dr. Dr. X	Barcode No	: ZC664049
Sample Type	: Serum	Report Status	: Final Report
Test Description	Value(s)	Unit(s)	Reference Range

Thyroid Profile Total

Triiodothyronine (T3) CMIA	96.0	ng/dL	35 - 193
Total Thyroxine (T4) CMIA	7.6	µg/dL	4.87 - 11.72
Thyroid Stimulating Hormone (Ultrasensitive) CMIA	4.0	µIU/mL	0.35 - 4.94

Interpretation:

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

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-pitutary-hypothala- 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-pitutary 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
Normal	High	High	Thyroid hormone resistance syndrome (a mutation in the thyroid hormone receptor decreases thyroid hormone function)



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Patient Name : Mr MR.DUMMY

DOB/Age/Gender : 23 Y/Male

Patient ID / UHID : 8053227/RCL7249737

Referred By : Dr. Dr. X

Sample Type : Serum

Sample Collected : Apr 26, 2024, 01:00 PM

Report Date : May 08, 2024, 12:27 PM.

Barcode No : ZC664049

Report Status : Final Report

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

Lipoprotein A (Lipo A) <i>Tina-quant</i>	8.3	mg/dL	up to 30
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Interpretation:**Note:**

Lp(a) is considered an important risk factor for CHD especially among Indians as Indians tend to have high prevalence of elevated levels of Lp(a)

Lp(a) in mg/dL	
(As per Lipid Association of India 2016)	REMARKS
<30	Low risk
30-49	Moderate Risk
>= 50	High risk

Comments:

Lipoprotein (a) [Lp(a)] consists of an LDL particle that is covalently bound to an additional protein, apolipoprotein (a) [Apo(a)]. Apo(a) has high-sequence homology with the coagulation factor plasminogen and, like LDL, Lp(a) contains apolipoprotein B100 (ApoB). Thus, Lp(a) is both proatherogenic and prothrombotic. Lp(a) is an independent risk factor for Coronary Heart Disease (CHD), Ischemic Stroke, and Aortic Valve Stenosis. Lp(a) is highly heterogenous molecule; the degree of atherogenicity of the Lp(a) particle may depend on the molecular size of the Lp(a)-specific protein. Serum concentrations of Lp(a) are related to genetic factors, and are largely unaffected by diet, exercise and lipid -lowering pharmaceuticals. However, in a patient with additional modifiable CHD risk factors, more aggressive therapy to normalize these factors may be indicated if the Lp(a) value is also increased.

Usage

Evaluation of increased risk for cardiovascular disease and events:

1. In individuals at intermediate risk for cardiovascular disease
2. In patients with early atherosclerosis or
3. In patients with strong family history of early CHD

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Patient Name : Mr MR.DUMMY

DOB/Age/Gender : 23 Y/Male

Patient ID / UHID : 8053227/RCL7249737

Referred By : Dr. Dr. X

Sample Type : Serum

Sample Collected : Apr 26, 2024, 01:00 PM

Report Date : May 08, 2024, 12:27 PM.

Barcode No : ZC664049

Report Status : Final Report

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

Homocysteine Enzymatic	8.6	µmol/L	5.46-16.2
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Interpretation:

Homocysteine is a sulphur containing amino acid. There is an association between elevated levels of circulating homocysteine and various vascular and cardiovascular disorders. Clinically the measurement of homocysteine is considered important to diagnose homocystinuria, to identify individuals with or at risk of developing cobalamin or folate deficiency & to assess risk factor for Cardiovascular Disease (CVD) for which the recommendations are:

1. Specially useful in young CVD patients (< 40 yrs.)
 2. In known cases of CVD, high homocysteine levels should be used as a prognostic marker for CVD events and mortality
 3. CVD patients with homocysteine levels >15 µmol/L belong to a high risk group?
- Increased homocysteine levels with low vitamin concentrations should be handled as a potential vitamin deficiency case.

Apolipoproteins A1 & B

Apolipoprotein A-1 (APO-A) Tina-quant	119.0	mg/dL	104 - 202
Apolipoprotein B (APO-B) Tina-quant	78.3	mg/dL	66 - 144
Apo B / Apo A1 Ratio Calculated	0.66		0.35 - 0.98

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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	: 8053227/RCL7249737	Report Date	: May 25, 2024, 06:06 PM.
Referred By	: Dr. Dr. X	Barcode No	: YA607738
Sample Type	: Spot Urine	Report Status	: Final Report
Test Description	Value(s)	Unit(s)	Reference Range

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) Double Indicator	7.0	-	4.5 - 8.0
Specific Gravity Ion Exchange	1.010	-	1.010 - 1.030
Urine Glucose (sugar) Oxidase / Peroxidase	Negative	-	Negative
Urine Protein (Albumin) Acid / Base Colour Excahnge	Negative	-	Negative
Urine Ketones (Acetone) Legals Test	Negative	-	Negative
Blood Peroxidase Hemoglobin	Negative	-	Negative
Leucocyte esterase Enzymatic Reaction	Negative	-	Negative
Bilirubin Urine Coupling Reaction	Negative	-	Negative
Nitrite Griless Test	Negative	-	Negative
Urobilinogen Ehrlichs Test	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			

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Patient Name : Mr MR.DUMMY

DOB/Age/Gender : 23 Y/Male

Patient ID / UHID : 8053227/RCL7249737

Referred By : Dr. Dr. X

Sample Type : Spot Urine

Sample Collected : Apr 26, 2024, 01:00 PM

Report Date : May 25, 2024, 06:06 PM.

Barcode No : YA607738

Report Status : Final Report

Test Description	Value(s)	Unit(s)	Reference Range
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, pregnancy and strenuous exercise.			
Blood: Occult blood can occur in urine as intact erythrocytes or haemoglobin, which can occur in various urological, nephrological and bleeding disorders.			
Leukocytes: An increase in leukocytes is an indication of inflammation in urinary tract or kidneys. Most common cause is bacterial urinary tract infection.			
Nitrite: 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.			
pH: 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.			
Specific gravity: 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.			
Bilirubin: In certain liver diseases such as biliary obstruction or hepatitis, bilirubin gets excreted in urine.			
Urobilinogen: Positive results are seen in liver diseases like hepatitis and cirrhosis and in cases of haemolytic anaemia.			

*** 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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Name
Mr MR.DUMMY**Patient ID**
8053227**Gender**
M**Age**
23

Health Advisory

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



Anemia Profile

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

Hemoglobin: 8 g/dL

● LOW



Abnormal results may indicate :



Anemia.

Diet and Lifestyle Tips :



Eat iron rich foods as iron is essential for the production of hemoglobin. Iron-rich foods include meat, fish, eggs and oysters, beans, lentils, dark green leafy vegetables (spinach, watercress, curly kale), broccoli, iron fortified cereals and dried fruits (apricots, prunes and raisins).



Avoid drinking tea and coffee with meals, and foods with high phytic acid, such as whole grain cereals, as they can affect digestive absorption of iron from your diet.



Your body absorbs iron from plant-based foods better when you eat them with vitamin-C rich foods, such as oranges, strawberries, melons, peppers and tomatoes.





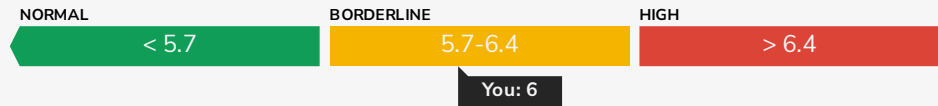
Diabetes

This panel is used to check how much glucose/sugar there is in your blood. Too much blood glucose might indicate diabetes.

HbA1c (Glycosylated Haemoglobin): 6.0%

● BORDERLINE

HbA1c is your average blood glucose (sugar) levels for the past three months.



One of the ways to control and reduce your HbA1c level - is to change your diet. Generally, foods that are high in carbs increase your blood sugar significantly. Also, foods that are high in fiber keep your glucose level in check.

Additionally, keeping your portion sizes *small* could prevent sharp rises in your blood sugar.

Some high-Carb foods to avoid



WHITE BREAD



POTATOES

Some high-Fiber foods to choose from



APPLES



CABBAGE

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