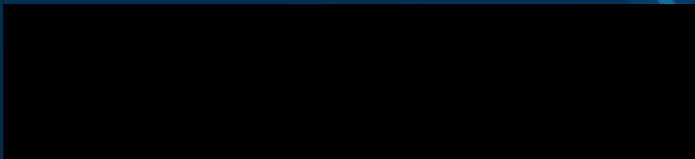


smart Health Report

An Insightful Health Analytics Report
for Easier Understanding



Prepared For



Health Summary



BLOOD COUNTS

Test Name	Result
ESR - Erythrocyte Sedimentation Rate	80
Please Watchout	



LIPID PROFILE

Everything looks good



KIDNEY PROFILE

Test Name	Result
Bun	8.93
Creatinine	0.7
Please Watchout	



THYROID PROFILE

Everything looks good



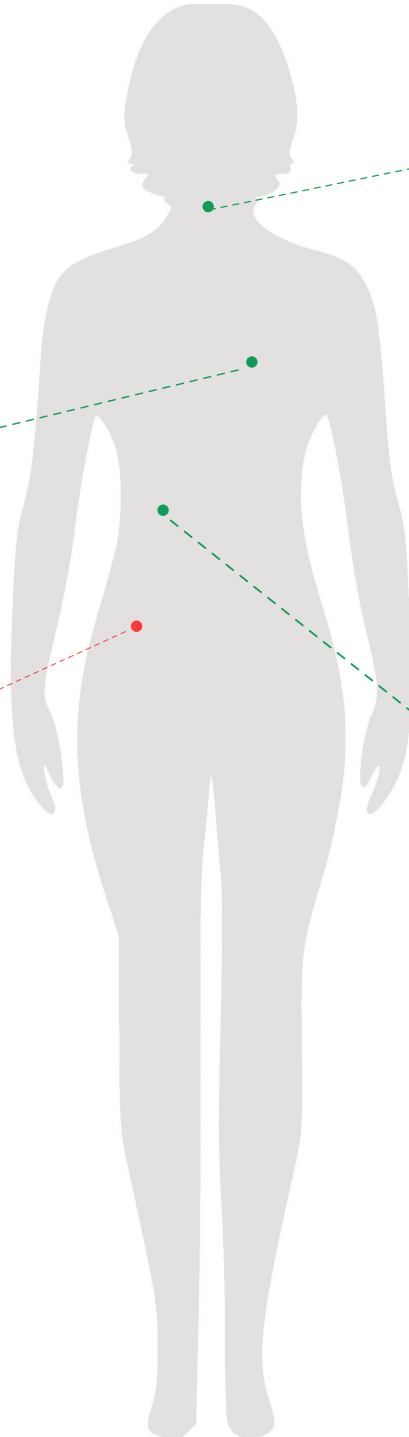
LIVER PROFILE

Everything looks good



ANEMIA STUDIES

Test Name	Result
Hemoglobin	10.3
Please Watchout	



Health Advisory

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



Blood Counts

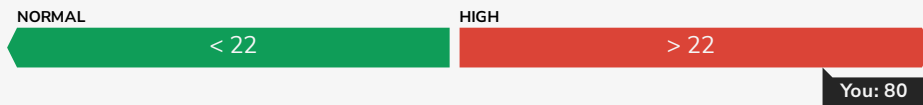
Blood is a specialized bodily fluid that supplies essential substances like sugars, oxygen, hormones - around the body and also removes waste from the cells.

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

ESR - Erythrocyte Sedimentation Rate: 80 mm/hr

● HIGH

ESR (Erythrocyte Sedimentation Rate) is the speed at which RBCs in your sample settle down at the bottom of the test tube. If there is inflammation in the body then ESR value is high.



Abnormal results may indicate :



Infections



Renal disease



Anemia



Acute allergy



Pregnancy (but not first trimester)



Old Age



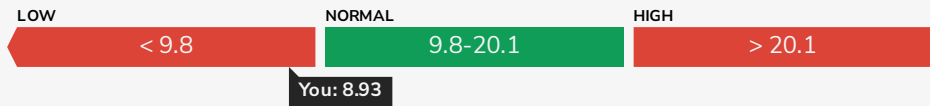
Kidney Profile

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

Bun: 8.93 mg/dL

● LOW

This test measures the amount of urea nitrogen in the blood which is one of the waste products removed from the blood. A high value might indicate problem with kidney function



Common reasons for abnormal results :



Dehydration



A high protein diet



Use of some medicines

Abnormal results may indicate :

Your kidneys are not functioning properly.

Creatinine: 0.7 mg/dL

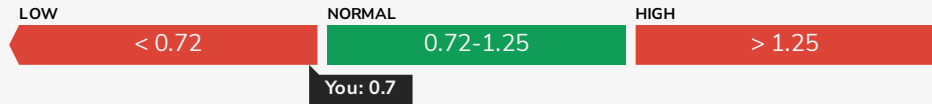
● LOW

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.



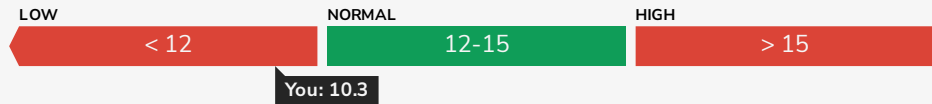
Anemia Profile

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: 10.3 g/dL

● LOW

Hemoglobin is present in the Red Blood Cells and it carries oxygen to the tissues. If Hb is less it causes anemia. Anemia because of low hemoglobin and is more common in women.



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.

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DOB/Age/Gender :		Barcode NO :		
Patient ID / UHID :		Sample Type :		
Referred BY :		Report Date :		
Sample Collected :				
Test Description	Value(s)	Unit(s)	Reference Range	

Supersaver Vital Care Pack for 2

Complete Blood Count (CBC)

RBC Parameters			
Hemoglobin <i>colorimetric</i>	10.3	g/dL	12.0 - 15.0
RBC Count <i>Electrical impedance</i>	3.9	10 ⁶ /μl	3.8 - 4.8
PCV <i>Calculated</i>	32.9	%	36 - 46
MCV <i>Calculated</i>	84.2	fl	83 - 101
MCH <i>Calculated</i>	26.4	pg	27 - 32
MCHC <i>Calculated</i>	31.3	g/dL	31.5 - 34.5
RDW (CV) * <i>Calculated</i>	14.6	%	11.6 - 14.0
RDW-SD * <i>Calculated</i>	44.2	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	51.6	%	40-80
Lymphocytes	40.2	%	20-40
Monocytes	5.2	%	2-10
Eosinophils	2.8	%	1-6
Basophils	0.2	%	<2
Absolute Leukocyte Counts <i>Calculated</i>			
Neutrophils.	3.04	10 ³ /μl	2 - 7
Lymphocytes.	2.37	10 ³ /μl	1 - 3
Monocytes.	0.31	10 ³ /μl	0.2 - 1.0
Eosinophils.	0.17	10 ³ /μl	0.02 - 0.5
Basophils.	0.01	10 ³ /μl	0.02 - 0.5
Platelet Parameters			
Platelet Count <i>Electrical impedance and microscopy</i>	180	10 ³ /μl	150 - 410
Mean Platelet Volume (MPV) * <i>Calculated</i>	11.3	fL	9.3 - 12.1
PCT *	0.2	%	0.17 - 0.32

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DOB/Age/Gender :		Barcode NO	
Patient ID / UHID :		Sample Type	
Referred BY :		Report Date	
Sample Collected :			

Test Description	Value(s)	Unit(s)	Reference Range
<i>Calculated</i>			
PDW * <i>Calculated</i>	13.7	fL	8.3 - 25.0
P-LCR * <i>Calculated</i>	35.1	%	18 - 50
P-LCC * <i>Calculated</i>	63	10 ⁹ /L	44 - 140
Mentzer Index * <i>Calculated</i>	21.59	%	> 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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Test Description	Value(s)	Unit(s)	Reference Range
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Erythrocyte Sedimentation Rate (ESR)

ESR - Erythrocyte Sedimentation Rate <i>Modified Westergren</i>	80	mm/hr	0-22
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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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Patient ID / UHID :		Sample Type :		
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Sample Collected :				

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

Glucose Random (Fluoride Plasma-R, Hexokinase)	103.7	mg/dL	Normal 70 - 140 Prediabetes 141-199 Diabetes =>200
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Interpretation:

1. Also known as Casual plasma glucose .
2. Samples can be taken anytime during the day regardless of eating time.
3. Random blood glucose level of equal to or more than 200mg/dl is indicative of Diabetes mellitus.

Source: ADA Guidelines

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Sample Collected :			
Test Description	Value(s)	Unit(s)	Reference Range

Bun Urea Creatinine Ratio

Blood Urea <i>Modified Jaffe</i>	19.1	mg/dL	18 - 55
Bun * <i>Urease</i>	8.93	mg/dL	9.8 - 20.1
Creatinine <i>Modified Jaffe</i>	0.7	mg/dL	0.72 - 1.25
Bun/Creatinine Ratio * <i>Calculated</i>	12.76		12 - 20
Urea / Creatinine Ratio * <i>Calculated</i>	27.29		25.68 - 42.8

Interpretation:

1. The Blood Urea Nitrogen (BUN) to Creatinine ratio test is a useful diagnostic tool to evaluate kidney function and to help diagnose various medical conditions. BUN and creatinine are waste products filtered out of the blood by the kidneys, and their levels provide insight into how well the kidneys are functioning.
2. A high ratio, may indicate conditions such as dehydration, gastrointestinal bleeding, increased protein intake, or early kidney dysfunction.
3. A low ratio, may suggest liver disease, malnutrition, a low protein diet, or acute tubular necrosis.
4. Factors such as hydration status, diet, medications, and underlying health conditions can affect test results. Abnormal BUN to creatinine ratios typically require further investigation to identify the underlying cause, which may involve additional tests or referrals to specialists.
5. This test is crucial for assessing kidney health and diagnosing related disorders, and regular monitoring can help detect kidney issues early, allowing for timely intervention to prevent further complications.

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Sample Collected :			

Test Description	Value(s)	Unit(s)	Reference Range
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SGOT/SGPT

SGOT/AST <i>IFCC without P5P</i>	16.5	U/L	5 - 34
SGPT/ALT <i>IFCC without P5P</i>	9.7	U/L	0 to 55
SGOT/SGPT Ratio *	1.7	-	-

Interpretation:

SGOT/SGPT ratio results help in the following interpretation:

Ratio < 1 : indicates non-alcoholic fatty liver disease.

Ratio = 1 : indicates acute viral hepatitis or drug-related liver toxicity.

Ratio > :1 indicates cirrhosis. A

ratio > 2:1 indicates alcoholic liver disease.

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Referred BY :		Report Date :		
Sample Collected :				

Test Description	Value(s)	Unit(s)	Reference Range
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Cholesterol, Serum

Total Cholesterol <i>Enzymatic - Cholesterol Oxidase</i>	172	mg/dL	<200
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Interpretation:

Increasing concentrations of Total cholesterol and LDL cholesterol are both correlated with increasing risk of cardiovascular disease. The levels are used to monitor response to cholesterol lowering therapy.

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DOB/Age/Gender :		Barcode NO :	
Patient ID / UHID :		Sample Type :	
Referred BY :		Report Date :	
Sample Collected :			

Test Description	Value(s)	Unit(s)	Reference Range
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TSH 3rd Generation

Thyroid Stimulating Hormone (Ultrasensitive) CMIA	3.81	mIU/L	0.54 - 5.30
--	------	-------	-------------

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

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

*** End Of Report ***

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POCKET-SAVER PACKAGE

Glucose Fasting, TSH, Cholesterol Total

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BUMPER POCKET SAVER PACKAGE

Glucose Fasting/Random Sugar, SGPT, TSH, Cholesterol, Creatinine, Uric Acid

₹199

