Redcliffe labs

Healthy India Ki Trusted Lab

smart Health Report

An Insightful Health Analytics Report for Easier Understanding

Prepared For

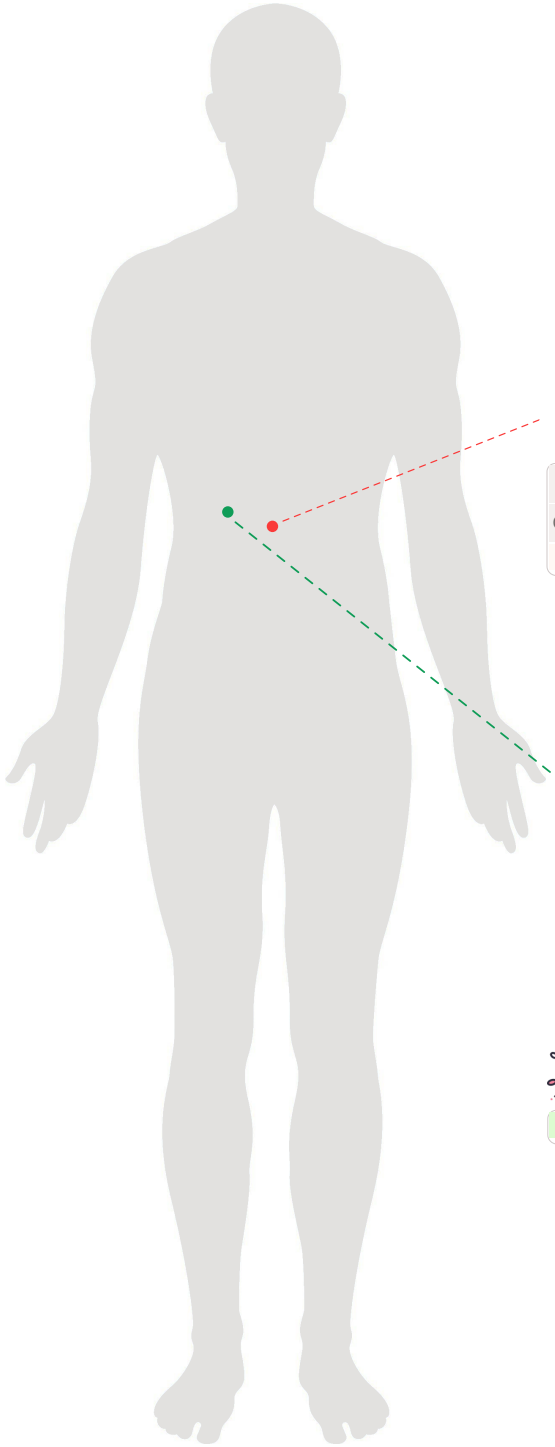
Mr MR.DUMMY

M 23

SMART HEALTH REPORT

Name	Patient ID	Gender	Age
Mr MR.DUMMY	8053373	M	23

Health Summary



BLOOD COUNTS

Everything looks good

DIABETES MONITORING

Test Name	Result
Glycosylated Hemoglobin (HbA1c)	6.4

Please Watchout

LIVER PROFILE

Everything looks good

ANEMIA STUDIES

Everything looks good

VITAMIN PROFILE

Everything looks good

LABORATORY REPORT

Redcliffe labs

Patient Name	**: Mr MR.DUMMY**		
DOB/Age/Gender	: 23 Y/Male	Sample Collected	: Apr 26, 2024, 01:00 PM
Patient ID / UHID	: 8053373/RCL7248116	Report Date	: May 25, 2024, 06:42 PM.
Referred By	: Dr. Dr. X	Barcode No	: HY588326
Sample Type	: Whole blood EDTA	Report Status	: Final Report

Smoking Impact Assessment Profile Advance

Complete Blood Count (CBC)

Test Description	Value(s)	Unit(s)	Reference Range
RBC Parameters			
Hemoglobin *colorimetric*	13.8	g/dL	13.0 - 17.0
RBC Count *Electrical impedance*	5.4	10^6/µl	4.5 - 5.5
PCV *Calculated*	42.1	%	40 - 50
MCV *Calculated*	**78.4**	fl	83 - 101
MCH *Calculated*	**25.6**	pg	27 - 32
MCHC *Calculated*	32.7	g/dL	31.5 - 34.5
RDW (CV) *Calculated*	13.7	%	11.6 - 14.0
RDW-SD *Calculated*	**34.8**	fl	35.1 - 43.9
WBC Parameters			
TLC *Electrical impedance and microscopy*	**12.2**	10^3/µl	4 - 10
Differential Leucocyte Count			
Neutrophils *Laser based Flow-cytometry*	70	%	40-80
Lymphocytes *Laser based Flow-cytometry*	20	%	20-40
Monocytes *Laser based Flow-cytometry*	8	%	2-10
Eosinophils *Laser based Flow-cytometry*	2	%	1-6
Basophils *Laser based Flow-cytometry*	0	%	<2
Absolute Leukocyte Counts			
Neutrophils. *Calculated*	**8.54**	10^3/µl	2 - 7
Lymphocytes. *Calculated*	2.44	10^3/µl	1 - 3
Monocytes. *Calculated*	0.98	10^3/µl	0.2 - 1.0
Eosinophils. *Calculated*	0.24	10^3/µl	0.02 - 0.5
Basophils.	**0**	10^3/µl	0.02 - 0.5

Dr. Dummy

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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 *Electrical impedance and microscopy*	217	10^3/µl	150 - 410
Mean Platelet Volume (MPV) *Calculated*	9.9	fL	9.3 - 12.1
PCT *Calculated*	0.2	%	0.17 - 0.32
PDW *Calculated*	17.3	fL	8.3 - 25.0
P-LCR *Calculated*	34.5	%	18 - 50
P-LCC *Calculated*	75	%	44 - 140
Mentzer Index *Calculated*	14.52	%	> 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.

Dr. Dummy

Patient Name	**: Mr MR.DUMMY**		
DOB/Age/Gender	: 23 Y/Male	Sample Collected	: Apr 26, 2024, 01:00 PM
Patient ID / UHID	: 8053373/RCL7248116	Report Date	: May 25, 2024, 06:43 PM.
Referred By	: Dr. Dr. X	Barcode No	: HY588326
Sample Type	: Whole blood EDTA	Report Status	: Final Report

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

Erythrocyte Sedimentation Rate (ESR)

ESR - Erythrocyte Sedimentation Rate *MODIFIED WESTERGREN*	8	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.

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

Reference- Dacie and lewis practical hematology

Dr. Dummy

Patient Name	**: Mr MR.DUMMY**		
DOB/Age/Gender	: 23 Y/Male	Sample Collected	: Apr 26, 2024, 01:00 PM
Patient ID / UHID	: 8053373/RCL7248116	Report Date	: May 25, 2024, 06:42 PM.
Referred By	: Dr. Dr. X	Barcode No	: HY588326
Sample Type	: Whole blood EDTA	Report Status	: Final Report

HbA1C (Glycosylated Haemoglobin)

Test Description	Value(s)	Unit(s)	Reference Range
Glycosylated Hemoglobin (HbA1c) *HPLC*	**6.4**	%	< 5.7
Estimated Average Glucose	136.98	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

Dr. Dummy

Patient Name	**: Mr MR.DUMMY**		
DOB/Age/Gender	: 23 Y/Male	Sample Collected	: Apr 26, 2024, 01:00 PM
Patient ID / UHID	: 8053373/RCL7248116	Report Date	: May 08, 2024, 11:46 AM.
Referred By	: Dr. Dr. X	Barcode No	: ZC669956
Sample Type	: Fluoride Plasma	Report Status	: Final Report

Glucose Random (BSR)

Test Description	Value(s)	Unit(s)	Reference Range
Glucose Random *Hexokinase*	85.0	mg/dL	Normal <140 Prediabetes 140–199 Diabetes =>200

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

Dr. Dummy

Patient Name	**: Mr MR.DUMMY**		
DOB/Age/Gender	: 23 Y/Male	Sample Collected	: Apr 26, 2024, 01:00 PM
Patient ID / UHID	: 8053373/RCL7248116	Report Date	: May 08, 2024, 12:22 PM.
Referred By	: Dr. Dr. X	Barcode No	: ZC669955
Sample Type	: Serum	Report Status	: Final Report

High Sensitivity C-Reactive Protein (Hs-CRP)

Test Description	Value(s)	Unit(s)	Reference Range
HIGHLY SENSITIVE C-REACTIVE PROTEIN (hs-CRP) *Particle enhanced immunoturbidimetric assay.*	1.6	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.

Dr. Dummy

Patient Name	**: Mr MR.DUMMY**		
DOB/Age/Gender	: 23 Y/Male	Sample Collected	: Apr 26, 2024, 01:00 PM
Patient ID / UHID	: 8053373/RCL7248116	Report Date	: May 08, 2024, 11:54 AM.
Referred By	: Dr. Dr. X	Barcode No	: ZC669955
Sample Type	: Serum	Report Status	: Final Report

Test Description	Value(s)	Unit(s)	Reference Range
Vitamin D 25 Hydroxy			
Vitamin D 25 - Hydroxy *CMIA*	47.0	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.

Dr. Dummy

Patient Name	**: Mr MR.DUMMY**		
DOB/Age/Gender	: 23 Y/Male	Sample Collected	: Apr 26, 2024, 01:00 PM
Patient ID / UHID	: 8053373/RCL7248116	Report Date	: May 08, 2024, 12:47 PM.
Referred By	: Dr. Dr. X	Barcode No	: ZC669955
Sample Type	: Serum	Report Status	: Final Report

Test Description	Value(s)	Unit(s)	Reference Range
Gamma Glutamyl Transferase (GGT)			
Gamma Glutamyl Transferase (GGT) *L-gamma-glutamyl-3-carboxy-4-nitroanilide substra*	45.0	U/L	< 55

Interpretation:
Serum GGT is a sensitive indicator of occult alcoholism.
In liver diseases , it generally parallels changes in serum ALP, but is more sensitive. Increases in liver diseases like acute hepatitis, cirrhosis, chronic active hepatitis, alcoholic hepatitis, fatty liver, pancreatitis.

*** 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.

Dr. Dummy

Terms and Conditions of Reporting

1. The presented findings in the Reports are intended solely for informational and interpretational purposes by the referring physician or other qualified medical professionals possessing a comprehensive understanding of reporting units, reference ranges, and technological limitations. The laboratory shall not be held liable for any interpretation or misinterpretation of the results, nor for any consequential or incidental damages arising from such interpretation.

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.

3. It is to be noted that variations in results may occur between different laboratories and over time, even for the same parameter for the same Customer. The assays are performed and conducted in accordance with standard procedures, and the reported outcomes are contingent on the specific individual assay methods and equipment(s) used, as well as the quality of the received specimen.

4. This report shall not be deemed valid or admissible for any medico-legal purposes.

5. The Customers assume full responsibility for apprising the Company of any factors that may impact the test finding. These factors, among others, includes dietary intake, alcohol, or medication / drug(s) consumption, or fasting. This list of factors is only representative and not exhaustive.

Name	Patient ID	Gender	Age
Mr MR.DUMMY	8053373	M	23

Health Advisory

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

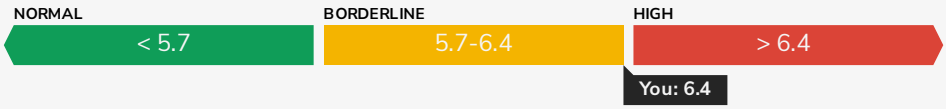
Diabetes

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): 6.4%

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