MEDICAL DIAGNOSIS

Personal Health Report

A comprehensive analysis of your health using **Blood, Physicals and Health Questionnaire data**

Prepared for

Client Name

12-04-2024
Date of test

12-04-2024
Report released on

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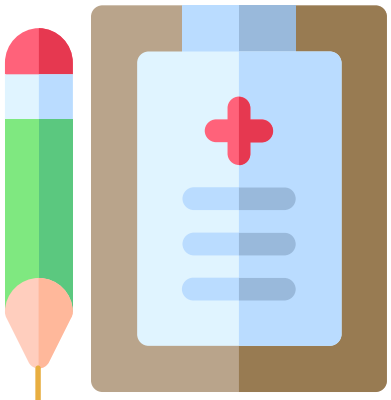
Personal Health Analytics Report



What to expect from this report

- ✓ Analysis and explanation of your health check results.
- ✓ Diet dos and don'ts and other guidance.
- ✓ Next steps to maintain or improve your health.

Always consult your doctor

- ✓ While some parameters help in diagnosis independently, others are more complex and require examination by a doctor. Hence you might find some parameters in this report that are yellow, orange, red or have no colour or explanation which you will need to discuss with your doctor.
- ✓ The Smart Health Report is created to help you understand your report better and is not intended to replace a doctor.

Report Walkthrough

.....your next step towards better health

Disclaimer

- If you are pregnant, some of the recommendations in the Smart Report may not directly apply to you. Please consult your doctor.
- The analyzed information in the Smart Report is not ideal for individuals less than 20 years of age.
- Health Vectors will not be liable for any indirect, direct, special, consequential or other damages.
- This report is not intended to replace your doctor. Please make sure you consult your doctor before further actions.
- Please be careful of any food allergies or intolerances that you are sensitive to.
- Analysis uses Blood, Physicals, Health Questionnaire data (and urine data if present).

Your Health Summary

A comprehensive analysis of your health using Blood, Physicals and Health Questionnaire data only and does not include any other test you might have done (X ray, Ultrasound study, ECG, ECHO, Stool Test, etc.)

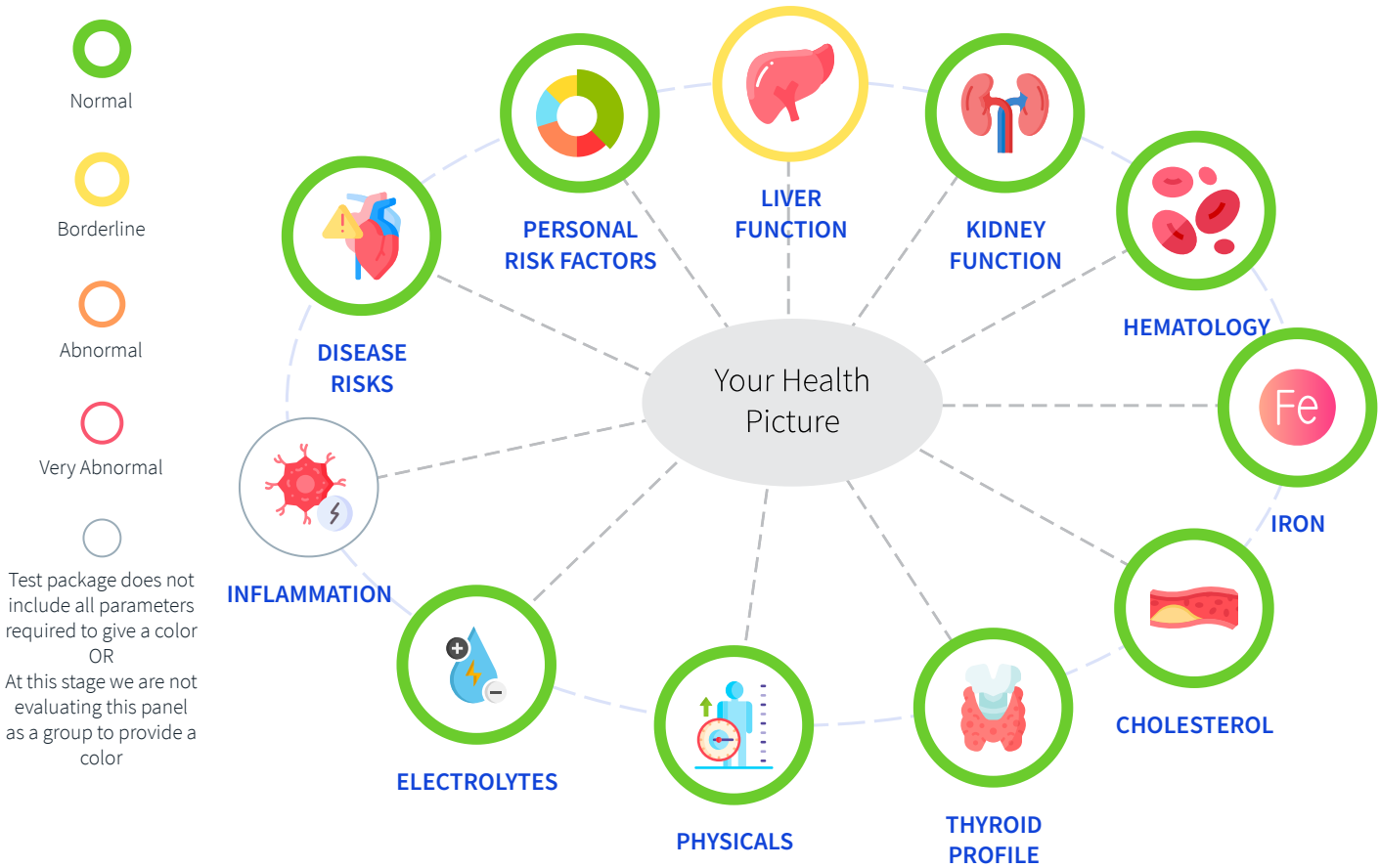
Congratulations for getting a health check done. This is the first step towards taking control of your health. We noticed that you are doing well with the following:

- BP is normal
- Sugar tested is normal
- Kidney functions have tested normal
- Blood calcium is normal
- Thyroid function test is normal
- Hemoglobin levels are normal

Please note! There are a few test results which seem abnormal and need your attention.

- Reduce your alcohol consumption
- Cholesterol needs attention
- Liver function test needs attention

Your Health Picture



Your Important Parameters at a Glance

Profile	Important parameters in respective profile
PHYSICALS	Weight (kg) Value: 50 Range: 64-86 Waist (cm) Value: 75 Range: < 80 BMI (kg/m2) Value: 14.5 Range: 18.5-24.9 Blood Pressure Value: 90/60 Range: <= 120/80 Body Fat% Value: 24.8 Range: 22-34 Height (cm) Value: 186
DISEASE RISKS	Diabetes (in next 10 yrs) Risk: 11 Ideal: 0 - 6 Hypertension (in next 4 years) Risk: 0.58% Ideal: < 5% Heart Attack/Stroke (in next 10 years) Risk: 2.63% Ideal: < 4.9% ⓘ Only these diseases are covered, others are not considered as part of the analysis.
PERSONAL RISK FACTORS	Lifestyle: Never Smoked, Binge Drinker, <5 hours/day sleep Food Preferences: Vegetarian who eats eggs Exercise: Exercises Regularly, Strenuous Job, Moderate Intensity Family History: None, Refer the lab results page Heart Age Value: 41 Actual Age: 56 Ethnicity
GLUCOSE	GLUC Value: 5.40 Range: 3.9-5.5

Your Important Parameters at a Glance continued...

Profile	Important parameters in respective profile
LIVER FUNCTION	ALP: Value: 50, Range: 35-104 BILT: Value: 19.5, Range: 0.00-15.0 AST: Value: 29, Range: 0-32 ALT: Value: 28, Range: 0-33 GGT: Value: 15, Range: 5-36 ALB: Value: 40.0, Range: 35-52 TP: Value: 68.0, Range: 64-83 ⓘ The LFT group color is determined by the individual parameter effects of Total Bilirubin, Alk. Phosphatase, SGOT (AST), SGPT (ALT), GGTP, Serum Albumin, Total Protein, age and gender.
KIDNEY FUNCTION	CREAT: Value: 52, Range: 45-84 UA: Value: 225, Range: 143-339 Ca: Value: 2.40, Range: 2.15-2.5 UREA: Value: 5.5, Range: 3.5-7.2
HEMATOLOGY	HGB: Value: 134, Range: 112-154 HCT: Value: 0.400, Range: 0.338-0.454 RBC: Value: 4.00, Range: 3.8-5.29 WBC: Value: 4.00, Range: 3.0-10.0 PLT: Value: 300, Range: 150-400
IRON	Ferritin: Value: 103.0, Range: 15-150 FE: Value: 20.0, Range: 5.83-34.5
PANCREAS	AMY: Value: 65, Range: 28-100

Your Important Parameters at a Glance continued...

Profile	Important parameters in respective profile
 CHOLESTEROL	CHOL Value: 5.40 Range: 0.0-5.17 | LDL-C Value: 2.30 Range: 0.0-2.59 | HDL Value: 1.20 Range: 1.03-1.55 | TRIG Value: 0.97 Range: 0.0-1.71
 THYROID PROFILE	TSH Value: 4.200 Range: 0.27-4.2 | FT4 Value: 11.6 Range: 11.5-19.6
 ELECTROLYTES	Na (ISE-I) Value: 141 Range: 136-145 | K (ISE-I) Value: 4.4 Range: 3.5-5.1 | Phos Value: 1.20 Range: 0.81-1.45 | Mg Value: 0.80 Range: 0.66-1.07
 INFLAMMATION	CRP Value: 1.1 Range: 0.0-5.0 | LDH Value: 140 Range: 135-214

MEDICAL DIAGNOSIS

Normal | Borderline | Abnormal | Very Abnormal

Your Disease / Risk Factors

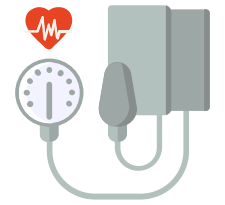
Your **Diabetic** risk score is **11** (in next 10 yrs)

1 in 35 people with your risk will get Type 2 diabetes in the next 10 years.

Your **present risk** is **11** which, for your age, is a Medium Risk

Your chances of becoming **Hypertensive** is **0.6%** (in next 4 yrs)

Your risk of hypertensive is at its least for a person of your age and medical conditions.



Your **present risk** is **0.6 %** which, for your age, is a Low Risk

The disease risk number is a metric used to predict the chances of developing a disease condition based on certain known factors. It is not a diagnosis of a disease. Please take your report to your doctor to understand your health and your risks better.

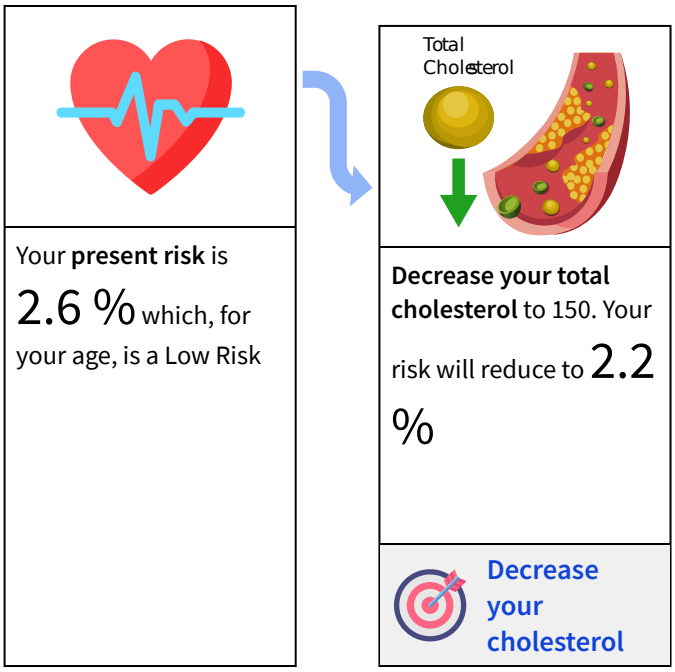
Your Disease / Risk Factors

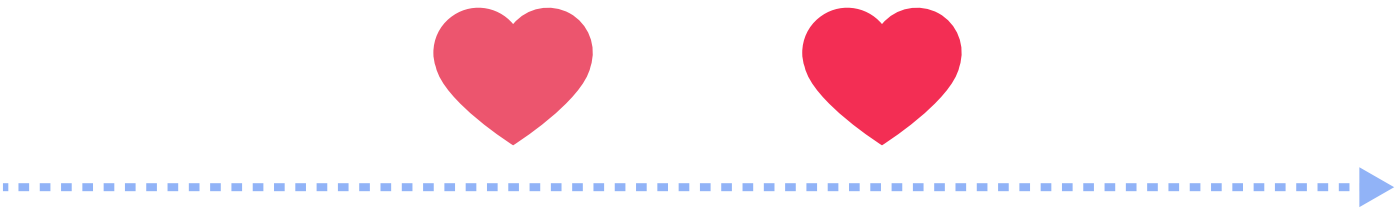
Your chances of getting a **Heart Attack** and/or a **Stroke** is **2.6%** (in next 10 years)

&

Your actual age is 56 yrs and your **Heart Age** is **41 yrs**

Your risk of heart attack and stroke is at its least for a person of your age and medical conditions.





Your Heart Age can improve like this →

ⓘ The disease risk number is a metric used to predict the chances of developing a disease condition based on certain known factors. It is not a diagnosis of a disease. Please take your report to your doctor to understand your health and your risks better.

Your Disease / Risk Factors

Alcohol Consumption

Alcohol is a drug which works as a depressant, slowing down the body functions, reducing a person's ability to think and interfering with correct judgement.

Cause/Effect of this deranged parameter

Immediate dangers of drinking excessive alcohol:

- Accidents, violence, suicide, alcohol poisoning etc.

Drinking excessive alcohol over time can lead to:

- High BP, Heart disease, stroke
- Liver disease, digestive problems
- Mental health problems, depression & anxiety
- Social problems, loss of productivity, family problems
- Cancer of the mouth, throat, food pipe, liver etc

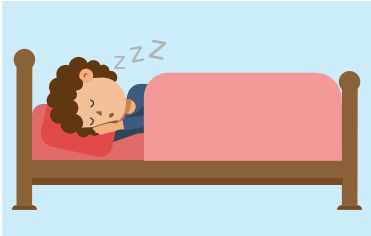
What can you do about it?

Quit drinking alcohol. Consult your doctor for further help.

Quitting alcohol can change your life for the better - Improve relationship, physical look, health, emotional state, save money & you as well.

Sleep

Adults (>18 yrs) should get good quality sleep of 7 or more hours per night. Signs of poor quality sleep include not feeling rested even after getting enough sleep or repeatedly waking up during the night.



Cause/Effect of this deranged parameter

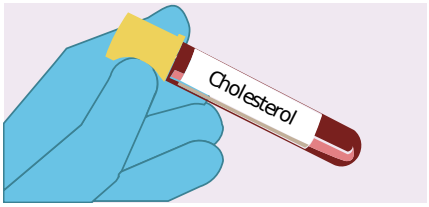
Chronic lack of sleep increases the risk of health problems like:

- High BP
- Diabetes
- Depression
- Obesity
- Stroke, Heart diseases etc.

What can you do about it?

- Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Avoid tea, coffee, alcohol or smoking before bedtime
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Being physically active during the day can help you fall asleep more easily at night.
- Consult your doctor to evaluate any underlying conditions.

Some of Your Important Parameters Explained



Total Cholesterol

Result: 5.40

Range: 0.0-5.17

Cholesterol is a waxy, fat-like substance that is found in the blood. It is required by the body to build cells. But too much cholesterol can be a problem. Cholesterol comes from two sources. The liver makes all the cholesterol we need. The remainder of the cholesterol in the body comes from foods derived from animals.

Cause / Effect of these parameters

Cholesterol travels through the blood on proteins called 'lipoproteins'. Two types of lipoproteins carry cholesterol throughout the body.

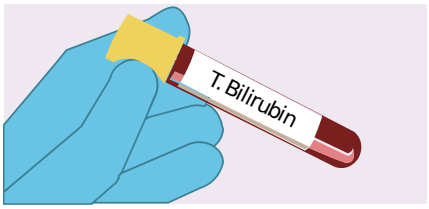
- LDL-C (Low Density Lipoprotein Cholesterol) is also known as "bad" cholesterol.
- HDL-C (High density lipoprotein Cholesterol) is also known as "good" cholesterol.

What can you do about it?

You have elevated levels of Total cholesterol in your body.

You can reduce them by

- Following a healthy diet, keeping your weight in control, limiting your sugar intake
- Eating more fibre
- Exercising regularly (after consulting a doctor)



Total Bilirubin

Result: 19.5

Range: 0.00-15.0

Bilirubin is a substance which is formed by the breakdown of old red blood cells in the body.

A healthy liver helps remove this bilirubin(yellow color) through stools. But when the liver has problems, bilirubin can build up in the body to unhealthy levels.

Cause / Effect of these parameters

A transiently elevated bilirubin just above the upper limit of the range can be seen in many healthy people.

However, a persistently elevated bilirubin needs to be investigated further as diseases of the liver and/or gall bladder can be the cause. Rapid hemolysis or even rare genetic diseases (eg, Gilbert syndrome) can cause high levels of bilirubin.

What can you do about it?

Your doctor can help you evaluate the causes of high bilirubin levels and suggest treatment.

Avoid alcohol consumption as it can injure liver.

Some of Your Important Parameters Explained

Fasting Glucose

Result: 5.40

Range: 3.9-5.5

The food we eat gets converted into blood glucose which is circulated throughout the body in blood. Insulin is required to move the glucose from blood into the cells. Any disturbance in this process, the blood glucose increases. This is called Diabetes.

FBS more than 126 mg/dl or PPBS more than 200 mg/dl are supposed to be in diabetic ranges. Fasting of 8-12 hrs is mandatory for the accurate interpretation of FBS.

Cause / Effect of these parameters

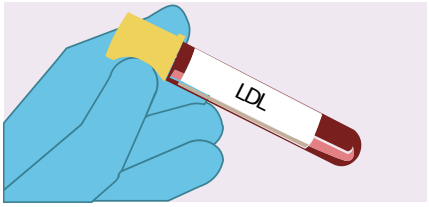
The symptoms of diabetes can be mild and go unnoticed. Common symptoms of diabetes are:

- Urinate a lot often at night and feel very thirsty
- Feeling very hungry and also losing weight- even though you are eating more
- Cuts/bruises that are slow to heal
- Tingling, pain, or numbness in hands/feet etc.

What can you do about it?

Congratulations, your sugars (FBS/PPBS) tested are normal.

- Follow a low carb/low sugars diet to keep them normal.
- Exercise regularly if your doctor allows you.



LDL

Result: 2.30

Range: 0.0-2.59

Cholesterol is a waxy, fat-like substance that is found in the blood.

LDL-C (Low Density Lipoprotein Cholesterol) is a type of cholesterol and is also called as "bad" cholesterol.

Increased levels of LDL-C in blood causes clogging of blood vessels to the heart and brain over time.

Cause / Effect of these parameters

As a person ages, bad cholesterol in blood can lead to formation of blockages in the blood vessels of the heart or brain which can in old age lead to heart attack or stroke.

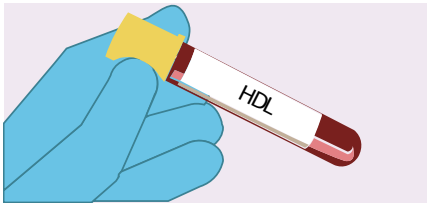
What can you do about it?

Your LDL-C is normal.

The LDL-C can be maintained normal by

- Low cholesterol diet
- Increasing physical activity
- Maintaining normal weight

Some of Your Important Parameters Explained



HDL

Result: 1.20

Range: 1.03-1.55

Cholesterol is a waxy, fat-like substance that is found in the blood.

HDL-C (High density lipoprotein Cholesterol) is a type of cholesterol and is called a "good" cholesterol. It carries cholesterol away from the blood vessels into the liver for breaking down and removing from the body. Hence HDL prevents clogging of blood vessels and heart attack.

Cause / Effect of these parameters

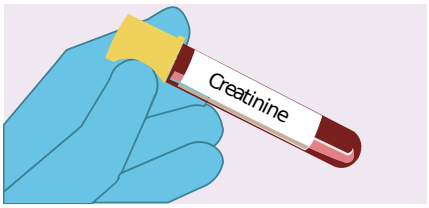
As a person ages, low levels of HDL-C (good cholesterol) increases the chances of forming blockages in the blood vessels of the heart or brain which can in old age lead to heart attack or stroke.

What can you do about it?

You have normal HDL-C levels. Approaches to raising HDL-C include lifestyle factors such as creating a healthy weight management plan, increased physical activity and stopping smoking.

In diabetics, a normal HDL level reduces the risk of heart attack and stroke.

Some of the foods rich in Omega-3 fatty acids like fish (salmon, tuna etc.), oils (olive oil, etc.), nuts (almonds, cashews etc.) improve HDL-C.



Creatinine

Result: 52

Range: 45-84

A creatinine blood test measures the level of creatinine in the blood.

Creatinine is a waste product that is formed when creatine, which is found in the muscles, breaks down. Creatinine is filtered out of the body from the kidneys. So, Creatinine levels in the blood can tell the doctor how well the kidneys are filtering.

Cause / Effect of these parameters

High levels of creatinine in blood may mean the kidneys are getting damaged.

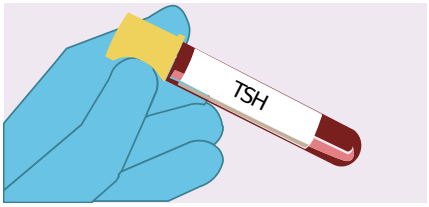
What can you do about it?

You are doing well to keep your Creatinine levels in control.

Keep yourself well hydrated by drinking plenty of water on a daily basis if your doctor allows.

Avoid over the counter medicines and always consult your doctor before taking any medications.

Some of Your Important Parameters Explained



TSH

Result: 4.200

Range: 0.27-4.2

TSH (Thyroid Stimulating Hormone) is a hormone secreted by brain (pituitary gland) which regulates the production of thyroid hormones (T3,T4) from the thyroid gland in the neck.

TSH level that is too high or too low can indicate the thyroid gland isn't working correctly. High TSH levels indicate under active thyroid gland (hypothyroidism). Low TSH levels in the blood indicate hyperactive thyroid gland (hyperthyroidism).

Cause / Effect of these parameters

Symptoms of hyperthyroidism include

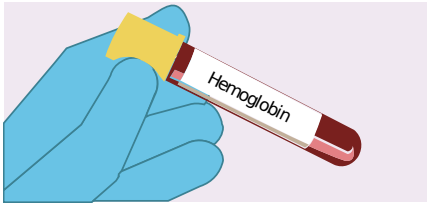
- Nervousness & anxiety
- Tiredness
- Twitching or trembling
- Irregular or fast heart beats
- Weight loss, etc.

Symptoms of hypothyroidism include

- Tiredness
- Weight gain
- Infertility
- Constipation
- Pregnancy complications etc.

What can you do about it?

Your TSH levels are normal.



Hemoglobin

Result: 134

Range: 112-154

Hemoglobin is the red color pigment in the blood which is formed by a combination of iron (heme) and a protein (globin).

The job of hemoglobin is to carry oxygen from the lungs to different parts of the body and carry the carbon dioxide generated back to the lungs to be breathed out.

Cause / Effect of these parameters

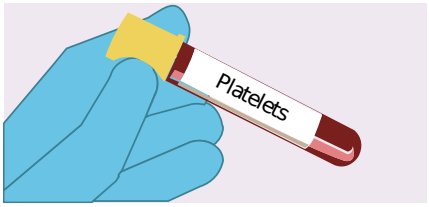
If the hemoglobin is reduced, it is called anemia causing the person to feel:

- Fatigue or weakness
- Loss of appetite & weight loss
- Shortness of breath on exertion
- Light headedness
- Dizziness
- Fast heartbeat etc.

What can you do about it?

You are doing well to keep your Hemoglobin levels in control.

Some of Your Important Parameters Explained



Platelet Count

Result: 300

Range: 150-400

A platelet count is a lab test to count how many platelets are there in the blood.

Platelets are a component of the blood that help the body to form blood clot when there are cuts/injuries.

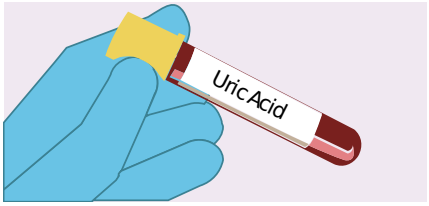
Cause / Effect of these parameters

Sometimes, the platelets can be low due to the following conditions:

- Viral infections (e.g. Dengue etc.)
- Some types of anemia
- Some drugs
- Blood cancers etc.

What can you do about it?

Good, your platelet count is normal.



Uric Acid

Result: 225

Range: 143-339

Uric acid is a breakdown product of a particular protein (purine). Certain foods are high in purines and for some people, eating these purine rich foods can increase uric acid.

Cause / Effect of these parameters

High uric acid level can be a precipitating factor for gout and renal stones as well as a strong risk factor for Metabolic Syndrome and Cardiovascular disease.

High intake of fructose-rich industrialized food and high alcohol intake (particularly beer) seem to influence plasma uric acid levels.

What can you do about it?

You are doing well to keep your Serum Uric Acid levels in control.

Avoid foods rich in purine like red meat, organ meat, shellfish like mussels, fishes like sardines, anchovies, sugary beverages, high fat dairy products and alcohol to keep the Uric acid normal.

Your Diet Dos & Don'ts

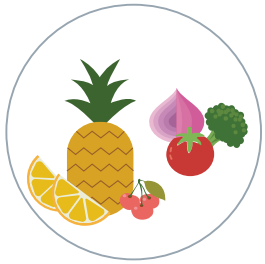
ⓘ This personalized diet guideline has been designed based on your report. For optimal adjustments, engage in a discussion with your nutritionist, as they know best. Please also be careful of any food allergies or intolerance that you are sensitive to.

The following are covered in your Diet Dos & Don'ts :

Diabetic Risk Diet | Cholesterol lowering | Liver Friendly | Alcohol detox diet

Fruits and Vegetables

- ✓ Eat 4-5 servings of fruits and veggies daily, including them in each meal and snack.
- ✓ Consume avocado as it is known to increase HDL and decrease LDL.
- ✓ Increase your consumption of green leafy vegetables, which are high in dietary fibre and good for your liver.
- ✓ Consume potassium-rich fruits and vegetables (leafy greens, avocado, oranges, coconut water, pomegranate etc.) to help in alcohol detoxification.
- ✓ Consume 1-2 garlic cloves on an empty stomach in the morning to increase good cholesterol and decrease bad cholesterol.
- ✓ Include high-fiber vegetables such as okra, eggplant/ aubergine, and carrots in your diet for cholesterol management.
- ✓ Foods such as pears, blueberries, strawberries, and grapefruit are abundant in antioxidants, aiding in alcohol detoxification.
- ⊘ It is recommended to avoid starchy foods such as potato, sweet potato, mango, chickoo/sapota, and banana for better blood sugar control.
- ⊘ Instead of consuming freshly squeezed fruit juices, it is better to consume the whole fruit.



Cereals

- ✓ Include nutrient-rich millets like finger millet, sorghum, pearl millet, and others into your diet.
- ✓ Include high-fiber cereals in your diet, such as brown rice, red rice, whole wheat, oats, quinoa, bulgur, barley etc.
- ⊘ Avoid consuming refined carbohydrates such as sugar, jaggery, white rice, cornflour, refined white flour, corn grit and its products.

Pulses

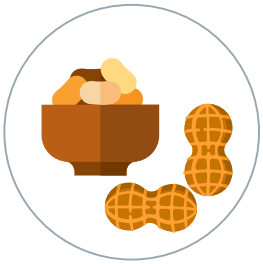
- ✓ Include lentils with skin in your diet.
- ✓ Include pulses like kidney beans and green mung beans, black eyed peas etc. into your diet.
- ✓ Include pulses such as chickpeas, green gram, black eyed peas and black gram in your meals.

Your Diet Dos & Don'ts continued...

Dairy

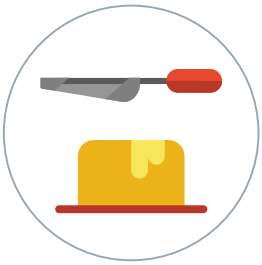
- ✓ Include skimmed or low-fat milk and its products such as yogurt and coattage cheese in your diet.
- ✓ Include probiotics into your diet, such as low-fat yogurt.
- ⊘ Avoid high-fat or sugary dairy products including evaporated milk, cheese, sweetened yoghurt, and creamy cottage cheese, ricotta,feta (instead, choose low-fat varieties).

Nuts and Seeds



- ✓ As a snack between meals, you can enjoy small servings of whole nuts such as almonds and walnuts.
- ✓ To boost the nutritional content of cereals, salads, yoghurt, and smoothie bowls, add Omega-3 fatty acid-rich seeds such flaxseeds, chia seeds, and basil seeds.
- ⊘ Restrict eating salted or fried nuts.
- ⊘ Avoid dried fruits with high sugar content, such as raisins, dates, figs, apricots, and similar options.

Oils and Fats



- ✓ Every day, consume no more than 1-2 tablespoons of oil. Select healthy oils like sunflower, rice bran, and olive oil. Alternate between oils rather than using simply one.
- ✓ Using oils that are cold pressed is recommended.
- ⊘ Avoid high-fat foods such as nut butters and mayonnaise.
- ⊘ Limit your consumption of saturated fats, such as clarifed butter (ghee) and butter.
- ⊘ Avoid fried foods.

General Advice

- ✓ It's fine to nibble between meals if you're hungry, but choose nutritious options like a fruit bowl, sprouts salad, or nuts.
- ✓ Consume a minimum of 8-10 glasses of water daily, as long as your doctor approves.
- ✓ Utilize healthy cooking techniques like steaming, boiling, roasting, stewing, and poaching.
- ✓ Maintain a gap of at least 2 hours between your last meal and bedtime.
- ✓ Be mindful of your food consumption, stop eating when you feel full, and avoid overeating.
- ✓ Include clear soups, unsweetened lemon juice, and seasonings like pepper, mint, garlic, and curry leaves in your diet.

Your Diet Dos & Don'ts continued...

General Advice

- Avoid processed foods such as instant noodles, ready-to-eat meals, salty snacks, ketchup, mustard sauce, chilli sauce, chips etc.
- Avoid packaged foods since they include a lot of preservatives, salt/sodium, trans fats, added sugars, artificial sweeteners, and additives.
- Avoid the consumption of sweets, as they tend to be high in both fats and sugar.
- Limit your consumption of caffeine-containing beverages like coffee, tea, certain soft drinks, and energy drinks.
- Avoid snacks such as candy, French fries, instant noodles, ice cream, and soft drinks as they are high in calories and can lead to obesity as well as interfere with hunger and the consumption of nutritional foods.
- Avoid alcohol

Your Next Steps

Doctor Consultation

In view of the reports, please consult:

DOCTOR	CONDITION
Physician	High Cholesterol, Deranged LFT

Physical Activity Advice

Please consult your doctor before you start the physical activity/exercise.
Opt for at least 150 minutes per week of moderate intensity physical activity. This could include:

- At least 30 minutes of aerobic activity 4 days a week (like Jump rope (imagine/real), , Running, Brisk walking)
- At least 15 minutes of muscle strengthening activity 1 day a week (like Sit-ups, Gardening (digging and shovelling), Lift free weights/carry groceries (<20kg), Push-ups)
- At least 15 minutes of muscle stretching activity 1 day a week (like Crunch, Leg lifts, Plank, Knee-to-chest stretch)
- You can also practice yoga on a regular basis to improve your balance & flexibility.

Nutrition Advice

Please follow a diet that is:

Diabetic Risk Diet | Cholesterol lowering | Liver Friendly | Alcohol detox diet

(Please refer to Diet Dos and Don'ts for further details)

Additional Advice

- Consume cholesterol lowering medicines if recommended by the doctor.
- Avoid eating unhygienic food & drinking unclean water specially from roadside stalls to prevent catching liver infections (Hepatitis etc.).

Follow Ups

After 3 months

- Fasting Lipid Profile

Your Next Steps

Additional Tests

Your doctor knows best - please seek his/her advice regarding the following additional tests if not performed.

- Abdominal Ultrasound Scan
- HbA1c
- Urine Routine

Your Clinical Data - 01840090166

Colour Guidance

Group colours show the health of your organ/profile. The colours are decided based on how your doctor would decide whether your organ or profile is doing ok after looking at the combination of your tests, age and gender. Ex. If your kidney function profile is green, and your individual tests are yellow/orange/red, then it means that the kidney organ system is normal even though some of its parameters are off.

PHYSICALS

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Height	186	cm	-	
Weight	50	kg	64-86	
BP Systolic	90	mmHg	<= 120	
BP Diastolic	60	mmHg	<= 80	
Blood Pressure	90/60	mmHg	<= 120/80	
BMI	14.5	kg/m^2	18.5-24.9	
Body Fat%	24.88	%	22-34	
Body Surface Area	1.61	m^2	-	
Waist	75	cm	< 80	
Height:Weight	3.72	cm/kg	2.54-3.39	
Healthy Weight	64-86	kg	-	

GLUCOSE

TEST NAME	RESULT	UNIT	RANGE	LEVEL
GLUC	5.40	mmol/L	3.9-5.5	

LIVER FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
ALP	50	U/L	35-104	
BILT	19.5	umol/L	0.00-15.0	
BILD	7.0	umol/L	0.0-5.0	
BILI	12.5	umol/L	0.0-10	
GGT	15	U/L	5-36	
AST	29	U/L	0-32	
ALT	28	U/L	0-33	
TP	68.0	g/L	64-83	
ALB	40.0	g/L	35-52	

Your Clinical Data - 01840090166 continued...

LIVER FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
GLOBULIN	28.0	g/L	19-35	
AST/ALT Ratio	1	-	-	

KIDNEY FUNCTION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Ca	2.40	mmol/L	2.15-2.5	
Ca (adjusted)	2.49	mmol/L	2.15-2.5	
UA	225	umol/L	143-339	
CREAT	52	umol/L	45-84	
UREA	5.5	mmol/L	3.5-7.2	

HEMATOLOGY

TEST NAME	RESULT	UNIT	RANGE	LEVEL
WBC	4.00	10^9/L	3.0-10.0	
RBC	4.00	10^12/L	3.8-5.29	
HGB	134	g/L	112-154	
HCT	0.400	L/L	0.338-0.454	
MCV	82.0	fL	79.3-95.6	
MCH	30.0	pg	26.3-32.5	
MCHC	330	g/L	318-354	
RDW-SD	38.4	fL	35.4-45.5	
RDW-CV	13.0	%	11.5-15	
PDW	14.0	fL	9.2-16.7	
MPV	9.0	fL	7.0-13.0	
PLT	300	10^9/L	150-400	
P-LCR	30.0	%	16-41.3	
PCT	0.25	%	0.15-0.35	
ESR	6	mm/hr	0-30	

Your Clinical Data - 01840090166 continued...

IRON

TEST NAME	RESULT	UNIT	RANGE	LEVEL
FE	20.0	umol/L	5.83-34.5	
Ferritin	103.0	ng/ml	15-150	

PANCREAS

TEST NAME	RESULT	UNIT	RANGE	LEVEL
AMY	65	U/L	28-100	

CHOLESTEROL

TEST NAME	RESULT	UNIT	RANGE	LEVEL
CHOL	5.40	mmol/L	0.0-5.17	
HDL	1.20	mmol/L	1.03-1.55	
LDL-C	2.30	mmol/l	0.0-2.59	
TRIG	0.97	mmol/L	0.0-1.71	
Risk Factor	4.5	-	-	
Non-HDL	4.20	mmol/L	0.0-3.37	

THYROID PROFILE

TEST NAME	RESULT	UNIT	RANGE	LEVEL
TSH	4.200	mIU/L	0.27-4.2	
FT4	11.6	pmol/L	11.5-19.6	

ELECTROLYTES

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Na (ISE-I)	141	mmol/L	136-145	
K (ISE-I)	4.4	mmol/l	3.5-5.1	
Phos	1.20	mmol/L	0.81-1.45	
Mg	0.80	mmol/L	0.66-1.07	

INFLAMMATION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
CRP	1.1	mg/L	0.0-5.0	

Your Clinical Data - 01840090166 continued...

INFLAMMATION

TEST NAME	RESULT	UNIT	RANGE	LEVEL
LDH	140	U/L	135-214	

OTHER TESTS

TEST NAME	RESULT	UNIT	RANGE	LEVEL
CPK	60	U/L	0-170	

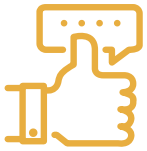
Your Personal Health Questionnaire Data

PERSONAL HEALTH QUESTIONNAIRE

QUESTION	ANSWER	LEVEL
Lifestyle Habits		
Smoking	Never	
Alcohol Consumption	Binge	
Sleep Duration	Less than 5 hours	
Food Habits		
Basic Food Habit	Vegetarian who eats eggs	
Physical Activity		
Exercise	Yes	
Strenuous Work	Yes	
Exercise frequency	Less than 150 mins per week	
Exercise intensity	Moderate	
Your Medical Status		
Present Medical Conditions	None	
Cured Medical Conditions	None	
Current Medication	Vitamin D	
Menstrual Status (Menstruating Today/ Premature Menopause/ Pregnant)	Premature Menopause (Periods stopped completely before 40 yrs of age)	
Your Family's History		
Hypertensive/Diabetic Family Members	None	
Medical History of Family	Thyroid disorders	
Ethnicity		
Ethnicity	Black	

Your opinion matters

"We are the first of our kind in the industry, and we'd love to hear how we did to help you understand your health better. Do share your thoughts using the feedback link below or simply drop us a note on our social media pages. Every word goes a long way in motivating our team and delivering better."



Feedback Link: https://rb.gy/77wva **Social Links:**

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2.	Blood Cholesterol	NCEP ATP III Cholesterol Guidelines: Third Report of the National Cholesterol Education Program (NCEP).Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults (Adult TreatmentPanel III). NIH Publication No. 01-3305 May 2001.	https://www.nhlbi.nih.gov
3.	Blood Tests for Kidney Functions	National Kidney Foundation - "Clinical Practice Guideline"	https://www.kidney.org
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14.	Nutrition	Nutrition Committee of the American Heart Association American Heart Association Healthy diet - World Health Organization European Patients Forum (EPF) 2015-2020 Dietary Guidelines - health.gov Nutrition for prevention of CVD	https://www.ahajournals.org https://www.heart.org https://www.who.int https://european-nutrition.org https://health.gov https://www.heart.org/nutrition

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