



10113819



Anemia Studies

GHOLAM SARWAR
Male, 37 years old

LAB ID: 0012303150024
BARCODENO: 10113819
REF BY: -

REGISTRATION DATE: 15-03-2023 09:03:37
COLLECTION DATE: 15-03-2023 15-03-2023
REPORTING DATE: 15-03-2023 12:03:45

About Anemia

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.

● Normal ● Borderline ● Abnormal

Test Name	Result	Biological Ref. Interval
Hemoglobin (Hb) Non-Cynide (Whole Blood EDTA)	14.1 gm/dl	LOW 13 NORMAL 17 HIGH You
Red Blood Cell Count (RBC) (Whole Blood EDTA)	5.27 10 ⁶ /uL	LOW 4.5 NORMAL 5.5 HIGH You
RBC Distribution Width (RDW-CV) Calculated (Whole Blood EDTA)	14.4 %	LOW 11.6 NORMAL 14 HIGH You
RBC Distribution Width (RDW-SD) Calculated (Whole Blood EDTA)	47.3 FL	LOW 39 NORMAL 46 HIGH You
Mean Corpuscular Volume (MCV) Calculated (Whole Blood EDTA)	78.2 FL	LOW 83 NORMAL 101 HIGH You
Mean Corpuscular Haemoglobin (MCH) Calculated (Whole Blood EDTA)	26.8 picograms	LOW 27 NORMAL 33 HIGH You
Mean Corpuscular Hb Concentration(MCHC) Calculated (Whole Blood EDTA)	34.3 GM/DL	LOW 31.5 NORMAL 34.5 HIGH You
Haematocrit / PCV / HCT Analogical Integration (Whole Blood EDTA)	41.2 %	LOW 40 NORMAL 54 HIGH You
Serum Iron Chromogen Ferrozine (Serum)	63.8 ug/dl	LOW 35 NORMAL 168 HIGH You
UIBC Ferene (Serum)	288 ug/dl	LOW 120 NORMAL 470 HIGH You

Feedback



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TIBC (Serum)	351.8 ug/dl	LOW 228 NORMAL 428 HIGH
TRANSFERRIN SERUM Calculated (Serum)	308.6 mg/dl	LOW 215 NORMAL 365 HIGH
% Saturation Transferrin (Serum)	18.14 %	LOW 16 NORMAL 50 HIGH

Tips



Eating plenty of iron rich food like green-leafy vegetables, lentils and beans prevents anemia



Avoid drinking tea or coffee with your meals, as they can affect iron absorption

SAMPLE REPORT



Blood Counts

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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

● Normal ● Borderline ● Abnormal

Test Name	Result	Biological Ref. Interval
Total Leucocyte Count (TLC) Double Hydrodynamic Sequential System (Whole Blood EDTA)	5270 /cumm	LOW 4000 NORMAL 10000 HIGH You
NEUTROPHIL Microscopic Examination / Flow Cytometry (Whole Blood EDTA)	54.8 %	LOW 40 NORMAL 80 HIGH You
ABSOLUTE NEUTROPHIL COUNT (ANC) Calculated (Whole Blood EDTA)	2.89 10 ³ / uL	LOW 2 NORMAL 7 HIGH You
LYMPHOCYTE Microscopic Examination / Flow Cytometry (Whole Blood EDTA)	36.9 %	LOW 20 NORMAL 40 HIGH You
ABSOLUTE LYMPHOCYTE COUNT (ALC) Calculated (Whole Blood EDTA)	1.94 10 ³ / uL	LOW 1 NORMAL 3 HIGH You
EOSINOPHIL Microscopic Examination / Flow Cytometry (Whole Blood EDTA)	2.8 %	LOW 1 NORMAL 6 HIGH You
ABSOLUTE EOSINOPHIL COUNT (AEC) Calculated (Whole Blood EDTA)	0.15 10 ³ / uL	LOW 0.02 NORMAL 0.5 HIGH You
MONOCYTE Microscopic Examination / Flow Cytometry (Whole Blood EDTA)	3.9 %	LOW 2 NORMAL 10 HIGH You
ABSOLUTE MONOCYTE COUNT (AMC) Calculated (Whole Blood EDTA)	0.21 10 ³ / uL	LOW 0.2 NORMAL 1 HIGH You

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Blood Counts

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BASOPHIL Microscopic Examination / Flow Cytometry (Whole Blood EDTA)	1 %	
ABSOLUTE BASOPHIL COUNT Calculated (Whole Blood EDTA)	0.05 10 ³ / uL	
IMMATURE GRANULOCYTE Microscopic Examination / Flow Cytometry (Whole Blood EDTA)	0.0	
Absolute immature granulocyte Calculated (Whole Blood EDTA)	0.00	
Large Unstained Cell (LUC) (Whole Blood EDTA)	0.6	
Absolute Large Unstained Cell (ALUC) (Whole Blood EDTA)	0.03	
PDW Calculated (Whole Blood EDTA)	19.8 %	
Nucleated red blood cells (Whole Blood EDTA)	00 %	

Tips



An iron rich diet increases red blood cell production. This includes spinach, egg yolks and beans



A lower or higher white blood cell count indicates a disease or infection. Perform excellent daily personal hygiene



Blood Clotting

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Blood Clotting

It is the body's way of stopping bleeding from affected blood vessels. Platelets that come from white blood cells, stick to wound edges and release chemicals that attract more platelets. Ultimately, a platelet plug is formed, and the external bleeding stops. Too little clotting can lead to excessive bleeding, while Excessive clotting can lead to blockage of blood vessels that do not bleed.

● Normal ● Borderline ● Abnormal

Test Name	Result	Biological Ref. Interval
Platelet Count Electrical Impedance/Microscopy (Whole Blood EDTA)	278 10 ³ /cumm	LOW 150 NORMAL 400 HIGH You
PLATELET LARGER CELL RATIO(p-lcr) Electrical Impedance/Microscopy (Whole Blood EDTA)	39.6	LOW 15 NORMAL 35 HIGH You
MPV Calculated (Whole Blood EDTA)	11.6 fL	LOW 6.5 NORMAL 12 HIGH You
PCT Calculated (Whole Blood EDTA)	0.32 %	LOW 0.16 NORMAL 0.38 HIGH You
P-LCC (Whole Blood EDTA)	110	

Diet and Lifestyle Tips



You should eat some fruit daily. Fruits like oranges, strawberries, guavas, tomatoes and capsicums are rich in vitamin C and they support healthy blood vessels and prevent excessive bleeding disorders. Vitamin C deficient diet can cause bleeding gums.



Eat green leafy vegetables like spinach, broccoli, kale and collard green. They are rich in vitamin K. Vitamin K deficiency causes bleeding problems



Obesity should be taken seriously- It is established scientific fact that obesity increases risk of developing harmful clots

Feedback



Lipid Profile

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Lipid Profile

This panel measures the amount of *lipoprotein* - a type of fat required to produce energy in your body. Too much fat restricts oxygen ow to your heart, which may lead to heart disease.

● Normal ● Borderline ● Abnormal

Test Name	Result	Biological Ref. Interval
APO A Immunoturbidimetric (Serum)	102 mg/dl	
APO B Immunoturbidimetric (Serum)	148 mg/dl	
APO B : APO A Ratio Calculation (Serum)	1.45	
TOTAL CHOLESTEROL SERUM CHOD-POD TRINDERS (Serum)	185.06 mg/dl	
Triglyceride Glycerol-3-phosphate-oxidase (Serum)	98.22 mg/dl	
High Density Lipoprotein Good Cholesterol Enzymatic Cholorimetry (Serum)	42.32 mg/dl	
Low Density Lipoprotein Bad Cholesterol Calculated (Serum)	131.1 mg/dl	
NON-HDL CHOLESTEROL (Serum)	142.74	
Very Low Density Lipoprotein VLDL CALCULATED (Serum)	19.64 mg/dl	
Total Cholesterol / HDL Cholesterol (Serum)	4.37	

Feedback



Lipid Profile

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LDL / HDL Cholesterol Ratio CALCULATED (Serum)	3.1	
Atherogenic Index of Plasma (Serum)	0.01	

Risk Factors



The elderly are susceptible to heart disease



Heart disease can be genetic



High BP over time leads to heart disease

SAMPLE REPORT



Liver Profile

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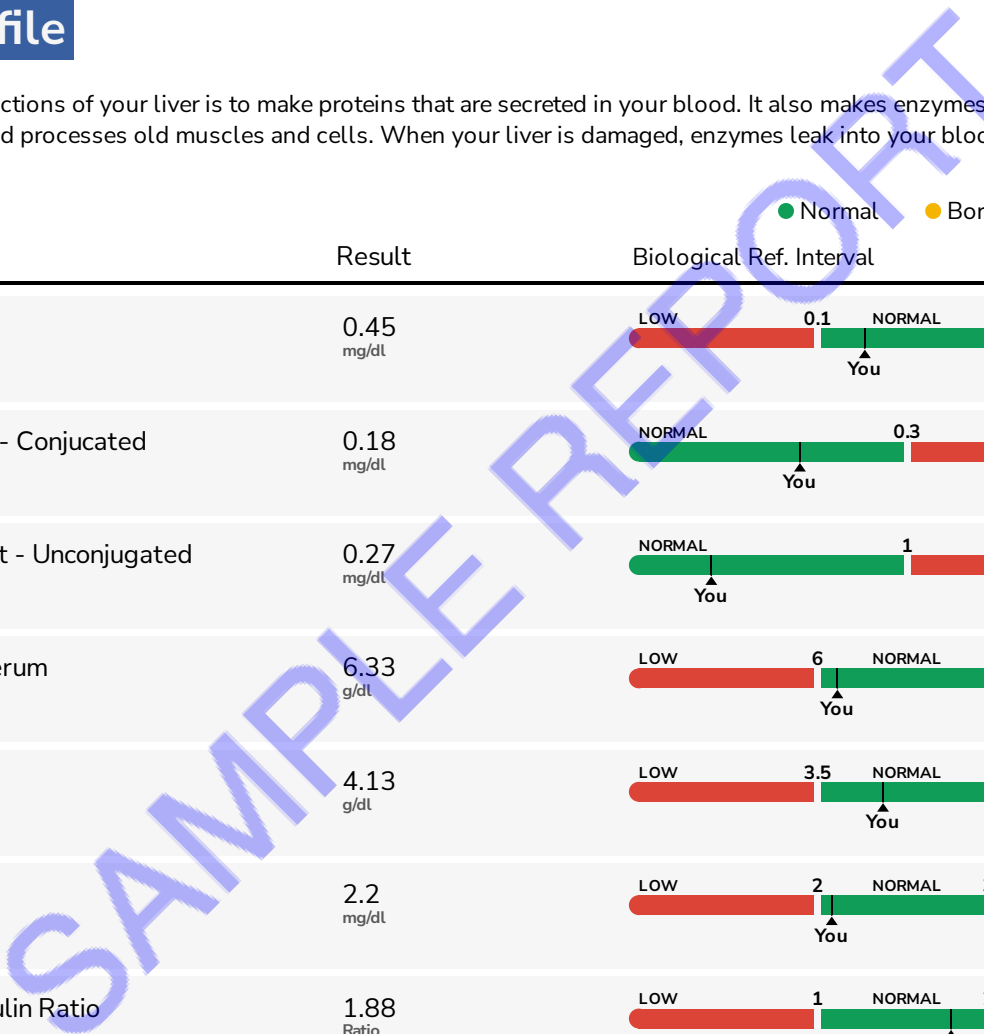
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Liver Profile

One of the main functions of your liver is to make proteins that are secreted in your blood. It also makes enzymes which convert food into energy, and processes old muscles and cells. When your liver is damaged, enzymes leak into your blood and appear in the blood test

● Normal ● Borderline ● Abnormal

Test Name	Result	Biological Ref. Interval
Bilirubin Total (Serum)	0.45 mg/dl	LOW 0.1 NORMAL 1.2 HIGH You
Bilirubin Direct - Conjugated Diazo (Serum)	0.18 mg/dl	NORMAL 0.3 HIGH You
Bilirubin Indirect - Unconjugated Calculated (Serum)	0.27 mg/dl	NORMAL 1 HIGH You
Protein Total Serum Biuret (Serum)	6.33 g/dl	LOW 6 NORMAL 8 HIGH You
Albumin Serum BCG Dye (Serum)	4.13 g/dl	LOW 3.5 NORMAL 5 HIGH You
Globulin Serum Calculated (Serum)	2.2 mg/dl	LOW 2 NORMAL 3.5 HIGH You
Albumin / Globulin Ratio Calculated (Serum)	1.88 Ratio	LOW 1 NORMAL 2.1 HIGH You
SGOT / AST IFCC (Serum)	19.36 U/L	NORMAL 45 HIGH You
SGPT / ALT IFCC (Serum)	16.2 U/L	NORMAL 45 HIGH You



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GAMMA GT Glupa-C (Serum)	44.36 U/L	<p>NORMAL 50 HIGH</p>
Alkaline Phosphatase (ALP) Modified IFCC (Serum)	47.29 U/L	<p>LOW 41 NORMAL 137 HIGH</p>

Tips



A healthy weight is the key to liver health



Excess alcohol damages and scars liver tissue



Active lifestyle and balanced diet prevents diseases

SAMPLE REPORT



Kidney Profile

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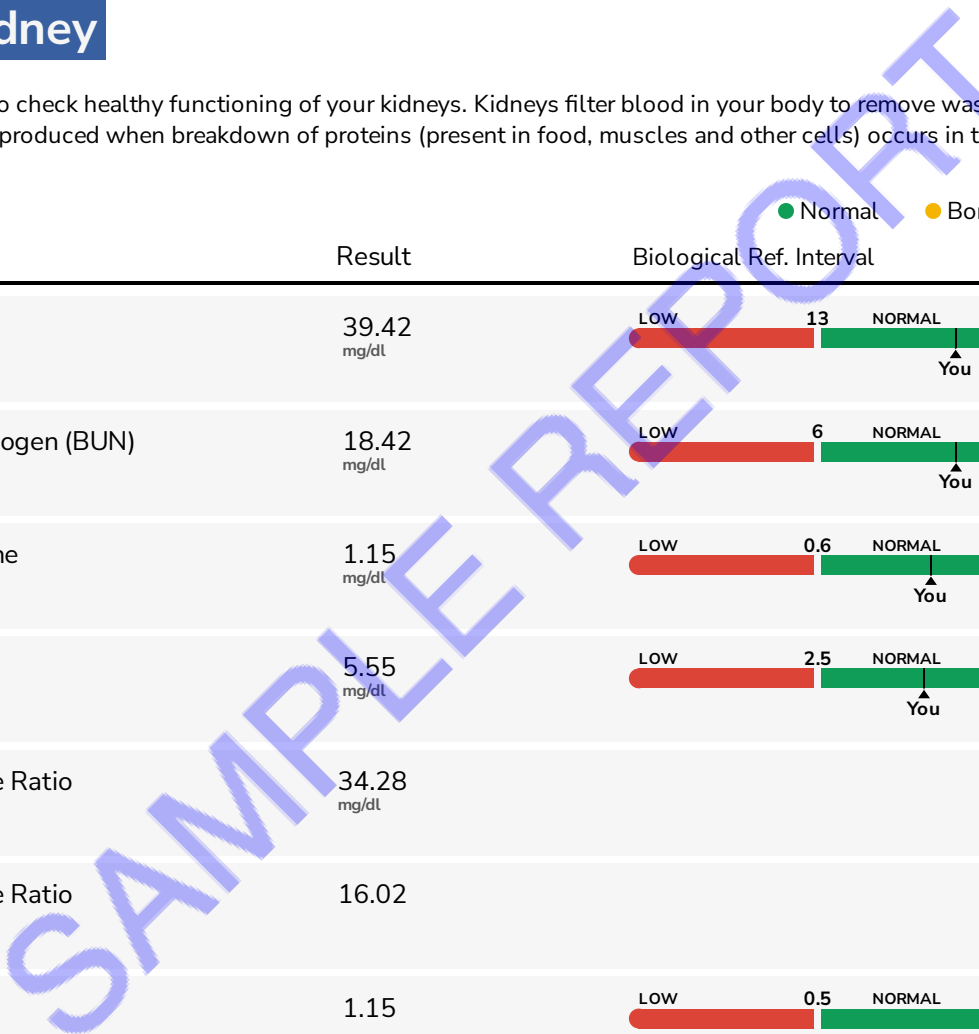
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About Kidney

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

● Normal ● Borderline ● Abnormal

Test Name	Result	Biological Ref. Interval
Blood Urea UREASE-GLDH (Serum)	39.42 mg/dl	LOW 13 NORMAL 45 HIGH You
Blood Urea Nitrogen (BUN) Calculated (Serum)	18.42 mg/dl	LOW 6 NORMAL 21 HIGH You
Serum Creatinine Alkeline Picrate (Serum)	1.15 mg/dl	LOW 0.6 NORMAL 1.4 HIGH You
Serum Uric Acid (Serum)	5.55 mg/dl	LOW 2.5 NORMAL 7.2 HIGH You
Urea / Creatinine Ratio Calculated (Serum)	34.28 mg/dl	
BUN / Creatinine Ratio (Serum)	16.02	
Creatinine (Serum)	1.15	LOW 0.5 NORMAL 1.1 HIGH You
eGFR By MDRD (Serum)	72	LOW 60 BORDERLINE 70 NORMAL You
eGFR BY CKD-EPI (Serum)	81	LOW 60 BORDERLINE 70 NORMAL You



Feedback



Kidney Profile

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Tips



High BP can cause kidney damage. Keep active and fit to prevent most diseases



Drinking 1.5-2 liters a day helps clear sodium and toxins from the kidneys

SAMPLE REPORT



Electrolyte Profile

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Electrolytes

Electrolytes are electrically charged minerals in your body's blood and cells. They maintain the fluid balance between the cells, regulate the pH of your blood, help conduct nerve impulses and allow proper muscle function

● Normal ● Borderline ● Abnormal

Test Name	Result	Biological Ref. Interval
Sodium (Na+) Ion - Selective Electrodes (ISE) (Serum)	139 mmol/L	<p>LOW 136 NORMAL 149 HIGH You</p>
Potassium (K+) Ion - Selective Electrodes (ISE) (Serum)	3.8 mmol/L	<p>LOW 3.5 NORMAL 5.5 HIGH You</p>
Chloride (Cl-) ISE (Serum)	101 mmol/L	<p>LOW 96 NORMAL 106 HIGH You</p>
Calcium (Ca) Serum Total Ion Selective Electrode (ISE) (Serum)	9.44 mg/dl	<p>LOW 8.4 NORMAL 10.4 HIGH You</p>

Tips



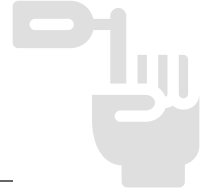
Electrolyte imbalance can cause nausea, dizziness and fatigue



Sea salt and coconut water are good natural electrolyte boosters

SAMPLE REPORT

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Diabetes Monitoring

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About Diabetes

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

● Normal ● Borderline ● Abnormal

Test Name	Result	Biological Ref. Interval
Blood Sugar Fasting Glucose Oxidase - Peroxidase (FLUORIDE)	99.42 mg/dl	<p>LOW 70 NORMAL 110 HIGH</p> <p>You</p>
HbA1C (Glycosylated haemoglobin) HPLC (Whole Blood EDTA)	5.6 %	<p>NORMAL 5.7 BORDERLINE 6.4 HIGH</p> <p>You</p>
Estimated Average Plasma Glucose (Whole Blood EDTA)	114.02 mg/dL	<p>NORMAL 124 BORDERLINE 156 HIGH</p> <p>You</p>

Diabetes Facts



Carbohydrates affect blood glucose level, eat healthier carbs like whole grains and fruits



Staying active with walking, jogging or yoga, helps keep diabetes under control

SAMPLE REPORT

Feedback



Arthritis Screening



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About Arthritis

Joints are places in your body where your bones connect, such as wrists, knees, hips. Arthritis is the inflammation (swelling) of joints. Symptoms include pain in joints, along with stiffness.

Test Name	Result	Biological Ref. Interval
IONIZED CALCIUM <small>Ion Selective Electrode (Serum)</small>	5.03 mg/dl	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">● Normal</div> <div style="margin-right: 10px;">● Borderline</div> <div style="margin-right: 10px;">● Abnormal</div> </div>
NON IONIZED CALCIUM <small>(Serum)</small>	4.41 mg/dl	

Risk Factors



Maintain a healthy weight. Weight loss may help reduce pressure on joints and ease pain.



Cigarette smoking increases a person's risk of developing rheumatoid arthritis (RA) and other medical problems, like difficulty in staying physically active

SAMPLE REPORT

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Vitamin Profile

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About Vitamins

Vitamins are considered essential nutrients because they perform hundreds of roles in your body. They help maintain bones, heal wounds, and strengthen your immune system. They also convert food into energy, and repair cellular damage

● Normal ● Borderline ● Abnormal

Test Name	Result	Biological Ref. Interval
VITAMIN D (25 Hydroxy) CMA (Serum)	36.65 ng/mL	<p>VERY LOW 10 BORDERLINE 30 NORMAL 100 HIGH</p> <p>You</p>
Serum Vitamin B12 CMA (Serum)	237 pg/ml	<p>LOW 211 NORMAL 911 HIGH</p> <p>You</p>

Tips



A balanced diet can take care of all the vitamins needed by your body



Consult your doctor before taking any vitamin supplements

SAMPLE REPORT



Thyroid Profile

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About Thyroid

This panel is used to check the imbalance in your thyroid gland. A healthy thyroid gland is very important for metabolism, controlling body temperature, regulation of mood, muscle strength and regulation of body weight

● Normal ● Borderline ● Abnormal

Test Name	Result	Biological Ref. Interval
Triiodothyronine - T3 CMA (Serum)	1.29 ng/mL	
Thyroxine - T4 CMA (Serum)	7.69 ug/dL	
Thyroid Stimulating Hormone - TSH CMA (Serum)	1.97 uIU/mL	

Risk Factors



If your family has thyroid disease, you are also at risk



Women are more prone to thyroid diseases as compared to men

~~ End of report ~~

If the results are unexpected or do not correlate. Kindly contact the laboratory for reconfirmation and to rule out any human error/typing error/any shortcoming. A rechecked of result or repeat investigation will be entertained with in 24-48 hrs.



Meenakshi

Dr Meenakshi Garg
MD Pathology
Cunsultant Pathologist

Feedback