DDRC SRL
Diagnostic Services
INDIA'S LEADING DIAGNOSTICS NET WORK

MEDICAL EXAMINATION REPORT (MER)

If the examinee is suffering from an acute life threatening situation, you may be obliged to disclose the result of the medical examination to the examinee.

1. Name of the examinee : Mr./~~Mrs.~~/~~Ms.~~ ARUN GOPAL
2. Mark of Identification : (Mole/Scar/any other (specify location)): LEFT TINY FINGER
3. Age/Date of Birth : 37 Gender: ~~F~~/M
4. Photo ID Checked : (Passport/Election Card/PAN Card/Driving Licence/Company ID)

PHYSICAL DETAILS:

a. Height ....169..... (cms) b. Weight .....69..... (Kgs) c. Girth of Abdomen .....85..... (cms)

d. Pulse Rate ....74..... (/Min) e. Blood Pressure: Systolic 130 Diastolic 80

1st Reading		
2nd Reading		

FAMILY HISTORY:

Relation	Age if Living	Health Status	If deceased, age at the time and cause
Father	66	Healthy	
Mother	64	Healthy	
Brother(s)			
Sister(s)	35	Healthy.	

HABITS & ADDICTIONS: Does the examinee consume any of the following?

Tobacco in any form	Sedative	Alcohol
NO	NO	Occasional

PERSONAL HISTORY

a. Are you presently in good health and entirely free from any mental or Physical impairment or deformity. If No, please attach details. ~~Y~~/N

b. Have you undergone/been advised any surgical procedure? ~~Y~~/N

c. During the last 5 years have you been medically examined, received any advice or treatment or admitted to any hospital? ~~Y~~/N

d. Have you lost or gained weight in past 12 months? ~~Y~~/N

Have you ever suffered from any of the following?

- Psychological Disorders or any kind of disorders of the Nervous System? ~~Y~~/N
- Any disorders of Respiratory system? ~~Y~~/N
- Any Cardiac or Circulatory Disorders? ~~Y~~/N
- Enlarged glands or any form of Cancer/Tumour? ~~Y~~/N
- Any Musculoskeletal disorder? ~~Y~~/N
- Any disorder of Gastrointestinal System? ~~Y~~/N
- Unexplained recurrent or persistent fever, and/or weight loss ~~Y~~/N
- Have you been tested for HIV/HBsAg / HCV before? If yes attach reports ~~Y~~/N
- Are you presently taking medication of any kind? ~~Y~~/N

DDRC SRL Diagnostics Private Limited
Corp. Office: DDRC SRL Tower, G- 131, Panampilly Nagar, Ernakulam - 682 036
Ph No. 0484-2318223, 2318222, e-mail: info@ddrcsrl.com, web: www.ddrcsrl.com
Corp. Office: DDRC SRL Tower, G- 131, Panampilly Nagar, Ernakulam - 682 036, Ph No: 2310688, 231822, web: www.ddrcsrl.com

- Any disorders of Urinary System? ~~Y~~/N
- Any disorder of the Eyes, Ears Nose, Throat or Mouth & Skin ~~Y~~/N

FOR FEMALE CANDIDATES ONLY

a. Is there any history of diseases of breast/genital organs? ~~Y~~/N

b. Is there any history of abnormal PAP Smear/Mammogram/USG of Pelvis or any other tests? (If yes attach reports) Y/N

c. Do you suspect any disease of Uterus, Cervix or Ovaries? Y/N

d. Do you have any history of miscarriage/ abortion or MTP Y/N

e. For Parous Women, were there any complication during pregnancy such as gestational diabetes, hypertension etc Y/N

f. Are you now pregnant? If yes, how many months? Y/N

CONFIDENTAIL COMMENTS FROM MEDICAL EXAMINER

- Was the examinee co-operative? ~~Y~~/N
- Is there anything about the examine's health, lifestyle that might affect him/her in the near future with regard to his/her job? Y/~~N~~
- Are there any points on which you suggest further information be obtained? Y/~~N~~
- Based on your clinical impression, please provide your suggestions and recommendations below;

.....

.....

- Do you think he/she is MEDICALLY FIT or UNFIT for employment.

MEDICAL EXAMINER'S DECLARATION

I hereby confirm that I have examined the above individual after verification of his/her identity and the findings stated above are true and correct to the best of my knowledge.

Name & Signature of the Medical Examiner :

Dr. Ashwin Jose

Seal of Medical Examiner :

Dr. Ashwin Jose
MBBS
TCMC Reg. No: 81240

Name & Seal of DDRC SRL Branch :

DDRC SRL DIAGNOSTICS PVT LTD ★ KOTTAYAM - 686 008 ★ SANDHINAGAR

Date & Time :

DDRC SRL Diagnostics Private Limited
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Ph No. 0484-2318223, 2318222, e-mail: info@ddrcsrl.com, web: www.ddrcsrl.com
Regd. Office: 4th Floor, Prime Square, Plot No.1, Gaiwadi Industrial Estate, S.V. Road, Goregaon (West), Mumbai – 400062.

- Any disorders of Urinary System? ~~Y~~/N
- Any disorder of the Eyes, Ears Nose, Throat or Mouth & Skin ~~Y~~/N

FOR FEMALE CANDIDATES ONLY

a. Is there any history of diseases of breast/genital organs? ~~Y~~/N

b. Is there any history of abnormal PAP Smear/Mammogram/USG of Pelvis or any other tests? (If yes attach reports) Y/N

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d. Do you have any history of miscarriage/ abortion or MTP Y/N

e. For Parous Women, were there any complication during pregnancy such as gestational diabetes, hypertension etc Y/N

f. Are you now pregnant? If yes, how many months? Y/N

CONFIDENTAIL COMMENTS FROM MEDICAL EXAMINER

- Was the examinee co-operative? ~~Y~~/N
- Is there anything about the examine's health, lifestyle that might affect him/her in the near future with regard to his/her job? Y/N
- Are there any points on which you suggest further information be obtained? Y/N
- Based on your clinical impression, please provide your suggestions and recommendations below;

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Dr. Ashwin Jose

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Dr. Ashwin Jose
MBBS
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DDRC SRL
Diagnostic Services
INDIA'S LEADING DIAGNOSTICS NETWORK

LABORATORY SERVICES

Name: ARUN GOPAL	**Report Date: 16.07.2022**
Age/Sex: 37 yrs/M	**Ref.by: Bank of Baroda**

USG ABDOMEN & PELVIS

OBSERVATIONS:

Liver: Normal in size. **Shows increased parenchymal echotexture.** No focal parenchymal lesion noted. The biliary radicals appear normal. Portal vein is normal (10 mm).

Gall bladder: Distended. No calculus seen. No e/o of any wall thickening / edema. No e/o any pericholecystic collection.

CBD: Not dilated (4 mm).

Spleen: Normal in size (11 cm) and echotexture. No focal lesion.

Pancreas: Head (1.9 cm), body (1 cm) and tail (1.3 cm) appear normal. No focal lesion. No calcification or duct dilatation noted.

Kidneys: Right kidney length measures 11.1 cm. Parenchymal thickness 1.5 cm

Normal in position & size. Cortical echogenicity is normal. There is good cortico-medullary differentiation. No calculus or mass lesion seen. No hydronephrosis.

Left kidney length measures 10.8 cm. Parenchymal thickness 1.6 cm

Normal in position & size. Cortical echogenicity is normal. There is good cortico-medullary differentiation. No calculus or mass lesion seen. No hydronephrosis.

Ureters: Not dilated.

Urinary Bladder: Distended, No luminal or wall abnormality noted.

Prostate: Normal in size, volume 16 cc. Shows homogenous parenchymal texture. No evidence of any mass lesion.

Others: No evident lymphadenopathy. No evidence of bowel wall thickening/echogenic mesentery/dilated bowel loops. Normal peristalsis seen. No free fluid in the peritoneal cavity. No pleural effusion noted.

A defect measuring 9 mm is noted in the umbilical region through which preperitoneal fat is seen herniating.

IMPRESSION:

- **Grade I fatty changes in liver.**
- **Umbilical hernia.**

Dr. Deepak.V, MBBS, DMRD
Radiologist

Note: Please correlate clinically and investigate further as needed.

DIAGNOSTICS PVT LTD KOTTAYAM - 686 005 NAGAR

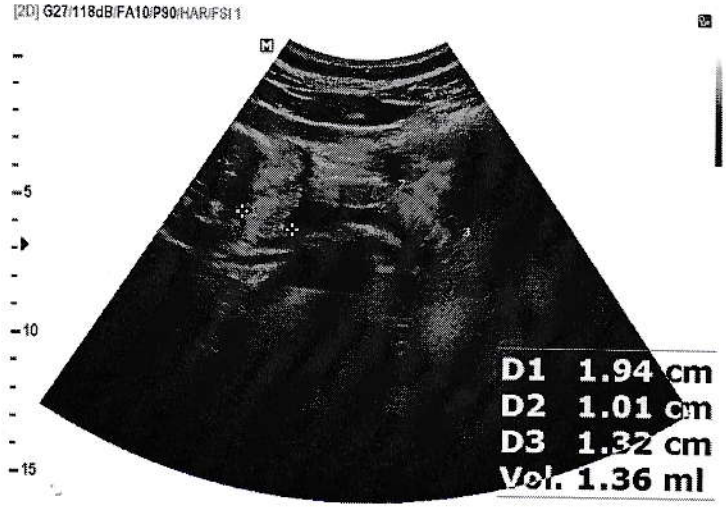
Ultrasound Image Report

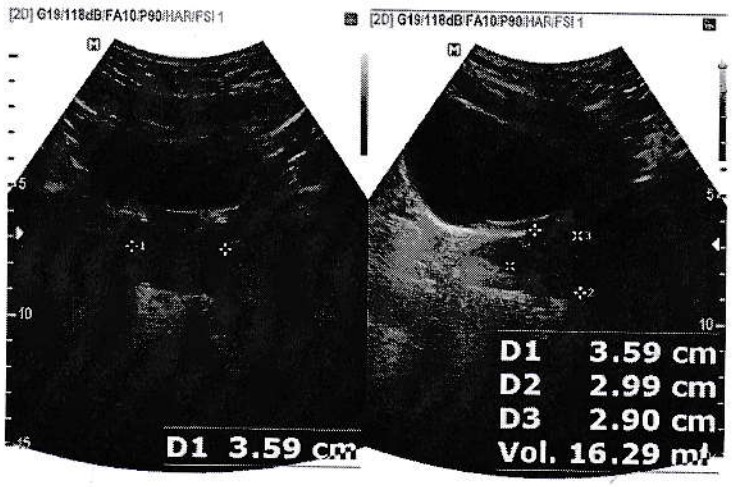
Patient

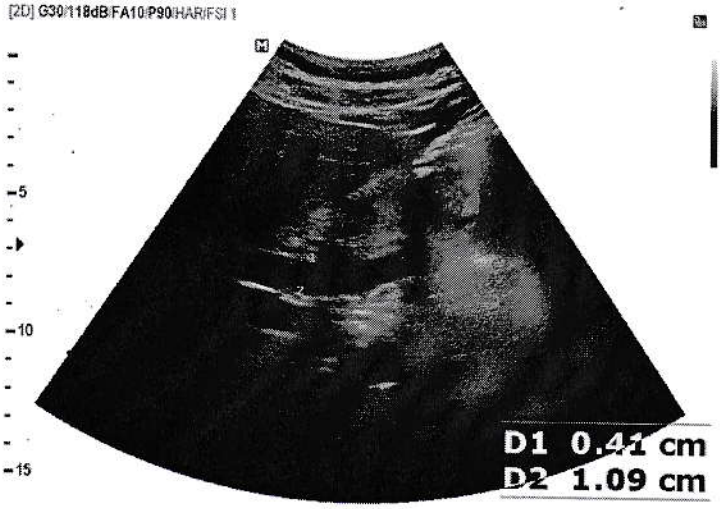
ID	16-07-2022-0014
Name	ARUN
Birth Date	
Gender	Other

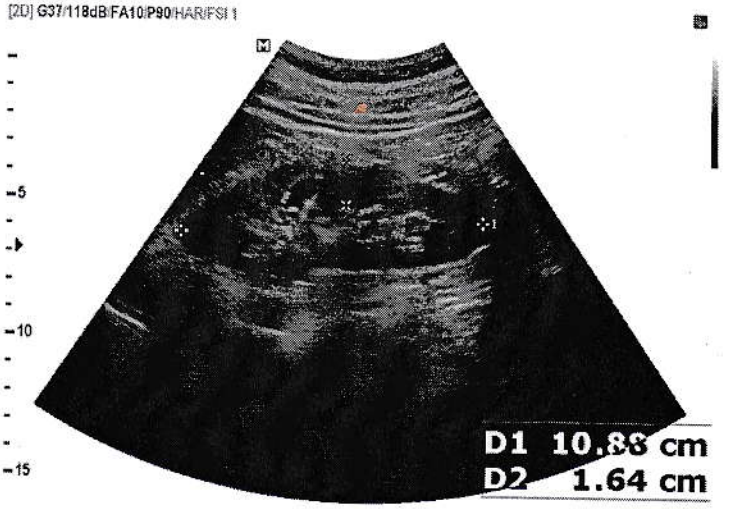
Exam

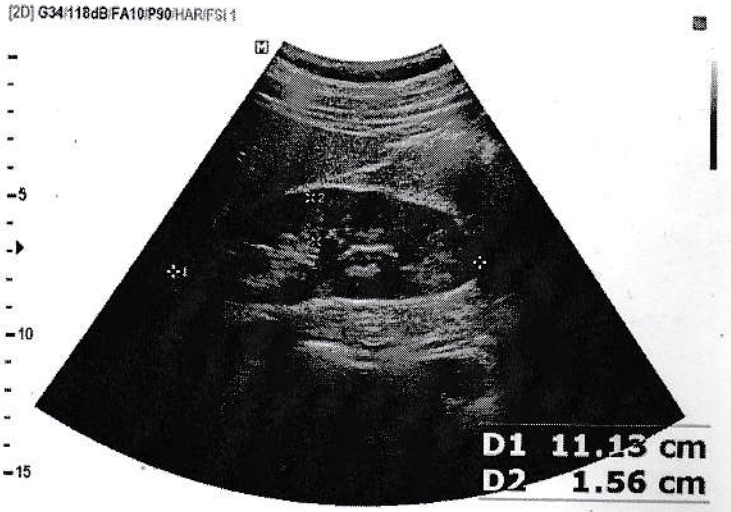
Accession #	
Exam Date	16072022
Description	
Sonographer	

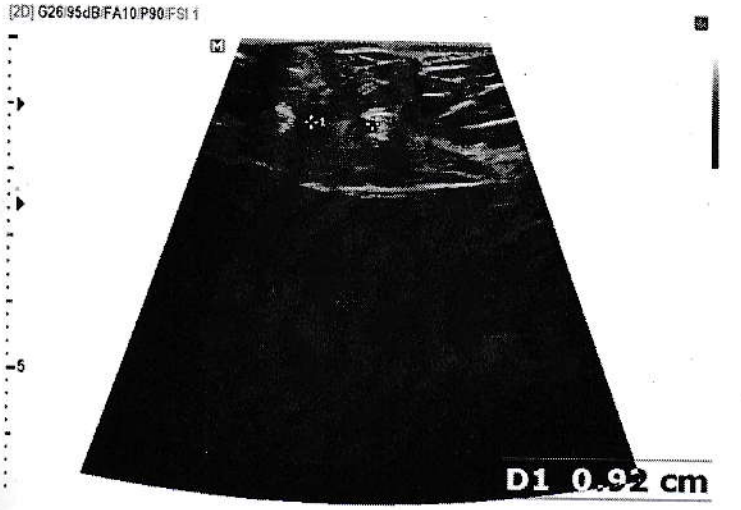


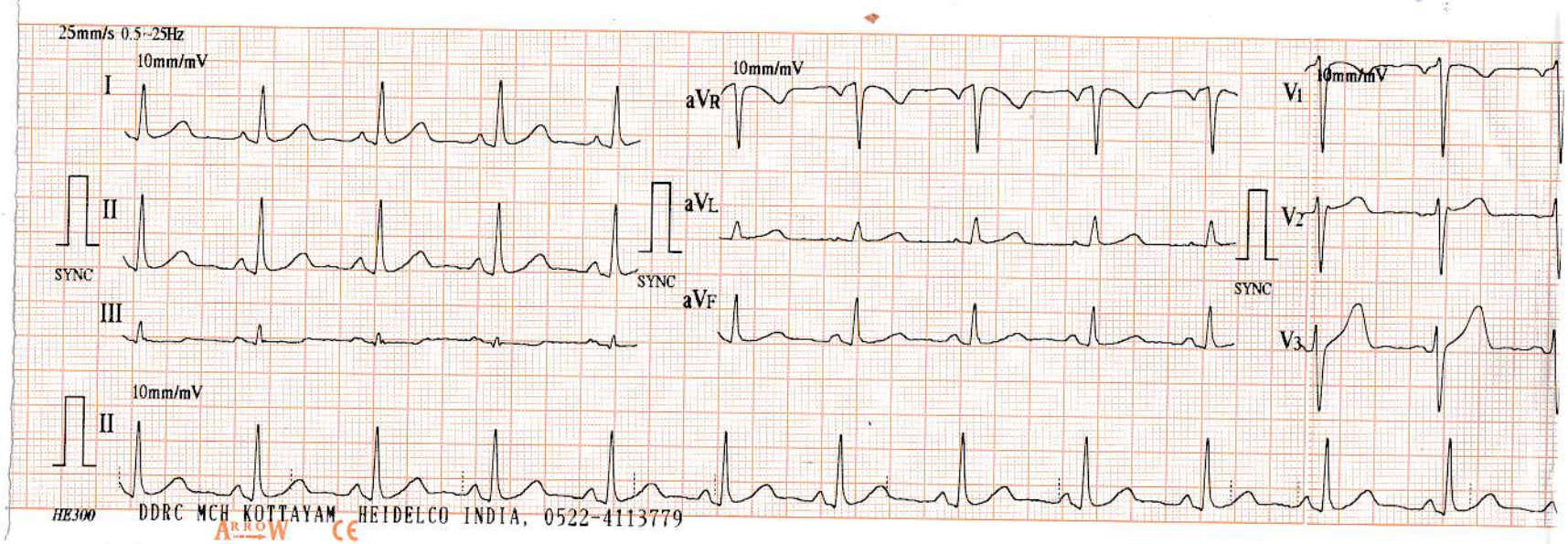











25mm/s 0.5~25Hz
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I
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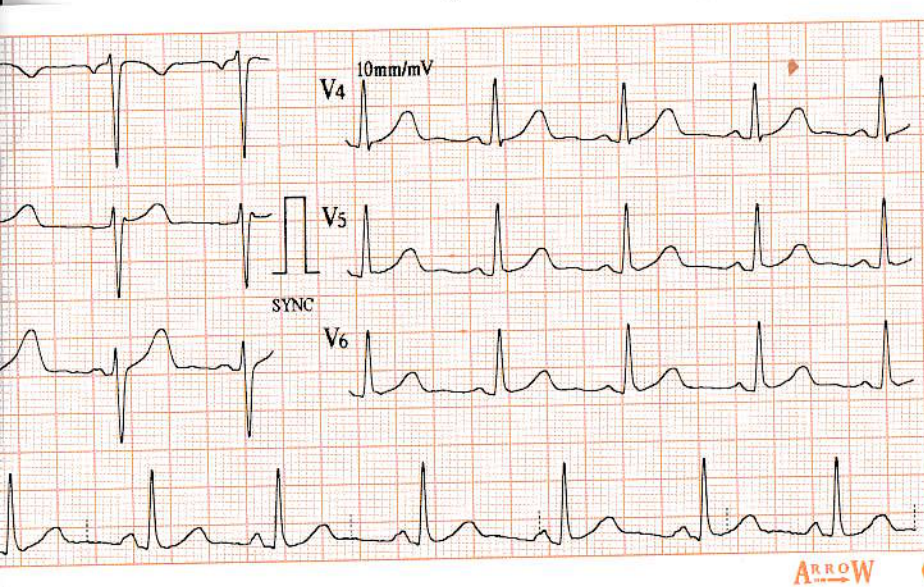
III
SYNC
10mm/mV
aVR
aVL
aVF
SYNC
10mm/mV
V1
V2
V3
SYNC
10mm/mV
II
HE300
DDRC MCH KOTTAYAM HEIDELCO INDIA, 0522-4113779
ARROW
CE



16/07/2022 12:46

V2.002(BIOS:V2.004/AMP:V1.006)

ID : 8643

Name: ARUN
GOPAL

Sex : Male

Age : 37

HR	: 85	bpm
R-R	: 705	ms
P-R	: 130	ms
QRS	: 86	ms
QT/QTc	: 351/417	ms
P/QRS/T	: 41/36/37	°
RV5/SV1	: 0.940/1.340	mV
RV5+SV1	: 2.280	mV

DDRC SRL DIAGNOSTICS PVT LTD
KOTTAYAM - 686 008
GANDHINAGAR

Machine Interpretation Only

Confirm with Physician

Physician:

ARROW CE

R
ARUN GOPAL 37Y 2520 CHEST-PA 16-07-2022
DDRC SRL DIAGNOSTICS, CANDHI NAGAR, KOTTAYAM

DDRC SRL
Diagnostic Services
INDIA'S LEADING DIAGNOSTICS NETWORK

LABORATORY SERVICES

To whomsoever it may Concern

Due to certain inconvenience, I cannot take TMT test.

Arun Gopal

DDRC SRL DIAGNOSTICS PVT LTD ★ VANDHINAGAR ★ KOTTAYAM 686 009

DDRC SRL Diagnostic Services

INDIA'S LEADING DIAGNOSTICS NETWORK

Patient Ref. No. 666000000949168

CLIENT CODE : CA00010147
CLIENT'S NAME AND ADDRESS :
MEDIWHEEL ARCOFEMI HEALTHCARE LIMITED
F701A, LADO SARAI, NEW DELHI,
SOUTH DELHI, DELHI,
SOUTH DELHI 110030
DELHI INDIA
8800465156

DDRC SRL DIAGNOSTICS

GANDHI NAGAR, KTM
KERALA, INDIA
Tel : 93334 93334
Email : customercare.ddrc@srl.in

PATIENT NAME : ARUN GOPAL PATIENT ID : **ARUNM1907854036**

ACCESSION NO : **4036VG001008** AGE : 37 Years SEX : Male

DRAWN : RECEIVED : 19/07/2022 15:09 REPORTED : 21/07/2022 13:21

REFERRING DOCTOR : SELF CLIENT PATIENT ID :

Test Report Status	Results		Units
MEDIWHEEL HEALTH CHEKUP BELOW 40(M)TMT			
LIVER PROFILE - EXTENDED			
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	29	Upto 40	U/L
ALANINE AMINOTRANSFERASE (ALT/SGPT)	44	Upto 45	U/L
ALKALINE PHOSPHATASE	72	40 - 129	U/L
LACTATE DEHYDROGENASE	146	135 - 225	U/L
BILIRUBIN, DIRECT	**0.34** High	0.0 - 0.2	mg/dL
BILIRUBIN, INDIRECT	0.49	0.00 - 1.00	mg/dL
TOTAL PROTEIN	7.2	6.4 - 8.3	g/dL
ALBUMIN	4.9	3.5 - 5.2	g/dL
GLOBULIN	2.3	2.0 - 4.1	g/dL
ALBUMIN/GLOBULIN RATIO	**2.1** High	1.0 - 2.0	Ratio
HEPATITIS B SURFACE ANTIGEN	NON REACTIVE	NON REACTIVE	
BUN/CREAT RATIO			
BUN/CREAT RATIO	11.5	5 - 15	
CREATININE, SERUM			
CREATININE	0.97	0.70 - 1.20	mg/dL
GLUCOSE, POST-PRANDIAL, PLASMA			
GLUCOSE, POST-PRANDIAL, PLASMA	113	Normal: < 140, Impaired Glucose Tolerance:140-199 Diabetic > or = 200	mg/dL
GLUCOSE, FASTING, PLASMA			
GLUCOSE, FASTING, PLASMA	94	74 - 99	mg/dL
GLYCOSYLATED HEMOGLOBIN, EDTA WHOLE BLOOD			
GLYCOSYLATED HEMOGLOBIN (HBA1C)	4.8	Non-diabetic: < 5.7 Pre-diabetics: 5.7 - 6.4 Diabetics: > or = 6.5 ADA Target: 7.0 Action suggested: > 8.0	%
MEAN PLASMA GLUCOSE	91.1	< 116.0	mg/dL
CORONARY RISK PROFILE (LIPID PROFILE), SERUM			
CHOLESTEROL	182	Desirable: <200 BorderlineHigh : 200-239 High : > or = 240	mg/dL

Scan to View Details

CIN : U85190MH2006PTC161480

(Refer to "CONDITIONS OF REPORTING" overleaf)

Scan to View Report

CLIENT CODE : CA000010147

CLIENT'S NAME AND ADDRESS :
MEDIWHEEL ARCOFEMI HEALTHCARE LIMITED
F701A, LADO SARAI, NEW DELHI,
SOUTH DELHI, DELHI,
SOUTH DELHI 110030
DELHI INDIA
8800465156

DDRC SRL DIAGNOSTICS
GANDHI NAGAR, KTM
KERALA, INDIA
Tel : 93334 93334
Email : customercare.ddrc@srl.in

PATIENT NAME : ARUN GOPAL PATIENT ID : **ARUNM190785403**

ACCESSION NO : **4036VG001008** AGE : 37 Years SEX : Male

DRAWN : RECEIVED : 19/07/2022 15:09 REPORTED : 21/07/2022 13:21

REFERRING DOCTOR : SELF CLIENT PATIENT ID :

Test Report Status	Results			Units
TRIGLYCERIDES	**305**	**High**	Desirable: < 150 Borderline High: 150 - 199 High: 200 - 499 Very High : > or = 500	mg/dL
HDL CHOLESTEROL	44		< 40 Low > or = 60 High	mg/dL
DIRECT LDL CHOLESTEROL	90		Adult levels: Optimal < 100 Near optimal/above optimal: 100-129 Borderline high : 130-159 High : 160-189 Very high : = 190	mg/dL
NON HDL CHOLESTEROL	**138**	**High**	Desirable: Less than 130 Above Desirable: 130 - 159 Borderline High: 160 - 189 High: 190 - 219 Very high: > or = 220	mg/dL
CHOL/HDL RATIO	4.1		3.30 - 4.40	
LDL/HDL RATIO	2.1		0.5 - 3.0	
VERY LOW DENSITY LIPOPROTEIN	**61.0**	**High**	< or = 30.0	mg/dL
LIVER FUNCTION TEST WITH GGT				
BILIRÚBIN, TOTAL	0.83		0.0 - 1.2	mg/dL
TOTAL PROTEIN	7.2		6.4 - 8.3	g/dL
ALBUMIN	4.9		3.50 - 5.20	g/dL
GLOBULIN	2.3		2.0 - 4.1	g/dL
ALBUMIN/GLOBULIN RATIO	**2.1**	**High**	1.0 - 2.0	RATIO
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	29		UPTO 40	U/L
ALANINE AMINOTRANSFERASE (ALT/SGPT)	44		UP TO 45	U/L
ALKALINE PHOSPHATASE	72		40 - 129	U/L
GAMMA GLUTAMYL TRANSFERASE (GGT)	55		8 - 61	U/L
URIC ACID, SERUM				
URIC ACID	**7.5**	**High**	3.5 - 7.2	mg/dL
ABO GROUP & RH TYPE, EDTA WHOLE BLOOD				
ABO GROUP	TYPE B			
RH TYPE	POSITIVE			
BLOOD COUNTS				
HEMOGLOBIN	**17.7**	**High**	13.0 - 17.0	g/dL
RED BLOOD CELL COUNT	**5.52**	**High**	4.5 - 5.5	mil/µL

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SOUTH DELHI, DELHI,
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DDRC SRL DIAGNOSTICS
GANDHI NAGAR, KTM
KERALA, INDIA
Tel : 93334 93334
Email : customercare.ddrc@srl.in

PATIENT NAME : ARUN GOPAL
PATIENT ID : **ARUNM190785403**

ACCESSION NO : **4036VG001008** AGE : 37 Years SEX : Male

DRAWN :
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REFERRING DOCTOR : SELF
CLIENT PATIENT ID :

Test Report Status	Results		Units
WHITE BLOOD CELL COUNT	8.9	4.0 - 10.0	thou/µL
PLATELET COUNT	160	150 - 410	thou/µL
RBC AND PLATELET INDICES			
HEMATOCRIT	**53.8**	**High** 40 - 50	%
MEAN CORPUSCULAR VOL	98.0	83 - 101	fL
MEAN CORPUSCULAR HGB.	32.0	27.0 - 32.0	pg
MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION	32.8	31.5 - 34.5	g/dL
RED CELL DISTRIBUTION WIDTH	**10.8**	**Low** 11.6 - 14.0	%
WBC DIFFERENTIAL COUNT - NLR			
SEGMENTED NEUTROPHILS	66	40 - 80	%
LYMPHOCYTES	32	20 - 40	%
EOSINOPHILS	02	1 - 6	%
ERYTHRO SEDIMENTATION RATE, BLOOD			
SEDIMENTATION RATE (ESR)	04	0 - 14	mm at 1 hr
STOOL: OVA & PARASITE			
COLOUR	BROWN		
CONSISTENCY	SEMI FORMED		
ODOUR	FAECAL		
MUCUS	NOT DETECTED	NOT DETECTED	
POLYMORPHONUCLEAR LEUKOCYTES	NOT DETCTED	0 - 5	/HPF
RED BLOOD CELLS	NOT DETECTED	NOT DETECTED	/HPF
CYSTS	NOT DETECTED	NOT DETECTED	
OVA	NOT DETECTED		
LARVAE	NOT DETECTED	NOT DETECTED	
SUGAR URINE - POST PRANDIAL			
SUGAR URINE - POST PRANDIAL	NOT DETECTED	NOT DETECTED	
URINALYSIS			
COLOR	PALE YELLOW		
APPEARANCE	CLEAR		
PH	5.0	4.7 - 7.5	
SPECIFIC GRAVITY	1.020	1.003 - 1.035	
GLUCOSE	NOT DETECTED	NOT DETECTED	
PROTEIN	NOT DETECTED	NOT DETECTED	

Scan to View Details
CIN : U85190MH2006PTC161480
(Refer to "CONDITIONS OF REPORTING" overleaf)
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DDRC SRL
Diagnostic Services

Patient Ref. No. 666000000949168

CLIENT CODE : CA00010147

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KERALA, INDIA
Tel : 93334 93334
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PATIENT NAME : ARUN GOPAL

PATIENT ID : ARUNM1907854036

ACCESSION NO : 4036VG001008 AGE : 37 Years SEX : Male

DRAWN :

RECEIVED : 19/07/2022 15:09

REPORTED : 21/07/2022 13:21

REFERRING DOCTOR : SELF

CLIENT PATIENT ID :

Test Report Status	Results	Units	
KETONES	NOT DETECTED	NOT DETECTED	
BLOOD	NOT DETECTED	NOT DETECTED	
BILIRUBIN	NOT DETECTED	NOT DETECTED	
UROBILINOGEN	NORMAL	NORMAL	
NITRITE	NOT DETECTED	NOT DETECTED	
WBC	1-2	0-5	/HPF
EPITHELIAL CELLS	NOT DETECTED	NOT DETECTED	/HPF
RED BLOOD CELLS	NOT DETECTED	NOT DETECTED	/HPF
CASTS	NIL		
CRYSTALS	NIL		
BACTERIA	NOT DETECTED	NOT DETECTED	
THYROID PANEL, SERUM			
T3	112.42	60.0 - 181.0	ng/dL
T4	7.50	3.2 - 12.6	µg/dl
TSH 3RD GENERATION	3.360	0.35 - 5.50	µIU/mL

Interpretation(s)
CREATININE, SERUM-
Higher than normal level may be due to:
- Blockage in the urinary tract
- Kidney problems, such as kidney damage or failure, infection, or reduced blood flow
- Loss of body fluid (dehydration)
- Muscle problems, such as breakdown of muscle fibers
- Problems during pregnancy, such as seizures (eclampsia)), or high blood pressure caused by pregnancy (preeclampsia)

Lower than normal level may be due to:
- Myasthenia Gravis
- Muscular dystrophy

GLUCOSE, POST-PRANDIAL, PLASMA-
ADA Guidelines for 2hr post prandial glucose levels is only after ingestion of 75grams of glucose in 300 ml water,over a period of 5 minutes.
GLUCOSE, FASTING, PLASMA-
ADA 2012 guidelines for adults as follows:
Pre-diabetics: 100 - 125 mg/dL
Diabetic: > or = 126 mg/dL

(Ref: Tietz 4th Edition & ADA 2012 Guidelines)
GLYCOSYLATED HEMOGLOBIN, EDTA WHOLE BLOOD-
Glycosylated hemoglobin (GHb) has been firmly established as an index of long-term blood glucose concentrations and as a measure of the risk for the development of complications in patients with diabetes mellitus. Formation of GHb is essentially irreversible, and the concentration in the blood depends on both the life span of the red blood cell (average 120 days) and the blood glucose concentration. Because the rate of formation of GHb is directly proportional to the concentration of glucose in the blood the GHb concentration represents the integrated values for glucose over the preceding 6-8 weeks.
Any condition that alters the life span of the red blood cells has the potential to alter the GHb level. Samples from patients with hemolytic anemias will exhibit decreased glycated hemoglobin values due to the shortened life span of the red cells. This effect will depend upon the severity of the anemia. Samples from patients with polycythemia or post-splenectomy may exhibit increased glycated hemoglobin values due to a somewhat longer life span of the red cells.
Glycosylated hemoglobins results from patients with HbSS, HbCC, and HbSC and HbD must be interpreted with caution, given the pathological processes, including anemia increased red cell turnover, transfusion requirements, that adversely impact HbA1c as a marker of long-term glycemic control. In these conditions, alternative forms of testing such as glycated serum protein (fructosamine) should be considered.
"Targets should be individualized; More or less stringent glycemic goals may be appropriate for individual patients. Goals should be individualized based on duration of

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DDRC SRL Diagnostic Services

Patient Ref. No. 666000000949168

CLIENT CODE : CA00010147

CLIENT'S NAME AND ADDRESS :
MEDIWHEEL ARCOFEMI HEALTHCARE LIMITED
F701A, LADO SARAI, NEW DELHI,
SOUTH DELHI, DELHI,
SOUTH DELHI 110030
DELHI INDIA
8800465156

DDRC SRL DIAGNOSTICS
GANDHI NAGAR, KTM
KERALA, INDIA
Tel : 93334 93334
Email : customercare.ddrc@srl.in

PATIENT NAME : ARUN GOPAL

PATIENT ID : **ARUNM1907854036**

ACCESSION NO : **4036VG001008** AGE : 37 Years SEX : Male

DRAWN : RECEIVED : 19/07/2022 15:09 REPORTED : 21/07/2022 13:21

REFERRING DOCTOR : SELF CLIENT PATIENT ID :

Test Report Status	Results	Units
KETONES	NOT DETECTED	NOT DETECTED
BLOOD	NOT DETECTED	NOT DETECTED
BILIRUBIN	NOT DETECTED	NOT DETECTED
UROBILINOGEN	NORMAL	NORMAL
NITRITE	NOT DETECTED	NOT DETECTED
WBC	1-2	0-5 /HPF
EPITHELIAL CELLS	NOT DETECTED	NOT DETECTED /HPF
RED BLOOD CELLS	NOT DETECTED	NOT DETECTED /HPF
CASTS	NIL	
CRYSTALS	NIL	
BACTERIA	NOT DETECTED	NOT DETECTED
THYROID PANEL, SERUM		
T3	112.42	60.0 - 181.0 ng/dL
T4	7.50	3.2 - 12.6 µg/dl
TSH 3RD GENERATION	3.360	0.35 - 5.50 µIU/mL

Interpretation(s)
CREATININE, SERUM-
Higher than normal level may be due to:
- Blockage in the urinary tract
- Kidney problems, such as kidney damage or failure, infection, or reduced blood flow
- Loss of body fluid (dehydration)
- Muscle problems, such as breakdown of muscle fibers
- Problems during pregnancy, such as seizures (eclampsia)), or high blood pressure caused by pregnancy (preeclampsia)

Lower than normal level may be due to:
- Myasthenia Gravis
- Muscular dystrophy

GLUCOSE, POST-PRANDIAL, PLASMA-
ADA Guidelines for 2hr post prandial glucose levels is only after ingestion of 75grams of glucose in 300 ml water,over a period of 5 minutes.
GLUCOSE, FASTING, PLASMA-
ADA 2012 guidelines for adults as follows:
Pre-diabetics: 100 - 125 mg/dL
Diabetic: > or = 126 mg/dL

(Ref: Tietz 4th Edition & ADA 2012 Guidelines)
GLYCOSYLATED HEMOGLOBIN, EDTA WHOLE BLOOD-
Glycosylated hemoglobin (GHb) has been firmly established as an index of long-term blood glucose concentrations and as a measure of the risk for the development of complications in patients with diabetes mellitus. Formation of GHb is essentially irreversible, and the concentration in the blood depends on both the life span of the red blood cell (average 120 days) and the blood glucose concentration. Because the rate of formation of GHb is directly proportional to the concentration of glucose in the blood the GHb concentration represents the integrated values for glucose over the preceding 6-8 weeks.
Any condition that alters the life span of the red blood cells has the potential to alter the GHb level. Samples from patients with hemolytic anemias will exhibit decreased glycated hemoglobin values due to the shortened life span of the red cells. This effect will depend upon the severity of the anemia. Samples from patients with polycythemia or post-splenectomy may exhibit increased glycated hemoglobin values due to a somewhat longer life span of the red cells.
Glycosylated hemoglobins results from patients with HbSS, HbCC, and HbSC and HbD must be interpreted with caution, given the pathological processes, including anemia increased red cell turnover, transfusion requirements, that adversely impact HbA1c as a marker of long-term glycemic control. In these conditions, alternative forms of testing such as glycated serum protein (fructosamine) should be considered.
"Targets should be individualized; More or less stringent glycemic goals may be appropriate for individual patients. Goals should be individualized based on duration of

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GANDHI NAGAR, KTM
KERALA, INDIA
Tel : 93334 93334
Email : customercare.ddrc@srl.in

PATIENT NAME : ARUN GOPAL PATIENT ID : **ARUNM1907854036**

ACCESSION NO : **4036VG001008** AGE : 37 Years SEX : Male

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Test Report Status	Results	Units

diabetes, age/life expectancy, comorbid conditions, known CVD or advanced microvascular complications, hypoglycemia unawareness, and individual patient considerations."

References
1. Tietz Textbook of Clinical Chemistry and Molecular Diagnostics, edited by Carl A Burtis, Edward R.Ashwood, David E Bruns, 4th Edition, Elsevier publication, 2006, 879-884.
2. Forsham PH. Diabetes Mellitus:A rational plan for management. Postgrad Med 1982, 71,139-154.
3. Mayer TK, Freedman ZR: Protein glycosylation in Diabetes Mellitus: A review of laboratory measurements and their clinical utility. Clin Chim Acta 1983, 127, 147-184.

CORONARY RISK PROFILE (LIPID PROFILE), SERUM-
Serum cholesterol is a blood test that can provide valuable information for the risk of coronary artery disease This test can help determine your risk of the build up of plaques in your arteries that can lead to narrowed or blocked arteries throughout your body (atherosclerosis). High cholesterol levels usually don't cause any signs or symptoms, so a cholesterol test is an important tool. High cholesterol levels often are a significant risk factor for heart disease and important for diagnosis of hyperlipoproteinemia, atherosclerosis, hepatic and thyroid diseases.

Serum Triglyceride are a type of fat in the blood. When you eat, your body converts any calories it doesn't need into triglycerides, which are stored in fat cells. High triglyceride levels are associated with several factors, including being overweight, eating too many sweets or drinking too much alcohol, smoking, being sedentary, or having diabetes with elevated blood sugar levels. Analysis has proven useful in the diagnosis and treatment of patients with diabetes mellitus, nephrosis, liver obstruction, other diseases involving lipid metabolism, and various endocrine disorders. In conjunction with high density lipoprotein and total serum cholesterol, a triglyceride determination provides valuable information for the assessment of coronary heart disease risk.It is done in fasting state.

High-density lipoprotein (HDL) cholesterol. This is sometimes called the ""good"" cholesterol because it helps carry away LDL cholesterol, thus keeping arteries open and blood flowing more freely.HDL cholesterol is inversely related to the risk for cardiovascular disease. It increases following regular exercise, moderate alcohol consumption and with oral estrogen therapy. Decreased levels are associated with obesity, stress, cigarette smoking and diabetes mellitus.

SERUM LDL The small dense LDL test can be used to determine cardiovascular risk in individuals with metabolic syndrome or established/progressing coronary artery disease, Individuals with triglyceride levels between 70 and 140 mg/dL, as well as individuals with a diet high in trans-fat or carbohydrates. Elevated sdLDL levels are associated with metabolic syndrome and an 'atherogenic lipoprotein profile', and are a strong, independent predictor of cardiovascular disease.
Elevated levels of LDL arise from multiple sources. A major factor is sedentary lifestyle with a diet high in saturated fat. Insulin-resistance and pre-diabetes have also been implicated, as has genetic predisposition. Measurement of sdLDL allows the clinician to get a more comprehensive picture of lipid risk factors and tailor treatment accordingly. Reducing LDL levels will reduce the risk of CVD and MI.

Non HDL Cholesterol - Adult treatment panel ATP III suggested the addition of Non-HDL Cholesterol as an indicator of all atherogenic lipoproteins (mainly LDL and VLDL). NICE guidelines recommend Non-HDL Cholesterol measurement before initiating lipid lowering therapy. It has also been shown to be a better marker of risk in both primary and secondary prevention studies.

Recommendations:
Results of Lipids should always be interpreted in conjunction with the patient's medical history, clinical presentation and other findings.

NON FASTING LIPID PROFILE includes Total Cholesterol, HDL Cholesterol and calculated non-HDL Cholesterol. It does not include triglycerides and may be best used in patients for whom fasting is difficult.
URIC ACID, SERUM-
Causes of Increased levels
Dietary
- High Protein Intake.
- Prolonged Fasting,
- Rapid weight loss.

Gout
Lesch nyhan syndrome.
Type 2 DM.
Metabolic syndrome.

Causes of decreased levels
- Low Zinc Intake
- OCP's
- Multiple Sclerosis

Nutritional tips to manage increased Uric acid levels
- Drink plenty of fluids
- Limit animal proteins
- High Fibre foods
- Vit C Intake
- Antioxidant rich foods

ABO GROUP & RH TYPE, EDTA WHOLE BLOOD-
Blood group is identified by antigens and antibodies present in the blood. Antigens are protein molecules found on the surface of red blood cells. Antibodies are found in plasma. To determine blood group, red cells are mixed with different antibody solutions to give A,B,O or AB.

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PATIENT NAME : ARUN GOPAL PATIENT ID : **ARUNM190785403**

ACCESSION NO : **4036VG001008** AGE : 37 Years SEX : Male

DRAWN : RECEIVED : 19/07/2022 15:09 REPORTED : 21/07/2022 13:21

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Test Report Status	Results	Units

Disclaimer: "Please note, as the results of previous ABO and Rh group (Blood Group) for pregnant women are not available, please check with the patient records for availability of the same."

The test is performed by both forward as well as reverse grouping methods.
BLOOD COUNTS-
The cell morphology is well preserved for 24hrs. However after 24-48 hrs a progressive increase in MCV and HCT is observed leading to a decrease in MCHC. A direct smear is recommended for an accurate differential count and for examination of RBC morphology.
RBC AND PLATELET INDICES-
The cell morphology is well preserved for 24hrs. However after 24-48 hrs a progressive increase in MCV and HCT is observed leading to a decrease in MCHC. A direct smear is recommended for an accurate differential count and for examination of RBC morphology.
WBC DIFFERENTIAL COUNT - NLR-
The optimal threshold of 3.3 for NLR showed a prognostic possibility of clinical symptoms to change from mild to severe in COVID positive patients. When age = 49.5 years old and NLR = 3.3, 46.1% COVID-19 patients with mild disease might become severe. By contrast, when age < 49.5 years old and NLR < 3.3, COVID-19 patients tend to show mild disease.
(Reference to - The diagnostic and predictive role of NLR, d-NLR and PLR in COVID-19 patients ; A.-P. Yang, et al.; International Immunopharmacology 84 (2020) 106504
This ratio element is a calculated parameter and out of NABL scope.
ERYTHRO SEDIMENTATION RATE, BLOOD-
Erythrocyte sedimentation rate (ESR) is a non - specific phenomena and is clinically useful in the diagnosis and monitoring of disorders associated with an increased production of acute phase reactants. The ESR is increased in pregnancy from about the 3rd month and returns to normal by the 4th week post partum. ESR is influenced by age, sex, menstrual cycle and drugs (eg. corticosteroids, contraceptives). It is especially low (0 -1mm) in polycythaemia, hypofibrinogenemia or congestive cardiac failure and when there are abnormalities of the red cells such as poikilocytosis, spherocytosis or sickle cells.

Reference :
1. Nathan and Oski's Haematology of Infancy and Childhood, 5th edition
2. Paediatric reference intervals. AACC Press, 7th edition. Edited by S. Soldin
3. The reference for the adult reference range is "Practical Haematology by Dacie and Lewis, 10th Edition"
SUGAR URINE - POST PRANDIAL-METHOD: DIPSTICK/BENEDICT'S TEST
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
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 hemolytic anemia
THYROID PANEL, SERUM-
Triiodothyronine T3 , is a thyroid hormone. It affects almost every physiological process in the body, including growth, development, metabolism, body temperature, and heart rate. Production of T3 and its prohormone thyroxine (T4) is activated by thyroid-stimulating hormone (TSH), which is released from the pituitary gland. Elevated concentrations of T3, and T4 in the blood inhibit the production of TSH.
Thyroxine T4, Thyroxine's principal function is to stimulate the metabolism of all cells and tissues in the body. Excessive secretion of thyroxine in the body is hyperthyroidism, and deficient secretion is called hypothyroidism. Most of the thyroid hormone in blood is bound to transport proteins. Only a very small fraction of the circulating hormone is free and biologically active.
In primary hypothyroidism, TSH levels are significantly elevated, while in secondary and tertiary hypothyroidism, TSH levels are low.
Below mentioned are the guidelines for Pregnancy related reference ranges for Total T4, TSH & Total T3

Levels in Pregnancy	TOTAL T4 (µg/dL)	TSH3G (µIU/mL)	TOTAL T3 (ng/dL)
First Trimester	6.6 - 12.4	0.1 - 2.5	81 - 190
2nd Trimester	6.6 - 15.5	0.2 - 3.0	100 - 260
3rd Trimester	6.6 - 15.5	0.3 - 3.0	100 - 260

Below mentioned are the guidelines for age related reference ranges for T3 and T4.

	T3 (ng/dL)	T4 (µg/dL)
New Born:	75 - 260	1-3 day: 8.2 - 19.9
		1 Week: 6.0 - 15.9

NOTE: TSH concentrations in apparently normal euthyroid subjects are known to be highly skewed, with a strong tailed distribution towards higher TSH values. This is well documented in the pediatric population including the infant age group.