



Patient Ref. No. 666000003728758

CLIENT CODE : CA00010147 - MEDIWHEEL  
CLIENT'S NAME AND ADDRESS:

MEDIWHEEL ARCOFEMI HEALTHCARE LIMITED  
F701A, LADO SARAI, NEW DELHI,  
SOUTH DELHI, DELHI,  
SOUTH DELHI 110030  
DELHI INDIA  
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KERALA, INDIA  
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Email : customercare.ddrc@srl.in

PATIENT NAME : ARUN M S SREEDHARAN

PATIENT ID : ARUNM1303894177

ACCESSION NO : 4177WC001338 AGE : 34 Years SEX : Male

ABHA NO :

DRAWN : RECEIVED : 13/03/2023 11:47

REPORTED : 13/03/2023 14:55

REFERRING DOCTOR : DR. SINDHU

CLIENT PATIENT ID :

| Test Report Status | Preliminary | Results | Biological Reference Interval | Units |
|--------------------|-------------|---------|-------------------------------|-------|
|--------------------|-------------|---------|-------------------------------|-------|

**MEDIWHEEL HEALTH CHEKUP BELOW 40(M)TMT**

**OPHTHAL**

OPHTHAL COMPLETED

**TREADMILL TEST**

TREADMILL TEST COMPLETED

**PHYSICAL EXAMINATION**

PHYSICAL EXAMINATION COMPLETED





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**MEDIWHEEL HEALTH CHEKUP BELOW 40(M)TMT**

**BUN/CREAT RATIO**

BUN/CREAT RATIO 11.7  
**CREATININE, SERUM**

CREATININE 0.94 18 - 60 yrs : 0.9 - 1.3 mg/dL

**GLUCOSE, POST-PRANDIAL, PLASMA**

GLUCOSE, POST-PRANDIAL, PLASMA 143 **High** Diabetes Mellitus : > or = 200. mg/dL  
Impaired Glucose tolerance/  
Prediabetes : 140 - 199.  
Hypoglycemia : < 55.

**GLUCOSE FASTING,FLUORIDE PLASMA**

GLUCOSE, FASTING, PLASMA 94 Diabetes Mellitus : > or = 126. mg/dL  
Impaired fasting Glucose/  
Prediabetes : 101 - 125.  
Hypoglycemia : < 55.

**GLYCOSYLATED HEMOGLOBIN(HBA1C), EDTA WHOLE BLOOD**

GLYCOSYLATED HEMOGLOBIN (HBA1C) 5.5 Normal : 4.0 - 5.6%. %  
Non-diabetic level : < 5.7%.  
Diabetic : >6.5%

Glycemic control goal  
More stringent goal : < 6.5 %.  
General goal : < 7%.  
Less stringent goal : < 8%.

Glycemic targets in CKD :-  
If eGFR > 60 : < 7%.  
If eGFR < 60 : 7 - 8.5%.  
< 116.0 mg/dL

MEAN PLASMA GLUCOSE 111.2 mg/dL

**LIPID PROFILE, SERUM**

CHOLESTEROL 230 Desirable : < 200 mg/dL  
Borderline : 200-239  
High : >or= 240

TRIGLYCERIDES 118 Normal : < 150 mg/dL  
High : 150-199  
Hypertriglyceridemia : 200-499  
Very High : > 499

HDL CHOLESTEROL 54 General range : 40-60 mg/dL



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| DIRECT LDL CHOLESTEROL                      |             | <b>162</b>   | mg/dL |
|   |             | <b>High</b> Optimum : < 100<br>Above Optimum : 100-139<br>Borderline High : 130-159<br>High : 160-189<br>Very High : >or= 190                |       |
| NON HDL CHOLESTEROL                         |             | <b>176</b>   | mg/dL |
|   |             | <b>High</b> Desirable: Less than 130<br>Above Desirable: 130 - 159<br>Borderline High: 160 - 189<br>High: 190 - 219<br>Very high: > or = 220 |       |
| VERY LOW DENSITY LIPOPROTEIN CHOL/HDL RATIO |             | 23.6   | mg/dL |
|   |             | < or = 30.0  |       |
| LDL/HDL RATIO                               |             | 4.3  |       |
|   |             | 3.30 - 4.40  |       |
|   |             | 3.0  |       |
|   |             | 0.5 - 3.0  |       |





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Test Report Status Preliminary Results Units

Interpretation(s)

- 1) Cholesterol levels help assess the patient risk status and to follow the progress of patient under treatment to lower serum cholesterol concentrations.
- 2) Serum Triglyceride (TG) are a type of fat and a major source of energy for the body. Both quantity and composition of the diet impact on plasma triglyceride concentrations. Elevations in TG levels are the result of overproduction and impaired clearance. High TG are associated with increased risk for CAD (Coronary artery disease) in patients with other risk factors, such as low HDL-C, some patient groups with elevated apolipoprotein B concentrations, and patients with forms of LDL that may be particularly atherogenic.
- 3)HDL-C plays a crucial role in the initial step of reverse cholesterol transport, this considered to be the primary atheroprotective function of HDL
- 4) LDL -C plays a key role in causing and influencing the progression of atherosclerosis and, in particular, coronary sclerosis. The majority of cholesterol stored in atherosclerotic plaques originates from LDL, thus LDL-C value is the most powerful clinical predictor.
- 5)Non HDL cholesterol: Non-HDL-C measures the cholesterol content of all atherogenic lipoproteins, including LDL hence it is a better marker of risk in both primary and secondary prevention studies. Non-HDL-C also covers, to some extent, the excess ASCVD risk imparted by the sdLDL, which is significantly more atherogenic than the normal large buoyant particles, an elevated non-HDL-C indirectly suggests greater proportion of the small, dense variety of LDL particles

Serum lipid profile is measured for cardiovascular risk prediction. Lipid Association of India recommends LDL-C as primary target and Non HDL-C as co-primary treatment target.

Risk Stratification for ASCVD (Atherosclerotic cardiovascular disease) by Lipid Association of India

| Risk Category   |  |
|---|--|
| Extreme risk group  | A. CAD with > 1 feature of high risk group<br>B. CAD with > 1 feature of Very high risk group or recurrent ACS (within 1 year) despite LDL-C < or = 50 mg/dl or polyvascular disease   |
| Very High Risk  | 1. Established ASCVD 2. Diabetes with 2 major risk factors or evidence of end organ damage 3. Familial Homozygous Hypercholesterolemia   |
| High Risk   | 1. Three major ASCVD risk factors. 2. Diabetes with 1 major risk factor or no evidence of end organ damage. 3. CKD stage 3B or 4. 4. LDL >190 mg/dl 5. Extreme of a single risk factor. 6. Coronary Artery Calcium - CAC >300 AU. 7. Lipoprotein a >= 50mg/dl 8. Non stenotic carotid plaque |
| Moderate Risk   | 2 major ASCVD risk factors   |
| Low Risk  | 0-1 major ASCVD risk factors   |
| Major ASCVD (Atherosclerotic cardiovascular disease) Risk Factors |  |
| 1. Age > or = 45 years in males and > or = 55 years in females    | 3. Current Cigarette smoking or tobacco use  |
| 2. Family history of premature ASCVD                              | 4. High blood pressure   |
| 5. Low HDL  |  |

Newer treatment goals and statin initiation thresholds based on the risk categories proposed by LAI in 2020.

| Risk Group | Treatment Goals |                 | Consider Drug Therapy |                 |
|------------|-----------------|-----------------|-----------------------|-----------------|
|            | LDL-C (mg/dl)   | Non-HDL (mg/dl) | LDL-C (mg/dl)         | Non-HDL (mg/dl) |



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|                               |                                |                               |           |          |
|-------------------------------|--------------------------------|-------------------------------|-----------|----------|
| Extreme Risk Group Category A | <50 (Optional goal < OR = 30 ) | < 80 (Optional goal <OR = 60) | >OR = 50  | >OR = 80 |
| Extreme Risk Group Category B | <OR = 30                       | <OR = 60                      | > 30      | >60      |
| Very High Risk                | <50                            | <80                           | >OR= 50   | >OR= 80  |
| High Risk                     | <70                            | <100                          | >OR= 70   | >OR= 100 |
| Moderate Risk                 | <100                           | <130                          | >OR= 100  | >OR= 130 |
| Low Risk                      | <100                           | <130                          | >OR= 130* | >OR= 160 |

\*After an adequate non-pharmacological intervention for at least 3 months.

References: Management of Dyslipidaemia for the Prevention of Stroke: Clinical Practice Recommendations from the Lipid Association of India. Current Vascular Pharmacology, 2022, 20, 134-155.

**LIVER FUNCTION TEST WITH GGT**

|                                       |      |   |       |
|---------------------------------------|------|---|-------|
| BILIRUBIN, TOTAL                      | 0.97 | General Range : < 1.1                         | mg/dL |
| BILIRUBIN, DIRECT                     | 0.44 | High General Range : < 0.3                    | mg/dL |
| BILIRUBIN, INDIRECT                   | 0.53 | 0.00 - 1.00                                   | mg/dL |
| TOTAL PROTEIN                         | 7.3  | Ambulatory : 6.4 - 8.3<br>Recumbant : 6 - 7.8 | g/dL  |
| ALBUMIN                               | 4.6  | 20-60yrs : 3.5 - 5.2                          | g/dL  |
| GLOBULIN                              | 2.7  | 2.0 - 4.1                                     | g/dL  |
| ALBUMIN/GLOBULIN RATIO                | 1.7  | 1.0 - 2.0                                     | RATIO |
| ASPARTATE AMINOTRANSFERASE (AST/SGOT) | 30   | Adults : < 40                                 | U/L   |
| ALANINE AMINOTRANSFERASE (ALT/SGPT)   | 62   | Adults : < 45                                 | U/L   |
| ALKALINE PHOSPHATASE                  | 87   | Adult(<60yrs) : 40 - 130                      | U/L   |
| GAMMA GLUTAMYL TRANSFERASE (GGT)      | 97   | High Adult (male) : < 60                      | U/L   |
| <b>TOTAL PROTEIN, SERUM</b>           |      |   |       |
| TOTAL PROTEIN                         | 7.3  | Ambulatory : 6.4 - 8.3<br>Recumbant : 6 - 7.8 | g/dL  |

**URIC ACID, SERUM**

URIC ACID 5.6 Adults : 3.4-7 mg/dL

**ABO GROUP & RH TYPE, EDTA WHOLE BLOOD**

ABO GROUP TYPE O  
METHOD : GEL CARD METHOD  
RH TYPE NEGATIVE

**BLOOD COUNTS, EDTA WHOLE BLOOD**

HEMOGLOBIN 14.3 13.0 - 17.0 g/dL



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|---|-------------|--------------|-----------------------------------|
| RED BLOOD CELL COUNT                                    |             | 4.64         | 4.5 - 5.5 mil/ $\mu$ L            |
| WHITE BLOOD CELL COUNT                                  |             | 9.67         | 4.0 - 10.0 thou/ $\mu$ L          |
| PLATELET COUNT  |             | 263          | 150 - 410 thou/ $\mu$ L           |
| <b>RBC AND PLATELET INDICES</b>                         |             |              |                                   |
| HEMATOCRIT  |             | 40.9         | 40 - 50 %                         |
| MEAN CORPUSCULAR VOL                                    |             | 88.1         | 83 - 101 fL                       |
| MEAN CORPUSCULAR HGB.                                   |             | 30.7         | 27.0 - 32.0 pg                    |
| MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION               |             | <b>34.9</b>  | <b>High</b> 31.5 - 34.5 g/dL      |
| RED CELL DISTRIBUTION WIDTH                             |             | 12.7         | 11.6 - 14.0 %                     |
| MENTZER INDEX   |             | 19.0         |                                   |
| MEAN PLATELET VOLUME                                    |             | 8.3          | 6.8 - 10.9 fL                     |
| <b>WBC DIFFERENTIAL COUNT</b>                           |             |              |                                   |
| SEGMENTED NEUTROPHILS                                   |             | 53           | 40 - 80 %                         |
| LYMPHOCYTES   |             | 40           | 20 - 40 %                         |
| MONOCYTES   |             | 05           | 2 - 10 %                          |
| EOSINOPHILS   |             | 02           | 1 - 6 %                           |
| BASOPHILS   |             | 00           | < 1 - 2 %                         |
| ABSOLUTE NEUTROPHIL COUNT                               |             | 5.13         | 2.0 - 7.0 thou/ $\mu$ L           |
| ABSOLUTE LYMPHOCYTE COUNT                               |             | <b>3.87</b>  | <b>High</b> 1 - 3 thou/ $\mu$ L   |
| ABSOLUTE MONOCYTE COUNT                                 |             | 0.48         | 0.20 - 1.00 thou/ $\mu$ L         |
| ABSOLUTE EOSINOPHIL COUNT                               |             | 0.19         | 0.02 - 0.50 thou/ $\mu$ L         |
| NEUTROPHIL LYMPHOCYTE RATIO (NLR)                       |             | 1.2          |                                   |
| <b>ERYTHROCYTE SEDIMENTATION RATE (ESR),WHOLE BLOOD</b> |             |              |                                   |
| SEDIMENTATION RATE (ESR)                                |             | 13           | 0 - 14 mm at 1 hr                 |
| <b>SUGAR URINE - POST PRANDIAL</b>                      |             |              |                                   |
| SUGAR URINE - POST PRANDIAL                             |             | NOT DETECTED | NOT DETECTED                      |
| <b>THYROID PANEL, SERUM</b>                             |             |              |                                   |
| T3  |             | 89.57        | 20-50 yrs : 60-181 ng/dL          |
| T4  |             | 7.30         | 3.2 - 12.6 $\mu$ g/dl             |
| TSH 3RD GENERATION                                      |             | 2.440        | 18-49 yrs : 0.4 - 4.2 $\mu$ IU/mL |





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**Interpretation(s)**

**Triiodothyronine T3 , Thyroxine T4, and Thyroid Stimulating Hormone TSH** are thyroid hormones which affect 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. Excessive secretion of thyroxine in the body is hyperthyroidism, and deficient secretion is called hypothyroidism. In primary hypothyroidism, TSH levels are significantly elevated, while in secondary and tertiary hyperthyroidism, TSH levels are low. Below mentioned are the guidelines for Pregnancy related reference ranges for Total T4, TSH & Total T3. Measurement of the serum TT3 level is a more sensitive test for the diagnosis of hyperthyroidism, and measurement of TT4 is more useful in the diagnosis of 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. It is advisable to detect Free T3, FreeT4 along with TSH, instead of testing for albumin bound Total T3, Total T4.

| Sr. No. | TSH        | Total T4 | FT4    | Total T3 | Possible Conditions   |
|---------|------------|----------|--------|----------|---|
| 1       | High       | Low      | Low    | Low      | (1) Primary Hypothyroidism (2) Chronic autoimmune Thyroiditis (3) Post Thyroidectomy (4) Post Radio-Iodine treatment  |
| 2       | High       | Normal   | Normal | Normal   | (1)Subclinical Hypothyroidism (2) Patient with insufficient thyroid hormone replacement therapy (3) In cases of Autoimmune/Hashimoto thyroiditis (4). Isolated increase in TSH levels can be due to Subclinical inflammation, drugs like amphetamines, Iodine containing drug and dopamine antagonist e.g. domperidone and other physiological reasons. |
| 3       | Normal/Low | Low      | Low    | Low      | (1) Secondary and Tertiary Hypothyroidism   |
| 4       | Low        | High     | High   | High     | (1) Primary Hyperthyroidism (Graves Disease) (2) Multinodular Goitre (3)Toxic Nodular Goitre (4) Thyroiditis (5) Over treatment of thyroid hormone (6) Drug effect e.g. Glucocorticoids, dopamine, T4 replacement therapy (7) First trimester of Pregnancy  |
| 5       | Low        | Normal   | Normal | Normal   | (1) Subclinical Hyperthyroidism   |
| 6       | High       | High     | High   | High     | (1) TSH secreting pituitary adenoma (2) TRH secreting tumor   |
| 7       | Low        | Low      | Low    | Low      | (1) Central Hypothyroidism (2) Euthyroid sick syndrome (3) Recent treatment for Hyperthyroidism   |
| 8       | Normal/Low | Normal   | Normal | High     | (1) T3 thyrotoxicosis (2) Non-Thyroidal illness   |
| 9       | Low        | High     | High   | Normal   | (1) T4 Ingestion (2) Thyroiditis (3) Interfering Anti TPO antibodies  |

REF: 1. TIETZ Fundamentals of Clinical chemistry 2.Guidlines of the American Thyroid association duriing pregnancy and Postpartum, 2011.  
**NOTE: It is advisable to detect Free T3,FreeT4 along with TSH, instead of testing for albumin bound Total T3, Total T4.**TSH is not affected by variation in thyroid - binding protein. TSH has a diurnal rhythm, with peaks at 2:00 - 4:00 a.m. And troughs at 5:00 - 6:00 p.m. With ultradian variations.

**PHYSICAL EXAMINATION, URINE**

**COLOR** PALE YELLOW  
**APPEARANCE** CLEAR

**CHEMICAL EXAMINATION, URINE**

**PH** 5.0 4.7 - 7.5





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| SPECIFIC GRAVITY                      |             | 1.030        | 1.003 - 1.035 |
| PROTEIN                               |             | NOT DETECTED | NOT DETECTED  |
| GLUCOSE                               |             | NOT DETECTED | NOT DETECTED  |
| KETONES                               |             | NOT DETECTED | NOT DETECTED  |
| BLOOD                                 |             | NOT DETECTED | NOT DETECTED  |
| BILIRUBIN                             |             | NOT DETECTED | NOT DETECTED  |
| UROBILINOGEN                          |             | NORMAL       | NORMAL        |
| NITRITE                               |             | NOT DETECTED | NOT DETECTED  |
| <b>MICROSCOPIC EXAMINATION, URINE</b> |             |              |               |
| RED BLOOD CELLS                       |             | NOT DETECTED | /HPF          |
| WBC                                   |             | 2-3          | /HPF          |
| EPITHELIAL CELLS                      |             | 0-1          | /HPF          |
| CASTS                                 |             | NOT DETECTED |               |
| CRYSTALS                              |             | NOT DETECTED |               |
| BACTERIA                              |             | NOT DETECTED | NOT DETECTED  |







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Interpretation(s)

The following table describes the probable conditions, in which the analytes are present in urine

| Presence of             | Conditions   |
|-------------------------|--|
| Proteins                | Inflammation or immune illnesses   |
| Pus (White Blood Cells) | Urinary tract infection, urinary tract or kidney stone, tumors or any kind of kidney impairment  |
| Glucose                 | Diabetes or kidney disease   |
| Ketones                 | Diabetic ketoacidosis (DKA), starvation or thirst  |
| Urobilinogen            | Liver disease such as hepatitis or cirrhosis   |
| Blood                   | Renal or genital disorders/trauma  |
| Bilirubin               | Liver disease  |
| Erythrocytes            | Urological diseases (e.g. kidney and bladder cancer, urolithiasis), urinary tract infection and glomerular diseases  |
| Leukocytes              | Urinary tract infection, glomerulonephritis, interstitial nephritis either acute or chronic, polycystic kidney disease, urolithiasis, contamination by genital secretions  |
| Epithelial cells        | Urolithiasis, bladder carcinoma or hydronephrosis, ureteric stents or bladder catheters for prolonged periods of time  |
| Granular Casts          | Low intratubular pH, high urine osmolality and sodium concentration, interaction with Bence-Jones protein  |
| Hyaline casts           | Physical stress, fever, dehydration, acute congestive heart failure, renal diseases  |
| Calcium oxalate         | Metabolic stone disease, primary or secondary hyperoxaluria, intravenous infusion of large doses of vitamin C, the use of vasodilator naftidrofuryl oxalate or the gastrointestinal lipase inhibitor orlistat, ingestion of ethylene glycol or of star fruit (Averrhoa carambola) or its juice |
| Uric acid               | arthritis  |
| Bacteria                | Urinary infection when present in significant numbers & with pus cells.  |
| Trichomonas vaginalis   | Vaginitis, cervicitis or salpingitis   |

BLOOD UREA NITROGEN (BUN), SERUM

BLOOD UREA NITROGEN 11 Adult(<60 yrs) : 6 to 20 mg/dL

SUGAR URINE - FASTING

SUGAR URINE - FASTING NOT DETECTED NOT DETECTED

PHYSICAL EXAMINATION,STOOL RESULT PENDING

CHEMICAL EXAMINATION,STOOL RESULT PENDING

MICROSCOPIC EXAMINATION,STOOL RESULT PENDING



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PATIENT NAME : ARUN M S SREEDHARAN

PATIENT ID : ARUNM1303894177

ACCESSION NO : 4177WC001338 AGE : 34 Years SEX : Male

ABHA NO :

DRAWN : RECEIVED : 13/03/2023 11:47

REPORTED : 13/03/2023 14:55

REFERRING DOCTOR : DR. SINDHU

CLIENT PATIENT ID :

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Interpretation(s)

Stool routine analysis is only a screening test for disorders of gastrointestinal tract like infection, malabsorption, etc. The following table describes the probable conditions, in which the analytes are present in stool.

| PRESENCE OF            | CONDITION   |
|------------------------|---|
| Pus cells              | Pus in the stool is an indication of infection  |
| Red Blood cells        | Parasitic or bacterial infection or an inflammatory bowel condition such as ulcerative colitis  |
| Parasites              | Infection of the digestive system. Stool examination for ova and parasite detects presence of parasitic infestation of gastrointestinal tract. Various forms of parasite that can be detected include cyst, trophozoite and larvae. One negative result does not rule out the possibility of parasitic infestation. Intermittent shedding of parasites warrants examinations of multiple specimens tested on consecutive days. Stool specimens for parasitic examination should be collected before initiation of anti-diarrheal therapy or antiparasitic therapy. This test does not detect presence of opportunistic parasites like Cyclospora, Cryptosporidia and Isospora species. Examination of Ova and Parasite has been carried out by direct and concentration techniques. |
| Mucus                  | Mucus is a protective layer that lubricates, protects & reduces damage due to bacteria or viruses.  |
| Charcot-Leyden crystal | Parasitic diseases.   |
| Ova & cyst             | Ova & cyst indicate parasitic infestation of intestine.   |
| Frank blood            | Bleeding in the rectum or colon.  |
| Occult blood           | Occult blood indicates upper GI bleeding.   |
| Macrophages            | Macrophages in stool are an indication of infection as they are protective cells.   |
| Epithelial cells       | Epithelial cells that normally line the body surface and internal organs show up in stool when there is inflammation or infection.  |
| Fat                    | Increased fat in stool maybe seen in conditions like diarrhoea or malabsorption.  |
| pH                     | Normal stool pH is slightly acidic to neutral. Breast-fed babies generally have an acidic stool.  |

ADDITIONAL STOOL TESTS :

- Stool Culture**:- This test is done to find cause of GI infection, make decision about best treatment for GI infection & to find out if treatment for GI infection worked.
- Fecal Calprotectin**: It is a marker of intestinal inflammation. This test is done to differentiate Inflammatory Bowel Disease (IBD) from Irritable Bowel Syndrome (IBS).
- Fecal Occult Blood Test (FOBT)**: This test is done to screen for colon cancer & to evaluate possible cause of unexplained anaemia.
- Clostridium Difficile Toxin Assay**: This test is strongly recommended in healthcare associated bloody or watery diarrhoea, due to overuse of broad spectrum antibiotics which alter the normal GI flora.
- Biofire (Film Array) GI PANEL**: In patients of Diarrhoea, Dysentery, Rice watery Stool, FDA approved, Biofire Film Array Test, (Real Time Multiplex PCR) is strongly recommended as it identifies organisms, bacteria, fungi, virus, parasite and other opportunistic pathogens, Vibrio cholera infections only in 3 hours. Sensitivity 96% & Specificity 99%.
- Rota Virus Immunoassay**: This test is recommended in severe gastroenteritis in infants & children associated with watery





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diarrhoea, vomiting& abdominal cramps. Adults are also affected. It is highly contagious in nature.

**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-High fasting glucose level in comparison to post prandial glucose level may be seen due to effect of Oral Hypoglycaemics & Insulin treatment, Renal Glycosuria, Glycaemic index & response to food consumed, Alimentary Hypoglycemia, Increased insulin response & sensitivity etc.Additional test HbA1c

**GLUCOSE FASTING,FLUORIDE PLASMA- TEST DESCRIPTION**

Normally, the glucose concentration in extracellular fluid is closely regulated so that a source of energy is readily available to tissues and sothat no glucose is excreted in the urine.

**Increased in**

Diabetes mellitus, Cushing' s syndrome (10 – 15%), chronic pancreatitis (30%). Drugs:corticosteroids,phenytoin, estrogen, thiazides.

**Decreased in**

Pancreatic islet cell disease with increased insulin,insulinoma,adrenocortical insufficiency, hypopituitarism,diffuse liver disease, malignancy (adrenocortical, stomach,fibrosarcoma), infant of a diabetic mother, enzyme deficiency diseases(e.g., galactosemia),Drugs- insulin, ethanol, propranolol; sulfonyleureas,tolbutamide, and other oral hypoglycemic agents.

**NOTE:** While random serum glucose levels correlate with home glucose monitoring results (weekly mean capillary glucose values), there is wide fluctuation within individuals.Thus, glycosylated hemoglobin(HbA1c) levels are favored to monitor glycemic control.

High fasting glucose level in comparison to post prandial glucose level may be seen due to effect of Oral Hypoglycaemics & Insulin treatment, Renal Glyosuria, Glycaemic index & response to food consumed, Alimentary Hypoglycemia, Increased insulin response & sensitivity etc.

GLYCOSYLATED HEMOGLOBIN(HBA1C), EDTA WHOLE BLOOD-**Used For:**

- 1.Evaluating the long-term control of blood glucose concentrations in diabetic patients.
- 2.Diagnosing diabetes.
- 3.Identifying patients at increased risk for diabetes (prediabetes).

The ADA recommends measurement of HbA1c (typically 3-4 times per year for type 1 and poorly controlled type 2 diabetic patients, and 2 times per year for well-controlled type 2 diabetic patients) to determine whether a patients metabolic control has remained continuously within the target range.

- 1.eAG (Estimated average glucose) converts percentage HbA1c to md/dl, to compare blood glucose levels.
2. eAG gives an evaluation of blood glucose levels for the last couple of months.
3. eAG is calculated as eAG (mg/dl) = 28.7 \* HbA1c - 46.7

**HbA1c Estimation can get affected due to :**

I.Shortened Erythrocyte survival : Any condition that shortens erythrocyte survival or decreases mean erythrocyte age (e.g. recovery from acute blood loss,hemolytic anemia) will falsely lower HbA1c test results.Fructosamine is recommended in these patients which indicates diabetes control over 15 days.

II.Vitamin C & E are reported to falsely lower test results.(possibly by inhibiting glycation of hemoglobin.

III.Iron deficiency anemia is reported to increase test results. Hypertriglyceridemia,uremia, hyperbilirubinemia, chronic alcoholism,chronic ingestion of salicylates & opiates addition are reported to interfere with some assay methods,falsely increasing results.

IV.Interference of hemoglobinopathies in HbA1c estimation is seen in

a.Homozygous hemoglobinopathy. Fructosamine is recommended for testing of HbA1c.

b.Heterozygous state detected (D10 is corrected for HbS & HbC trait.)

c.HbF > 25% on alternate paltform (Boronate affinity chromatography) is recommended for testing of HbA1c.Abnormal Hemoglobin electrophoresis (HPLC method) is recommended for detecting a hemoglobinopathy

TOTAL PROTEIN, SERUM-Serum total protein,also known as total protein, is a biochemical test for measuring the total amount of protein in serum..Protein in the plasma is made up of albumin and globulin

Higher-than-normal levels may be due to: Chronic inflammation or infection, including HIV and hepatitis B or C, Multiple myeloma, Waldenstrom''''''''s disease

Lower-than-normal levels may be due to: Agammaglobulinemia, Bleeding (hemorrhage),Burns,Glomerulonephritis, Liver disease, Malabsorption, Malnutrition, Nephrotic



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syndrome,Protein-losing enteropathy etc.

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,Multiple Sclerosis

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.

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,EDTA WHOLE BLOOD-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-Mentzer index (MCV/RBC) is an automated cell-counter based calculated screen tool to differentiate cases of Iron deficiency anaemia(>13) from Beta thalassaemia trait

(<13) in patients with microcytic anaemia. This needs to be interpreted in line with clinical correlation and suspicion. Estimation of HbA2 remains the gold standard for diagnosing a case of beta thalassaemia trait.

WBC DIFFERENTIAL COUNT-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.

**ERYTHROCYTE SEDIMENTATION RATE (ESR),WHOLE BLOOD-TEST DESCRIPTION :-**

Erythrocyte sedimentation rate (ESR) is a test that indirectly measures the degree of inflammation present in the body. The test actually measures the rate of fall (sedimentation) of erythrocytes in a sample of blood that has been placed into a tall, thin, vertical tube. Results are reported as the millimetres of clear fluid (plasma) that are present at the top portion of the tube after one hour. Nowadays fully automated instruments are available to measure ESR.

ESR is not diagnostic; it is a non-specific test that may be elevated in a number of different conditions. It provides general information about the presence of an inflammatory condition.CRP is superior to ESR because it is more sensitive and reflects a more rapid change.

**TEST INTERPRETATION**

**Increase** in: Infections, Vasculitides, Inflammatory arthritis, Renal disease, Anemia, Malignancies and plasma cell dyscrasias, Acute allergy Tissue injury, Pregnancy, Estrogen medication, Aging.

Finding a very accelerated ESR(>100 mm/hour) in patients with ill-defined symptoms directs the physician to search for a systemic disease (Paraproteinemias, Disseminated malignancies, connective tissue disease, severe infections such as bacterial endocarditis).

In pregnancy BRI in first trimester is 0-48 mm/hr(62 if anemic) and in second trimester (0-70 mm/hr(95 if anemic). ESR returns to normal 4th week post partum.

**Decreased** in: Polycythemia vera, Sickle cell anemia

**LIMITATIONS**

**False elevated** ESR : Increased fibrinogen, Drugs(Vitamin A, Dextran etc), Hypercholesterolemia

**False Decreased** : Poikilocytosis,(SickleCells,spherocytes),Microcytosis, Low fibrinogen, Very high WBC counts, Drugs(Quinine, salicylates)

**REFERENCE :**

1. Nathan and Oski's Haematology of Infancy and Childhood, 5th edition;2. Paediatric reference intervals. AACCC 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

BLOOD UREA NITROGEN (BUN), SERUM-Causes of Increased levels include Pre renal (High protein diet, Increased protein catabolism, GI haemorrhage, Cortisol, Dehydration, CHF Renal), Renal Failure, Post Renal (Malignancy, Nephrolithiasis, Prostatism)

Causes of decreased level include Liver disease, SIADH.

SUGAR URINE - FASTING-METHOD: DIPSTICK/BENEDICT'S TEST





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**REPORT**

COMPLETED

**USG ABDOMEN AND PELVIS**

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**CHEST X-RAY WITH REPORT**

**REPORT**

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