



DDRC SRL DIAGNOSTICS Phoenix Tower, Near Central Park Hotel, Prathibha Junction, Kadappakada, KOLLAM, 691008 KERALA, INDIA

Tel: 93334 93334 Email: customercare.ddrc@srl.in

PATIENT NAME: ATHIRA K PATIENT ID: ATHIF0802964071

ACCESSION NO: 4071VK006061 AGE: 26 Years SEX: Female

DRAWN: RECEIVED: 26/11/2022 12:25 REPORTED: 26/11/2022 17:21

REFERRING DOCTOR: SELF CLIENT PATIENT ID:

Test Report Status Final Results Biological Reference Interval Units

MEDIWHEEL HEALTH CHECKUP BELOW 40(F)TMT

TREADMILL TEST

TREADMILL TEST REPORTED

OPTHAL

OPTHAL REPORTED

PHYSICAL EXAMINATION

PHYSICAL EXAMINATION REPORTED



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CEDIIM		LIDEA	NITROGEN
SEKUM	BLUUD	UKEA	MILKOGEN

BLOOD UREA NITROGEN	10	Adult(<60 vrs) : 6 to 20	ma/dL
DECOD CINEA INTINOCEIN	10	Addit(\00 \913) . 0 to 20	IIIq/uL

BUN/CREAT RATIO

BUN/CREAT RATIO 16.9

CREATININE, SERUM

CREATININE 0.59 18 - 0	60 yrs : 0.6 - 1.1	mg/dL
------------------------	--------------------	-------

GLUCOSE, POST-PRANDIAL, PLASMA

GLUCOSE, POST-PRANDIAL, PLASMA 93 Diabetes Mellitus: > or = 200. mg/dL

Impaired Glucose tolerance/ Prediabetes: 140 - 199. Hypoglycemia: < 55.

GLUCOSE, FASTING, PLASMA

GLUCOSE, FASTING, PLASMA 85 Diabetes Mellitus: > or = 126. mg/dL

Impaired fasting Glucose/ Prediabetes: 101 - 125. Hypoglycemia: < 55.

GLYCOSYLATED HEMOGLOBIN(HBA1C), EDTA WHOLE BLOOD

GLYCOSYLATED HEMOGLOBIN (HBA1C) 5.2 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%.

MEAN PLASMA GLUCOSE 102.5 < 116.0 mg/dL

LIPID PROFILE, SERUM

CHOLESTEROL 175 Desirable: < 200 mg/dL

Borderline : 200-239 High : >or= 240

TRIGLYCERIDES 60 Normal : < 150 mg/dL

High : 150-199

Hypertriglyceridemia: 200-499

Very High: > 499

HDL CHOLESTEROL 61 General range: 40-60 mg/dL





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DIRECT LDL CHOLESTEROL	108		Optimum : < 100 Above Optimum : 100-139 Borderline High : 130-159 High : 160-189 Very High : > or = 190	mg/dL
NON HDL CHOLESTEROL	114		Desirable: Less than 130 Above Desirable: 130 - 159 Borderline High: 160 - 189 High: 190 - 219 Very high: > or = 220	mg/dL
CHOL/HDL RATIO	2.9	Low	3.3-4.4 Low Risk 4.5-7.0 Average Risk 7.1-11.0 Moderate Risk > 11.0 High Risk	
LDL/HDL RATIO	1.8		0.5 - 3.0 Desirable/Low Risk 3.1 - 6.0 Borderline/Moderate Risk >6.0 High Risk	
VERY LOW DENSITY LIPOPROTEIN	12.0		Desirable value : 10 - 35	mg/dL
LIVER FUNCTION TEST WITH GGT				
BILIRUBIN, TOTAL	0.54		General Range : < 1.1	mg/dL
BILIRUBIN, DIRECT	0.20		General Range : < 0.2	mg/dL
BILIRUBIN, INDIRECT	0.34		0.00 - 0.60	mg/dL
TOTAL PROTEIN	6.8		Ambulatory: 6.4 - 8.3 Recumbant: 6 - 7.8	g/dL
ALBUMIN	4.4		20-60yrs: 3.5 - 5.2	g/dL
GLOBULIN	2.3		2.0 - 4.0 Neonates - Pre Mature: 0.29 - 1.04	g/dL
ALBUMIN/GLOBULIN RATIO	1.8		1.0 - 2.0	RATIO
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	12		Adults: < 33	U/L
ALANINE AMINOTRANSFERASE (ALT/SGPT)	11		Adults: < 34	U/L
ALKALINE PHOSPHATASE	67		Adult (<60yrs): 35 - 105	U/L
GAMMA GLUTAMYL TRANSFERASE (GGT)	13		5 - 36	U/L
TOTAL PROTEIN, SERUM				
TOTAL PROTEIN	6.8		Ambulatory: 6.4 - 8.3 Recumbant: 6 - 7.8	g/dL
URIC ACID, SERUM				
URIC ACID	4.7		Adults: 2.4-5.7	mg/dL
ARO GROUP & RH TYPE EDTA WHOLE BLOOD	\			

ABO GROUP & RH TYPE, EDTA WHOLE BLOOD



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ARO CROUR				
ABO GROUP RH TYPE	TYPE O NEGATIVE			
BLOOD COUNTS,EDTA WHOLE BLOOD	NEGATIVE			
HEMOGLOBIN	13.3		12.0 - 15.0	g/dL
RED BLOOD CELL COUNT	4.62		3.8 - 4.8	g/αΣ mil/μL
WHITE BLOOD CELL COUNT	8.32		4.0 - 10.0	thou/µL
PLATELET COUNT	234		150 - 410	thou/µL
RBC AND PLATELET INDICES	231		130 110	ιπου, με
HEMATOCRIT	39.7		36 - 46	%
MEAN CORPUSCULAR VOL	85.8		83 - 101	fL
MEAN CORPUSCULAR HGB.	28.9		27.0 - 32.0	pg
MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION	33.6		31.5 - 34.5	g/dL
RED CELL DISTRIBUTION WIDTH	13.4		11.6 - 14.0	%
MENTZER INDEX	18.6			
MEAN PLATELET VOLUME	9.4		6.8 - 10.9	fL
WBC DIFFERENTIAL COUNT				
SEGMENTED NEUTROPHILS	59		40 - 80	%
LYMPHOCYTES	36		20 - 40	%
MONOCYTES	02		2 - 10	%
EOSINOPHILS	03		1 - 6	%
ABSOLUTE NEUTROPHIL COUNT	4.91		2.0 - 7.0	thou/µL
ABSOLUTE LYMPHOCYTE COUNT	3.00		1.0 - 3.0	thou/µL
ABSOLUTE MONOCYTE COUNT	0.17	Low	0.2 - 1.0	thou/µL
ABSOLUTE EOSINOPHIL COUNT	0.25		0.02 - 0.50	thou/µL
NEUTROPHIL LYMPHOCYTE RATIO (NLR)	1.6			
ERYTHROCYTE SEDIMENTATION RATE (ESR BLOOD),WHOLE			
SEDIMENTATION RATE (ESR)	06		0 - 20	mm at 1 hr
SUGAR URINE - POST PRANDIAL				
SUGAR URINE - POST PRANDIAL	NOT DETECTED		NOT DETECTED	
THYROID PANEL, SERUM				
T3	144.90		80 - 200	ng/dL
T4	10.83		5.1 - 14.1	μg/dl



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TSH 3RD GENERATION <0.005 Low Non-Pregnant: 0.4-4.2 μIU/mL

Pregnant Trimester-wise:

1st : 0.1 - 2.5 2nd: 0.2 - 3 3rd : 0.3 - 3

Comments

*Kindly correlate clinically.
*Kindly inform lab within 2days if not clinically correlating.

PHYSICAL EXAMINATION, URINE

COLOR PALE YELLOW **CLOUDY APPEARANCE**

CHEMICAL EXAMINATION, URINE

6.5	4.8 - 7.4	
1.010 Low	1.015 - 1.030	
DETECTED (SMALL)	NOT DETECTED	
NORMAL	NOT DETECTED	
NOT DETECTED	NOT DETECTED	
NOT DETECTED	NOT DETECTED	
NOT DETECTED	NOT DETECTED	
NORMAL	NORMAL	
NOT DETECTED	NOT DETECTED	
2-3	0-5	/HPF
3-5	0-5	/HPF
NIL		
NIL		
DETECTED	NOT DETECTED	
	1.010 Low DETECTED (SMALL) NORMAL NOT DETECTED NOT DETECTED NORMAL NOT DETECTED NORMAL NOT DETECTED 2-3 3-5 NIL NIL	1.010Low1.015 - 1.030DETECTED (SMALL)NOT DETECTEDNORMALNOT DETECTEDNOT DETECTEDNOT DETECTEDNOT DETECTEDNOT DETECTEDNOT DETECTEDNOT DETECTEDNORMALNORMALNOT DETECTEDNOT DETECTED

Interpretation(s)
SERUM BLOOD UREA NITROGENCauses of Increased levels

- High protein diet, Increased protein catabolism, GI haemorrhage, Cortisol, Dehydration, CHF Renal Renal Failure
- Post Renal
- Malignancy, Nephrolithiasis, Prostatism



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Causes of decreased levels

- · Liver disease

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:

- · Mvasthenia 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.

ADA Guidelines for 211 post prairies gucos 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(HBA1C), EDTA WHOLE BLOOD-**Used For**:

- 1. Evaluating the long-term control of blood glucose concentrations in diabetic patients.
- 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 addiction 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

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).



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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.

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

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 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'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.

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

The test is performed by both forward as well as reverse grouping methods.

BLOOD COUNTS, EDTA WHOLE BLOODThe 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



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Increase in: Infections, Vasculities, 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: Polycythermia vera, Sickle cell anemia

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,

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 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 TOTAL T4 TSH3Ġ TOTAL T3 (μg/dL) 6.6 - 12.4 6.6 - 15.5 6.6 - 15.5 (μIU/mL) 0.1 - 2.5 0.2 - 3.0 Pregnancy (ng/dL) 81 - 190 100 - 260 100 - 260 First Trimester 2nd Trimester 3rd Trimester 0.3 - 3.0

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

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

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.

Kindly note: Method specific reference ranges are appearing on the report under biological reference range.

- 1. Burtis C.A., Ashwood E. R. Bruns D.E. Teitz textbook of Clinical Chemistry and Molecular Diagnostics, 4th Edition.
- 2. Gowenlock A.H. Varley's Practical Clinical Biochemistry, 6th Edition.
- 3. Behrman R.E. Kilegman R.M., Jenson H. B. Nelson Text Book of Pediatrics, 17th Edition

End Of Report

Please visit www.srlworld.com for related Test Information for this accession

SREELEKSHMI S

LAB TECHNICIAN

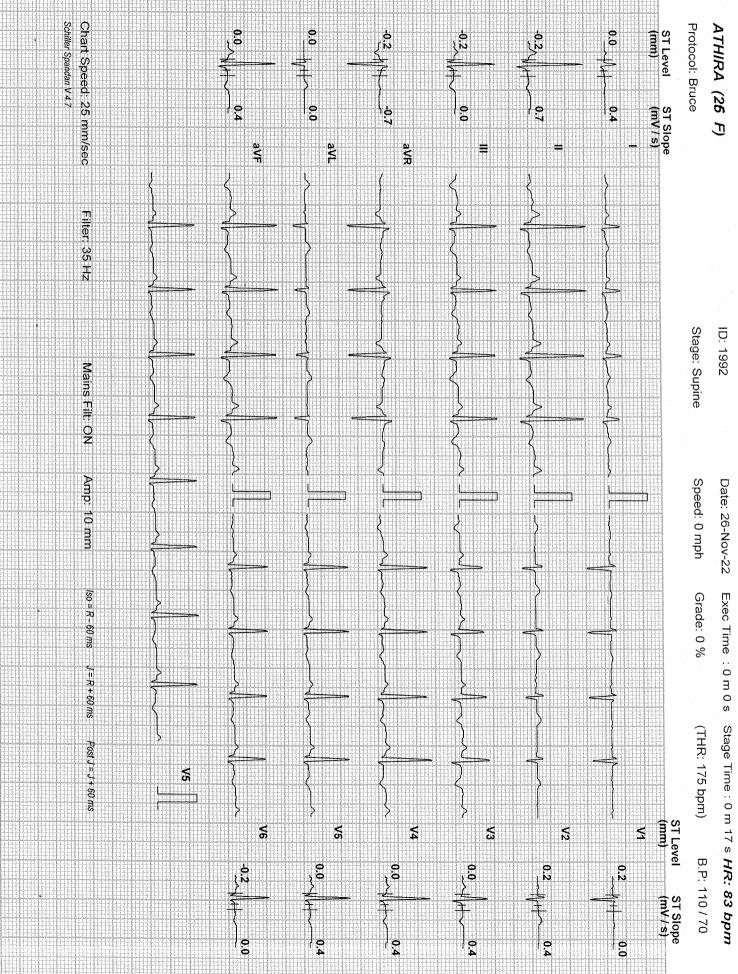
DR.AMJAD A **CONSULTANT PATHOLOGIST** **LAB TECHNICIAN**

VAREENIYA P LAB TECHNICIAN

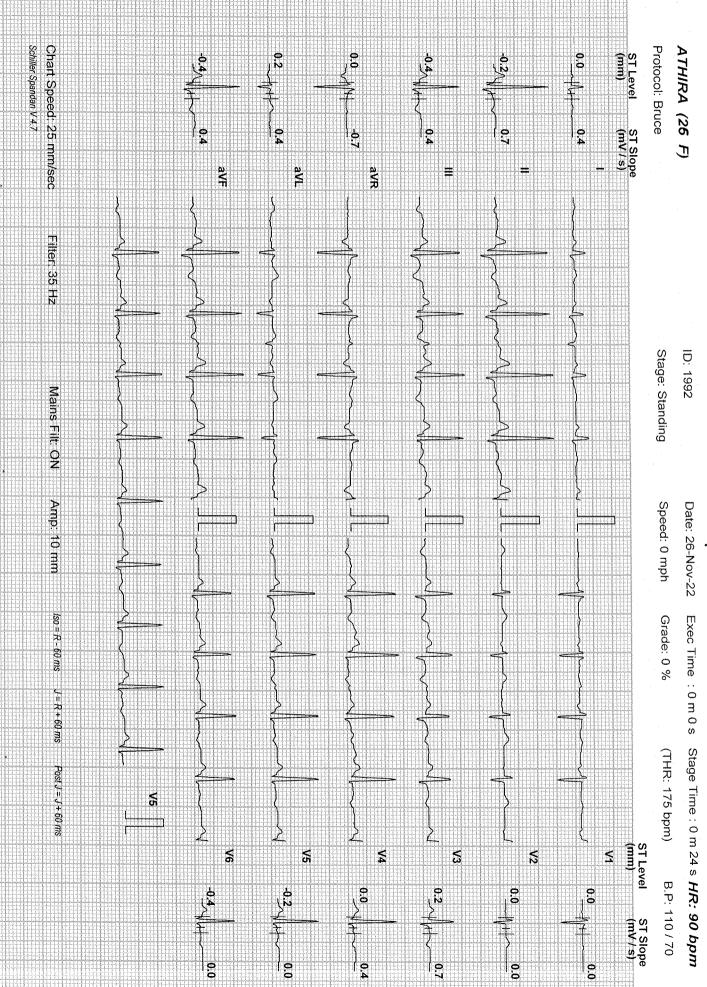




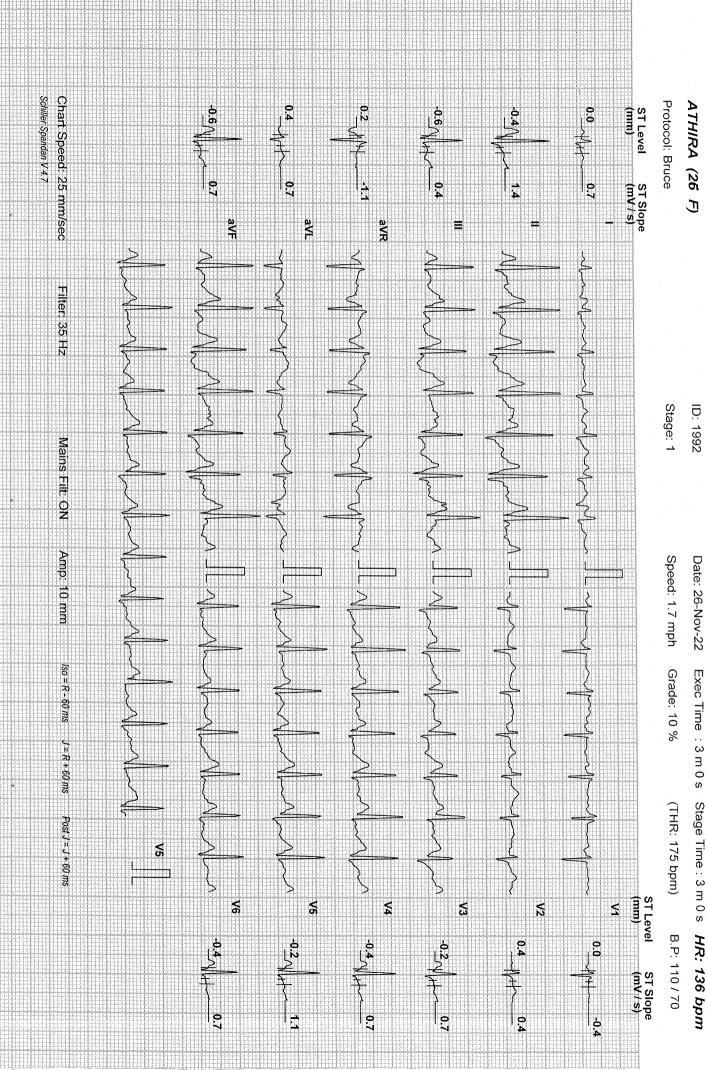
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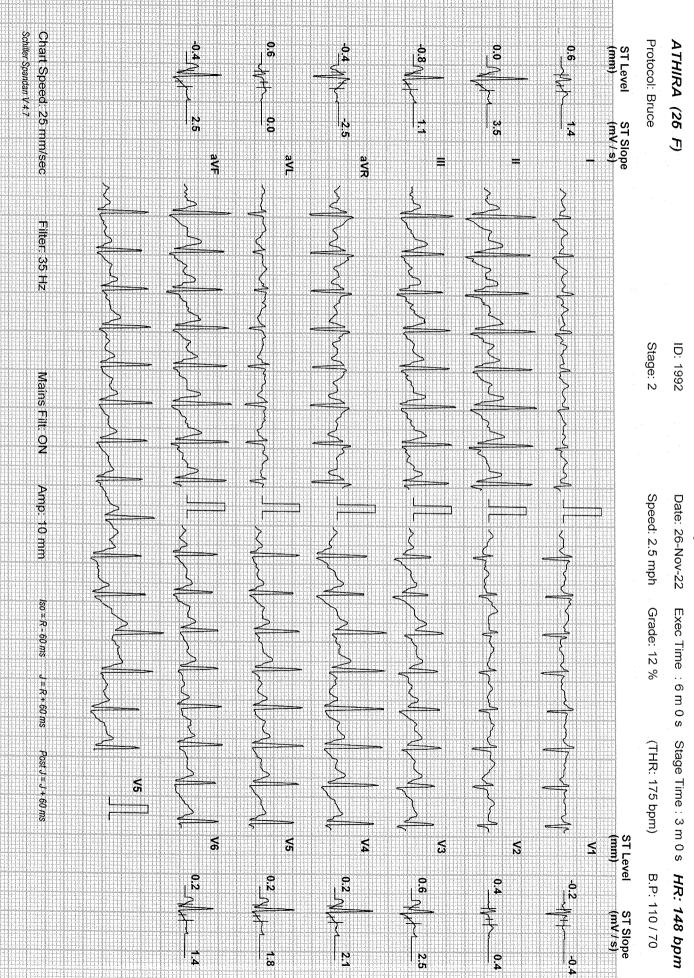


T) LID. TRYANDRON, KOTTAYAN, COCKIN, CALCUT



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