





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 8800465156

DDRC SRL DIAGNOSTICS ASTER SQUARE BUILDING, ULLOOR, MEDICAL COLLEGE P.O

TRIVANDRUM, 695011 KERALA, INDIA

Tel: 93334 93334, Fax: CIN - U85190MH2006PTC161480

Email: customercare.ddrc@srl.in

**PATIENT NAME: MALAVIKA** PATIENT ID: MALAF1211934182

ACCESSION NO: 4182VK005068 AGE: 29 Years SEX: Female ABHA NO:

DRAWN: RECEIVED: 12/11/2022 09:11 REPORTED: 14/11/2022 07:43

**REFERRING DOCTOR: SELF** CLIENT PATIENT ID:

**Test Report Status Preliminary** Results Biological Reference Interval Units

#### **MEDIWHEEL HEALTH CHECKUP BELOW 40(F)TMT**

\* TREADMILL TEST

TREADMILL TEST REPORT ATTACHED

**OPTHAL** 

REPORT ATTACHED **OPTHAL** 

\* PHYSICAL EXAMINATION

PHYSICAL EXAMINATION REPORT ATTACHED











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# MEDIWHEEL HEALTH CHECKUP BELOW 40(F)TMT

BLOOD UREA NITROGEN	7	Adult(<60 yrs) : 6 to 20	mg/dL

\* BUN/CREAT RATIO

BUN/CREAT RATIO 9.5

**CREATININE, SERUM** 

CREATININE	0.74	18 - 60 yrs : 0.6 - 1.1	mg/dL

\* GLUCOSE, POST-PRANDIAL, PLASMA

GLUCOSE, POST-PRANDIAL, PLASMA 88 Diabetes Mellitus : > or = 200. mg/dL

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

**GLUCOSE, FASTING, PLASMA** 

GLUCOSE, FASTING, PLASMA 90 Diabetes Mellitus : > or = 126. mg/dL

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

\* GLYCOSYLATED HEMOGLOBIN, EDTA WHOLE BLOOD

GLYCOSYLATED HEMOGLOBIN (HBA1C) 5.4 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 108.3 mg/dL

\* CORONARY RISK PROFILE (LIPID PROFILE), SERUM

CHOLESTEROL 175 Desirable: < 200 mg/dL

Borderline: 200-239

High : >or= 240
TRIGLYCERIDES 136 Normal : < 150 mg/dL

High : 150-199

Hypertriglyceridemia: 200-499

Very High : > 499

HDL CHOLESTEROL 45 General range: 40-60 mg/dL





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DIRECT LDL CHOLESTEROL	112	Optimum : < 100 Above Optimum : 100-139 Borderline High : 130-159 High : 160-189 Very High : >or= 190	mg/dL
NON HDL CHOLESTEROL	130	Desirable: Less than 130 Above Desirable: 130 - 159 Borderline High: 160 - 189 High: 190 - 219 Very high: > or = 220	mg/dL
CHOL/HDL RATIO	3.9	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	2.5	0.5 - 3.0 Desirable/Low Risk 3.1 - 6.0 Borderline/Moderate >6.0 High Risk	e Risk
VERY LOW DENSITY LIPOPROTEIN	27.2	Desirable value : 10 - 35	mg/dL
* LIVER FUNCTION TEST WITH GGT		10 00	
BILIRUBIN, TOTAL	0.43	< 1.1	mg/dL
BILIRUBIN, DIRECT	0.17	General Range : < 0.2	mg/dL
BILIRUBIN, INDIRECT	0.26	0.00 - 0.60	mg/dL
TOTAL PROTEIN	7.4	Ambulatory: 6.4 - 8.3 Recumbant: 6 - 7.8	g/dL
ALBUMIN	4.6	20-60yrs : 3.5 - 5.2	g/dL
GLOBULIN	2.8	2.0 - 4.0 Neonates - Pre Mature: 0.29 - 1.04	g/dL
ALBUMIN/GLOBULIN RATIO	1.6	1.00 - 2.00	RATIO
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	20	Adults : < 33	U/L
ALANINE AMINOTRANSFERASE (ALT/SGPT)	27	Adults: < 34	U/L
ALKALINE PHOSPHATASE	85	Adult (<60yrs): 35 - 105	U/L
GAMMA GLUTAMYL TRANSFERASE (GGT) TOTAL PROTEIN, SERUM	25	Adult (female) : < 40	U/L
TOTAL PROTEIN	7.4	Ambulatory: 6.4 - 8.3 Recumbant: 6 - 7.8	g/dL
URIC ACID, SERUM			
URIC ACID	6.0	Adults: 2.4-5.7	mg/dL











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		Units
TYPE O		
= -		
10011112		
13.2	12.0 - 15.0	g/dL
4.76	3.8 - 4.8	mil/µL
9.25	4.0 - 10.0	thou/µL
333	150 - 410	thou/µL
38.9	36 - 46	%
81.7 Lov	v 83 - 101	fL
27.7	27.0 - 32.0	pg
33.9	31.5 - 34.5	g/dL
13.8	12.0 - 18.0	%
9.2	6.8 - 10.9	fL
65	40 - 80	%
6.01	2.0 - 7.0	thou/µL
27	20 - 40	%
2.50	1 - 3	thou/µL
2.4		
2	1 - 6	%
0.19	0.02 - 0.50	thou/µL
6	2 - 10	%
0.56	0.20 - 1.00	thou/µL
0	0 - 2	%
0.0		thou/µL
10	0 - 20	mm at 1 hr
RESULT PENDING		
NOT DETECTED	NOT DETECTED	
	4.76 9.25 333  38.9 81.7 27.7 33.9  13.8 9.2  65 6.01 27 2.50 2.4 2 0.19 6 0.56 0 0.0  10 RESULT PENDING	POSITIVE  13.2











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T3	119.30	80 - 200	ng/dL
T4	6.69	5.1 - 14.1	μg/dl
TSH 3RD GENERATION	1.790	Non-Pregnant: 0.4-4.2	μIU/mL
		Pregnant Trimester-wise: 1st: 0.1 - 2.5 2nd: 0.2 - 3 3rd: 0.3 - 3	
URINE ANALYSIS			
COLOR	YELLOWISH		
APPEARANCE	CLEAR		
PH	6.5	4.7 - 7.5	
SPECIFIC GRAVITY	1.020	1.003 - 1.035	
GLUCOSE	NEGATIVE	NOT DETECTED	
BILIRUBIN	NOT DETECTED	NOT DETECTED	
CASTS	NEGATIVE		
CRYSTALS	NEGATIVE		
CHEMICAL EXAMINATION, URINE			
PROTEIN	NEGATIVE	NOT DETECTED	
KETONES	NEGATIVE	NOT DETECTED	
BLOOD	NEGATIVE	NOT DETECTED	
UROBILINOGEN	NORMAL	NORMAL	
NITRITE	NEGATIVE	NOT DETECTED	
MICROSCOPIC EXAMINATION, URINE			
WBC	2-3	0-5	/HPF
EPITHELIAL CELLS	2-3	0-5	/HPF
RED BLOOD CELLS	NOT DETECTED	NOT DETECTED	/HPF
REMARKS	NIL		

Interpretation(s) SERUM BLOOD UREA NITROGEN-Causes of Increased levels

Pre renal

High protein diet, Increased protein catabolism, GI haemorrhage, Cortisol, Dehydration, CHF Renal
Renal Failure

Post Renal

Malignancy, Nephrolithiasis, Prostatism











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Test Report Status Results Units **Preliminary** 

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, PÓST-PRÁNDIAL, 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(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. Hypertrigiyeeridemia, 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.

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.











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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.

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 alobulin

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 proteinsHigh 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 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 (sédimentation) 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.



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#### **TEST INTERPRETATION**

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

#### 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)

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





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\* ECG WITH REPORT

**REPORT** 

REPORT GIVEN

\* USG ABDOMEN AND PELVIS

REPORT

REPORT GIVEN

\* CHEST X-RAY WITH REPORT

**REPORT** 

REPORT GIVEN

\*\*End Of Report\*\*

Please visit www.srlworld.com for related Test Information for this accession TEST MARKED WITH '\*' ARE OUTSIDE THE NABL ACCREDITED SCOPE OF THE LABORATORY.

**BABU K MATHEW HOD-BIOCHEMISTRY** 

Balunaum

DR. VAISHALI RAJAN

**HOD - HAEMATOLOGY** 

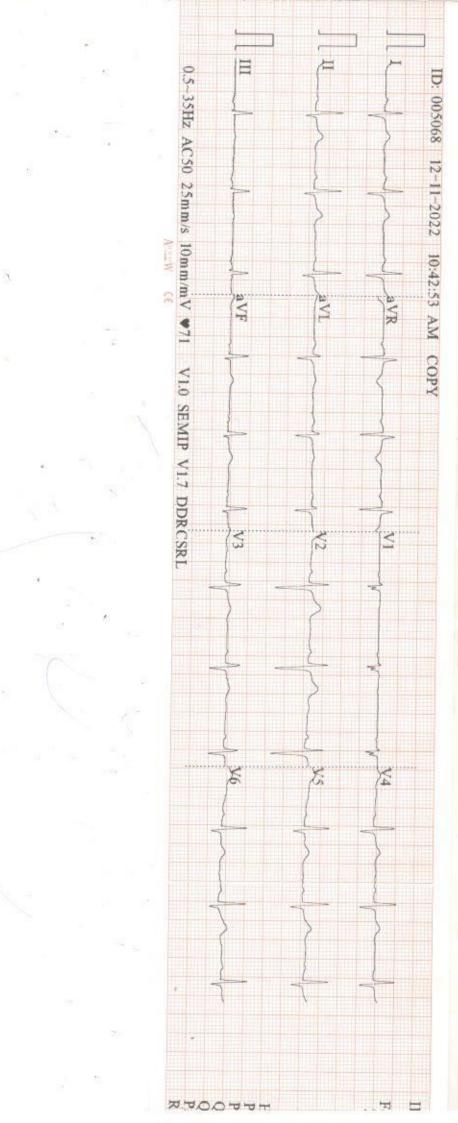
PADMANABHAN NAIR **HOD - HORMONES** 

DR. SRI SRUTHY CONSULTANT MICROBIOLOGIST





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/ mn kg // k	
m m mHg	
kg   Vialavika   Vialavika   153 ms   153 ms   85 ms   382/417 ms   30.91/37	Diagnosis Information:



NAME: MRS MALAVIKA

AGE:29/F

DATE:12/11/2022

# CHEST X-RAY REPORT

CHEST X-RAY PA VIEW

: Trachea central

No cardiomegaly Normal vascularity

No parenchymal lesion.

Costophrenic and cardiophrenic angles clear

> IMPRESSION

: Normal Chest Xray

ELECTRO CARDIOGRAM

: NSR:71/minute

No evidence of ischaemia.

> IMPRESSION

: Normal Ecg.

Dr. SERIN LOPEZ, MBBS

MEDICAL OFFICER

DDRC SRL Diagnostics Ltd.

Aster Square, Medical College P.O., TVM

Reg. No. 77656



DR SERIN LOPEZ MBBS
Reg No 77656
DDRC SRL DIAGNOSTICS Services



Acc no:4182VK005068

Name: Mrs. Malavika

Age: 29 y

Sex: Female

Date: 12.11.22

# US SCAN WHOLE ABDOMEN (TAS ONLY)

LIVER is normal in size (12.9 cm). Margins are regular. Hepatic parenchyma shows mildly increased echogenicity. No focal lesions seen. No dilatation of intrahepatic biliary radicles. CBD is not dilated. Portal vein is normal in caliber (10.4 mm).

GALL BLADDER is partially distended and grossly normal. No pericholecystic fluid seen.

SPLEEN is normal in size (10.5 cm) and parenchymal echotexture. No focal lesion seen.

PANCREAS Head and part of body visualized, appears normal in size and parenchymal echotexture. Pancreatic duct is not dilated.

RIGHT KIDNEY is normal in size (9.1 x 4.4 cm) and shows normal parenchymal echotexture. Cortico medullary differentiation is maintained. Parenchymal thickness is normal. No echogenic focus with shadowing suggestive of renal calculi seen. No dilatation of pelvicalyceal system seen. Ureter is not dilated. Perinephric spaces are normal.

LEFT KIDNEY is normal in size (9.5 x 4.2 cm) and shows normal parenchymal echotexture. Cortico medullary differentiation is maintained. Parenchymal thickness is normal. No echogenic focus with shadowing suggestive of renal calculi seen. No dilatation of pelvicalyceal system seen. Ureter is not dilated. Perinephric spaces are normal.

PARAAORTIC AREA obscured by bowel air.

URINARY BLADDER is distended, normal in wall thickness, lumen clear.

UTERUS measures 6.6 x 2.6 x 3.3 cm, myometrial echopattern normal. No focal lesions seen.

Endometrial thickness is 5.2 mm.

Both ovaries are normal. Right ovary measures 3.1 x 1.4 cm. Left ovary measures 3.1 x 1.9 cm. No adnexal mass seen. No fluid in pouch of Douglas.

No ascites or pleural effusion.

# CONCLUSION:-

Grade I fatty liver.

Dr. Nisha Unni MD, DNB (RD) Consultant radiologist.

Thanks for referral. Your feedback will be appreciated. (Please bring relevant investigation reports during all visits) Because of technical and technological limitations complete accuracy cannot be assured on imaging. Suggested correlation with clinical findings and other relevant investigations consultations, and if required repeat imaging recommended in the event of controversities. AR