SPECTRUM
DIAGNOSTICS & HEALTH CARE

CERTIFICATE OF MEDICAL FITNESS

NAME: Sandhyarani CJ

AGE/ GENDER: 42yrs/Female.

HEIGHT: 168cm WEIGHT: 74.3kg

IDENTIFICATION MARK: White patch on the left side face

BLOOD PRESSURE: 130/80 mm Hg

PULSE: 100/min

CVS: Normal

RS:P

ANY OTHER DISEASE DIAGNOSED IN THE PAST: Nill

ALLERGIES, IF ANY: Nill

LIST OF PRESCRIBED MEDICINES: Nill

ANY OTHER REMARKS: NO

I Certify that I have carefully examined Mr/Mrs. Sandhyarani CJ son/daughter of Ms Jagadeesh Prabhu who has signed in my presence. He/ she has no physical disease and is fit for employment.

Dr. BINDURAJ. R
MBBS, MD
Internal Medicine
Reg. No. 62806

Sandhyarani CJ.
Signature of candidate

Signature of Medical Officer

Place: Spectrum Diagnostics & Healthcare

Date: 30/11/23

Disclaimer: The patient has not been checked for COVID. This certificate does not relate to the covid status of the patient examined

SPECTRUM
DIAGNOSTICS & HEALTH CARE

Dr.Ashok S
Bsc.,MBBS., D.O.M.S
Consultant Opthalmologist
KMC No: 31827

DATE: 30/11/23

EYE EXAMINATION

NAME: SANDHYA RANI CJ AGE: 42 GENDER : F / M

	RIGHT EYE	LEFT EYE
Vision	6/6	6/6
Vision With glass	6/6	6/6
Color Vision	Normal	Normal
Anterior segment examination	Normal	Normal
Fundus Examination	Normal	Normal
Any other abnormality	Nill	Nill
Diagnosis/ impression	Normal	Normal

Dr. ASHOK SARODHE
B.Sc., M.B.B.S., D.O.M.S.
Eye Consultant & Surgeon
KMC 31827
Consultant (Opthalmologist)

ID: 230011
MRS SANDHYARANI R S
Female 42Years

30-11-2023 10:17:44

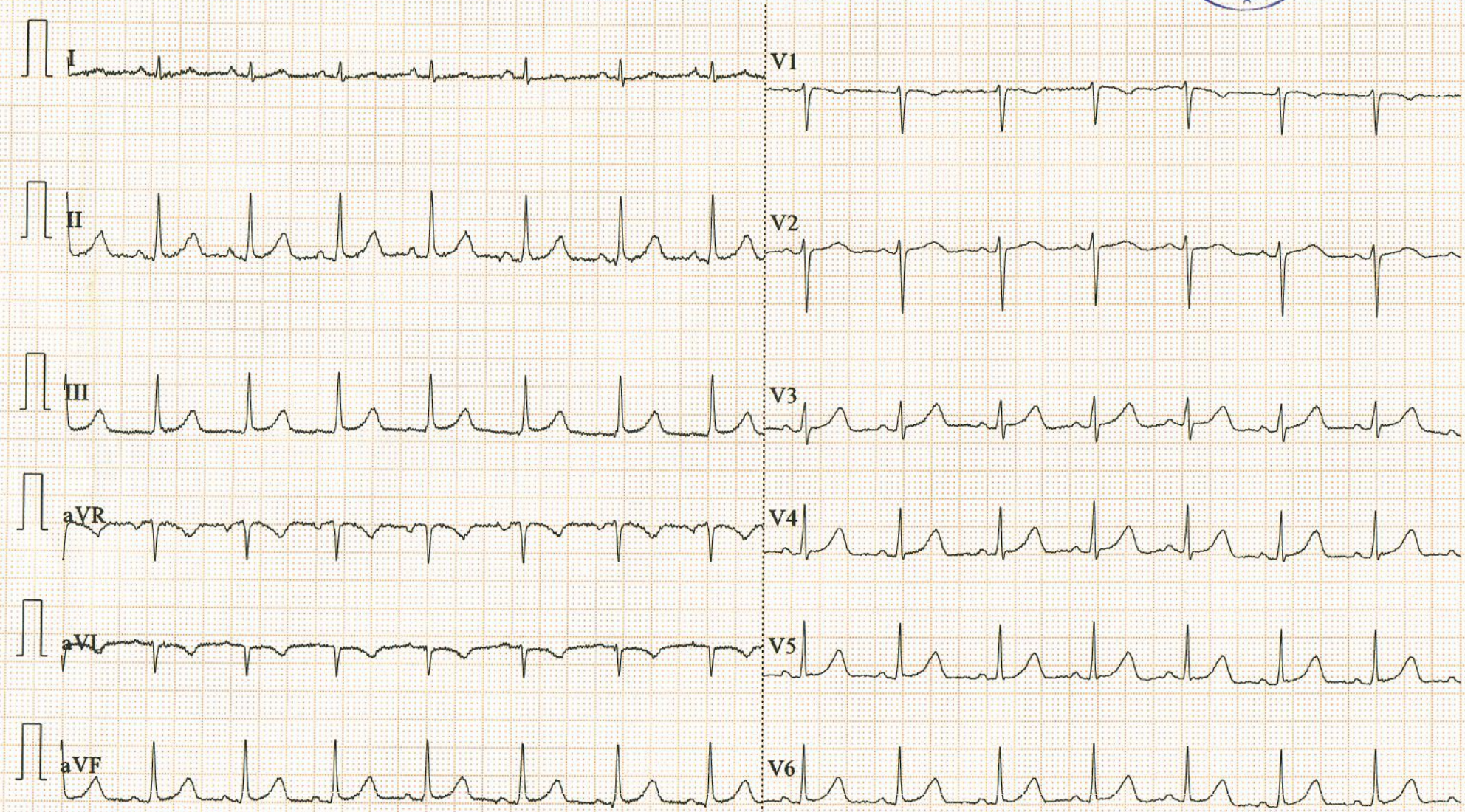
For BPL

HR	: 89	bpm	
P	: 80	ms	
PR	: 134	ms	
QRS	: 80	ms	
QT/QTc	: 367/448	ms	
P/QRS/T	: 47/82/82	°	
RV5/SV1	: 0.987/0.701	mV	

Diagnosis Information:
Sinus Rhythm
Normal ECG

SPECTRUM DIAGNOSTICS AND HEALTH CARE
BENGALURU

Report Confirmed by:



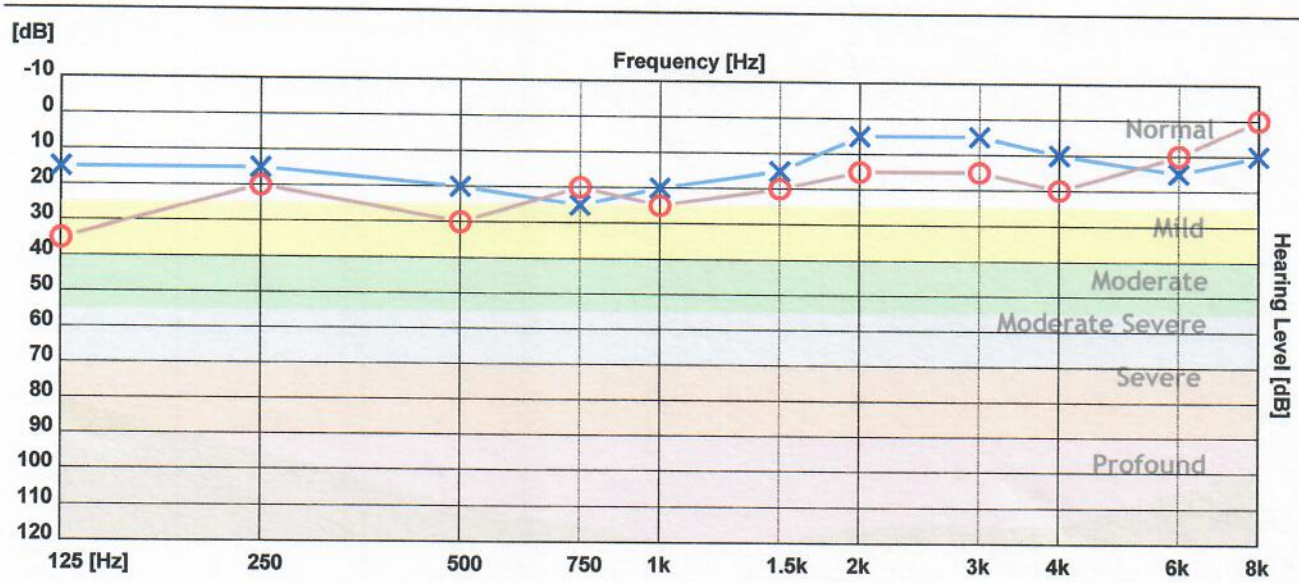
0.15~35Hz AC50 25mm/s 10mm/mV 2*5.0s ♥89 V2.2 SEMIP V1.81 SPECTRUM DIAGNOSTICS & HEALTH CARE

SPECTRUM DIAGNOSTICS & HEALTH CARE

#9/1 TEJAS ARCADE,DR.RAJKUMAR ROAD,RAJAJINAGAR-560010 AUDIOGRAM

Patient ID : 1010
Name : MRS SANDHYARANI C
CR Number : 20231130121931
Registration Date : 30-Nov-2023

Age : 42
Gender : Female
Operator : spectrum diagnostics



	125 Hz	250 Hz	500 Hz	750 Hz	1000 Hz	1500 Hz	2000 Hz	3000 Hz	4000 Hz	6000 Hz	8000 Hz
X - Air Left	15	15	20	25	20	15	5	5	10	15	10
O - Air Right	35	20	30	20	25	20	15	15	20	10	0
> - Bone Left											
< - Bone Right											

Clinical Notes :

Not Found

SPECTRUM DIAGNOSTICS AND HEALTH CARE BENGALURU

SPECTRUM
DIAGNOSTICS & HEALTH CARE

PATIENT NAME	MRS. SANDHYA ARANI C J	ID NO	REG-30011
AGE	42 YRS	SEX	FEMALE
REF BY	c/o APOLO CLINIC	DATE	.03.2023

ULTRASONOGRAM OF ABDOMEN & PELVIS

LIVER: Normal in size, measures~14.1 cms. **Parenchymal echogenicity is increased with poorly visualised peri portal radicals** .No focal lesion. CBD and IHBR are not dilated. Portal vein appears normal.

GALL BLADDER: Well distended. No calculus. Wall thickness appears normal.

PANCREAS: Obscured by bowel gas shadows .
SPLEEN: Normal in size and echo pattern, measures~10.5 cms. No focal lesion.

KIDNEYS: Right kidney measures~ 10.6 x1.3 cms. Left kidney measures~11.4 x 1.4 cms. Both kidneys are normal in size. Cortical echogenicity and parenchymal thickness are normal. No pelvicalyceal or ureteric dilatation. No intra renal calculus seen.

URINARY BLADDER: Partially distended. Volume 71 cc.

UTERUS: Anteverted. Bulky in size. Measures~8.7 x4.7 x5.7 cms. E.T:5.6 mm. Demonstrates anterior wall intramural fibroid measuring 2.9 x2.4 cm and another similar posterior wall fibroid measuring 1.1 x1.1 cm .
Endometrial echoes are normal.

OVARIES: Not visualised –To review with full urinary bladder.
No free fluid seen in abdomen and pelvis. No pleural effusion.

Impression:

- **Grade II fatty infiltration of liver.**
- **Bulky uterus with intramural uterine fibroids as described.**
  - **Recommended clinical / biochemical correlation**

RMI-19

DR RAM PRAKASH G MDRD
CONSULTANT RADIOLOGIST

The science of radiology is based upon interpretation of shadows of normal and abnormal tissue. This is neither complete nor accurate; hence, findings should always be interpreted in to the light of clinico-pathological correction. This is a professional opinion, not a diagnosis. Not meant for medico legal purposes.

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MC-4196

Name	: MRS. SANDHYARANI C J			**Bill Date**	: 30-Nov-2023 08:39 AM
Age / Gender	: 42 Years / Female	**UHID**	: 3011230011	**Sample Col. Date**	: 30-Nov-2023 08:39 AM
Ref. By Dr.	: Dr. APOLO CLINIC	3011230011		**Result Date**	: 30-Nov-2023 11:54 AM
Reg. No.	: 3011230011			**Report Status**	: Final
C/o	: Apollo Clinic				

Test Name	Result	Unit	Reference Value	Method
Complete Haemogram-Whole Blood EDTA				
Haemoglobin (HB)	12.70	g/dL	Male: 14.0-17.0 Female:12.0-15.0 Newborn:16.50 - 19.50	Spectrophotmeter
Red Blood Cell (RBC)	4.35	million/cumm	3.50 - 5.50	Volumetric Impedance
Packed Cell Volume (PCV)	37.20	%	Male: 42.0-51.0 Female: 36.0-45.0	Electronic Pulse
Mean corpuscular volume (MCV)	85.50	fL	78.0- 94.0	Calculated
Mean corpuscular hemoglobin (MCH)	29.30	pg	27.50-32.20	Calculated
Mean corpuscular hemoglobin concentration (MCHC)	34.30	%	33.00-35.50	Calculated
Red Blood Cell Distribution Width SD (RDW-SD)	**39.70**	fL	40.0-55.0	Volumetric Impedance
Red Blood Cell Distribution CV (RDW-CV)	14.10	%	Male: 11.80-14.50 Female:12.20-16.10	Volumetric Impedance
Mean Platelet Volume (MPV)	8.50	fL	8.0-15.0	Volumetric Impedance
Platelet	2.23	lakh/cumm	1.50-4.50	Volumetric Impedance
Platelet Distribution Width (PDW)	10.00	%	8.30 - 56.60	Volumetric Impedance
White Blood cell Count (WBC)	4250.00	cells/cumm	Male: 4000.0-11000.0 Female 4000.0-11000.0 Children: 6000.0-17500.0 Infants : 9000.0-30000.0	Volumetric Impedance
Neutrophils	54.00	%	40.0-75.0	Light scattering/Manual
Lymphocytes	40.00	%	20.0-40.0	Light scattering/Manual
Eosinophils	2.00	%	0.0-8.0	Light scattering/Manual

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Test Name	Result	Unit	Reference Value	Method
Monocytes	3.00	%	0.0-10.0	Light scattering/Manual
Basophils	1.00	%	0.0-1.0	Light scattering/Manual
Absolute Neutrophil Count	2.06	10^3/uL	2.0- 7.0	Calculated
Absolute Lymphocyte Count	1.97	10^3/uL	1.0-3.0	Calculated
Absolute Monocyte Count	**0.14**	10^3/uL	0.20-1.00	Calculated
Absolute Eosinophil Count	80.00	cells/cumm	40-440	Calculated
Absolute Basophil Count	0.00	10^3/uL	0.0-0.10	Calculated
Erythrocyte Sedimentation Rate (ESR)	02	mm/hr	Female : 0.0-20.0 Male : 0.0-10.0	Westergren

Peripheral Smear Examination-Whole Blood EDTA

Method: (Microscopy-Manual)

RBC'S : Normocytic Normochromic.
WBC'S : Are normal in total number, morphology and distribution.
Platelets : Adequate in number and normal in morphology.
No abnormal cells or hemoparasites are present.
Impression : Normocytic Normochromic Blood picture.

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Dr. Nithun Reddy C,MD,Consultant Pathologist

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Test Name	Result	Unit	Reference Value	Method
Fasting Blood Sugar (FBS)-Plasma	93	mg/dL	60.0-110.0	Hexo Kinase

Comments: Glucose, also called dextrose, one of a group of carbohydrates known as simple sugars (monosaccharides). Glucose has the molecular formula $C_6H_{12}O_6$. It is found in fruits and honey and is the major free sugar circulating in the blood of higher animals. It is the source of energy in cell function, and the regulation of its metabolism is of great importance (fermentation; gluconeogenesis). Molecules of starch, the major energy-reserve carbohydrate of plants, consist of thousands of linear glucose units. Another major compound composed of glucose is cellulose, which is also linear. Dextrose is the molecule D-glucose. Blood sugar, or glucose, is the main sugar found in the blood. It comes from the food you eat, and it is body's main source of energy. The blood carries glucose to all of the body's cells to use for energy. Diabetes is a disease in which your blood sugar levels are too high.Usage: Glucose determinations are useful in the detection and management of Diabetes mellitus.

Note: Additional tests available for Diabetic control are Glycated Hemoglobin (HbA1c), Fructosamine & Microalbumin urine

Comments: Conditions which can lead to lower postprandial glucose levels as compared to fasting glucose are excessive insulin release, rapid gastric emptying & brisk glucose absorption.

Probable causes : Early Type II Diabetes / Glucose intolerance, Drugs like Salicylates, Beta blockers, Pentamidine etc.,Alcohol ,Dietary – Intake of excessive carbohydrates and foods with high glycemic index ? Exercise in between samples ? Family history of Diabetes, Idiopathic, Partial / Total Gastrectomy.

Glycosylated Haemoglobin (HbA1c)-Whole Blood EDTA				
Glycosylated Haemoglobin (HbA1c)	4.80	%	Non diabetic adults :<5.7 At risk (Prediabetes) : 5.7 - 6.4 Diagnosing Diabetes :>= 6.5 Diabetes Excellent Control : 6-7 Fair to good Control : 7-8 Unsatisfactory Control :8-10 Poor Control :>10	HPLC
Estimated Average Glucose(eAG)	91.06	mg/dL		Calculated

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Test Name	Result	Unit	Reference Value	Method

Note: 1. Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled.

2. Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate.

Comments: HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations.

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Test Name	Result	Unit	Reference Value	Method
LFT-Liver Function Test -Serum				
Bilirubin Total-Serum	0.89	mg/dL	0.2-1.0	Caffeine Benzoate
Bilirubin Direct-Serum	0.12	mg/dL	0.0-0.2	Diazotised Sulphanilic Acid
Bilirubin Indirect-Serum	0.77	mg/dL	0.0-1.10	Direct Measure
Aspartate Aminotransferase (AST/SGOT)-Serum	32.00	U/L	15.0-37.0	UV with Pyridoxal - 5 - Phosphate
Alanine Aminotransferase (ALT/SGPT)-Serum	29.00	U/L	Male:16.0-63.0 Female:14.0-59.0	UV with Pyridoxal - 5 - Phosphate
Alkaline Phosphatase (ALP)-Serum	59.00	U/L	Adult: 45.0-117.0 Children: 48.0-445.0 Infants: 81.90-350.30	PNPP,AMP-Buffer
Protein, Total-Serum	6.54	g/dL	6.40-8.20	Biuret/Endpoint-With Blank
Albumin-Serum	4.07	g/dL	3.40-5.00	Bromocresol Purple
Globulin-Serum	2.47	g/dL	2.0-3.50	Calculated
Albumin/Globulin Ratio-Serum	1.65	Ratio	0.80-1.20	Calculated
Gamma-Glutamyl Transferase (GGT)-Serum	42.00	U/L	Male: 15.0-85.0 Female: 5.0-55.0	Other g-Glut-3-carboxy-4 nitro

Comments: Gamma-glutamyltransferase (GGT) is primarily present in kidney, liver, and pancreatic cells. Small amounts are present in other tissues. Even though renal tissue has the highest level of GGT, the enzyme present in the serum appears to originate primarily from the hepatobiliary system, and GGT activity is elevated in any and all forms of liver disease. It is highest in cases of intra- or posthepatic biliary obstruction, reaching levels some 5 to 30 times normal. GGT is more sensitive than alkaline phosphatase (ALP), leucine aminopeptidase, aspartate transaminase, and alanine aminotransferase in detecting obstructive jaundice, cholangitis, and cholecystitis; its rise occurs earlier than with these other enzymes and persists longer. Only modest elevations (2-5 times normal) occur in infectious hepatitis, and in this condition, GGT determinations are less useful diagnostically than are measurements of the transaminases. High elevations of GGT are also observed in patients with either primary or secondary (metastatic) neoplasms. Elevated levels of GGT are noted not only in the sera of patients with alcoholic cirrhosis but also in the majority of sera from persons who are heavy drinkers. Studies have emphasized the value of serum GGT levels in detecting alcohol-induced liver disease. Elevated serum values are also seen in patients receiving drugs such as phenytoin and phenobarbital, and this is thought to reflect induction of new enzyme activity.

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Test Name	Result	Unit	Reference Value	Method
Lipid Profile-Serum				
Cholesterol Total-Serum	**223.00**	mg/dL	Female: 0.0 - 200	Cholesterol Oxidase/Peroxidase
Triglycerides-Serum	**252.00**	mg/dL	Female: 0.0 - 150	Lipase/Glycerol Dehydrogenase
High-density lipoprotein (HDL) Cholesterol-Serum	50.00	mg/dL	Female: 40.0 - 60.0	Accelerator/Selective Detergent
Non-HDL cholesterol-Serum	**173**	mg/dL	Female: 0.0 - 130	Calculated
Low-density lipoprotein (LDL) Cholesterol-Serum	**138.00**	mg/dL	Female: 0.0 - 100.0	Cholesterol esterase and cholesterol oxidase
Very-low-density lipoprotein (VLDL) cholesterol-Serum	**50**	mg/dL	Female: 0.0 - 40	Calculated
Cholesterol/HDL Ratio-Serum	4.46	Ratio	Female: 0.0 - 5.0	Calculated

Interpretation:

Parameter	Desirable	Borderline High	High	Very High
Total Cholesterol	<200	200-239	>240	
Triglycerides	<150	150-199	200-499	>500
Non-HDL cholesterol	<130	160-189	190-219	>220
Low-density lipoprotein (LDL) Cholesterol	<100	100-129	160-189	>190

Comments: As per Lipid Association of India (LAI), for routine screening, overnight fasting preferred but not mandatory. Indians are at very high risk of developing Atherosclerotic Cardiovascular (ASCVD). Among the various risk factors for ASCVD such as dyslipidemia, Diabetes Mellitus, sedentary lifestyle, Hypertension, smoking etc., dyslipidemia has the highest population attributable risk for MI both because of direct association with disease pathogenesis and very high prevalence in Indian population. Hence monitoring lipid profile regularly for effective management of dyslipidemia remains one of the most important healthcare targets for prevention of ASCVD. In addition, estimation of ASCVD risk is an essential, initial step in the management of individuals requiring primary prevention of ASCVD. In the context of lipid management, such a risk estimate forms the basis for several key therapeutic decisions, such as the need for and aggressiveness of statin therapy.

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Test Name	Result	Unit	Reference Value	Method
KFT (Kidney Function Test) :				
Blood Urea Nitrogen (BUN)-Serum	12.00	mg/dL	7.0-18.0	GLDH,Kinetic Assay
Creatinine-Serum	0.57	mg/dL	Male: 0.70-1.30 Female: 0.55-1.02	Modified kinetic Jaffe
Uric Acid-Serum	4.59	mg/dL	Male: 3.50-7.20 Female: 2.60-6.00	Uricase PAP
Sodium (Na+)-Serum	139.0	mmol/L	135.0-145.0	Ion-Selective Electrodes (ISE)
Potassium (K+)-Serum	4.38	mmol/L	3.5 to 5.5	Ion-Selective Electrodes (ISE)
Chloride(Cl-)-Serum	102.60	mmol/L	94.0-110.0	Ion-Selective Electrodes (ISE)
Calcium,Total- Serum	8.80	mg/dL	8.50-10.10	Spectrophotometry (O-Cresolphthalein complexone)

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Reg. No.	: 3011230011			**Report Status**	: Final
C/o	: Apollo Clinic				

Test Name	Result	Unit	Reference Value	Method
Thyroid function tests (TFT)-Serum				
Tri-Iodo Thyronine (T3)-Serum	1.10	ng/mL	Female: 0.60 - 1.81	Chemiluminescence Immunoassay (CLIA)
Thyroxine (T4)-Serum	8.60	µg/dL	Female: 5.50 - 12.10	Chemiluminescence Immunoassay (CLIA)
Thyroid Stimulating Hormone (TSH)-Serum	2.60	µIU/mL	Female: 0.35 - 5.50	Chemiluminescence Immunoassay (CLIA)

Comments: Triiodothyronine (T3) assay is a useful test for hyperthyroidism in patients with low TSH and normal T4 levels. It is also used for the diagnosis of T3 toxicosis. It is not a reliable marker for Hypothyroidism. This test is not recommended for general screening of the population without a clinical suspicion of hyperthyroidism.
Reference range: Cord: (37 Weeks): 0.5-1.41, Children:1-3 Days: 1.0-7.40,1-11 Months: 1.05-2.45,1-5 Years: 1.05-2.69,6-10 Years: 0.94-2.41,11-15 Years: 0.82-2.13,Adolescents (16-20 Years): 0.80-2.10
Reference range: Adults: 20-50 Years: 0.70-2.04, 50-90 Years: 0.40-1.81,
Reference range in Pregnancy: First Trimester : 0.81-1.90,Second Trimester : 1.0-2.60
Increased Levels: Pregnancy, Graves disease, T3 thyrotoxicosis, TSH dependent Hyperthyroidism, increased Thyroid-binding globulin (TBG).
Decreased Levels: Nonthyroidal illness, hypothyroidism , nutritional deficiency, systemic illness, decreased Thyroid-binding globulin (TBG).

Comments: Total T4 levels offer a good index of thyroid function when TBG is normal and non-thyroidal illness is not present. This assay is useful for monitoring treatment with synthetic hormones (synthetic T3 will cause low total T4).It also helps to monitor treatment of Hyperthyroidism with Thiouracil or other anti-thyroid drugs.
Reference Range: Males : 4.6-10.5,Females : 5.5-11.0,> 60 Years: 5.0-10.70,Cord :7.40-13.10,Children:1-3 Days :11.80-22.60,1-2 Weeks : 9.90-16.60,1-4 Months: 7.20-14.40,1-5 Years : 7.30-15.0,5-10 Years: 6.4-13.3
1-15 Years: 5.60-11.70,Newborn Screen:1-5 Days: >7.5,6 Days : >6.5
Increased Levels: Hyperthyroidism, increased TBG, familial dysalbuminemic hyperthyroxinemia,Increased transthyretin, estrogen therapy, pregnancy.
Decreased Levels: Primary hypothyroidism, pituitary TSH deficiency, hypothalamic TRH deficiency, non thyroidal illness, decreased TBG.

Comments:TSH is a glycoprotein hormone secreted by the anterior pituitary. TSH is a labile hormone & is secreted in a pulsatile manner throughout the day and is subject to several non-thyroidal pituitary influences. Significant variations in TSH can occur with circadian rhythm, hormonal status, stress, sleep deprivation, caloric intake, medication & circulating antibodies. It is important to confirm any TSH abnormality in a fresh specimen drawn after ~ 3 weeks before assigning a diagnosis, as the cause of an isolated TSH abnormality.
Reference range in Pregnancy: I- trimester:0.1-2.5; II -trimester:0.2-3.0; III- trimester:0.3-3.0
Reference range in Newborns: 0-4 days: 1.0-39.0; 2-20 Weeks:1.7-9.1
Increased Levels: Primary hypothyroidism, Subclinical hypothyroidism, TSH dependent Hyperthyroidism and Thyroid hormone resistance.
Decreased Levels: Graves disease, Autonomous thyroid hormone secretion, TSH deficiency.

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SCAN FOR LOCATION

SPECTRUM
DIAGNOSTICS & HEALTH CARE

MC-4196

Name	: MRS. SANDHYARANI C J			**Bill Date**	: 30-Nov-2023 08:39 AM
Age / Gender	: 42 Years / Female	**UHID**	: 3011230011	**Sample Col. Date**	: 30-Nov-2023 08:39 AM
Ref. By Dr.	: Dr. APOLO CLINIC	3011230011		**Result Date**	: 30-Nov-2023 02:15 PM
Reg. No.	: 3011230011			**Report Status**	: Final
C/o	: Apollo Clinic				

Test Name	Result	Unit	Reference Value	Method
Blood Group & Rh Typing-Whole Blood EDTA				
Blood Group	AB			Slide/Tube agglutination
Rh Type	Positive			Slide/Tube agglutination

Note: Confirm by tube or gel method.

Comments: ABO blood group system, the classification of human blood based on the inherited properties of red blood cells (erythrocytes) as determined by the presence or absence of the antigens A and B, which are carried on the surface of the red cells. Persons may thus have type A, type B, type O, or type AB blood.

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Test Name	Result	Unit	Reference Value	Method
Urine Routine Examination-Urine				
Physical Examination				
Colour	Pale Yellow		Pale Yellow	Visual
Appearance	Slightly Turbid		Clear	Visual
Reaction (pH)	5.5		5.0-7.5	Dipstick
Specific Gravity	1.025		1.000-1.030	Dipstick
Biochemical Examination				
Albumin	Negative		Negative	Dipstick/Precipitation
Glucose	Negative		Negative	Dipstick/Benedicts
Bilirubin	Negative		Negative	Dipstick/Fouchets
Ketone Bodies	Negative		Negative	Dipstick/Rotheras
Urobilinogen	Normal		Normal	Dipstick/Ehrlichs
Nitrite	Negative		Negative	Dipstick
Microscopic Examination				
Pus Cells	6-8	hpf	0.0-5.0	Microscopy
Epithelial Cells	4-6	hpf	0.0-10.0	Microscopy
RBCs	Absent	hpf	Absent	Microscopy
Casts	Absent		Absent	Microscopy
Crystals	Absent		Absent	Microscopy
Others	Bacteria Present		Absent	Microscopy

Comments: The kidneys help infiltration of the blood by eliminating waste out of the body through urine.They also regulate water in the body by conserving electrolytes, proteins, and other compounds. But due to some conditions and abnormalities in kidney function, the urine may encompass some abnormal constituents, which are not normally present.A complete urine examination helps in detecting such abnormal constituents in urine. Several disorders can be detected byidentifying and measuring the levels of such substances. Blood cells, bilirubin, bacteria, pus cells, epithelial cells may be present in urine due to kidney disease or infection. Routine urine examination helps to diagnose kidney diseases, urinary tract infections, diabetes and other metabolic disorders.

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