



WATCH YOUR
HEALTH

smart Health Report

Prepared For

Mr. Arvind Shelar

Male | 45Y

Name

Mr. Arvind Shelar

Patient ID

145867890

Gender

Male

Age

45

Health Score

Health Score is a measure of how well your health is doing, based on your test results. It shows how many of your health indicators are in the "Normal" range. A higher score means better health, while a lower score may point to areas that need attention. This score helps you track your health over time and make better choices about your lifestyle or healthcare. By understanding your Health Score, you can take steps to improve your well-being and stay healthier in the future.



Simplified Report

Total Cholesterol

Total cholesterol measures the amount of cholesterol in your blood, including LDL, HDL, and triglycerides. It is a basic indicator of heart health.

Your Total Cholesterol is **Borderline**

Your Total Cholesterol is in the borderline range. The range of Total Cholesterol is generally between 80 and 239. Please check and monitor your vitals regularly to stay healthy.

Why is Total Cholesterol is important to me?

The Total Cholesterol test is crucial for assessing cardiovascular health. High cholesterol levels can lead to the buildup of plaque in the arteries, increasing the risk of heart disease and stroke. Monitoring cholesterol helps in the early detection of hyperlipidemia, allowing individuals to make necessary lifestyle changes or start medications to lower the risk of cardiovascular events. Regular testing is important for those with a family history of heart conditions, as well as individuals with risk factors such as obesity, diabetes, or high blood pressure.

232.5 mg/dl

Borderline



HDL Cholesterol

HDL cholesterol, known as 'good' cholesterol, helps remove other forms of cholesterol from the bloodstream.

Your HDL Cholesterol is **Normal**

Your HDL Cholesterol is in the Normal range. The range of HDL Cholesterol is generally between 40 and 60. Please check and monitor your vitals regularly to stay healthy.

Why is HDL Cholesterol is important to me?

HDL cholesterol is crucial because it plays a protective role in cardiovascular health by transporting cholesterol away from the arteries and back to the liver, where it can be processed and excreted. Higher levels of HDL cholesterol are associated with a lower risk of heart disease and stroke because it helps prevent the buildup of plaque in the arterial walls, which can lead to atherosclerosis. Regular monitoring of HDL cholesterol levels is important as part of a comprehensive strategy for assessing cardiovascular risk and maintaining heart health.

44.2 mg/dl

Normal



LDL Cholesterol

LDL Cholesterol test measures the amount of low-density lipoprotein cholesterol in your blood, often linked to heart disease risk.

Your LDL Cholesterol is **Above Optimal**

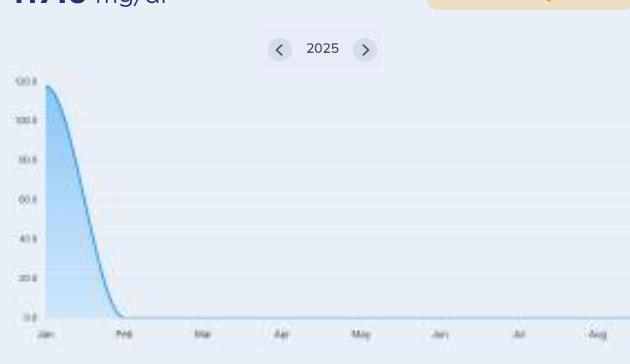
Your LDL Cholesterol is in the above optimal range. The range of LDL Cholesterol is generally between 50 and 190. Please check and monitor your vitals regularly to stay healthy.

Why is LDL Cholesterol is important to me?

LDL cholesterol is often referred to as 'bad' cholesterol because high levels can lead to plaque buildup in arteries, increasing the risk of cardiovascular diseases such as heart attack and stroke. Regular monitoring of LDL cholesterol levels can help individuals manage their cardiovascular health through lifestyle changes or medication if necessary. Understanding LDL levels is critical for determining an individual's overall cholesterol profile and devising a plan to maintain heart health, especially for people with risk factors such as high blood pressure, smoking, or a family history of heart disease.

117.6 mg/dl

Above Optimal



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Triglycerides

The triglycerides test measures the amount of triglycerides in the blood. It assesses lipid metabolism and cardiovascular risk.

Your Triglycerides is High

Your Triglycerides is in the high range. The range of Triglycerides is generally between 40 and 499. Please check and monitor your vitals regularly to stay healthy.

Why is Triglycerides is important to me?

Understanding triglyceride levels is crucial because high levels can contribute to the hardening or thickening of artery walls, which increases the risk of stroke, heart attack, and heart disease. Elevated triglycerides can also indicate poor dietary habits or underlying health conditions like obesity, uncontrolled diabetes, or metabolic syndrome. Regular testing allows for early detection and management of potential health issues, facilitating lifestyle modifications or medical interventions that can reduce the risk of cardiovascular complications and improve overall health outcomes.

353.5 mg/dl

High



Very Low-Density Lipoprotein (VLDL)

Very Low-Density Lipoprotein (VLDL) test measures the amount of VLDL cholesterol in your blood, a type of bad cholesterol linked to heart disease.

Your VLDL is High

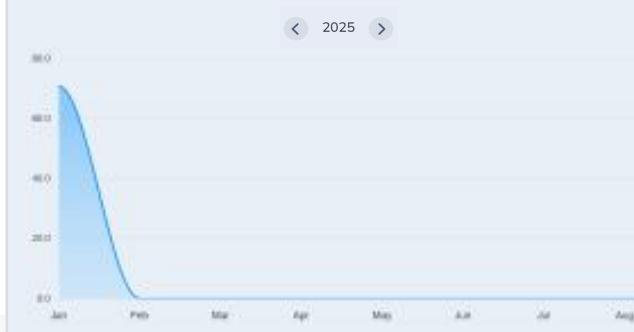
Your VLDL is in the High range. The range of VLDL is generally between 6 and 40. Please check and monitor your vitals regularly to stay healthy.

Why is VLDL is important to me?

VLDL cholesterol is one of the five major groups of lipoproteins that enable fats and cholesterol to move through the bloodstream. High levels of VLDL cholesterol can increase the risk of developing heart disease and stroke due to the buildup of plaque in the arteries, known as atherosclerosis. Monitoring VLDL levels is crucial for assessing cardiovascular risk and managing lipid disorders, especially in individuals with conditions such as diabetes, obesity, and metabolic syndrome. Lowering elevated VLDL levels can help reduce the risk of cardiovascular complications.

70.7 mg/dl

High



Non HDL Cholesterol

Non HDL Cholesterol measures all the 'bad' cholesterol types in the blood, excluding 'good' HDL cholesterol.

Your Non HDL Cholesterol is Borderline

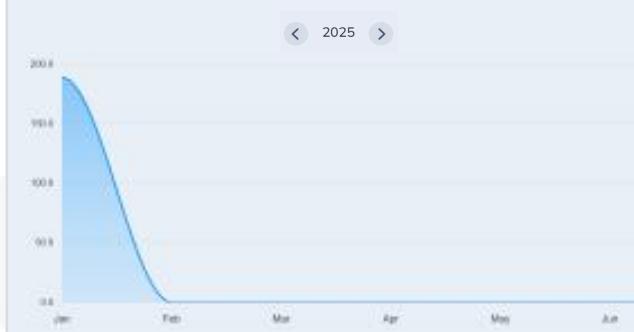
Your Non HDL Cholesterol is in the borderline range. The range of Non HDL Cholesterol is generally between 130 and 500. Please check and monitor your vitals regularly to stay healthy.

Why is Non HDL Cholesterol is important to me?

Non HDL Cholesterol is important because it includes all potentially harmful types of cholesterol that can contribute to plaque buildup in arteries, leading to atherosclerosis. This test provides a more comprehensive risk assessment for cardiovascular diseases such as heart attack and stroke when compared to measuring LDL cholesterol alone. Monitoring non HDL levels can help guide lifestyle changes and medical treatment to improve heart health and prevent complications. It's especially useful for individuals with high triglyceride levels or diabetes, where traditional LDL measurements may be less effective.

188.3 mg/dl

Borderline



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Plasma Glucose Fasting

A blood test measuring glucose levels after at least 8 hours of fasting, used to assess and diagnose diabetes or prediabetes.

Your Plasma Glucose Fasting is **High**

Your Plasma Glucose Fasting is in the **High** range. The range of Plasma Glucose Fasting is generally between 70.0 and 110.0. Please check and monitor your vitals regularly to stay healthy.

Why is Plasma Glucose Fasting is important to me?

The Plasma Glucose Fasting test is crucial for diagnosing diabetes and assessing the risk of developing diabetes-related complications such as heart disease, nerve damage, or kidney failure. Accurate measurement of fasting glucose levels helps in identifying insulin resistance or beta-cell dysfunction early, facilitating timely intervention and lifestyle adjustments. Regular monitoring through this test aids in preventing conditions like Type 2 diabetes or managing existing ones, contributing to improved long-term health outcomes and reducing healthcare costs associated with untreated diabetes.

162.1 mg/dl**High**

Serum Creatinine

Serum Creatinine measures the level of creatinine in the blood, indicating kidney function.

Your Serum Creatinine is **Normal**

Your Serum Creatinine is in the **Normal** range. The range of Serum Creatinine is generally between 0.6 and 1.1. Please check and monitor your vitals regularly to stay healthy.

Why is Serum Creatinine is important to me?

Serum creatinine is a critical indicator of renal health. The kidneys filter creatinine, a waste product of muscle metabolism, from the blood. Elevated levels can signify impaired kidney function or disease, necessitating further examination. Monitoring serum creatinine aids in diagnosing conditions such as chronic kidney disease and acute kidney injuries. It helps in assessing the progression of kidney function, guiding treatment plans, and evaluating the impact of medications on renal performance. Regular testing can prevent complications by enabling early intervention and management.

0.8 mg/dl**Normal**

Gamma-glutamyl transferase (GGT)

Gamma-glutamyl transferase (GGT) test measures enzyme levels in the blood, aiding in diagnosing liver diseases and bile duct abnormalities.

Your GGT is **High**

Your GGT is in the **High** range. The range of GGT is generally between 4.0 and 55.0. Please check and monitor your vitals regularly to stay healthy.

Why is GGT is important to me?

The GGT test is crucial for diagnosing and monitoring liver health. Elevated GGT levels often indicate liver damage, bile duct problems, or excessive alcohol use. It helps differentiate the cause of liver disease when used alongside other tests, like ALP, to determine if elevated levels are liver or bone-related. GGT is also useful in monitoring the progression of liver diseases and the effectiveness of treatments, providing essential insights into overall liver function and helping guide healthcare decisions.

70.7 mg/dl**High**

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Interdependencies

Plasma Glucose Fasting (High) & Triglycerides (High) → Metabolic Syndrome & Cardiovascular Risk



- Elevated blood sugar and triglycerides are strongly linked to insulin resistance, which increases the risk of diabetes, obesity, and hypertension.
- High triglycerides can contribute to fatty liver disease and atherosclerosis, further increasing the likelihood of heart attacks and strokes.
- Action: Control blood sugar through diet, exercise, and potential medical intervention to improve lipid metabolism.

Plasma Glucose (High) & Immune System (Neutrophils, TLC) → Impaired Immunity & Infections



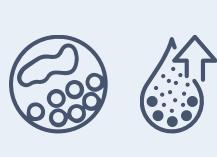
- While the neutrophil count and TLC are currently normal, chronic hyperglycemia reduces neutrophil function, making the body more susceptible to infections.
- High blood sugar creates a favorable environment for bacterial and fungal infections (e.g., urinary tract infections, slow wound healing).
- Action: Monitor blood sugar levels regularly and ensure proper glycemic control to maintain a strong immune response.

Plasma Glucose & RBC/Haemoglobin (Hb) → Risk of Anemia & Oxygen Transport Issues



- Chronic high glucose can lead to glycated hemoglobin (HbA1c), which affects oxygen transport efficiency in the blood.
- Over time, diabetes can cause kidney damage, reducing erythropoietin (EPO) production, leading to diabetes-induced anemia.
- Action: Periodically check HbA1c and kidney function (creatinine, eGFR) to detect early signs of complications.

Triglycerides & Cholesterol → Increased Risk of Atherosclerosis & Stroke



- Although total cholesterol is borderline high, the high triglyceride levels further worsen lipid metabolism, increasing the risk of plaque buildup in arteries (atherosclerosis).
- Elevated triglycerides also contribute to pancreatitis, which can have severe complications.
- Action: Reduce saturated fats, increase fiber intake, and engage in physical activity to lower lipid levels.

Triglycerides & Platelet Function → Clotting Disorders & Cardiovascular Events



- High triglycerides can cause platelet hyperactivity, increasing the risk of blood clots, heart attacks, and strokes.
- Even though platelet count is normal, excessive triglycerides may lead to an increased tendency for thrombosis (abnormal clot formation).
- Action: Consider omega-3 fatty acids (fish oil), aspirin (if prescribed by a doctor), and lifestyle modifications to prevent clotting issues.

Glucose & Lipid Profile on Overall Cardiovascular Health → Long-Term Cardiac Risk



- Combined high glucose and dyslipidemia significantly raise the risk of coronary artery disease (CAD) and hypertension.
- Poor lipid and glucose control over time can cause chronic inflammation and vascular damage, increasing the likelihood of heart failure.
- Action: Regular cardiac check-ups (ECG, lipid profile, BP monitoring) are essential to detect early heart disease signs.

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Concerns

High Plasma Glucose Fasting (162.1 mg/dL) → Risk of Diabetes & Organ Damage

- Concern:** Your fasting glucose is above the normal range (70-99 mg/dL) and falls into the diabetic range (>126 mg/dL).
- Potential Impact:**
 - Pre-Diabetes/Diabetes Development → If unmanaged, this will likely progress to Type 2 Diabetes.
 - Nerve Damage (Neuropathy) → Prolonged high glucose can damage nerves, leading to numbness, tingling, and foot ulcers.
 - Kidney Disease (Nephropathy) → High glucose can strain the kidneys, increasing the risk of chronic kidney disease (CKD).
 - Eye Disease (Retinopathy) → Uncontrolled glucose may cause diabetic retinopathy, leading to vision loss.
 - Heart Disease & Stroke → High glucose damages arteries, increasing the risk of heart attacks and strokes.
- Action Required:**
 - ✓ HbA1c Test → Measures average blood glucose over 3 months (target: <5.7%).
 - ✓ Lifestyle Changes → Reduce sugar, processed carbs, and increase fiber intake.
 - ✓ Medication (If Needed) → Consult a doctor for anti-diabetic medication (Metformin).
 - ✓ Regular Monitoring → Check fasting glucose levels weekly.

High Triglycerides (353.5 mg/dL) → Increased Risk of Heart Disease & Pancreatitis

- Concern:** Your triglyceride level is more than double the normal limit (<150 mg/dL), falling into the very high-risk category.
- Potential Impact:**
 - Cardiovascular Disease → High triglycerides contribute to plaque formation in arteries, increasing the risk of heart attack & stroke.
 - Acute Pancreatitis → Extremely high triglycerides can cause inflammation of the pancreas, leading to severe abdominal pain and hospitalization.
 - Fatty Liver Disease → High triglycerides accumulate in the liver, leading to non-alcoholic fatty liver disease (NAFLD).
- Action Required:**
 - ✓ Lipid Panel Breakdown (LDL, HDL, VLDL, ApoB) → Determine specific risk factors.
 - ✓ Dietary Changes → Reduce sugar, processed foods, fried foods, and alcohol.
 - ✓ Increase Omega-3 & Fiber → Fish oil, flaxseeds, chia seeds, and green leafy vegetables.
 - ✓ Exercise → At least 30 minutes of brisk walking daily.

High Total Cholesterol (232.5 mg/dL) → Risk of Atherosclerosis & Hypertension

- Concern:** Total cholesterol is slightly elevated (normal: <200 mg/dL), but when combined with high triglycerides, it significantly raises heart disease risk.
- Potential Impact:**
 - Atherosclerosis (Hardening of Arteries) → Increases blood pressure and risk of stroke.
 - Reduced HDL (Good Cholesterol) → Poor lipid profile balance can reduce HDL, which protects against plaque buildup.
- Action Required:**
 - ✓ Lipid Panel Test (LDL, HDL, VLDL, Non-HDL Cholesterol).
 - ✓ Increase HDL with Healthy Fats → Olive oil, nuts, avocados.
 - ✓ Reduce LDL & VLDL → Avoid fried foods, processed meats, and full-fat dairy.

Glucose & Blood Cells (Neutrophils, RBC, Hemoglobin) → Long-Term Health Risks

- Concern:** Your blood cell counts are normal, but prolonged high glucose can affect blood health over time.
- Potential Impact:**
 - Increased Risk of Infections → High glucose weakens the immune system, increasing bacterial & fungal infections.
 - Diabetes-Induced Anemia → Kidney damage from high glucose can lower erythropoietin (EPO), leading to low hemoglobin and chronic fatigue.
 - Impaired Oxygen Transport → Glycated hemoglobin (HbA1c) reduces oxygen delivery, increasing the risk of tissue damage and fatigue.
- Action Required:**
 - ✓ HbA1c & Ferritin Test → To assess blood sugar impact on RBCs.
 - ✓ Monitor for Signs of Infection → Frequent infections, slow wound healing.
 - ✓ Increase Iron & B12 Intake → Lean meats, leafy greens, eggs.

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High Triglycerides & Platelet Count → Clotting Disorders & Cardiovascular Events

- Concern:** Platelet count is normal, but high triglycerides can make platelets "stickier," increasing clot formation risk.
- Potential Impact:**
 - Increased Blood Clotting (Thrombosis) → Risk of deep vein thrombosis (DVT), heart attack, and stroke.
 - High Blood Viscosity → Thickened blood can increase blood pressure and strain the heart.
- Action Required:**
 - ✓ Clotting Factor Test (D-dimer, PT, INR) → To check coagulation risk.
 - ✓ Increase Anti-Inflammatory Foods → Garlic, turmeric, green tea.
 - ✓ Aspirin Therapy (If Advised by Doctor) → Helps prevent clot formation.

Combined Risk of Glucose & Lipid Imbalance → Silent Cardiovascular Threat

- Critical Concern:** Your results indicate metabolic syndrome, a combination of:
 - High fasting glucose
 - High triglycerides
 - Elevated cholesterol
- Impact:**
 - Increased Risk of Coronary Artery Disease (CAD) → Major cause of heart attacks.
 - Higher Stroke Risk → Due to arterial plaque buildup.
 - Silent Hypertension → Often linked with metabolic syndrome.
- Action Required:**
 - ✓ Blood Pressure Monitoring → Check BP regularly.
 - ✓ Cardiac Screening (ECG, Echo, Stress Test) → To assess heart health.
 - ✓ Weight Management → Aim for a healthy BMI through diet & exercise.

Next Steps to Prioritize Your Health

- Get follow-up tests (HbA1c, Lipid Panel, Clotting Profile).
- Modify diet (low sugar, low saturated fats, more fiber & omega-3s).
- Exercise daily (30-45 minutes of brisk walking, resistance training).
- Monitor BP, glucose, and triglycerides every few weeks.
- Consult a doctor for possible medications if lifestyle changes are insufficient.