

# Comprehensive Assessment & Rehabilitative Evaluation



www.nebergdiagnostics.com

XXXXX XXX  
Sex | Age

XXXXXX  
MRN

xx/xx/xx  
Report Date

**Congratulations!** We are happy to see you taking charge of your health! As per your results, you are doing well in the following criteria:

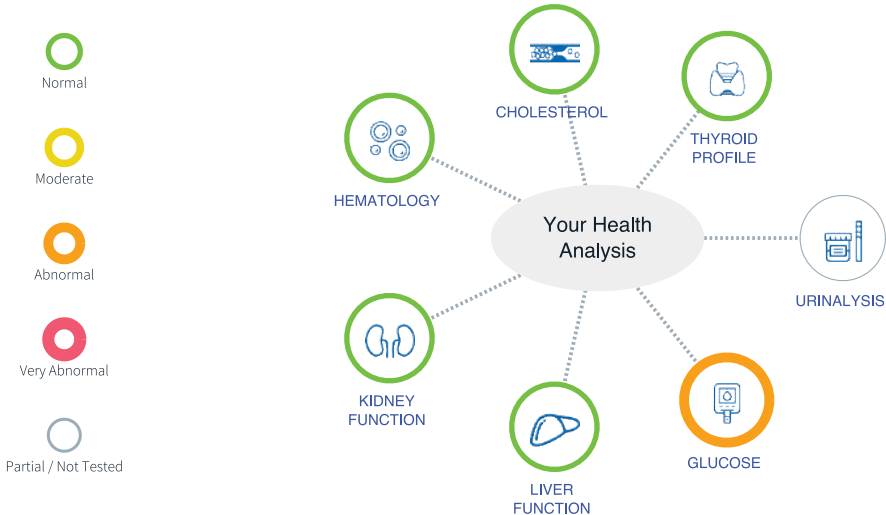


- Thyroid function test is normal
- Blood calcium seems normal
- Kidney functions have tested normal
- You have normal quantity of red blood cells

**Kindly note,** the test results below seem abnormal and need your attention



- You will have to work on blood sugars



# Test Summary

NAME  
SEX | AGE  
DIGITS MRN

## Glucose



TEST NAME	RESULT	UNIT	RANGE	LEVEL
Fasting Glucose	126	mg/dL	70-110	
HbA1C	7.4	%	<= 5.6	

## Liver Function



TEST NAME	RESULT	UNIT	RANGE	LEVEL
Alk. Phosphatase	77	U/L	35-105	
Total Bilirubin	0.3	mg/dL	< 1.4	
SGPT (ALT)	22	U/L	<= 33	

## Kidney Function



TEST NAME	RESULT	UNIT	RANGE	LEVEL
Calcium	9.7	mg/dL	8.2-10.2	
Creatinine	0.6	mg/dL	0.5-1.2	

## Hematology



TEST NAME	RESULT	UNIT	RANGE	LEVEL
Leucocyte	9.5	thou/uL	4.0-11.0	
Lymphocytes	45	%	20-45	
Monocytes	5	%	2.0-10.0	
Eosinophils	1	%	1.0-6.0	
Abs. Neutrophil	49	-	-	
RBC Count	4.4	mil/uL	3.8-5.8	
Hemoglobin	12.2	g/dL	11.5-16.5	
PCV	39	%	37-47	
MCV	86	fL	76-96	
MCH	27	pg	27-32	
MCHC	32	g/dL	30-35	
RCDW-CV	17	%	12.1-16.2	
MPV	9.7	fL	7.4-11.4	
Platelet Count	233	thou/uL	150-400	
ESR	15	-	-	

## Cholesterol



TEST NAME	RESULT	UNIT	RANGE	LEVEL
Total Cholesterol	125	mg/dL	< 200	
HDL	47	mg/dL	40-60	
LDL	55	mg/dL	< 100	
Triglycerides	113	mg/dL	< 150	
Tot. Choles/HDL	2.6	-	3.5-5.0	
VLDL	23	mg/dL	< 40	

## Thyroid Profile



TEST NAME	RESULT	UNIT	RANGE	LEVEL
TSH	1	uIU/mL	0.4-4.5	

## Vitamins

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Vitamin D3	19.8	-	-	

## Urinalysis

TEST NAME	RESULT	UNIT	LEVEL
Urine RBC	1 - 2/HPPF	-	
Reaction	6.5	-	
Specific Gravity	1.015	-	
Urinary Glucose	NIL	-	
Urine Ketone	NEGATIVE	-	
Urinary Protein	TRACE	-	
Urobilinogen	0.2	-	
Leucocyte esterase	NEGATIVE	-	
Casts	NIL	-	
Crystals	NIL	-	
Epithelial Cell	20 - 25/HPPF	-	
Color	PALE YELLOW	-	
Clarity	TURBID	-	
Urine Blood	NEGATIVE	-	
Bile Salt	ABSENT	-	
Bile Pigment	NEGATIVE	-	

# Dos & Dont's For Your Diet

NAME

SEX | AGE

DIGITS

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## 1. Fruits and Vegetables

- ✓ Have 4-5 servings of fruits and vegetables daily
- ✗ Avoid starchy vegetables like potato, sweet potato, arbi and fruits like mango, chiku, banana, and butterfruit. Avoid fruit juices
- ✗



## 2. Cereals

- ✓ Consume millets like ragi, jowar, bajra, etc
- ✓ Have high fiber cereals like brown rice, red rice, whole wheat, oats, quinoa etc.
- ✗ Avoid using refined cereals like maida, corn flour, white rice, etc.

## 3. Pulses

- ✓ Consume dal with husk (skin)
- ✓ Consume rajma, green mung
- ✓ Have chickpeas(black chana, kabuli chana, green chana)



## 4. Dairy

- ✓ Have skimmed or low fat milk and its products

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## 5. Nuts and Seeds

- ✓ In between meals, have whole nuts like almonds, walnuts, groundnuts, etc. in small quantities.
- ✓ Add flaxseeds or chia/sabza seeds (high in omega 3 fatty acids) to your cereals, salads, yogurt, dal.
- ✗ Avoid dry fruits high in sugars like raisins, dates, anjeer, apricots, etc.



## 6. Oils and Fats

- ✓ Consume only 1-2 teaspoons of oil in a day. Some of the good oils are olive, rice bran, canola, ground nut. Use these oils in rotation rather than sticking to one
- ✓ It is better to use cold pressed oils
- ✗ Avoid fried foods

## 7. Meats (if you are a non-vegetarian)

- ✗ Avoid red meat (mutton, lamb, beef, pork, etc.)



## 8. Others

- ✓ Have meals at regular intervals ideally every 2 hours. Do not fast or feast
- ✗ Avoid sweets (they are high in fats and sugar)
- ✗ Avoid processed food

# A Few Pointers You Should Keep In Mind

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## 1. Medical Advice

In view of the reports, please consult:

DOCTOR	CONDITION
Physician	High sugars

## 2. Other Advice

- Regularly follow up with your doctor as controlling sugars is an ongoing process
- Consume anti diabetic medications if your doctor advises and avoid gaining weight, eating sweets and limit stress

## 3. Follow Ups

Your doctor knows best- please seek his/her advice for the follow up tests.  
Use coupon code FOLL10 to get 10% discount on these tests.

After 3 months

- HbA1c
- FBS & PPBS

Date of Test: 24/05/2019



Coupon valid only within the duration indicated here

## 4. Additional Tests

Your doctor knows best- please seek his/her advice regarding the following additional tests.

Use coupon code ADDL10 to get 10% discount on these tests.

- Urine Albumin Creatinine Ratio

Date of Test: 24/05/2019



Valid for 15 days from date of test

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EXTRA  
SLEEP TODAY



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