



-DNAHakim® Metabolic Intelligence Report

Patient Profile

Naam: 

Umr: 38 Saal

Weight: 80 kg

Waist (Pet): 104 cm

Blood Pressure: 135/90 mmHg

Known Finding:

- Grade I Fatty Liver

Family History:

- Father ko Diabetes hai
- Dono Parents ko Blood Pressure ki Problem hai
- Family mein Fatty Liver ka History hai

Health Goals:

- Blood Pressure Control
- Fatty Liver Improve Karna
- Stress Kam Karna

AAPKI REPORT MEIN KYA ACHHA HAI?

Sugar Control

Aapke blood sugar markers filhal theek hain.

- Fasting Sugar: 78 mg/dL
- HbA1c: 5.6%
- Fasting Insulin: 8.47 μ IU/mL

Kidney Health

Kidney function normal hai.

- Creatinine: 0.91 mg/dL
- eGFR: 112.7
- Urine ACR: 7.95 mg/g

Thyroid Function

Thyroid markers normal range mein hain.

- TSH: 1.8
- FT3: 4.15
- FT4: 1.11

Lipoprotein(a)

Heart risk se juda yeh marker favorable range mein hai.

- Lp(a): 17.45 mg/dL

KIN CHEEZON PAR DHYAN DENE KI ZAROORAT HAI?

Pet Ki Charbi (Central Obesity)

- Waist Circumference: 104 cm

Pet ke aas-paas charbi jama hona metabolic health ke liye ek important risk factor mana jata hai.

Fatty Liver

- Grade I Fatty Liver

Liver Markers Bade Hue Hain

- ALT: 106 U/L
- AST: 57 U/L
- GGT: 100 U/L

Yeh markers dikhte hain ki liver ko extra metabolic stress ka samna karna pad raha hai.

Vitamin B12 Kam Hai

- Vitamin B12: 172 pg/mL

Homocysteine High Hai

- Homocysteine: 19.67 μ mol/L

Body Inflammation Marker

- hsCRP: 3.2 mg/L

Blood Pressure

- 135/90 mmHg

Yeh ideal range se upar hai aur regular monitoring ki zaroorat hai.

AUDIT SUMMARY

Is audit ke mutabiq sabse important findings hain:

- Pet ki charbi zyada hai (Waist 104 cm)
- Fatty Liver maujood hai

- Liver enzymes pehle se badhe hue hain
- Vitamin B12 kam hai
- Homocysteine high hai
- Blood Pressure ideal range se upar hai
- hsCRP mildly elevated hai

Saath hi kuch positive findings bhi hain:

- Blood sugar control filhal theek hai
- Kidney function normal hai
- Thyroid function normal hai
- Lipoprotein(a) favorable range mein hai

Overall Impression

Is report mein sabse important concern diabetes nahi hai.

Sabse bada focus:

- Pet ki charbi (abdominal fat)
- Fatty Liver
- Liver health

Aapke kuch metabolic markers improve hue hain, lekin liver-related markers worsen hue hain. Isliye aage ka focus waist reduction, liver health aur regular metabolic monitoring par hona chahiye.

AAGE KIN CHEEZON KO TRACK KARNA HAI?

- Weight
- Waist Circumference
- Blood Pressure
- Liver Function Tests

- Vitamin B12
- Homocysteine
- Lipid Profile
- hsCRP