

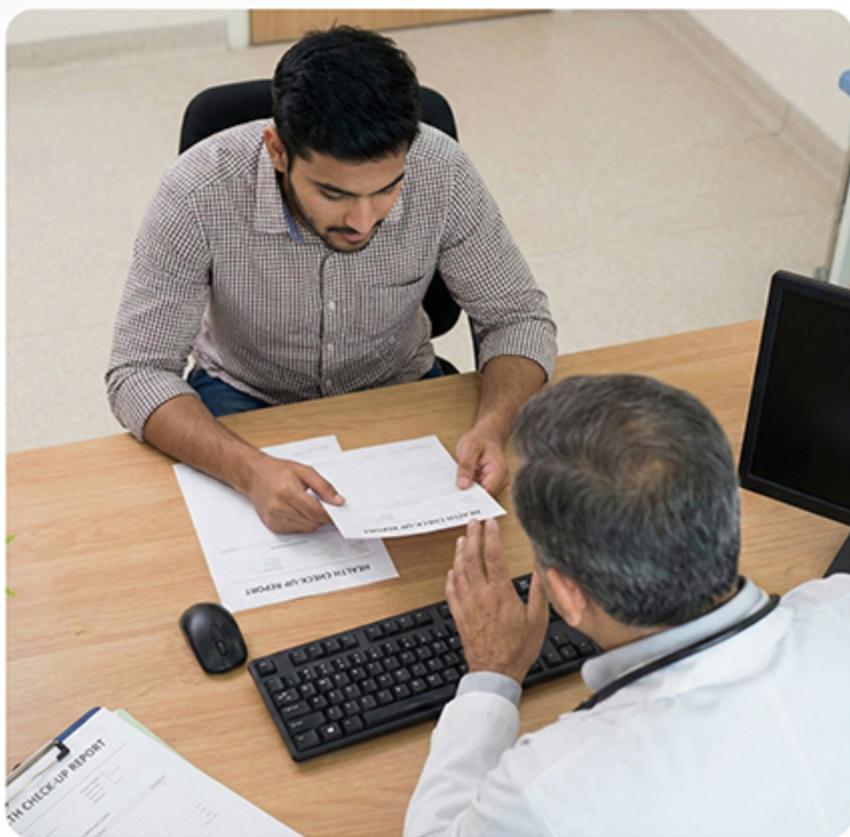
## UNDERSTANDING YOUR HEALTH CHECKUP REPORTS

**The importance of regular health checkups is clear to everyone.** But it is a fact that you tend to feel confused or anxious when you receive your reports. This is because you cannot understand the test results. This prevents you from taking informed decisions about your health, identify risks early and adopt preventive care before problems become serious.

Most health checkup reports include basic assessments like blood pressure, body mass index (BMI), blood sugar, lipid profile, liver and kidney function tests, complete blood count (CBC), thyroid function and sometimes vitamin levels or cardiac markers. Each parameter usually comes with its “reference range,” which shows the normal or healthy values for most people. If your result is slightly outside this range, it does not always mean disease. At times diet, stress, dehydration, medications or recent illness can temporarily affect readings. However, if abnormal values are consistent, they require medical evaluation.

Blood sugar levels in the fasting and post-meal state indicate your risk of diabetes or prediabetes and help monitor control if you already have it. Lipid profile values such as total cholesterol, LDL (“bad” cholesterol), HDL (“good” cholesterol) and triglycerides reflect heart health. High LDL and triglycerides may increase cardiovascular risk and call for lifestyle modifications or treatment. Liver and kidney function tests indicate how well these vital organs are working, while CBC helps detect infections, anaemia or immunity-related concerns.

However please keep certain things in mind. It is important not to panic or self-diagnose after



reading your report. Instead, consult your doctor to interpret what each value truly means for your age, health condition and lifestyle. Doctors may correlate results with symptoms, medical history and physical examination before suggesting treatment, lifestyle changes or further tests.

Equally important is what you do after receiving your report. If your values are normal, maintain healthy habits like balanced nutrition, regular exercise, adequate sleep and stress control. If some parameters are borderline or abnormal, follow medical advice, take medicines if prescribed and schedule repeat testing as recommended.

**Health check-up reports are your biggest weapon against disease. Understanding them is a powerful step towards proactive healthcare. Indeed, your report is a valuable guide to maintaining long-term well-being, preventing disease and living a healthier, more confident life.**