

Know your Health Parameters

NOTE: The below mentioned parameters are just a guide-
kindly consult your doctor for further evaluation.

- Blood Pressure <135/85
- Blood Sugar
 - Fasting: 80-110 mg/dl
 - 2 Hour after meal (Post Prandial): 130-160 mg/dl
- Glycosylated Hb (HbA₁C):
 - Non Diabetic: 4-6%
 - Controlled Diabetic: <7%
- Blood Cholesterol
 - Total Cholesterol: <200 mg/dl
 - LDL Cholesterol <100 mg/dl
 - HDL Cholesterol: >40 mg/dl
 - Triglyceride: <150 mg/dl
- SGPT: 30-65 U/L
- Blood Urea Nitrogen: 6-20 mg/dl
- Serum Creatinine: 0.8-1.3 mg/dl
- Haemoglobin:
 - Male: 13-17 g/dl
 - Female: 12-15 g/dl