

Lab Result Analysis

CLINICAL CHEMISTRY · ASIRI LABORATORIES · Confidential

PATIENT

[REDACTED]

AGE

32 years

SAMPLE DATE

2026-05-09

UHID

[REDACTED]

DEPARTMENT

Clinical Chemistry

REFERRED BY

[REDACTED]

⚠ Important notice: This interpretation is for educational purposes only and does not replace a consultation with a licensed healthcare provider. Always discuss your results with your doctor.

EXECUTIVE SUMMARY

Your Health Overview

↑ 1 HIGH

This report details your clinical chemistry results. A normal range indicates healthy levels. An abnormal result, such as your elevated fasting plasma glucose, means your levels are outside the healthy range and may require attention. Your current fasting glucose result is in the prediabetes range, which signifies higher than normal blood sugar and warrants further investigation and management.

TEST RESULT — FLAGGED

Abnormal Findings

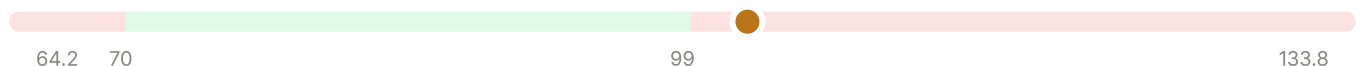
FBS · FASTING PLASMA GLUCOSE (FBS)

Glucose is the main sugar in your blood and is your body's primary energy source. A Fasting Plasma Glucose (FBS) test measures your blood sugar levels after an overnight fast to check for diabetes or prediabetes.

Your fasting plasma glucose level of 102.4 mg/dL is elevated and falls within the prediabetes range. This indicates that your blood sugar levels are higher than normal, increasing your risk for developing type 2 diabetes. Given this finding, close monitoring and lifestyle interventions are recommended. Your clinical team is aware of this result and will guide you on the next steps.

102.4
mg/dL

↑ HIGH · Prediabetes



64.2 70

99

133.8

✓ Normal · 70-99 mg/dL

↑ High · >99 mg/dL

📌 Your result: 102.4 mg/dL

INTERPRETATION

What This Means for You



Your Fasting Plasma Glucose (FBS) is Elevated

Your Fasting Plasma Glucose (FBS) result of 102.4 mg/dL is elevated and falls within the prediabetes range. This indicates that your blood sugar levels are higher than normal.



Prediabetes is Reversible

Prediabetes is often reversible through lifestyle changes. By adopting healthy habits, you can significantly reduce your risk of developing type 2 diabetes.



Risk of Type 2 Diabetes

If unaddressed, prediabetes can progress to type 2 diabetes, which increases the risk of serious health complications like heart disease, stroke, kidney disease, and nerve damage.



Numbers at a Glance

Your FBS result is 102.4 mg/dL. The normal range is 70-99 mg/dL. Results between 100-125 mg/dL indicate prediabetes, and results above 126 mg/dL indicate high fasting glucose.

LIFESTYLE GUIDANCE

Action Plan

Healthy Eating Habits

Focus on a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Limit sugary drinks, processed foods, and unhealthy fats. Consider consulting a dietitian for personalized meal plans.

Regular Physical Activity

Aim for at least 150 minutes of moderate-intensity aerobic exercise per week, such as brisk walking, swimming, or cycling. Include strength training exercises two or more days a week.

Maintain a Healthy Weight

Losing even a small amount of weight can significantly improve blood sugar levels and reduce the risk of type 2 diabetes. Work towards achieving and maintaining a healthy body weight.

Monitor Blood Sugar

Your doctor may recommend regular blood sugar monitoring to track your progress and adjust your management plan as needed.

NEXT STEP

Speak with Your Doctor



Your Fasting Plasma Glucose result is in the prediabetes range. It is important to discuss this result with your referring doctor, [REDACTED] understand what it means for your health and to develop a personalized management plan. You should ask about follow-up blood sugar tests, such as an HbA1c test, and discuss lifestyle changes to manage your blood sugar levels and reduce your risk of developing type 2 diabetes. Do not self-medicate or make changes to any medication without medical advice.