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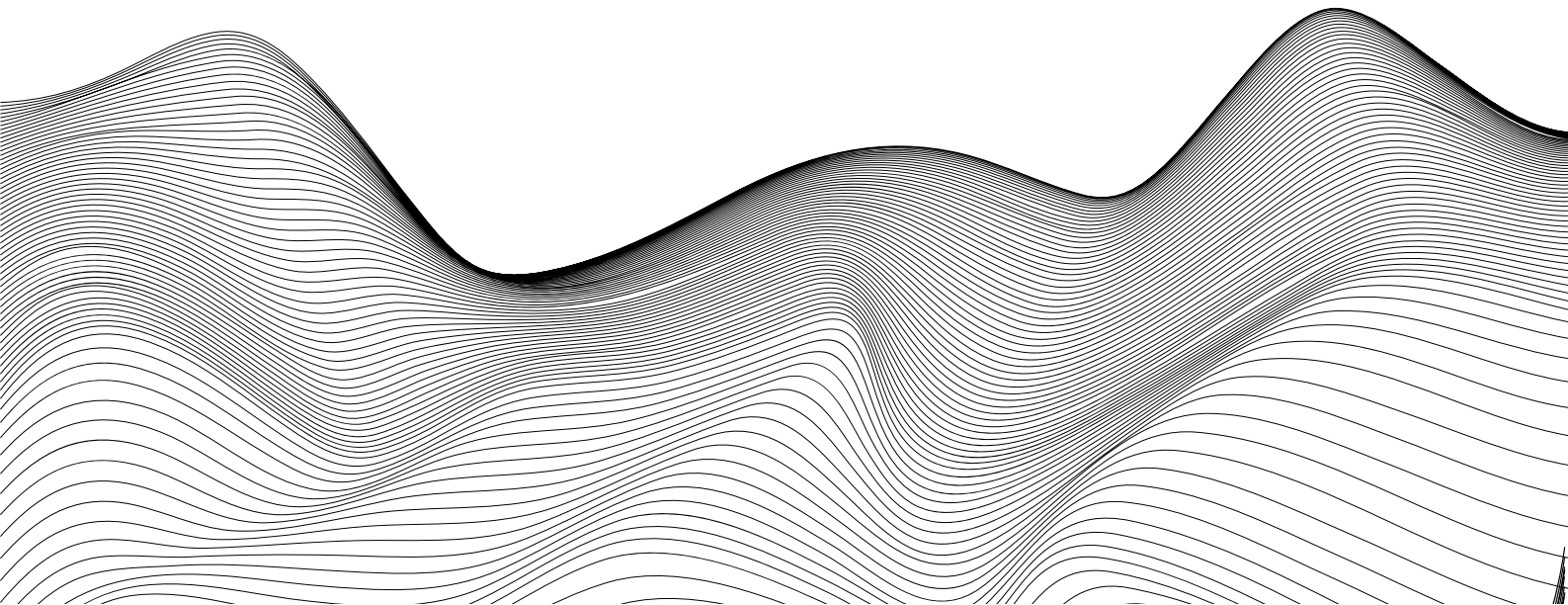
P E R S O N A L I Z E D  
P A T I E N T  
R E P O R T

BLOOD TEST INSIGHTS

**NAME:** PATIENT ABC

**AGE:** 79

**GENDER:** MALE





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# MEDICAL INSIGHTS



# SUMMARY: HEALTH INSIGHTS

**NAME:** PATIENT ABC

**AGE:** 79

**GENDER:** MALE

## Blood Results & Analysis

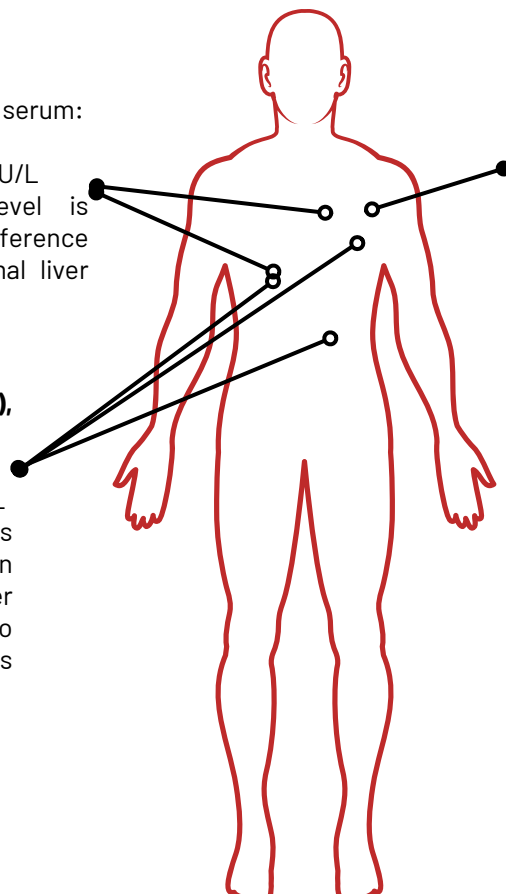
Patient ABC's recent medical results are positive, with optimal LDL cholesterol levels and normal liver function (ALT). The slightly elevated AST level should be monitored, and further evaluation may be needed to determine the cause. To maintain his health, he should continue his healthy dietary practices, exercise routine, and lifestyle habits while staying proactive with regular medical check-ups and screenings as recommended by his healthcare provider.

### Liver Function:

- Alanine Transaminase (ALT), serum:
  - Result: 22 U/L
  - Reference Range: 10-55 U/L
  - Interpretation: ALT level is within the normal reference range, suggesting normal liver function.

### Aspartate Transaminase (AST), serum:

- Result: 25 U/L
- Reference Range: 10-45 U/L
- Interpretation: AST level is slightly elevated but within the reference range. Further evaluation may be needed to determine the cause of this elevation.



### Cholesterol LDL, Direct, serum:

- Result: 0.83 mmol/L
- Interpretation: LDL cholesterol is optimal, indicating a low risk of cardiovascular disease.



# Medical Insights: 1

## **Cholesterol LDL, Direct, serum:**

- Result: 0.83 mmol/L
- Interpretation: LDL cholesterol is optimal, indicating a low risk of cardiovascular disease.

The optimal LDL cholesterol level (Result: 0.83 mmol/L) suggests a low risk of cardiovascular disease. Several factors can contribute to achieving such healthy LDL cholesterol levels, and the top five ways that likely contributed to these results include:

### **1. Dietary Habits:**

- A balanced diet that includes a high intake of fruits, vegetables, whole grains, and lean proteins can help lower LDL cholesterol levels.
- A reduction in saturated and trans fats, often found in fried foods and processed snacks, can contribute to lower LDL cholesterol.

### **2. Physical Activity:**

- Regular physical activity, such as aerobic exercises like walking or cycling, can help improve the balance of LDL cholesterol in the bloodstream.
- Exercise also contributes to weight management, which can positively affect cholesterol levels.

### **3. Lifestyle Choices:**

- Avoidance of smoking and tobacco products, which can lower HDL ("good") cholesterol and raise LDL cholesterol, contributes to overall heart health.
- Limiting alcohol intake to moderate levels or abstaining, as needed, to prevent any adverse effects on cholesterol.

### **4. Medication and Medical Management:**

- Compliance with prescribed medications (if any) for cholesterol management can contribute to optimal LDL levels.
- Regular medical check-ups and discussions with healthcare providers about cholesterol management and risk factors.

### **5. Genetics and Individual Factors:**

- Genetics can play a role in cholesterol levels. Some individuals naturally have lower LDL cholesterol levels due to their genetic makeup.
- Age can also affect cholesterol levels, with older individuals sometimes experiencing lower LDL cholesterol.



# Medical Insights: 2

## Liver Function:

- Alanine Transaminase (ALT), serum:
  - Result: 22 U/L
  - Reference Range: 10-55 U/L
  - Interpretation: ALT level is within the normal reference range, suggesting normal liver function.

The Alanine Transaminase (ALT) level being within the normal reference range (Result: 22 U/L, Reference Range: 10-55 U/L) suggests that there are no significant issues with liver function. Several factors can influence ALT levels, and when the result falls within the normal range, it indicates that the liver is likely functioning as it should. Here are some possible reasons why ALT levels can be within the normal range:

1. **Healthy Liver Function:** Normal ALT levels are a sign of a healthy liver. The liver is responsible for producing ALT, and when it functions properly, ALT is released into the bloodstream in limited amounts.
2. **Absence of Liver Disease:** ALT levels can rise significantly in the presence of liver diseases such as hepatitis, fatty liver disease, or cirrhosis. When ALT is within the normal range, it suggests the absence or early stages of these conditions.
3. **Medications:** Certain medications, including over-the-counter pain relievers like acetaminophen, can cause temporary increases in ALT levels. When these medications are used as directed and in moderation, ALT levels typically return to normal once the medication is discontinued.
4. **Muscle Health:** ALT is also found in small amounts in muscles. Intense physical activity or muscle injuries can lead to temporary increases in ALT levels. However, these elevations are usually modest and return to normal as the muscles heal.
5. **Overall Health:** General overall health and lifestyle factors can influence ALT levels. Maintaining a balanced diet, regular exercise, and a healthy lifestyle can contribute to normal liver function.



# Medical Insights: 3

## Aspartate Transaminase (AST), serum:

- Result: 25 U/L
- Reference Range: 10-45 U/L
- Interpretation: AST level is slightly elevated but within the reference range. Further evaluation may be needed to determine the cause of this elevation.

When AST levels are slightly elevated but still within the reference range (Result: 25 U/L, Reference Range: 10-45 U/L), it can indicate several potential factors or causes. Here are the top five ways that might have contributed to these results:

- 1. Liver Health:** AST is an enzyme primarily found in the liver, and mild elevations in AST can sometimes be associated with liver conditions. Possible causes include:
  - Non-alcoholic fatty liver disease (NAFLD).
  - Mild liver inflammation.
  - Medications or drugs that affect liver function.
- 2. Muscle Damage:** AST is also found in muscles, and muscle injury or strenuous exercise can lead to temporary increases in AST levels. This is more likely if there has been recent physical activity or muscle strain.
- 3. Cardiovascular Health:** Mild elevations in AST can be related to heart conditions or events, such as a recent heart attack or congestive heart failure. However, in such cases, other cardiac enzymes like troponin are typically evaluated as well.
- 4. Medications and Supplements:** Some medications and supplements can affect liver function and lead to elevated AST levels. This can include certain pain relievers, statins (cholesterol-lowering drugs), or herbal supplements.
- 5. Alcohol Consumption:** Chronic or heavy alcohol consumption can cause liver damage and lead to elevated AST levels. However, the patient in question follows Muslim dietary restrictions that exclude alcohol, so this is less likely to be a contributing factor.

Further evaluation may be needed to determine the exact cause of the elevation, which may include additional blood tests, imaging studies, or consultation with a specialist, if necessary. It's essential to work closely with a healthcare provider to identify and address the underlying cause.



# Medication Types

To treat elevated LDL cholesterol (0.83 mmol/L), statin medications like atorvastatin or simvastatin are commonly prescribed. However, for normal liver function (ALT: 22 U/L, AST: 25 U/L), no specific medications are needed. Medication choices should be determined by a healthcare provider based on individual health and risk factors.

The medication used to treat elevated LDL cholesterol levels (Cholesterol LDL, Direct, serum: 0.83 mmol/L) primarily falls into a class of drugs known as "statins." Statins are the most commonly prescribed medications for managing high LDL cholesterol levels. They work by reducing the production of cholesterol in the liver and increasing the liver's ability to remove LDL cholesterol from the bloodstream. Some common statin medications include:

1. **Atorvastatin (Lipitor):** This is one of the most commonly prescribed statins and is used to lower LDL cholesterol levels.
2. **Simvastatin (Zocor):** Another widely used statin medication that helps reduce LDL cholesterol.
3. **Rosuvastatin (Crestor):** This statin is known for its potent LDL cholesterol-lowering effects.
4. **Pravastatin (Pravachol):** This statin may be prescribed to lower LDL cholesterol and reduce the risk of cardiovascular events.

The choice of statin and dosage will depend on the patient's specific cholesterol levels, risk factors, and any potential side effects or contraindications.

Regarding the liver function tests:

- Alanine Transaminase (ALT) and Aspartate Transaminase (AST) levels within the normal reference range (ALT: 22 U/L, AST: 25 U/L) typically do not require medication for treatment. These tests are primarily used to assess liver function, and normal levels indicate that the liver is functioning properly.

If ALT and AST levels were significantly elevated, it would suggest potential liver damage or disease, and the underlying cause would need to be addressed. However, in this case, since both ALT and AST are within the reference range, medication to specifically treat these liver enzyme levels is not necessary.





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# **POTENTIAL SIDE EFFECTS**



# Potential Side Effects

It's important to note that the vast majority of people who take statins do not experience severe side effects. The benefits of reducing cholesterol levels and lowering the risk of heart disease often outweigh the potential risks. However, individuals should be aware of these possible side effects and discuss any concerns with their healthcare provider. Monitoring for side effects is an essential part of statin therapy, and any unusual symptoms should be promptly reported to a healthcare professional.

## Body-related Side Effects:

1. **Muscle Pain or Weakness:** Statins can cause muscle pain or weakness, known as myopathy or myalgia, which may range from mild discomfort to severe muscle damage.
2. **Liver Abnormalities:** In rare cases, statins can lead to elevated liver enzymes, potentially indicating liver dysfunction.
3. **Digestive Issues:** Some individuals may experience gastrointestinal symptoms such as nausea, diarrhea, or constipation.
4. **Headache:** Headaches are a less common side effect but can occur in some people.
5. **Joint Pain:** Joint pain or arthralgia may be reported by some users.

## Psychological Side Effects:

1. **Mood Changes:** A small number of individuals have reported mood changes while taking statins, including symptoms of depression, irritability, or anxiety.
2. **Memory Issues:** Some users have reported cognitive issues such as memory loss or confusion, although these are relatively rare.



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# RECOMMENDATIONS



# RECOMMENDED STEPS: SUMMARY



## Regular Medical Check-Ups

- Schedule regular check-ups with a healthcare provider to monitor and manage any chronic conditions or emerging health issues.
- Ensure age-appropriate screenings and tests are conducted, including blood pressure checks, cholesterol profiles, diabetes screenings, and cancer screenings.
- Consult with a healthcare provider to update vaccinations and preventive care.



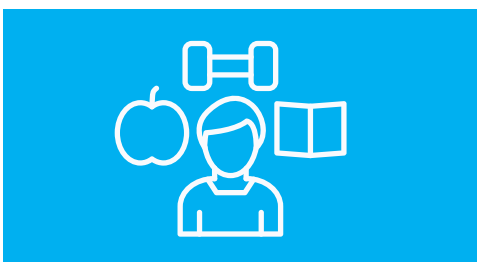
## Nutritious Diet

- Continue to follow a balanced diet that aligns with his Muslim dietary restrictions, excluding alcohol and prohibited foods.
- Prioritize fruits, vegetables, lean proteins (such as fish and poultry), whole grains, and healthy fats (such as olive oil and nuts).
- Maintain portion control to prevent overeating and manage weight.



## Physical Activity

- Engage in regular physical activity to support cardiovascular health and overall well-being.
- Incorporate both cardiovascular exercises (e.g., walking, swimming) and strength training (e.g., with weights or resistance bands).
- Choose activities that are appropriate for his fitness level and take into account any mobility limitations.



## Lifestyle Management

- Prioritize quality sleep by aiming for 7-9 hours of sleep each night.
- Continue stress management techniques, such as meditation, deep breathing, or relaxation exercises, to reduce stress levels.
- Avoid smoking and exposure to secondhand smoke, as it poses significant health risks.
- Abstain from alcohol and any prohibited substances, aligning with his Muslim faith and dietary restrictions.



# RECOMMENDED CLINICS : <10KM RADIUS

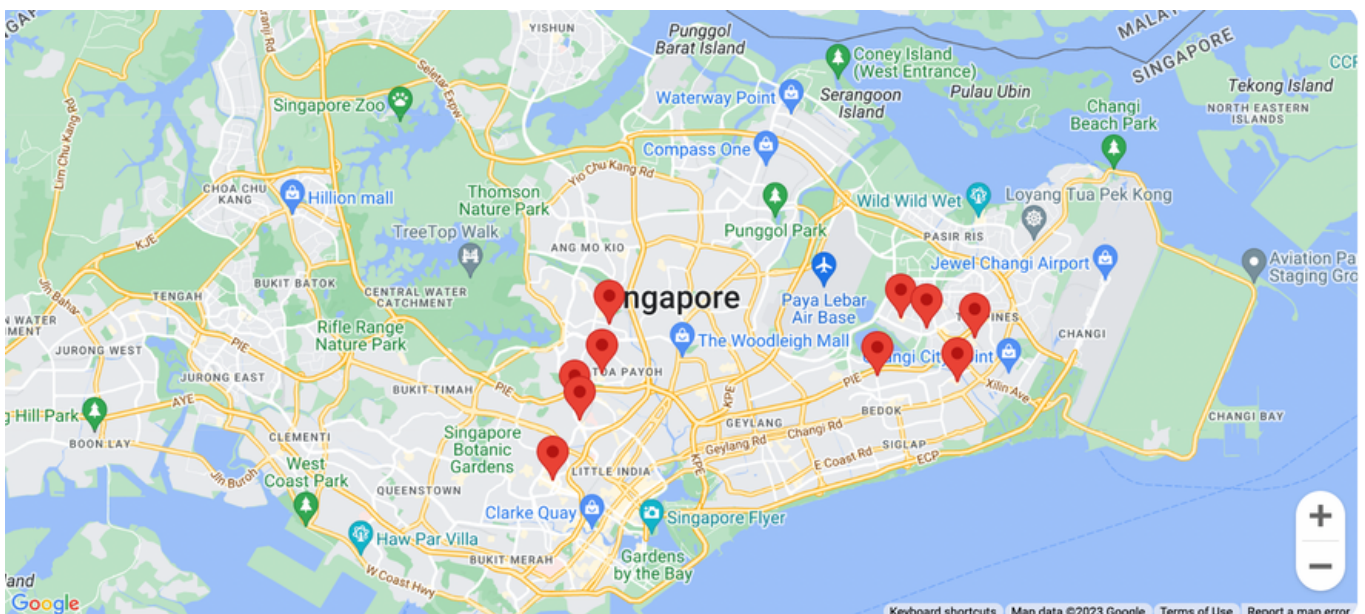
Within a 10km radius from the patient's residence, there are both private and public medical clinics. Private clinics like Paddington Medical Clinic and Little Cross Family Clinic boast high Google ratings of 4.6 and 4.3 stars, respectively, ensuring accessibility and reliability. Public options such as Tampines Street 81 and Unihealth 24-Hr Clinic offer accessible care with ratings of 3.5 and 3.4 stars, respectively. Thomson 24-Hour Family Clinic, with a 3.7-star rating, is another reliable public clinic within reach.

## Private medical clinics:

- Paddington Medical Clinic (<https://maps.google.com/?cid=7678497496364572758>): 4.6 star rating on Google Maps, 2.6 km away. Published doctors: Dr. Tan Kok Hwa.
- Little Cross Family Clinic Pte Ltd (<https://maps.google.com/?cid=15326162075501074312>): 4.3 star rating on Google Maps, 3.1 km away. Published doctors: Dr. Ong Chin Chuan.
- DR+ Medical & Paincare Bishan (Formerly Medihealth Bishan Clinic & Surgery) (<https://www.paincarecenter.com.sg/gp-clinics/drplus-bishan>): 3.9 star rating on Google Maps, 5.4 km away. Published doctors: Dr. Xavier Chia.
- Sunway Medical Centre Singapore (<https://www.sunwaymedicalsingapore.com.sg/>): 4.6 star rating on Google Maps, 8.3 km away. Published doctors: Dr. Tan Seng Hoe.

## Public medical clinics:

- Tampines Street 81, #01-26 Block 824, Singapore 520824 (<http://www.truemedical.sg/>): 3.5 star rating on Google Maps, 3.2 km away. Published doctors: Dr. Ong Eng Kian.
- Unihealth 24-Hr Clinic (<http://www.unihealthclinic.sg/>): 3.4 star rating on Google Maps, 4.6 km away. Published doctors: Dr. Daniel Soong.
- Thomson 24-Hour Family Clinic (<https://www.thomsonmedical.com/service/24hr-family-clinic/>): 3.7 star rating on Google Maps, 5.8 km away. Published doctors: Dr. Tan Keng Hong.





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# **FINANCIAL PLANNING & ESTIMATES**



# Estimated Healthcare Cost

Assuming there are no medical subsidies, these pricing estimates provide a general idea of the monthly costs for these medications in international markets. However, it's important to note that actual prices can vary widely depending on the country, region, and other factors. Additionally, availability of generic versions and local healthcare programs can influence the cost of these medications. Patients should consult with local pharmacies or healthcare providers to obtain accurate pricing information for their specific location and circumstances.

## **Atorvastatin (Lipitor):**

Minimum Range: \$5-\$15 per month

Maximum Range: \$50-\$100 per month

## **Simvastatin (Zocor):**

Minimum Range: \$3-\$10 per month

Maximum Range: \$30-\$70 per month

## **Rosuvastatin (Crestor):**

Minimum Range: \$10-\$30 per month

Maximum Range: \$70-\$150 per month

## **Pravastatin (Pravachol):**

Minimum Range: \$5-\$15 per month

Maximum Range: \$40-\$80 per month



# DISCLAIMER

## IMPORTANT NOTE

The information provided by MedGiver, its AI model, and its partners is intended for general informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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FOR CAREGIVERS

***END OF REPORT***