

Miscellaneous Concerns

Vitamin D Deficiency

Importance of VITAMIN D



Deficiency of Vitamin D is known to cause muscle weakness, Pains, Rickets, Osteoporosis and Osteomalacia. However, recent studies have established that its deficiency may also be associated with diseases of the Brain (Schizophrenia, Depression), Immune System (Type II diabetes, Multiple sclerosis, Rheumatoid arthritis, weakened response to fight tuberculosis, influenza and other diseases), Lungs (Asthma), Circulatory system (High blood pressure, Coronary heart disease, Paralytic Strokes) and Cancer (possibly associated with a variety of cancers, including colon, prostate and ovarian).

Probable Cause: Less exposure to SUNLIGHT due to life style changes & pollution

Vitamin B¹² Deficiency

Importance of VITAMIN B12



Data from recent studies suggest that a large number of adults have low Vitamin B12 levels. Symptoms of deficiency are Tingling in the Fingers and Toes, Pain in the legs, Chronic Fatigue, Forgetfulness, Confusion, Psychosis, Hallucinations, Tremors, Depression, Urinary Incontinence, Weight Loss and Shortness of Breath. These symptoms can also be confused with the normal ageing process and symptoms of other neurological diseases. Vitamin B-12 is mostly available only in animal foods: meat, fish, poultry, eggs, and dairy products. It is missed as most of us are not tested for it.

Probable Cause: Deficiency of Vitamin B12 in Indian diet which is primarily vegetarian.

Fecal Calprotectin

Irritable Bowel Syndrome

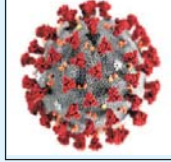


Fecal Calprotectin is a Stool Test for **Diagnosis & Monitoring of Inflammatory Bowel Disease**. Calprotectin is a calcium-binding protein found within neutrophils that influx into the bowel during inflammation. Calprotectin levels may be elevated in patients suffering from **INFLAMMATORY bowel diseases (IBD)** but not in non-inflammatory bowel diseases, e.g. **IRRITABLE bowel syndrome (IBS)**. This test is thus useful to differentiate between IBD & IBS & monitor IBD therapy & detect relapse.

Important: For differentiating between IBD & IBS and to monitor IBD therapy.

COVID Antibody Quantitative Test (Anti SARS-COV-2 S-Protein)

COVID Antibodies



This immunoassay is for the quantitative determination of antibodies (including IgG) to the SARS-CoV-2 spike (S) protein. Upon infection, exposure or vaccination, the host mounts an immune response against the virus, including the production of specific IgG and IgM antibodies against SARS-COV-2. These antibodies appear nearly simultaneously with strong neutralizing capacity directed against the RBD. **POSITIVE** Result indicates exposure, infection or vaccination leading to the body developing immune response. **NEGATIVE** Result DOES NOT entirely rule out the possibility of an infection with SARS-COV-2.

Importance: Becomes Positive 4-6 weeks after COVID 19 infection, vaccination or exposure.

Important :

All laboratory reports should be interpreted by PHYSICIAN/ TREATING PHYSICIAN, only who can integrate the pertinent information, such as age, circadian variation, ethnicity, health history, signs and symptoms and reports of other procedures (laboratory, imaging, endoscopy etc.) to determine health status. Significant Inter-Laboratory variation is observed because of differences in methodology & mode of standardisation. Such variation is more substantial and frequent in immunological tests, which use antibodies that may have different characteristics. We strongly DISCOURAGE SELF INTERPRETATION of LABORATORY report & self-medication.

