



Yash M. Patel

Age : 21 Years

Sex : Male

PID : 555



Sample Collected At:

125, Shivam Bungalow, S G Road,
Mumbai

Ref. By: **Dr. Hiren Shah**



Registered on: 02:31 PM 02 Dec, 2X

Collected on: 03:11 PM 02 Dec, 2X

Reported on: 04:35 PM 02 Dec, 2X

POST PRANDIAL BLOOD SUGAR (PPBS)

Investigation	Result	Reference Value	Unit
GLUCOSE, POST PRANDIAL, 2 HOURS, PLASMA Hexokinase	225.00 Very High	100.00 - 140.00	mg/dL

Interpretation :

Normal results for the two-hour postprandial test based on age are:

- 100 - 140 mg/dL - **Normal PPBS level**
- 140 - 199 mg/dL - **Impaired glucose tolerance (Prediabetes)**
- ≥ 200 mg/dL - **High blood sugar (Diabetes)**

Causes of High Levels :

- Diabetes - A chronic condition characterized by high blood sugar.
- Insulin resistance - Reduced sensitivity to the hormone insulin.
- Poor dietary choices - Consuming high-sugar or high-carbohydrate meals.
- Lack of physical activity - Sedentary lifestyle and insufficient exercise.
- Medications or medical conditions - Certain drugs or health conditions can raise PPBS levels.
- Hormonal disorders - Imbalances in hormones such as cortisol or growth hormone.
- Pancreatic disorders - Dysfunction of the pancreas, affecting insulin production.

Causes of Low Levels :

- Hypoglycemia - Abnormally low blood sugar levels.
- Excessive insulin - High levels of insulin in the bloodstream.
- Overmedication - Taking too much diabetes medication or insulin.
- Delayed or missed meals - Not eating or delaying meals for an extended period.
- Malabsorption or malnutrition - Inadequate absorption or inadequate nutrient intake.
- Certain medical conditions - Liver or kidney disorders, hormonal imbalances, etc.
- Physical exertion - Strenuous exercise or physical activity.

Thanks for Reference

****End of Report****

Medical Lab Technician
(DMLT, BMLT)

Dr. Payal Shah
(MD, Pathologist)

Dr. Vimal Shah
(MD, Pathologist)

