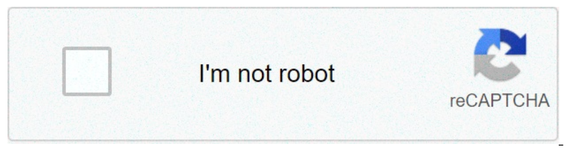

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Normal range vital signs for adults

Total cholesterol (TC) normal range is 110ï½ž220mg/dl. If it goes higher, it raises the risk of heart attack and stroke. If it goes lower than the bottom line, then it might be caused by digestion, nutrition, liver or thyroid problem. To stay far away from heart disease, thereâ€™s an ideal ratio between Total Cholesterol and HDL Cholesterol. Check the ideal ratio here. Related FAQs: How to Lower Cholesterol Level quickly? 5 Ways to Reduce High Cholesterol Fast Can people freeze themselves to death by simulating cold conditions by means of mind control? * The Content is not intended to be 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. We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here’s our process.Normal body temperatures vary depending on many factors, including a person’s age, sex, and activity levels.The normal body temperature for an adult is around 98.6°F (37°C), but every person’s baseline body temperature is slightly different, and may consistently be a little higher or lower.In this article, we discuss the normal ranges of temperature for adults, children, and babies. We also consider factors affecting body temperature, and when to call a doctor.Body temperature readings vary depending on where on the body a person takes the measurements. Rectal readings are higher than oral readings, while armpit readings tend to be lower.The table below gives the normal ranges of body temperature for adults and children according to a thermometer manufacturer:Type of reading0–2 years3–10 years11–65 yearsOver 65 yearsOral95.9–99.5°F (35.5–37.5°C)95.9–99.5°F (35.5–37.5°C)97.6–99.6°F (36.4–37.6°C)96.4–98.5°F (35.8–36.9°C)Rectal97.9–100.4°F (36.6–38°C)97.9–100.4°F (36.6–38°C)98.6–100.6°F (37.0–38.1°C)97.1–99.2°F (36.2–37.3°C)Armpit94.5–99.1°F (34.7–37.3°C)96.6–98.0°F (35.9–36.7°C)95.3–98.4°F (35.2–36.9°C)96.0–97.4°F (35.6–36.3°C)Ear97.5–100.4°F (36.4–38°C)97.0–100.0°F (36.1–37.8°C)96.6–99.7°F (35.9–37.6°C)96.4–99.5°F (35.8–37.5°C)Normal body temperature readings will vary within these ranges depending on the following factors:a person’s age and sexthe time of day, typically being lowest in the early morning and highest in the late afternoonhigh or low activity levelsfood and fluid intakefor females, the stage in their monthly menstrual cyclethe method of measurement, such as oral (mouth), rectal (bottom), or armpit readingsA normal adult body temperature, when taken orally, can range from 97.6–99.6°F, though different sources may give slightly different figures.In adults, the following temperatures suggest that someone has a fever:at least 100.4°F (38°C) is a feverabove 103.1°F (39.5°C) is a high feverabove 105.8°F (41°C) is a very high feverResearchers have looked into the individual differences between people’s normal body temperatures. A study looking at almost 35,500 people found that older adults had the lowest temperatures, and African-American women had higher temperatures than white men.They also found that certain medical conditions can affect a person’s body temperature. For example, people with an underactive thyroid (hypothyroidism) tended to have lower temperatures, while people with cancer had higher temperatures.A normal body temperature for children aged 3–10 ranges from 95.9–99.5°F when taken orally.Children tend to have similar body temperatures to adults.Sometimes, babies and young children have higher body temperature ranges than adults for armpit and ear measurements.A normal body temperature for infants aged 0–2 years ranges from 97.9–100.4°F when taken rectally. Body temperature may rise a little when a baby is teething.The average body temperature of a newborn is 99.5°F.A baby’s temperature is higher because they have a larger body surface area relative to their body weight. Their bodies are also more metabolically active, which generates heat.Babies’ bodies do not regulate temperature as well as adults’ bodies. They sweat less when it is warm, meaning that their bodies retain more heat. It may also be more difficult for them to cool them down during a fever.A dangerous body temperature depends on a person’s age:AdultsA temperature of 100.4–104°F caused by short-term illnesses should not cause significant harm in otherwise healthy adults. However, a moderate fever can be more worrying for a person with existing heart or lung problems.Call a doctor for temperatures above 104°F or lower than 95° F, especially if there are other warning signs, such as confusion, headaches, or shortness of breath. Temperatures of over 105.8°F can cause organ failure.Doctors define hypothermia as a temperature dropping below 95°F. Hypothermia can be dangerous if not treated quickly.ChildrenChildren aged between 3 months and 3 years old who have a fever but a temperature of lower than 102°F do not always need medicine. Call your doctor if a child has a temperature of over 102.2°F, or has a lower temperature but is experiencing dehydration, vomiting, or diarrhea.BabiesIf an infant of 3 months or younger has a rectal temperature of 100.4°F or above, seek emergency medical attention. In very young babies, a slight fever can signal a serious infection.There are many types of thermometers available, and the best method depends on a person’s age:AgeBest method0 to 3 monthsRectal3 months to 3 yearsRectal, ear, or armpit4 to 5 yearsOral, rectal, ear, or armpit5 years to adultOral, ear, or armpitFollow the instructions on the thermometer package.If a temperature reading is unusually high or low, take another reading after about 5 to 10 minutes. If someone is unsure the reading is correct, they can take another reading with a different thermometer.Share on PinterestShivering occurs to help warm the body up.An area of the brain called the hypothalamus regulates body temperature. If body temperature rises above or dips below the 98.6°F (37°C) mark, the hypothalamus kicks in to regulate the temperature.If the body is too cold, the hypothalamus sends signals to make the body shiver, which warms the body up. If the body is too hot, it sends messages to begin sweating, which lets heat leave the body.Infections cause most fevers. A fever develops as the body’s natural way of reacting to and fighting infection.Doctors consider a fever to be a body temperature that reaches or exceeds 100.4°F. Other symptoms include:appetite losschillsa headacheirritabilitymuscle achesshiveringsweatingweaknessThe ideal body temperature in adults is around 98.6°F, but this varies based on age, sex, physical activity, and health. Body temperature changes throughout the day. A temperature of above 100.4°F signals a fever.Babies may have higher body temperatures than adults, but even a slight fever in babies can signal a severe infection.Temperature readings taken from different body parts give a range of body temperatures that doctors consider normal. Rectal readings are higher than oral readings, and armpit readings tend to be lower.If a person has an unusually high or low temperature, they should seek medical attention immediately.SHOP FOR THERMOMETERSThermometers are available for purchase online:Oral thermometerEar thermometerRectal thermometer Basophils are white blood cells from the bone marrow that play a role in keeping the immune system functioning correctly.Doctors may order basophil level tests to help diagnose certain health problems. If basophil levels are low, this may be a sign of an allergic reaction or another condition. High basophil levels may indicate an autoimmune condition or one of several types of blood disorder.In this article, learn more about the function of basophils and what abnormal basophil levels mean.Share on PinterestBasophils are a type of white blood cell, which are vital components of the immune system.The body makes different types of white blood cell, which are vital components of the immune system.White blood cells help keep the body healthy by fighting off invading germs, such as bacteria, viruses, and fungi.Basophils are a type of white blood cell called a granulocyte. There are other forms of granulocyte, such as neutrophils and eosinophils.Granulocyte cells contain granules, which they use to secrete important substances.The granules inside basophils contain heparin, histamine, and other molecules that play a role in inflammation.Basophils are necessary for the immune system’s natural response to invaders, such as infectious germs.The body’s response to allergens also involves basophils. When a potentially harmful allergen enters the body, the immune system responds by trying to isolate and eliminate the allergen.When responding to an allergen, basophils that sustain damage will release histamine, which is partially responsible for inflammation during an allergic reaction.Additionally, basophils play an integral role in preventing blood clotting. The heparin inside the cells is a form of natural blood thinner that helps keep the blood flowing through the body.Doctors believe that the role of basophils in the body is reactionary, meaning that their number will generally only rise or fall due to an invader or underlying chronic issue.This characteristic allows doctors to use basophil tests to help them identify underlying conditions and severe allergic reactions.Doctors can use a complete blood count (CBC) to check a person’s basophil levels. A basophil count that is higher or lower than the normal range may prompt them to order additional tests.A white blood cell count (WBC) test may be necessary to find the absolute basophil count in some cases. This test can help doctors get a better picture of the range of basophils in the blood.Doctors may also order a specific test called a basophil activation test (BAT) to check for particular allergens.During the BAT, medical professionals in a laboratory apply potential allergens to a sample of the person’s blood. If the person has an allergy, the basophils in their blood sample will activate specific molecules.A 2016 study found that the BAT is highly accurate in confirming food allergies. It may also be helpful for monitoring the immune system’s response to food allergens.The BAT is a low-risk test compared with the oral food challenge test, which has the potential to trigger a dangerous allergic reaction.Although they have an essential function in the immune system, basophils only make up a small percentage of the total number of white blood cells. In a normal test result, they may contribute to less than 0.5 percent of the total white blood cell count.Blood tests may reveal basophil levels that are too high. The medical term for this is basophilia, and there are several possible causes:Autoimmune inflammationHigh levels of basophils may indicate chronic inflammation in the body.Immune reactions or autoimmune conditions that cause chronic inflammation include:HypothyroidismHigh basophil levels may also be a sign of low thyroid function, or hypothyroidism. This condition occurs when the body does not produce enough thyroid hormones, which may cause some bodily functions to slow down.Hypothyroidism can cause a variety of symptoms, including:Some people with hypothyroidism may also notice changes in their hair or skin. The skin might become dry or rough, while the hair may turn coarse and brittle and break very easily.Myeloproliferative disordersMyeloproliferative disorders affect white blood cells and may also cause very high basophil levels.Myeloproliferative disorders include:Myelofibrosis: In people with this condition, fibrous tissue begins to replace the cells that make blood in the bone marrow. This disruption may lead to deformed or misshapen red blood cells and anemia.Essential thrombocythemia: This condition causes the body to make too many platelets, leading to excessive blood clotting. It may also lead to circulation and nerve problems.Polycythemia vera: This is a blood condition that causes the bone marrow to overproduce red blood cells.CancerIn very rare cases, high basophil levels may indicate certain types of blood cancer, including leukemia and lymphoma.Basopenia is the medical term for abnormally low basophil levels.When a basophil releases its granules in response to an invader or inflammation, it becomes empty. As an empty basophil will not show up on blood tests, the test may show a lower number of these cells.Conditions that can cause low levels of basophils include:HyperthyroidismIn people with hyperthyroidism, the thyroid gland overproduces thyroid hormones, causing bodily functions to speed up.Hyperthyroidism may cause noticeable signs and symptoms, such as:Allergic reactionsLow levels of basophils may be due to the body reacting to an allergen, causing the basophils to release their histamine. Other signs of an allergic reaction include:puffy, red eyesa runny or stuffy noseexcess mucushivesSevere allergic reactions may cause a potentially life-threatening situation called anaphylaxis. Signs of anaphylaxis include:swelling in the face, throat, or mouthdifficulty breathinglightheadednesswheezingAnaphylaxis can be life-threatening. Anyone having an anaphylactic reaction should seek emergency medical attention.InfectionsBasophils are instrumental to immune system function, so low levels may also signal that the body is fighting an infection.In these cases, a doctor may recommend medications or rest until the infection clears, after which they will order blood tests to get more accurate results.Basophils make up a small percentage of white blood cells, but they play an essential role in the immune system. Basophil levels that are too high or too low may be a sign of an underlying condition.There are many possible underlying causes of abnormal basophil levels. Once a doctor determines the reason for the high or low levels, they can advise on possible treatment options. A normal range for fasting blood sugar is less than or equal to 100 milligrams per deciliter; for postprandial blood sugar it is less than 140 milligrams per deciliter for people younger than 50, states WebMD. For people 50 to 60, under 150 milligrams per deciliter is in normal range. For people age 60 and above, the normal postprandial blood sugar range is less than 160 milligrams per deciliter as of 2015. Doctors give the two-hour postprandial blood sugar test to determine whether a diabetic patient is taking the correct amount of insulin with meals, not as a diabetes diagnostic test. The test gauges the patient's blood glucose level precisely two hours after the patient begins eating a meal, notes WebMD. The fasting blood sugar test, usually the first diabetes test, measures a patient's blood glucose level when the patient has not eaten for eight hours or more.