

Registration ID : 24968 Sample Collection : 24/09/2024 08:40:58

Name : MR. NITESH PANDYA Sample Received : 24/09/2024 08:40:58

Printed : 04/10/2024 15:54:22 Report Released : 24/09/2024 14:18:10 Age/Sex : 51 Yrs. / M

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

SERVICES LTD

		(COMPLETE BLOC	DD COUNT
Test		Result	Unit	Biological Ref Range
Hemoglobin (SLS) Photometric	:	14.0	g/dL	13-18 g/dL
Total RBC (Electrical Impedence)	:	4.52	10^6/µL	3.0-6.0 10^6/µL
Hematocrit (PCV) (Calculated)	:	42.6	%	36-54 %
Mean Corpuscular Volume (MCV)	:	94.2	fL	78-101 fL
Mean Corpuscular Hemoglobin (MCH) (Calculated)	:	31.0	pg	27-32 pg
Mean Corpuscular Hemoglobin Concentration (MCHC) (Calculated)	:	32.9	g/dL	31.5-34.5 g/dL
Red Cell Distribution Width (RDW CV) [Electrical Impedence)	-:	12.80	%	12-15 %
Total Leucocytes Count (Light Scattering)	:	5400	/cumm	4000-11000 /cumm
Neutrophils	:	70	%	40-75 %
(Calculated)				
Eosinophils Percentage	:	01	%	1-6 %
(Calculated)				
Lymphocyte Percentage	:	24	%	20-45 %
(Calculated)				
Basophils Percentage	:	0	%	0-1 %
(Calculated)				
Monocytes Percentage	:	05	%	1-10 %
(Calculated)				
RBC Morphology	:	Normocytic	, Normochromic	
WBC Morphology	:	Normal Mo	rphology	
Platelet Count (Electrical Impedence)	:	337000	/ul	150000-450000 /ul
Platelets on Smear	:	Adequate		Adequate
	-			1

Sample Type:EDTA whole blood(Westergren)

Sample Type : EDTA Whole Blood

Test done with THREE PART CELL COUNTER (Sysmex KX-21)

06

*All Samples Processed At Excellas Clinics Mulund Centre

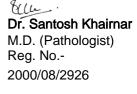
*ESR NOT IN NABL scope.



E.S.R



mm at 1hr





0-20 mm at 1hr



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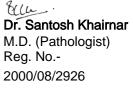
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Name : MR. NITESH PANDYA Sample Received : 24/09/2024 08:40:58

Age/Sex : 51 Yrs. / M Printed : 04/10/2024 15:54:22 Report Released : 24/09/2024 14:36:01

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

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Blood Sugar Fasting (FBS) & Post Prandial Blood Sugar (PPBS)

Test Result Unit Biological Ref. Range
GLUCOSE (SUGAR) FASTING, : 92 mg/dL Non-Diabetic: < 100 mg/dl
(Fluoride Plasma Used) Impaired Fasting Glucose: 100-

125 mg/dl Diabetic: >/= 126 mg/dl

Method: GOD-POD

Fasting Urine Glucose : Absent

GLUCOSE (SUGAR) PP, (Fluoride : 94 mg/dl Non-Diabetic: < 140 mg/dl

Plasma Used)

Impaired Glucose Tolerance: 140-199 mg/dl Diabetic: >/= 200 mg/dl

Absent

PP Urine Glucose : Absent Absent

Test Done on - Automated Biochemistry Analyzer (EM 200)

(Collected At: 24/09/2024 08:40:58, Received At: 24/09/2024 08:40:58, Reported At: 24/09/2024 14:36:01)

HbA1c (Whole Blood)

Reference Range
Non-diabetic: 4-6
Excellent Control: 6-7
Fair to good control: 7-8
Unsatisfactory control: 8-10
Poor Control: >10

EDTA Whole Blood, Method: HPLC

Estimated Average Glucose (eAG) : 91.06 mg/dl 65.1-136.3 mg/dL mg/dl

EDTA Whole Blood, Method: Calculated

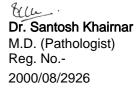
Interpretation:

- 1.The term HbA1c refers to Glycated Haemoglobin. Measuring HbA1c gives an overall picture of what the average blood sugar levels have been over a period of weeks/month. Higher the HbA1c, the greater the risk of developing diabetes-related complications.
- 2.HbA1c has been endorsed by clinical groups and ADA (American Diabetes Assocation) guidelines 2012, for the diagnosis of diabetes using a cut-off point of 6.5%. ADA defined biological reference range for HbA1c is between 4-6%. Patients with HBA1c value between 6.0-6.5% are considered at risk for developing diabetes in the future. Trends in HbA1c area a better indicator of glucose control than standalone test.
- 3.To estimate the eAG from the HbA1c value, the following equation is used: eAG(mg/dl) = 28.7*A1c-46.7.
- 4.Diabetic must aspire to keep values under 7% to avoid the various complications resulting from diabetes.

(Collected At: 24/09/2024 08:40:58, Received At: 24/09/2024 08:40:58, Reported At: 25/09/2024 10:07:54)









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BLOOD GROUP

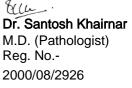
Test Result Unit Biological Ref. Range

Blood Group : 'O' Rh POSITIVE

Slide and Tube Aggllutination Test

(Collected At: 24/09/2024 08:40:58, Received At: 24/09/2024 08:40:58, Reported At: 24/09/2024 12:45:15)









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Age/Sex : 51 Yrs. / M Printed : 04/10/2024 15:54:22 Report Released : 24/09/2024 14:36:14

Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

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	LIP	D PROFILE	
Test	Result	Unit	Biological Ref. Range
Total Cholesterol	: 153	mg/dl	Desirable: <200 Borderline high = 200-239 High: > 239
Serum, Method: CHOD-PAP			
S. Triglyceride	: 92	mg/dl	Desirable: <161 Borderline High: 161 - 199 High: > 200 - 499/ Very High:>499
Serum, Method: GPO-Trinder			
HDL Cholesterol serum,Direct method	: 47	mg/dl	35.3-79.5 mg/dl
LDL Cholesterol	: 87.60	mg/dl	Optimal: <100; Near Optimal: 100-129; Borderline High: 130-159; High: 160-189; Very high: >190
Serum, (Calculated)			
VLDL Cholesterol Serum, Method: Calculated	: 18.4	mg/dl	5-30 mg/dl
LDL/HDL Ratio	: 1.9		Optimal: <2.5 Near Optimal: 2.5-3.5 High >3.5
Serum, Method: Calculated			
TC/HDL Ratio	: 3.3		Optimal: <3.5 Near Optimal: 3.5 - 5.0 High >5.0
Serum, Method: Calculated			

Test Done on - Automated Biochemistry Analyzer (EM 200).

Interpretation

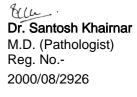
- 1.Triglycerides: When triglycerides are very high greater than 1000 mg/dL, there is a risk of developing pancreatitis in children and adults. Triglycerides change dramatically in response to meals, increasing as much as 5 to 10 times higher than fasting levels just a few hours after eating. Even fasting levels vary considerably day to day. Therefore, modest changes in fasting triglycerides measured on different days are not considered to be abnormal.
- 2. HDL-Cholesterol: HDL- C is considered to be beneficial, the so-called "good" cholesterol, because it removes excess cholesterol from tissues and carries it to the liver for disposal.
- 3. LDL-Cholesterol: Desired goals for LDL-C levels change based on individual risk factors.

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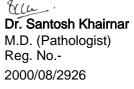
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LIVER FUNCTION TEST				
Test		Result	Unit	Biological Ref. Range
S. Bilirubin (Total)	:	1.28	mg/dl	0-2.0 mg/dl
Serum, Method: Diazo (walter & Gerarde)				
S. Bilirubin (Direct)	:	0.54	mg/dl	0-0.4 mg/dl
Serum, Method: Diazo (walter & Gerarde)				
S. Bilirubin (Indirect)	:	0.74	mg/dl	0.10-1.0 mg/dl
Serum, Method: Calculated				
Aspartate Transaminase (AST/SGOT)	:	17.6	IU/L	0-35 IU/L
Serum, Method: UV Kinetic with P5P				
Alanine Transaminase (ALT/SGPT)	:	5.9	IU/L	0-45 IU/L
Serum, Method: UV Kinetic with P5P				
S. Alkaline Phosphatase	:	67.0	IU/L	53-128 IU/L
Serum, Method: IFCC with AMP buffer				
Total Proteins	:	6.5	gm/dl	6.4-8.3 gm/dl
Serum, Method: Biuret				
S. Albumin	:	4.2	gm/dl	3.5-5.2 gm/dl
Serum, Method: BCG				
S. Globulin	:	2.3	gm/dl	2.3-3.5 gm/dl
Serum, Method: Calculated				
A/G Ratio	:	1.83		0.90-2.00
Serum, Method: Calculated				
Gamma GT	:	23	U/L	0-55 U/L
Serum, Method: G glutamyl carboxy nitroanilide	/F1.4-	0.01		
Test Done on - Automated Biochemistry Analyzer	(EM 2	00).		

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THYROID FUNCTION TEST

Test Result Unit Biological Ref. Range

Total T3 : 1.2 ng/dl 0.70-2.04 ng/dl

Serum, Method: CLIA

Total T4 : 11.57 μg/dl 5.1-14.1 μg/dl

Serum, Method: CLIA

TSH (Thyroid Stimulating Hormone) : 5.30 µIU/ml 0.27-5.3 µIU/ml

Serum, Method: CLIA

Interpretation Decreased TSH with raised or within range T3 and T4 is seen in primary hyperthyroidism, toxic thyroid nodule, sub-clinical hyperthyroidism, on thyroxine ingestion, post-partum and gestational thyrotoxicosis Raised TSH with decreased T3 and T4 is seen in hypothyroidism and with intermittent T4 therapy. Alterations in TSH are also seen in non-thyroidal illnesses like HIV infection, chronic active hepatitis, estrogen producing tumors, pregnancy, new-born, steroids, glucocorticoids and may cause false thyroid levels for thyroid function tests as with increased age, marked variations in thyroid hormones are seen. In pregnancy T3 and T4 levels are raised, hence FT3 and Ft4 is to be done to determine hyper or hypothyroidism.

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SERUM CREATININE

		02.10 0112.1		
Test		Result	Unit	Biological Ref. Range
S. Creatinine	:	0.97	mg/dl	0.7-1.3 mg/dl

Serum, Method: Enzymatic

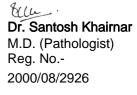
Test Done on - Automated Biochemistry Analyzer (EM 200).

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PROSTATE SPECIFIC ANTIGEN

Test Result Unit Biological Ref. Range

PSA - TOTAL : 0.82 ng/ml 0- 4 ng/ml

Serum, Method: CLIA

NOTE:

Prostate specific antigen is a seminal fluid protein produced by normal and malignant epithelial cells of prostate gland and is recognized as a tumour marker for evaluation of prostate cancer activity.

In normal individuals, S.PSA levels do not exceed 4.0 ng/ml.

S.PSA level is useful in detection of cancer of prostate gland and in detection of recurrence of prostate cancer after radical prostatectomy. Serum PSA levels may also be elevated in conditions like BPH, UTI, Digital rectal examination, Transurethral ultrasonography. Confirmation of prostate cancer can be done by transrectal ultrasonography and prostate biopsy.

(Collected At: 24/09/2024 08:40:58, Received At: 24/09/2024 08:40:58, Reported At: 25/09/2024 10:08:12)

BLOOD UREA NITROGEN (B	IN

Test Result Unit Biological Ref. Range

Urea : 18.70 mg/dl 18-55 mg/dl

Serum, Method: Urease - GLDH

Blood Urea Nitrogen : 8.74 mg/dl 5-18 mg/dl

Test Done on - Automated Biochemistry Analyzer (EM 200)

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(Collected At: 24/09/2024 08:40:58, Received At: 24/09/2024 08:40:58, Reported At: 24/09/2024 14:36:40)

SERUM URIC ACID

Test Result Unit Biological Ref. Range

S. Uric Acid : 5.20 mg/dl 3.5-7.2 mg/dl

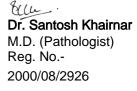
Serum, Method: Uricase - POD

Test Done on - Automated Biochemistry Analyzer (EM 200).

(Collected At: 24/09/2024 08:40:58, Received At: 24/09/2024 08:40:58, Reported At: 24/09/2024 14:36:42)











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BUN CREAT RATIO (BCR)

Test Result Unit Biological Ref. Range

BUN/Creatinine ratio : 9.00 5-20

Serum, Method: Calculated

NOTE:

A blood urea nitrogen (BUN)/creatinine ratio (BCR) >20 is used to distinguish pre-renal azotemia (PRA) and acute tubular necrosis (ATN)

(Collected At: 24/09/2024 08:40:58, Received At: 24/09/2024 08:40:58, Reported At: 24/09/2024 14:36:59)

SERUM ALKALINE PHOSPHATASE

Test Result Unit Biological Ref. Range

S. Alkaline Phosphatase : 67.0 IU/L 53-128 IU/L 53-128 IU/L

Serum, Method: IFCC with AMP buffer

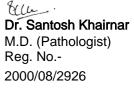
Test Done on - Automated Biochemistry Analyzer (EM 200)

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Ref. By : J M FINANCE Sent By : Arcofemi Healthcare Pvt Ltd

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VITAMIN D3

Test Result Unit Biological Ref. Range

25 (OH) VIT D : 29.3 ng/ml Deficient : Less than or equal to

20, Insufficient: 21 - 29,

Sufficient: More than or equal to

30

Note

Vitamin D deficiency can be associated with rickets in children; osteoporosis and secondary hyper-parathyroidism in adults.

Recent studies have established a link between low circulating vitamin D levels and an increasing risk of Diabetes, cardiovascular or autoimmune diseases as well as various forms of cancer. Vitamin D testing has become an assay of general health status.

 $\label{thm:decomposition} \mbox{Vitamin D is found mainly in two forms; vitamin D2 (ERGOCALCIFEROL) and vitamin D3 (CHOLECALCIFEROL).}$

Vitamin D3 is synthesized by action of solar ultraviolet radiation on the skin. It is also present in food(mostly in fatty fish). Vitamin D2 is from exogenous origin only. Small amounts of vitamin D2 are present in food (mushrooms and vegetables). Both vitamin D2 and D3 are used for medical supplementation and are identically metabolized by the body.

The active from of the molecule is the 1,25-(OH)2 vitamin D (Calcitriol) which is obtained from vitamin D through two successive hydroxylation reactions. The first hydroxylation occurs in the liver to yield 25(OH)vitiman D (calcidilol) The second hydroxylation occurs in the kidney and other tisssues as well to yield biologically active 1,25-(OH)2 Vitamin D. The 25-(OH) Vitamin D is the main strorage form of vitamin D in the human body. It is found in high concentrations in serum or plasma which

makes 25 - (OH) Vitamin D the preferred analyte for the determination of vitamin D nutritional status.

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1/	IΤΑ	N/	INI		D 4	2
v	ΙΙА	.IVI	IIV	-	ВI	7

 Test
 Result
 Unit
 Biological Ref. Range

 Vitamin B12
 : 149.0
 pg/ml
 183 - 822 pg/ml

Method: ECLIA

Vitamin B12 deficiency impacts red blood cell synthesis, resulting in megaloblastic anemia due to abnormal DNA synthesis. In addition it impairs neurological function, in particular de-myelination of nerves in part due to abnormal methylation, leading to peripheral neuropathy, dementia, poor cognitive performance and depression. Other effects of Vitamin B12 deficiency or depletion are increased risk of neural tubular defects, osteoporosis, cerebro-vascular and cardiovascular diseases. Vit B12 levels are decreased in megalobstic anemia,partial/total gastrectomy,perniciuos anemia,peripheral neuropathies,chronic alcoholism,senile dementia and treated epilepsy. An associated increase in homocysteine levels is an independent risk marker for cardiovascular disease and deep vein thrombosis. Holo Transcobalamin II levels are more accurate marker of active Vitamin B12 component. High levels of Vitamin B12 may be due to exogenous supplementation.

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----- End Of Report -----



Dr. Santosh Khairnar M.D. (Pathologist) Reg. No.-2000/08/2926





Name : MR. NITESH PANDYA Sample Received : 24/09/2024 08:40:58

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EXAMINATION OF URINE

Test Result Unit Biological Ref. Range

PHYSICAL EXAMINATION

Quantity : 30 ml

Colour : Pale yellow

Appearance : Clear

 Reaction (pH)
 :
 6.5
 4.5 - 8.0

 Specific Gravity
 :
 1.010
 1.010 - 1.030

CHEMICAL EXAMINATION

Protein Absent Absent Abesnt Glucose Absent **Ketones Bodies** Absent Abesnt Occult Blood Absent Absent Bilirubin Absent Absent Absent Normal Urobilinogen

MICROSCOPIC EXAMINATION

Epithelial Cells : 1 - 2 / hpf
Pus cells : 1 - 2 / hpf
Red Blood Cells : Absent / hpf

Casts : Absent / lpf Absent / lpf Crystals : Absent Absent

OTHER FINDINGS

Yeast Cells : Absent Absent Bacteria : Absent Absent Absent

Mucus Threads : Absent Spermatozoa : Absent

Deposit : Absent Absent Absent Absent Absent

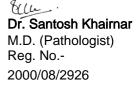
sample type:Urine

Method: Visual and Microscopic

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2D Echo Color Doppler

REASON FOR STUDY: AHC

CONCLUSION:

- NORMAL SIZE LA, LV, RA AND RV_
- GOOD LV FUNCTION. L.V.E.F:55% WITH NO RWMA._
- GOOD RV FUNCTION. TAPSE: 19 MM_
- STRUCTURALLY NORMAL MITRAL, TRICUSPID, AORTIC AND PULMONARY LEAFLETS.
- NO CLOTS IN LA AND LV.
- NO EVIDENCE OF LEFT VENTRICULAR HYPERTROPHY_
- NO EVIDENCE OF PERICARDIAL EFFUSION.
- NO EVIDENCE OF PULMONARY HYPERTENSION.

CONVENTIONAL DOPPLER:

- PEAK E: 94 DT: 188 PEAK A: 66 LATERAL E/E': 07
- NORMAL E TO A RATIO IN LV INFLOW.

COLOUR DOPPLER: SHOWS TRIVIAL MR.

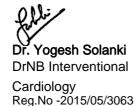
GRADE <I/III MR GRADE 0 /III TR GRADE 0/IV AR GRADE 0/IV PR

IMPRESSION:

GOOD LV SYSTOLIC FUNCTION.

NO DD









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	OBSERVED
MITRAL VALVE:	
ANTERIOR LEAFLETS EXCURSION	NORMAL
POSTERIOR LEAFLETS EXCURSION	NORMAL
E.P.S.S	
TRICUSPID VALVE:	
EXCURSION	NORMAL
OTHER FINDINGS	
AORTIC VALVE:	
CUSPS OPENING	NORMAL
PULMONARY VALVE:	
EXCURSION	NORMAL
DIMENSIONS	
AORTIC ROOT	28
LEFT ATRIUM	22
LVID (D)	38
LVID (S)	23
IVST (D)	08
PWT (D)	08
RVID (D)	

	VELOCITY(M/SEC)	STENOSIS GRADIENT	REGURGITATION
		PEAK/MEAN (MMHG)	GRADING
MITRAL			<1/11
TRICUSPID			0/111
AORTIC	1	4	0/IV
PULMONARY			0/IV

-- End Of Report -

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Dr. Yogesh SolankiDrNB Interventional

Cardiology Reg.No -2015/05/3063





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OPTHALMIC EVALUATION

Examination	Right Eye	Left Eye
Distance Vision - with glass	6/6	6/6
Near Vision - with glass	N/6	N/6
Color Vision	N	ormal
Remarks	N	ormal

(Collected At: 24/09/2024 08:40:58, Received At: 24/09/2024 08:40:58, Reported At: 25/09/2024 15:36:41)



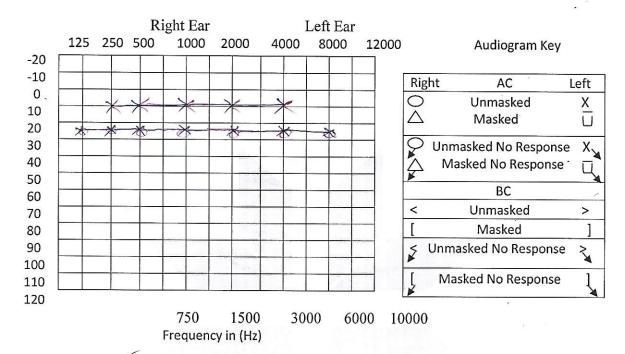




NAME : MR. NITESH PANDYA AGE/SEX: 51 YRS/MALE

REF BY: MEDIWHEEL DATE: 24/09/2024

AUDIOGRAM



Responses : Reliable / Fairly Reliable / Not Reliable

Speech Audiometry

Test Conduction : Satisfactory / Not Satisfactory

If any other specify

Procedure: Standard / Play

Audiological Interpretations:

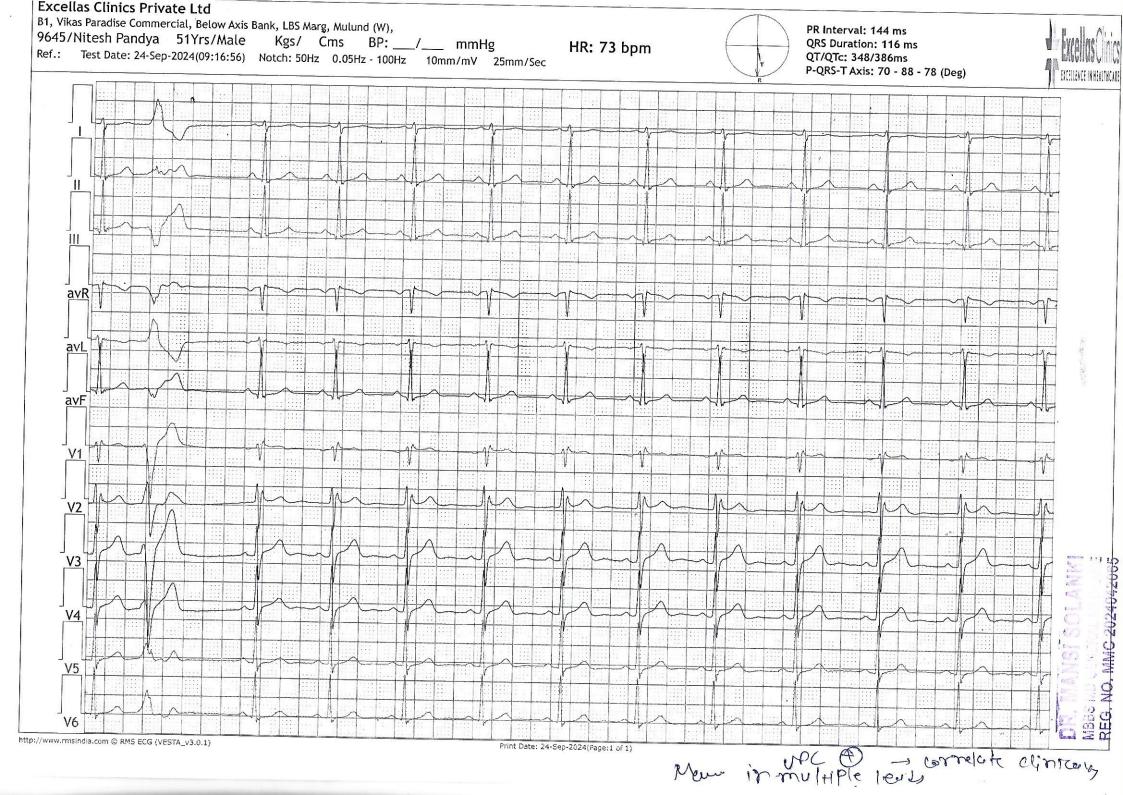
Test	P.T.A.
Ear	dBHL
Right	25
Left	25

BILATERAL HEARING CONDUCTION SENSITIVITY WITHIN NORMAL LIMITS

EXCELLAS CLINICS PVT. LTD

B-1, Vilias Peradisc Commercial,
Delow Axis Only LSC 11279,
Near San A. A. La Mandir,
Mulund (AUDIOLOGIST

Mulund (AUDIOLOGIST)





NAME: MR. NITESH PANDYA

REF BY: MEDIWHEEL

AGE: 51 Y/M

DATE: 24-09-2024

USG ABDOMEN AND PELVÍS

Liver:- is normal in size (11.5 cms) and shows normal parenchymal echogenicity. No focal or diffuse lesion is seen. The portal and hepatic veins are normal. No IHBR dilatation seen.

Gall Bladder:- is well distended. No calculus or mass lesion is seen. No GB wall thickening or pericholecystic fluid is seen.

CBD:- is normal.

Pancreas:-is normal in size and reflectivity. No focal lesion seen.

Spleen:- is normal in size (7.9 cms) and reflectivity. No focal lesion is seen.

Kidneys:- Both Kidneys are normal in size, shape, position. They show normal reflectivity. CMD is maintained. No calculi or hydronephrosis seen on either side. Right kidney – 9.1 x 3.7 cms

Left kidney – 9.2 x 4.7 cms

Urinary Bladder:- is well distended and shows normal wall thickness. No intraluminal lesion seen.

Prostate:- is normal in size, reflectivity and measures 3.2 x 4.3 x 3.3 cms (Volume – 23 cc). No focal lesions.

No ascites is seen. No significant lymphadenopathy is seen.

IMPRESSION:

No significant abnormality is seen.

Thanks for the Referral

DR. Deepak Mishra

D.N.B. (Radio-Diagnosis) Reg. No: 2021/09/7488





Weight SU-Z Ke	Excellas Clinics
DICAL EXAMINATION P	REPORT
Niteh 3	
Male/ Female	The state was
UHID:	Examined by O
23 69 120 Ly	Bill No. : nonsiud & inisigmoo
Married/ No. of Children / Unmarr	ried/ Widow : (2) M) amolganya rediO
N N	
plyw couldny in portion to sing	vertigo (occisionalls)
Diet : Veg ☐ / Mixed ☐ :	co Chewing 1/ Alcohol 4 mor
Mother = HT / DM / IHD / Strok	ce/Any Other - Persedewer
Drug Allergy NO	V9 3
For HT / DM / IHD / Hypothyroi	Gynaecology Impression
G.E.: MAD R.S.: Jean C.V.S.: JIST & C.N.S.: Consider ell	Physician Impression 149 Examined by:
	DICAL EXAMINATION F Wase/ Female UHID: 13 69 /20 49 Married/ No. of Children / Unmarried/ Patient houring Diet: Vega / Mixed : Addiction: Smoking / Tobacca Any Other HT / DM / IHD / Stroke / Any O Mother = HT / DM / IHD / Strok Siblings = HT / DM / IHD / Strok Siblings = HT / DM / IHD / Strok For HT / DM / IHD / Hypothyroi Any Other G. E.: March R. S.: Jean C. V. S.: 5152 © C.N.S.: Consider all

Height 169 cms	Weight 54-5 Kg	s
BMI	19.1	
Pulse (per min.) 78 min	gap beg Blood Pressure (mm of Ho	g) //s /70 mm of Hg
5P02-971. on RA	Gynaecology	Name Mil/Mrs. Miss
Examined by	Dr.	Ace (wr.).
Complaint & Duration		Date 5.7
Other symptoms (Mict, bowels etc)	, Writed No. of Children / Unmarried	Maritai Status
Menstrual History	MenarcheCycle	LossLoss
Constal	Pain I.M.B.	P.C.B.
ell simple of the	L.M.P. Vaginal Discharge	
(Tred.	Cx. Smear Contraception	Personal History
Obstetric History	Addiouon: Smoking: / Tobacco C	
Examination:	Any Other	
Breast	-T / DM / IHD / Stroke / Any Other	Family History Father =
Abdomen	Mother = HT / DM / IHD / Stroke / Siblings = HT / DM / IHD / Stroke /	= tentotid
P.S.	Drug Allergy (P.O.	- selprolid to yrotelfistory of Allorgies
P.V.	Any Other	
Gynaecology Impression & Recommendation	For HT / DM / IHD / Hypothyroidist	History of Medication
Recommendation	GFW 1.3.0	
	R.S. chem	
Physician Impression	C. V.S. 183 8	
	ONS. COOLONIA DELO	
Examined by:	- Overweight = To Reduce Weight - Underweight = To Increase Weigh	ıt