

GLASSES

For Followup : - Visit **Dr. AISHWARYA BHAKTA** after 1 Year or as and when necessary at Dr. Agarwal's Health Care Ltd, Bhubaneswar

Dr. Aishwarya Bhakta

Printed on: 12 Nov'2022, 04:26 PM



IN CASE OF EMERGENCY (UNUSUAL PAIN, WATERING, REDNESS, OR DECREASE IN VISION)

PLEASE CONTACT: MOBILE NO 8118052202

କରୁରୀ କାଳୀନ ପରିସ୍ଥିତି: ଯେପରିକି ଆଖି ଯନ୍ତ୍ରଣା, ଲୁହ ବୋହିବା, ଆଖି ଲାଲ ପଡ଼ିବା ଓ ଦୃଷ୍ଟି ଶକ୍ତି କମିଯିବା କ୍ଷେତ୍ରରେ ଦୟାକରି ଉକ୍ତ ନମ୍ବର କୁ (୮୧୧୮୦୫୨୨୦୨)

ଯୋଗାଯୋଗ କରନ୍ତୁ



416 / MADHUSMITA / 41 Yrs / F / 159 Cms / 55 Kg Date: 12-Nov-2022 Refd By : MEDI WHEEL Examined By:

Stage	Time	Duration	Speed(mph)	Elevation	METS	Rate	% THR	BP	RPP	PVC	Comments
Supine	00:20	0:20	00.0	00.0	01.0	094	53 %	112/71	105	00	
Standing	00:35	0:15	00.0	00.0	01.0	100	56 %	112/71	112	00	
HV	00:52	0:17	00.0	00.0	01.0	089	50 %	112/71	099	00	
ExStart	01:10	0:18	00.0	00.0	01.0	089	50 %	112/71	099	00	
BRUCE Stage 1	04:10	3:00	01.7	10.0	04.7	132	74 %	114/73	150	00	
BRUCE Stage 2	07:10	3:00	02.5	12.0	07.1	143	80 %	116/75	165	00	
PeakEx	09:39	2:29	03.4	14.0	09.7	167	93 %	118/75	197	00	
Recovery	10:09	0:30	01.1	00.0	04.2	160	89 %	118/75	188	00	
Recovery	10:39	1:00	01.1	00.0	01.2	146	82 %	116/75	169	00	
Recovery	12:39	3:00	00.0	00.0	01.0	129	72 %	114/73	147	00	
Recovery	14:50	5:11	00.0	00.0	01.0	123	69 %	113/73	138	00	

FINDINGS :

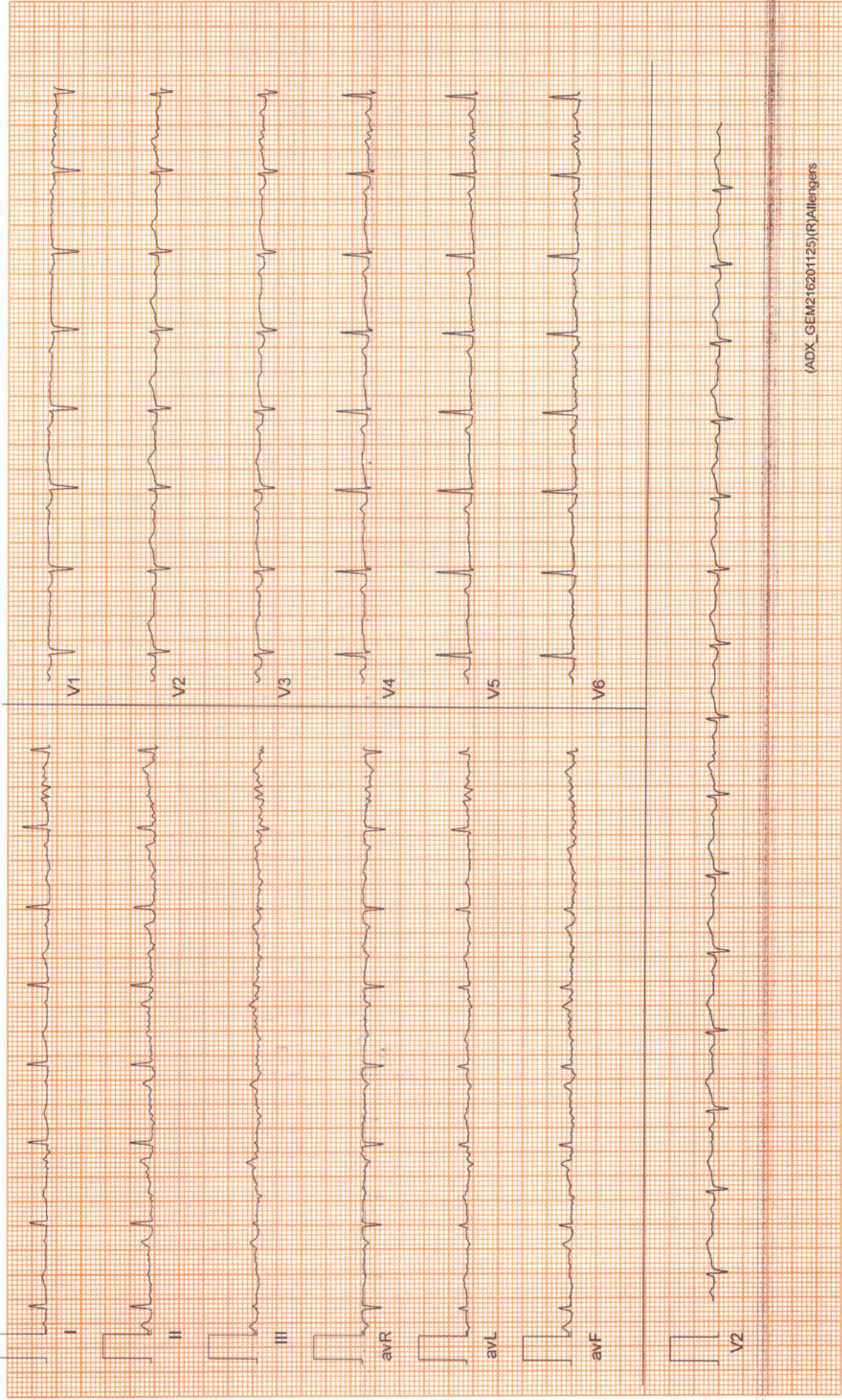
Exercise Time : 08:29
 Max HR Attained : 167 bpm 93% of Target 179
 Max BP Attained : 118/75
 Max WorkLoad Attained : 9.7 Good response to induced stress
 Test End Reasons : Test Complete

REPORT :



Date: 12 - 11 - 2022 10:56:35 AM METs : 1.0 HR : 94 Target HR : 53% of 179 BP : 112/71

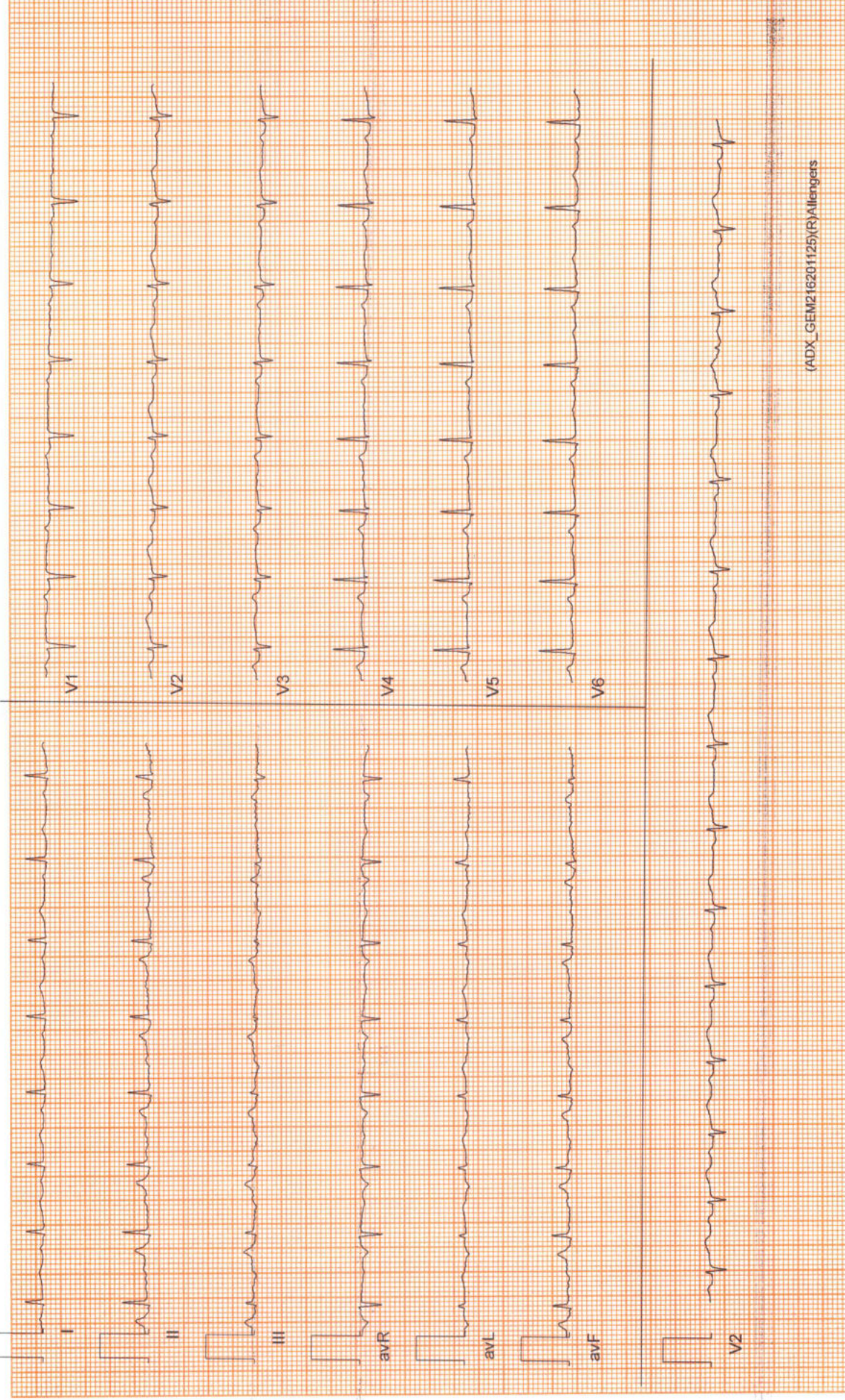
Ex Time : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





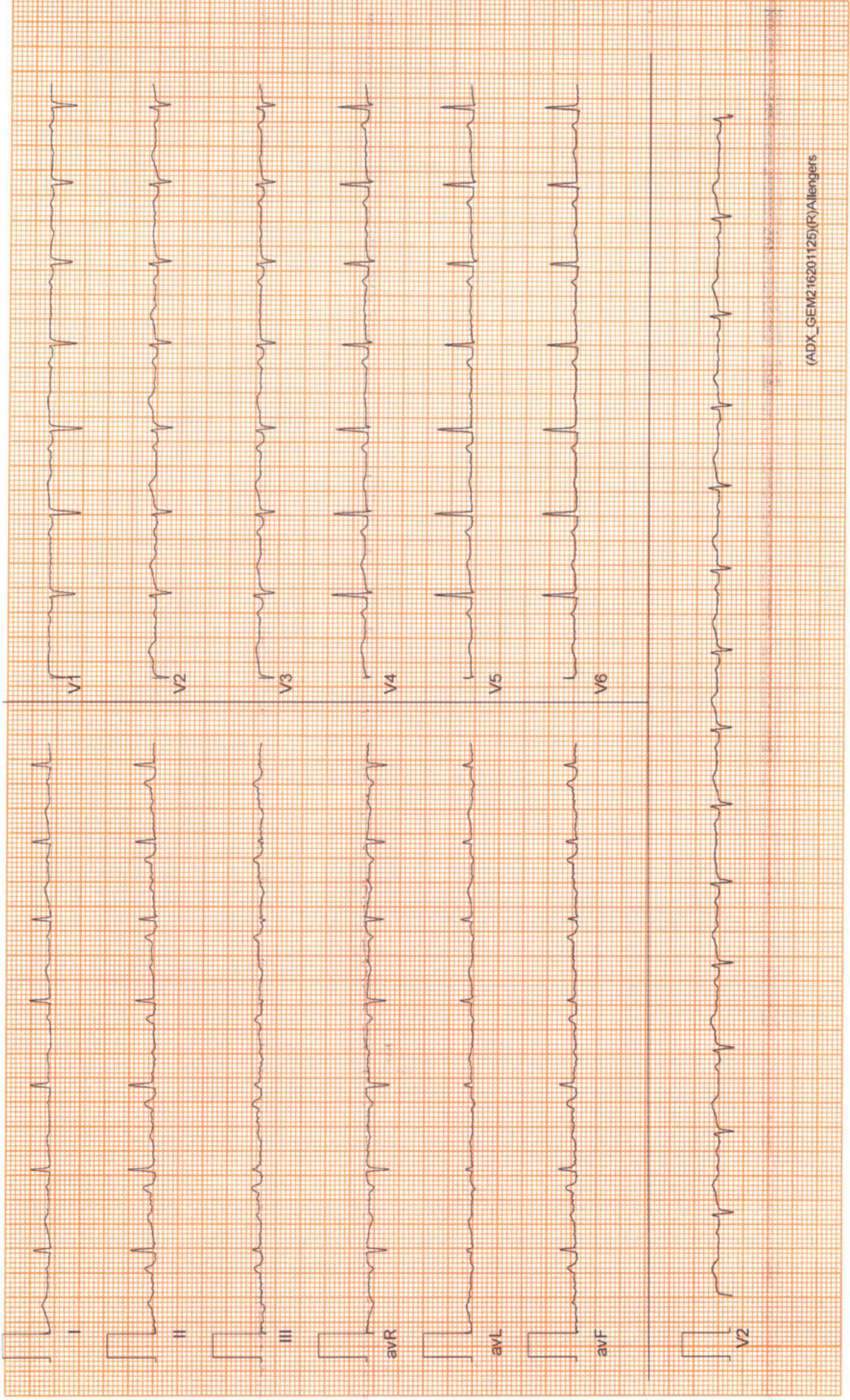
Date: 12 - 11 - 2022 10:56:35 AM METs: 1.0 HR: 100 Target HR: 56% of 179 BP: 112/71

ExTime: 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



Date: 12 - 11 - 2022 10:56:35 AM METs : 1.0 HR : 89 Target HR : 50% of 179 BP : 112/71

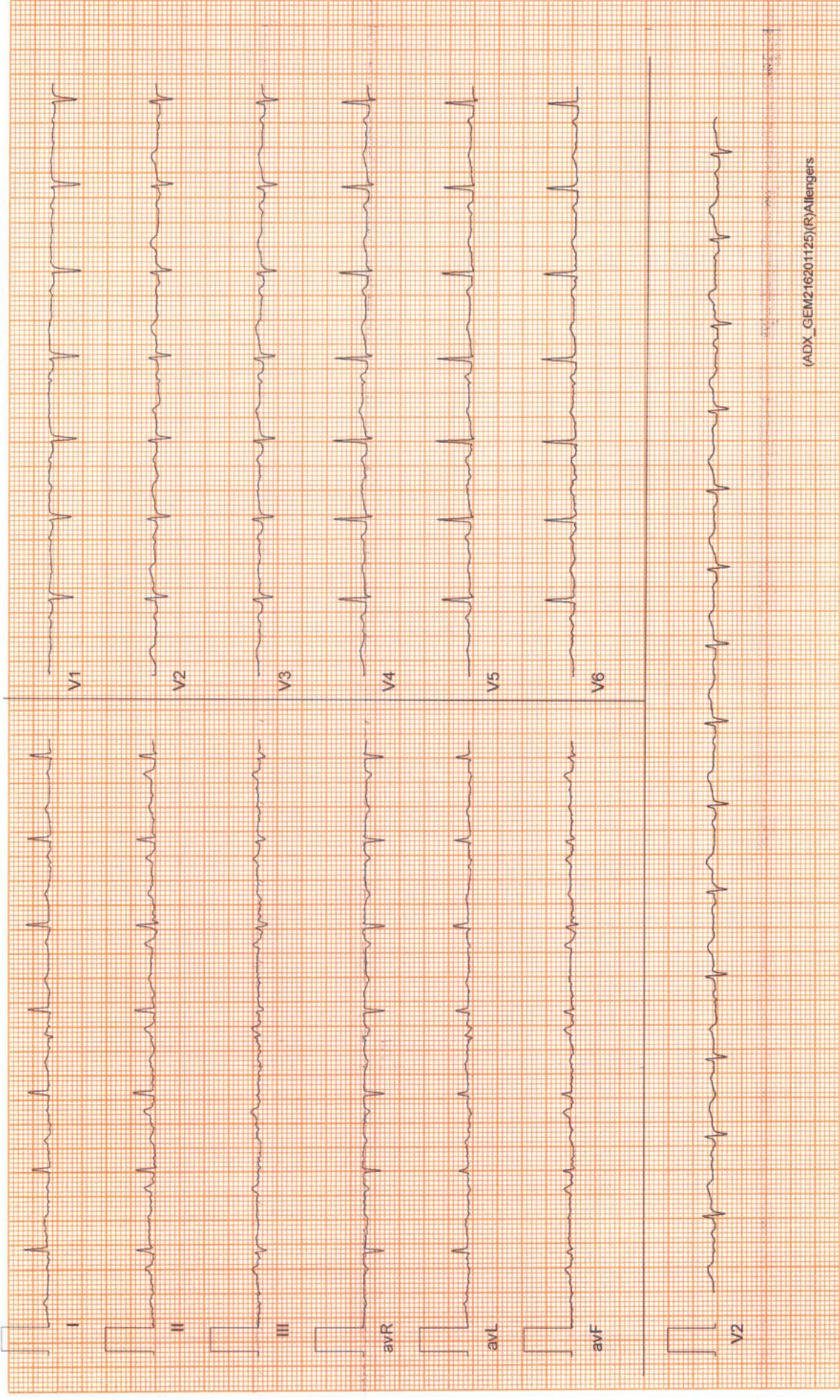
ExTime : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





Date: 12 - 11 - 2022 10:56:35 AM METs : 1.0 HR : 89 Target HR : 50% of 179 BP : 112/71

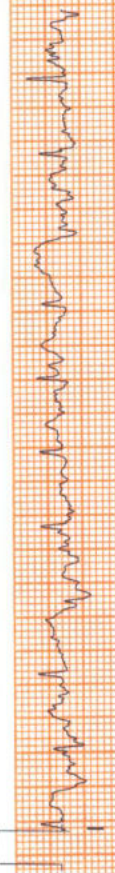
Ex Time : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





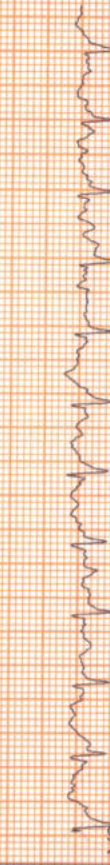
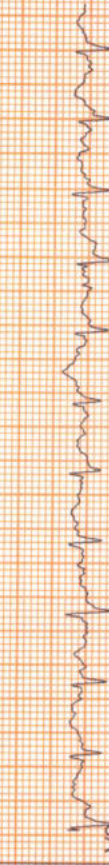
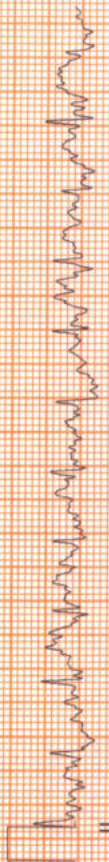
Date: 12 - 11 - 2022 10:56:35 AM METs : 4.7 HR : 132 Target HR : 74% of 179 BP : 114/73

ExTime : 03:00 1.7 mph 10.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ HF 0.05 Hz/LF 35 Hz





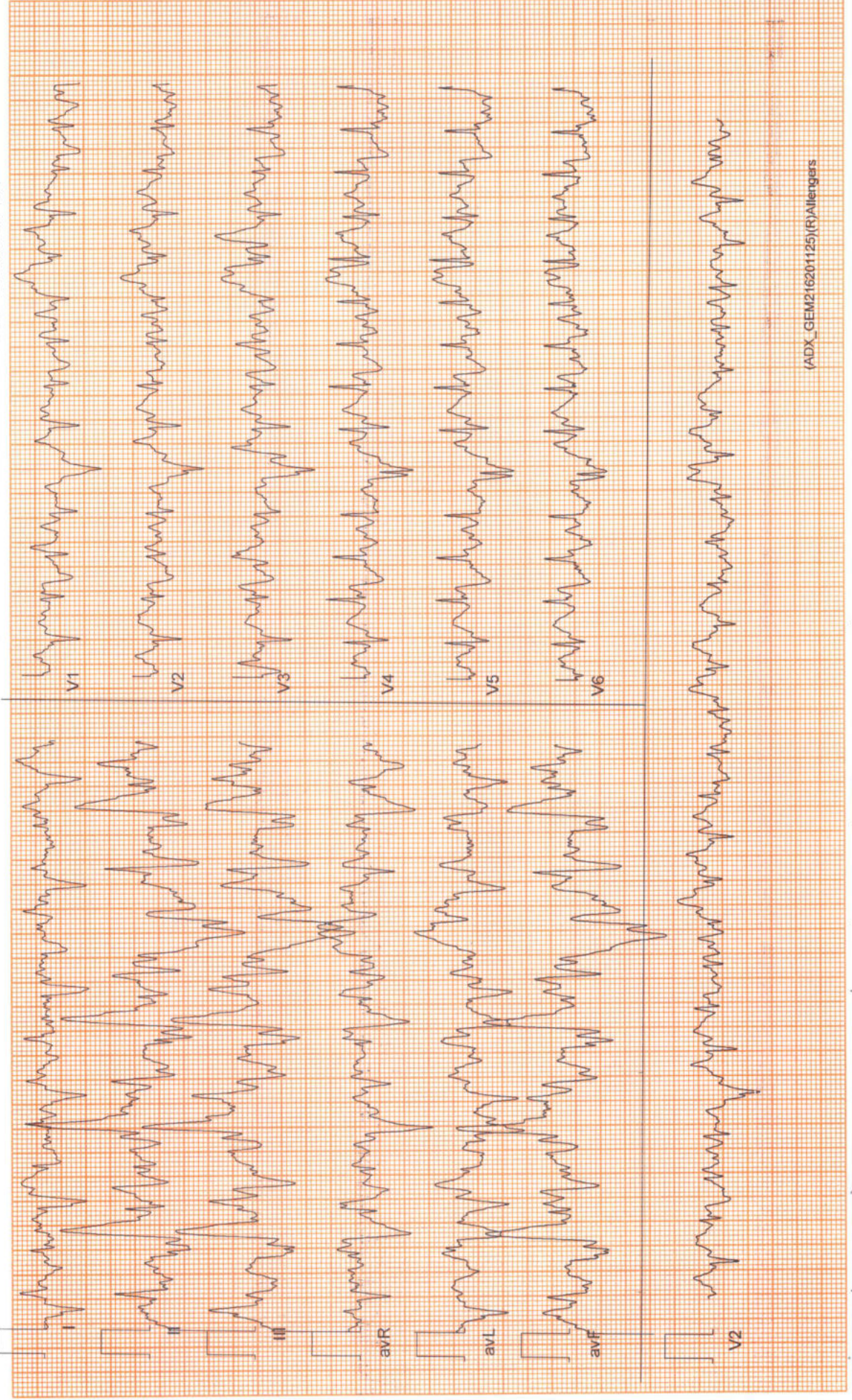
Date: 12 - 11 - 2022 10:56:35 AM METs : 7.1 HR : 143 Target HR : 80% of 179 BP : 116/75 ExTime : 06:00 2.5 mph 12.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ HF 0.05 Hz/LF 35 Hz





Date: 12 - 11 - 2022 10:56:35 AM METs : 9.7 HR : 167 Target HR : 93% of 179 BP : 118/75

ExTime : 08:29 3.4 mph 14.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ HF 0.05 Hz/LF 35 Hz



6 x 2 + Rhythm
Recovery(0:30)



Date: 12 - 11 - 2022 10:56:35 AM METs : 4.2 HR : 160 Target HR : 89% of 179 BP : 118/75

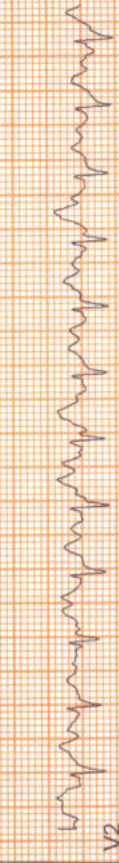
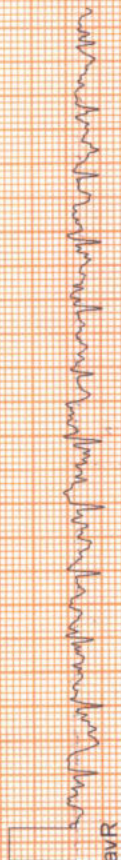
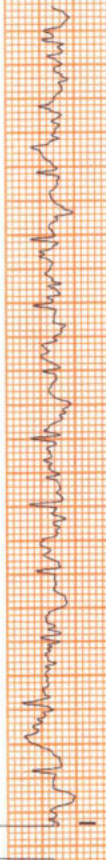
Ex Time : 08:29 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ HF 0.05 Hz/LF 35 Hz



6 x 2 + Rhythm
Recovery(1:00)

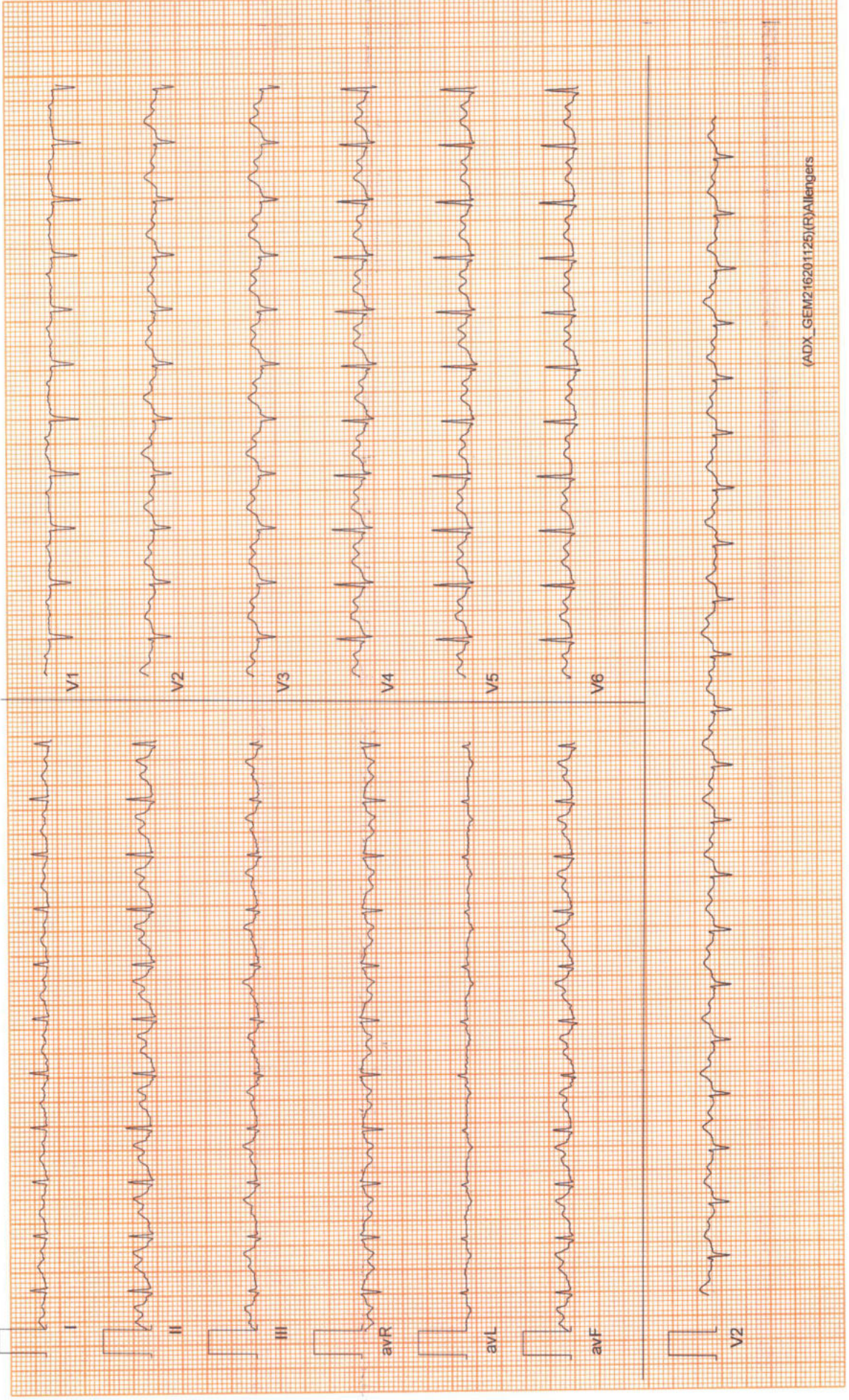


Date: 12 - 11 - 2022 10:56:35 AM METs : 1.2 HR : 146 Target HR : 82% of 179 BP : 116/75 ExTime : 08:29 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



Date: 12 - 11 - 2022 10:56:35 AM METs : 1.0 HR : 129 Target HR : 72% of 179 BP : 114/73

ExTime : 08:29 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



ZENA HEALTHCARE

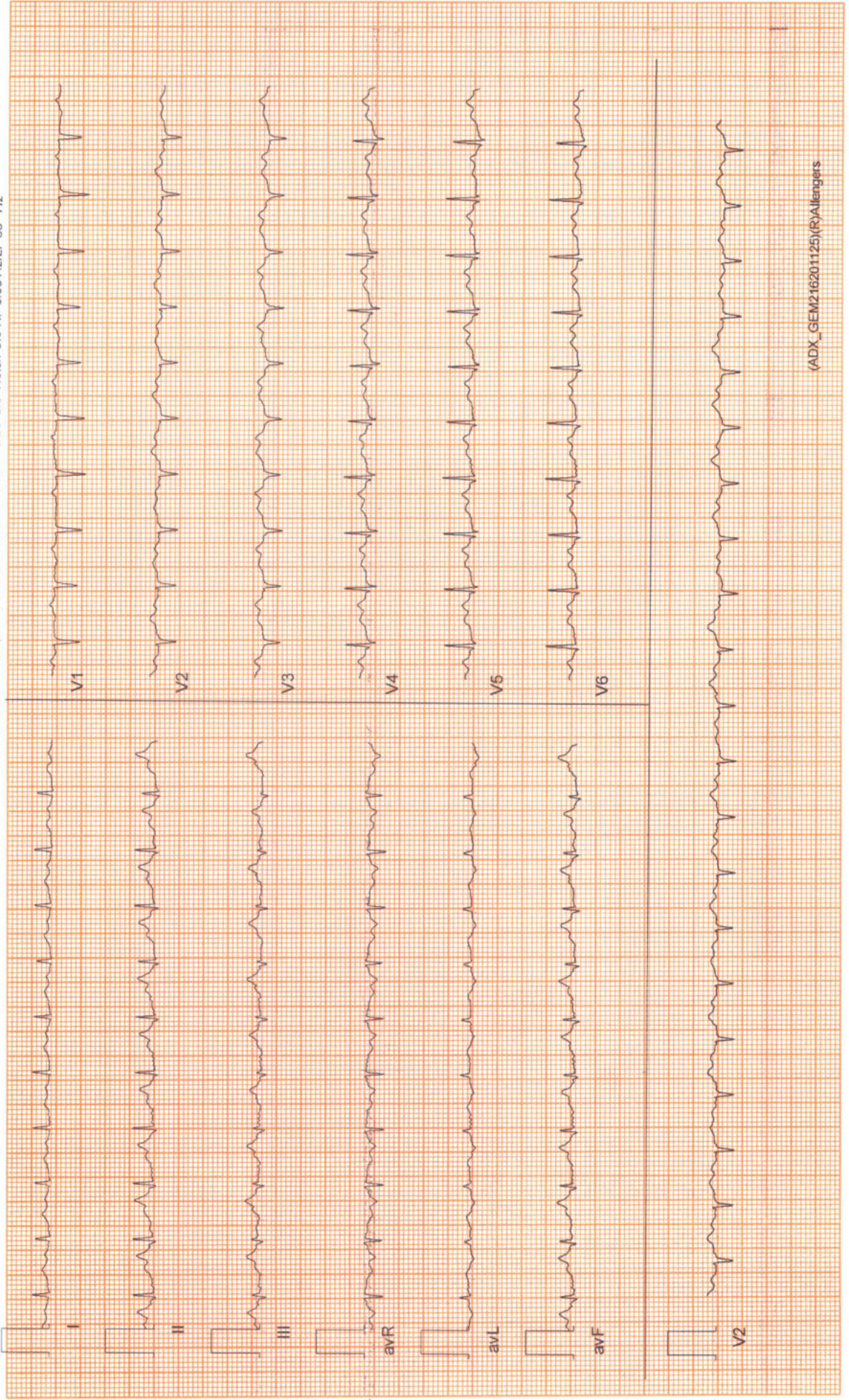
SAHIDNAGAR, BHUBANESWAR

416 / MADHUSMITA / 41 Yrs / Female / 159 Cm / 55 Kg

**6 x 2 + Rhythm
Recovery(5:11)**



Date: 12-11-2022 10:56:35 AM METs : 1.0 HR : 123 Target HR : 69% of 179 BP : 113/73 Ex Time : 08:29 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



(ADX_GEM216201125)(R)Alengders



ZENA
Healthcare Services
Professional | Accuracy | Precision

Professional Accuracy Precision

Regd. No. : 1834

ZENA HEALTHCARE SERVICES

(A Unit of Zena Enterprises)

Patient Name : MR. MADHUMITA
Age / Gender : 41 years / Male
Patient ID : 14211

Referral : MEDI WHEEL
Collection Time : 12/11/2022, 10:56 AM
Reporting Time : 14/11/2022, 01:56 PM
Sample ID :



Test Description	Value(s)	Reference Range	Unit
<u>Glucose, Fasting (FBS)</u>			
Glucose fasting Method : Fluoride Plasma-F, Hexokinase	75.3	75 - 115	mg/dL
<u>Glucose, Post Prandial (PP)</u>			
Blood Glucose-Post Prandial Method : Hexokinase	106.7	70 - 140	mg/dL
<u>BUN, Serum</u>			
BUN-Blood Urea Nitroge Method : Serum, Urease	16.3	10 - 50	mg/dL
<u>Creatinine</u>			
Creatinine Method : Serum, Jaffe	0.72	0.60 - 1.30	mg/dL
<u>Uric acid, Serum</u>			
Uric Acid Method : Uricase, Colorimetric	3.49	3.4 - 7.0	mg/dL

END OF REPORT


Lab technician


Dr. Kundan Kumar Sahoo
CONSULTANT PATHOLOGIST /
MICROBIOLOGIST

For Home Collection Please Call at Number :

Zena Healthcare Services

Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07
Ph. : 0674-2549902, 9692276908, 8337964922, E-mail : zenahealthcare@gmail.com

Website : www.zenacare.in

Wishing Good Health



Patient Name : MR. MADHUMITA

Age / Gender : 41 years / Male

Patient ID : 14211

Referral : MEDI WHEEL

Collection Time : 12/11/2022, 10:56 AM

Reporting Time : 14/11/2022, 01:54 PM

Sample ID :



16277

Test Description	Value(s)	Reference Range	Unit
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ESR, Erythrocyte Sedimentation Rate

ESR - Erythrocyte Sedimentation Rate	9	0 - 15	mm/hr
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Method : EDTA Whole Blood, Manual Westergren

Interpretation:

- It indicates presence and intensity of an inflammatory process. It does not diagnose a specific disease. Changes in the ESR are more significant than the abnormal results of a single test.
- It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis and polymyalgia rheumatica.
- It is also increased in pregnancy, multiple myeloma, menstruation, and hypothyroidism.

Blood Group ABO & Rh Typing, Blood

Blood Group (ABO typing)	"AB"
Method : Manual-Hemagglutination	
RhD Factor (Rh Typing)	Positive
Method : Manual hemagglutination	

END OF REPORT

Lab technician

K. Sahoo
Dr. Kundan Kumar Sahoo
CONSULTANT PATHOLOGIST /
MICROBIOLOGIST

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Wishing Good Health

Page 1 of 1



Patient Name : MR. MADHUMITA

Age / Gender : 41 years / Male

Patient ID : 14211

Referral : MEDI WHEEL

Collection Time : 12/11/2022, 10:56 AM

Reporting Time : 14/11/2022, 01:55 PM

Sample ID :



16277

Test Description	Value(s)	Reference Range	Unit
<u>Lipid Profile</u>			
Cholesterol-Total Method : Spectrophotometry	177.4	Desirable level < 200 Borderline High 200-239 High >or = 240	mg/dL
Triglycerides Method : Serum, Enzymatic, endpoint	89.6	Normal: < 150 Borderline High: 150-199 High: 200-499 Very High: >= 500	mg/dL
HDL Cholesterol Method : Serum, Direct measure-PEG	45.3	Normal: > 40 Major Risk for Heart: < 40	mg/dL
LDL Cholesterol Method : Enzymatic selective protection	114.18	Optimal < 100 Near / Above Optimal 100-129 Borderline High 130-159 High 160-189 Very High >or = 190	mg/dL
VLDL Cholesterol Method : Serum, Enzymatic	17.92	6 - 38	mg/dL
CHOL/HDL Ratio Method : Serum, Enzymatic	3.92	3.5 - 5.0	
LDL/HDL Ratio Method : Serum, Enzymatic	2.52	2.5 - 3.5	

Note:

8-10 hours fasting sample is required.

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Age / Gender : 41 years / Male

Patient ID : 14211

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Collection Time : 12/11/2022, 10:56 AM

Reporting Time : 14/11/2022, 01:55 PM

Sample ID :



16277

Test Description	Value(s)	Reference Range	Unit
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HbA1c, Glycosylated Hemoglobin

HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD	5.64		%
Method : (HPLC, NGSP certified)			
Estimated Average Glucose :	115.17	-	mg/dL

Interpretation

As per American Diabetes Association (ADA)	
Reference Group	HbA1c in %
Non diabetic adults >=18 years	<5.7
At risk (Prediabetes)	5.7 - 6.4
Diagnosing Diabetes	>= 6.5
Therapeutic goals for glycemic control	Age > 19 years Goal of therapy: < 7.0 Action suggested: > 8.0 Age < 19 years Goal of therapy: <7.5

Note:

1. Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled .
2. Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate.

Comments

HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations.

ADA criteria for correlation between HbA1c & Mean plasma glucose levels.

HbA1c(%)	Mean Plasma Glucose (mg/dL)
6	126
7	154
8	183
9	212

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Wishing Good Health

Page 1 of 2



Patient Name : MR. MADHUMITA

Age / Gender : 41 years / Male

Patient ID : 14211

Referral : MEDI WHEEL

Collection Time : 12/11/2022, 10:56 AM

Reporting Time : 14/11/2022, 01:55 PM

Sample ID :



16277

Test Description	Value(s)	Reference Range	Unit
10	240		
11	269		
12	298		

END OF REPORT

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Page 2 of 2



Patient Name : MR. MADHUMITA

Age / Gender : 41 years / Male

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Collection Time : 12/11/2022, 10:56 AM

Reporting Time : 14/11/2022, 01:56 PM

Sample ID :



16277

Test Description	Value(s)	Reference Range	Unit
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Urine(R/M) Routine Examination of Urine

General Examination

Colour	PALE YELLOW	Pale Yellow	
Transparency (Appearance)	CLEAR	Clear	
Deposit	Absent	Absent	
Specific gravity	1.010	1.005 - 1.030	

Chemical Examination

Urine Protein (Albumin)	Absent	Absent	
Urine Glucose (Sugar)	Absent	Absent	

Microscopic Examination

Red blood cells	Absent	0-4	/hpf
Pus cells (WBCs)	2 - 4 /HPF	0-9	/hpf
Epithelial cells	2 - 3 /HPF	0-4	/hpf
Crystals	Absent	Absent	
Cast	Absent	Absent	
Amorphous deposits	Absent	Absent	
Bacteria	Absent	Absent	
Trichomonas Vaginalis	Absent	Absent	
Yeast cells	Absent	Absent	

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Patient ID : 14211

Referral : MEDI WHEEL

Collection Time : 12/11/2022, 10:56 AM

Reporting Time : 14/11/2022, 01:56 PM

Sample ID :



16277

Test Description	Value(s)	Reference Range	Unit
<u>LFT, Liver Function Test</u>			
Bilirubin - Total Method : Serum, Jendrassik Grof	0.69	0.00 - 1.00	mg/dL
Bilirubin - Direct Method : Serum, Diazotization	0.20	0.00 - 0.20	mg/dL
Bilirubin - Indirect Method : Serum, Calculated	0.49	0.10 - 0.80	mg/dL
SGOT Method : Serum, UV with P5P, IFCC 37 degree	13.6	8 - 33	U/L
SGPT Method : Serum, UV with P5P, IFCC 37 degree	24.3	3 - 35	U/L
GGT-Gamma Glutamyl Transpeptidase Method : Serum, G-glutamyl-carboxy-nitroanilide	10.2	< 55	U/L
Alkaline Phosphatase Method : PNPP-AMP Buffer/Kinetic	115.3	53-128	U/L
Total Protein Method : Serum, Biuret, reagent blank end point	6.94	6.60 - 8.70	g/dL
Albumin Method : Serum, Bromocresol green	3.80	3.50 - 5.30	g/dL
Globulin Method : Serum, EIA	3.14	2.00-3.50	g/dL
A/G Ratio Method : Serum, EIA	1.21	1.2 - 2.2	

END OF REPORT


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Wishing Good Health

Page 1 of 1



Patient Name : MR. MADHUMITA
Age / Gender : 41 years / Male
Patient ID : 14211

Referral : MEDI WHEEL
Collection Time : 12/11/2022, 10:56 AM
Reporting Time : 14/11/2022, 01:57 PM
Sample ID :



16277

Test Description	Value(s)	Reference Range	Unit
Complete Blood Count			
Hemoglobin (Hb)	14.2	13.5 - 18.0	gm/dL
Erythrocyte (RBC) Count	4.77	4.7 - 6.0	mil/cu.mm
Packed Cell Volume (PCV)	42.6	42 - 52	%
Mean Cell Volume (MCV)	89.31	78 - 100	fL
Mean Cell Haemoglobin (MCH)	29.77	27 - 31	pg
Mean Corpuscular Hb Conc. (MCHC)	33.33	32 - 36	g/dL
Red Cell Distribution Width (RDW)	11.6	11.5 - 14.0	%
Total Leucocytes (WBC) Count	9700	4000-10000	cell/cu.mm
Neutrophils	67	40 - 80	%
Lymphocytes	30	20 - 40	%
Monocytes	01	2 - 10	%
Eosinophils	02	1 - 6	%
Basophils	00	1-2	%
Platelet Count	297	150 - 450	10 ³ /ul
Mean Platelet Volume (MPV)	7.2	7.2 - 11.7	fL
PCT	0.21	0.2 - 0.5	%
PDW	15.6	9.0 - 17.0	%

END OF REPORT

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Patient Name : MR. MADHUMITA

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Patient ID : 14211

Referral : MEDI WHEEL

Collection Time : 12/11/2022, 10:56 AM

Reporting Time : 14/11/2022, 01:57 PM

Sample ID :



16277

Test Description	Value(s)	Reference Range	Unit
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Thyroid Profile (T3, T4, TSH)

T3-Total Method : CLIA	0.95	0.87 - 2.73	ng/dL
T4-Total Method : CLIA	6.84	6.09 - 12.23	ug/dL
TSH-Ultrasensitive Method : CLIA	0.74	0.45 - 4.50	uIU/mL

Interpretation

TSH	T3	T4	Suggested Interpretation for the Thyroid Function Tests Pattern
Raised	Within range	Within range	Raised Within Range Within Range .Isolated High TSH especially in the range of 4.7 to 15 mIU/ml is commonly associated with Physiological & Biological TSH Variability. Subclinical Autoimmune Hypothyroidism. Intermittent 14 therapy for hypothyroidism .Recovery phase after Non-Thyroidal illness"
Raised	Decreased	Decreased	Chronic Autoimmune Thyroiditis Post thyroidectomy, Post radioiodine Hypothyroid phase of transient thyroiditis"
Raised or within range	Raised	Raised or within range	Interfering antibodies to thyroid hormones (anti-TPO antibodies) Intermittent 14 therapy or T4 overdose •Drug interference- Amiodarone, Heparin, Beta blockers, steroids, anti-epileptics.
Decreased	Raised or within range	Raised or within range	Isolated Low TSH -especially in the range of 0.1 to 0.4 often seen in elderly & Range Range associated with Non-Thyroidal illness .Subclinical Hyperthyroidism .Thyroxine ingestion"
Decreased	Decreased	Decreased	Central Hypothyroidism .Non-Thyroidal illness .Recent treatment for Hyperthyroidism (TSH remains suppressed)"
Decreased	Raised	Raised	Primary Hyperthyroidism (Graves' disease). Multinodular goitre, Toxic nodule •Transient thyroiditis: Postpartum, Silent (lymphocytic), Postviral (granulomatous, subacute, DeQuervain's), Gestational thyrotoxicosis with hyperemesis gravidarum"
Decreased Within Rang	Raised	Within range	T3 toxicosis •Non-Thyroidal illness
Within range	Decreased	Within range	Isolated Low T3-often seen in elderly & associated Non-Thyroidal illness In elderly the drop in 13 level can be upto 25%.

END OF REPORT

Lab technician

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Wishing Good Health

Page 1 of 1



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Healthcare Services
Professional | Accuracy | Precision

Professional Accuracy Precision

Regd. No. : 1834

ZENA HEALTHCARE SERVICES
(A Unit of Zena Enterprises)

NAME:-MADHUSMITA
AGE:-41YRS
Patient ID:-3

REFERRAL:-ACHN
DATE:12.11.2022
SEX:-FEMALE

CHEST X-RAY PA VEIW SHOWS.

- Both side lung fields are clear.
- Trachea within normal limit.
- Both costophrenic cardiophrenic angle are clear.
- Cardiac shadow within normal limit.
- Media stinum in position

IMPRESSION:-NORMAL STUDY.

B. Pradhan

**Dr. Bhagaban Pradhan
M.D. (Radio diagnosis)
Consultant Radiologist**

For Home Collection Please Call at Number :

Zena Healthcare Services

Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07
Ph. : 0674-2549902, 9692276908, 8337964922, E-mail : zenahealthcare@gmail.com

Website : www.zenacare.in

Wishing Good Health

Patient :	MRS. MADHUSMITA	Doctor :	Dr. AISHWARYA BHAKTA
Age/Sex :	41 Years /Female	Facility :	Dr. Agarwal's Health Care Ltd, Bhubaneswar
Contact :	7008453894	Appt. Dt :	12 Nov'22
MR No. :	BHU/31816/22	Note Dt :	12 Nov'22

OPD SUMMARY

HISTORY

Visit: General Checkup

Chief Complaints : None

Ophthalmic History :

- Glasses Left Eye since 24 years & Right Eye since 24 years - d/c from 23 years
- Herpes zoster infection in 2017

Systemic History : None

Allergies : None

REFRACTION

R/OD		
Keratometry:		
		Axis
Kh	41.50	80
Kv	42.50	170

Auto Refraction:			
	Sph	Cyl	Axis
Dry	0.0	-1.50	90
	--	--	--
	--	--	--

Dilated	--	--	--
	--	--	--
	--	--	--

Dry Refraction:				
	Sph	Cyl	Axis	Vision

L/OS		
Keratometry:		
		Axis
Kh	42.00	110
Kv	42.75	20

Auto Refraction:			
	Sph	Cyl	Axis
Dry	+0.50	-1.50	100
	--	--	--
	--	--	--

Dilated	--	--	--
	--	--	--
	--	--	--

Dry Refraction:				
	Sph	Cyl	Axis	Vision

IN CASE OF EMERGENCY (UNUSUAL PAIN, WATERING, REDNESS, OR DECREASE IN VISION)

PLEASE CONTACT: MOBILE NO 8118052202

କରୁଣା କାଳୀନ ପରିଚ୍ଛିନ୍ତି: ଯେପରିକି ଆଖି ଯନ୍ତ୍ରଣା, ଲୁହ ବୋହିବା, ଆଖି ଲାଲ ପଡ଼ିବା ଓ ଦୃଷ୍ଟି ଶକ୍ତି କମିଯିବା କ୍ଷେତ୍ରରେ ଦୟାକରି ଉକ୍ତ ନମ୍ବର କୁ (୮୧୧୮୦୫୨୨୦୨)

ଯୋଗାଯୋଗ କରନ୍ତୁ