

Dr. Vimmi Goel
MBBS, MD (Internal Medicine)
Sr. Consultant Non Invasive Cardiology
Reg. No: MMC- 2014/01/0113



Name: Mr. Chamat Rupesh Sharmao Date: 25/11/22
Age: 31y Sex: M/F Weight: 62.4 kg Height: 158.2 Inc BMI: 24.9
BP: 130/80 mmHg Pulse: 77 bpm RBS: _____ mg/dl
S8oz 99%.

- Prediabetes
- Dyslipidemia
- F1H - Neg for DM
- No addictions

O/E
JW°
Cler
In
PIA ~

- Adv.
- Diet control
 - Exercise
 - Life style changes as advised

T. Nova stat 10 x - x - 1
(90) A/D

I/W.
LDL - 165
HbA1C - 6.3
Gd. 2 Fatty Liver

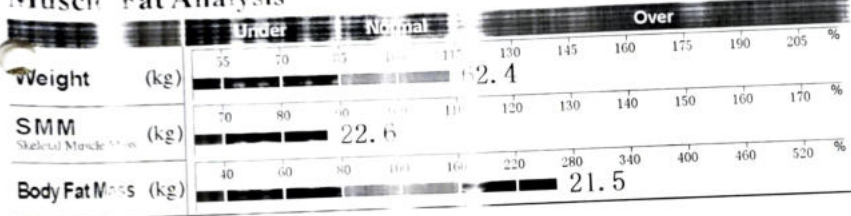
• Rpt. FBS
PMBS
HbA1C
FLP } cyber 3mos

ID 125681	Height 153.0 cm	Age 31	Gender Male	Test Date / Time 25.11.2022 11:39
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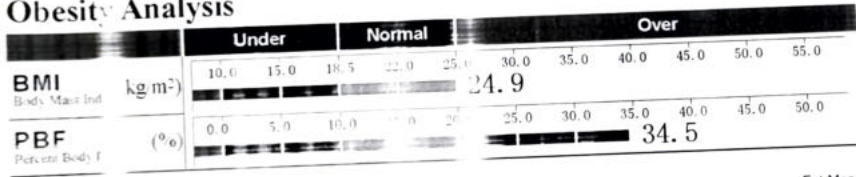
Body Composition Analysis

Total amount of water in my body	Total Body Water (L)	30.0 (31.0~37.8)
What I need to build muscles	Protein (kg)	8.2 (8.3~10.1)
What I need for strong bones	Minerals (kg)	2.69 (2.86~3.50)
Where my excess energy is stored	Body Fat Mass (kg)	21.5 (6.6~13.2)
Sum of the above	Weight (kg)	62.4 (46.8~63.4)

Muscle Fat Analysis



Obesity Analysis



Segmental Lean Analysis

Left	2.32 kg	2.34 kg
	85.6%	86.2%
	Normal	Normal
Right	20.3 kg	20.3 kg
	93.8%	93.8%
	Normal	Normal
Upper	6.33 kg	6.09 kg
	80.1%	80.8%
	Under	Under

Segmental Fat Analysis

Left	1.4 kg	1.4 kg
	285.9%	286.6%
	Over	Over
Right	11.7 kg	11.7 kg
	335.2%	335.2%
	Over	Over
Upper	2.9 kg	2.9 kg
	205.4%	206.6%
	Over	Over

* Segmental fat is estimated

InBody Score

62 / 100 Points
 * Total score that represents the evaluation of body composition. A normal adult person may score 100 points.

Weight Control

Target Weight	55.0 kg
Weight Control	-7.4 kg
Fat Control	13.3 kg
Muscle Control	+5.9 kg

Obesity Evaluation

BMI	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Slightly Over	<input checked="" type="checkbox"/> Over

Waist-Hip Ratio

0.99

Visceral Fat Level

Level 10

Research Parameters

Fat Free Mass	40.9 kg
Basal Metabolic Rate	1253 kcal/day
Obesity Degree	113%
SMI	6.7 kg/m²
Recommended calorie intake	1916 kcal/day

Calorie Expenditure of Exercise

Golf	110	Gateball	110
Walking	125	Yoga	125
Badminton	141	Table Tennis	141
Tennis	187	Bicycling	187
Boxing	187	Basketball	187
Mountain Climbing	203	Jumping Rope	203
Aerobics	218	Jogging	218
Soccer	218	Swimming	218
Japanese Fencing	212	Racketball	212
Squash	212	Taekwondo	212

*Based on your current weight
 *Based on 30 minute duration

Impedance

	RA	LA	TR	RL	RL
Z(Ω) 20kHz	318.1	351.6	311.1	326.7	333.6
100kHz	310.5	312.6	267.8	285.7	292.5

Body Composition History

Weight (kg)	62.4				
SMM (kg)	22.6				
PBF (%)	34.5				
Recent Total	25.11.2022				
	11:39				



UHID	KH125684	Order Date & time	25-11-2022
Patient Name	Mr Chamat Rupesh Shamrao	Sample Collection Date	25-11-2022 02:12 PM
Age/Gender	31 Y/Male	Acknowledge Date	25-11-2022 02:44 PM
Patient Type	OP	Report Date	25-11-2022 03:36 PM
Visit No	OP-118206	Ordering Doctor	
Refer By	Dr Vimmi Goel	Treating Doctor Name	Dr Vimmi Goel
Order Id	ODRID-306536	Accession Number	0150563P

Clinical Biochemistry

Service Name	Result	Unit	Reference Range	Method
• Post Prandial Blood Sugar, Plasma	184.0 H	mg%	<140	GOD/POD, Colorimetric

Clinical Pathology

Service Name	Result	Unit	Reference Range	Method
Urine Post Prandial Sugar, Urine	2+ (Approx 100 mg/dl)			GOD/POD

Disclaimer: Only Starred Parameters are under the Scope of NABL



Dr Gauri Hardas
 Consultant Pathologist
 2011/06/1806



UHID	KH125684	Order Date & time	25-11-2022
Patient Name	Mr Chamat Rupesh Shamrao	Sample Collection Date	25-11-2022 10:28 AM
Age/Gender	31 Y/Male	Acknowledge Date	25-11-2022 10:55 AM
Patient Type	OP	Visit No	OP-118206
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-306536	Accession Number	0150467

Haematology

Service Name	Result	Unit	Reference Range	Method
Haemogram (CBC with ESR), Whole Blood				
Erythrocytes				
* Haemoglobin	15.1	gm/dl	13-17	Photometric Measurement
* RBC count	5.86 H	millions/cumm	4.5-5.5	Photometric Measurement
* Packed Cell Volume (PCV/HCT)	46.8	%	40-50	Calculated
* MCV	80 L	fl	83-101	Calculated
* MCH	25.7 L	pg	27-32	Calculated
* MCHC	32.2	gm/dl	31.5-34.5	Calculated
* RDW	14.1 H	%	11.5-14.0	Calculated
Leucocytes				
* TLC (Total Leukocyte Count)	7400	/cumm	4000-10000	Flow cytometry
* Neutrophils	51.6	%	50-70	
* Lymphocytes	42.7 H	%	25-30	
* Eosinophils	1.6	%	1-5	
* Monocytes	4.0 L	%	5-10	
* Basophils	0.1 L	%	1-2	
* Absolute Neutrophil Count	3818.40	/cumm	2000-7000	Calculated
* Absolute Lymphocyte Count	3159.80	/cumm	1000-4800	Calculated
* Absolute Eosinophil Count	118.40	/Cumm	20-500	Calculated
* Absolute Monocyte Count	296.00	/cumm	200-1000	Calculated
* Absolute Basophil Count	7.40 L	/cumm	20-100	Calculated
Platelets				
* Platelet Count	223	10 ³ /cumm	150-450	Impedance
* MPV	8.8	fl	6.0-9.5	Calculated
* PCT (Platelet Hematocrit)	0.20	%	0.2-0.5	
* PDW (Platelet Distribution Width)	15.50	%	9-17	
Peripheral Smear Examination				
RBC Morphology				
* Hypochromia	+ (Few)			
* Microcytosis	+ (Few)			
* WBCs	As Above			
* Platelets	Adequate			
* ESR (Westergren)	08	mm/hr	<15	Westergren
* Blood Grouping & RH Factor, Whole Blood & Serum	"A" Rh POSITIVE			Column agglutination test
* HbA1c (Glycosylated Haemoglobin), Blood	6.3 H	%	Non-Diabetic: <=5.6 % Pre-Diabetic: 5.7-6.4 % Diabetic >=6.5 %	HPLC

Clinical Biochemistry

Service Name	Result	Unit	Reference Range	Method
Fasting Blood Sugar, Plasma	115.0 H	mg/dL	<100	GOD/POD, Colorimetric
Lipid Profile, Serum				
* Cholesterol	266.00 H	mg/dL	<200	Enzymatic Method



UHD
Patient Name: KH125684
Age/Gender: Mr Chamat Rupesh Shamrao
Patient Type: 31 Y/Male
Ordering Doctor: OP
Order Id: ODRID-306536

Order Date & time: 25-11-2022 10:28 AM
Sample Collection Date: 25-11-2022 10:55 AM
Acknowledge Date: OP-118206
Visit No: Dr Vimmi Goel
Refer By: 0150467
Accession Number:

Service Name	Result	Unit	Reference Range	Method
* Triglyceride	350.0 H	mg/dL	Normal Less than 150 mg/dl Borderline High 150 - 199 mg/dl High 200 - 499 mg/dl Very High More than 499 mg/dl	Enzymatic(Lipase/GK/GPO/POD)
* HDL Cholesterol Direct	30.0 L	mg/dL	Major risk factor for Heart disease <40 mg/dl (Males) Major risk factor for Heart disease <50 mg/dl (Female) Negative risk factor for Heart disease >60 mg/dl Optimal <100 mg/dl Near optimal 100 - 129 mg/dl	Phosphotungstic acid/mgcl-Enzymatic (microslide)
* LDL Cholesterol (Direct)	165.9 H	mg/dL	Borderline high 130 - 159 mg/dl High 60 - 189 mg/dl Very High >190 mg/dl	Enzymatic
* VLDL	70.00 H	mg/dL	<30	Calculated
* Cholesterol/HDL Ratio	9.00 H	mg/dL	3-5	Calculated
* Non HDL	236.00	mg/dL		Calculated
Kidney Function Test (KFT), Serum				
* Blood Urea	20.00	mg/dL	19-43	Urease with indicator dye
* Creatinine	0.70	mg/dL	0.66-1.25	Enzymatic (creatinine amidohydrolase)
* eGFR	125.75	mL/min/1.73m ²		Calculated
* Sodium	142	mmol/L	136-145	Direct ion selective electrode
* Potassium	4.71	mmol/L	3.5-5.1	Direct ion selective electrode
BUN (Blood Urea Nitrogen), Serum	9.34	mg/dL	9-20	Urease with indicator dye
Liver Function test, Serum				
* Total Bilirubin	1.03	mg/dL	0.2-1.3	Azobilirubin/Dyphylline
* Bilirubin Direct	0.23	mg/dL	0.1-0.3	Calculated
* Bilirubin Indirect	0.80	mg/dL	0.1-1.1	Dual wavelength Spectrophotometric
* SGOT (AST)	34	U/L	15-40	Kinetic with pyridoxal 5 phosphate
* SGPT (ALT)	53 H	U/L	10-40	Kinetic with pyridoxal 5 phosphate
* Alkaline Phosphatase	73.00	U/L	38-126	Pnpp/AMP buffer
* Total Protein	8.15	gm/dl	6.3-8.2	Biuret(Alkaline cupric Sulfate)
* Albumin	5.01 H	gm/dl	3.5-5.0	Bromocresol green dye binding
* Globulin	3.14	gm/dl	2-4	Calculated
* Albumin/Globulin Ratio	1.60	U/L	15-73	Calculated
* Gamma GT (GGT), Serum	61.0	U/L		Kinetic Method



UHID	KH125684	Order Date & time	25-11-2022
Patient Name	Mr Chamat Rupesh Shamrao	Sample Collection Date	25-11-2022 10:28 AM
Age/Gender	31 Y/Male	Acknowledge Date	25-11-2022 10:55 AM
Patient Type	OP	Visit No	OP-118206
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-306536	Accession Number	0150467

Service Name	Result	Unit	Reference Range	Method
Interpretation:				
:A high fat meal may cause decreased bilirubin levels by interfering with the clinical reactions.				
GT activity is elevated in all forms of liver disease. This test is much more sensitive than either the alkaline phosphatase test or the transaminase test (i.e., SGOT, SGPT) in detecting obstructive jaundice, cholangitis, and cholecystitis. It is also indicated in the differential diagnosis of liver disease in children and pregnant women who have elevated levels of LDH and alkaline phosphatase.				

* Uric Acid, Serum	7.11	mg/dL	3.5-7.2	Uricase/Peroxidase (Colorimetric)
Thyroid Function Test (T3,FT4,TSH), Serum				
* T3	1.39	ng/mL	0.55-1.7	Enhanced chemiluminescence
* Free T4	1.42	ng/dL	0.8-1.7	Enhanced chemiluminescence
* Thyroid Stimulating Hormone (TSH)	1.52	uIU/mL	0.5-4.8	Enhanced chemiluminescence

Clinical Pathology

Service Name	Result	Unit	Reference Range	Method
Urine Routine and Microscopy, Urine				
Physical Examination				
* Volume	30 ml			
* Appearance	Clear			
* Colour	Pale Yellow			
* PH	7.0	NA	4.6-8.0	
* Specific Gravity	1.005 L	NA	1.016-1.022	Iodometric method
Chemical Examination				
* Protein	Negative	mg/dL		
* Glucose	Negative			
* Ketone	Negative			
* Bilirubin	Negative			
* Urobilinogen	Normal			
* Nitrate	Negative			
Microscopic Examination				
* Pus Cells	0-1	/ hpf		
* Epithelial Cells	0-1	/ hpf		
* Red Blood Cells	Absent	/ hpf		
* Crystal	Absent			
* Cast	Absent	/hpf		
* Bacteria	Absent			
* Other	.			
Urine Sugar Fasting, Urine	Negative			GOD/POD

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UHID
Patient Name
Age/Gender
Patient Type
Ordering Doctor
Order Id

KH125684
Mr Chamat Rupesh Shamrao
31 Y/Male
OP

ODRID-306536

Order Date & time
Sample Collection Date
Acknowledge Date
Visit No
Refer By
Accession Number

25-11-2022
25-11-2022 10:28 AM
25-11-2022 10:55 AM
OP-118206
Dr Vimmi Goel
0150467

Dr Gauri Hardas
Consultant Pathologist

2011/06/1806





A Unit of SPANV Medisearch Lifesciences Pvt. Ltd.
CIN U74999MH2018PTC303510

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Phone: +91 0712 6789100
CIN: U74999MH2018PTC303510
GST: 27AAZCS7904H1ZM

UHID	KH125684	Patient Name	Mr Chamat Rupesh Shamrao
Age	31 Y	Gender	Male
Payer Name	Self	Payer Type	cash
Order Date & time	25-11-2022 12:00 AM	Acknowledge Date	25-11-2022 10:46 AM
Refer By	Dr Vimmi Goel	Treating Doctor Speciality	Non Invasive Cardiology
Accession Number	OPRDAC-23656	DOB	25/11/2022
Patient Type	OP	Order Id	ODRID-306536

X-Ray Chest AP

Both the lung fields are clear.

Heart and Aorta are normal.

Both hilar shadows appear normal.

Diaphragm domes and CP angles are clear.

Bony cage is normal.

IMPRESSION -

No pleuro-parenchymal abnormality seen.


Dr Rajkumar Khandelwal
Senior Consultant
MD
55870

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UHID	KH125684	Patient Name	Mr Chamat Rupesh Shamrao
Age	31 Y	Gender	Male
Payer Name	Self	Payer Type	cash
Order Date & time	25-11-2022 12:00 AM	Acknowledge Date	25-11-2022 11:08 AM
Refer By	Dr Vimmi Goel	Treating Doctor Speciality	Non Invasive Cardiology
Accession Number	OPRDAC-23659	DOB	25/11/2022
Patient Type	OP	Order Id	ODRID-306536

USG Whole Abdomen

LIVER is normal in size (12 cm), shape and **shows mild increase in echotexture**. No evidence of any focal lesion seen. Intrahepatic billiary radicals are not dilated. PORTAL VEIN and CBD are normal in course and caliber.

GALL BLADDER is physiologically distended. No stones or sludge seen within it. Wall thickness is within normal limits.

Visualized head and body of PANCREAS is normal in shape, size and echotexture.

SPLEEN is normal in size (8.5 cm), shape and echotexture. No focal lesion seen.

Right kidney measures - 9.3 x 4.0 cm. Left kidney measures - 9.2 x 4.0 cm
Both KIDNEYS are normal in size, shape and echotexture.

No evidence of calculus or hydronephrosis seen.
URETERS are not dilated.

URINARY BLADDER is well distended. No calculus or mass lesion seen.
Prostate is normal in size (volume = 21.5 cc)and echotexture.

There is no free fluid or abdominal lymphadenopathy seen.

IMPRESSION: USG reveals,
Grade I fatty liver.
No other significant visceral abnormality seen.


Dr Asawari S Laudre
Consultant Radiologist
MBBS,MD (Radio-Diag)

Kingsway Hospitals
44 Kingsway, Mohan Nagar,
Near Kasturchand Park, Nagpur

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: Mr. Rupesh, Chamat
Patient ID: 125684
Height:
Weight:
Study Date: 25.11.2022
Test Type: Treadmill Stress Test
Protocol: BRUCE

DOB: 22.12.1990
Age: 31yrs
Gender: Male
Race: Indian
Referring Physician: Medi Wheel HCU
Attending Physician: Dr. Vimmi Goel
Technician: --

Medications:

--
Medical History:
NIL

Reason for Exercise Test:
Screening for CAD

Exercise Test Summary:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:07	0.00	0.00	93	120/80	
	STANDING	00:01	0.00	0.00	92		
	WARM-UP	00:05	0.00	0.00	91		
EXERCISE	STAGE 1	03:00	1.70	10.00	131	120/80	
	STAGE 2	03:00	2.50	12.00	166	130/80	
	STAGE 3	02:54	3.40	14.00	203	130/80	
			01:00	0.00	0.00	169	140/80
RECOVERY		02:00	0.00	0.00	121	120/80	
		00:14	0.00	0.00	120		

The patient exercised according to the BRUCE for 8:54 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 95 bpm rose to a maximal heart rate of 203 bpm. This value represents 107 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 140/80 mmHg. The exercise test was stopped due to Target heart rate achieved.

Interpretation:

Summary: Resting ECG: normal.
Functional Capacity: normal.

RR Response to Exercise: appropriate.

BP Response to Exercise: normal resting BP - appropriate response.

Chest Pain: none.


Arrhythmias: none.

ST Changes: none.

Overall impression: Normal stress test.

Conclusions:

TMT is negative for inducible ischemia.


Dr. VIMMI GOEL
MBBS, MD
Sr. Consultant-Non Invasive Cardiology
Reg.No.: 2014/51/0143

kh125684
31 Years

MR CHAMAT RUPESH SHAMRAO
Male

25-Nov-22 11:14:44 AM

KIMS-KINGSWAY HOSPITALS

PHC DEPT.

Rate 71 . Sinus rhythm.....Normal P axis, V-rate 50- 99

PR 140
QRS 92
QT 377
QTc 410

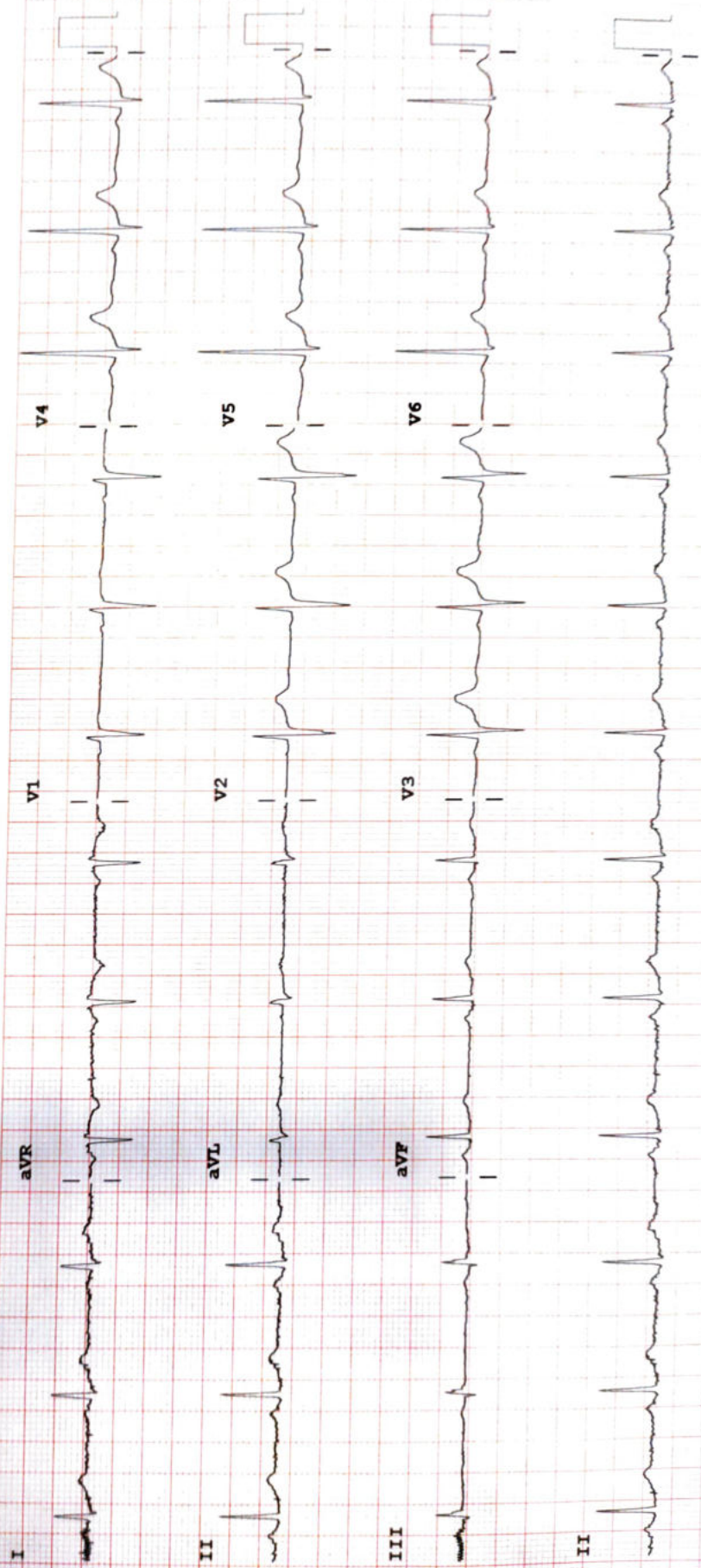
--AXIS--

P 64
QRS 51
T 34

12 Lead; Standard Placement

- NORMAL ECG -

Unconfirmed Diagnosis



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 50- 0.50-150 Hz W

100B CL

P?

PHILIPS

HEALTH CARE