











# CONCLUSION OF HEALTH CHECKUP

ECU Number: 1493

MR Number

Ideal Weight : 60

: 23199399

Patient Name: SAI KUMAR PALLE

Age Weight :30 :67 Sex

: Male

Height BMI

: 161 : 25.85

Date

: 28/01/2023

Dr. Manish Mittal

Internal Medicine

Note: General Physical Examination & routine Investigations included in the Health Checkup have certain limitations and may not be able to detect all the latent and asymptomatic diseases.













ECU Number: 1493

MR Number : 23199399

Ideal Weight : 60

Patient Name: SAI KUMAR PALLE

Age

:30 :67 Sex

: Male

Height BMI

: 161 : 25.85

Weight Date

: 28/01/2023

Past H/O

NO P/H/O ANY MAJOR ILLNESS

Present H/O

· NO MEDICAL COMPLAIN AT PRESENT

Family H/O

: FATHER: HYPERTENSION

Habits

: NO HABITS

Gen.Exam.

: G.C.GOOD

B.P

: 110/70 mm HG

Pulse

88/MIN REG

Others

: SPO2-98%

C.V.S

: CLINICALLY NAD

R.S.

: CLINICLLY NAD

Abdomen

: NP

Spleen

NP

Skin

: NAD

C.N.S

: NAD

Advice











ECU Number : 1493

Age Weight

: 30

:67

Date

:28/01/2023

MR Number : 23199399

Sex

: Male

Ideal Weight : 60

Patient Name: SAI KUMAR PALLE

Height

: 161

ВМІ

: 25.85

Left

NIL

NA

NA

6/6 N.5

Ophthalmic Check Up :

Ext Exam

Vision Without Glasses

Vision With Glasses

**Final Correction** 

undus

Colour Vision

Right

NA

NA

**NORMAL** 

NIL

Advice

Orthopeadic Check Up:

Citho Consultation

Ortho Advice

ENT Check Up:

Ear

Nose

Throat

Hearing Test

ENT Advice

Ge ral Surgery Check Up :

Seneral Surgery

Abdominal Lump

Hernia

External Genitals

**PVR** 

8.17

Proctoscopy

Any Other

Surgical Advice

6/6 N.5

**NORMAL** 

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# Dietary Assesment

ECU Number: 1493

MR Number

Ideal Weight : 60

:23199399

Patient Name: SAI KUMAR PALLE : 161

^.qe Weight : 30 :67 Sex

: Male

Height BMI

: 25.85

Date

: 28/01/2023

**Body Type** 

Normal

Underwight

Overrwight

**Diet History** 

. Vegetarian

Eggetarian

Mixed

Frequency of consuming fried food

/ Day / Week or occasional

Frequency of consuming Sweets

/ Day / or occasional

Frequency of consuming outside food

/ Day / Week or occasional

Amount of water consumed / day

Glasses / liters

Life style assessment

Physical activity

Active

/ moderate

Sedentary

Nil

Alcohol intake

Yes / No

Smoking

Yes / No

Allergic to any food

Yes / No

Are you stressed out?

Yes / No

.⊟o you travel a lot ?

Yes / No

General diet instructions:

Have small frequent meals.

Avoid fatty products like oil, ghee, butter, cheese.

Take salt restricted diet and avoid table salt.

Consume fibrous food regalarly like whole grains, Daliya, Oats, Bajra, Flex seeds, Pulses, Fruits and Salads.

Keep changing your cooking oil every three months.

Avoid Maida, Starchy foods and Bakery products.

Consume 1-2 seervings of all fruits and vegetables, For Diabetic patients avoid Mango, Chikoo, Banana, Grapes and Custurd apple

Dring 3 to 4 liters (12 - 14 glass) of water daily.

👼 at Beetroots, Figs, Almond, Walnut, Dates, Leafy vegetables, roasted Channa and Jeggary (Gur) for Heamoglobin in case of diabetic patient avoid Rasins, Dates and Jeggary

Drink green Tea or black Coffee once in a day.

Do brisk walking daily.

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#### **DEPARTMENT OF LABORATORY MEDICINE**

Patient Name

: Mr. SAI KUMAR PALLE

Gender / Age MR No / Bill No. : 23199399 / 231063143

: Male / 30 Years 7 Months 15 Days

Consultant

: Dr. Manish Mittal

Location : OPD Type

OPD

Request No.

102981

Request Date

: 28/01/2023 09:47 AM

**Collection Date** Approval Date

: 28/01/2023 09:54 AM

: 28/01/2023 01:36 PM

CBC + ESR

	······································		
<u>Test</u>	Result	<u>Units</u>	Biological Ref. Range
Haemoglobin.			
Haemoglobin	15.6	gm/dL	13 - 17
Red Blood Cell Count (T-RBC)	5.19	mill/cmm	4.5 - 5.5
Hematocrit (HCT)	45.4	%	40 - 50
Mean Corpuscular Volume (MCV)	87.5	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	30.1	pg	27 - 32
MCH Concentration (MCHC)	34.4	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	12.2	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	39.8	fl	39 - 46
Red Cell Distribution Width (RDW-SD)  Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	7.83	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	64	%	40 - 80
Lymphocytes	31	%	20 - 40
Eosinophils	<u>0</u>	%	1 - 6
Polymorphs Lymphocytes Eosinophils Monocytes	5	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	4.98	thou/cmm	2-7
Lymphocytes (Abs. Value)	2.43	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.04	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.34	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.04	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.1	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	309	thou/cmm	150 - 410
Smear evaluation	Adequate		
ESR	6	mm/1 hr	0 - 10

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Consultant

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: Dr. Manish Mittal

Location

: OPD

Type

: OPD

Request No.

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28/01/2023 01:36 PM

CBC + ESR

Immature Granulocyte (IG) count is a useful early marker of infection or inflammation, even when other markers are normal. It is an early and rapid discrimination of bacterial from viral infections. It is also increased in patients on steroid therapy / chemotherapy or haematological malignancy. High IG is always pathologicial; except in pregnancy and neonates of < 7 days. Method: HB by Non-Cyanide Hemoglobin analysis method. HCT by RBC pulse height detection method. RBC,TLC & PLC are by Particle Count by Electrical Impedance in Cell Counter. Optical Platelets by Fluorescent + Laser Technology. MCV, MCH, MCHC,RDW (CV & SD) are calculated parameter.DLC by Flowcytometry method using semi-conductor Laser+Smear verification. ESR on Ves metic 20, comparable to Westergrens method and in accordance to ICSH reference method.

---- End of Report ----

Dr. Rakesh Vaidya MD (Path). DCP.

Test Results are dependent on a number of variables & technical limitations. Hence, it is advised to correlate with clinical findings and other rolated investigations before any firm opinion is made, Recheck / rases, may be requested.

User: SHITAL.SAVALIYA

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#### **DEPARTMENT OF LABORATORY MEDICINE**

Patient Name

: Mr. SAI KUMAR PALLE

Gender / Age

: Male / 30 Years 7 Months 15 Days

MR No / Bill No. : 23199399 / 231063143

Consultant Location

: Dr. Manish Mittal : OPD

Type

OPD

Request No.

102981

Request Date

28/01/2023 09:47 AM

**Collection Date** 

28/01/2023 09:54 AM

Approval Date

28/01/2023 02:48 PM

Haematology

Test

Result

**Units** 

Biological Ref. Range

Blood Group

ABO system

O

Rh system.

Positive

By Gel Technology / Tube Agglutination Method

- This blood group has been done with new sensitive Gel Technology using both Forward and Reverse Grouping Card with Autocontrol.

- This method check's group both on Red blood cells and in Serum for "ABO" group.

---- End of Report ----

Dr. Rakesh Vaidya MD (Path). DCP.

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Patient Name

: Mr. SAI KUMAR PALLE

Type

OPD

Gender / Age MR No / Bill No. : 23199399 / 231063143

: Male / 30 Years 7 Months 15 Days

Request No. 102981

: 28/01/2023 09:47 AM

Consultant

: Dr. Manish Mittal

Request Date : 28/01/2023 09:54 AM **Collection Date** 

Location

: OPD

Approval Date

: 28/01/2023 01:15 PM

# **Fasting Plasma Glucose**

Test	Result	<u>Units</u>	Biological Ref. Range
Fasting Plasma Glucose			
Fasting Plasma Glucose	103	mg/dL	70 - 110
Post Prandial 2 Hr.Plasma Glucose	105	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimesion

---- End of Report ----

Dr. Sejal Odedra

M.D.Pathology

Test Results are dependent on a number of voriables & verhnical imitations. Hence, it is advised to correlate with cénical findings and other related investigations before any firm opinion is made, Recheck / reseat may be requested.

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#### **DEPARTMENT OF LABORATORY MEDICINE**

Patient Name

: Mr. SAI KUMAR PALLE

Type

: OPD 102981

Gender / Age

: Male / 30 Years 7 Months 15 Days MR No / Bill No. : 23199399 / 231063143

Request No.

: 28/01/2023 09:47 AM

Consultant

: Dr. Manish Mittal

Request Date Collection Date

: 28/01/2023 09:54 AM

Location

: OPD

Approval Date

28/01/2023 01:16 PM

## HbA1c (Glycosylated Hb)

<u>Test</u>	Result	<u>Units</u>	Biological Ref. Range
HbA1c (Glycosylated Hb)			
Glycosylated Heamoglobin (HbA1c)	5.4	%	
estimated Average Glucose (e AG) *	108.28	mg/dL	

By Automated HPLC analyser on D-10 Biorad, NGSP Certified, US-FDA approved, Traceable to IFCC reference method.

Guidelines for Interpretation:

Indicated Glycemic control of previous 2-3 months

i	HbA1c%	e AG (mg/dl)	Glycemic control
Mean and an	> 8	> 183	Action suggestedHigh risk of developing long-term complications. Action suggested, depends on individual patient circumstances
	7-8	154 - 183	Good
	< 7	< 154	GoalSome danger of hypoglycemic reaction in type I Diabetics. Some Glucose intolorant individuals and Sub-Clinical diabetics may demonstrate (elevated) HbA1c in this area.
,	6-7	126 - 154	Near Normal
	< 6	< 126	Nondiabetic level)
מווייים וויפחפיי לפרווים			Near Normal

---- End of Report ----

Dr. Sejal Odedra M.D.Pathology

Test Results are dependent on a number of variables. A technical limitations. It is advised to correlate with clinical findings and other related investigations any firm oglinion is made, Recheck / retrest may be recuested.

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<sup>\*</sup> Calculated valued for past 60 days, derived from HbA1c %, based on formula recommended by the A1c - Derived Average Glucose study from ADA and EASD funded The ADAG trial.

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#### **DEPARTMENT OF LABORATORY MEDICINE**

Patient Name

: Mr. SAI KUMAR PALLE

Type

: OPD

Gender / Age

: Male / 30 Years 7 Months 15 Days

Request No.

: **102981** : 28/01/2023 09:47 AM

Consultant

MR No / Bill No. : 23199399 / 231063143

Request Date Collection Date

: 28/01/2023 09:54 AM

Location

: Dr. Manish Mittal : OPD

Approval Date

28/01/2023 01:16 PM

**Complete Lipid Profile** 

Test	Result	<u>Units</u>	Biological Ref. Range	
Complete Lipid Profile				
Appearance	Clear			
Triglycerides	98	mg/dL	1 - 150	
(By Lipase / Glycerol dehdrogenase on RXL Dade < 150 Normal 150-199 Borderline High 200-499 High > 499 Very High)	Dimension	_		
Total Cholesterol	<b>217</b>	mg/dL	1 - 200	
(By enzymatic colorimetric method on RXL Dade D	Dimension			
<200 mg/dL - Desirable 200-239 mg/dL - Borderline High > 239 mg/dL - High)				
HDL Cholesterol	42	mg/dL	40 - 60	
(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension < 40 Low > 60 High)				
Non HDL Cholesterol (calculated)	175	mg/dL	1 - 130	
(Non- HDL Cholesterol  < 130 Desirable 139-159 Borderline High 160-189 High > 191 Very High)				
LDL Cholesterol	<u>143</u>	mg/dL	1 - 100	
(By Direct homogenous technique, modified enzym < 100 Optimal 100-129 Near / above optimal 130-159 Borderline High 160-189 High > 189 Very High)	atic non-immunological method o	n RXL Dade Dimension		
VLDL Cholesterol (calculated)	19.6	mg/dL	12 - 30	
LDL Ch. / HDL Ch. Ratio	3.4		2.1 - 3.5	
T. Ch./HDL Ch. Ratio	5.17		3.5 - 5	
(Recent NECP / ATP III Guidelines / Classification	(mg/dl) :)			

---- End of Report ---

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lest results are dependent on a numbor of venablors, s'echnicial innitations. Hence it is advised to cornelate which clinical findings and cuthor related investigations before all will stand investigations before all will find to personal and the control is made. Recheck, it elses may be recuestred.

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#### **DEPARTMENT OF LABORATORY MEDICINE**

Patient Name

: Mr. SAI KUMAR PALLE

Gender / Age

: Male / 30 Years 7 Months 15 Days

Consultant

MR No / Bill No. : 23199399 / 231063143 : Dr. Manish Mittal

Location

Type

: OPD

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102981

Request Date

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Collection Date

28/01/2023 09:54 AM

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28/01/2023 01:16 PM

Renal Function Test (RFT)

**Test** 

Biological Ref. Range

Urea (By Urease Kinetic method on RXL Dade Dimension)

Creatinine

0.95

22

Result

mg/dL

Units

10 - 45

(By Modified Kinetic Jaffe Technique)

mg/dL

0.9 - 1.3

Estimate Glomerular Filtration rate

More than 60

(Ref. range : > 60 ml/min for adults between age group of 18 to 70 yrs. EGFR Calculated by IDMS Traceable MDRD Study equation. Reporting of eGFR can help facilitate early detection of CKD. By Modified Kinetic Jaffe Technique)

Uric acid

User: MOHSIN

4.9

mg/dL

3.4 - 7.2

(By Uricase / Catalse method on RXL Siemens)

--- End of Report ---

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Test Results are dependent on a number of variables is technical limitations. Hence, it is advised to correlate with clinical findings and other related investigations before

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## **DEPARTMENT OF LABORATORY MEDICINE**

Patient Name

: Mr. SAI KUMAR PALLE

Gender / Age

: Male / 30 Years 7 Months 15 Days

MR No / Bill No. : 23199399 / 231063143

Consultant

: Dr. Manish Mittal

Location : OPD Type

: OPD

Request No.

102981

Request Date

28/01/2023 09:47 AM

Collection Date

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28/01/2023 01:16 PM

## Thyroid Hormone Study

Test		Result	<u>Units</u>	Biological Ref. Range
Triiodothyronine (T3	3)	1.32	ng/ml	
(Done by 4th generatio Reference interval (n		pased method on automated immuno	oassay / Cobas e 411.	
1 - 3 days	: 0.1 - 7.4			
1-11 months	: 0.1 - 2.45			
1-5 years	: 0.1 - 2.7			
6-10 years	: 0.9 - 2.4			
11, 15 years	.08.21			

16-20 years : 0.8 - 2.1 Adults (20 - 50 years) : 0.7 - 2.0 Adults (> 50 years) : 0.4 - 1.8 Pregnancy (in last 5 months) : 1.2 - 2.5 : 0.4 - 1.8

( Reference : Tietz - Clinical guide to laboratory test, 4th edition ))

Thyroxine (T4)

User: MOHSIN

mcg/dL

(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.

Reference interval (mcg/dL) 1 - 3 days : 11.8 - 22.6 : 9.8 - 16.6 : 7.2 - 14.4 1-2 weeks 1 - 4 months 4 - 12 months 7.8 - 16.5 7.3 - 15.0 1-5 years 5 - 10 years 10 - 20 years 5.6 - 11.7 Adults / male : 4.6 - 10.5 Adults / female : 5.5 - 11.0

Adults (> 60 years) : 5.0 - 10.7

( Reference : Tietz - Clinical guide to laboratory test, 4th edition ))

Thyroid Stimulating Hormone (US-TSH)

5.38

microlU/ml

(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.

Reference interval (microIU/ml) Infants (1-4 days) 2-20 weeks : 1.7 - 9.1

5 months - 20 years Adults (21 - 54 years) Adults (> 55 years) : 0.7 - 6.4 : 0.4 - 4.2 : 0.5 - 8.9 Pregnancy:

1st trimester 2nd trimester : 0.5 - 4.6 3rd trimester : 0.8 - 5.2

(Reference : Tietz - Clinical guide to laboratory test, 4th edition ))

--- End of Report ---

Dr. Sejal Odedra M.D.Pathology



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# **DEPARTMENT OF DIAGNOSTIC RADIOLOGY**

Patient No. : 23199399

Report Date : 28/01/2023

Request No. : 190050754

28/01/2023 9.47 AM

Patient Name : Mr. SAI KUMAR PALLE

Gender / Age: Male / 30 Years 7 Months 15 Days

X-Ray Chest AP

ADVANCED DIGITAL SOLUTIONS

Computer Radiography

Ultra Sensitive Colour Doppler

Ultra High Resolution Sonography

Multi-Detector CT Scan

Mammography

Interventional Radiology

Digital Subtraction Angiography

Foetal Echocardiography

Echocardiography

Both lung fields show prominent vascular markings. Both costophrenic sinuses appear clear. Heart size is normal. Hilar shadows show no obvious abnormality. Aorta is normal.

flasony

Dr.Prerna C Hasani, MD Consultant Radiologist













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# **DEPARTMENT OF DIAGNOSTIC RADIOLOGY**

Patient No.

: 23199399

Report Date : 28/01/2023

Request No.: 190050743

28/01/2023 9.47 AM

Patient Name: Mr. SAI KUMAR PALLE

Gender / Age: Male / 30 Years 7 Months 15 Days

ADVANCED DIGITAL SOLUTIONS

Computer Radiography

Ultra Sensitive Colour Doppler

Ultra High Resolution Sonography

Multi-Detector CT Scan

Mammography

Interventional Radiology

Digital Subtraction Angiography

Foetal Echocardiography

Echocardiography

# USG: Screening for Abdomen (excluding Pelvis) Or Upper Abdomen

Liver is normal in size and echo pattern. No mass lesion identified. The hepatic veins are

clear and patent. PV patent. No dilated IHBR. Gall bladder is well distended and shows no obvious abnormality. Common bile duct measures 4 mm in diameter.

Pancreas shows no obvious abnormality. Tail obscured.

Spleen is normal size and echo pattern.

Both kidneys are normal in shape and position. Normal echogenicity and cortico medullary differentiation is noted. No hydronephrosis or mass lesion seen.

RIGHT

LEFT

Renal length: A.P.

104 mm. 34 mm.

92 mm. 36 mm.

Prostate appears normal in size and volume is ~ 12 cc.

Prostate measures 27mm x 31mm x 27mm.

Urinary bladder is partly distended and appears normal.

No ascites.

## COMMENT:

No obvious abnormality seen.

Kindly correlate clinically



Dr. Priyanka Patel, MD

Consultant Radiologist













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# DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 23199399

Request No. : 190050743

Patient Name: Mr. SAI KUMAR PALLE

Gender / Age: Male / 30 Years 7 Months 15 Days

Report Date : 28/01/2023

28/01/2023 9.47 AM

Echocardiography

Mammography

ADVANCED DIGITAL SOLUTIONS

Ultra Sensitive Colour Doppler

Digital Subtraction Angiography

Ultra High Resolution Sonography

Computer Radiography

Multi-Detector CT Scan

Interventional Radiology

Foetal Echocardiography

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**RIGHT** 104 mm. LEFT

A.P.

34 mm.

92 mm. 36 mm.

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Urinary bladder is partly distended and appears normal. No ascites.

# COMMENT:

No obvious abnormality seen.

Kindly correlate clinically



Dr.Priyanka Patel, MD

Consultant Radiologist



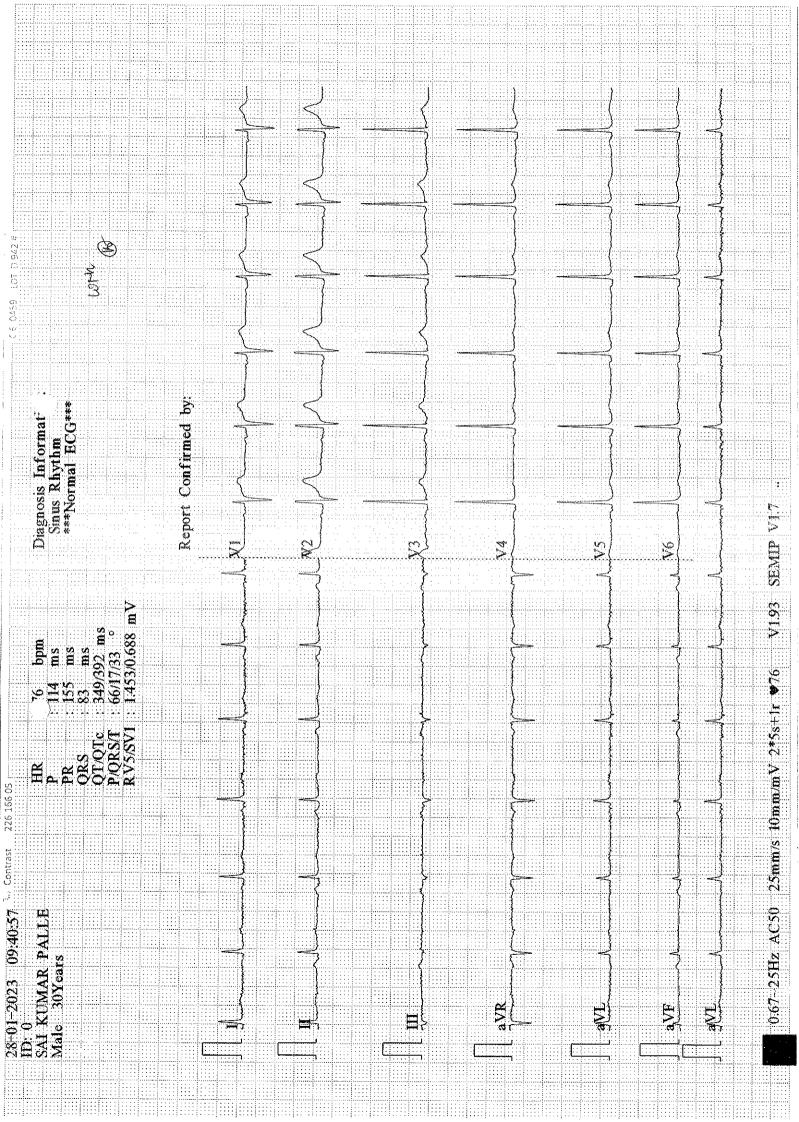








Päge 1 of

















Patient No. : 23199399

Report Date : 28/01/2023

Request No. : 190050764

28/01/2023 9.47 AM

Patient Name: Mr. SAI KUMAR PALLE

Gender / Age: Male / 30 Years 7 Months 15 Days

# Echo Color Doppler

MITRAL VALVE

AORTIC VALVE

TRICUSPID VALVE

PULMONARY VALVE

LEFT ATRIUM

**AORTA** 

LEFT VENTRICLE

RIGHT ATRIUM RIGHT VENTRICLE

J.V.S. IAS

PULMONARY ARTERY

PERICARDIUM

COLOUR/DOPPLER FLOW MAPPING

NORMAL, NO MS, NO MR

TRILEALFT, NO AS, NO AR

NORMAL, NO TR, NO PAH NORMAL, NO PR, NO PS

: NORMAL SIZE

: NORMAL

: NORMAL LVEF - 65 %, NO RWMA AT REST

: NORMAL SIZE

: NORMAL SIZE

: INTACT

: INTACT : NORMAL

: NO EFFUSION

NO AR, MR, TR NO PAH

# **FINAL CONCLUSION:**

- 1. NORMAL SIZED ALL CARDIAC CHAMBERS
- 2. NORMAL LV SYSTOLIC FUNCTION LVEF 65 %
- 3. NO RESTING RWMA
- 4. NORMAL VALVES, NO MITRAL / AORTIC STENOSIS
- 5. NORMAL RIGHT HEART SIZE AND RV PRESSURE
- 6. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.

DR. KILLOL KANERIA MD.DM INTERVENTIONAL CARDIOLOGIST