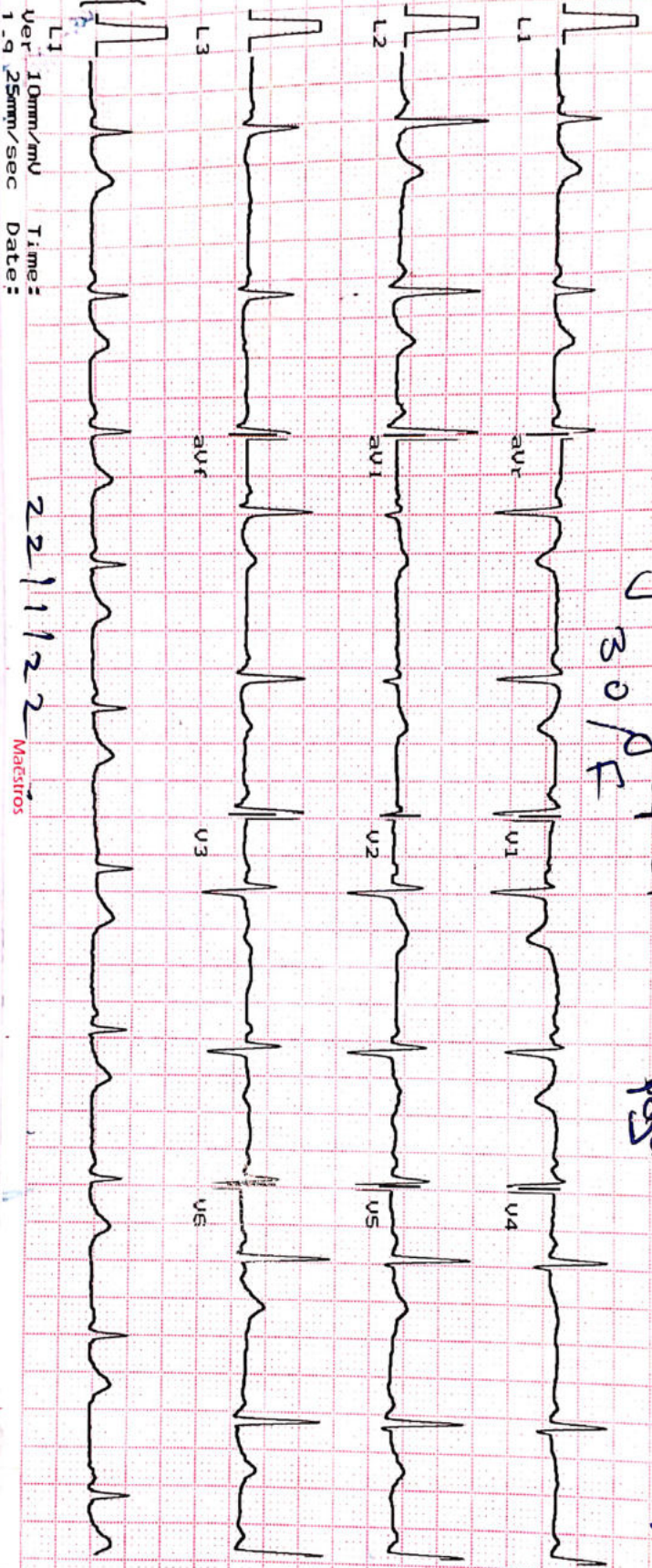


Name: \_\_\_\_\_  
 yrs \_\_\_\_\_ cm \_\_\_\_\_ Kg BP \_\_\_\_\_

Dr. P. Vaidya  
 30/11/22

Page 50/50

www



Ver 1.9 10mm/mV 25mm/sec  
 Time: \_\_\_\_\_ Date: \_\_\_\_\_

Maestro

Heart Rate : 72 bpm

INTERVAL (ms)  
 PR: 100 QRS: 57  
 QT: 365 QTc: 406  
 ST: 165

AXIS (deg)  
 P : 49 QRS : 57  
 T : 25

Dr. Krishna P. Vaidya  
 MD, PhD  
 Associate Consultant-Cardiology  
 Reg. No. G-50510



Maestro

# Heart & General Clinic

iCure Heart & Diet Clinic, 402, Epsilon tower, opp Pasha bhai park, Race course, Vadodara

## :: PERSONAL HEALTH REPORT ::

NAME <u>Pooja Gupta</u>	DATE <u>22/1/22</u>
	SR. NO.
	SEX. <u>F</u>
	AGE <u>30</u>
	HEIGHT
	WEIGHT

### HISTORY

Present History : NAD  
 Past Illness History : NAD Diabetes/Hypertension/Tuberculosis/Asthma/Epilepsy  
 Past Occupational History : NAD  
 Family History : NAD  
 Personal History : NAD  
 Addiction : NAD Tobacco/Gutkha/Smoking/Alcohol - NO

### GENERAL EXAMINATION

T.P.R. : 84/min B.P. : 120/80 mm Hg :  
 Pallor/Icterus/Cyanosis/Varicosity/Lymph Nodes/Thyroid/Oedema/NVE/Other : NO

### SYSTEMIC EXAMINATION

R.S. : NAD  
 C.V.S : NAD  
 C.N.S : NAD  
 A.S. : NAD  
 Musculo-skelet System : NAD

E.N.T. Ex. <u>NAD</u>	ACUITY OF VISION		RT EYE	LT EYE
	Without Glass	DISTANT	6/ <u>6</u>	6/ <u>6</u>
With Glass		DISTANT	6/ <u>-</u>	6/ <u>-</u>
	Dental Ex. <u>NAD</u>	Near	6/ <u>6</u>	6/ <u>6</u>
Skin Ex. <u>NAD</u>		Near	6/ <u>-</u>	6/ <u>-</u>
	Psychic Ex. <u>NAD</u>	COLOUR BLINDNESS <u>NAD</u>		

REMARK

ADVICE

The Worker is FIT for the assigned job.

Fit



Dr. Krish P. Vaidya  
 MR. KRISH P. VAIDYA  
 Associate Consultant - Cardiology  
 Reg. No. 50510





भारत सरकार  
Government of India



पूजा गुप्ता  
Puja Gupta  
जन्म तिथि/DOB: 28/02/1992  
महिला/ FEMALE

Download Date: 30/01/2020

Issue Date: 16/01/2020

2446 2328 5511

VID : 9150 3677 3792 1801

मेरा आधार, मेरी पहचान

*Puja Gupta.*





Y910 **PUJA GUPTA** Date: 22-01-2022 Ref By: **Bruce**  
 30 Yrs/ F Kg / Ht. cms Ref No.: Time: 09:47 AM Protocol: **Bruce**

History:  
Medication:

Stage	Sig Time <small>min:sec</small>	Speed <small>km/h</small>	Grade <small>%</small>	METS	HR <small>bpm</small>	BP <small>mmHg</small>	RPP	PVCs
Pre Ex				1	83			
Standing				1	82	120/80	98	
Supine				1	82	120/80	98	
Hyp Vent				1	87	120/80	104	
S1	03:00	2.7	10.0	4.8	97	120/80	116	
S2	03:00	4.0	12.0	6.9	113	130/90	147	
S3	03:00	5.4	14.0	9.5	134	130/90	174	
Peak Ex	01:00	6.7	16.0	12.1	150	140/90	210	
Post Ex 1	00:56			1	95	120/80	114	
Finish				1	95	120/80	114	

**Findings:** Exercise Time : 10:00 mins

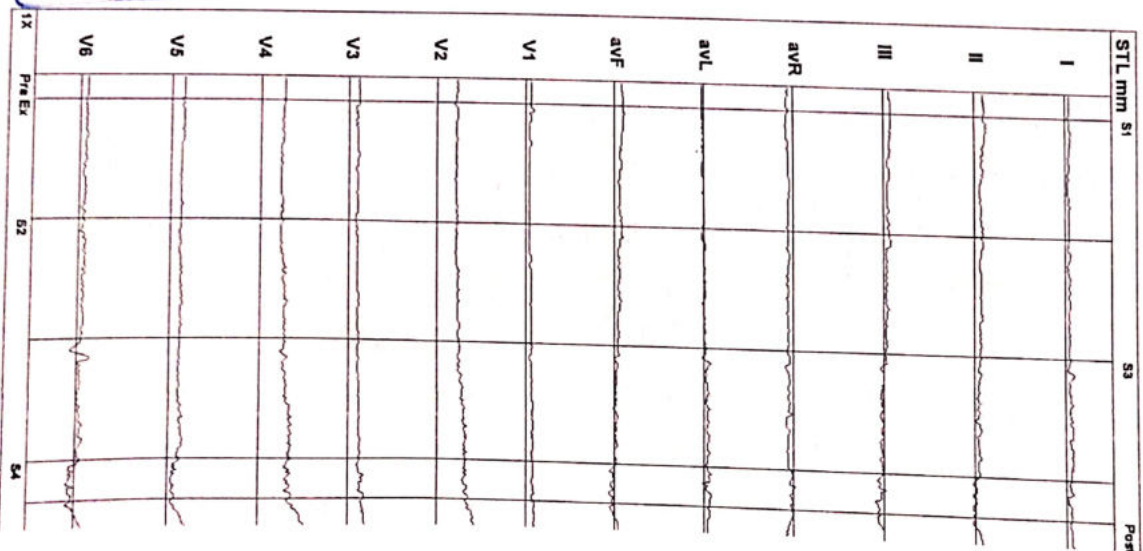
Max HR attained : 150 bpm 66 % of Target 173 bpm

Max BP : 140/90mmHg  
 Max Workload attained : 12.1 METs ( Good Effort Tolerance )  
 Reason for Test Termination: Patient Completed Test

No significant ST segment changes noted during exercise or recovery stages.  
 No Angina / Arrhythmia / S3 / Murmur  
 Final Impression : Test is negative for inducible ischaemia.



**Dr. Krish P. Vaidya**  
 MID PCPPCC DR KRISH VAIDYA  
 Assoc. Consultant Cardiologist  
 Reg. No. G-5051055







# iCure heart and diet clinic

402 , Epsilon Tower, Race Course Road, Vadodara

Y910 PUJA GUPTA

30 Yrs/F Kg / Ht- cms

Date: 22-01-2022 Time: 09:47 AM

Post J: 76 mS

Speed: --- kmh Hr: 90

Grade: --- % Mets: 4.8

Protocol: Bruce BP: 120/80 mmHg

Target Hr: 48 % of 186

Filter: 0.1 - 100 Hz

Gain: 10 mm/mV

Ref.No.:

Ex Time: 00:10

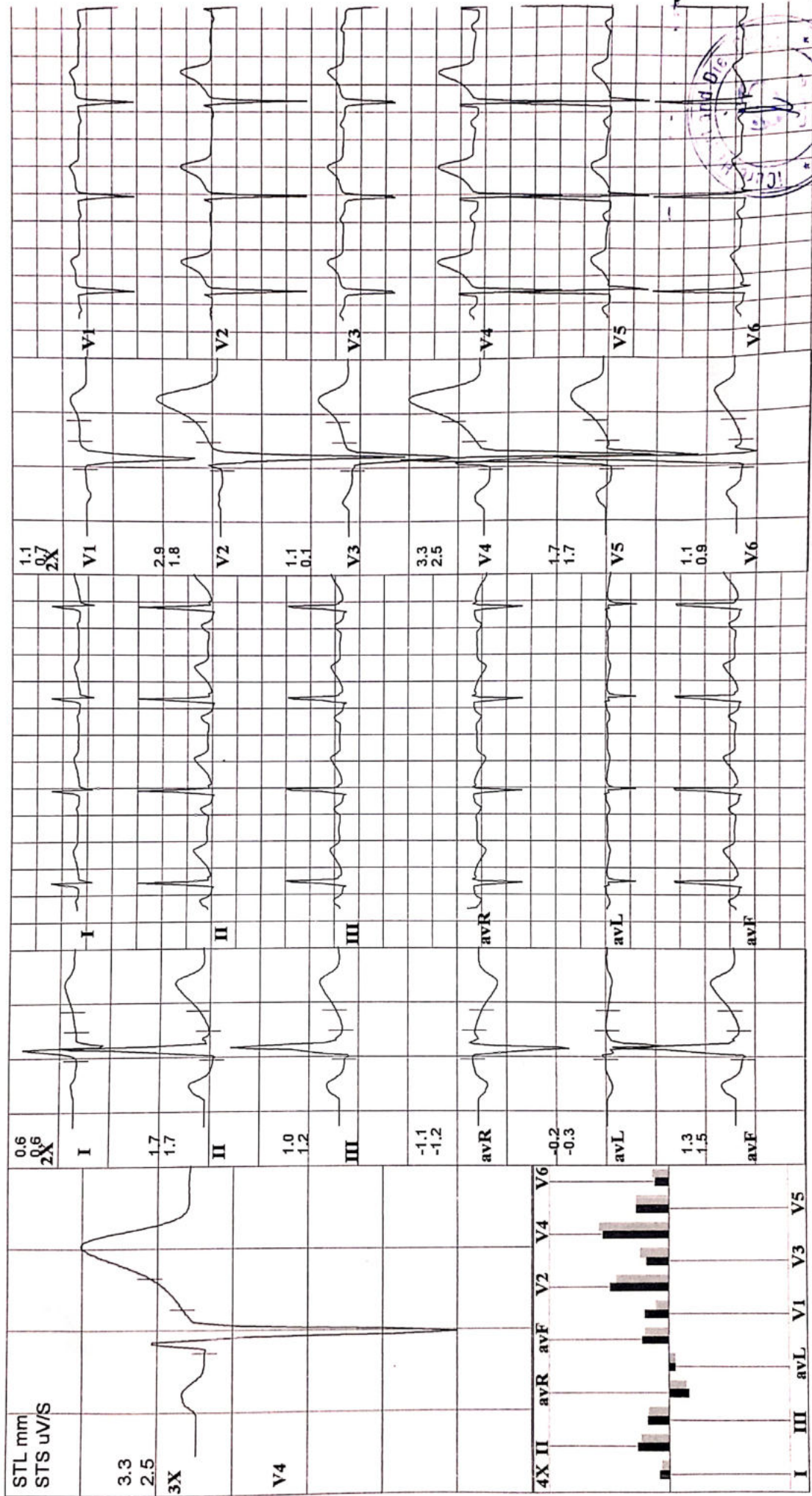
Median Sweep: 25 mm/S

BLC: On

Sweep: 25 mm/S

Notch On

Linked Media  
S1  
Hyp Vent





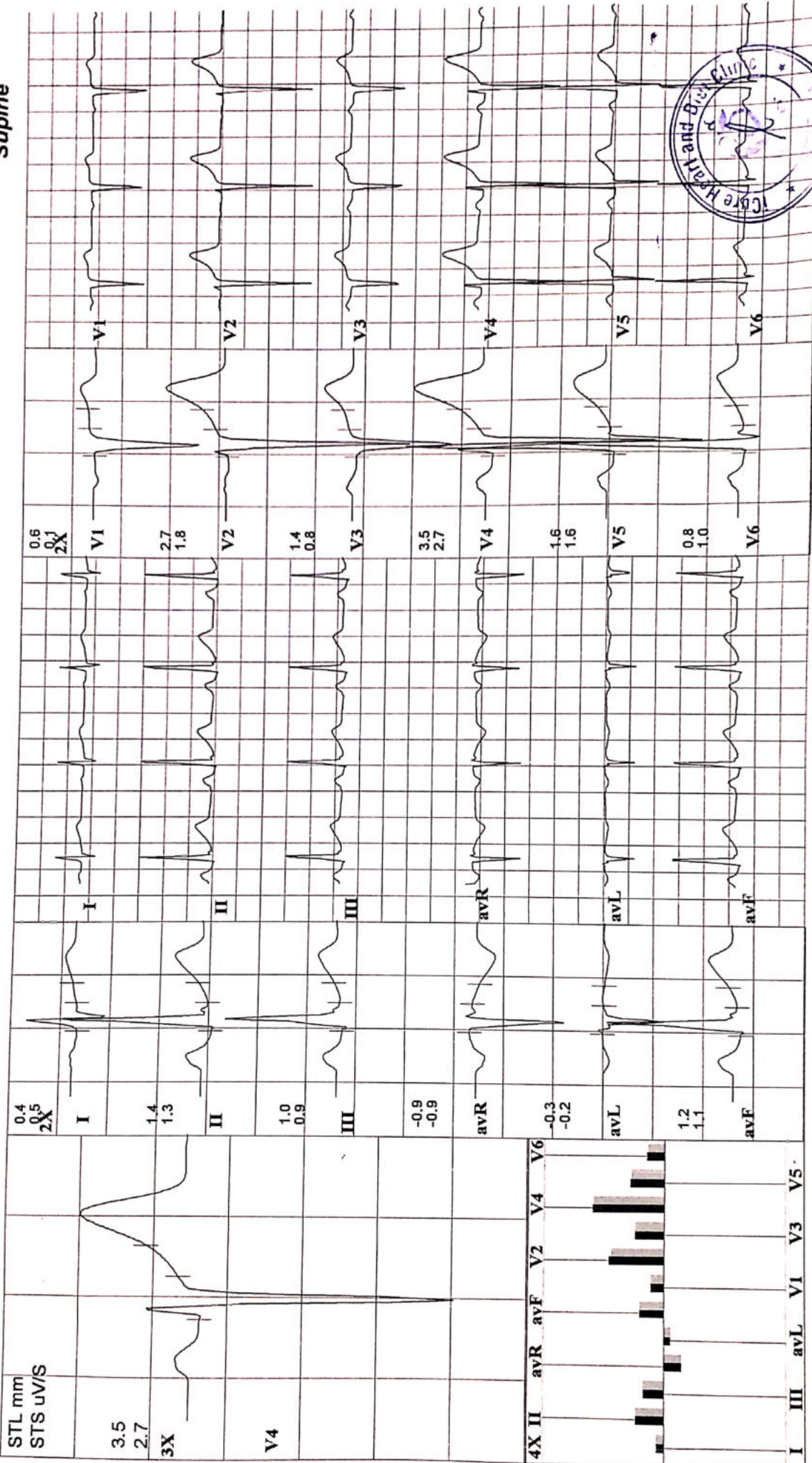
Y910  
 30 Yrs/ F  
 Date: 22-01-2022 Time: 09:47 AM  
 Post J: 76 mS

PUJA GUPTA  
 Kg / Ht- cms  
 Ref.No.:

Speed: -- kmh Hr: 87  
 Grade: -- % Mets: 1  
 Protocol: Bruce BP: 120/80 mmHg Curr Time: 00:30

Target Hr: 46 % of 186 Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
 Ex Time: -- min:sec BLC: On Sweep: 25 mm/S  
 Median Sweep: 25 mm/S Notch On

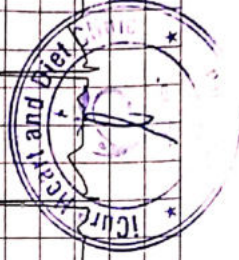
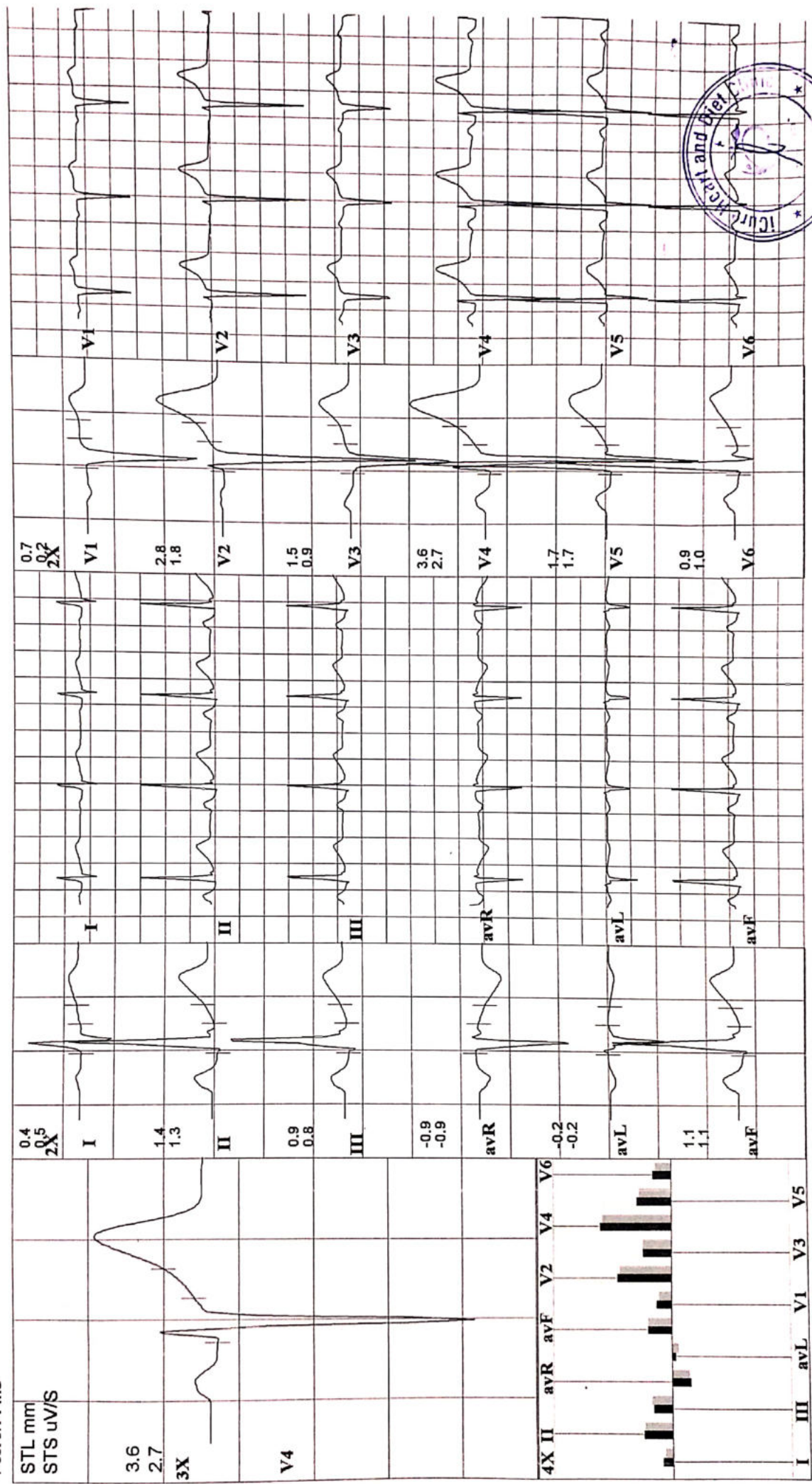
**Linked Media**  
**Pre Ex**  
**Supine**





Speed: — km/h Hr: 82 Target Hr: 44 % of 186 Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
 Grade: — % Mets: 1 Ex Time: — min:sec BLC: On Sweep: 25 mm/s  
 Protocol: Bruce BP: 120/80 mmHg Curr Time: 00:19 NotchOn Median Sweep: 25 mm/s

Y910 PUJA GUPTA  
 30 Yrs/ F Kg / Ht- cms Ref.No.:  
 Date: 22-01-2022 Time: 09:47 AM  
 Post J: 71 mS



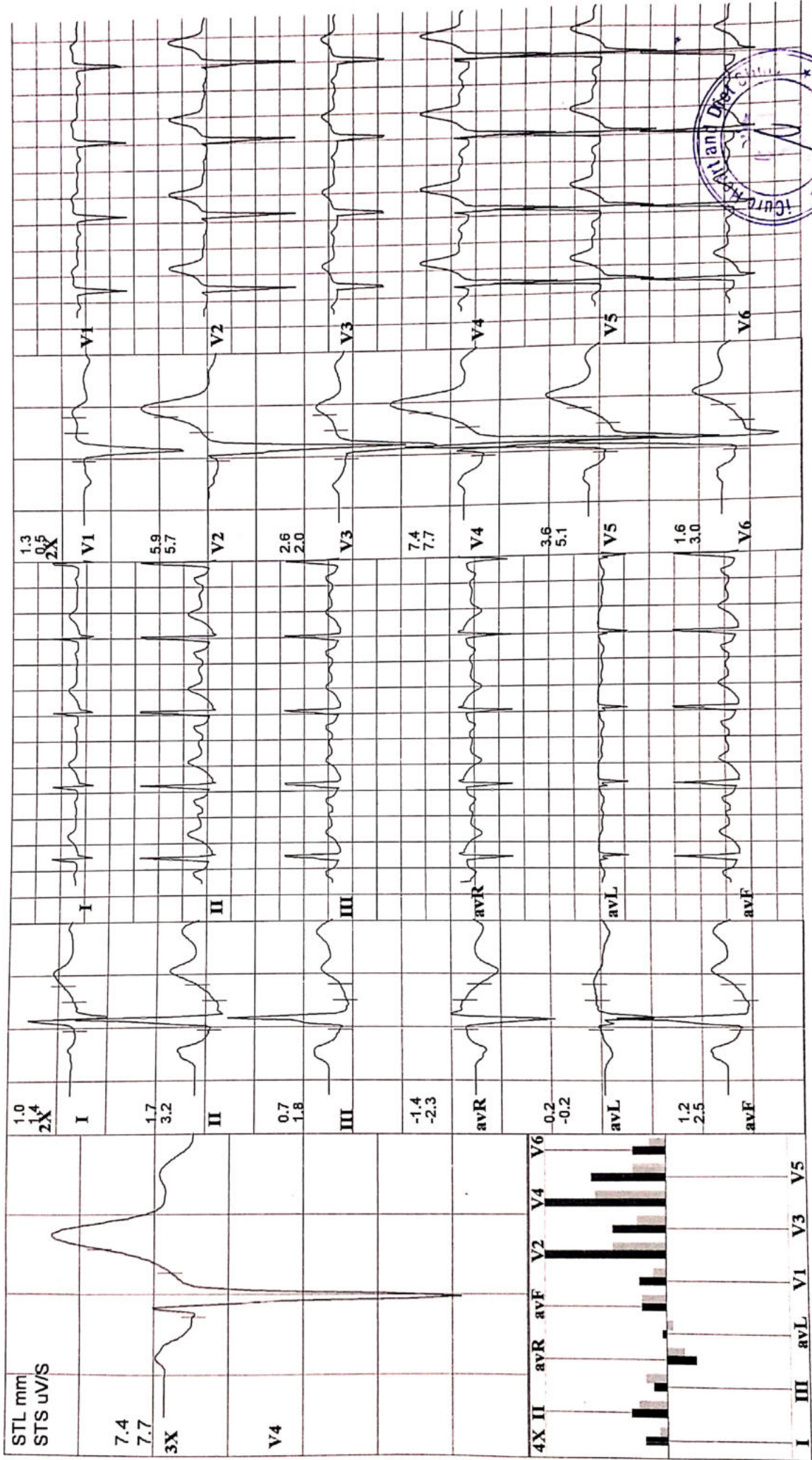


Y910  
30 Yrs/F  
Date: 22-01-2022 Time: 09:47 AM  
Post J: 60 mS

PUJA GUPTA  
Kg / Ht- cms  
Ref.No.:

Speed: --- kmh Hr: 95  
Grade: --- % Mets: 1  
Protocol: Bruce BP: 120/80 mmHg Curr Time: 11:22

Filter: 0.1 - 100 Hz  
Gain: 10 mm/mV  
Sweep: 25 mm/S  
Median Sweep: 25 mm/S







# iCure heart and diet clinic

402, Epsilon Tower, Race Course Road, Vadodara

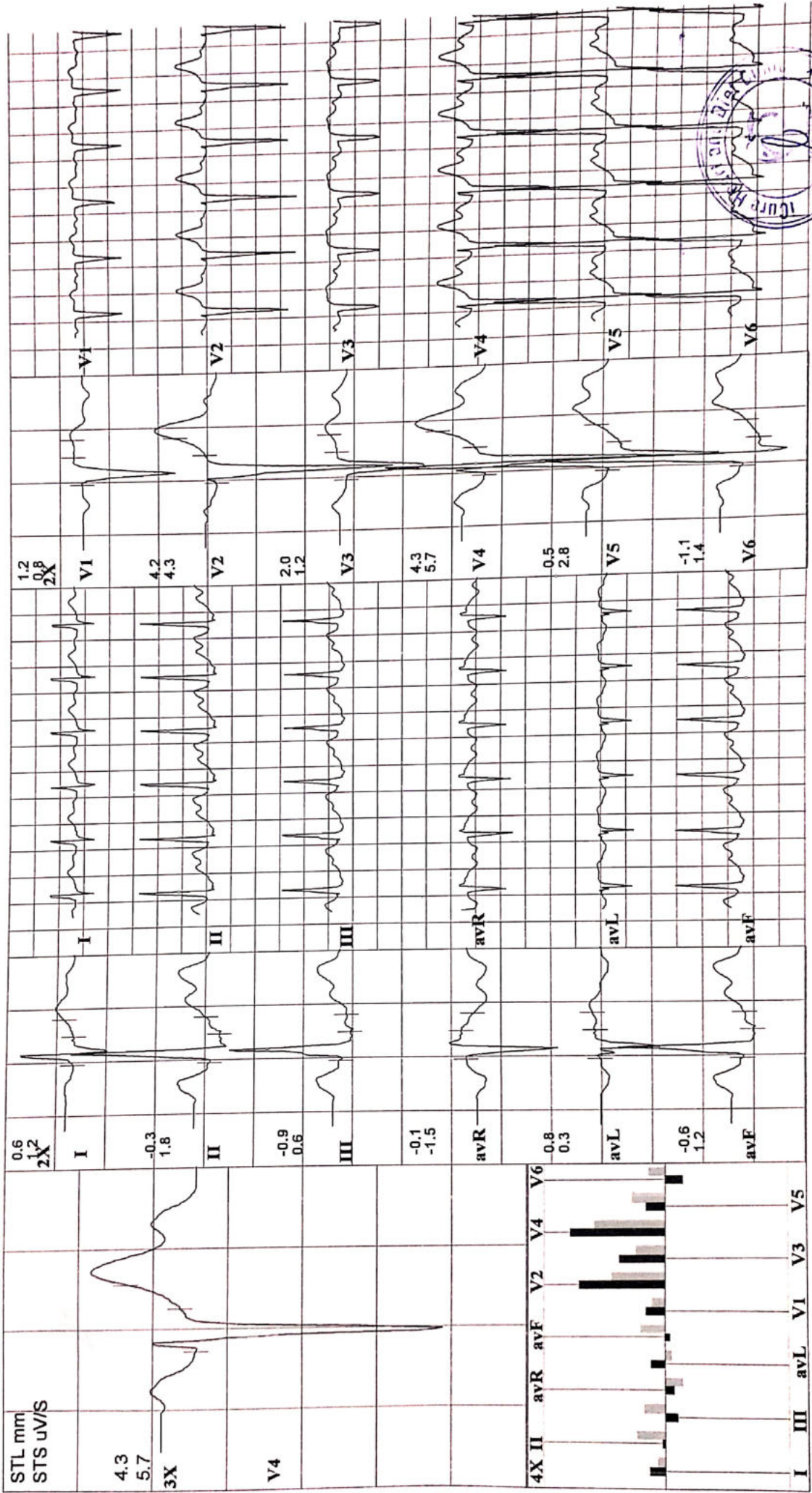
Y910  
30 Yrs/ F  
Date: 22-01-2022 Time: 09:47 AM  
Post J: 62 mS

PUJA GUPTA  
Kg / Ht- cms  
Ref.No.:

Speed: 6.7 kmh Hr: 150  
Grade: 16 % Mets: 12.1  
Protocol: Bruce BP: 140/90 mmHg Curr Time: 10:26

Target Hr: 80 % of 186  
Ex Time: 10:00  
Filter: 0.1 - 100 Hz  
Gain: 10 mm/mV  
Sweep: 25 mm/s  
Median Sweep: 25 mm/s

Linked Media  
Peak Ex





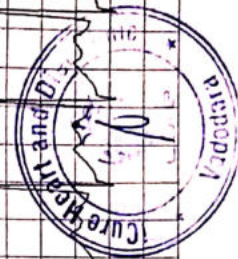
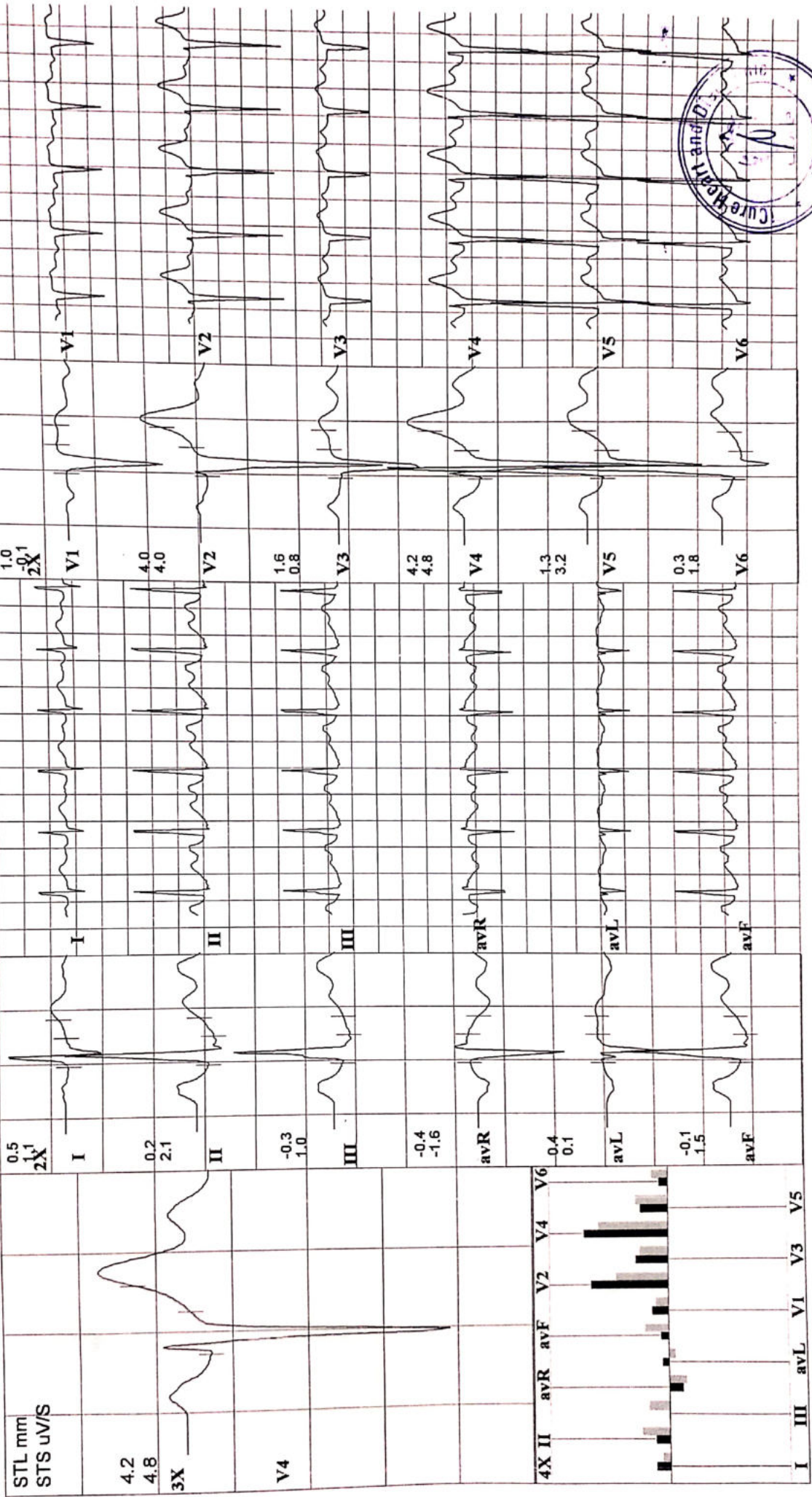
Y910  
30 Yrs/F  
Date: 22-01-2022 Time: 09:47 AM

PUJA GUPTA  
Kg / Ht - cms  
Ref.No.:

Speed: 5.4 kmh Hr: 134  
Grade: 14 % Mets: 9.5  
Protocol: Bruce BP: 130/90 mmHg Curr Time: 09:26

Filter: 0.1 - 100 Hz  
Gain: 10 mm/mV  
Sweep: 25 mm/S  
Median Sweep: 25 mm/S

Post J: 68 mS



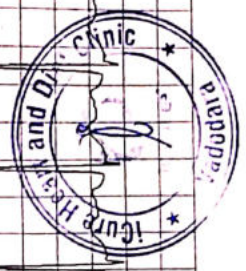
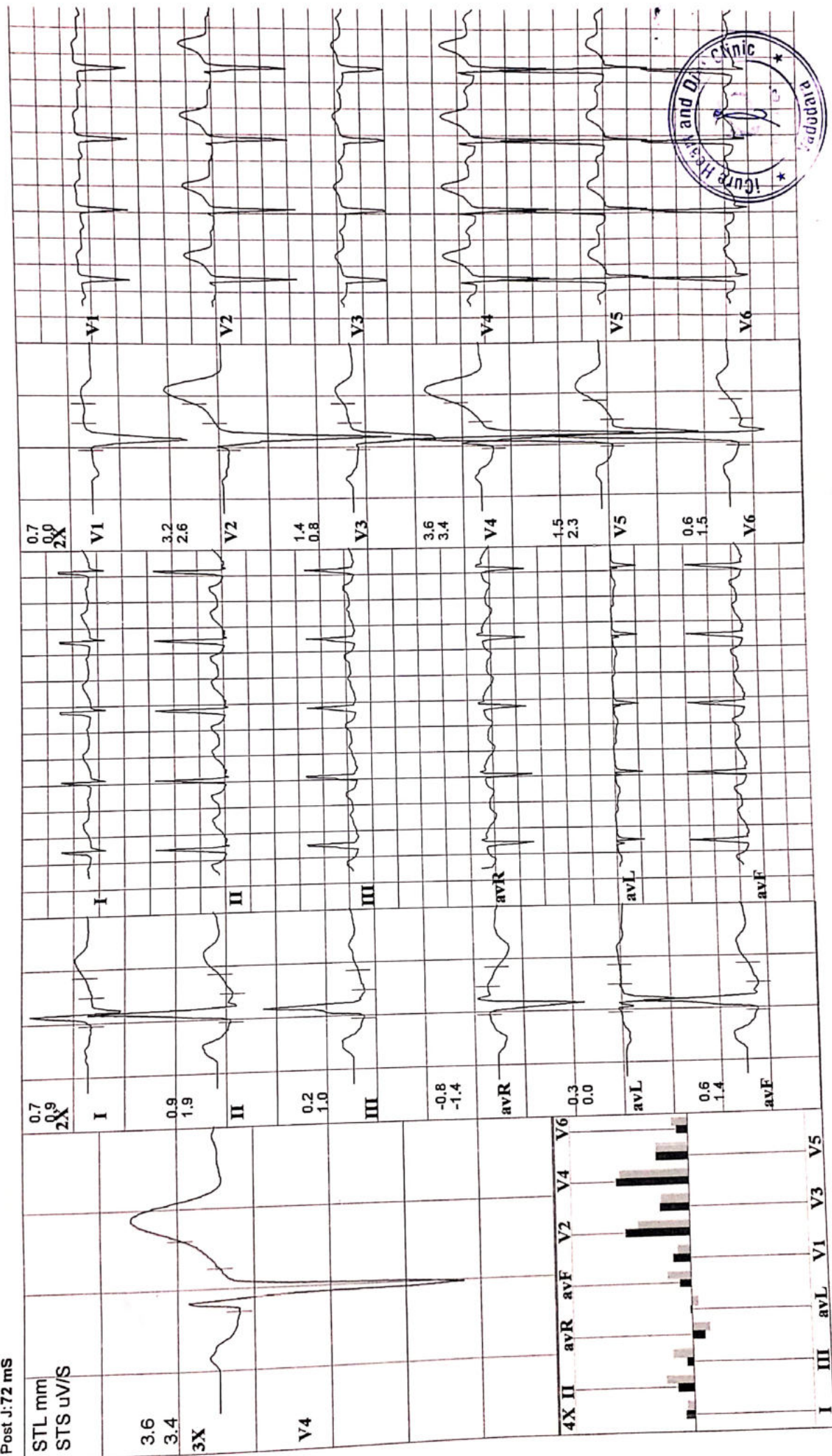


Y910  
30 Yrs/ F  
Date: 22-01-2022 Time: 09:47 AM  
Post J: 72 mS

Speed: 4 kmh Hr: 113  
Grade: 12 % Mets: 6.9  
Protocol: Bruce BP: 130/90 mmHg  
Curr Time: 06:26

Target Hr: 60 % of 186  
Filter: 0.1 - 100 Hz  
Gain: 10 mm/mV  
Sweep: 25 mm/S  
Median Sweep: 25 mm/S

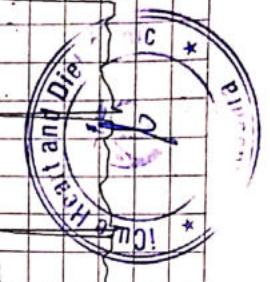
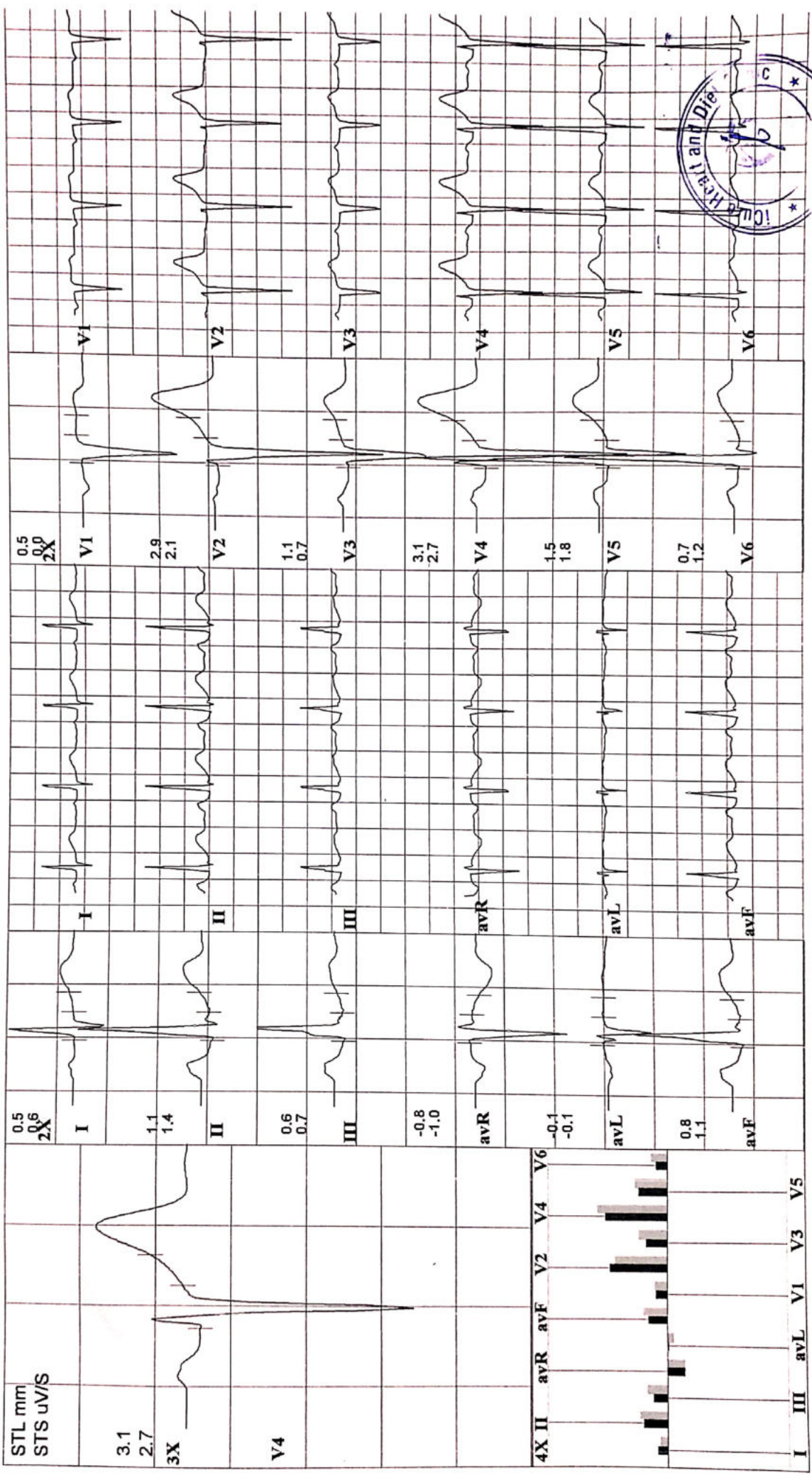
PUJA GUPTA  
Kg / Ht- cms  
Ref.No.:





Y910 **PUJA GUPTA**  
30 Yrs/ F Kg / Ht- cms Ref.No.:  
Date: 22-01-2022 Time: 09:47 AM  
Post J: 76 mS

Speed: 2.7 kmh Hr: 97 Target Hr: 52 % of 186 Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
Grade: 10 % Mets: 4.8 Ex Time: 03:00 BLC: On Sweep: 25 mm/s  
Protocol: Bruce BP: 120/80 mmHg Curr Time: 03:26 NotchOn Median Sweep: 25 mm/s

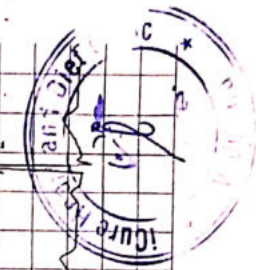
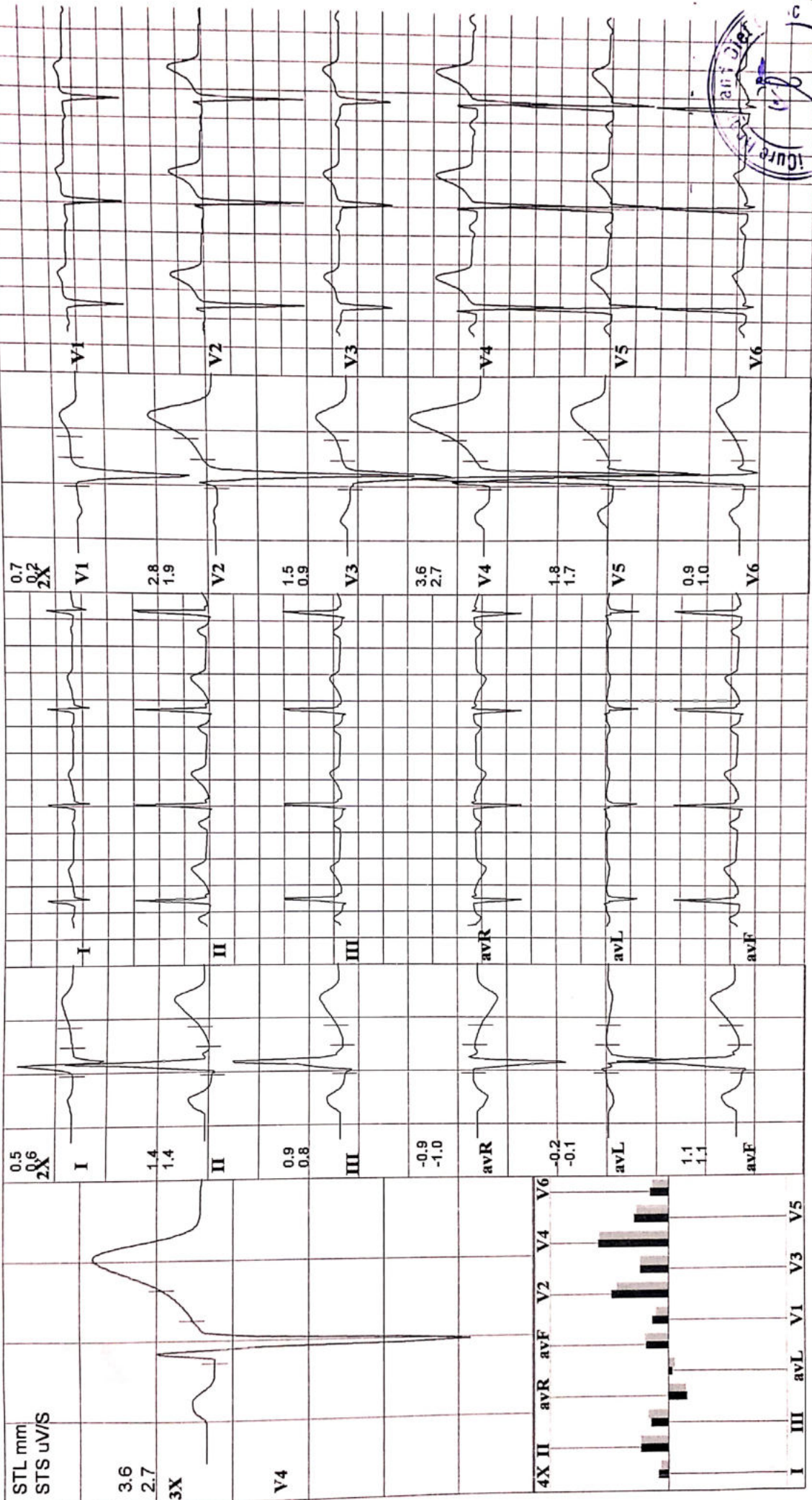




Y910 PUJA GUPTA  
30 Yrs/F Kg / Ht- cms Ref.No.:  
Date: 22-01-2022 Time: 09:47 AM

Speed: -- kmh Hr: 86  
Grade: -- % Mets: 1  
Protocol: Bruce BP: --/-- mmHg  
Target Hr: 46 % of 186 Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
Ex Time: -- min:sec BLC: On Sweep: 25 mm/s  
Curr Time: 00:08 Notch On Median Sweep: 25 mm/s

Post J: 75 mS





# JKV LABORATORY



Name : PUJA GUPTA  
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 29 Yrs./F  
Date : 22/01/2022  
Report ID. : 10

## HAEMOGRAM PROFILE

TEST	RESULT	UNIT	METHOD	REFERENCE INTERVAL
<b>BLOOD COUNTS &amp; INDICES</b>				
Haemoglobin	: 15.90	gm%		12.0 - 16.0 gm%
Total RBC	: 5.35	mill/cmm		4.2 - 5.4 mill/cmm
PCV	: 43.00	%		37 - 47 %
MCV	: 80.37	fL		80 - 96 fL
MCH	: 29.71	pg		27 - 31 pg
MCHC	: 34.00	%		32 - 36 %
RDW	: 12.00	%		10 - 15 %
Total WBC	: 6,500	/cmm		4,000 - 11,000/cmm
Platelet Count	: 2,75,000	/cmm		1.5 - 4.0 Lac/cmm.
<b>DIFFERENTIAL LEUCOCYTES COUNT</b>				
Band Cells	: 00	%		00 - 06 %
Neutrophils	: 62	%		55 - 70 %
Lymphocytes	: 31	%		20 - 40 %
Eosinophils	: 03	%		01 - 06 %
Monocytes	: 04	%		02 - 08 %
Basophils	: 00	%		00 - 01 %
Platelet In Smear	: ADEQUATE			
<b>ERYTHROCYTES SEDIMENTATION RATE</b>				
ESR After 1st Hour	: 5	mm	Westergren	03 - 12 mm
Blood Group	: * O *			
Rh Factor (Anti D.)	: * POSITIVE *			

(By Fully Automated Cell Counter Sysmex KX-21, Japan)

END OF REPORT



**DR JIGAR SHAH (G23327)**  
M.D. Pathologist

Time : 7 a.m. to 9.00 p.m. • Emergency 24 Hrs.

FF-5, Pancham Elite, Khodiyar Nagar, New V.I.P. Road, Vadodara-390 022.

☎ 8520343731 / 9601969303 ✉ jkvlaboratory2021@gmail.com

Test Report are subject to technical limitations & should be clinically correlated. Laboratory may be contacted whenever required.





# JKV LABORATORY



Name : PUJA GUPTA  
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 29 Yrs./F  
Date : 22/01/2022  
Report ID. : 10

## THYROID FUNCTIONS

<u>TEST</u>	<u>RESULT</u>	<u>UNIT</u>	<u>REFERENCE INTERVAL</u>
Total Triiodothyronine - T3	: 0.65	ng/mL	0.58 -1.59 ng/mL
Total Thyroxine - T4	: 7.67	ng/mL	4.87 - 11.72 microgram%
Thyroid Stim. Hormone -TSH	: 3.76	ng/mL	0.49 to 4.67 IU/mL

END OF REPORT



**DR JIGAR SHAH (G23327)**  
**M.D. Pathologist**

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Free Home Service



# JKV LABORATORY



Name : PUJA GUPTA  
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 29 Yrs./F  
Date : 22/01/2022  
Report ID. : 10

## Hb A1C REPORT

TEST	RESULT	UNIT	REFERENCE INTERVAL
Hb A1C - Glycated Hb Glycated Haemoglobin	: 5.4	%	Non Diabetic : 4.3 - 6.3 % Good Control : 6.4 - 7.5 % Moderate Control : 7.5 - 9.0 % Poor Control : 9.0 % & Above
Avg. Blood Glucose Level	: 115	mg/dL	
Estimated Average Glucose eAG	: 108	mg%	

## EXAMINATION OF URINE

Sample	: FASTING
<b>PHYSICAL EXAMINATION</b>	
Quantity	: 10 mL
Colour	: PALE YELLOW
Transparency	: CLEAR
Specific Gravity	: 1.030
Reaction	: ACIDIC
Deposits	: ABSENT
<b>CHEMICAL EXAMINATION</b>	
Albumin	: NIL
Sugar	: NIL
Acetone	: ABSENT
Bile Salts	: ABSENT
Bile Pigments	: ABSENT
Urobilinogen	: NORMAL : ~ < 1.0 mg/dL
Occult Blood	: ABSENT
Nitrate	: ABSENT
<b>MICROSCOPIC EXAMINATION</b>	
Pus Cells	: 0-1 / hpf
RBC	: NIL
Epithelial Cells	: NIL
Crystals	: NIL
Amorphous Phosphate	: NIL
Cast	: NIL



**DR JIGAR SHAH (G23327)**  
**M.D. Pathologist**

Time : 7 a.m. to 9.00 p.m. • Emergency 24 Hrs.

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# JKV LABORATORY



Name : PUJA GUPTA  
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 29 Yrs./F  
Date : 22/01/2022  
Report ID. : 10

## BIOCHEMISTRY

TEST	RESULT	UNIT	REFERENCE INTERVAL
Blood Urea	: 32.00	mg/dL	10 - 50 mg/dL
Serum Creatinine	: 0.90	mg/dL	0.6 - 1.4 mg/dL
Serum Uric Acid	: 3.40	mg/dL	2.4 - 5.7 mg/dL
<b>SERUM PROTEIN</b>			
Serum Protein Total	: 6.80	g/dL	6.6 - 8.3 g/dL
Albumin	: 4.20	g/dL	3.50 - 5.00 g/dL
Globulin	: 2.60	g/dL	2.3 - 3.5 g/dL
A/G Ratio	: 1.6	: 1	1.5 - 2.5 : 1
Bilirubin - Total	: 0.2	mg/dL	0.00 - 1.00 mg/dL
Bilirubin - Direct	: 0.1	mg/dL	Upto 0.30 mg/dL
Bilirubin - Indirect	: 0.1	mg/dL	0.1 - 1.0 mg/dL
SGPT	: 22.0	IU/L	10 - 40 IU/L
SGOT	: 28.0	IU/L	Upto 40 IU/L
Serum Alkaline Phosphatase	: 122.0	U/L	37 - 147 U/L
<b>LIPID PROFILE</b>			
Serum Cholesterol	: 165.00	mg/dL	130 - 200 mg/dL
Serum Triglyceride	: 155.00	mg/dL	60 - 165 mg/dL
HDL Cholesterol	: 43.00	mg/dL	30 - 70 mg/dL
LDL Cholesterol	: 91.00	mg/dL	Upto 150 mg/dL
VLDL	: 26.00	mg/dL	Upto 30 mg/dL
<b>FASTING (FBS)</b>			
Blood Glucose	: 98.0	mg/dL	70.00 - 110.00 mg/dL
<b>POST-PRANDIAL</b>			
Blood Glucose	: 123.0	mg/dL	80 - 140 mg/dL
<b>SPECIAL TESTS</b>			
GGTP	: 72	U/L	05 - 85 U/L
Gamma Glutamyltransferase			

Done By Fully Auto Analyzer MIURA, A-1004



**DR JIGAR SHAH (G23327)**  
**M.D. Pathologist**

Time : 7 a.m. to 9.00 p.m. • Emergency 24 Hrs.

FF-5, Pancham Elite, Khodiyar Nagar, New V.I.P. Road, Vadodara-390 022.

☎ 8320343731 / 9601969303 ✉ jkvlaboratory2021@gmail.com

Test Report are subject to technical limitations & should be clinically correlated. Laboratory may be contacted whenever required.

Free Home Service

# PARAMOUNT DIAGNOSTIC & RESEARCH CENTRE

( A Unit of Paramount Charity Trust )

Radiology ■ Pathology ■ Histopathology ■ Molecular Biology

NAME : PUJA GUPTA	AGE : 30 Y/F	DATE : 22/01/2022
-------------------	--------------	-------------------

## X RAY CHEST (PA)

### OBSERVATIONS:

Both the lung fields and apices appear clear.

Both the hilar shadow appears normal.

Cardiac silhouette appears normal.

Both the costophrenic sinuses are clear.

Mediastinal and tracheal shadows are normal.

Both the domes of diaphragm are normal.

Visualized rib cage and clavicle are normal.

### COMMENTS:

- No significant abnormality is seen.



*Mehul Prajapati*

DR. MEHUL PRAJAPATI  
CONSULTANT RADIOLOGIST

24 hours Emergency Service Available for CT Scan / MRI / Pathology AMBULANCE SERVICE AVAILABLE

Main Branch : Paramount Complex, Gotri Road, Race Course, Vadodara. Ph.: 0265 - 2395772, 2397438, 6647222, +91 - 6352731483,

Path. Lab : 0265 - 6603900/901/902/903, +91 - 8160225911, +91 - 9099066029

City Branch : Opp. Brahman Sabha Hall, Pratap Road, Dandiabazar, Vadodara. Ph.: 0265 - 2423233, +91 - 6352734810



# PARAMOUNT DIAGNOSTIC & RESEARCH CENTRE

( A Unit of Paramount Charity Trust )

Radiology ■ Pathology ■ Histopathology ■ Molecular Biology

NAME : PUJA GUPTA	AGE : 30 Y/F	DATE : 22/01/2022
-------------------	--------------	-------------------

## ULTRASONOGRAPHY OF WHOLE ABDOMEN

(Screening Only)

**Liver** is normal in size and echotexture and shows normal parenchymal reflectivity. No focal lesion is seen. Hepatic veins appear normal. There is no evidence of any dilated intra hepatic biliary radicals.

**Portal Vein** appears normal in diameter.

**Common Bile Duct** is of normal diameter.

**Gallbladder** is physiologically distended with normal wall thickness. There is no evidence of gallstones. No evidence of peri-cholecystic fluid or probe tenderness.

**Pancreas** is normal in size and shows homogenous reflectivity. There is no evidence of any calcification or ductal dilatation.

**Spleen** is normal size and shows a homogenous echotexture. There is no evidence of any focal lesion.

**Both Kidneys** are normal in position and size. They show normal cortical reflectivity and cortico-medullary distinction. Right kidney measures 92x40mm. Left kidney measures 100x45mm. There is no evidence of renal calculi, hydronephrosis or mass seen.

**Bladder** is well distended and shows normal wall thickness. No evidence of intra-luminal mass or calculi.

**Uterus** appears normal in size . Uterine myometrial echotexture is homogeneous. No focal lesion is seen.

**Both Ovaries** appears normal in size & reflectivity. No evidence of any adnexal mass.

There is no evidence of ascites.

No evidence of any gross bowel mass seen.

No evidence of any aorto-caval or mesenteric root lymphadenopathy.

No mass or collection in right iliac fossa.

**CONCLUSION:** No sonographic abnormality is seen.



*Mehul Prajapati*  
**DR. MEHUL PRAJAPATI**  
**CONSULTANT RADIOLOGIST**

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