

Patient Name : Mr.PRANAY JAYESHKUMAR SHAH
Age/Gender : 32 Y 6 M 0 D/M
UHID/MR No : STAR.0000064951
Visit ID : STAROPV72651
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 9920144559

Collected : 24/Aug/2024 09:43AM
Received : 24/Aug/2024 11:11AM
Reported : 24/Aug/2024 01:07PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

Methodology : Microscopic

RBC : Normocytic normochromic

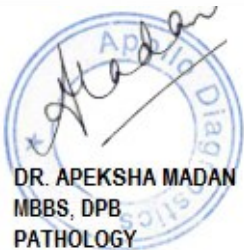
WBC : Normal in number, Eosinophilia

Platelets : Adequate in Number

Parasites : No Haemoparasites seen

IMPRESSION : Normocytic normochromic blood picture, Eosinophilia

Note/Comment : Please Correlate clinically



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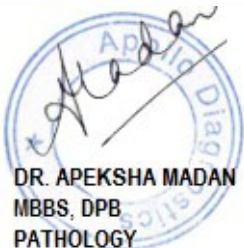
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Interval	Method
HEMOGRAM , WHOLE BLOOD EDTA				
HAEMOGLOBIN	14.9	g/dL	13-17	CYANIDE FREE COLOUROMETER
PCV	46.90	%	40-50	PULSE HEIGHT AVERAGE
RBC COUNT	5.33	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	88	fL	83-101	Calculated
MCH	28	pg	27-32	Calculated
MCHC	31.8	g/dL	31.5-34.5	Calculated
R.D.W	12.8	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	6,660	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYTIC COUNT (DLC)				
NEUTROPHILS	55	%	40-80	Electrical Impedance
LYMPHOCYTES	27	%	20-40	Electrical Impedance
EOSINOPHILS	12	%	1-6	Electrical Impedance
MONOCYTES	06	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	3663	Cells/cu.mm	2000-7000	Calculated
LYMPHOCYTES	1798.2	Cells/cu.mm	1000-3000	Calculated
EOSINOPHILS	799.2	Cells/cu.mm	20-500	Calculated
MONOCYTES	399.6	Cells/cu.mm	200-1000	Calculated
Neutrophil lymphocyte ratio (NLR)	2.04		0.78- 3.53	Calculated
PLATELET COUNT	319000	cells/cu.mm	150000-410000	IMPEDENCE/MICROSCOPY
ERYTHROCYTE SEDIMENTATION RATE (ESR)	05	mm at the end of 1 hour	0-15	Modified Westergren
PERIPHERAL SMEAR				

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RBC : Normocytic normochromic

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DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:BED240217504

Apollo Speciality Hospitals Private Limited

(Formerly known as a Nova Speciality Hospitals Private Limited)

CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers,
Begumpet, Hyderabad, Telangana - 500016

Address:

156, Famous Cine Labs, Behind Everest Building,
Tardeo (Mumbai Central), Mumbai, Maharashtra
Ph: 022 4332 4500

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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324


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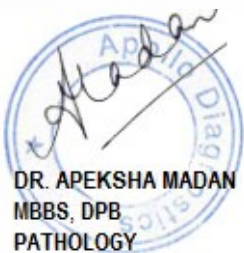
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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Interval	Method
BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA				
BLOOD GROUP TYPE	B			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination

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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Interval	Method
GLUCOSE, FASTING , NAF PLASMA	92	mg/dL	70-100	GOD - POD

Comment:

As per American Diabetes Guidelines, 2023

Fasting Glucose Values in mg/dL	Interpretation
70-100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes
<70 mg/dL	Hypoglycemia

Note:

- 1.The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on at least 2 occasions.
2. Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.


Test Name	Result	Unit	Bio. Ref. Interval	Method
GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	91	mg/dL	70-140	GOD - POD

Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Test Name	Result	Unit	Bio. Ref. Interval	Method
ALANINE AMINOTRANSFERASE	35	U/L	4-44	JSCC



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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

(ALT/SGPT) , SERUM

Comment:

ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes.

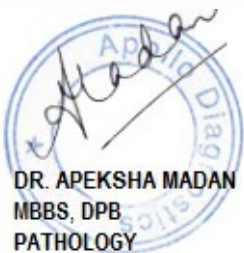
ALT levels are seen to be elevated even before the signs and symptoms of the liver injury appear.

The ALT levels remain high longer in blood as compared to AST levels. And though both the enzymes increase in liver injury, the rise in ALT is more compared to AST, thus also altering the ALT:AST ratio.

Test Name	Result	Unit	Bio. Ref. Interval	Method
BILIRUBIN, TOTAL , SERUM	0.30	mg/dL	0.1-1.2	Azobilirubin

Test Name	Result	Unit	Bio. Ref. Interval	Method
BUN/CREATININE RATIO , SERUM				
BLOOD UREA NITROGEN	8.4	mg/dL	8.0 - 23.0	Calculated
CREATININE	0.87	mg/dL	0.6-1.1	ENZYMATIC METHOD
BUN / CREATININE RATIO	9.67			Calculated

Test Name	Result	Unit	Bio. Ref. Interval	Method
CREATININE , SERUM	0.87	mg/dL	0.6-1.1	ENZYMATIC METHOD



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DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

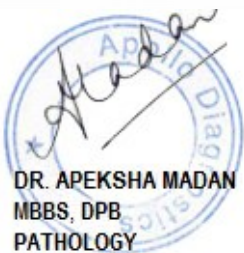
Test Name	Result	Unit	Bio. Ref. Interval	Method
COMPLETE URINE EXAMINATION (CUE) , URINE				
PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	SLIGHTLY HAZY		CLEAR	Physical measurement
pH	6.0		5-7.5	DOUBLE INDICATOR
SP. GRAVITY	1.020		1.002-1.030	Refractometric
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GLUCOSE OXIDASE
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING REACTION
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	SODIUM NITRO PRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	MODIFIED EHRlich REACTION
NITRITE	NEGATIVE		NEGATIVE	Griess reaction
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	Diazonium salt
CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY				
PUS CELLS	2-3	/hpf	0-5	Microscopy
EPITHELIAL CELLS	1-2	/hpf	<10	MICROSCOPY
RBC	8-10	/hpf	0-2	MICROSCOPY
CASTS	OCCASIONAL GRANULAR CAST SEEN.		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

Comment:

All urine samples are checked for adequacy and suitability before examination. All abnormal chemical examination are rechecked and verified by manual methods.

Microscopy findings are reported as an average of 10 high power fields.

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ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

*** End Of Report ***

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TERMS AND CONDITIONS GOVERNING THIS REPORT

The reported results are for information and interpretation of the referring doctor or such other medical professionals, who understand reporting units, reference ranges and limitations of technologies.

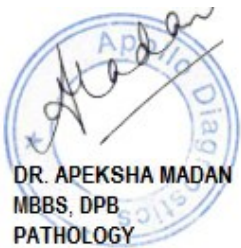
Laboratories not be responsible for any interpretation whatsoever.

It is presumed that the tests performed are, on the specimen / sample being to the patient named or identified and the verifications of the particulars have been cleared out by the patient or his / her representative at the point of generation of said specimen.

The reported results are restricted to the given specimen only. Results may vary from lab to lab and from time to time for the same parameter for the same patient.

Assays are performed in accordance with standard procedures, The reported results are dependent on individual assay methods / equipment used and quality of specimen received.

This report is not valid for medico legal purposes.



SIN No:UR2407135

Customer Care

From: noreply@apolloclinics.info
Sent: 27 July 2024 15:10
To: network@mediwheel.in
Cc: cc.tardeo@apollospectra.com; syamsunder.m@apollohl.com
Subject: Your appointment is confirmed



Dear Pranay Jayeshkumar Shah,

Greetings from Apollo Clinics,

Your corporate health check appointment is confirmed at **SPECTRA TARDEO clinic** on **2024-08-03** at **08:15-08:30**.

Payment Mode	
Corporate Name	ARCOFEMI HEALTHCARE LIMITED
Agreement Name	[ARCOFEMI MEDIWHEEL PMC CREDIT PAN INDIA OP AGREEMENT]
Package Name	[ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324]

"Kindly carry with you relevant documents such as HR issued authorization letter and or appointment confirmation mail and or valid government ID proof and or company ID card and or voucher as per our agreement with your company or sponsor."

Note: Video recording or taking photos inside the clinic premises or during camps is not allowed and would attract legal consequences.

Note: Also once appointment is booked, based on availability of doctors at clinics tests will happen, any pending test will happen based on doctor availability and clinics will be updating the same to customers.

Instructions to be followed for a health check:

1. Please ensure you are on complete fasting for 10-To-12-Hours prior to check.

2. During fasting time do not take any kind of alcohol, cigarettes, tobacco or any other liquids (except Water) in the morning. If any medications taken, pls inform our staff before health check.
3. Please bring all your medical prescriptions and previous health medical records with you.
4. Kindly inform our staff, if you have a history of diabetes and cardiac problems.

For Women:

1. Pregnant women or those suspecting are advised not to undergo any X-Ray test.
2. It is advisable not to undergo any health check during menstrual cycle.

For further assistance, please call us on our Help Line #: 1860 500 7788.

Clinic Address: FAMOUS CINE LABS,156, PT.M.M.MALVIYA RAOD,TARDEO,MUMBAI,400034 .

Contact No: 022 - 4332 4500.

P.S: Health Check-Up may take 4 - 5hrs for completion on week days & 5 - 6hrs on Saturdays, kindly plan accordingly, Doctor Consultation will be completed after all the Reports are ready.

Warm Regards,
Apollo Clinic



भारत सरकार
Government of India



Issue Date: 07/07/2018



प्रणय जायेशकुमार शाह
Pranay Jayeshkumar Shah
जन्म तिथि/DOB: 24/01/1992
पुरुष/ MALE
Mobile No: 9619259004

5229 6203 9355
VID : 9146 9621 2871 4677

मेरा आधार, मेरी पहचान

OUT-PATIENT RECORD

Date: 24/8/17 Bugsi
MRNO: Mrs. Prancy Shah
Name: Mrs. Prancy Shah
Age/Gender: 32y/m.
Mobile No:
Passport No:
Aadhar number:

Pulse: 74/min.	B.P: 110/80	Resp: 20/min	Temp: Afebrile
Weight: 57.7kg	Height: 179cm	BMI: 30.3	Waist Circum: 102cm

General Examination / Allergies / History

Clinical Diagnosis & Management Plan

M EWS - 0

Married, Vegetarian
Sleep: (w) No Allergy
No addictions
operator for R little finger
FH: Moslem / Fardun: DM/ter.
Normal Lipost

Follow up date:

Dr. (Mrs.) CHHAYA P. VAJA
M.D. (MUM)
Physician & Cardiologist
Reg. No. 56942

Doctor Signature





TOUCHING LIVES

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Apeksha Madan
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**DEPARTMENT OF HAEMATOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Interval	Method
BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA				
BLOOD GROUP TYPE	B			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination



A Madan
 DR. APEKSHA MADAN
 MBBS, DPB
 PATHOLOGY
 SIN No:BED240217504

Patient Name : Mr.PRANAY JAYESHKUMAR SHAH
Age/Gender : 32 Y 6 M 0 D/M
UHID/MR No : STAR.0000064951
Visit ID : STAROPV72651
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 9920144559

Collected : 24/Aug/2024 09:43AM
Received : 24/Aug/2024 11:54AM
Reported : 24/Aug/2024 04:53PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Interval	Method
GLUCOSE, FASTING , NAF PLASMA	92	mg/dL	70-100	GOD - POD

Comment:

As per American Diabetes Guidelines, 2023

Fasting Glucose Values in mg/dL	Interpretation
70-100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes
<70 mg/dL	Hypoglycemia

Note:

- The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on at least 2 occasions.
- Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

Test Name	Result	Unit	Bio. Ref. Interval	Method
GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	91	mg/dL	70-140	GOD - POD

Comment:


It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Test Name	Result	Unit	Bio. Ref. Interval	Method
ALANINE AMINOTRANSFERASE	35	U/L	4-44	JSCC

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DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:SE04814324

Patient Name	: Mr.PRANAY JAYESHKUMAR SHAH	Collected	: 24/Aug/2024 09:43AM
Age/Gender	: 32 Y 6 M 0 D/M	Received	: 24/Aug/2024 11:54AM
UHID/MR No	: STAR.0000064951	Reported	: 24/Aug/2024 04:53PM
Visit ID	: STAROPV72651	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: 9920144559		

DEPARTMENT OF BIOCHEMISTRY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

(ALT/SGPT) , SERUM

Comment:

ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes.


ALT levels are seen to be elevated even before the signs and symptoms of the liver injury appear.

The ALT levels remain high longer in blood as compared to AST levels. And though both the enzymes increase in liver injury, the rise in ALT is more compared to AST, thus also altering the ALT:AST ratio.

Test Name	Result	Unit	Bio. Ref. Interval	Method
BILIRUBIN, TOTAL , SERUM	0.30	mg/dL	0.1-1.2	Azobilirubin

Test Name	Result	Unit	Bio. Ref. Interval	Method
BUN/CREATININE RATIO , SERUM				
BLOOD UREA NITROGEN	8.4	mg/dL	8.0 - 23.0	Calculated
CREATININE	0.87	mg/dL	0.6-1.1	ENZYMATIC METHOD
BUN / CREATININE RATIO	9.67			Calculated

Test Name	Result	Unit	Bio. Ref. Interval	Method
CREATININE , SERUM	0.87	mg/dL	0.6-1.1	ENZYMATIC METHOD

DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:SE04814324

Patient Name : Mr.PRANAY JAYESHKUMAR SHAH
Age/Gender : 32 Y 6 M 0 D/M
UHID/MR No : STAR.0000064951
Visit ID : STAROPV72651
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 9920144559

Collected : 24/Aug/2024 09:43AM
Received : 24/Aug/2024 01:33PM
Reported : 24/Aug/2024 03:45PM
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DEPARTMENT OF CLINICAL PATHOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324


Test Name	Result	Unit	Bio. Ref. Interval	Method
COMPLETE URINE EXAMINATION (CUE) , URINE				
PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	SLIGHTLY HAZY		CLEAR	Physical measurement
pH	6.0		5-7.5	DOUBLE INDICATOR
SP. GRAVITY	1.020		1.002-1.030	Refractometric
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GLUCOSE OXIDASE
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING REACTION
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	SODIUM NITRO PRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	MODIFIED EHRlich REACTION
NITRITE	NEGATIVE		NEGATIVE	Griess reaction
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	Diazonium salt
CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY				
PUS CELLS	2-3	/hpf	0-5	Microscopy
EPITHELIAL CELLS	1-2	/hpi	<10	MICROSCOPY
RBC	8-10	/hpf	0-2	MICROSCOPY
CASTS	OCCASIONAL GRANULAR CAST SEEN.		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

Comment:

All urine samples are checked for adequacy and suitability before examination. All abnormal chemical examination are rechecked and verified by manual methods.

Microscopy findings are reported as an average of 10 high power fields.

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DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:UR2407135





TOUCHING LIVES

Patient Name : Mr.PRANAY JAYESHKUMAR SHAH
Age/Gender : 32 Y 6 M 0 D/M
UHID/MR No : STAR.0000064951
Visit ID : STAROPV72651
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 9920144559



Collected : 24/Aug/2024 09:43AM
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DEPARTMENT OF CLINICAL PATHOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

*** End Of Report ***

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DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:UR2407135

Patient Name : Mr.PRANAY JAYESHKUMAR SHAH
Age/Gender : 32 Y 6 M 0 D/M
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TERMS AND CONDITIONS GOVERNING THIS REPORT

The reported results are for information and interpretation of the referring doctor or such other medical professionals, who understand reporting units, reference ranges and limitations of technologies. Laboratories not be responsible for any interpretation whatsoever. It is presumed that the tests performed are, on the specimen / sample being to the patient named or identified and the verifications of the particulars have been cleared out by the patient or his / her representative at the point of generation of said specimen. The reported results are restricted to the given specimen only. Results may vary from lab to lab and from time to time for the same parameter for the same patient. Assays are performed in accordance with standard procedures, The reported results are dependent on individual assay methods / equipment used and quality of specimen received. This report is not valid for medico legal purposes.



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:UR2407135



Patient Name	: Mr. PRANAY JAYESHKUMAR SHAH	Age	: 32 Y M
UHID	: STAR.0000064951	OP Visit No	: STAROPV72651
Reported on	: 24-08-2024 13:50	Printed on	: 24-08-2024 13:51
Adm/Consult Doctor	:	Ref Doctor	: SELF

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA


Both lung fields and hila are normal .
No obvious active pleuro-parenchymal lesion seen .
Both costophrenic and cardiophrenic angles are clear .
Both diaphragms are normal in position and contour .
Thoracic wall and soft tissues appear normal.

CONCLUSION :

No obvious abnormality seen.

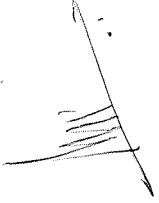
Printed on:24-08-2024 13:50

---End of the Report---


Dr. VINOD SHETTY
Radiology



within Normal limits



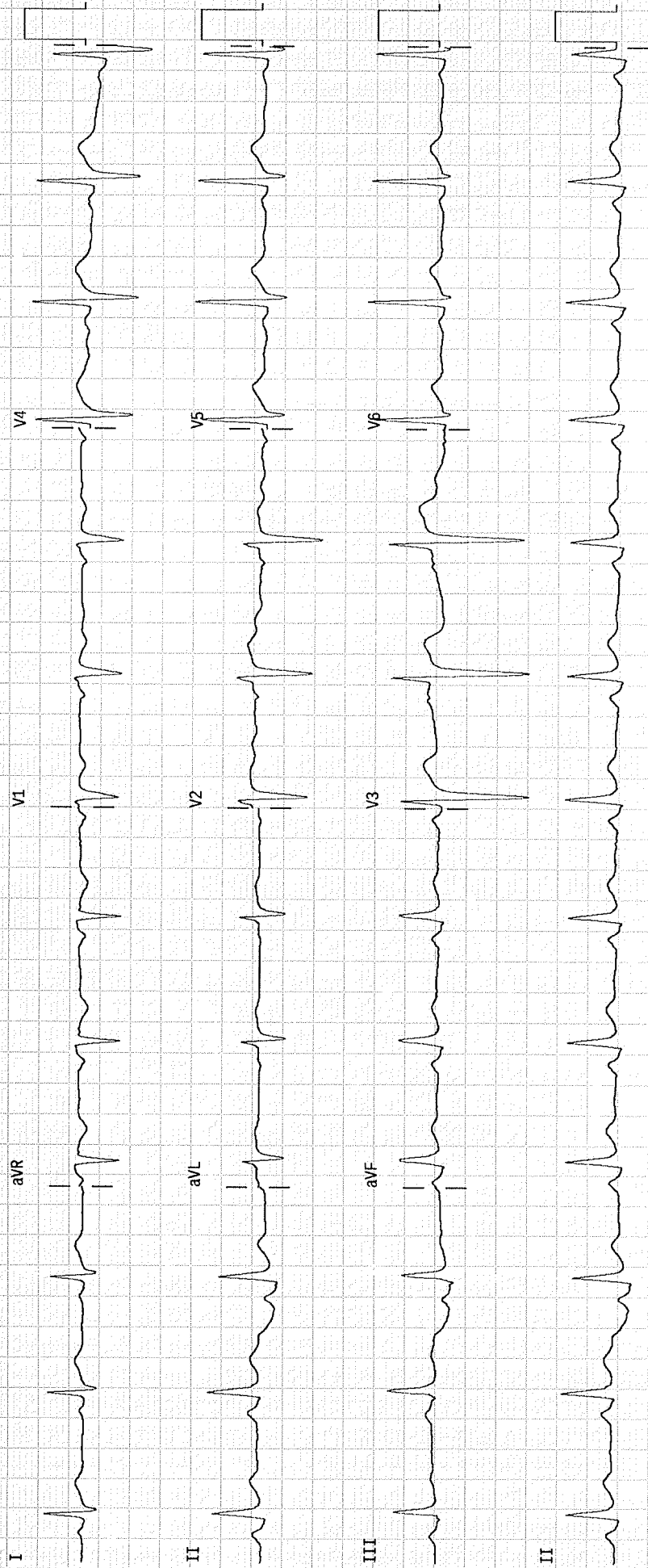
Dr. (Mrs.) CHHAYA P. VAJA
M.D. (MUM)
Physician & Cardiologist
Reg. No. 56942

Rate: 74 . Gender not entered, assumed to be male for purpose of ECG interpretation

PR 157 . Sinus rhythm
QRS 107 . Baseline wander in lead(s) V2 V3 V4 V5 V6
QT 345
QTcB 384

--AXIS--
P 65
QRS 76
T 48

12 Leads; Standard Placement



Device:

Speed: 25mm/sec

Limb: 10.0mm/mv

Chest: 10.00mm/mv

F 50~ 0.50-40 Hz W

110C CL

P?

EYE REPORT

Name: *Pranay Shah*

Date: *24/8/24*

Age / Sex: *32 / M.*

Ref No.:

Complaint:

— Ant. Seg : wnc —

Examination

*— 0.6:1 —
HNRR.
FR +*

Spectacle Rx

	Right Eye							
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance	<i>6/6</i>	<i>+2.5</i>	<i>-4.50</i>	<i>15°</i>	<i>6/6</i>	<i>-0.5</i>	<i>-0.50</i>	<i>15°</i>
Read	<i>N6</i>				<i>N6</i>			

Remarks: *(R) Topography*

Medications:

Trade Name	Frequency	Duration

Follow up:



Consultant:

[Signature]
M.D., D.O.M.S. (GOLD MEDALIST)
Reg. No. 2012/10/2914
Mob:- 8850 1858 73

Apollo Spectra Hospitals
Famous Cine Labs, 156, Pt. M. M.
Malviya Road, Tardeo, Mumbai - 400 034.
Tel.: 022 4332 4500 www.apollospectra.com

Pranay Shah

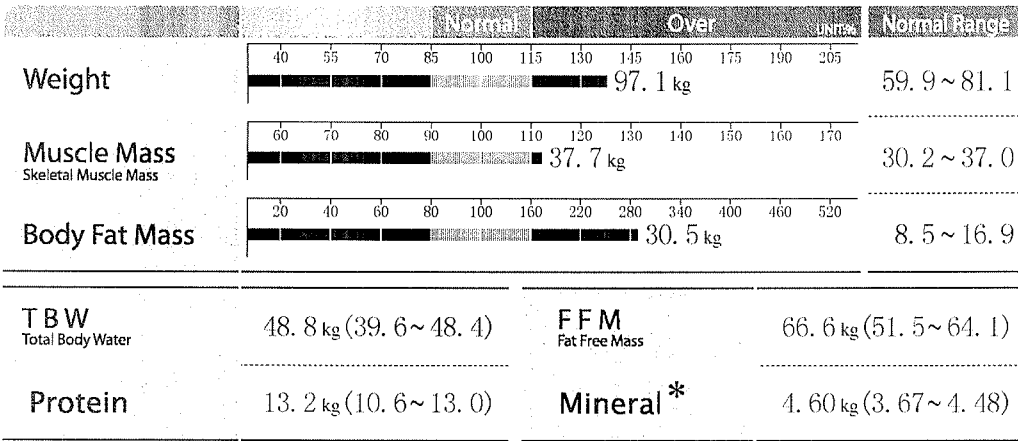
ID 64951
Age 32

Height 179cm
Gender Male

Date 24. 8. 2024
Time 12:21:36

APOLLO SPECTRA HOSPITAL

Body Composition



* Mineral is estimated.

Segmental Lean

Segment	Lean Mass	Lean Mass Evaluation
Left	3.8kg	Normal
Right	3.8kg	Normal
Trunk	29.5kg	Normal
Left	10.6kg	Normal
Right	10.6kg	Normal

Obesity Diagnosis

Parameter	Value	Normal Range
BMI (kg/m ²)	30.3	18.5 ~ 25.0
PBF (%)	31.5	10.0 ~ 20.0
WHR	0.98	0.80 ~ 0.90
BMR (kcal)	1808	1975 ~ 2331

Nutritional Evaluation

Protein	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient	
Mineral	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient	
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient	<input checked="" type="checkbox"/> Excessive

Weight Management

Weight	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over
SMM	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Strong
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over

Obesity Diagnosis

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

Segmental Fat

Segment	Segmental Fat	PBF Fat Mass Evaluation
Left	35.3%	35.0%
Right	2.2kg	2.2kg
Trunk	Over	Over
Left	34.2%	16.3kg
Right	Over	Over
Left	27.4%	27.5%
Right	4.2kg	4.3kg
Trunk	Over	Over

* Segmental Fat is estimated.

Muscle-Fat Control

Muscle Control 0.0 kg Fat Control 18.8 kg Fitness Score 68

Impedance

Z	RA	LA	TR	RL	LL
20kHz	287.5	288.8	23.2	221.1	219.6
100kHz	255.7	258.5	19.8	197.7	196.3

* Use your results as reference when consulting with your physician or fitness trainer.

Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity (base weight: 97.1 kg / Duration: 30min. / unit: kcal)						
Walking	Jogging	Bicycle	Swim	Mountain Climbing	Aerobic	
194	340	291	340	317	340	
Table tennis	Tennis	Football	Oriental Fencing	Gate ball	Badminton	
219	291	340	486	184	219	
Racket ball	Tae-kwon-do	Squash	Basketball	Rope jumping	Golf	
486	486	486	291	340	171	
Push-ups	Sit-ups	Weight training	Dumbbell exercise	Elastic band	Squats	
development of upper body	abdominal muscle training	backache prevention	muscle strength	muscle strength	maintenance of lower body muscle	

How to do

1. Choose practicable and preferable activities from the left.
2. Choose exercises that you are going to do for 7 days.
3. Calculate the total energy expenditure for a week.
4. Estimate expected total weight loss for a month using the formula shown below.

Recommended calorie intake per day

1900 kcal

* Calculation for expected total weight loss for 4 weeks: **Total energy expenditure (kcal/week) X 4weeks ÷ 7700**

Patient Name	: Mr. PRANAY JAYESHKUMAR SHAH	Age/Gender	: 32 Y/M
UHID/MR No.	: STAR.0000064951	OP Visit No	: STAROPV72651
Sample Collected on	:	Reported on	: 24-08-2024 13:50
LRN#	: RAD2407563	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: 9920144559		

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .

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CONCLUSION :

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Dr. VINOD SHETTY
Radiology