



CONCLUSION OF HEALTH CHECKUP

ECU Ref. No : MH/22/000587 Patient No : 21040564 Date : 26/03/2022
Name : MR. NAVIN KUMAR Sex / Age : MALE 36
Height / Weight : 169 Cms 71 Kgs Ideal Weight 66 Kgs BMI : 24.9

- Lipid Profile normal

- CAG

- Total Eosinophilic Av
(150/100)
0-0-1

- Total Lipid panel 160,
0-0-1

RHC deficit found
at the 6 months


Dr. Manish Mittal
Physician

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.



Name : **MR. NAVIN KUMAR**

Sex / Age : **MALE 36**

Eye Checkup

Doctor Name **DR.SIDDHARTH DUA**

	Right	Left
History	K/C/O DIABETES MELLITUS	
Uncorrected vision	-	-
Corrected vision	6/6	6/6
IOP	NORMAL	NORMAL
Fundus	RETINA ASSESS NEEDED	-
Any other	-	-
Advice	NIL	



Dietary Assessment

Name : MR. NAVIN KUMAR Sex / Age : MALE 36
Height : 169 Cms Weight : 71 Kgs Ideal Weight : 66 Kgs BMI : 24.9

Body Type : Normal / Underweight / Over weight

Diet History

Diet preference : Vegetarian / Eggeterian / Mixed

Frequency of consuming fried food : / day / week or occasional

Frequency of consuming sweets : / day or occasional

Frequency of consuming outside food : / 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

Do 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 regularly 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 servings of all fruits and vegetables, For Diabetic patients avoid Mango, Chikoo, Banana, Grapes and Custurd Apple.

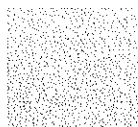
Drink 3 to 4 liters (12 - 14 glass) of water daily.

Eat Beetroot, 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.

Dietitian



Patient Name : Mr. NAVIN KUMAR
 Gender / Age : Male / 36 Years 11 Months 25 Days
 MR No / Bill No. : 21040564 / 221033888
 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 35013
 Request Date : 26/03/2022 09:04 AM
 Collection Date : 26/03/2022 09:33 AM
 Approval Date : 26/03/2022 01:19 PM

CBC + ESR

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	13.9	gm/dL	13 - 17
Red Blood Cell Count (T-RBC)	4.73	mill/cmm	4.5 - 5.5
Hematocrit (HCT)	40.6	%	40 - 50
Mean Corpuscular Volume (MCV)	85.8	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	29.4	pg	27 - 32
MCH Concentration (MCHC)	34.2	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	13.1	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	41.5	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	6.30	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	67	%	40 - 80
Lymphocytes	28	%	20 - 40
Eosinophils	1	%	1 - 6
Monocytes	4	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	4.21	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	1.73	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.12	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.20	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.04	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.2	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	152	thou/cmm	150 - 410
Smear evaluation	Adequate		
ESR	4	mm/1 hr	0 - 10

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

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name	: Mr. NAVIN KUMAR	Type	: OPD
Gender / Age	: Male / 36 Years 11 Months 25 Days	Request No.	: 35013
MR No / Bill No.	: 21040564 / 221033888	Request Date	: 26/03/2022 09:04 AM
Consultant	: Dr. Manish Mittal	Collection Date	: 26/03/2022 09:33 AM
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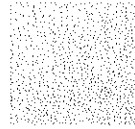
CBC + ESR

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 pathological; 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. Nikunj V. Mehta
MD (Path.)

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 Approval Date : 26/03/2022 01:13 PM

Haematology

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
Blood Group			
ABO system	O		
Rh system	Positive		

By Gel Technology / Tube Agglutination Method

Note :

- This blood group has been done with new sensitive Gel Technology using both Forward and Reverse Grouping Card with Autocontro
- This method check`s group both on Red blood cells and in Serum for "ABO" group.

---- End of Report ----

Dr. Nikunj V. Mehta
MD (Path.)

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MR No / Bill No. : 21040564 / 221033888
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Approval Date : 26/03/2022 02:49 PM

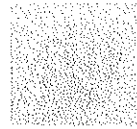
Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Fasting Plasma Glucose	136	mg/dL	70 - 110

--- End of Report ---

Dr. Rakesh Vaidya
Approved By Dr. Sejal Odedra

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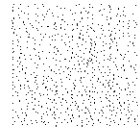
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Liver Function Test (LFT)

Test	Result	Units	Biological Ref. Range
Bilirubin			
Bilirubin - Total	0.86	mg/dL	0 - 1
Bilirubin - Direct	0.16	mg/dL	0 - 0.3
Bilirubin - Indirect	0.7	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	11	U/L	15 - 40
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	25	U/L	10 - 40
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	69	U/L	53 - 128
<i>(BY PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	32	U/L	15 - 85
<i>(By IFCC method on RXL Dade Dimension.)</i>			
Total Protein			
Total Proteins	7.60	gm/dL	6.4 - 8.2
Albumin	4.13	gm/dL	3.4 - 5
Globulin	3.47	gm/dL	3 - 3.2
A : G Ratio	1.19		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

---- End of Report ----

Dr. Rakesh Vaidya
 Approved By Dr. Sejal Odedra



Patient Name : Mr. NAVIN KUMAR
 Gender / Age : Male / 36 Years 11 Months 25 Days
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 Consultant : Dr. Manish Mittal
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Type : OPD
 Request No. : 35013
 Request Date : 26/03/2022 09:04 AM
 Collection Date : 26/03/2022 09:33 AM
 Approval Date : 26/03/2022 01:45 PM

Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Glycosylated Hemoglobin (HbA1c)	7.2	%	
estimated Average Glucose (e AG) *	159.94	mg/dL	

(Method:

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

* 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.

Guidelines for Interpretation:

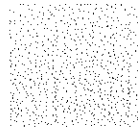
Indicated Glycemic control of previous 2-3 months

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

— End of Report —

Dr. Rakesh Vaidya
 Approved By Dr. Sejal Odedra

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Patient Name : Mr. NAVIN KUMAR
 Gender / Age : Male / 36 Years 11 Months 25 Days
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 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 35013
 Request Date : 26/03/2022 09:04 AM
 Collection Date : 26/03/2022 09:33 AM
 Approval Date : 26/03/2022 11:51 AM

Urine Routine

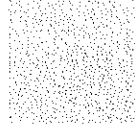
Test	Result	Units	Biological Ref. Range
Physical Examination			
Quantity	30	mL	
Colour	Pale Yellow		
Appearance	Clear		
Chemical Examination (By Reagent strip method)			
pH	6.0		
Specific Gravity	<=1.005		
Protein	Negative	gm/dL	Negative
Glucose	Negative	mg/dL	Negative
Ketones	Negative		Negative
Bilirubin	Negative		Negative
Urobilinogen	Negative		Negative (upto 1)
Blood	Negative		Negative
Bile Salt	Absent		Absent
Leucocytes	Negative		Negative
Bile Pigments	Absent		Absent
Nitrite	Negative		Negative
Microscopic Examination (After Centrifugation at 2000 rpm for 10 min)			
Red Blood Cells	Nil	/hpf	0 - 2
Leucocytes	Present (0-2)	/hpf	0 - 5
Epithelial Cells	Present (0-2)	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil		Nil
Mucus	Absent		Absent
Organism	Absent		

--- End of Report ---

Dr. Rakesh Vaidya
 Approved By Dr. Sejal Odedra

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Location : OPD

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Request No. : 35013
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Collection Date : 26/03/2022 09:33 AM
Approval Date : 26/03/2022 02:49 PM

Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Fasting Plasma Glucose	136	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	215	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimension

— End of Report —

Dr. Rakesh Vaidya
Approved By Dr. Sejal Odedra

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Patient Name : Mr. NAVIN KUMAR
 Gender / Age : Male / 36 Years 11 Months 25 Days
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 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 35013
 Request Date : 26/03/2022 09:04 AM
 Collection Date : 26/03/2022 09:33 AM
 Approval Date : 26/03/2022 03:02 PM

Complete Lipid Profile

Test	Result	Units	Biological Ref. Range
Complete Lipid Profile			
Appearance	Opalescent		
Triglycerides	333	mg/dL	1 - 150
<i>(By Lipase / Glycerol dehydrogenase on RXL Dade Dimension)</i>			
< 150 Normal			
150-199 Borderline High			
200-499 High			
> 499 Very High)			
Total Cholesterol	215	mg/dL	1 - 200
<i>(By enzymatic colorimetric method on RXL Dade Dimension)</i>			
<200 mg/dL - Desirable			
200-239 mg/dL - Borderline High			
> 239 mg/dL - High)			
HDL Cholesterol	41	mg/dL	40 - 60
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
< 40 Low			
> 60 High)			
Non HDL Cholesterol (calculated)	174	mg/dL	1 - 130
<i>(Non- HDL Cholesterol)</i>			
< 130 Desirable			
139-159 Borderline High			
160-189 High			
> 191 Very High)			
LDL Cholesterol	108	mg/dL	1 - 100
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
< 100 Optimal			
100-129 Near / above optimal			
130-159 Borderline High			
160-189 High			
> 189 Very High)			
VLDL Cholesterol	66.6	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	2.63		2.1 - 3.5
T. Ch./HDL Ch. Ratio	5.24		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			



--- End of Report ---

Dr. Nikunj V. Mehta
MD (Path.)



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DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 21040564 Report Date : 26/03/2022

Request No. : 190014878 26/03/2022 9.04 AM

Patient Name : NAVIN KUMAR

Gender / Age : Male / 36 Years 11 Months 25 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

X-Ray Chest AP

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

• ULTRA SONOGRAPHY CANNOT DETECT ALL ABNORMALITIES
• NOT VALID FOR MEDICO-LEGAL PURPOSES
• CLINICAL CORRELATION RECOMMENDED

Prerna C Hasani

Dr. Prerna C Hasani, MD
Consultant Radiologist





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DEPARTMENT OF DIAGNOSTIC RADIOLOGY

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

Patient No. : 21040564 Report Date : 26/03/2022
Request No. : 190014873 26/03/2022 9.04 AM
Patient Name : **NAVIN KUMAR**
Gender / Age : Male / 36 Years 11 Months 25 Days

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

Liver is normal in size and echopattern. **There is 8x9 mm cyst seen in right lobe of liver.** 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 is not dilated.

Pancreas shows no obvious abnormality. Tail obscured. Spleen is normal size and echopattern.

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

Prostate appears normal in size and volume is ~ 10 cc.
Prostate measures 26mm x 26mm x 29mm.

Urinary bladder is well distended and appears normal.

No ascites.

COMMENT:

Small Liver cyst.

Kindly correlate clinically

• ULTRA SONOGRAPHY CANNOT DETECT ALL ABNORMALITIES
• NOT VALID FOR MEDICO-LEGAL PURPOSES
• CLINICAL CORRELATION RECOMMENDED

Prerna C Hasani

Dr. Prerna C Hasani, MD
Consultant Radiologist





Ecd



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ESTD. 1964

Patient No. : 21040564 Report Date : 26/03/2022
Request No. : 190014898 26/03/2022 9.04 AM
Patient Name : **NAVIN KUMAR**
Gender / Age : Male / 36 Years 11 Months 25 Days

Echo Color Doppler

MITRAL VALVE : NORMAL, NO MS, NO MR
AORTIC VALVE : TRILEALFT, NO AS, NO AR
TRICUSPID VALVE : NORMAL, NO TR, NO PAH
PULMONARY VALVE : NORMAL, NO PR, NO PS
LEFT ATRIUM : NORMAL SIZE
AORTA : NORMAL
LEFT VENTRICLE : NORMAL LVEF -65%, NO RWMA AT REST
RIGHT ATRIUM : NORMAL SIZE
RIGHT VENTRICLE : NORMAL SIZE
I.V.S. : INTACT
I.A.S. : INTACT
PULMONARY ARTERY : NORMAL
PERICARDIUM : NO EFFUSION
COLOUR/DOPPLER FLOW MAPPING : NO MR // AR // TR, NO PAH

FINAL CONCLUSION:

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


DR. KILLOL KANERIA, M.D., D.M., CARD.

Diagnosis Information:

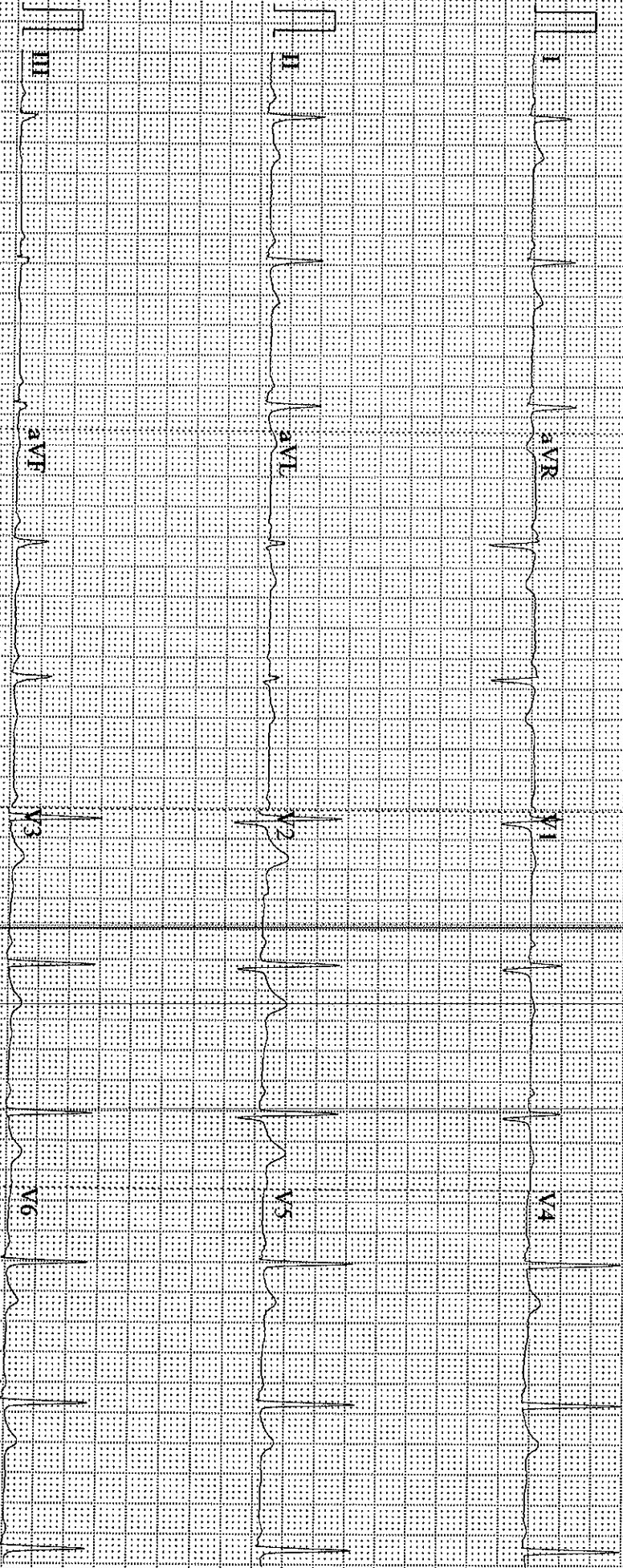
Sinus Rhythm

Normal ECG

HR	63	bpm
P	122	ms
PR	160	ms
QRS	88	ms
QT/QTc	392/403	ms
P/QRST	61/48/27	
RV5/SV1	1.46/0.411	mV

Handwritten signature/initials

Report Confirmed by:



Dr. Sonica Peshin

Cosmetic Dentist & Implantologist

Reg. No. : 6966-A

M. : 9586867301



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Dental assessment form

26/03/2022

Name: Navin Kumar

Age/ Sex: 36 years/Male

Patient has come for a regular check up

On Examination:

- Calculus+ stains++
- History of horizontal brushing
- Generalised attrition, recession
- Decayed teeth with respect to 27, 28

Provisional diagnosis:

- Chronic generalised gingivitis

Treatment plan:

- Scaling and polishing
- Restoration of 27, 28



Advised:

- Brush your teeth twice daily
- Salt water gargle twice daily
- Clean your tongue and floss in between everyday.
- Follow vertical brushing technique.


Dr. Sonica Peshin

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