

Patient Name	: Mrs.SABANA VALSAN	Collected	: 28/Oct/2023 08:42AM
Age/Gender	: 39 Y 9 M 6 D/F	Received	: 28/Oct/2023 10:25AM
UHID/MR No	: CMYS.0000058342	Reported	: 28/Oct/2023 11:53AM
Visit ID	: CMYSOPV118781	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: ANAPV0082C		

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

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Patient Name : Mrs.SABANA VALSAN	Collected : 28/Oct/2023 08:42AM
Age/Gender : 39 Y 9 M 6 D/F	Received : 28/Oct/2023 10:25AM
UHID/MR No : CMYS.0000058342	Reported : 28/Oct/2023 01:17PM
Visit ID : CMYSOPV118781	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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HEMOGRAM , WHOLE BLOOD EDTA

HAEMOGLOBIN	12.8	g/dL	12-15	Spectrophotometer
PCV	39.90	%	36-46	Electronic pulse & Calculation
RBC COUNT	4.44	Million/cu.mm	3.8-4.8	Electrical Impedence
MCV	90	fL	83-101	Calculated
MCH	28.9	pg	27-32	Calculated
MCHC	32.2	g/dL	31.5-34.5	Calculated
R.D.W	12.6	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	7,500	cells/cu.mm	4000-10000	Electrical Impedence

DIFFERENTIAL LEUCOCYTIC COUNT (DLC)

NEUTROPHILS	59.2	%	40-80	Electrical Impedence
LYMPHOCYTES	31.6	%	20-40	Electrical Impedence
EOSINOPHILS	3.9	%	1-6	Electrical Impedence
MONOCYTES	4.8	%	2-10	Electrical Impedence
BASOPHILS	0.5	%	<1-2	Electrical Impedence

ABSOLUTE LEUCOCYTE COUNT

NEUTROPHILS	4440	Cells/cu.mm	2000-7000	Calculated
LYMPHOCYTES	2370	Cells/cu.mm	1000-3000	Calculated
EOSINOPHILS	292.5	Cells/cu.mm	20-500	Calculated
MONOCYTES	360	Cells/cu.mm	200-1000	Calculated
BASOPHILS	37.5	Cells/cu.mm	0-100	Calculated

PLATELET COUNT	342000	cells/cu.mm	150000-410000	Electrical impedence
ERYTHROCYTE SEDIMENTATION RATE (ESR)	14	mm at the end of 1 hour	0-20	Modified Westergren

PERIPHERAL SMEAR

R.B.C: Majority are normocytic normochromic.
W.B.C: normal in number with normal morphology and distribution.
Platelets: normal in number and are seen in singles and clumps.
Hemoparasites: Not seen.

IMPRESSION: NORMOCYTIC NORMOCHROMIC BLOOD PICTURE.

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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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SIN No:BED230263605

Patient Name : Mrs.SABANA VALSAN	Collected : 28/Oct/2023 08:42AM
Age/Gender : 39 Y 9 M 6 D/F	Received : 28/Oct/2023 10:25AM
UHID/MR No : CMYS.0000058342	Reported : 28/Oct/2023 12:36PM
Visit ID : CMYSOPV118781	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : ANAPV0082C	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

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



SIN No:BED230263605

Patient Name : Mrs.SABANA VALSAN	Collected : 28/Oct/2023 01:05PM
Age/Gender : 39 Y 9 M 6 D/F	Received : 28/Oct/2023 02:25PM
UHID/MR No : CMYS.0000058342	Reported : 28/Oct/2023 02:58PM
Visit ID : CMYSOPV118781	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : ANAPV0082C	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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GLUCOSE, FASTING , NAF PLASMA	94	mg/dl	74-106	GOD, POD
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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.

GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	137	mg/dL	70-140	GOD - POD
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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.



Patient Name : Mrs.SABANA VALSAN	Collected : 28/Oct/2023 08:42AM
Age/Gender : 39 Y 9 M 6 D/F	Received : 28/Oct/2023 01:03PM
UHID/MR No : CMYS.0000058342	Reported : 28/Oct/2023 01:57PM
Visit ID : CMYSOPV118781	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : ANAPV0082C	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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HBA1C, GLYCATED HEMOGLOBIN , WHOLE BLOOD EDTA	5.2	%		HPLC
ESTIMATED AVERAGE GLUCOSE (eAG) , WHOLE BLOOD EDTA	103	mg/dL		Calculated

Comment:

Reference Range as per American Diabetes Association (ADA) 2023 Guidelines:

REFERENCE GROUP	HBA1C %
NON DIABETIC	<5.7
PREDIABETES	5.7 – 6.4
DIABETES	≥ 6.5
DIABETICS	
EXCELLENT CONTROL	6 – 7
FAIR TO GOOD CONTROL	7 – 8
UNSATISFACTORY CONTROL	8 – 10
POOR CONTROL	>10

Note: Dietary preparation or fasting is not required.

- HbA1C is recommended by American Diabetes Association for Diagnosing Diabetes and monitoring Glycemic Control by American Diabetes Association guidelines 2023.
- Trends in HbA1C values is a better indicator of Glycemic control than a single test.
- Low HbA1C in Non-Diabetic patients are associated with Anemia (Iron Deficiency/Hemolytic), Liver Disorders, Chronic Kidney Disease. Clinical Correlation is advised in interpretation of low Values.
- Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect erythrocyte survival are present.
- In cases of Interference of Hemoglobin variants in HbA1C, alternative methods (Fructosamine) estimation is recommended for Glycemic Control
 - A: HbF >25%
 - B: Homozygous Hemoglobinopathy.
 (Hb Electrophoresis is recommended method for detection of Hemoglobinopathy)



SIN No:EDT230098168

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Age/Gender : 39 Y 9 M 6 D/F	Received : 28/Oct/2023 10:25AM
UHID/MR No : CMYS.0000058342	Reported : 28/Oct/2023 01:56PM
Visit ID : CMYSOPV118781	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : ANAPV0082C	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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LIPID PROFILE , SERUM				
TOTAL CHOLESTEROL	187	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	143	mg/dL	<150	Enzymatic
HDL CHOLESTEROL	48	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	139	mg/dL	<130	Calculated
LDL CHOLESTEROL	110.45	mg/dL	<100	Calculated
VLDL CHOLESTEROL	28.52	mg/dL	<30	Calculated
CHOL / HDL RATIO	3.89		0-4.97	Calculated

Comment:

Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.

	Desirable	Borderline High	High	Very High
TOTAL CHOLESTEROL	< 200	200 - 239	≥ 240	
TRIGLYCERIDES	<150	150 - 199	200 - 499	≥ 500
LDL	Optimal < 100 Near Optimal 100-129	130 - 159	160 - 189	≥ 190
HDL	≥ 60			
NON-HDL CHOLESTEROL	Optimal <130; Above Optimal 130-159	160-189	190-219	>220

- Measurements in the same patient on different days can show physiological and analytical variations.
- NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.
- Primary prevention algorithm now includes absolute risk estimation and lower LDL Cholesterol target levels to determine eligibility of drug therapy.
- Low HDL levels are associated with Coronary Heart Disease due to insufficient HDL being available to participate in reverse cholesterol transport, the process by which cholesterol is eliminated from peripheral tissues.
- As per NCEP guidelines, all adults above the age of 20 years should be screened for lipid status. Selective screening of children above the age of 2 years with a family history of premature cardiovascular disease or those with at least one parent with high total cholesterol is recommended.
- VLDL, LDL Cholesterol Non HDL Cholesterol, CHOL/HDL RATIO, LDL/HDL RATIO are calculated parameters when Triglycerides are below 350mg/dl. When Triglycerides are more than 350 mg/dl LDL cholesterol is a direct measurement.



SIN No:SE04523479

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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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LIVER FUNCTION TEST (LFT) , SERUM				
BILIRUBIN, TOTAL	0.75	mg/dL	0.20-1.20	Colorimetric
BILIRUBIN CONJUGATED (DIRECT)	0.20	mg/dL	0.0-0.3	Calculated
BILIRUBIN (INDIRECT)	0.55	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	16	U/L	9-52	UV with P-5-P
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	19.0	U/L	14-36	UV with P-5-P
ALKALINE PHOSPHATASE	62.00	U/L	38-126	p-nitrophenyl phosphate
PROTEIN, TOTAL	6.30	g/dL	6.3-8.2	Biuret
ALBUMIN	4.10	g/dL	3.5 - 5	Bromocresol Green
GLOBULIN	2.20	g/dL	2.0-3.5	Calculated
A/G RATIO	1.86		0.9-2.0	Calculated

Comment:

LFT results reflect different aspects of the health of the liver, i.e., hepatocyte integrity (AST & ALT), synthesis and secretion of bile (Bilirubin, ALP), cholestasis (ALP, GGT), protein synthesis (Albumin)

Common patterns seen:

1. Hepatocellular Injury:

- AST – Elevated levels can be seen. However, it is not specific to liver and can be raised in cardiac and skeletal injuries.
- ALT – Elevated levels indicate hepatocellular damage. It is considered to be most specific lab test for hepatocellular injury. Values also correlate well with increasing BMI.
- Disproportionate increase in AST, ALT compared with ALP.
- Bilirubin may be elevated.
- AST: ALT (ratio) – In case of hepatocellular injury AST: ALT > 1 In Alcoholic Liver Disease AST: ALT usually >2. This ratio is also seen to be increased in NAFLD, Wilson's diseases, Cirrhosis, but the increase is usually not >2.

2. Cholestatic Pattern:

- ALP – Disproportionate increase in ALP compared with AST, ALT.
- Bilirubin may be elevated.
- ALP elevation also seen in pregnancy, impacted by age and sex.
- To establish the hepatic origin correlation with GGT helps. If GGT elevated indicates hepatic cause of increased ALP.

3. Synthetic function impairment:

- Albumin- Liver disease reduces albumin levels.
- Correlation with PT (Prothrombin Time) helps.

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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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SIN No:SE04523479

APOLLO CLINICS NETWORK

Patient Name : Mrs.SABANA VALSAN	Collected : 28/Oct/2023 08:42AM
Age/Gender : 39 Y 9 M 6 D/F	Received : 28/Oct/2023 10:25AM
UHID/MR No : CMYS.0000058342	Reported : 28/Oct/2023 01:55PM
Visit ID : CMYSOPV118781	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : ANAPV0082C	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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RENAL PROFILE/KIDNEY FUNCTION TEST (RFT/KFT) , SERUM

CREATININE	0.78	mg/dL	0.5-1.04	Creatinine amidohydrolase
UREA	20.92	mg/dL	15-36	Urease
BLOOD UREA NITROGEN	9.8	mg/dL	8.0 - 23.0	Calculated
URIC ACID	5.40	mg/dL	2.5-6.2	Uricase
CALCIUM	8.62	mg/dL	8.4 - 10.2	Arsenazo-III
PHOSPHORUS, INORGANIC	3.82	mg/dL	2.5-4.5	PMA Phenol
SODIUM	142	mmol/L	135-145	Direct ISE
POTASSIUM	4.3	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	100	mmol/L	98 - 107	Direct ISE



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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM	14.00	U/L	12-43	Glycylcysteine Nitoranalide



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UHID/MR No : CMYS.0000058342	Reported : 28/Oct/2023 12:22PM
Visit ID : CMYSOPV118781	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : ANAPV0082C	

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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THYROID PROFILE TOTAL (T3, T4, TSH) , SERUM

TRI-IODOTHYRONINE (T3, TOTAL)	0.82	ng/mL	0.64-1.52	CMIA
THYROXINE (T4, TOTAL)	7.80	µg/dL	4.87-11.72	CMIA
THYROID STIMULATING HORMONE (TSH)	3.910	µIU/mL	0.35-4.94	CMIA

Comment:

For pregnant females	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 - 3.0
Third trimester	0.3 - 3.0

1. TSH is a glycoprotein hormone secreted by the anterior pituitary. TSH activates production of T3 (Triiodothyronine) and its prohormone T4 (Thyroxine). Increased blood level of T3 and T4 inhibit production of TSH.
2. TSH is elevated in primary hypothyroidism and will be low in primary hyperthyroidism. Elevated or low TSH in the context of normal free thyroxine is often referred to as sub-clinical hypo- or hyperthyroidism respectively.
3. Both T4 & T3 provides limited clinical information as both are highly bound to proteins in circulation and reflects mostly inactive hormone. Only a very small fraction of circulating hormone is free and biologically active.
4. Significant variations in TSH can occur with circadian rhythm, hormonal status, stress, sleep deprivation, medication & circulating antibodies.

TSH	T3	T4	FT4	Conditions
High	Low	Low	Low	Primary Hypothyroidism, Post Thyroidectomy, Chronic Autoimmune Thyroiditis
High	N	N	N	Subclinical Hypothyroidism, Autoimmune Thyroiditis, Insufficient Hormone Replacement Therapy.
N/Low	Low	Low	Low	Secondary and Tertiary Hypothyroidism
Low	High	High	High	Primary Hyperthyroidism, Goitre, Thyroiditis, Drug effects, Early Pregnancy
Low	N	N	N	Subclinical Hyperthyroidism
Low	Low	Low	Low	Central Hypothyroidism, Treatment with Hyperthyroidism
Low	N	High	High	Thyroiditis, Interfering Antibodies
N/Low	High	N	N	T3 Thyrotoxicosis, Non thyroidal causes
High	High	High	High	Pituitary Adenoma; TSHoma/Thyrotropinoma



Patient Name : Mrs.SABANA VALSAN	Collected : 28/Oct/2023 08:42AM
Age/Gender : 39 Y 9 M 6 D/F	Received : 28/Oct/2023 03:31PM
UHID/MR No : CMYS.0000058342	Reported : 28/Oct/2023 04:06PM
Visit ID : CMYSOPV118781	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : ANAPV0082C	

DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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COMPLETE URINE EXAMINATION (CUE) , URINE

PHYSICAL EXAMINATION

COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
pH	5.5		5-7.5	Bromothymol Blue
SP. GRAVITY	1.010		1.002-1.030	Dipstick

BIOCHEMICAL EXAMINATION

URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GOD-POD
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	NITROPRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	EHRlich
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS

CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY

PUS CELLS	2 - 3	/hpf	0-5	Microscopy
EPITHELIAL CELLS	4 - 6	/hpf	<10	MICROSCOPY
RBC	NIL	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY



SIN No:UR2209182

Patient Name : Mrs.SABANA VALSAN	Collected : 28/Oct/2023 08:42AM
Age/Gender : 39 Y 9 M 6 D/F	Received : 28/Oct/2023 01:27PM
UHID/MR No : CMYS.0000058342	Reported : 28/Oct/2023 01:57PM
Visit ID : CMYSOPV118781	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : ANAPV0082C	

DEPARTMENT OF CLINICAL PATHOLOGY


ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
URINE GLUCOSE(POST PRANDIAL)	NEGATIVE		NEGATIVE	Dipstick
URINE GLUCOSE(FASTING)	NEGATIVE		NEGATIVE	Dipstick

***** End Of Report *****

Result/s to Follow:

LBC PAP TEST (PAPSURE)



Dr. PAVAN KUMAR M
M.B.B.S,M.D(Pathology)
Consultant Pathologist



Date : 28-10-2023
 MR NO : CMYS.0000058342
 Name : Mrs. SABANA VALSAN
 Age/ Gender : 39 Y / Female

Department : GENERAL
 Doctor : *[Signature]*
 Registration No : 67052
 Qualification : MBBS MD

Consultation Timing: 08:29

Height : 149	Weight : 72.8	BMI : 36.4	Waist Circum :
Temp :	Pulse : 74	Resp : 24	B.P : 120/80

General Examination /
 Allergies History

C/S
 R/S
 P/A

Clinical Diagnosis & Management Plan

Adv
 Regular Enemas / Dieting
 wt reduction
 T- Esugill - 10
 F- Bactocav 625 - 10 x 5
 F- D. To 650 111 - 10
 Steam inhalation / Salt water gargle

[Handwritten notes]
 ORS
 epim

Follow up date :

Apollo Clinic
 # 23, 1st Floor,
 Kalidasa Road, Mysore - 02
 Ph : 0821-4006040/41

[Signature]
 Doctor Signature

Date : 28-10-2023
MR NO : CMYS.0000058342

Department : GENERAL
Doctor :

Name : Mrs. SABANA VALSAN

Registration No : *Dr. Praveen Kumar R*
Qualification : *MD*

Age/ Gender : 39 Y / Female

Consultation Timing: 08:29

Height : <i>149</i>	Weight : <i>72.8</i>	BMI : <i>36.4</i>	Waist Circum : <i>120/80</i>
Temp :	Pulse :	Resp :	B.P : <i>120/80</i>

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

Come for regular health checkup

Allergic rhinitis

O/E Ear: External - dry wax

Nose: nasal mucosa pale

perforated nasal septum

oral cavity in exploration

neck

AI - IUC

Antibiotics

Follow up date :

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

[Signature]
Doctor Signature

Date : 28-10-2023
MR NO : CMYS.0000058342

Department : GENERAL
Doctor :

Name : Mrs. SABANA VALSAN

Registration No :
Qualification :

Age/ Gender : 39 Y / Female

Consultation Timing: 08:29

Height : 149	Weight : 72.8	BMI : 36.4	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 120/80

General Examination /
Allergies History

PH - AS
FH - DM +

USH normal study.

Clinical Diagnosis & Management Plan

with irregular cycles since 4 to 5m.

past cycles regular.
LMP - 4th wk Aug 2023.

O/E - breasts - NAD.
(hypertrophic?)

ML -> 7 yrs
P.L. FTND.
5 yrs - 1st
AUH.

Adv: regular walk / yoga.
low salt / low fat diet
avoid sunb. mod.

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Follow up date :


Doctor Signature

Date : 28-10-2023
MR NO : CMYS.0000058342

Department : GENERAL Dietetics
Doctor : Madhura . B.P

Name : Mrs. SABANA VALSAN

Registration No :

Age/ Gender : 39 Y / Female

Qualification : M.Sc Nutrition & Dietetics
PhD*

Consultation Timing: 08:29

IBW - 49kg

Height : 149	Weight : 72.8	BMI : 36.4	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 120/80

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

- Kc/clo - Hypothyroidism on thyronorm 125mcg
- ⇒ Advised low calorie, fiber rich foods.
 - ⇒ Take small frequent meals. Do not skip meals.
 - ⇒ Include all variety of seasonal fruits, vegetables and green leafy vegetables.
 - ⇒ Include nuts like Almonds & walnuts daily.
 - ⇒ Include dry fruits like dried dates & raisins.
 - ⇒ Seed cycle - 1 teaspoon each [dry roasted]
 - * 1st - 14th day - Flaxseed + Pumpkin seeds
 - * 15th day - 30th day - Sesame seeds + sunflower seeds.
 - ⇒ Avoid cruciferous vegetables like cabbage, cauliflower, broccoli & spinach.
 - ⇒ Avoid alcohol, sugar, too much of salt, Saline soda & creams.

Follow up date :

Doctor Signature

- ⇒ Avoid bakery products, chate, junk foods, deep fried foods, packed & processed foods.

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Madhura . B.P
28/10/2023

Date : 28-10-2023
MR NO : CMYS.0000058342

Department : GENERAL DENTAL
Doctor : Dr. Jyothishree

Name : Mrs. SABANA VALSAN

Registration No :

Age/ Gender : 39 Y / Female

Qualification :

Consultation Timing: 08:29

Height : 149	Weight : 72.8	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 120/80

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

O/E

6/6 missing

Adv:- Replacement

7 Dental caries

Adv:- Restoration.

Ca++ St+

Adv:- oral prophylaxis

T

Jyothishree

Follow up date :

Doctor Signature

Patient's Name :Mrs. Sabana Valsan	Age & Sex; 39Yrs /Female
Date : 28.10.2023	UHID No:58342

2D ECHOCARDIOGRAPHY STUDY

Impression:

- Normal chamber volumes
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 63 %
- No clots. No pericardial effusion

Findings

Left Ventricle:	No RWMA
Right Ventricle	Normal
Left Atrium	Normal
Right Atrium	Normal
Aorta	Normal
Pulmonary Artery	Normal
IAS	Intact
IVS	Intact
Valves	Normal
Pericardium	Normal
Doppler	Normal

Apollo Health and Lifestyle Limited

ICIN: UR5110T020009VC1156191
 Regd. Office: 110/60/12, Ashoka Kaigalpet, Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
 Ph: 080-4964 7744 | Fax No: 4964 7744 | Email ID: enquiry@apollohl.com | www.apollohl.com

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 Kolar: Kolar | Warangal Road | Mysore: UV Mahallal

Online appointments: www.apollohl.com

TO BOOK AN APPOINTMENT

1860 500 7788

Patient's Name : Mrs. Sabana Valsan	Age & Sex; 39Yrs /Female
Date : 28.10.2023	UHID No:58342

Measurements

AO : 2.1 cm
LA : 2.4 cm

RV : 2.0 cm
LVIDd : 3.65 cm
LVIDs : 2.41 cm
IVSd : 0.79 cm
IVSs : 1.05 cm
PWd : 0.98 cm
PWs : 1.11 cm
EF : 63.0 %
FS : 33.0 %

Doppler

MV	TV	AV	PV
E 0.70 m/s	E --- m/s	V max 1.49 m/s	V max 0.98 m/s

A: 0.60 m/s A --- m/s

MR Nil TR Nil AR Nil PR Nil

Dr. GURU PRASAD. B. V, MBBS, PGDCC
CONSULTANT – NON-INVASIVE CARDIOLOGY

Apollo Health and Lifestyle Limited

CIN: U65912TG2009PLC115819
Apollo Clinic | 12/60/12, Anand Rajgoputhi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
Ph: No. 4904 7744 | Fax: No. 4904 7744 | Email: enquiry@apolohl.com | www.apolohl.com

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Online appointments: www.apollohospitals.com

TO BOOK AN APPOINTMENT

1860 500 7788

Patient Name	: Mrs. SABANA VALSAN	Age	: 39 Y F
UHID	: CMYS.0000058342	OP Visit No	: CMYSOPV118781
Reported on	: 28-10-2023 13:27	Printed on	: 28-10-2023 13:28
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.

IMPRESSION : NORMAL STUDY.



Pradeep

Printed on:28-10-2023 13:27

---End of the Report---

Dr. PRADEEP KUMAR C N
MBBS DNB(RADIOLOGY)
Radiology

Apollo Health and Lifestyle Limited

ICIN: UB5110T02000PLC1158191

Regd. Office: 1-10-63-62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
Ph. No: (04) 4904 7777 Fax No: 4904 7744 | mail ID: enquiry@apollohi.com | www.apollohi.com

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Koramangala | Sarjapur Road | Mysore: (VV Mohalla)

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

 **1860 500 7788**

Patient Name: Mrs. Sabana Valsan	Date : 28. 10.2023	Referring Doctor: DR Self
Age / Sex: 39Yrs/Female	UHID No : 058342	Location : OP
ULTRASONOGRAPHY- ABDOMEN & PELVIS		

LIVER: It is normal in size and echotexture. No focal lesions seen. IHBR are not dilated. CBD and Portal vein are normal.

GALL BLADDER: It is well distended and normal. No calculi seen.

SPLEEN: It is normal in size. outline and echopattern. No e/o focal lesions.

PANCREAS: It is normal.

RIGHT KIDNEY: It measures 10.8x3.2 cm with parenchymal thickness of 1.2 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 11x4.1 cm with parenchymal thickness of 1.4 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

URINARY BLADDER: It is well distended. The UB wall is normal. No calculi seen.

UTERUS: It is anteverted and measures 8x3.8x4.6 cm with ET=5.8 mm. It is normal in size, outline and echotexture. No mass lesion.

Rt. OVARY: It measures 3.3x1.5cm. It is normal. No mass lesion seen.

Lt. OVARY: It measures 3.6x2.8cm. It is normal. No mass lesion seen.

OTHERS: No e/o free fluid in the abdomen. No e/o lymphadenopathy. No e/o gut wall thickening. No mass lesion seen in the abdomen.

IMPRESSION: NORMAL STUDY.


Dr. Chetan H, DNB
Consultant Radiologist.

Apollo Health and Lifestyle Limited

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Regd. Office: 1-10-60-62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
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TO BOOK AN APPOINTMENT

 **1860 500 7788**

ID: 58342

28-10-2023

12:07:53 PM

MRS SABANA VALSAN

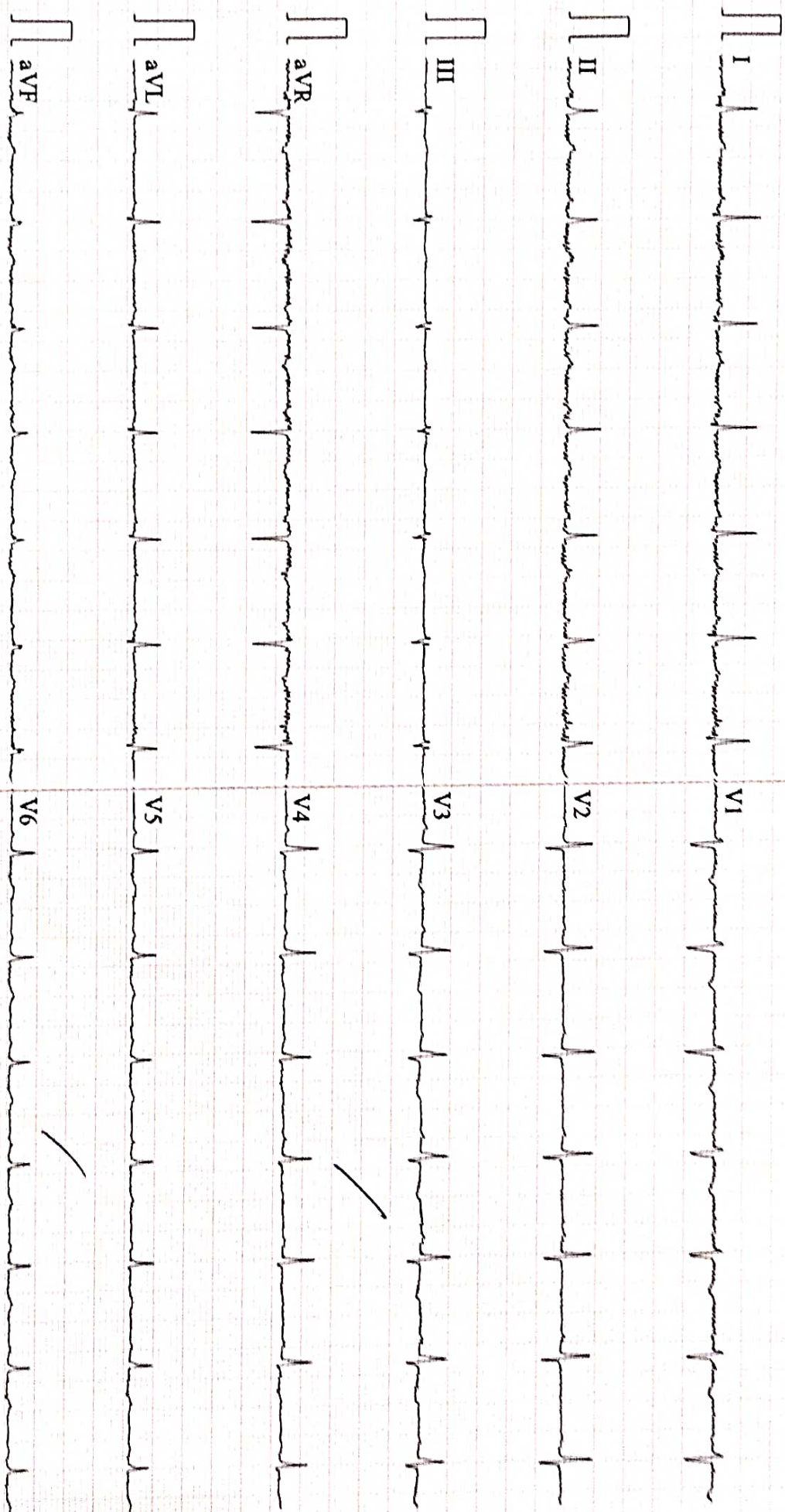
Female 39Years

149cm 72kg 120/80 mmHg

Diagnosis Information:

Unconfirmed Report.

Apollo Clinic
23, 1st Floor,
Kallidasa Road, Mysore - 02
Ph : 0821-4005000000



0.5-45Hz AC50 25mm/s 10mm/mV 2*5.0s 83 CARDIART

D V1.43 Glasgow V28.6.0 APOLLO CLINIC MYSURU