

Medi-wheel

R10 - Nagpur

Dr. Vimmi Goel

Head - Non Invasive Cardiology

Incharge - Preventive Health Care

MBBS, MD (Internal Medicine)

Reg. No: MMC-2014/01/0113

Date : 21-09-22

Name : Mr. Mahesh Pal

Age : 34y Sex : M/F Weight : 58.9 kg Height : 164.5 in BMI : 21.8

BP : 110/70 mmHg Pulse : 91 bpm RBS : \_\_\_\_\_ mg/dl

SpO<sub>2</sub> - 98%

34/M

Tobacco +

Non HT

Non DM

FHM - Father HT, DM

NO compl.

O/E

JVP°

Cher

ln

P/A

N.

Adv

Diet + walking

• Rpr. FLP after 3mths

• Stop Tobacco.

ITW -

LDL - 142

len noted

Dr. VIMMI GOEL

MBBS, MD

Sr. Consultant-Non Invasive Cardiology

Reg.No.: 2014/01/0113



ID 117877	Height 164.5cm	Age 34	Gender Male	Test Date / Time 21.09.2022 09:12
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## Body Composition Analysis

Total amount of water in my body	<b>Total Body Water</b> (L)	30.4	(33.5~40.9)
What I need to build muscles	<b>Protein</b> (kg)	8.2	(9.0~11.0)
What I need for strong bones	<b>Mineral</b> (kg)	2.80	(3.10~3.78)
Where my excess energy is stored	<b>Body Fat Mass</b> (kg)	17.5	(7.2~11.3)
Sum of the above	<b>Weight</b> (kg)	58.9	(50.6~68.1)

## Muscle-Fat Analysis

	Under	Normal	Over
<b>Weight</b> (kg)	55 70 85 100 115 130 145 160 175 190 205 %	58.9	
<b>SMM</b> (kg) <small>Skeletal Muscle Mass</small>	70 80 90 100 110 120 130 140 150 160 170 %	22.7	
<b>Body Fat Mass</b> (kg)	40 60 80 100 120 140 160 180 200 220 240 260 280 300 320 340 360 380 400 420 440 460 480 500 %	17.5	

## Obesity Analysis

	Under	Normal	Over
<b>BMI</b> (kg/m <sup>2</sup> ) <small>Body Mass Index</small>	18.0 19.0 20.0 21.0 22.0 23.0 24.0 25.0 26.0 27.0 28.0 29.0 30.0 31.0 32.0 33.0 34.0 35.0 36.0 37.0 38.0 39.0 40.0 41.0 42.0 43.0 44.0 45.0 46.0 47.0 48.0 49.0 50.0 %	21.8	
<b>PBF</b> (%) <small>Percent Body Fat</small>	0.0 5.0 10.0 15.0 20.0 25.0 30.0 35.0 40.0 45.0 50.0 %	29.7	

 Lean Mass  
%  
Evaluation

 Fat Mass  
%  
Evaluation

## Segmental Lean Analysis

Right	2.26 kg 80.7 % Under	2.20 kg 78.5 % Under
Left	20.0 kg 89.3 % Under	6.21 kg 79.8 % Under

## Segmental Fat Analysis

Right	1.1 kg 202.7 % Over	1.1 kg 206.2 % Over
Left	9.4 kg 248.8 % Over	2.4 kg 158.0 % Normal
Right	2.4 kg 156.8 % Normal	

\* Segmental fat is estimated

## Body Composition History

	21.09.2022 09:12					
<b>Weight</b> (kg)	58.9					
<b>SMM</b> (kg) <small>Skeletal Muscle Mass</small>	22.7					
<b>PBF</b> (%) <small>Percent Body Fat</small>	29.7					
<input checked="" type="checkbox"/> Recent <input type="checkbox"/> Total						

## InBody Score

62/100 Points

\* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

## Weight Control

Target Weight	59.5 kg
Weight Control	+0.6 kg
Fat Control	-8.6 kg
Muscle Control	+9.2 kg

## Obesity Evaluation

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

## Waist-Hip Ratio

0.98 | 0.80 0.90

## Visceral Fat Level

Level 7 | Low 10 High

## Research Parameters

Fat Free Mass	41.4 kg
Basal Metabolic Rate	1264 kcal (1343~1560)
Obesity Degree	99 % (90~110)
SMI	6.2 kg/m <sup>2</sup>
Recommended calorie intake	2613 kcal

## Calorie Expenditure of Exercise

Golf	104	Gateball	112
Walking	118	Yoga	118
Badminton	133	Table Tennis	133
Tennis	177	Bicycling	177
Boxing	177	Basketball	177
Mountain Climbing	192	Jumping Rope	206
Aerobics	206	Jogging	206
Soccer	206	Swimming	206
Japanese Fencing	295	Racketball	295
Squash	295	Taekwondo	295

\* Based on your current weight

\* Based on 30 minute duration

## Impedance

	RA	LA	TR	RL	LL
Z <sub>10</sub> (20 kHz)	396.6	384.0	29.5	373.9	365.4
Z <sub>50</sub> (100 kHz)	354.1	344.0	26.5	335.2	326.4

Patient Name: **Mr Mahesh Pal**

UHID <b>KH117877</b>	Age <b>34 Y</b>	Gender <b>Male</b>	Admission No. <b>OPRI-51988</b>
Speciality -	Certificate No. -		Created on <b>21-09-2022 11:02 AM</b>

## OPHTHALMOLOGY - OPTHALMOLOGY (REFRACTION)

### RIGHT EYE

Sph	Cyl	Axis	Visual Acuity
00	-1.50	90	6 6

### LEFT EYE

Sph	Cyl	Axis	Visual Acuity
00	00	00	6 6

Near: Addition

RIGHT

LEFT

N6

Created By

Ashish Kamble

Print Date & Time

21-09-2022 11:02 AM

UHD	KH117877	Order Date & time	21-09-2022
Patient Name	Mr Mahesh Pal	Sample Collection Date	21-09-2022 08:31 AM
Age/Gender	34 Y/Male	Acknowledge Date	21-09-2022 09:25 AM
Patient Type	OP	Visit No	OP-96685
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-216970	Accession Number	0135943

### Haematology

Service Name	Result	Unit	Reference Range	Method
<b>Haemogram (CBC with ESR), Whole Blood</b>				
<b>Erythrocytes</b>				
* Haemoglobin	15.1	gm/dl	13-17	
* RBC count	5.16	millions/cumm	4.5-5.5	Photometric Measurement
* Packed Cell Volume (PCV/HCT)	45.2	%	40-50	Photometric Measurement
* MCV	88	fl	83-101	Calculated
* MCH	29.3	pg	27-32	Calculated
* MCHC	33.4	gm/dl	31.5-34.5	Calculated
* RDW	13.6	%	11.5-14.0	Calculated
<b>Leucocytes</b>				
* TLC (Total Leukocyte Count)	5900	/cumm	4000-10000	Flow cytometry
* Neutrophils	60.8	%	50-70	
* Lymphocytes	<b>34.7 H</b>	%	25-30	
* Eosinophils	1.4	%	1-5	
* Monocytes	<b>3.1 L</b>	%	5-10	
* Basophils	<b>0.0 L</b>	%	1-2	
* Large Immature Cells	0.0	%		
* Absolute Neutrophil Count	3587.20	/cumm	2000-7000	Calculated
* Absolute Lymphocyte Count	2047.30	/cumm	1000-4800	Calculated
* Absolute Eosinophil Count	82.60	/Cumm	20-500	Calculated
* Absolute Monocyte Count	<b>182.90 L</b>	/cumm	200-1000	Calculated
* Absolute Basophil Count	<b>0.00 L</b>	/cumm	20-100	Calculated
<b>Platelets</b>				
* Platelet Count	276	10 <sup>3</sup> /cumm	150-450	Impedance
* MPV	7.9	fl	6.0-9.5	Calculated
* PCT (Platelet Hematocrit)	0.22	%	0.2-0.5	
* PDW (Platelet Distribution Width)	12.30	%	9-17	
<b>Peripheral Smear Examination</b>				
<b>RBC Morphology</b>				
* Normochromic Normocytic	seen.			
* WBCs	As Above			
* Platelets	Adequate			
* ESR (Westergren)	10	mm/hr	<15	Westergren
* Blood Grouping & RH Factor, Whole Blood & Serum	"A" Rh POSITIVE			Column agglutination test
* HbA1c (Glycosylated Haemoglobin), Blood	<b>5.7 H</b>	%	Non-Diabetic: <=5.6 % Pre-Diabetic: 5.7-6.4 % Diabetic >=6.5 %	HPLC



UHID	KH117877	Order Date & time	21-09-2022
Patient Name	Mr Mahesh Pal	Sample Collection Date	21-09-2022 08:31 AM
Age/Gender	34 Y/Male	Acknowledge Date	21-09-2022 09:25 AM
Patient Type	OP	Visit No	OP-96685
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-216970	Accession Number	0135943

### Clinical Biochemistry

Service Name	Result	Unit	Reference Range	Method
Fasting Blood Sugar	94.0	mg/dL	<100	GOD/POD, Colorimetric
* Post Prandial Blood Sugar, Plasma	74.0	mg%	<140	GOD/POD, Colorimetric
<b>Lipid Profile, Serum</b>				
Cholesterol	<b>201.00 H</b>	mg/dL	<200 Normal Less than 150 mg/dl Borderline High 150 - 199 mg/dl High 200 - 499 mg/dl Very High More than 499 mg/dl Major risk factor for Heart disease <40 mg/dl (Males) Major risk factor for Heart disease <50 mg/dl (Female) Negative risk factor for Heart disease >60 mg/dl Optimal <100 mg/dl Near optimal 100 - 129 mg/dl Borderline high 130 - 159 mg/dl High 60 - 189 mg/dl Very High >190 mg/dl	Enzymatic Method
Triglyceride	141.0	mg/dL		Enzymatic(Lipase/GK/GPO /POD)
HDL Cholesterol Direct	<b>31.0 L</b>	mg/dL		Phosphotungstic acid/mgcl-Enzymatic (microslide)
LDL Cholesterol (Calculated)	<b>142.0 H</b>	mg/dL		Enzymatic
VLDL	28.00	mg/dL	<30	Calculated
Cholesterol/HDL Ratio	<b>7.00 H</b>		3-5	Calculated
Non HDL	170.00	mg/dL		Calculated
<b>Kidney Function Test (KFT), Serum</b>				
Blood Urea	20.00	mg/dL	19-43	Urease with indicator dye
Creatinine	0.92	mg/dL	0.66-1.25	Enzymatic (creatinine amidohydrolase)
eGFR	108.13	mL/min/1.73m <sup>2</sup>		Calculated
Sodium	145	mmol/L	136-145	Direct ion selective electrode
Potassium	4.58	mmol/L	3.5-5.1	Direct ion selective electrode
<b>BUN (Blood Urea Nitrogen), Serum</b>	9.34	mg/dL	9-20	Urease with indicator dye
<b>Liver Function test, Serum</b>				
Total Bilirubin	0.58	mg/dL	0.2-1.3	Azobilirubin/Dyphylline
Bilirubin Direct	0.18	mg/dL	0.1-0.3	Calculated
Bilirubin Indirect	0.40	mg/dL	0.1-1.1	Dual wavelength Spectrophotometric
SGOT (AST)	39	U/L	15-40	Kinetic with pyridoxal 5 phosphate
SGPT (ALT)	<b>53 H</b>	U/L	10-40	Kinetic with pyridoxal 5 phosphate
Alkaline Phosphatase	72.00	U/L	38-126	Pnpp/AMP buffer
Total Protein	8.18	gm/dl	6.3-8.2	Biuret(Alkaline cupric Sulfate)
Albumin	4.51	gm/dl	3.5-5.0	Bromocresol green dye binding
Globulin	3.67	gm/dl	2-4	Calculated
Albumin/Globulin Ratio	1.23			Calculated
Gamma GT (GGT), Serum	<b>92.0 H</b>	U/L	15-73	Kinetic Method

UHID	KH117877	Order Date & time	21-09-2022
Patient Name	Mr Mahesh Pal	Sample Collection Date	21-09-2022 08:31 AM
Age/Gender	34 Y/Male	Acknowledge Date	21-09-2022 09:25 AM
Patient Type	OP	Visit No	OP-96685
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-216970	Accession Number	0135943

Service Name	Result	Unit	Reference Range	Method
<b>Interpretation:</b>				
:A high fat meal may cause decreased bilirubin levels by interfering with the clinical reactions. GT activity is elevated in all forms of liver disease. This test is much more sensitive than either the alkaline phosphatase test or the transaminase test (i.e., SGOT, SGPT) in detecting obstructive jaundice, cholangitis, and cholecystitis. It is also indicated in the differential diagnosis of liver disease in children and pregnant women who have elevated levels of LDH and alkaline phosphatase.				
* Uric Acid, Serum	5.99	mg/dL	3.5-7.2	Uricase/Peroxidase (Colorimetric)
<b>Thyroid Function Test (T3,FT4,TSH), Serum</b>				
* T3	1.06	ng/mL	0.55-1.7	Enhanced chemiluminescence
* Free T4	1.23	ng/dL	0.8-1.7	Enhanced chemiluminescence
* Thyroid Stimulating Hormone (TSH)	2.98	uIU/mL	0.5-4.8	Enhanced chemiluminescence

### Clinical Pathology

Service Name	Result	Unit	Reference Range	Method
<b>Urine Routine and Microscopy, Urine</b>				
<b>Physical Examination</b>				
Volume	20 ml			
Appearance	Clear			
Colour	Pale Yellow			
PH	6.5	NA	4.6-8.0	
Specific Gravity	1.010 L	NA	1.016-1.022	
<b>Chemical Examination</b>				
Protein	Negative	mg/dL		Iodometric method
Glucose	Negative			
Ketone	Negative			
Bilirubin	Negative			
Urobilinogen	Normal			
Nitrate	Negative			
<b>Microscopic Examination</b>				
Pus Cells	0-1	/hpf		
Epithelial Cells	0-1	/hpf		
Red Blood Cells	3-4	/hpf		
Crystal	Absent			
Cast	Absent	/hpf		
Bacteria	Absent			
Other				
Urine Sugar Fasting, Urine	Negative			GOD/POD
Urine Post Prandial Sugar, Urine	Negative			GOD/POD



 Dr Vaidehee Naik  
 Consultant Pathologist  
 2015/05/2163



 Dr Anuradha Deshmukh  
 Senior Consultant Microbiologist  
 2003/07/2620

UHID	KH117877	Patient Name	Mr Maresh Pal
Age	34 Y	Gender	Male
Payer Name	Self	Payer Type	cash
Order Date & time	21-09-2022 12:00 AM	Acknowledge Date	21-09-2022 09:40 AM
Refer By	Dr Vimmi Goel	Accession Number	OPRDAC-17165
DOB		Patient Type	OP
Order Id	ODRID-216970		

**X-Ray Chest AP**

Both the lung fields are clear.

Heart and Aorta are normal.

Both hilar shadows appear normal.

Diaphragm domes and CP angles are clear.

Bony cage is normal.

**IMPRESSION -**

No pleuro-parenchymal abnormality seen.



Dr Anawari S Lantre  
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UHID	KH117877	Patient Name	Mr Mahesh Pal
Age	34 Y	Gender	Male
Payer Name	Self	Payer Type	cash
Order Date & time	21-09-2022 12:00 AM	Acknowledge Date	21-09-2022 10:26 AM
Refer By	Dr Vimmi Goel	Accession Number	OPRDAC-17176
DOB		Patient Type	OP
Order Id	ODRID-216970		

### USG Whole Abdomen

LIVER is normal in size, shape and echotexture. No evidence of any focal lesion seen.  
Intrahepatic biliary radicals are not dilated. PORTAL VEIN and CBD are normal in course and caliber.

GALL BLADDER is physiologically distended. No stones or sludge seen within it.  
Wall thickness is within normal limits.

PANCREAS is normal in shape, size and echotexture.

SPLEEN is normal in size shape and echotexture. No focal lesion seen.

Right kidney measures - 9.5 x 4.4 cm. Left kidney measures - 10.0 x 5.5 cm  
Both KIDNEYS are normal in shape, size and echotexture.  
No evidence of calculus or hydronephrosis seen.  
URETERS are not dilated.

URINARY BLADDER is well distended. No calculus or mass lesion seen.

Prostate is normal in size, shape and echotexture (volume - 17 cc).

There is no free fluid or abdominal lymphadenopathy seen.

**IMPRESSION: USG reveals -**  
**No other significant abnormality .**







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## 2D ECHOCARDIOGRAPHY AND COLOR DOPPLER REPORT

Patient Name : Mr. Mahesh Pal  
Age : 34 years / Male  
UHID : KH117877  
Date : 21/09/2022  
Done by : Dr. Vimmi Goel  
ECG : NSR, WNL

### **Impression:**

#### **Normal 2D Echocardiography Study**

Normal chambers dimensions  
No RWMA of LV at rest  
Good LV systolic function, LVEF 70%  
Normal LV diastolic function  
E/A is 1.2  
Valves are normal  
No pulmonary hypertension  
IVC is normal in size and collapsing well with respiration  
No clots or pericardial effusion

### **Comments:**

Sector echocardiography was performed in various conventional views (PLAX, SSAX, AP4 CH and 5 CH views). LV size normal. There is no RWMA of LV seen at rest. Good LV systolic function. LVEF 70%. Normal LV diastolic function. E Velocity is 88 cm/s, A Velocity is 75 cm/s. E/A is 1.2. Valves are normal. No Pulmonary Hypertension. IVC normal in size and collapsing well with respiration. Pericardium is normal. No clots or pericardial effusion seen.

### M Mode echocardiography and dimension:

	Normal range (mm)		Observed (mm)
	(adults)	(children)	
Left atrium	19-40	7-37	26
Aortic root	20-37	7-28	23
LVIDd	35-55	8-47	44
LVIDs	23-39	6-28	29
IVS (d)	6-11	4-8	09
LVPW (d)	6-11	4-8	09
LVEF %	~ 60%	~60%	70%
Fractional Shortening			40%

  
**Dr. Vimmi Goel**  
**MD, Sr. Consultant**  
**Non-invasive Cardiology**

P.T.O



kh117877  
34 Years

MR MAHESH PAL  
Male

21-Sep-22 8:50:58 AM  
KIMS-KINGSWAY HOSPITALS  
PHC DEPT.

Rate 87 . Sinus rhythm.....normal P axis, V-rate 50-99  
Minimal ST elevation, anterior leads.....ST >0.10mV, V1-V4

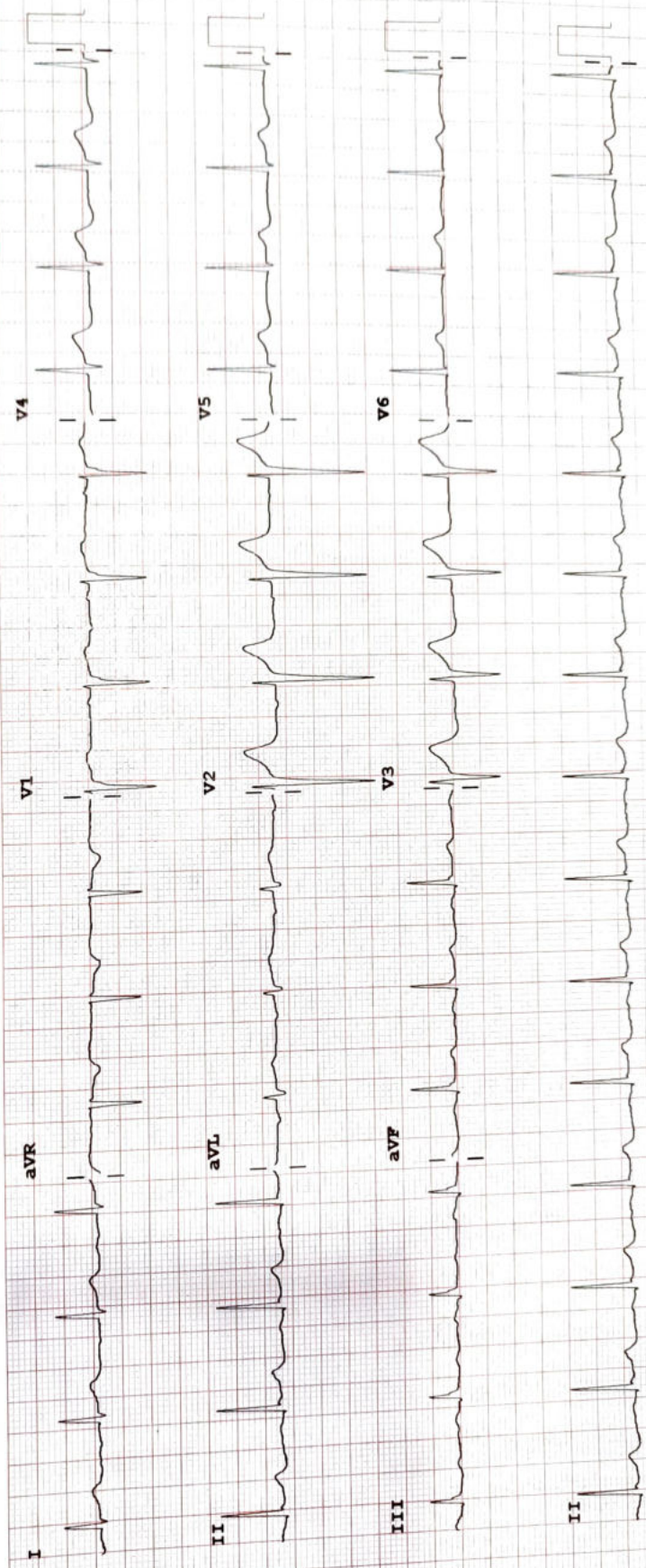
PR 155  
QRSD 88  
QT 351  
QTc 423

--AXIS--  
P 114  
QRS 58  
T 31

12 Lead; Standard Placement

- OTHERWISE NORMAL ECG -

Unconfirmed Diagnosis



F 50~ 0.50-150 Hz W 100B CL P?

Speed: 25 mm/sec Chest: 10.0 mm/mV

Limb: 10 mm/mV

Device:

PHILIPS

REORDER # A2483A