



CONCLUSION OF HEALTH CHECKUP

ECU Ref. No : MH/22/000449 Patient No : 21038324 Date : 12/03/2022
Name : PRACHEE J SHETH Sex / Age : F 34
Height / Weight : 143 Cms 68 Kgs Ideal Weight 48 Kgs BMI : 33.3

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 : PRACHEE J SHETH

Sex / Age : F 34

Present History

NO MEDICAL COMPLAINTS AT PRESENT.

Past History

HYPOTHYROID - 5 YRS --> ON MEDICATION.

Family History

FATHER : HYPERTENSION.

MOTHER : HYPERTENSION ; DIABETES.

Personal History

VEG DIET.

Clinical Examination

B.P. 100/60 mm Hg

Pulse 78/MIN REG.

Others -

Respiratory System

CLINICALLY NAD

Cardio Vascular System

CLINICALLY NAD

Abdominal System

CLINICALLY NAD

Neurological System

CLINICALLY NAD



Name : PRACHEE J SHETH

Sex / Age : F 34

Eye Checkup

Doctor Name Dr. Ketan J. Patel

	Right	Left
History	NIL	NIL
Uncorrected vision	6/6 - 0.50 D SPH - 0.50 CYL I 15	6/6 - 0.75 CYL I 170
Corrected vision	N.6	N.6
IOP	14.6	14.6
Fundus	NORMAL	NORMAL
Any other	NIL	NIL
Advice	NIL	



Name : **PRACHEE J SHETH**

Sex / Age : F 34

Height / Weight : 143 Cms 68 Kgs

Ideal Weight : 48 Kgs

BMI : 33.3

Obstetric History FT LSCS : FEMALE - 2.5 YRS.

Menstrual History LMP : FEB. LAST WEEK

Present Menstrual Cycle REGULAR

Past Menstrual Cycle -

Chief Complaints

NIL

Gynac Examination

P/A SOFT

P/S Cx - (N) Vg MIN DISCHARGE

P/V UT NS Fx CLEAR

Breast examination - Right NORMAL

Breast examination - Left NORMAL

PAP Smear TAKEN

BMD

Mammography

Advice FOLLOWUP WITH REPORTS.

Dr. Sonia Golani
Gynecologist



Dietary Assessment

Name : **PRACHEE J SHETH** Sex / Age : F 34
Height : 143 Cms Weight : 68 Kgs Ideal Weight : 48 Kgs BMI : 33.3

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.

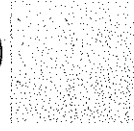
Drink 3 to 4 liters (12 - 14 glass) of water daily.

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 : Mrs. PRACHEE JITESH SHETH Type : OPD
 Gender / Age : Female / 34 Years 4 Months 20 Days Request No. : 30933
 MR No / Bill No. : 21038324 / 221029949 Request Date : 12/03/2022 09:15 AM
 Consultant : Dr. Manish Mittal Collection Date : 12/03/2022 09:18 AM
 Location : OPD Approval Date : 12/03/2022 04:31 PM

Haematology

Test	Result	Units	Biological Ref. Range
Blood Group			
ABO system	B		
Rh system.	Positive		

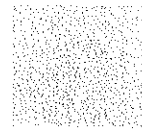
By Gel Technology / Tube Agglutination Method

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.)



Patient Name : Mrs. PRACHEE JITESH SHETH
 Gender / Age : Female / 34 Years 4 Months 20 Days
 MR No / Bill No. : 21038324 / 221029949
 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 30933
 Request Date : 12/03/2022 09:15 AM
 Collection Date : 12/03/2022 09:18 AM
 Approval Date : 12/03/2022 12:21 PM

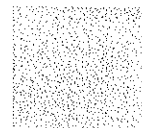
CBC + ESR

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	11.9	gm/dL	12 - 15
Red Blood Cell Count (T-RBC)	4.12	mill/cmm	3.8 - 4.8
Hematocrit (HCT)	35.5	%	36 - 46
Mean Corpuscular Volume (MCV)	86.2	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	28.9	pg	27 - 32
MCH Concentration (MCHC)	33.5	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	12.2	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	39.0	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	7.82	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	74	%	40 - 80
Lymphocytes	21	%	20 - 40
Eosinophils	1	%	1 - 6
Monocytes	4	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	5.77	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	1.66	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.06	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.30	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.03	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.1	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	380	thou/cmm	150 - 410
Smear evaluation	Adequate		
ESR	33	mm/1 hr	0 - 12

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.

365 Days / 24 Hours Laboratory Services

Home Collection Facility Available
(Mon To Sat 8:00 am to 5:00 pm)



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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mrs. PRACHEE JITESH SHETH
Gender / Age : Female / 34 Years 4 Months 20 Days
MR No / Bill No. : 21038324 / 221029949
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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 ----

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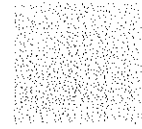
Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Fasting Plasma Glucose	95	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	115	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimension

— End of Report —

Dr. Rakesh Vaidya
MD (Path). DCP.



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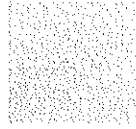
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Complete Lipid Profile

Test	Result	Units	Biological Ref. Range
Complete Lipid Profile			
Appearance	Clear		
Triglycerides	83	mg/dL	1 - 150
<i>(By Lipase / Glycerol dehydrogenase on RXL Dade Dimension)</i>			
<i>< 150 Normal</i>			
<i>150-199 Borderline High</i>			
<i>200-499 High</i>			
<i>> 499 Very High</i>			
Total Cholesterol	171	mg/dL	1 - 200
<i>(By enzymatic colorimetric method on RXL Dade Dimension)</i>			
<i><200 mg/dL - Desirable</i>			
<i>200-239 mg/dL - Borderline High</i>			
<i>> 239 mg/dL - High</i>			
HDL Cholesterol	37	mg/dL	40 - 60
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
<i>< 40 Low</i>			
<i>> 60 High</i>			
Non HDL Cholesterol (calculated)	134	mg/dL	1 - 130
<i>(Non- HDL Cholesterol)</i>			
<i>< 130 Desirable</i>			
<i>139-159 Borderline High</i>			
<i>160-189 High</i>			
<i>> 191 Very High</i>			
LDL Cholesterol	120	mg/dL	1 - 100
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
<i>< 100 Optimal</i>			
<i>100-129 Near / above optimal</i>			
<i>130-159 Borderline High</i>			
<i>160-189 High</i>			
<i>> 189 Very High</i>			
VLDL Cholesterol	16.6	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	3.24		2.1 - 3.5
T. Ch./HDL Ch. Ratio	4.62		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

--- End of Report ---

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Renal Function Test (RFT)

Test	Result	Units	Biological Ref. Range
Urea (By Urease Kinetic method on RXL Dade Dimension)	13	mg/dL	10 - 45
Creatinine (By Modified Kinetic Jaffe Technique)	0.56	mg/dL	0.6 - 1.1
Estimate Glomerular Filtration rate (Ref. range : > 60 ml/min for adults between age group of 18 to 70 yrs. EGFR Calculated by IDMS Traceable MDRD Study equation. Reporting of eGFR can help facilitate early detection of CKD. By Modified Kinetic Jaffe Technique)	More than 60		
Uric acid (By Uricase / Catalase method on RXL Siemens)	4.2	mg/dL	2.2 - 5.8

— End of Report —

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Liver Function Test (LFT)

Test	Result	Units	Biological Ref. Range
Bilirubin			
Bilirubin - Total	0.20	mg/dL	0 - 1
Bilirubin - Direct	0.10	mg/dL	0 - 0.3
Bilirubin - Indirect	0.1	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	16	U/L	13 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	28	U/L	7 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	160	U/L	42 - 98
<i>(By PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	37	U/L	5 - 55
<i>(By IFCC method on RXL Dade Dimension.)</i>			
Total Protein			
Total Proteins	7.40	gm/dL	6.4 - 8.2
Albumin	3.85	gm/dL	3.4 - 5
Globulin	3.55	gm/dL	3 - 3.2
A : G Ratio	1.08		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

---- End of Report ----

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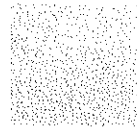
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Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
Triiodothyronine (T3)	0.963	ng/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
<i>Reference interval (ng/ml)</i>			
1 - 3 days	: 0.1 - 7.4		
1-11 months	: 0.1 - 2.45		
1-5 years	: 0.1 - 2.7		
6-10 years	: 0.9 - 2.4		
11-15 years	: 0.8 - 2.1		
16-20 years	: 0.8 - 2.1		
Adults (20 - 50 years)	: 0.7 - 2.0		
Adults (> 50 years)	: 0.4 - 1.8		
Pregnancy (in last 5 months)	: 1.2 - 2.5		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroxine (T4)	7.22	mcg/dL	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
<i>Reference interval (mcg/dL)</i>			
1 - 3 days	: 11.8 - 22.6		
1- 2 weeks	: 9.8 - 16.6		
1 - 4 months	: 7.2 - 14.4		
4 - 12 months	: 7.8 - 16.5		
1-5 years	: 7.3 - 15.0		
5 - 10 years	: 6.4 - 13.3		
10 - 20 years	: 5.6 - 11.7		
Adults / male	: 4.6 - 10.5		
Adults / female	: 5.5 - 11.0		
Adults (> 60 years)	: 5.0 - 10.7		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroid Stimulating Hormone (US-TSH)	2.22	microIU/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
<i>Reference interval (microIU/ml)</i>			
Infants (1-4 days)	: 1.0 - 39		
2-20 weeks	: 1.7 - 9.1		
5 months - 20 years	: 0.7 - 6.4		
Adults (21 - 54 years)	: 0.4 - 4.2		
Adults (> 55 years)	: 0.5 - 8.9		
<i>Pregnancy :</i>			
1st trimester	: 0.3 - 4.5		
2nd trimester	: 0.5 - 4.6		
3rd trimester	: 0.8 - 5.2		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			

— End of Report —

Dr. Rakesh Vaidya
MD (Path). DCP.



Patient Name	: Mrs. PRACHEE JITESH SHETH	Type	: OPD
Gender / Age	: Female / 34 Years 4 Months 20 Days	Request No.	: 30933
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Consultant	: Dr. Manish Mittal	Collection Date	: 12/03/2022 09:18 AM
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Pap Smear

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
-------------	---------------	--------------	------------------------------

Pap Smear

Pap Smear Screening Report / Cervico-Vaginal Cytology...

Cyto No : 361/22

Received at 11.50 am.

Clinical Details : No complain

P/V findings : Cx. - NAD / Vg. - Minimum discharge.

LMP : Last week

TBS Report / Impression :

* Satisfactory for evaluation; transformation zone components identified.

* Mild acute inflammatory cellularity. No evidence of T. vaginalis / Fungal elements.

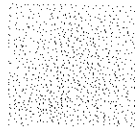
* No epithelial cell abnormality favouring squamous intraepithelial lesion or frank malignancy (NILM).

Note / Method :

The material received in LBC container, cytosmear was stained by rapid pap method and reported with due consideration to The Bathesda system (Modified 2014)

---- End of Report ----

Dr. Rakesh Vaidya
MD (Path). DCP.



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Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Glycosylated Hemoglobin (HbA1c)	6.0	%	
estimated Average Glucose (e AG) *	125.5	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
MD (Path), DCP.



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DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 21038324 Report Date : 12/03/2022
Request No. : 190013384 12/03/2022 9.15 AM
Patient Name : **PRACHEE JITESH SHETH**
Gender / Age : Female / 34 Years 4 Months 20 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

Dr. Priyanka Patel, MD
Consultant Radiologist





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DEPARTMENT OF DIAGNOSTIC RADIOLOGY

200
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. : 21038324 Report Date : 12/03/2022
Request No. : 190013382 12/03/2022 9.15 AM
Patient Name : **PRACHEE JITESH SHETH**
Gender / Age : Female / 34 Years 4 Months 20 Days

USG : Abdomen (Excluding Pelvis) Or Upper Abdomen

Liver is normal in size and echopattern. No mass lesion identified. The hepaticveins 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.

Uterus is anteverted, normal in size and echo pattern. Endometrium thickness is about 5 mm. No obvious mass lesion seen.

Uterine length : 70 mm.
A.P. 36 mm.

Both ovaries are normal in size.

Urinary bladder is well distended and appears normal.

No ascites.

COMMENT:

No obvious abnormality seen.

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





Patient No. : 21038324 Report Date : 12/03/2022
Request No. : 190013427 12/03/2022 9.15 AM
Patient Name : **PRACHEE JITESH SHETH**
Gender / Age : Female / 34 Years 4 Months 20 Days

Echo Color Doppler

MITRAL VALVE : NORMAL, NO MS, NO MR
AORTIC VALVE : TRILEAFLET, 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:

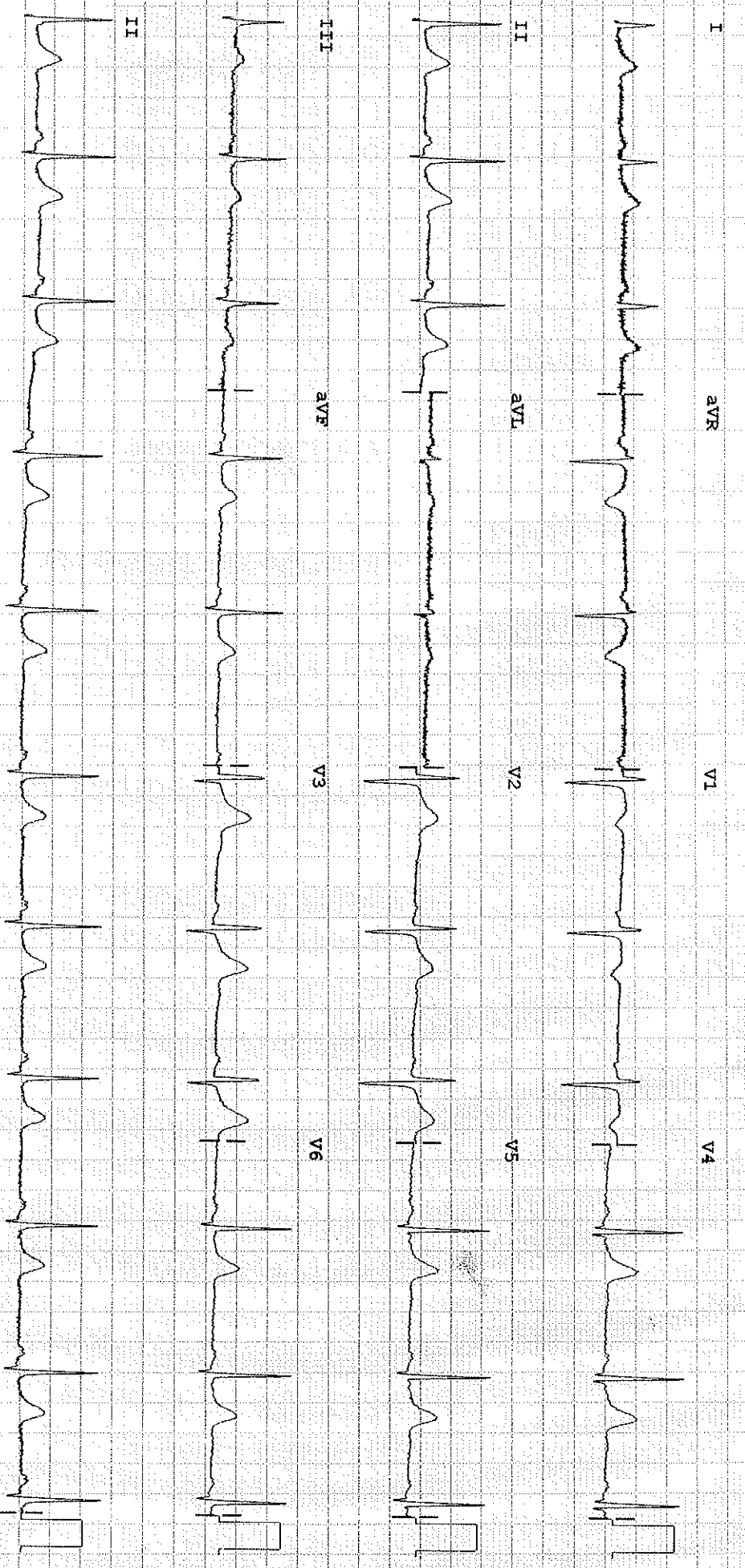
1. NORMAL SIZED ALL CARDIAC CHAMBERS
2. NORMAL LV SYSTOLIC FUNCTION LVEF - 65%
3. NO RESTING REGIONAL WALL MOTION ABNORMALITY
4. NORMAL VALVES, NO MITRAL / AORTIC STENOSIS
5. NORMAL RIGHT HEART SIZE AND RV PRESSURES
6. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.

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

ECU/21038324 12-Mar-22 10:04:07 AM MS. PRACHEE J. SHETH
 34 Years Female

Rate 59
 PR 140
 QRSd 83
 QT 408
 QTc 404

--AXIS--
 P 27
 QRS 59
 T 49



Dev: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10 mm/mV

50~0.15-150 Hz

PH08 Pp

Doctor MANISH MITTAL