

SI-MONITOR-11-6281 2011-09-08 21:13

Dr. Karish P. Vadga
 MD, FRCPC
 Associate Consultant-Cardiologist
 Reg. No. C-40519



Heart & General Clinic

Icure Heart & Diet Clinic, 402, Epsilon tower, opp Pasha bhai park, Race course, Vadodar

:: PERSONAL HEALTH REPORT ::

Name:- Rohit Kumar

Date:- 27/10/2024

SR. NO.
SEX. Male
AGE 35 Year
HEIGHT 178cm
WEIGHT 79kg.

HISTORY

Present History : He is taking medicines for diabetes since 3 years
 Past Illness History : Diabetes/Hypertension/Tuberculosis/Asthma/Epilepsy
 Past Occupational History : NO
 Family History : NO
 Personal History : NO
 Addiction : NO Tobacco/Cutkha/Smoking/Alcohol

GENERAL EXAMINATION

T.P.R. : B.P. : 124/82 mm Hg :

Pallor/Icterus/Cyanosis/Varicosity/Lymph Nodes/Thyroid/Oedema/NVE/Other :

SYSTEMIC EXAMINATION

R.S. : NAD
 C.V.S : NAD
 C.N.S : NAD
 A.S. : NAD
 Musculo-skelet System : NAD

E.N.T. Ex.	NAD	ACUTY OF VISION		
		Without Glass	RT EYE	LT EYE
Dental Ex.	NAD	DISTANT	6/6	6/6
		Near	6/6	6/6
Skin Ex.	NAD	DISTANT	6/6	6/6
		Near	6/6	6/6
Psychic Ex.	NAD	COLOUR BLINDNESS NAD		

REMARK

ADVICE

The Worker is FIT/UNFIT for the assigned job.



Dr. Krish P. Vaidya
 MD, PGCC
 Associate Consultant-Cardiology
 Reg No G-56510

DR. KRISH VAIDYA

MD - 0-56510, CH

Bank of Baroda



Bank of Baroda

Name: **ROHIT KUMAR**



Account No: **78082**

[Handwritten Signature]

Issuing Authority: D G M

[Handwritten Signature]

[Handwritten Signature]

भारत सरकार
Government of India



Rohit Kumar
DOB: 28/03/1988
Male



2920 0457 4305

मेरा आधार, मेरी पहचान




552 ROHTI KUMAR
38 Yrs M Kg / Ht. cms Ref. No.

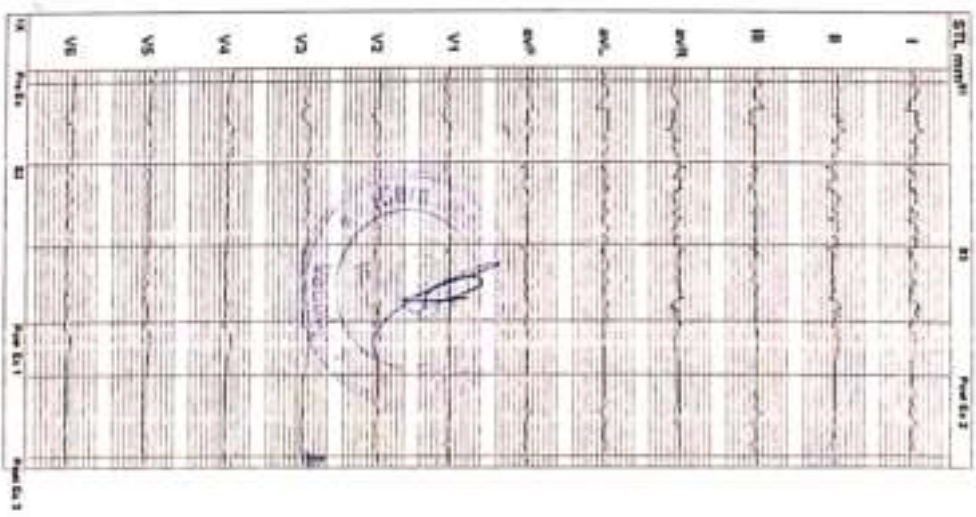
Date 27/10/2024 Ref By
Time 10:28 AM Protocol Bruce

Summary

Stage	Spq Time min:sec	Speed min	Grade %	METs	HR bpm	BP mmHg	RPP	PVCo
Pre Ex				1	77			
Supine				1	76			
Hyp Vent				1	77			
Standing				1	84			
S1	03:00	1.7	10.0	4.8	143	120/80	172	2
S2	03:00	2.5	12.0	6.9	137	130/80	178	2
Peak Ex	02:48	3.4	14.0	9.5	158	140/90	221	2
Post Ex 1	02:00			1	95	140/90	133	2
Post Ex 2	03:00			1	87	130/90	113	2
Post Ex 3	00:24			1	85	120/80	102	2
Finish				1	85	120/80	102	2

Findings: Exercise Time : 08:48 mins
 Max HR attained : 158 bpm 85 % of Target 185 bpm
 Max BP : 140/90mmHg
 Max Workload attained : 9.5 METs (Good Effort Tolerance)
 Reason for Test Termination: Patient Completed Test
 No significant ST segment changes noted during exercise or recovery stages.
 No Angina / Arrhythmia / S3 / Murmur
 Final Impression : Test is negative for inducible ischaemia.

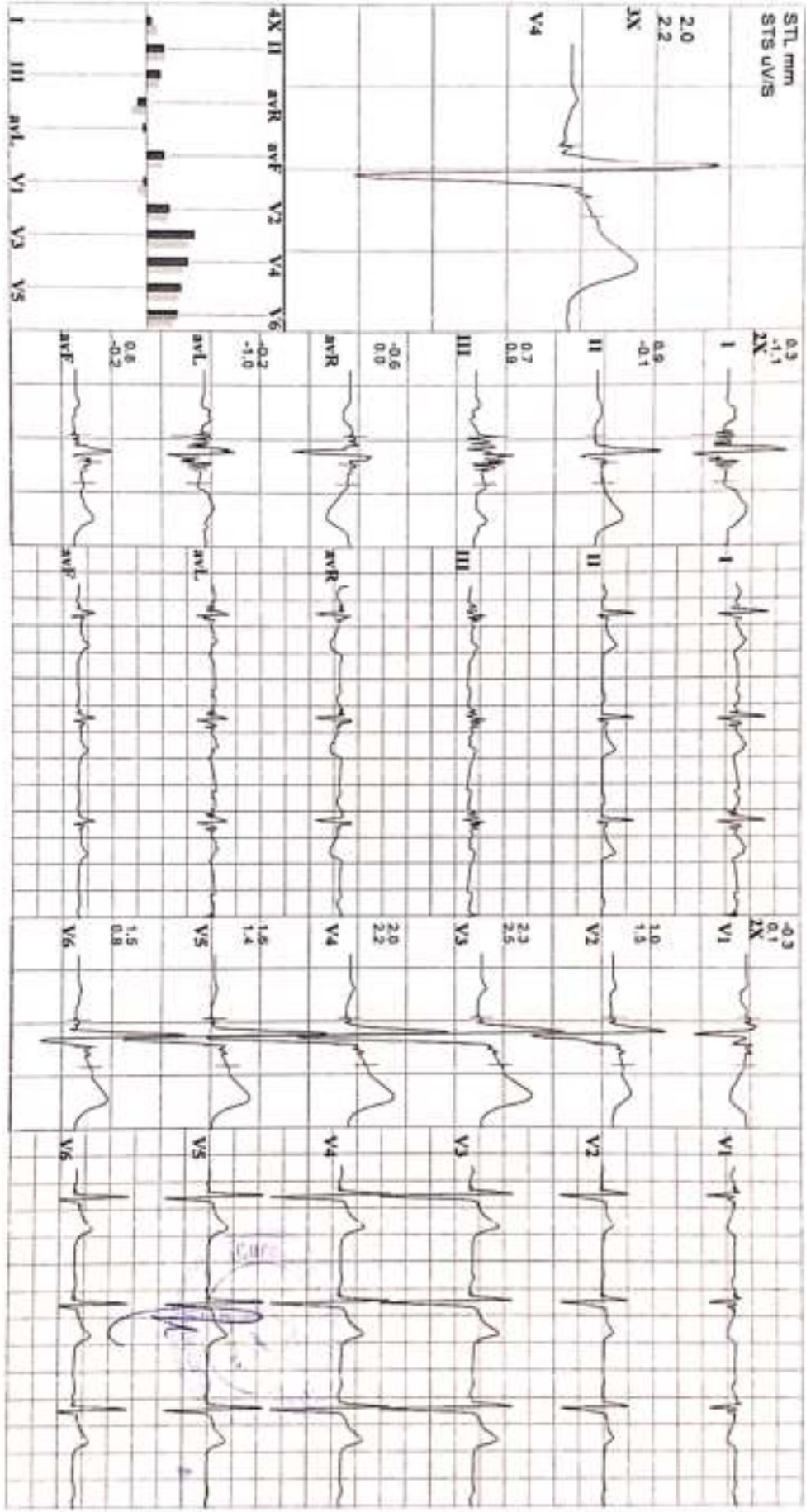
Dr. Krishi P. Vaidya
 MD PGDCC
 Associate Consultant, Cardiology
 Reg.No.G-50510
DR KRISH VAIIDYA



SS3 ROHIT KUMAR
35 Year M Kg / Hb cms Ref No.
Date 27/01/2024 Time 10:25 AM
Post 176 ms

Speed 1 mph Hr 76 Target Hr 41 % of 185 Filter 0.1 - 100 Hz Gain 10 min/mV
Grade 1 % Meta 1 Ex Time 1 min/sec ECG On Sweep 25 mm/s
Protocol Bruce BP 1 mmHg Cur Time 00:08 Natch On Median Sweep 25 mm/s

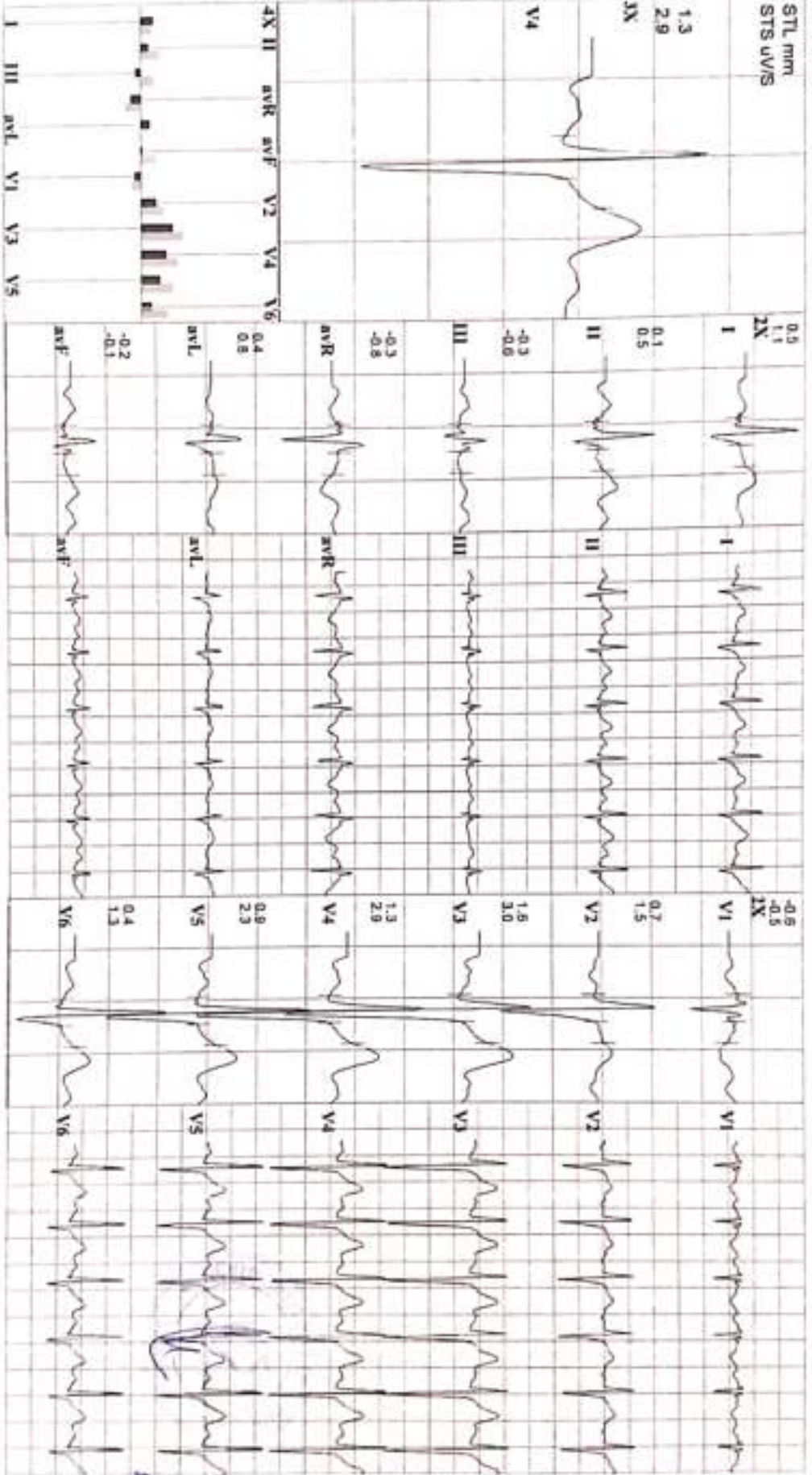
Linked Medians
Pre Ex



552 **ROHIT KUMAR**
 35 Yrs/M Kg / Hb. cms Ref No.
 Date 27/01/2024 Time 10:26 AM
 Post J 78 MS

Speed 1.7 mph Hr 143 Target Hr 77 % of 165 Filter 0.1 - 100 Hz Gain 10 mm/mV
 Grade 10 % Mets 4.8 Ex Time 03:00 BLC On Sweep 25 mm/s
 Protocol Bruce BP 120/80 mmHg Cur Time 03:18 Natch-On Median Sweep 25 mm/s

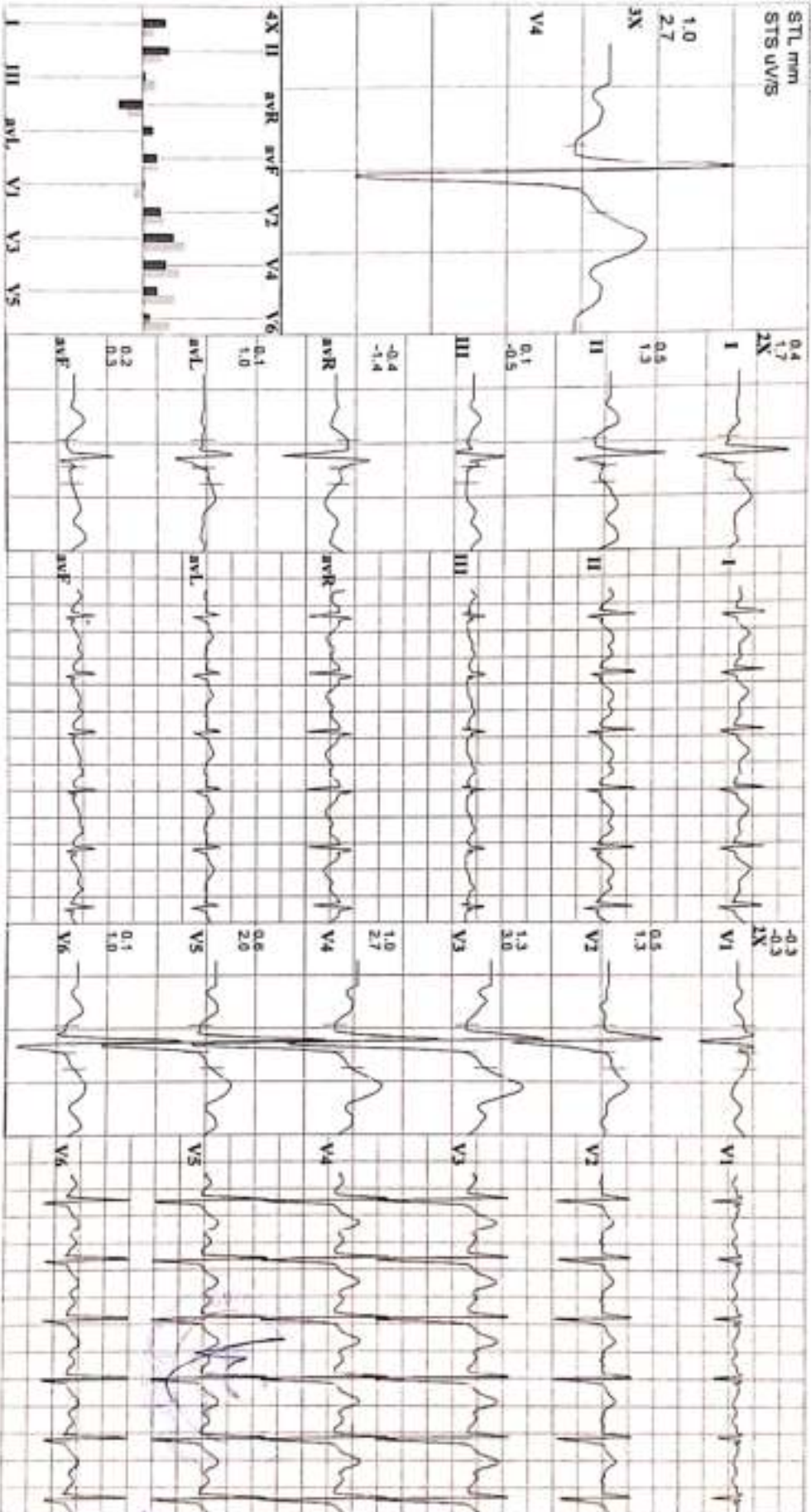
Linked Medians
S1



552
35 Yrs/M
Date 27/01/2024 Time 10:26 AM
Post J 60 ms

Speed 2.5 mph Hr 137
Grade 12% Max 0.9
Protocol Bruce BP 130/80 mmHg Cur Time 08:18
Target Hr 74% of 165 Filter 0.1 - 100 Hz Gain 10 mm/mV
Ex Time 08:00 B/C On Sweep 25 mm/s
Nutri/On Median Sweep 28 mm/s

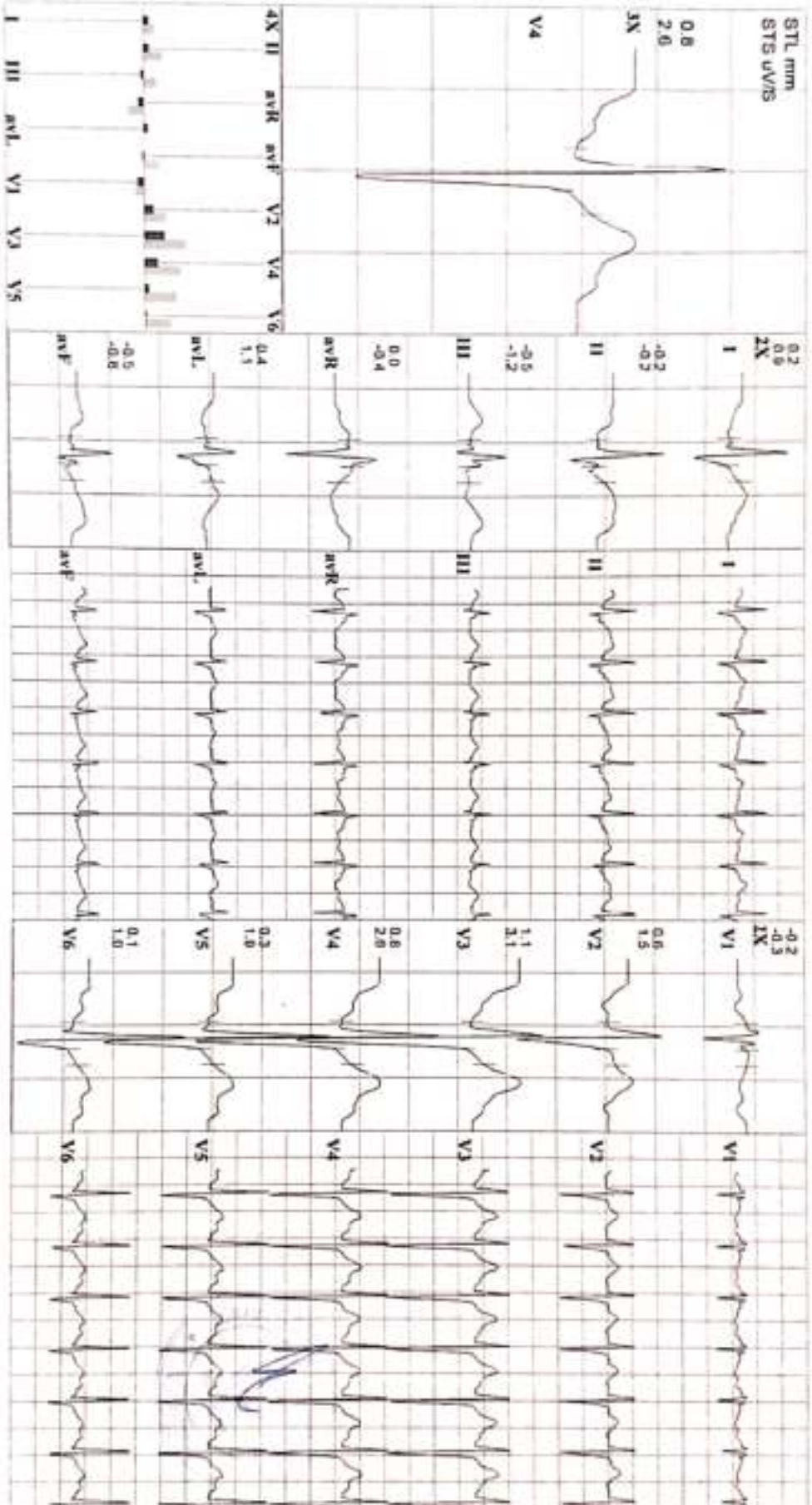
ROHIT KUMAR
Kg / Ht. cms Ref.No.
Linked Medians
S2



552 ROHIT KUMAR
35 Yrs/M Kg/Hb cmg Feet/Hg
Date 27/01/2024 Time 10:20 AM
Post J 61 m/s

Speed 2.4 mph Hr 158 Target Hr 85% of 165
Grade 14 % Mtds 0.5 Est Time 00:48
Protocol Bruce Up 140/90 mmHg Cur Time 00:06
Filter 0.1 - 100 Hz Gam 10 mm/min V
BLC On Median Sweep 25 mm/s
Medan Sweep 25 mm/s

Linked Medians
Peak Ex

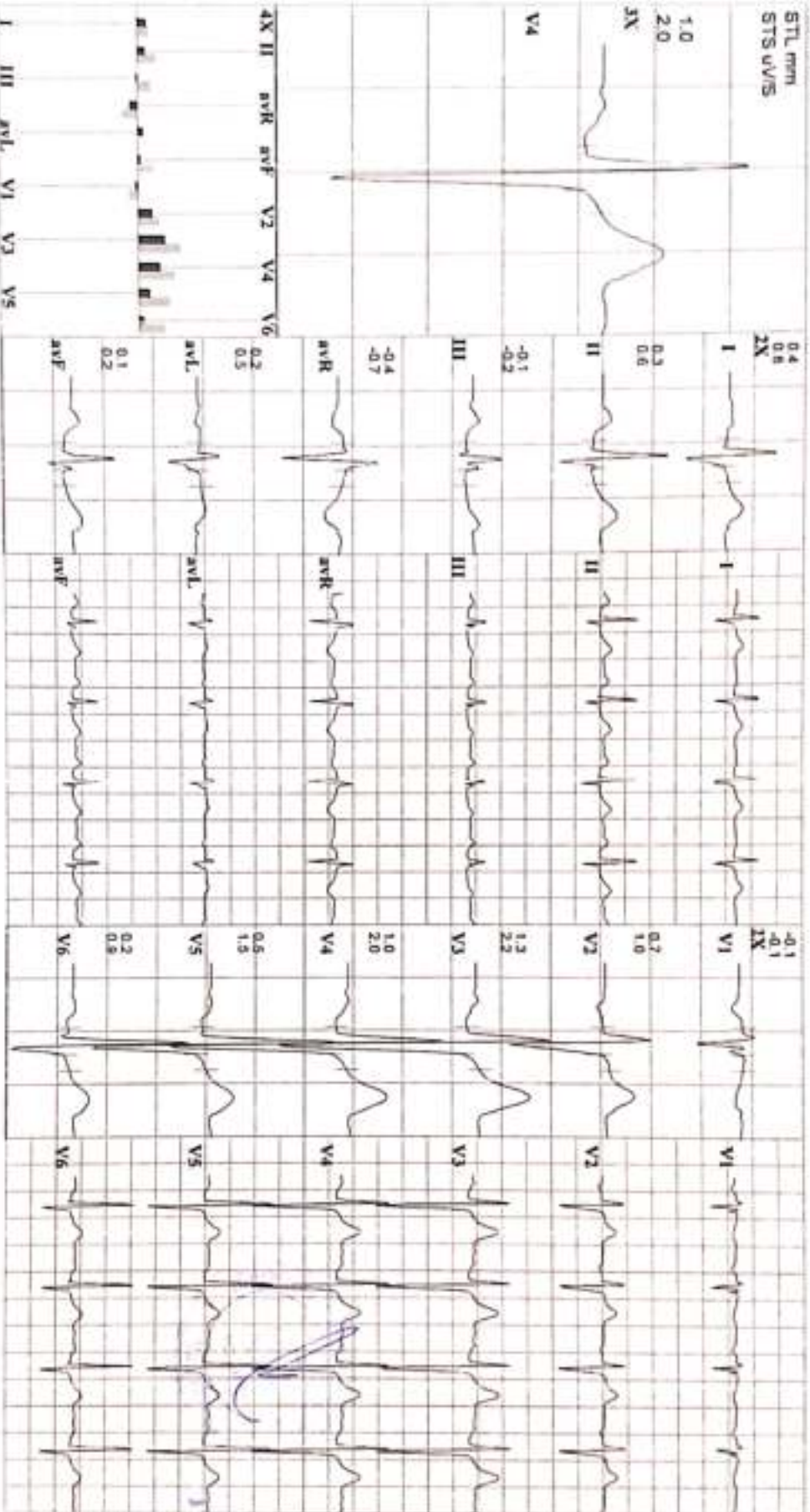


152 ROHIT KUMAR
28 Yrs M C/I No. CMS Ref No.
Date 27/01/2024 Time 10:20 AM

Speed - mph Hr 95 Target Hr 51 % of 115
Grade - % Met/s 1 Ex Time 08:48
Protocol Bruce BP 140/90 mmHg Cur Time 11:06
Fiber 0.1 - 100 Hz Gam
BLC On Madan Sweep 25 mm/s
Nadir On Madan Sweep 25 mm/s

Linked Medians
Post Ex 1

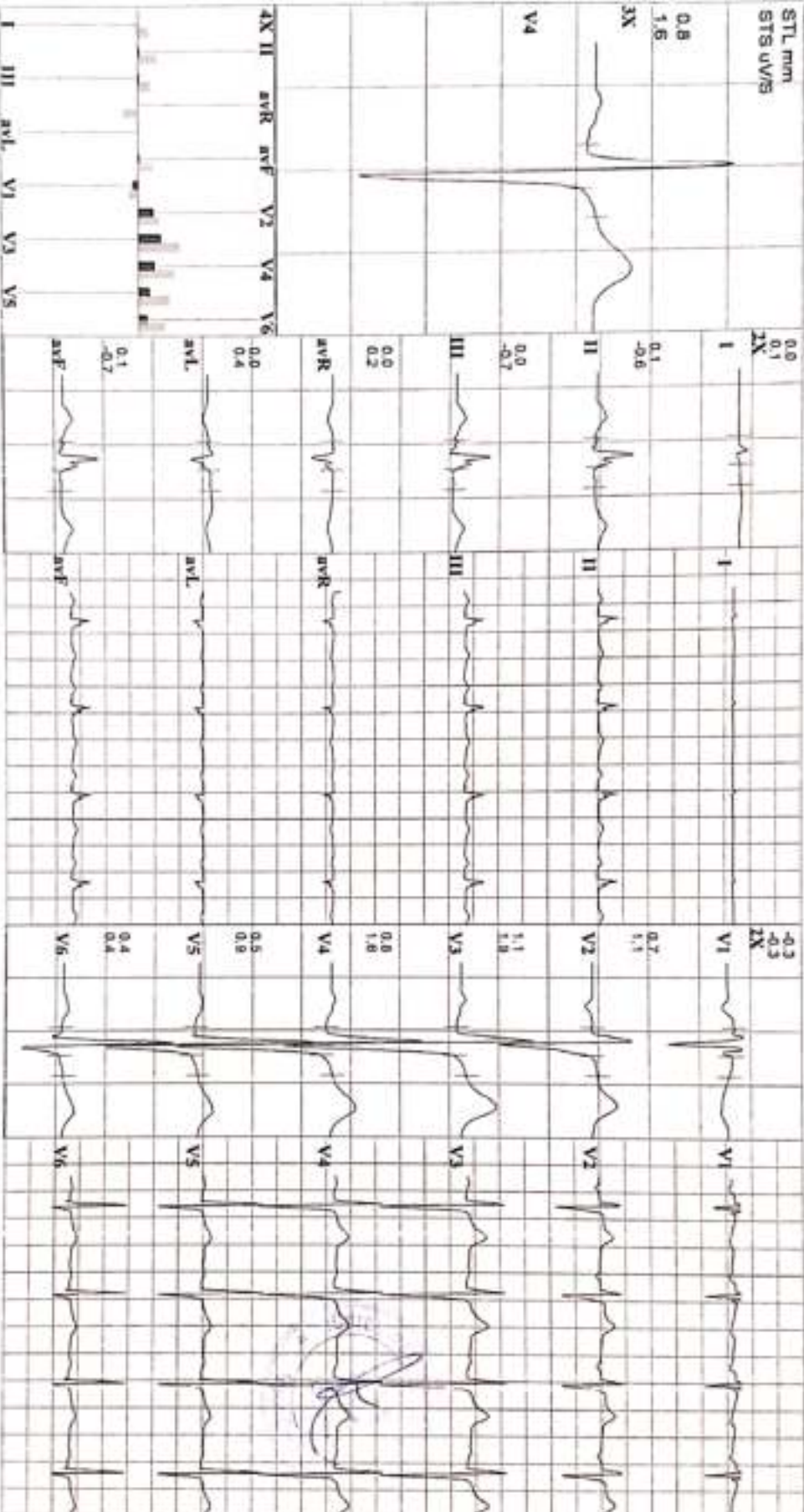
Paper 1 60 mm/s



552
35 Yrs M
Date 27/01/2024 Time 10:26 AM
Post J 73 m/s

Speed — mph 87
Grade — %
Protocol Bruce 3p 120/90 mmHg
Target hr 47 % of 166
EV Time 08:48
Car Time 14:08
Filter 0.1 - 100 Hz
Gain
Medion Sweep 25 mm/s

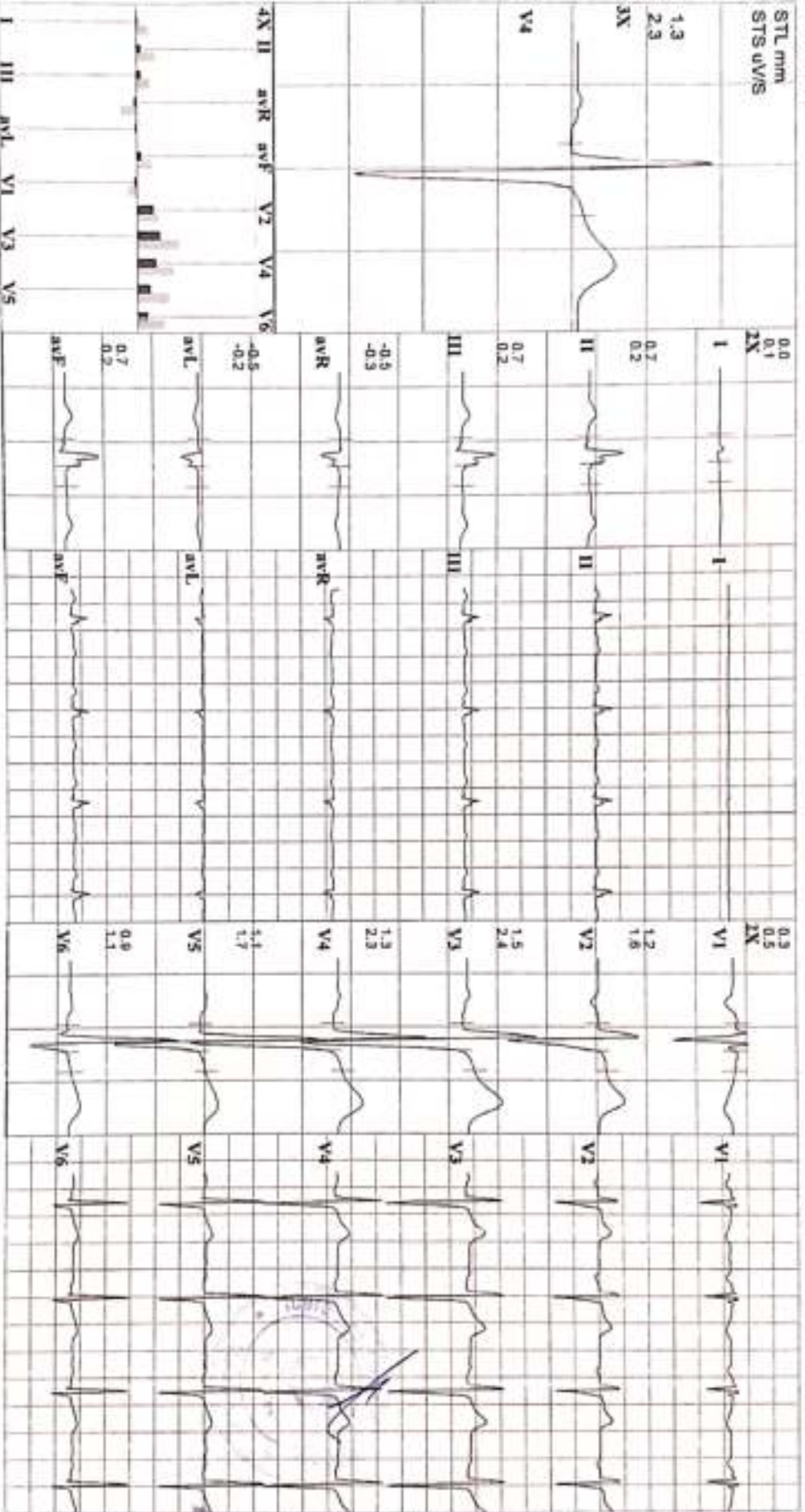
Linked Medians
Post Ex 2



SS2
25 Yrs/M
Date 27/01/2024 Time 10:28 AM
Post J 74 ms

Speed 1 mph Hr 05
Grade 0% Met 1
Protocol Bruce BP 120/80 mmHg Cur Time 14:28
Target Hr 45 % of 165
Ex Time 08:48
Filter 0.1 - 100 Hz
Gain 10 mV/mV
Sweep 25 mm/s
Medan Sweep 25 mm/s

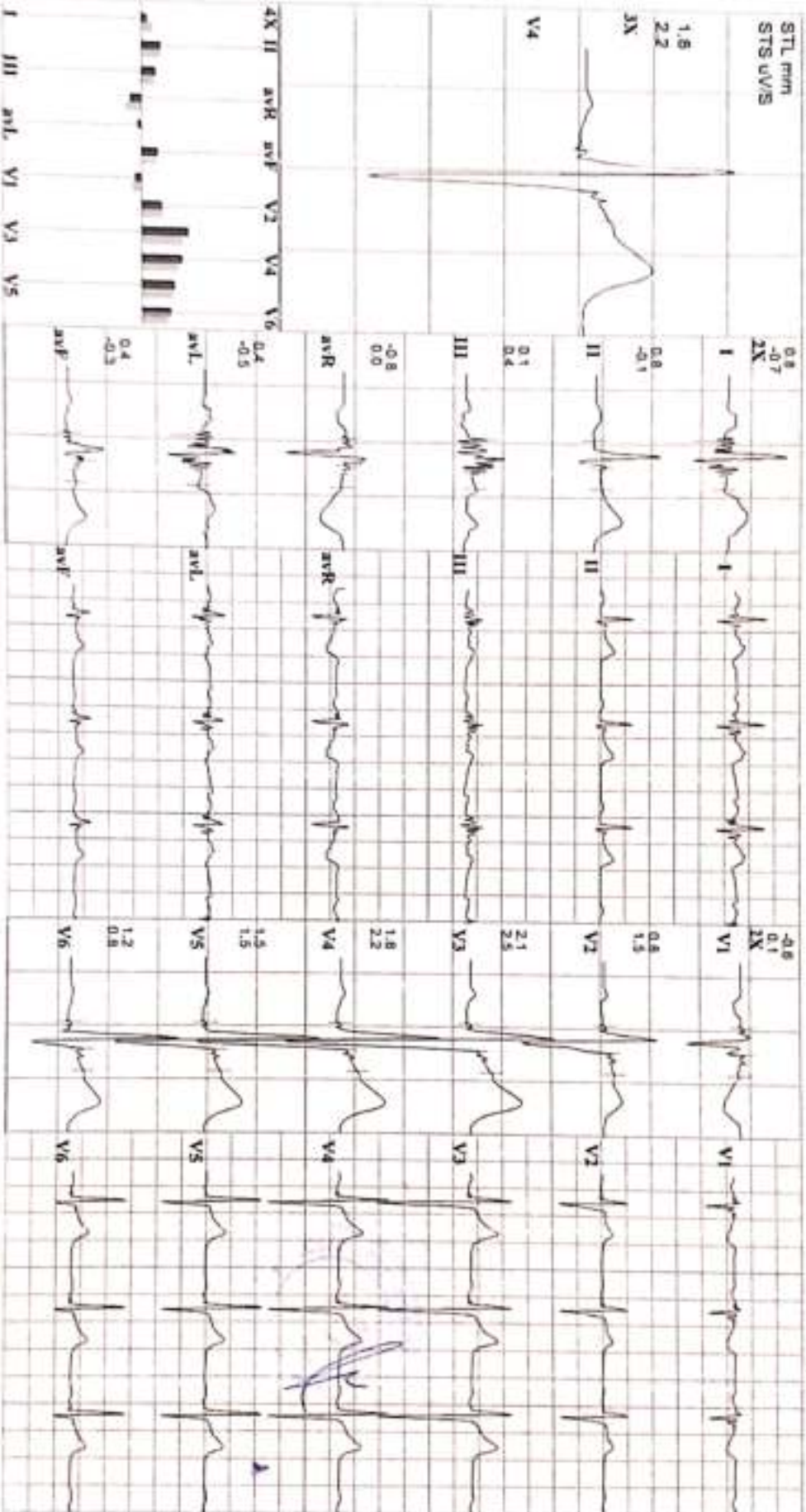
Linked Medians
Post Ex 3



152 ROHIT KUMAR
35 Yrs/M Kg/Ht RefNo.
Date 27/01/2024 Time 10:28 AM
Post 1.75 mts

Speed — mph Hr 77 Target Hr 41 % of 185 Filter 0.1 - 100 Hz Gain 10 mm/mV
Grade — % Mets 1 E5 Time — min:sec BLC On 5-sweep 25 mm/s
Protocol Bruce BP — mmHg Cur Time 00:08 Ncd:On Medn Sweep 25 mm/s

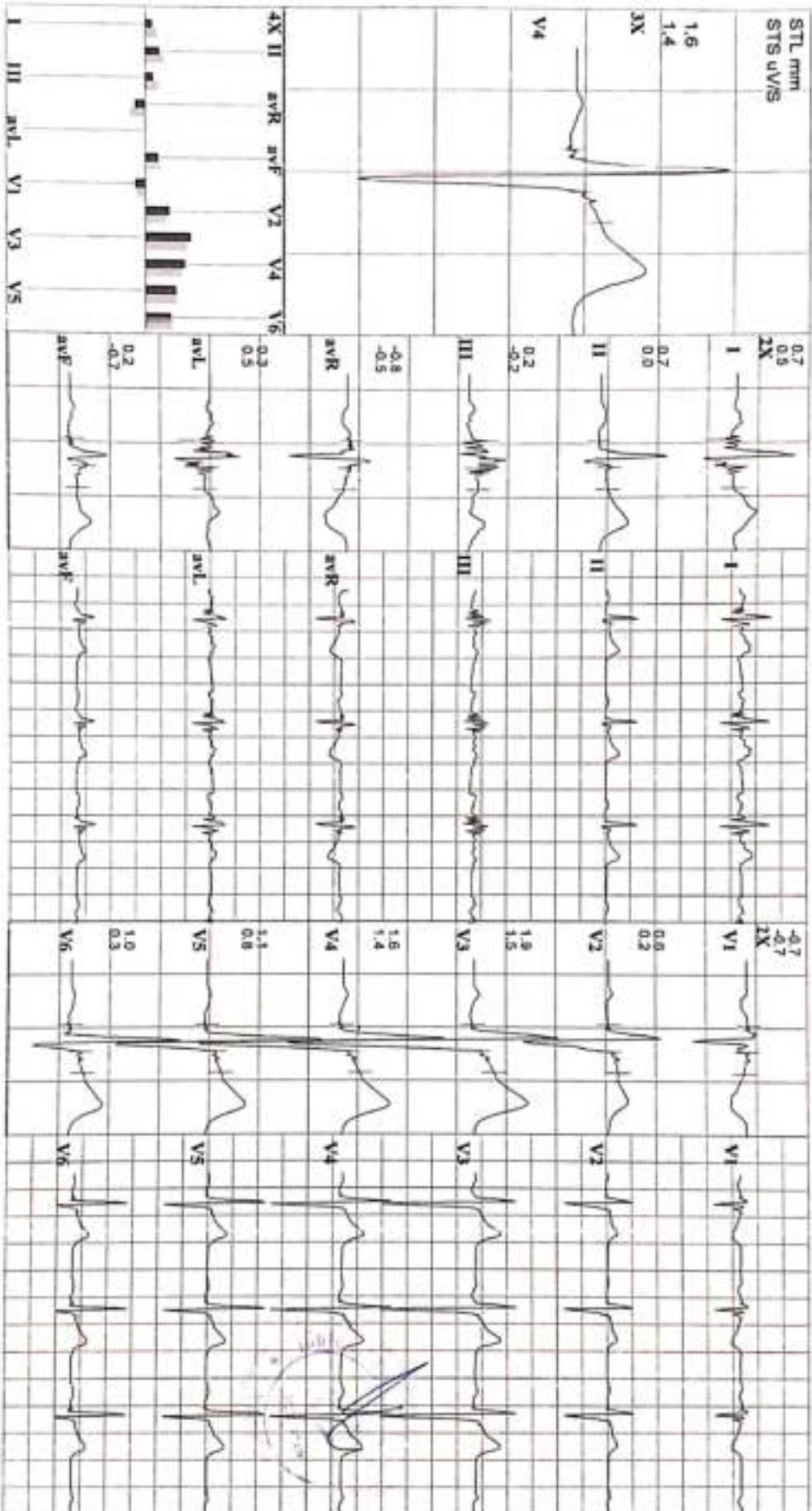
Linked Medians
Pre Ex
Supine



552 **ROHIT KUMAR**
 35 Yrs M Kg / Ht. cms Ref No.
 Date 27/01/2024 Time 10:26 AM

Speed — mph Hr 79 Target Hr 42 % of 165
 Grade — % Metrs 1 Ex Time — min:sec
 Protocol Bruce BP — mmHg Cur Time 00:11
 Filter 0.1 - 100 Hz Gain 10 mm/mV
 Notch On BLC On Sweep 25 mm/s
 Median Sweep 25 mm/s

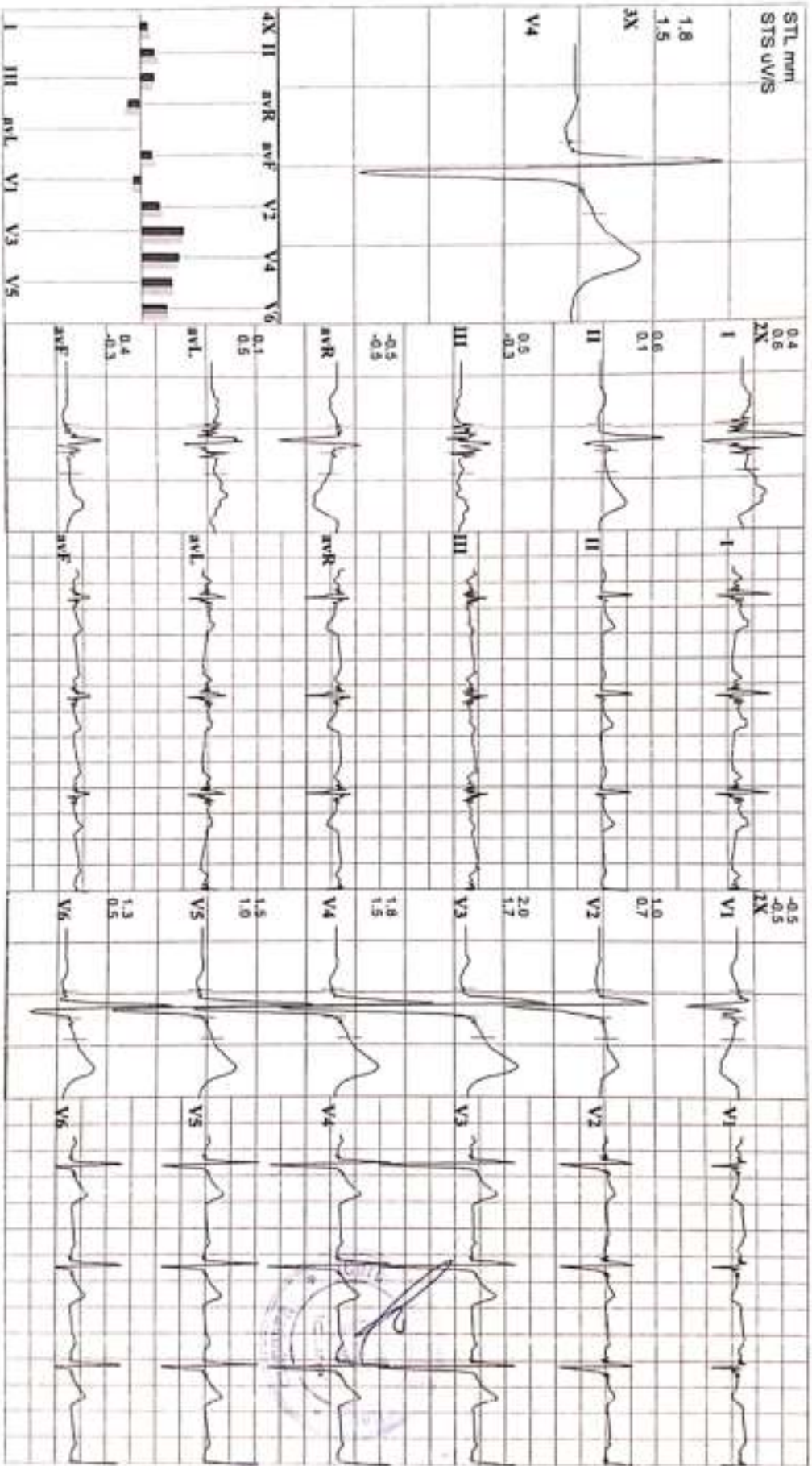
Linked Medians
Pre Ex
Hyp Vent



552 ROHIT KUMAR
 25 Yrs/M Kg / Ht. cmg Red.No.
 Date 27/01/2024 Time 10:28 AM

Speed — mph Ht. 84 Target HR 45 % of 186
 Grade — % Male 1 Ex Time — min:sec BLC On
 Protocol Bruce BP — mmHg Cur Time 00:18 Noid-On
 Meds On

10 mm/mV
 25 mm/s
 Median Sweep 25 mm/s
Linked Medians
Pre Ex
Standing



PARAMOUNT DIAGNOSTIC & RESEARCH CENTRE

(A Unit of Paramount Charity Trust)

Radiology ■ Pathology ■ Histopathology ■ Molecular Biology

NAME : ROHIT KUMAR	AGE : 35 Y/M	DATE : 27/01/2024
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ULTRASOUND WHOLE ABDOMEN

Liver is normal in size and shows raised parenchymal reflectivity. No focal lesion is seen. Hepatic veins appear normal. There is no evidence of any dilated intra hepatic biliary radicals.

Portal Vein appears normal in diameter. Common Bile Duct is of normal diameter.

Gallbladder is distended with normal wall thickness. There is no evidence of gallstones. No evidence of peri-cholecystic fluid or probe tenderness.

Pancreas is normal in size and shows homogenous reflectivity. There is no evidence of any calcification or ductal dilatation.

Spleen is normal size and shows a homogenous echotexture. There is no evidence of any focal lesion.

Both Kidneys are normal in position and size. They show normal cortical reflectivity and cortico-medullary distinction. Right kidney measures 97 x 43 mm. Left kidney measures 106 x 56 mm. There is 3.7 mm size calculus noted in lower pole of right kidney. Small concretion noted in mid pole of left kidney.

Bladder is distended and shows normal wall thickness. No evidence of intra-luminal mass or calculi.

Prostate gland is normal in size. It has smooth outlines and normal reflectivity. Estimated volume is around 17.8 cc.

There is no evidence of ascites.

No evidence of any gross bowel dilatation seen.

No evidence of any aorto-caval or mesenteric root lymphadenopathy.

No mass or collection in right iliac fossa.

CONCLUSION:

- Grade I fatty liver.
- Right renal calculus.
- Left renal concretion.

DR. HENU GANDHI
CONSULTANT RADIOLOGIST

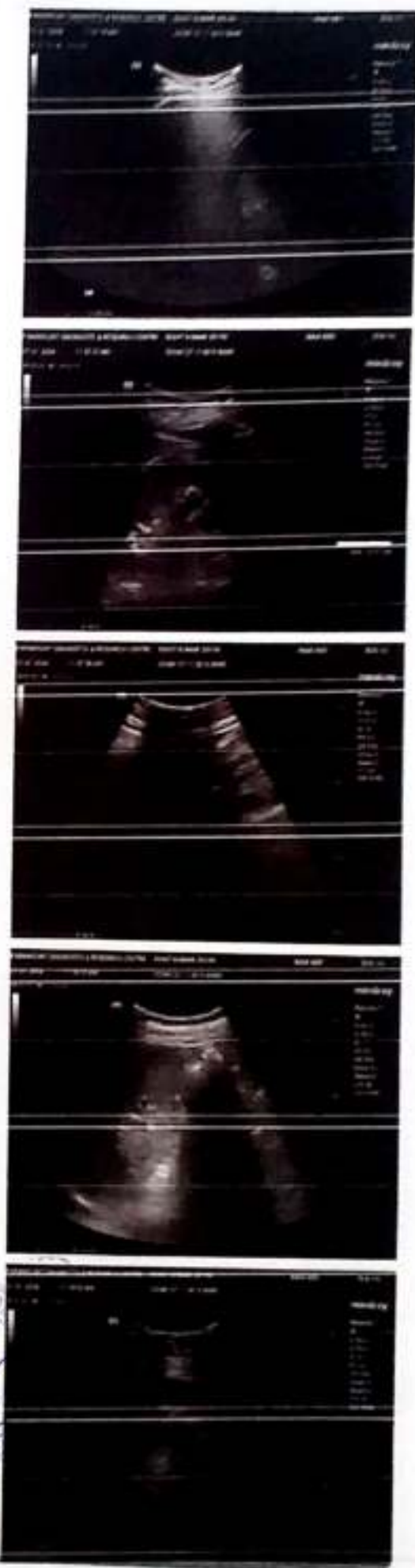
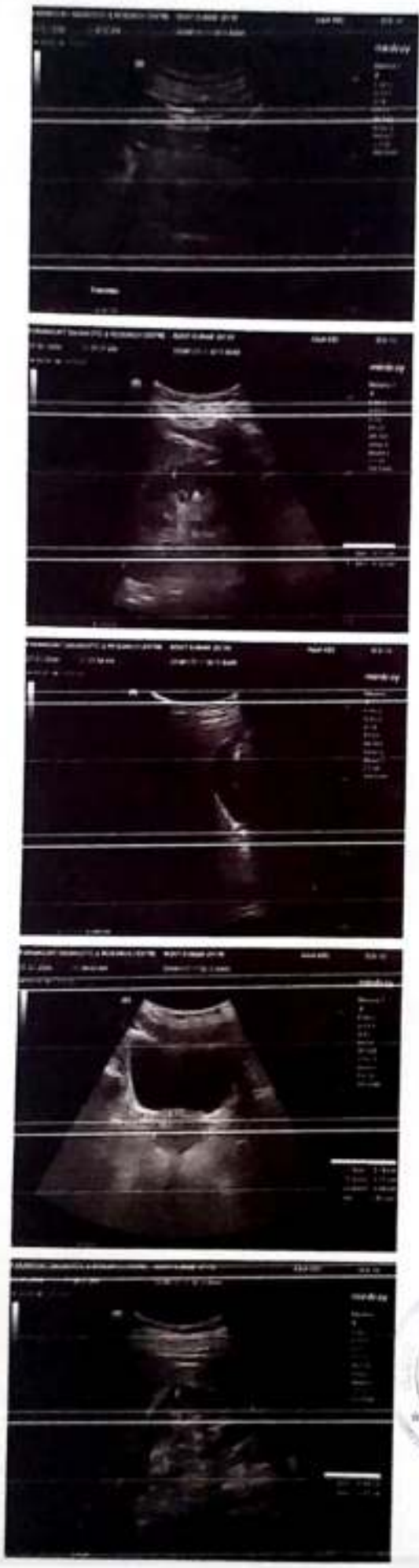


24 hours Emergency Service Available for CT Scan / MRI / Pathology AMBULANCE SERVICE AVAILABLE

Main Branch : Paramount Complex, Gotri Road, Race Course, Vadodra. Ph. : 0265-2395772, 2397438, 6647222, +91 - 8352731483,

Path. Lab : 0265 - 8603900/901/902/903, +91 - 8160225911, +91 - 9099066029

City Branch : Opp. Brahman Sabha Hall, Pralip Road, Dandlambazar, Vadodra. Ph.: 0265 - 2423233, +91 - 8352734810



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Radiology ■ Pathology ■ Histopathology ■ Molecular Biology

NAME : ROHIT KUMAR	AGE : 35 Y/M	DATE : 27/01/2024
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X RAY CHEST (PA)

OBSERVATIONS:

Both the lung fields and apices appear clear.
Both the hilar shadow appears normal.
Cardiac silhouette appears normal.
Both the costophrenic sinuses are clear.
Mediastinal and tracheal shadows are normal.
Both the domes of diaphragm are normal.
Visualized rib cage and clavicle are normal.

COMMENTS:

No significant abnormality is seen.

DR. HENY GANDHI
CONSULTANT RADIOLOGIST



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R



ROHIT KUMAR 35Y 2701246 CHEST PA 27-01-2024

PARAMOUNT DIAGNOSTIC & RESARCH CENTRE

301 Trivia complex, near Natubhai circle, Racecourse Road

Name : ROHIT KUMAR
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 35 Yrs./M
Date : 27/01/2024
Report ID. : 2

HAEMOGRAM PROFILE

<u>TEST</u>	<u>RESULT</u>	<u>UNIT</u>	<u>METHOD</u>	<u>REFERENCE INTERVAL</u>
<u>BLOOD COUNTS & INDICES</u>				
Haemoglobin	: 14.60	gm%		13.5 - 17.0 gm%
Total RBC	: 5.40	mill/cmm		4.6 - 6.2 mill/cmm
PCV	: 41.00	%		40 - 54 %
MCV	: 80.00	fL		80 - 96 fL
MCH	: 27.03	pg		27 - 31 pg
MCHC	: 35.60	%		32 - 36 %
RDW	: 12.00	%		10 - 15 %
Platelet Count	: 2,65,000	/cmm		1.5 - 4.0 Lac/cmm.
<u>DIFFERENTIAL LEUCOCYTES COUNT</u>				
Band Cells	: 00	%		00 - 06 %
Neutrophils	: 59	%		55 - 70 %
Lymphocytes	: 34	%		20 - 40 %
Eosinophils	: 02	%		01 - 06 %
Monocytes	: 05	%		02 - 08 %
Basophils	: 00	%		00 - 01 %
Platelet In Smear	: ADEQUATE			
<u>ERYTHROCYTES SEDIMENTATION RATE</u>				
ESR After 1st Hour	: 7	mm	Westergren	01 - 07 mm
Blood Group	: * O *			
Rh Factor (Anti D.)	: * POSITIVE *			

(By Fully Automated Cell Counter System KX-21, Japan)

END OF REPORT



Heart & General Clinic

301 Trivia complex, near Natubhai circle, Racecourse Road

Name : ROHIT KUMAR
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 35 Yrs./M
Date : 27/01/2024
Report ID : 2

BIOCHEMISTRY

<u>TEST</u>	<u>RESULT</u>	<u>UNIT</u>	<u>REFERENCE INTERVAL</u>
Blood Urea	: 24.90	mg/dL	10 - 50 mg/dL
Blood Urea Nitrogen - BUN	: 1.00	mg/dL	4.5 - 19.0 mg/dL
Serum Creatinine	: 0.85	mg/dL	0.6 - 1.4 mg/dL
Serum Uric Acid	: 4.40	mg/dL	3.4 - 7.0 mg/dL
Serum Calcium	: 9.15	mg/dL	8.5 - 10.5 mg/dL
<u>SERUM PROTEIN</u>			
Serum Protein Total	: 7.40	g/dL	6.6 - 8.3 g/dL
Albumin	: 4.50	g/dL	3.5 - 5.0 g/dL
Globulin	: 2.90	g/dL	2.3 - 3.5 g/dL
A/G Ratio	: 1.6	: 1	1.5 - 2.5 : 1
Bilirubin - Total	: 0.8	mg/dL	0.00 - 1.00 mg/dL
Bilirubin - Direct	: 0.2	mg/dL	Upto 0.30 mg/dL
Bilirubin - Indirect	: 0.6	mg/dL	0.1 - 1.0 mg/dL
SGPT	: 39.2	IU/L	10 - 40 IU/L
SGOT	: 25.0	IU/L	Upto 40 IU/L
Serum Alkaline Phosphatase	: 39.2	U/L	37 - 147 U/L
<u>FASTING (FBS)</u>			
Blood Glucose	: 132.0	mg/dL	70 - 110 mg/dL
<u>POST-PRANDIAL</u>			
Blood Glucose	: 15.0	mg/dL	80 - 140 mg/dL
<u>SPECIAL TESTS</u>			
GGT Gamma Glutamyltransferase	: 24	U/L	U5 - 65 U/L

Done By: Pooja Kato Analyst MBBS, A-100M

END OF REPORT


Heart & General Clinic

301 Trivia complex, near Natubhai circle, Racecourse Road

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Age/Sex : 35 Yrs./M
Date : 27/01/2024
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LIPID PROFILE

<u>TEST</u>	<u>RESULT</u>	<u>UNIT</u>	<u>REFERENCE INTERVAL</u>
Total Lipid (Calculated)	: 597	mg/dL	350 - 750 mg/dL
Serum Cholesterol	: 162.0	mg/dL	130 - 200 mg/dL
Serum Triglyceride	: 152.0	mg/dL	60 - 165 mg/dL
HDL Cholesterol	: 110.2	mg/dL	30 - 70 mg/dL
LDL Cholesterol	: 21.4	mg/dL	Upto 150 mg/dL
CHOL./HDL Chol. Ratio	: 1.47	: 1	Less than 5
LDL Chol./HDL Chol Ratio	: 1.53	: 1	Less than 3.5
VLDL (Calculated)	: 30.40	mg/dL	Upto 30 mg/dL

Hb A1C REPORT

Hb A1C - Glycated Hb Glycated Haemoglobin	: 7.2	%	Non Diabetic : 4.3 - 6.3 % Good Control : 6.4 - 7.5 % Moderate Control : 7.5 - 9.0 % Poor Control : 9.0 % & Above
Avg. Blood Glucose Level	: 179	mg/dL	
Estimated Average Glucose eAG	: 160	mg%	

END OF REPORT

301 Trivia complex, near Natubhai circle, Racecourse Road

Name : ROHIT KUMAR
Ref By : ICURE HEART & DIET CLINIC

Age/Sex : 35 Yrs./M
Date : 27/01/2024
Report ID : 2

EXAMINATION OF URINE

<u>TEST</u>	<u>RESULT</u>	<u>UNIT</u>
Sample	: FASTING	
<u>PHYSICAL EXAMINATION</u>		
Quantity	: 20	mL
Colour	: COLOURLESS	
Transparency	: CLEAR	
Specific Gravity	: 1.003	
Reaction	: ACIDIC	
Deposits	: ABSENT	
<u>CHEMICAL EXAMINATION</u>		
Albumin	: NIL	
Sugar	: NIL	
Acetone	: ABSENT	
Bile Salts	: ABSENT	
Bile Pigments	: ABSENT	
Urobilinogen	: NORMAL : - < 1.0 mg/dL	
Occult Blood	: ABSENT	
Nitrate	: ABSENT	
<u>MICROSCOPIC EXAMINATION</u>		
Pus Cells	: 0-1 / hpf	
RBC	: NIL	
Epithelial Cells	: NIL	
Crystals	: NIL	
Amorphous Phosphate	: NIL	
Cast	: NIL	

THYROID FUNCTIONS

Total Triiodothyronine - T3	: 1.27	ng/mL	0.58 - 1.59 ng/mL
Total Thyroxine - T4	: 9.29	ng/mL	4.87 - 11.72 microgram/mL
Thyroid Stim. Hormone -TSH	: 4.00	ng/mL	0.35 - 4.94 IU/mL
Free Triiodothyronine - FT3	: 1.50	pg/mL	1.4 - 4.2 pg/mL
Free Thyroxine - FT4	: 1.00	ng/mL	0.7 - 1.8 ng/dL

END OF REPORT