



BHAILAL AMIN  
GENERAL HOSPITAL



### CONCLUSION OF HEALTH CHECKUP

ECU Number : 376	MR Number : 21957469	Patient Name : NIRAJ KUMAR
Age : 30	Sex : Male	Height : 168
Weight : 75	Ideal Weight : 65	BMI : 26.57
Date : 26/11/2022		

Dr. Manish Mittal

Internal Medicine

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.





# BHAILAL AMIN GENERAL HOSPITAL



ECU Number : 376                      MR Number : 21957469              Patient Name: NIRAJ KUMAR  
Age : 30                                      Sex : Male                                      Height : 168  
Weight : 75                                      Ideal Weight : 65                                      BMI : 26.57  
Date : 26/11/2022

Past H/O : NO P/H/O ANY MAJOR ILLNESS

Present H/O : NO MEDICAL COMPLAIN AT PRESENT

Family H/O : NO F/H/O ANY MAJOR ILLNESS

Habits : ALCOHOL:- OCCASIONALLY  
Gen.Exam. : G.C.GOOD  
B.P : 128/80 mm Hg  
Pulse : 79/MIN REG  
Others : SPO298%  
C.V.S : CLINICALLY NAD  
R.S. : CLINICALLY NAD  
Abdomen : NP  
Spleen : NP  
Skin : NAD  
C.N.S : NAD  
Advice :



ECU Number : 376  
Age : 30  
Weight : 75  
Date : 26/11/2022

MR Number : 21957469  
Sex : Male  
Ideal Weight : 65

Patient Name : NIRAJ KUMAR  
Height : 168  
BMI : 26.57

Ophthalmic Check Up :	Right	Left
Ext Exam		NORMAL
Vision Without Glasses	.	.
Vision With Glasses	6/6 N.5	6/6 N.5
Final Correction	SAME AS PATIENT S OWN	
Fundus	GLAESS NORMAL	
Colour Vision	NORMAL	
Advice	NIL	

**Orthopaedic Check Up :**

Ortho Consultation

Ortho Advice

**ENT Check Up :**

Ear

Nose

Throat

Hearing Test

ENT Advice

**General Surgery Check Up :**

General Surgery

Abdominal Lump

Hernia

External Genitals

PVR

Proctoscopy

Any Other

Surgical Advice

Dietary Assessment

ECU Number : 376 MR Number : 21957469 Patient Name: NIRAJ KUMAR  
Age : 30 Sex : Male Height : 168  
Weight : 75 Ideal Weight : 65 BMI : 26.57  
Date : 26/11/2022

Body Type : Normal / Underweight / Overweight  
Diet History : Vegetarian / Eggetarian / Mixed  
Frequency of consuming fried food : / Day / Week or occasional  
Frequency of consuming Sweets : / Day / or occasional  
Frequency of consuming outside food : / Day / 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

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

Eat Beetroots, 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.



Patient Name : Mr. NIRAJ KUMAR  
Gender / Age : Male / 30 Years 4 Months 19 Days  
MR No / Bill No. : 21957469 / 231050532  
Consultant : Dr. Manish Mittal  
Location : OPD

Type : OPD  
Request No. : 88806  
Request Date : 26/11/2022 08:42 AM  
Collection Date : 26/11/2022 08:46 AM  
Approval Date : 26/11/2022 02:04 PM

**CBC + ESR**

Test	Result	Units	Biological Ref. Range
<b>Haemoglobin.</b>			
Haemoglobin	16.8	gm/dL	13 - 17
Red Blood Cell Count (T-RBC)	<b>5.63</b>	mill/cmm	4.5 - 5.5
<b>Hematocrit (HCT)</b>			
	<b>50.6</b>	%	40 - 50
Mean Corpuscular Volume (MCV)	89.9	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	29.8	pg	27 - 32
MCH Concentration (MCHC)	33.2	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	<b>14.5</b>	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	<b>48.2</b>	fl	39 - 46
<b>Total Leucocyte Count (TLC)</b>			
Total Leucocyte Count (TLC)	7.66	thou/cmm	4 - 10
<b>Differential Leucocyte Count</b>			
Polymorphs	57	%	40 - 80
Lymphocytes	37	%	20 - 40
Eosinophils	2	%	1 - 6
Monocytes	4	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	4.36	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	2.77	thou/cmm	1 - 3
Eosinophils (Abs. Value)	<b>0.16</b>	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.31	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.06	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.3	%	1 - 3 : Borderline > 3 : Significant
<b>Platelet Count</b>			
Platelet Count	167	thou/cmm	150 - 410
Smear evaluation	Adequate		
ESR	1	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.



Patient Name	: Mr. NIRAJ KUMAR	Type	: OPD
Gender / Age	: Male / 30 Years 4 Months 19 Days	Request No.	: 88806
MR No / Bill No.	: 21957469 / 231050532	Request Date	: 26/11/2022 08:42 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. Rakesh Vaidya  
MD (Path). DCP.

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mr. NIRAJ KUMAR  
Gender / Age : Male / 30 Years 4 Months 19 Days  
MR No / Bill No. : 21957469 / 231050532  
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Approval Date : 26/11/2022 02:03 PM

### Haematology

Test	Result	Units	Biological Ref. Range
<b>Blood Group</b>			
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 Autocontrol.
- This method check's group both on Red blood cells and in Serum for "ABO" group.

--- End of Report ---

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mr. NIRAJ KUMAR  
Gender / Age : Male / 30 Years 4 Months 19 Days  
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**Fasting Plasma Glucose**

Test	Result	Units	Biological Ref. Range
<i>Fasting Plasma Glucose</i>			
Fasting Plasma Glucose	96	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	108	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimension

---- End of Report ----

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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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**HbA1c (Glycosylated Hb)**

Test	Result	Units	Biological Ref. Range
<b>HbA1c (Glycosylated Hb)</b>			
Glycosylated Hemoglobin (HbA1c)	5.0	%	
estimated Average Glucose (e AG) *	96.8	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)

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**Renal Function Test (RFT)**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
Urea (By Urease Kinetic method on RXL Dade Dimension)	22	mg/dL	10 - 45
Creatinine (By Modified Kinetic Jaffe Technique)	0.84	mg/dL	0.9 - 1.3
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)	6.6	mg/dL	3.4 - 7.2

--- End of Report ---

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**Complete Lipid Profile**

Test	Result	Units	Biological Ref. Range
<b>Complete Lipid Profile</b>			
Appearance	Clear		
Triglycerides	<b>217</b>	mg/dL	1 - 150
<i>(By Lipase / Glycerol dehydrogenase on RXL Dade Dimension)</i>			
<i>&lt; 150 Normal</i>			
<i>150-199 Borderline High</i>			
<i>200-499 High</i>			
<i>&gt; 499 Very High</i>			
Total Cholesterol	<b>219</b>	mg/dL	1 - 200
<i>(By enzymatic colorimetric method on RXL Dade Dimension)</i>			
<i>&lt;200 mg/dL - Desirable</i>			
<i>200-239 mg/dL - Borderline High</i>			
<i>&gt; 239 mg/dL - High</i>			
HDL Cholesterol	<b>34</b>	mg/dL	40 - 60
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
<i>&lt; 40 Low</i>			
<i>&gt; 60 High</i>			
Non HDL Cholesterol (calculated)	185	mg/dL	1 - 130
<i>(Non- HDL Cholesterol)</i>			
<i>&lt; 130 Desirable</i>			
<i>139-159 Borderline High</i>			
<i>160-189 High</i>			
<i>&gt; 191 Very High</i>			
LDL Cholesterol	<b>144</b>	mg/dL	1 - 100
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
<i>&lt; 100 Optimal</i>			
<i>100-129 Near / above optimal</i>			
<i>130-159 Borderline High</i>			
<i>160-189 High</i>			
<i>&gt; 189 Very High</i>			
VLDL Cholesterol (calculated)	43.4	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	4.24		2.1 - 3.5
T. Ch./HDL Ch. Ratio	6.44		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

---- End of Report ----

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**Thyroid Hormone Study**

Test	Result	Units	Biological Ref. Range
------	--------	-------	-----------------------

Triiodothyronine (T3)	0.606	ng/ml	
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(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)

Reference interval (ng/ml)

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

(Reference : Tietz - Clinical guide to laboratory test, 4th edition ))

Thyroxine (T4)	4.77	mcg/dL	
----------------	------	--------	--

(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)

Reference interval (mcg/dL)

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

(Reference : Tietz - Clinical guide to laboratory test, 4th edition ))

Thyroid Stimulating Hormone (US-TSH)	3.48	microIU/ml	
--------------------------------------	------	------------	--

(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)

Reference interval (microIU/ml)

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  
 Pregnancy :  
 1st trimester : 0.3 - 4.5  
 2nd trimester : 0.5 - 4.6  
 3rd trimester : 0.8 - 5.2

(Reference : Tietz - Clinical guide to laboratory test, 4th edition ))

--- End of Report ---

Dr. Rakesh Vaidya  
 MD (Path). DCP.



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 Gender / Age : Male / 30 Years 4 Months 19 Days  
 MR No / Bill No. : 21957469 / 231050532  
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**Urine routine analysis (Auto)**

Test	Result	Units	Biological Ref. Range
<b>Physical Examination</b>			
Quantity	30	mL	
Colour	Pale Yellow		
Appearance	Clear		
<b>Chemical Examination (By Reagent strip method)</b>			
pH	6.0		
Specific Gravity	1.010		
Protein	Negative	gm/dL	0 - 5
Glucose	Negative	mg/dL	0 - 5
Ketones	Negative		0 - 5
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
<b>Microscopic Examination (by Microscopy after Centrifugation at 2000 rpm for 10 min or on fully automated Sysmex urine sedimentation analyzer UF4000)</b>			
Red Blood Cells	0.0 - 1.0	/hpf	0 - 2
Leucocytes	0.0 - 1.0	/hpf	0 - 5
Epithelial Cells	0.0 - 1.0	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil	/hpf	Nil
Mucus	Absent	/hpf	Absent
Organism	Absent		

---- End of Report ----

Dr. Rakesh Vaidya  
 MD (Path). DCP.



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**DEPARTMENT OF DIAGNOSTIC RADIOLOGY**

Patient No. : 21957469 Report Date : 26/11/2022

Request No. : 190042726 26/11/2022 8.42 AM

Patient Name : **Mr. NIRAJ KUMAR**

Gender / Age : Male / 30 Years 4 Months 19 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



H-2016-0297

MC-3004

E-2021-0037



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**DEPARTMENT OF DIAGNOSTIC RADIOLOGY**

Patient No. : 21957469      Report Date : 26/11/2022  
Request No. : 190042749      26/11/2022 8.42 AM  
Patient Name : **Mr. NIRAJ KUMAR**  
Gender / Age : Male / 30 Years 4 Months 19 Days

ECU

**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

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

**Liver is normal in size and shows mild increased echo pattern. No mass lesion identified. The hepatic veins are clear and patent.**

Gall bladder is well distended and shows no obvious abnormality. Common bile duct measures 4 mm in diameter.

Pancreas shows no obvious abnormality. Tail obscured. Spleen is normal in 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.

	<b>RIGHT</b>	<b>LEFT</b>
Renal length :	100 mm.	100 mm.
A.P. :	48 mm.	55 mm.

No ascites.

**COMMENT:**

• **Fatty liver.**

Kindly correlate clinically.

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

**Dr. Priyanka Patel, MD**  
Consultant Radiologist





Patient No. : 21957469      Report Date : 26/11/2022  
Request No. : 190042740      26/11/2022 8.42 AM  
Patient Name : Mr. NIRAJ KUMAR  
Gender / Age : Male / 30 Years 4 Months 19 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 RWMA
4. NORMAL VALVES, NO MITRAL / AORTIC STENOSIS
5. NORMAL RIGHT HEART SIZE AND RV PRESSURE
6. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.

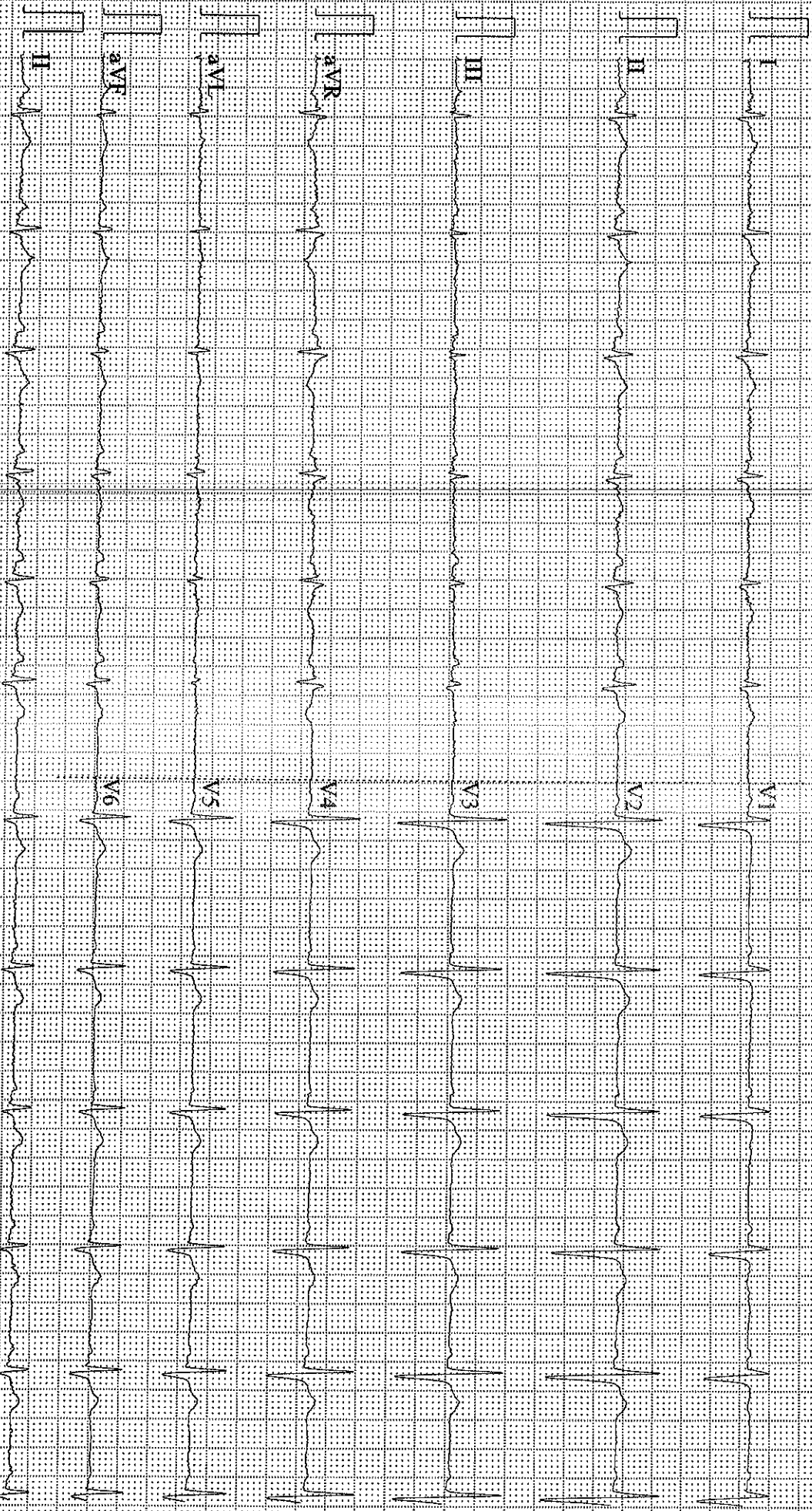
DR. KILLOL KANERIA MD, DM  
INTERVENTIONAL CARDIOLOGIST

26-11-2022 10:08:33  
ID: 21957469  
MR. NIRAJ KUMAR  
Male 30years

HR 68 bpm  
P 104 ms  
PR 164 ms  
QRS 104 ms  
QT/QTc 352/376 ms  
PQRST 65/96/53 °  
RV5/SV1 0.646/0.791 mV

Diagnosis Information:  
Sinus Arrhythmia  
Right Axis Deviation

Report Confirmed by:



0.67-25Hz AC50 25mm/s 10mm/mV 2°5s+1r 68 V2.02 SEMIP V1.7 BHAIJAL AMIN GENERAL HOSPITAL ECHO DEP

# Dr. Sonica Peshin

Cosmetic Dentist & Implantologist

Reg. No. : 6966-A

M. : 9586867301



BHAILAL AMIN  
GENERAL HOSPITAL

## Dental assessment form

26/11/2022

Name: Niraj Kumar

Age/ Sex: 30 years/Male

Patient has come for an oral hygiene check up

### On Examination:

- Stains+ Calculus+
- History of horizontal brushing
- Mild attrition, recession
- Mild fluorosis

### Provisional diagnosis:

- Chronic generalised gingivitis

### Treatment plan:

- Recalled after an year for an oral hygiene check up

### Advised:

- Brush your teeth twice daily
- Salt water rinses atleast once a day.
- Clean your tongue and floss in between everyday.
- Follow vertical brushing technique.

  
Dr Sonica Peshin

ITEM CODE:SMD066

HEART CARE | BRAIN & SPINE | BONE & JOINT | MINIMAL ACCESS SURGERY  
24X7 EMERGENCY | DIAGNOSTICS | PHARMACY | BLOOD BANK

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