

### CONCLUSION OF HEALTH CHECKUP

ECU Number : 2847

Age : 30

Weight : 67

Date : 14/04/2023

MR Number : 21042570

Sex : Female

Ideal Weight : 63

Patient Name: SAMPAT KUNWAR

Height : 165

BMI : 24.61

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.

ECU Number : 2847      MR Number : 21042570      Patient Name: SAMPAT KUNWAR  
Age : 30      Sex : Female      Height : 165  
Weight : 67      Ideal Weight : 63      BMI : 24.61  
Date : 14/04/2023

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

Present H/O : NO MEDICAL COMPLAINTS AT PRESENT.

Family H/O : FATHER : HYPERTENSION AND DIABETES ; MOTHER : OSTEOARTHRITIS.

Habits : NO HABITS.

Gen.Exam. : G.C. GOOD

B.P : 120/70 mm Hg

Pulse : 69/MIN REG.

Others : SPO2 : 99 %

C.V.S : NAD

R.S. : NAD

Abdomen : NP

Spleen : NP

Skin : NAD

C.N.S : NAD

Advice :



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Patient Name: SAMPAT KUNWAR  
Height : 165  
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Date : 14/04/2023

**Ophthalmic Check Up :**

**Right**

**Left**

Ext Exam

NORMAL

Vision Without Glasses

6/6 N.5

6/6 N.5

Vision With Glasses

N.A

N.A

Final Correction

NORMAL

NORMAL

Fundus

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





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**Gynaec Check Up :**

OBSTETRIC HISTORY	NULLIGRAVIDA
MENSTRUAL HISTORY	-
PRESENT MENSTRUAL CYCLE	REGULAR CYCLES, LMP : 19/03/23
PAST MENSTRUAL CYCLE	-
CHIEF COMPLAINTS	-
PA	SOFT
PS	DISCHARGE + +
PV	NAD
BREAST EXAMINATION RIGHT	NORMAL
BREAST EXAMINATION LEFT	NORMAL
PAPSMEAR	TAKEN
BMD	
MAMMOGRAPHY	
ADVICE	REGULAR BSE



**Dietary Assesment**

ECU Number : 2847      MR Number : 21042570      Patient Name: SAMPAT KUNWAR  
Age : 30      Sex : Female      Height : 165  
Weight : 67      Ideal Weight : 63      BMI : 24.61  
Date : 14/04/2023

Body Type : Normal / Underwight / Overwight  
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 seervings 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 : Ms. SAMPAT KUNWAR  
 Gender / Age : Female / 31 Years 3 Months 6 Days  
 MR No / Bill No. : 21042570 / 241004261  
 Consultant : Dr. Manish Mittal  
 Location : OPD

Type : OPD  
 Request No. : 122690  
 Request Date : 14/04/2023 08:06 AM  
 Collection Date : 14/04/2023 07:56 AM  
 Approval Date : 14/04/2023 11:56 AM

**CBC + ESR**

Test	Result	Units	Biological Ref. Range
<b>Haemoglobin.</b>			
Haemoglobin	12.8	gm/dL	12 - 15
Red Blood Cell Count (T-RBC)	4.13	mill/cmm	3.8 - 4.8
Hematocrit (HCT)	36.4	%	36 - 46
Mean Corpuscular Volume (MCV)	88.1	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	31.0	pg	27 - 32
MCH Concentration (MCHC)	<b>35.2</b>	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	12.3	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	40.3	fl	39 - 46
<b>Total Leucocyte Count (TLC)</b>			
Total Leucocyte Count (TLC)	7.28	thou/cmm	4 - 10
<b>Differential Leucocyte Count</b>			
Polymorphs	63	%	40 - 80
Lymphocytes	29	%	20 - 40
Eosinophils	1	%	1 - 6
Monocytes	7	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	4.63	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	2.18	thou/cmm	1 - 3
Eosinophils (Abs. Value)	<b>0.06</b>	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.39	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.02	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.3	%	1 - 3 : Borderline > 3 : Significant
<b>Platelet Count</b>			
Platelet Count	282	thou/cmm	150 - 410
Smear evaluation	Adequate		
ESR	11	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	: Ms. SAMPAT KUNWAR	Type	: OPD
Gender / Age	: Female / 31 Years 3 Months 6 Days	Request No.	: 122690
MR No / Bill No.	: 21042570 / 241004261	Request Date	: 14/04/2023 08:06 AM
Consultant	: Dr. Manish Mittal	Collection Date	: 14/04/2023 07:56 AM
Location	: OPD	Approval Date	: 14/04/2023 11:56 AM

**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. Sejal Odedra  
M.D.Pathology

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Ms. SAMPAT KUNWAR  
Gender / Age : Female / 31 Years 3 Months 6 Days  
MR No / Bill No. : 21042570 / 241004261  
Consultant : Dr. Manish Mittal  
Location : OPD

Type : OPD  
Request No. : 122690  
Request Date : 14/04/2023 08:06 AM  
Collection Date : 14/04/2023 07:56 AM  
Approval Date : 14/04/2023 03:11 PM

**Haematology**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
<b>Blood Group</b>			
ABO system	O		
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 ---

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DEPARTMENT OF LABORATORY MEDICINE

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Gender / Age : Female / 31 Years 3 Months 6 Days Request No. : 122690  
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Location : OPD Approval Date : 14/04/2023 12:37 PM

**Fasting Plasma Glucose**

Test	Result	Units	Biological Ref. Range
<b>Fasting Plasma Glucose</b>			
Fasting Plasma Glucose	85	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	89	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimension

---- End of Report ----



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Patient Name : Ms. SAMPAT KUNWAR Type : OPD  
 Gender / Age : Female / 31 Years 3 Months 6 Days Request No. : 122690  
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**Complete Lipid Profile**

Test	Result	Units	Biological Ref. Range
<b>Complete Lipid Profile</b>			
Appearance	Clear		
Triglycerides	39	mg/dL	1 - 150
<i>(By Lipase / Glycerol dehydrogenase on RXL Dade Dimension)</i>			
< 150 Normal			
150-199 Borderline High			
200-499 High			
> 499 Very High)			
Total Cholesterol	173	mg/dL	1 - 200
<i>(By enzymatic colorimetric method on RXL Dade Dimension)</i>			
<200 mg/dL - Desirable			
200-239 mg/dL - Borderline High			
> 239 mg/dL - High)			
HDL Cholesterol	49	mg/dL	40 - 60
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
< 40 Low			
> 60 High)			
Non HDL Cholesterol (calculated)	124	mg/dL	1 - 130
<i>(Non- HDL Cholesterol)</i>			
< 130 Desirable			
139-159 Borderline High			
160-189 High			
> 191 Very High)			
LDL Cholesterol	<b>102</b>	mg/dL	1 - 100
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
< 100 Optimal			
100-129 Near / above optimal			
130-159 Borderline High			
160-189 High			
> 189 Very High)			
VLDL Cholesterol (calculated)	7.8	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	2.08		2.1 - 3.5
T. Ch./HDL Ch. Ratio	3.53		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

---- End of Report ----

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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)

---- End of Report ----

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**Liver Function Test (LFT)**

Test	Result	Units	Biological Ref. Range
<b>Bilirubin</b>			
Bilirubin - Total	0.35	mg/dL	0 - 1
Bilirubin - Direct	0.09	mg/dL	0 - 0.3
Bilirubin - Indirect	0.26	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	18	U/L	13 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	23	U/L	14 - 59
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	65	U/L	42 - 98
<i>(BY PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	25	U/L	5 - 55
<i>(By IFCC method on RXL Dade Dimension.)</i>			
<b>Total Protein</b>			
Total Proteins	7.59	gm/dL	6.4 - 8.2
Albumin	3.74	gm/dL	3.4 - 5
Globulin	<b>3.85</b>	gm/dL	3 - 3.2
A : G Ratio	<b>0.97</b>		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

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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Patient Name : Ms. SAMPAT KUNWAR  
 Gender / Age : Female / 31 Years 3 Months 6 Days  
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 Location : OPD

Type : OPD  
 Request No. : 122690  
 Request Date : 14/04/2023 08:06 AM  
 Collection Date : 14/04/2023 07:56 AM  
 Approval Date : 14/04/2023 12:38 PM

**Renal Function Test (RFT)**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
Urea <i>(By Urease Kinetic method on RXL Dade Dimension)</i>	17	mg/dL	10 - 45
Creatinine <i>(By Modified Kinetic Jaffe Technique)</i>	0.59	mg/dL	0.6 - 1.1
Estimate Glomerular Filtration rate <i>(Ref. range : &gt; 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)</i>	More than 60		
Uric acid <i>(By Uricase / Catalase method on RXL Siemens)</i>	3.1	mg/dL	2.2 - 5.8

— End of Report —

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## Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
Triiodothyronine (T3)	1.41	ng/ml	

(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)	7.19	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)	2.63	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 —

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M.D.Pathology



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 Consultant : Dr. Manish Mittal Collection Date : 14/04/2023 07:56 AM  
 Location : OPD Approval Date : 14/04/2023 02:54 PM

**Urine routine analysis (Auto)**

Test	Result	Units	Biological Ref. Range
<b>Physical Examination</b>			
Quantity	45	mL	
Colour	Pale Yellow		
Appearance	Clear		
<b>Chemical Examination (By Reagent strip method)</b>			
pH	7.0		
Specific Gravity	<1.005		
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
Leucocytes	Trace		Negative
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 - 1	/hpf	0 - 2
Leucocytes	1 - 5	/hpf	0 - 5
Epithelial Cells	1 - 5	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil	/hpf	Nil
Mucus	Absent	/hpf	Absent
Organism	Absent		

--- End of Report ---

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M.D.Pathology



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**DEPARTMENT OF DIAGNOSTIC RADIOLOGY**

Patient No. : 21042570 Report Date : 14/04/2023

Request No. : 190060977 14/04/2023 8:06 AM

Patient Name : Ms. SAMPAT KUNWAR

Gender / Age : Female / 31 Years 3 Months 6 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**

Tiny nodule is seen right lung base.

Rest of lung fields are clear.

Both costophrenic sinuses appear clear.

Heart size is normal.

Hilar shadows show no obvious abnormality.

Aorta is normal.

• ULTRASONOGRAPHY 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**

**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. : 21042570 Report Date : 14/04/2023  
Request No. : 190060969 14/04/2023 8.06 AM  
Patient Name : Ms. SAMPAT KUNWAR  
Gender / Age : Female / 31 Years 3 Months 6 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 measures 4 mm in diameter.

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 9 mm . **Anterior wall fibroid seen in uterus measures around 12x10mm and another 6x7mm .**

Uterine length : 80 mm.  
A.P. : 45 mm.

Both ovaries reveal small follicles.

Urinary bladder is well distended and appears normal.

No ascites.

**COMMENT:**

**Anterior wall Uterine fibroids.**

*Kindly correlate clinically*

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

*Hasani*

**Dr.Pruna C Hasani, MD**  
Consultant Radiologist



Patient No. : 21042570 Report Date : 14/04/2023

Request No. : 190060986 14/04/2023 8.06 AM

Patient Name : Ms. SAMPAT KUNWAR


Gender / Age : Female / 31 Years 3 Months 6 Days

### Echo Color Doppler

MITRAL VALVE : NORMAL  
AORTIC VALVE : TRILEAFLET, NORMAL  
TRICUSPID VALVE : NORMAL  
PULMONARY VALVE : NORMAL  
LEFT ATRIUM : NORMAL  
AORTA : NORMAL  
LEFT VENTRICLE : NORMAL, NO REGIONAL WALL MOTION ABNORMALITY,  
LVEF=60%  
RIGHT ATRIUM : NORMAL  
RIGHT VENTRICLE : NORMAL  
I.V.S. : INTACT  
I.A.S. : INTACT  
PULMONARY ARTERY : NORMAL  
PERICARDIUM : NORMAL  
COLOUR/DOPPLER FLOW MAPPING : No diastolic dysfunction

### FINAL CONCLUSION:

1. ALL CARDIAC CHAMBERS ARE NORMAL IN DIMENSIONS
2. NO REGIONAL WALL MOTION ABNORMALITY AT REST
3. NORMAL LV SYSTOLIC FUNCTION, LVEF=60%
4. NORMAL VALVES
5. NO DIASTOLIC DYSFUNCTION
6. NO PULMONARY HYPERTENSION , ( IVC COLLAPSING )
7. NO PERICARDIAL EFFUSION, CLOT VEGETATION.

  
Dr. V C CHAUHAN  
Consultant Cardiologist

Name: Sampat Kumar -  
Patient ID: 21042570

14:04:2023 08:24:35  
Standard 12-Lead

Date of birth: Female  
Gender: Female  
Height: Unknown  
Weight: Unknown  
Ethnicity: Unknown  
Facemaker: Unknown  
Indication: Remark

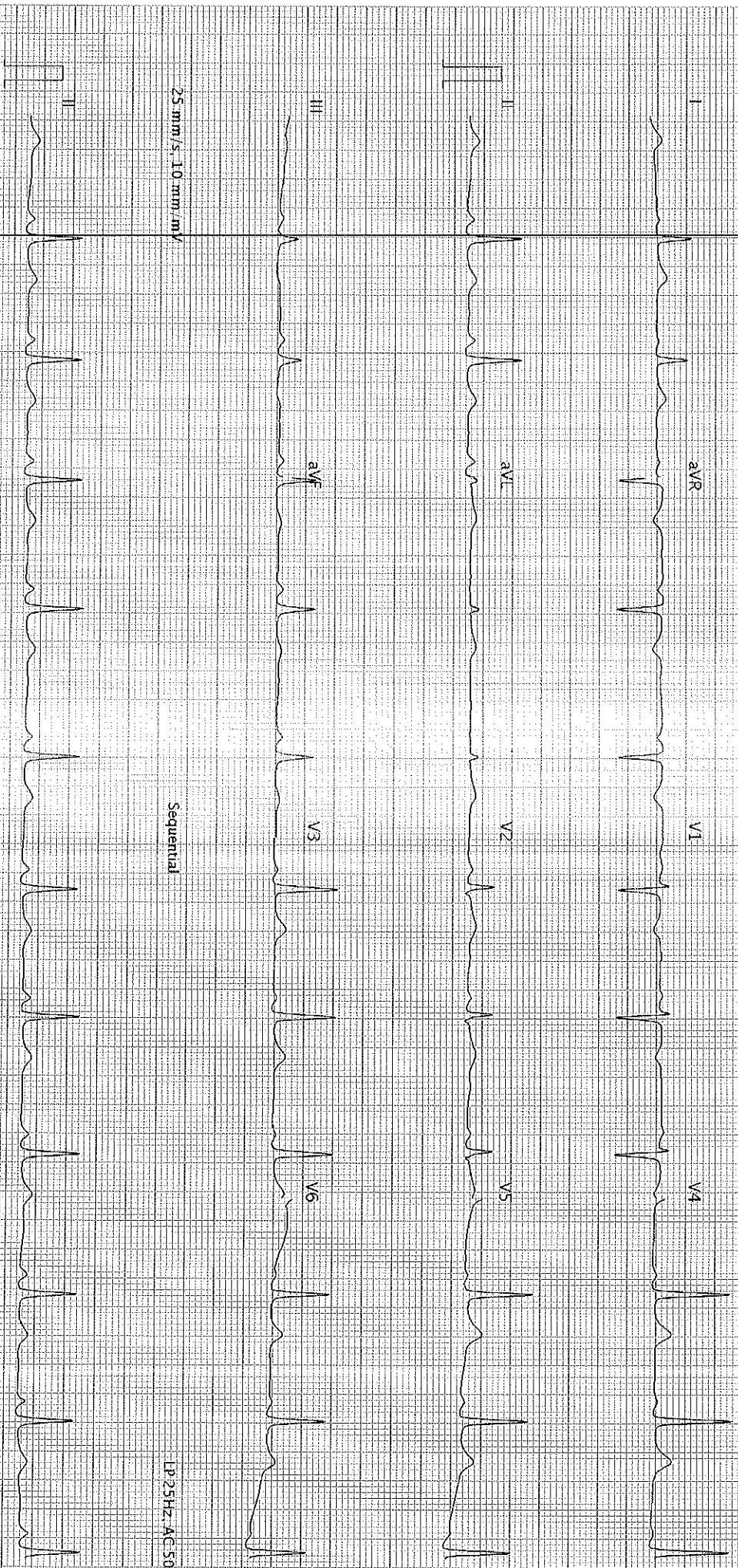
Visit ID:  
Room:  
Medication:  
Order ID:  
Ord. prov:  
Ord. prol:

HR 66 bpm  
P axis 64°  
QRS axis 50°  
T axis 25°  
RR 906 ms  
PR 141 ms  
QT 412 ms  
QTcB 433 ms

Sinus rhythm  
Normal electrical axis  
R/S transition shift to right  
Otherwise norm at ECG  
Unconfirmed report

*Normal*

Otherwise normal



25 mm/s, 10 mm/mV

Sequential

LP 25HZ, AG 50HZ

25 mm/s, 10 mm/mV

LP 25HZ, AG 50HZ

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Printed on 14/04/2023 08:24:48

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