

(12)

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भारत सरकार
GOVERNMENT OF INDIA



कुमारी चान्दनी आर्या
Kumari Chandni Arya
जन्म वर्ष / Year of Birth : 1988
महिला / Female



9277 1229 9812

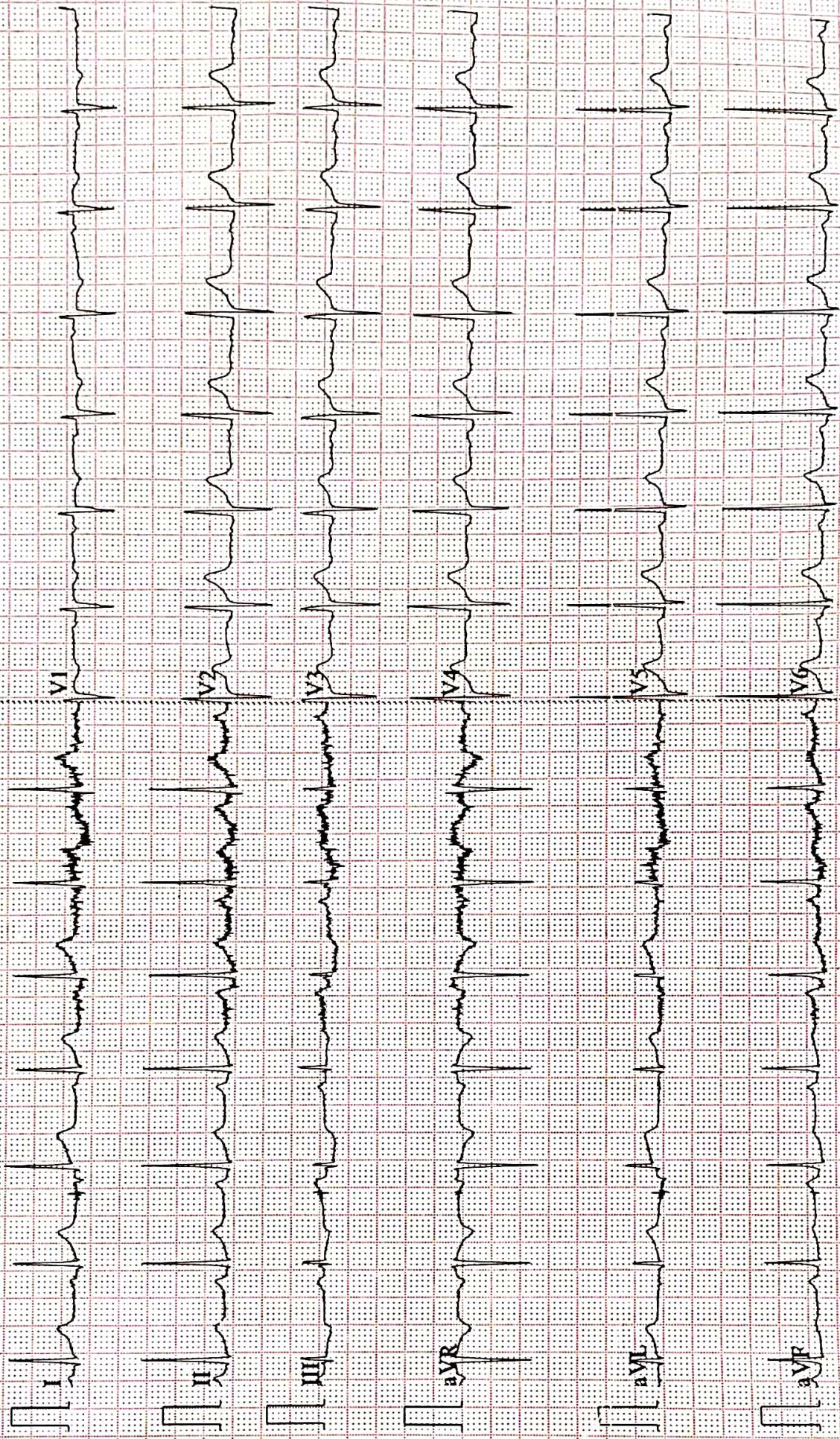
आधार — आम आदमी का अधिकार

KUMARI CHANDNI ARYA
Female 34Years

HR : 85 bpm
P : 111 ms
PR : 165 ms
QRS : 72 ms
QT/QTc : 346/413 ms
P/QRS/T : 70/44/13 °
RV5/SV1 : 1.60/0.697 mV

Diagnosis Information:
Sinus Rhythm
Prolonged P-wave

Ref-Phys :
Report Confirmed by:





Name :- Mrs. Kumari Chandni Arya
Refd by :- BOB

Age/Sex:- 34rs/F
Date :-09/08/22

Thanks for referral.

REPORT OF USG OF WHOLE ABDOMEN

- Liver** :- Normal in size(11.8cm) with slightly raised echotexture. No focal or diffuse lesion is seen. IIR are not dilated. PV is normal in course and calibre with echofree lumen.
- G. Bladder** :- It is normal in shape, size & position. It is echofree & shows no evidence of calculus, mass or sludge.
- CBD** :- It is normal in calibre & is echofree.
- Pancreas** :- Normal in shape, size & echotexture. No evidence of parenchymal / ductal calcification is seen. No definite peripancreatic collection is seen.
- Spleen** :- Normal in size (9.3cm) with normal echotexture. No focal lesion is seen. No evidence of varices is noticed.
- Kidneys** :- Both kidneys are normal in shape, size & position. Sinus as well as cortical echoes are normal. No evidence of calculus, space occupying lesion or hydronephrosis is seen.
Right Kidney measures 8.7cm and Left Kidney measures 8.9cm.
- U. Bladder**:- It is echofree. No evidence of calculus, mass or diverticulum is seen.
- Uterus** :- Normal in size (7.5cm x 4.4cm) and anteverted in position with normal myometrial echotexture and endometrial thickness. ET- 6.1mm
- Ovaries** :- Both ovaries show normal echotexture and follicular pattern. Right ovary measures 3.2cm x 2.0cm and Left ovary measures 2.9cm x 1.7cm. No pelvic (POD) collection is seen.
- Others** :- No ascites or abdominal adenopathy is seen.
No free subphrenic / basal pleural space collection is seen.

IMPRESSION:- *Mild fatty Liver.*
Otherwise normal scan..

Dr. U. Kumar
MBBS, MD (Radio-Diagnosis)
Consultant Radiologist

AAROGYAM DIAGNOSTICS
PATNA

Report



(GEM212170906)(R)Kardic by Allengers

1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg Date: 09-Aug-2022

Stage	Time	Duration	Belt Speed (mph)	Elevation	METs	Rate	%THR Achieved	BP	RPP	PVC	Comments
Supine	00:11	0:01	00.0	00.0	01.0	102	55 %	120/80	122	00	
Standing	00:20	0:01	00.0	00.0	01.0	104	56 %	120/80	124	00	
HV	00:29	0:01	00.0	00.0	01.0	105	56 %	120/80	125	00	
Warm Up	00:36	0:01	01.0	00.0	01.0	107	58 %	120/80	128	00	
ExStart	01:11	0:06	01.7	10.0	01.1	132	71 %	120/80	158	00	
BRUCE/ Stage 1	04:11	3:00	01.7	10.0	04.7	163	88 %	125/85	203	00	
PeakEx	05:23	1:12	02.5	12.0	05.7	176	95 %	125/85	220	00	
Recovery	06:22	1:00	01.1	00.0	01.0	161	87 %	120/80	193	00	
Recovery	07:22	2:00	01.1	00.0	01.0	149	80 %	115/75	171	00	
Recovery	09:12	3:49	01.1	00.0	01.0	139	75 %	115/75	159	00	

Findings :

Exercise Time : 04:13
 Max HR Attained : 176 bpm 95% of Target 186
 Max BP Attained : (Sys) 125/85
 Max WorkLoad Attained : 5.7 Fair response to induced stress
 Max ST Dep Lead & Value : III & -4.7 mm in ExStart mm
 Test End Reasons : Test Complete, Test Complete, Test Complete, Test Complete, Test Complete, Test Complete, Test Compl

Report :

AAROGYAM DIAGNOSTICS

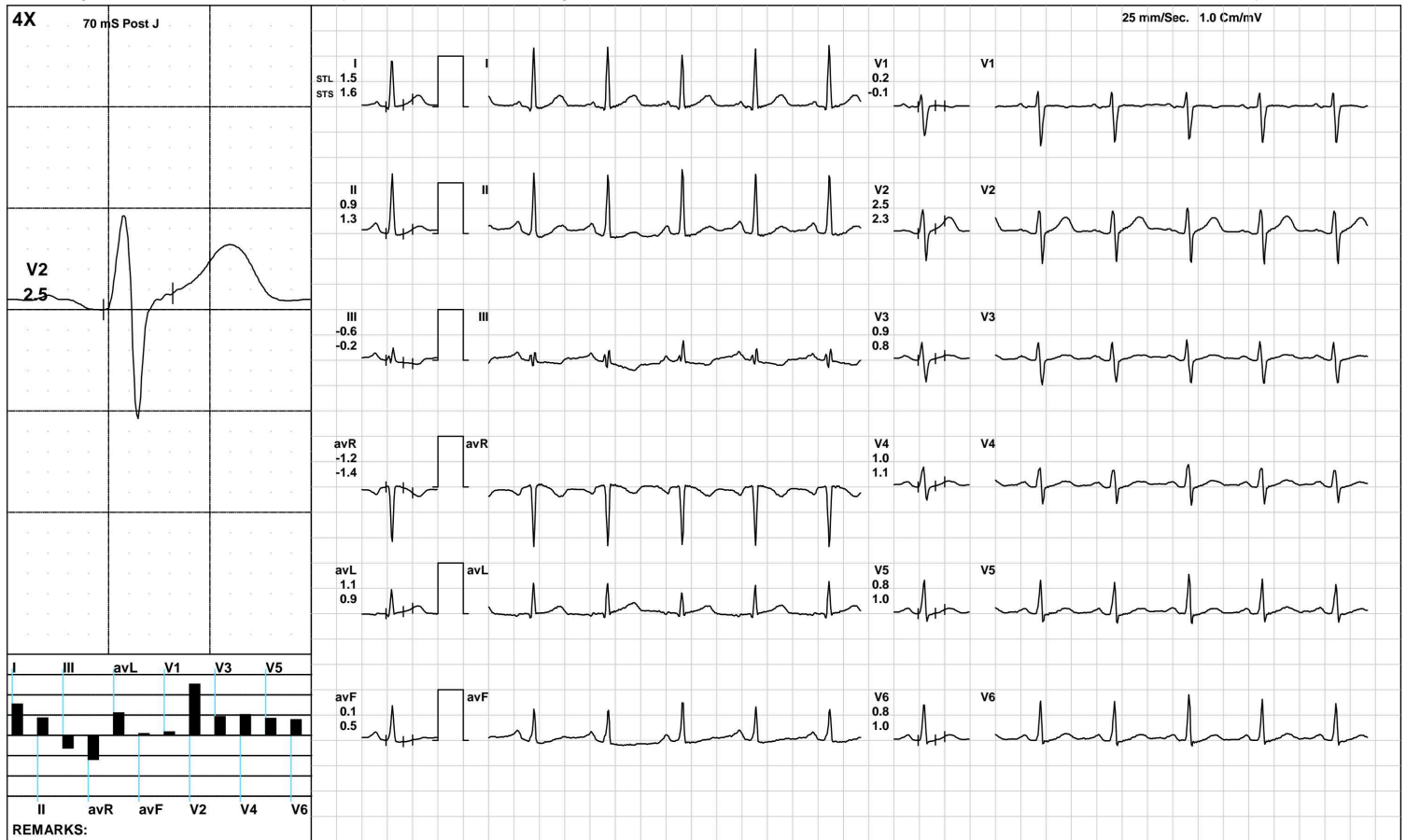
Supine



1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg / HR : 102

Date: 09-Aug-2022 04:06:34 PM METS: 1.0/ 102 bpm 54% of THR BP: 120/80 mmHg Raw ECG/ BLC On/ Notch On/ HF 0.05 Hz/LF 100 Hz

ExTime: 00:11 0.0 mph, 0.0%



(GEM212170906)(R)Kardic by Allengers

AAROGYAM DIAGNOSTICS

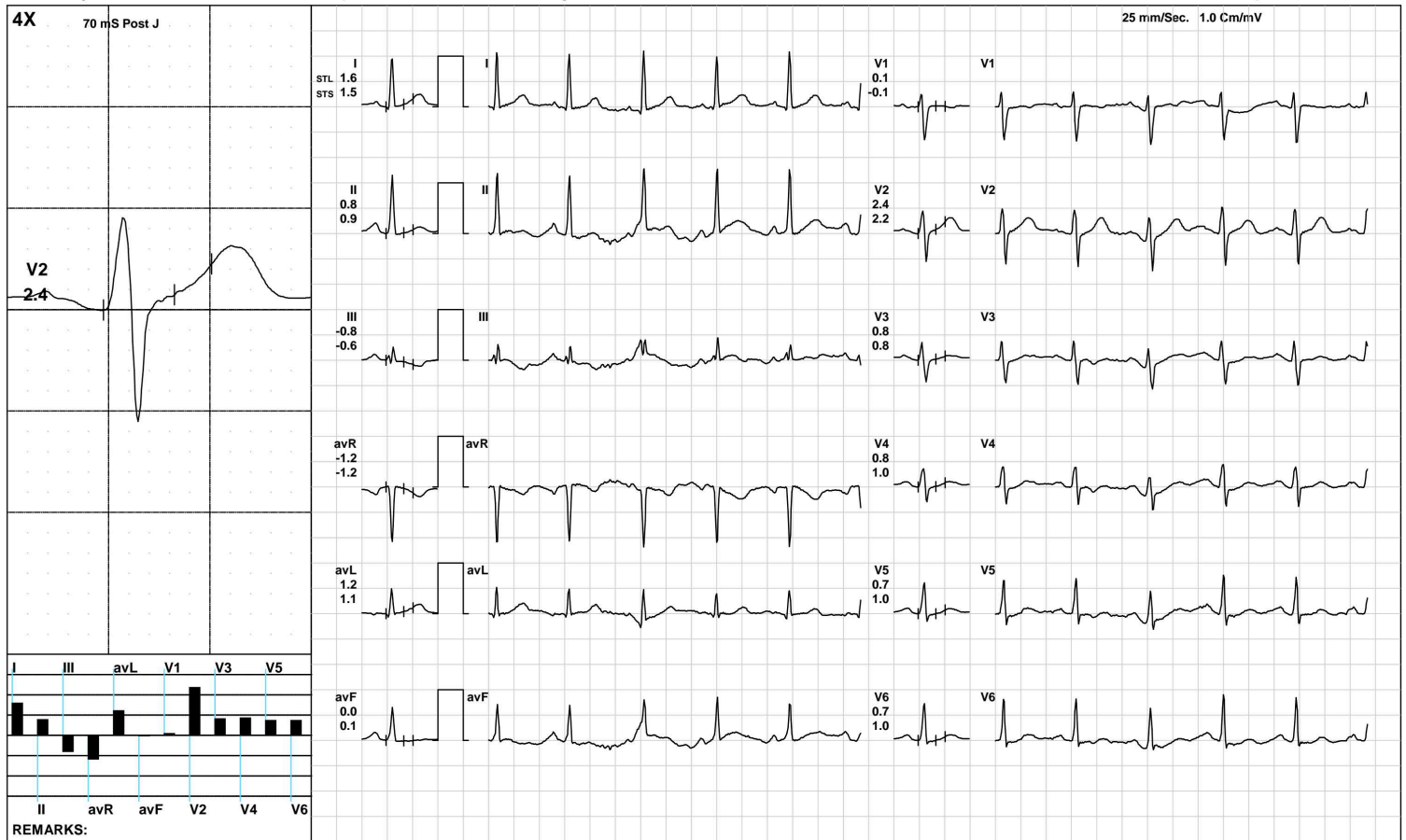
Standing



1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg / HR : 104

Date: 09-Aug-2022 04:06:34 PM METS: 1.0/ 104 bpm 55% of THR BP: 120/80 mmHg Raw ECG/ BLC On/ Notch On/ HF 0.05 Hz/LF 100 Hz

ExTime: 00:20 0.0 mph, 0.0%



(GEM212170906)(R)Kardic by Allengers

AAROGYAM DIAGNOSTICS

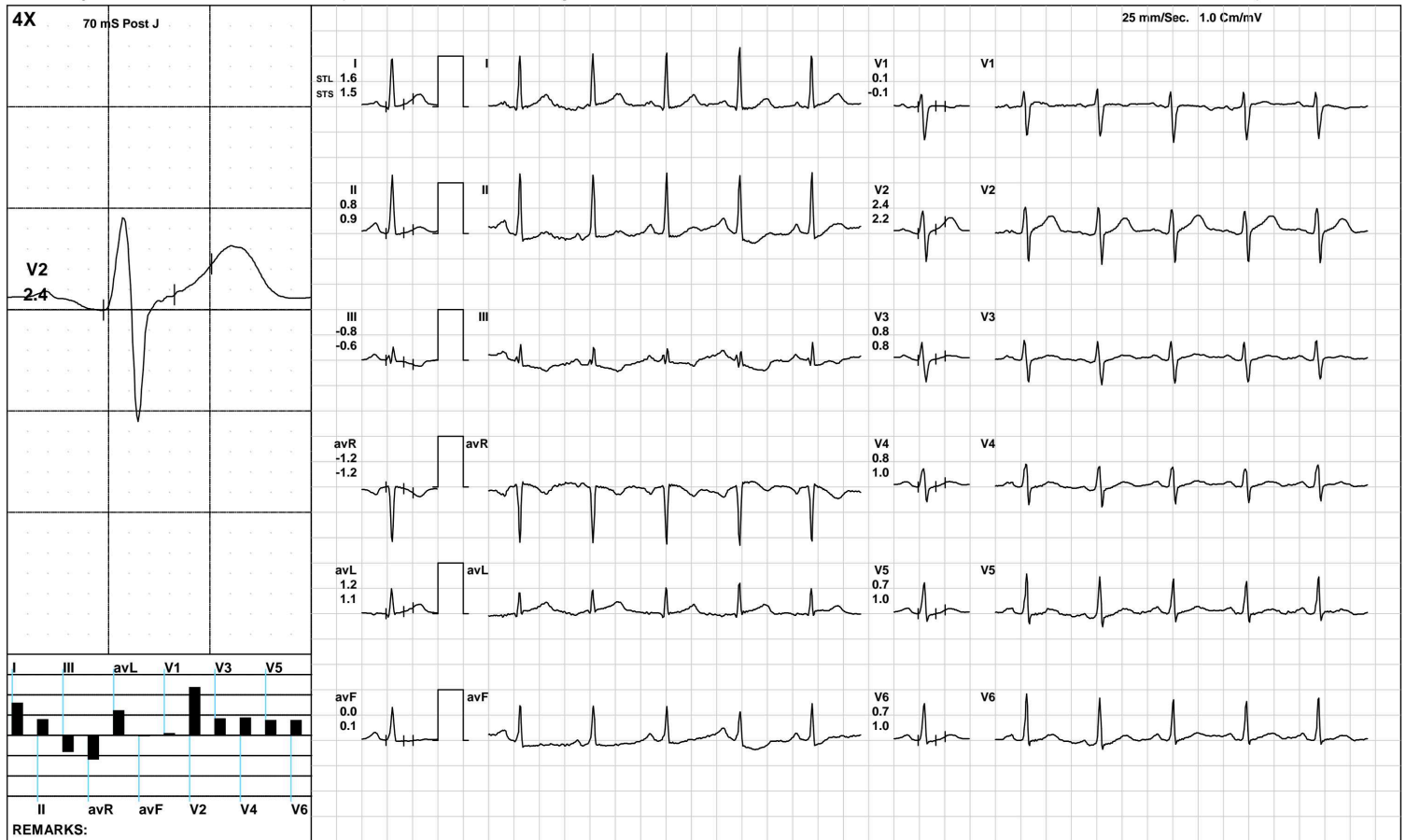
HV



1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg / HR : 105

Date: 09-Aug-2022 04:06:34 PM METS: 1.0/ 105 bpm 56% of THR BP: 120/80 mmHg Raw ECG/ BLC On/ Notch On/ HF 0.05 Hz/LF 100 Hz

ExTime: 00:29 0.0 mph, 0.0%



(GEM212170906)(R)Kardic by Allengers

AAROGYAM DIAGNOSTICS

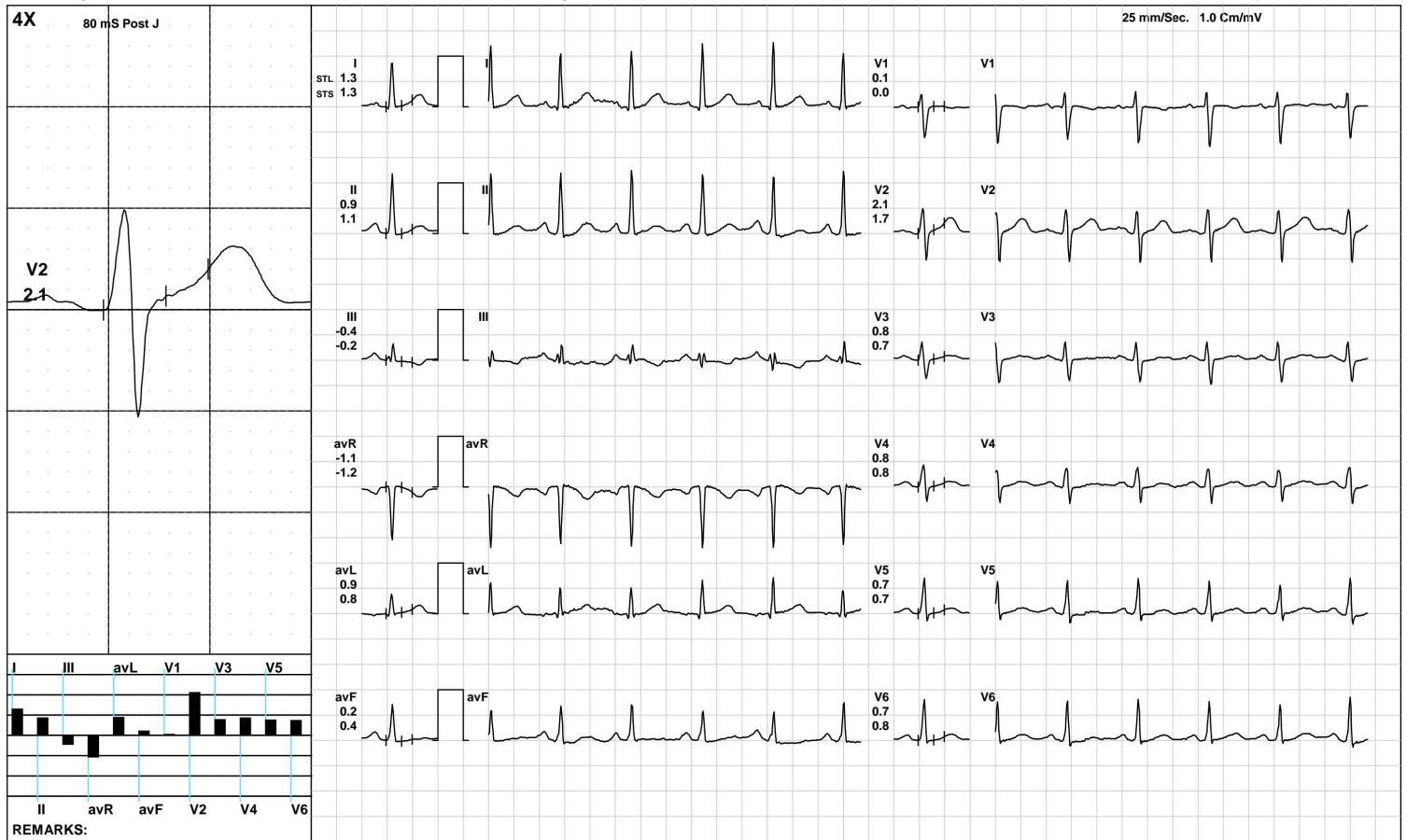
Warm Up



1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg / HR : 107

Date: 09-Aug-2022 04:06:34 PM METS: 1.0/ 107 bpm 57% of THR BP: 120/80 mmHg Raw ECG/ BLC On/ Notch On/ HF 0.05 Hz/LF 100 Hz

ExTime: 00:36 1.0 mph, 0.0%



(GEM212170906)(R)Kardic by Allengers

AAROGYAM DIAGNOSTICS

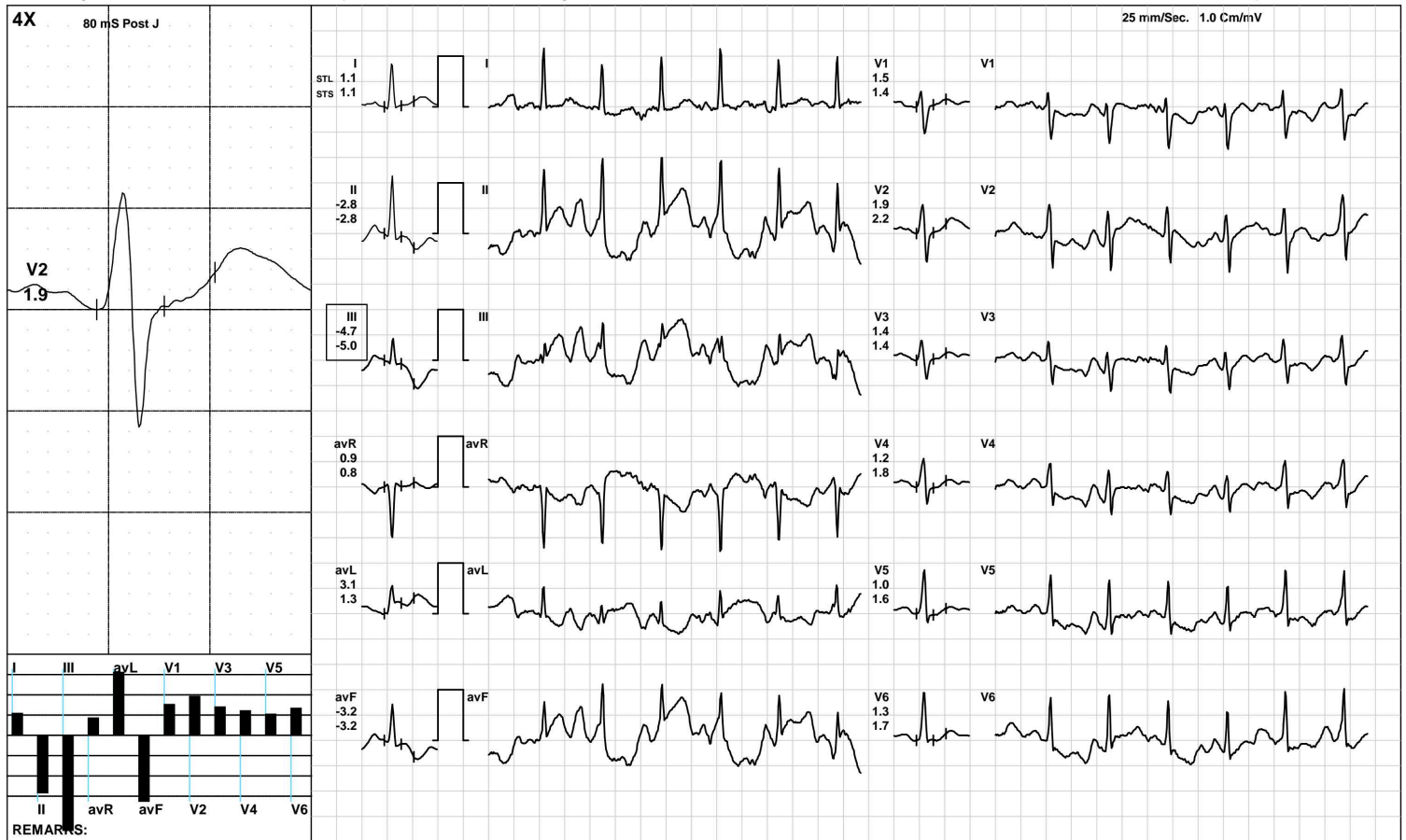
ExStart



1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg / HR : 132

Date: 09-Aug-2022 04:06:34 PM METS: 1.1/ 132 bpm 70% of THR BP: 120/80 mmHg Raw ECG/ BLC On/ Notch On/ HF 0.05 Hz/LF 100 Hz

ExTime: 00:06 1.7 mph, 10.0%



(GEM212170906)(R)Kardic by Allengers

AAROGYAM DIAGNOSTICS

BRUCE/Stage 1(3:00)



1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg / HR : 163

Date: 09-Aug-2022 04:06:34 PM METS: 4.7/ 163 bpm 87% of THR BP: 125/85 mmHg Raw ECG/ BLC On/ Notch On/ HF 0.05 Hz/LF 100 Hz

ExTime: 03:00 1.7 mph, 10.0%



(GEM212170906)(R)Kardic by Allengers

AAROGYAM DIAGNOSTICS

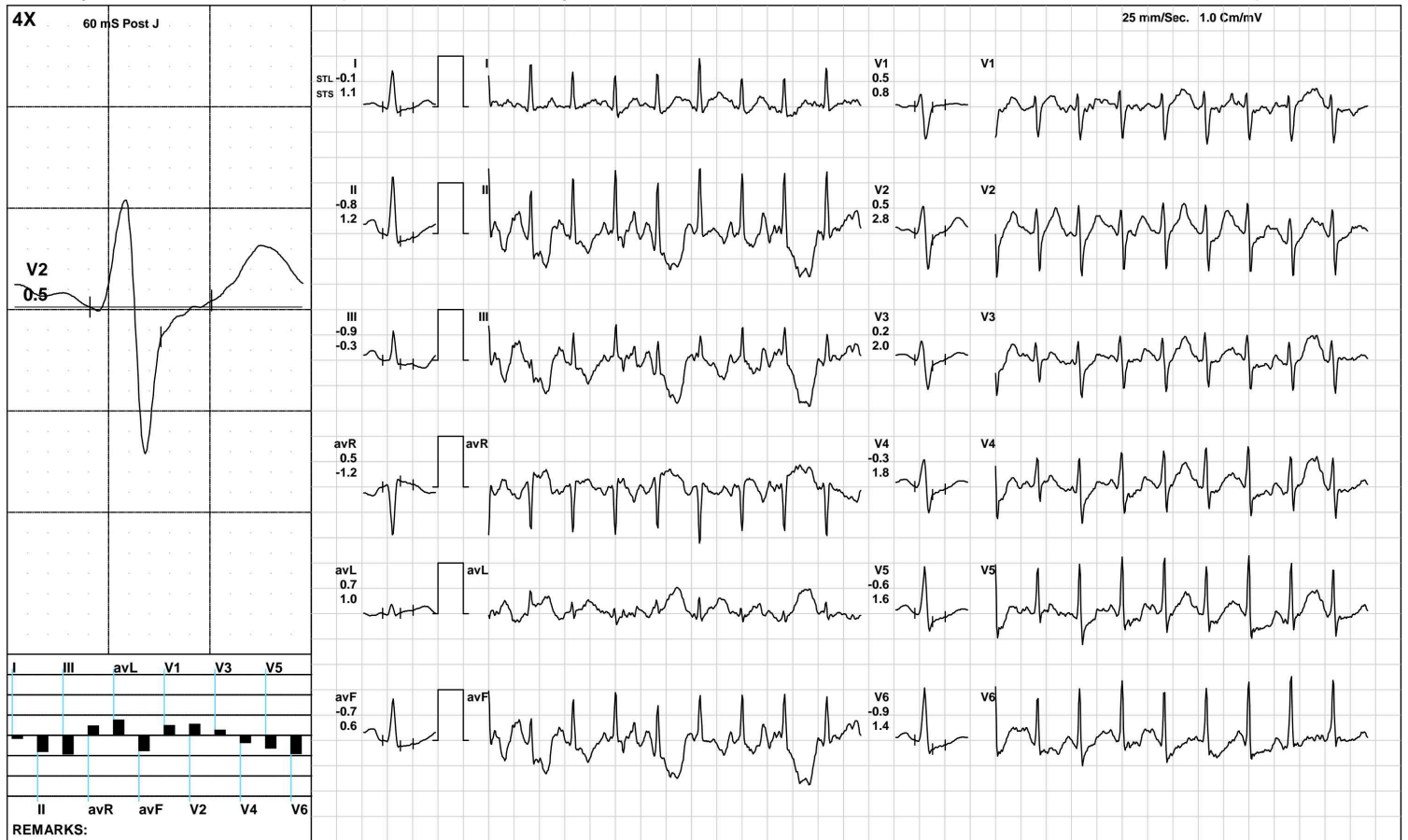
PeakEx



1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg / HR : 176

Date: 09-Aug-2022 04:06:34 PM METS: 5.7/ 176 bpm 94% of THR BP: 125/85 mmHg Raw ECG/ BLC On/ Notch On/ HF 0.05 Hz/LF 100 Hz

ExTime: 04:12 2.5 mph, 12.0%



(GEM212170906)(R)Kardic by Allengers

AAROGYAM DIAGNOSTICS

Recovery(1:00)



1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg / HR : 161

Date: 09-Aug-2022 04:06:34 PM METS: 1.0/ 161 bpm 86% of THR BP: 120/80 mmHg Raw ECG/ BLC On/ Notch On/ HF 0.05 Hz/LF 100 Hz

ExTime: 04:13 1.1 mph, 0.0%



(GEM212170906)(R)Kardic by Allengers

AAROGYAM DIAGNOSTICS

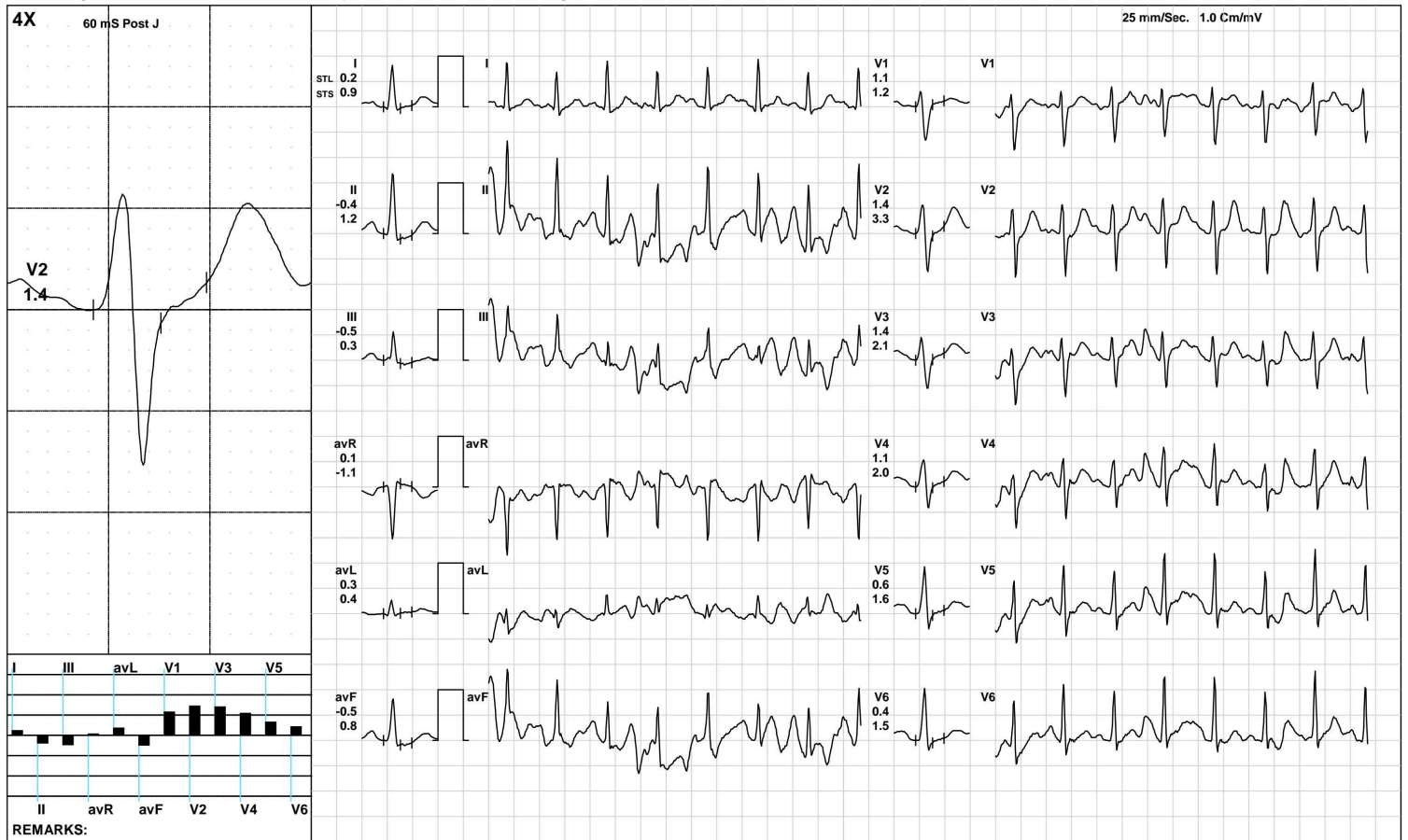
Recovery(2:00)



1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg / HR : 149

Date: 09-Aug-2022 04:06:34 PM METS: 1.0/ 149 bpm 80% of THR BP: 115/75 mmHg Raw ECG/ BLC On/ Notch On/ HF 0.05 Hz/LF 100 Hz

ExTime: 04:13 1.1 mph, 0.0%



AAROGYAM DIAGNOSTICS

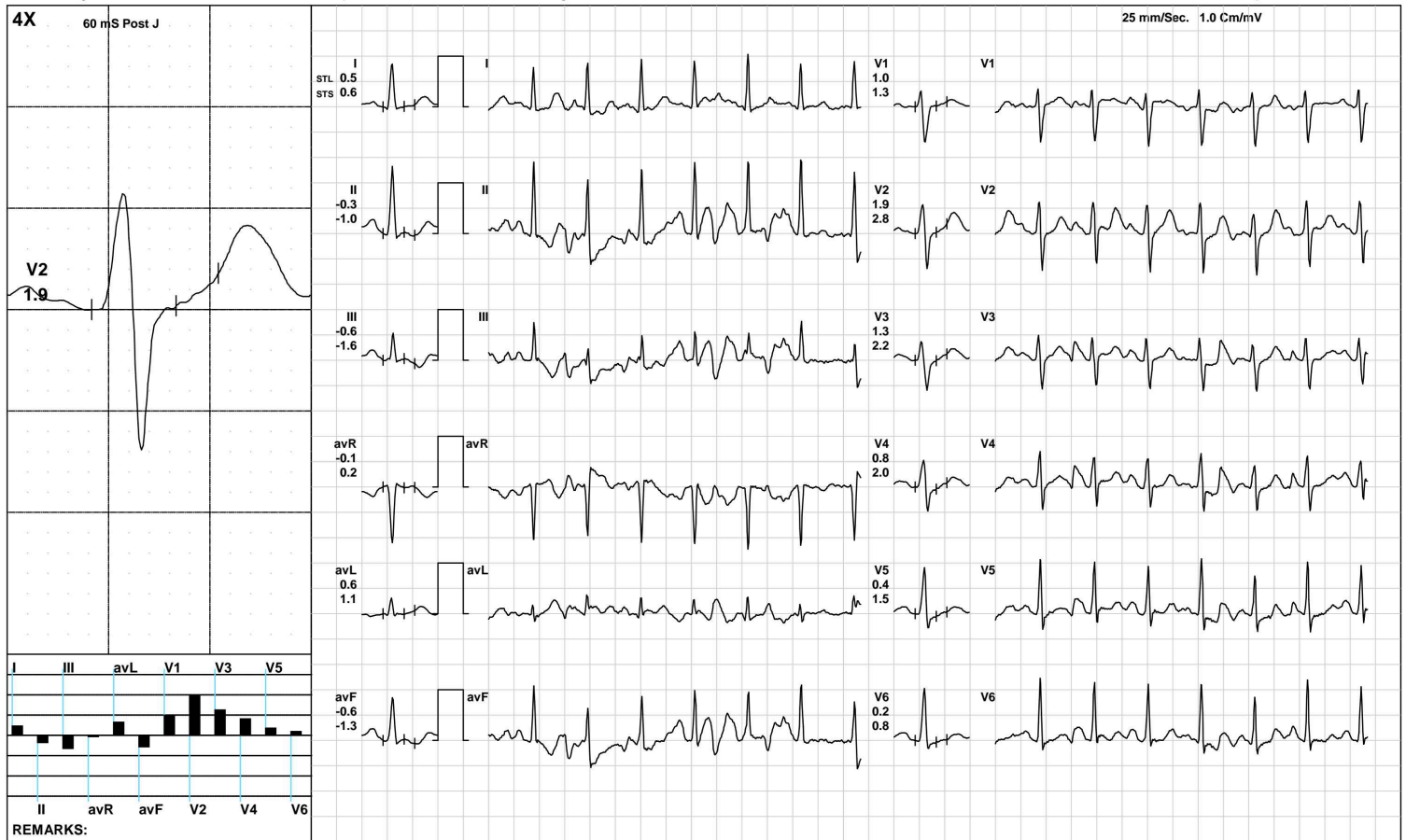
Recovery(3:49)



1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg / HR : 139

Date: 09-Aug-2022 04:06:34 PM METS: 1.0/ 139 bpm 74% of THR BP: 115/75 mmHg Raw ECG/ BLC On/ Notch On/ HF 0.05 Hz/LF 100 Hz

ExTime: 04:13 1.1 mph, 0.0%



(GEM212170906)(R)Kardic by Allengers

AAROGYAM DIAGNOSTICS

ST Measurements



1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / F / 155 Cms / 80 Kg / HR : 110

Date: 09-Aug-2022 04:06:34 PM

Protocol : BRUCE/

	I	II	III	avR	avL	avF	V1	V2	V3	V4	V5	V6	I	II	III	avR	avL	avF	V1	V2	V3	V4	V5	V6	STS(mv/sec)
STL(mm)Supine	1.5	0.9	-0.6	-1.2	1.1	0.1	0.2	2.5	0.9	1.0	0.8	0.8	1.6	1.3	-0.2	-1.4	0.9	0.5	-0.1	2.3	0.8	1.1	1.0	1.0	
60 @mS Standing	1.5	0.9	-0.6	-1.2	1.1	0.1	0.2	2.5	0.9	1.0	0.8	0.8	1.6	1.3	-0.2	-1.4	0.9	0.5	-0.1	2.3	0.8	1.1	1.0	1.0	
HV	1.6	0.8	-0.8	-1.2	1.2	0.0	0.1	2.4	0.8	0.8	0.7	0.7	1.5	0.9	-0.6	-1.2	1.1	0.1	-0.1	2.2	0.8	1.0	1.0	1.0	
Warm Up	1.3	0.9	-0.4	-1.1	0.9	0.2	0.1	2.1	0.8	0.8	0.7	0.7	1.3	1.1	-0.2	-1.2	0.8	0.4	0.0	1.7	0.7	0.8	0.7	0.8	
ExStart	0.6	1.4	1.3	-1.0	-0.2	1.1	-0.6	0.8	0.3	1.2	1.1	0.0	0.8	1.6	0.5	-1.2	0.0	1.6	-0.4	1.7	0.8	2.4	2.1	0.7	
Stage 1	0.5	0.4	-0.8	-0.5	0.2	0.2	0.5	0.7	0.4	0.0	-0.4	-0.2	1.1	2.0	-1.2	-1.5	0.0	1.5	0.6	2.3	1.8	1.9	1.4	1.2	
PeakEx	-0.1	-0.8	-0.9	0.5	0.7	-0.7	0.5	0.5	0.2	-0.3	-0.6	-0.9	1.1	1.2	-0.3	-1.2	1.0	0.6	0.8	2.8	2.0	1.8	1.6	1.4	
Recovery	0.2	-0.1	-0.8	0.0	0.1	0.0	0.9	1.5	0.8	0.5	0.1	0.0	1.3	2.2	1.2	-1.7	-0.3	1.6	1.4	3.4	2.4	2.5	1.8	1.7	
Recovery	0.2	-0.4	-0.5	0.1	0.3	-0.5	1.1	1.4	1.4	1.1	0.6	0.4	0.9	1.2	0.3	-1.1	0.4	0.8	1.2	3.3	2.1	2.0	1.6	1.5	
Recovery	0.5	-0.3	-0.6	-0.1	0.6	-0.6	1.0	1.9	1.3	0.8	0.4	0.2	0.6	-1.0	-1.6	0.2	1.1	-1.3	1.3	2.8	2.2	2.0	1.5	0.8	

	I	II	III	avR	avL	avF	V1	V2	V3	V4	V5	V6
STI(μVs)												
Supine	9.1	4.6	-4.4	-6.7	6.8	0.0	1.1	14.9	5.3	5.6	4.4	4.3
Standing	9.1	4.6	-4.4	-6.7	6.8	0.0	1.1	14.9	5.3	5.6	4.4	4.3
HV	9.6	4.3	-5.1	-6.9	7.4	-0.4	0.6	13.6	4.4	4.4	3.6	3.8
Warm Up	8.6	5.0	-3.6	-6.7	6.1	0.6	0.1	14.1	4.9	5.2	4.5	4.5
ExStart	3.1	10.3	9.6	-6.7	-2.1	8.0	-3.9	3.8	-0.9	3.0	2.4	-2.6
Stage 1	1.6	-1.0	-4.1	-0.3	1.5	-1.8	1.7	1.2	-0.2	-2.5	-4.3	-2.8
PeakEx	-2.8	-7.3	-4.8	5.1	2.9	-5.9	1.5	-0.9	-2.3	-5.5	-6.4	-7.5
Recovery	-0.8	-5.1	-8.3	2.9	1.6	-3.1	3.6	3.4	0.8	-1.6	-2.2	-2.4
Recovery	0.3	-4.3	-3.8	2.0	1.7	-4.5	5.0	3.3	5.4	3.9	1.9	0.7
Recovery	1.3	-1.0	-1.3	-0.1	1.8	-1.6	3.7	6.6	4.4	2.2	0.4	-0.1



PATNA

1434 / MS. KUMARI CHANDNI ARYA / 34 Yrs / Female / 155 Cm / 80 Kg

Time (Min.)	HR (bpm)	PR Int (mS)	QRS Wid (mS)	QRS Axis (Deg.)	QTC (mS)	P(μV) (Max)	R(μV) (Max)	S(μV) (Min)	T(μV) (Max)	Min. J (μV)	Leads for (J & PJ)	Min. Post JRR Var (μV)	(%)	VEB (Counts)	Missed Beats (Counts)
00:30	115	152	62	41	463	320	1287	-1127	309	-124	V1	-94	0.00	0	0
01:00	132	152	58	17	429	320	1033	-1127	-578	-563	III	-514	0.00	0	0
01:30	142	134	58	41	190	426	1246	-1086	281	-183	V6	-105	0.00	0	0
02:00	151	124	116	43	328	359	1104	-1069	257	-117	III	-203	0.00	0	0
02:30	156	108	56	38	338	236	1264	-1064	267	-231	avF	-200	0.00	0	0
03:00	160	110	56	43	298	541	993	-1064	-807	-428	III	-722	0.00	0	0
03:30	162	96	58	45	295	253	1250	-1005	-400	-172	avF	-382	0.00	0	0
04:00	164	110	56	39	317	245	1166	-968	344	-232	II	-224	0.00	0	0
04:30	170	110	58	42	308	173	1104	-986	-461	-508	II	-214	0.00	0	0
05:00	176	100	58	50	326	292	1222	-982	316	-328	II	-203	0.00	0	0
05:30	173	96	56	46	328	272	1188	-955	390	-160	III	-149	0.00	0	0
06:00	165	100	68	39	322	258	1118	-943	458	-229	III	-137	0.00	0	0
06:30	156	110	56	45	420	229	1178	-968	498	-212	II	-111	0.00	0	0
07:00	150	106	60	44	451	332	1251	-983	522	-167	V6	-60	0.00	0	0
07:30	146	118	60	46	429	283	1305	-1071	535	-64	III	-101	0.00	0	0
08:00	142	126	60	36	437	350	1258	-1088	463	-102	III	-136	0.00	0	0
08:30	138	134	58	50	439	315	1369	-1104	456	-129	III	-130	0.00	0	0



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info@aarogyamdiagnostics.com

www.aarogyamdiagnostics.com

Date	09/08/2022	Srl No.	16	Patient Id	2208090016
Name	Mrs. KUMARI CHANDNI ARYA	Age	34 Yrs.	Sex	F
Ref. By	Dr.BOB				

Test Name	Value	Unit	Normal Value
-----------	-------	------	--------------

HAEMATOLOGY

HB A1C	5.1	%	
--------	-----	---	--

EXPECTED VALUES :-

Metabolically healthy patients	=	4.8 - 5.5 % HbA1C
Good Control	=	5.5 - 6.8 % HbA1C
Fair Control	=	6.8-8.2 % HbA1C
Poor Control	=	>8.2 % HbA1C

REMARKS:-

In vitro quantitative determination of **HbA1C** in whole blood is utilized in long term monitoring of glycemia

The **HbA1C** level correlates with the mean glucose concentration prevailing in the course of the patient's recent history (approx - 6-8 weeks) and therefore provides much more reliable information for glycemia monitoring than do determinations of blood glucose or urinary glucose.

It is recommended that the determination of **HbA1C** be performed at intervals of 4-6 weeks during Diabetes Mellitus therapy.

Results of **HbA1C** should be assessed in conjunction with the patient's medical history, clinical examinations and other findings.

**** End Of Report ****

Dr.R.B.RAMAN
MBBS, MD
CONSULTANT PATHOLOGIST



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Date	09/08/2022	Srl No. 16	Patient Id 2208090016
Name	Mrs. KUMARI CHANDNI ARYA	Age 34 Yrs.	Sex F
Ref. By Dr.BOB			

Test Name	Value	Unit	Normal Value
COMPLETE BLOOD COUNT (CBC)			
HAEMOGLOBIN (Hb)	12.4	gm/dl	11.5 - 16.5
TOTAL LEUCOCYTE COUNT (TLC)	5,400	/cumm	4000 - 11000
DIFFERENTIAL LEUCOCYTE COUNT (DLC)			
NEUTROPHIL	60	%	40 - 75
LYMPHOCYTE	32	%	20 - 45
EOSINOPHIL	02	%	01 - 06
MONOCYTE	06	%	02 - 10
BASOPHIL	00	%	0 - 0
ESR (WESTEGREN's METHOD)	18	mm/1st hr.	0 - 20
R B C COUNT	4.13	Millions/cmm	3.8 - 4.8
P.C.V / HAEMATOCRIT	37.2	%	35 - 45
M C V	90.07	fl.	80 - 100
M C H	30.02	Picogram	27.0 - 31.0
M C H C	33.3	gm/dl	33 - 37
PLATELET COUNT	2.36	Lakh/cmm	1.50 - 4.00
BLOOD GROUP ABO	"B"		
RH TYPING	POSITIVE		

**** End Of Report ****

Dr.R.B.RAMAN
MBBS, MD
CONSULTANT PATHOLOGIST



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Date	09/08/2022	Srl No. 16	Patient Id 2208090016
Name	Mrs. KUMARI CHANDNI ARYA	Age 34 Yrs.	Sex F
Ref. By Dr.BOB			

Test Name	Value	Unit	Normal Value
-----------	-------	------	--------------

BIOCHEMISTRY

BLOOD SUGAR FASTING	84.8	mg/dl	70 - 110
SERUM CREATININE	0.70	mg%	0.5 - 1.3
BLOOD UREA	26.5	mg /dl	15.0 - 45.0
SERUM URIC ACID	3.6	mg%	2.5 - 6.0
<u>LIVER FUNCTION TEST (LFT)</u>			
BILIRUBIN TOTAL	0.61	mg/dl	0 - 1.0
CONJUGATED (D. Bilirubin)	0.17	mg/dl	0.00 - 0.40
UNCONJUGATED (I.D.Bilirubin)	0.44	mg/dl	0.00 - 0.70
TOTAL PROTEIN	6.9	gm/dl	6.6 - 8.3
ALBUMIN	3.5	gm/dl	3.4 - 5.2
GLOBULIN	3.4	gm/dl	2.3 - 3.5
A/G RATIO	1.029		
SGOT	29.6	IU/L	5 - 35
SGPT	31.4	IU/L	5.0 - 45.0
ALKALINE PHOSPHATASE IFCC Method	72.8	U/L	35.0 - 104.0
GAMMA GT	21.7	IU/L	6.0 - 42.0

LFT INTERPRET**LIPID PROFILE**

TRIGLYCERIDES	83.2	mg/dL	25.0 - 165.0
TOTAL CHOLESTEROL	159.5	mg/dL	29.0 - 199.0



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Date	09/08/2022	Srl No.	16	Patient Id	2208090016
Name	Mrs. KUMARI CHANDNI ARYA	Age	34 Yrs.	Sex	F
Ref. By	Dr.BOB				

Test Name	Value	Unit	Normal Value
H D L CHOLESTEROL DIRECT	53.7	mg/dL	35.1 - 88.0
V L D L	16.64	mg/dL	4.7 - 22.1
L D L CHOLESTEROL DIRECT	89.16	mg/dL	63.0 - 129.0
TOTAL CHOLESTEROL/HDL RATIO	2.97		0.0 - 4.97
LDL / HDL CHOLESTEROL RATIO	1.66		0.00 - 3.55
THYROID PROFILE			
T3	0.823	ng/ml	0.60 - 1.81
T4	8.962	ug/dl	4.5 - 10.9
Chemiluminescence			
TSH	1.43	uIU/ml	
Chemiluminescence			
REFERENCE RANGE			
PAEDIATRIC AGE GROUP			
0-3 DAYS	1-20	ulu/ ml	
3-30 DAYS	0.5 - 6.5	ulu/ml	
1 MONTH -5 MONTHS	0.5 - 6.0	ulu/ml	
6 MONTHS- 18 YEARS	0.5 - 4.5	ulu/ml	
ADULTS	0.39 - 6.16	ulu/ml	

Note: TSH levels are subject to circadian variation, rising several hours before the onset of sleep, reaching peak levels between 11 pm to 6 am. Nadir concentrations are observed during the afternoon. Diurnal variation in TSH level approximates $\pm 50\%$, hence time of the day has influence on the measured serum TSH concentration.



Date	09/08/2022	Srl No.	16	Patient Id	2208090016
Name	Mrs. KUMARI CHANDNI ARYA	Age	34 Yrs.	Sex	F
Ref. By	Dr.BOB				

Test Name	Value	Unit	Normal Value
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Assay performed on enhanced chemi lumenescence system (Centaur-Siemens)

Serum T3,T4 & TSH measurements form the three components of Thyroid screening panel, useful in diagnosing various disorders of Thyroid gland function.

1. Primary hypothyroidism is accompanied by depressed serum T3 and T4 values and elevated serum TSH level.
2. Primary hyperthyroidism is accompanied by elevated serum T3 and T4 levels along with depressed TSH values.
3. Normal T4 levels are accompanied by increased T3 in patients with T3 thyrotoxicosis.
4. Slightly elevated T3 levels may be found in pregnancy and estrogen therapy, while depressed levels may be encountered in severe illness, renal failure and during therapy with drugs like propranolol and propyl thiouracil.
5. Although elevated TSH levels are nearly always indicative of primary hypothyroidism, and may be seen in secondary thyrotoxicosis.

URINE EXAMINATION TEST

PHYSICAL EXAMINATION

QUANTITY	10	ml.
COLOUR	PALE YELLOW	
TRANSPARENCY	CLEAR	
SPECIFIC GRAVITY	1.020	
PH	6.0	

CHEMICAL EXAMINATION

ALBUMIN	NIL
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AAROGYAM DIAGNOSTICS

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Date	09/08/2022	Srl No. 16	Patient Id 2208090016
Name	Mrs. KUMARI CHANDNI ARYA	Age 34 Yrs.	Sex F
Ref. By Dr.BOB			

Test Name	Value	Unit	Normal Value
SUGAR	NIL		
MICROSCOPIC EXAMINATION			
PUS CELLS	0-1	/HPF	
RBC'S	NIL	/HPF	
CASTS	NIL		
CRYSTALS	NIL		
EPITHELIAL CELLS	0-1	/HPF	
BACTERIA	NIL		
OTHERS	NIL		
BLOOD SUGAR PP	109.8	mg/dl	80 - 160

**** End Of Report ****

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MBBS, MD
CONSULTANT PATHOLOGIST