

Dr. Vimmi Goel

MBBS, MD (Internal Medicine)
Sr. Consultant Non Invasive Cardiology
Reg. No: MMC- 2014/01/0113



Name: Mrs. Chaeushila Sahare Date: 12/11/22

Age: 46y Sex: M/F Weight: 51.3 kg Height: 153.5 Inc BMI: 21.8

BP: 170/90 mmHg Pulse: 60h bpm RBS: _____ mg/dl

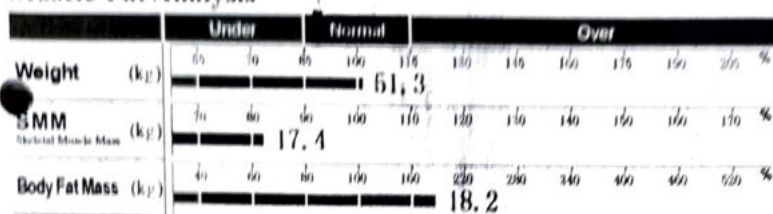
SpO2: 100% LMP 30/10/22

ID	Height	Age	Gender	Test Date / Time
124146	153.5cm	46	Female	12.11.2022 13:26

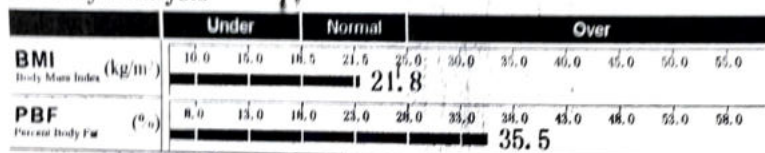
Body Composition Analysis

Total amount of water in my body	Total Body Water	(L)	24.3	(25.8~31.6)
What I need to build muscles	Protein	(kg)	6.5	(6.9~8.5)
What I need for strong bones	Mineral	(kg)	2.30	(2.38~2.92)
Where my excess energy is stored	Body Fat Mass	(kg)	18.2	(10.4~16.2)
Sum of the above	Weight	(kg)	51.3	(43.1~58.3)

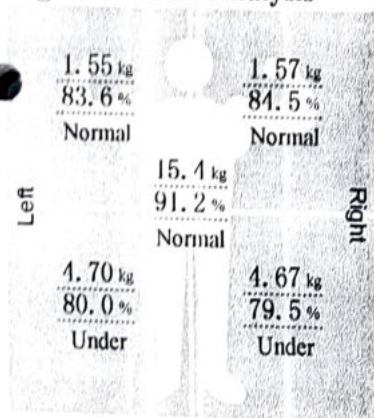
Muscle-Fat Analysis



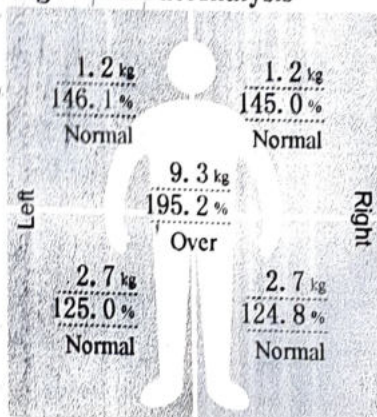
Obesity Analysis



Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

Weight (kg)	51.3			
SMM (kg)	17.4			
PBF (%)	35.5			
Recent Total	12.11.22 13:26			

InBody Score

68/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	50.6 kg
Weight Control	-0.7 kg
Fat Control	-6.6 kg
Muscle Control	+5.9 kg

Obesity Evaluation

BMI	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Slightly Over	<input type="checkbox"/> Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Slightly Over	<input checked="" type="checkbox"/> Over	

Waist-Hip Ratio

0.91 | 0.75 0.85

Visceral Fat Level

Level 9 | Low 10 High

Research Parameters

Fat Free Mass	33.1 kg
Basal Metabolic Rate	1085 kcal (1138~1309)
Obesity Degree	101% (90~110)
SMI	5.3 kg/m ²
Recommended calorie intake	1322 kcal

Calorie Expenditure of Exercise

Golf	90	Gateball	97
Walking	103	Yoga	103
Badminton	116	Table Tennis	116
Tennis	154	Bicycling	154
Boxing	154	Basketball	154
Mountain Climbing	167	Jumping Rope	180
Aerobics	180	Jogging	180
Soccer	180	Swimming	180
Japanese Fencing	257	Racketball	257
Squash	257	Taekwondo	257

- * Based on your current weight
- * Based on 30 minute duration

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	424.6	429.3	28.5	339.7	335.0
100 kHz	382.5	387.1	25.8	313.1	309.3

Patient Name Mrs Charushila Sahare

UHID KH124146	Age Patient Type 46 Y / -	Gender Female	Admission No OPRI-69683
Speciality	Registration No.	Created By Ashish Kamble	

RIGHT EYE

Sph	Cyl	Axis	Visual Acuity
-1.50	00	00	6/6

LEFT EYE

Sph	Cyl	Axis	Visual Acuity
-0.50	00	00	6/6

Near: Addition

RIGHT

+1.25D, N6

LEFT

+1.25D, N6

ed By

12-11-2022 02:53 PM

Print Date & Time

Name: Mrs. Charushila Sahare Date: 12/11/22

Age: 46 Sex: M/F ✓ Weight: _____ kg Height: _____ inc BMI: _____

BP: _____ mmHg Pulse: _____ bpm RBS: _____ mg/dl

Routine Dental Checkup

O/E: → # teeth: 16
stains.

Adv: - Extract 1 implant.
oral prophylaxis.

Dr. Parag

Name : Mrs. Sharmilata Sabate DOB : _____ Date : 12/11/22

Age : 46 Sex : M/F Weight : _____ kg Height : _____ in BMI : _____

BP : _____ mmHg Pulse : _____ bpm

For routine check up

OH: P, L, - LSCS (4 yrs).
 (MVA)

MH: LMP - 30/10/22
 PMC - 23rd/28-30d/Reg

PH: Hypothyroidism - 50mg OD Thyroxine
 DM - on OHA. H/O cerebral thrombosis during preg.

S/H: LSCS

PH: DM.

USG: UA ⊕, ET - 6 mm.
 B/L ovaries seen.

Adv: PAB Sugar Test - Taken 12/11/22

Breast examination: WNL

PIA: Soft NT

PIS: curdy white discharge &
 ex J healthy

PIV: Vg UA ⊕, AV/AV
 B/L fornix free NT

A:
 - Clid - V Persary
 1HS P/U x 3 days



UHID	KH124146	Order Date & time	12-11-2022
Patient Name	Mrs Charushila Sahare	Sample Collection Date	12-11-2022 10:49 AM
Age/Gender	46 Y/Female	Acknowledge Date	12-11-2022 11:07 AM
Patient Type	OP	Visit No	OP-113913
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-287528	Accession Number	0147611

Haematology

Service Name	Result	Unit	Reference Range	Method
Haemogram (CBC with ESR), Whole Blood				
Erythrocytes				
* Haemoglobin	12.5	gm/dl	12-15	Photometric Measurement
* RBC count	4.41	millions/cumm	3.8-4.8	Photometric Measurement
* Packed Cell Volume (PCV/HCT)	38.9	%	36-46	Calculated
* MCV	88	fl	83-101	Calculated
* MCH	28.3	pg	27-32	Calculated
* MCHC	32.1	gm/dl	31.5-34.5	Calculated
* RDW	15.0 H	%	11.5-14.0	Calculated
Leucocytes				
* TLC (Total Leukocyte Count)	7400	/cumm	4000-10000	Flow cytometry
* Neutrophils	63.3	%	50-70	
* Lymphocytes	31.2 H	%	25-30	
* Eosinophils	4.1	%	1-5	
* Monocytes	1.4 L	%	5-10	
* Basophils	0.0 L	%	1-2	
* Absolute Neutrophil Count	4684.20	/cumm	2000-7000	Calculated
* Absolute Lymphocyte Count	2308.80	/cumm	1000-4800	Calculated
* Absolute Eosinophil Count	303.40	/Cumm	20-500	Calculated
* Absolute Monocyte Count	103.60 L	/cumm	200-1000	Calculated
* Absolute Basophil Count	0.00 L	/cumm	20-100	Calculated
Platelets				
* Platelet Count	217	10 ³ /cumm	150-450	Impedance
* MPV	10.5 H	fl	6.0-9.5	Calculated
* PCT (Platelet Hematocrit)	0.23	%	0.2-0.5	
* PDW (Platelet Distribution Width)	19.30 H	%	9-17	
Peripheral Smear Examination				
RBC Morphology				
* Normochromic Normocytic	+			
* WBCs	As Above			
* Platelets	Adequate			
* ESR (Westergren)	08	mm/hr	<20	Westergren
* Blood Grouping & RH Factor, Whole Blood & Serum	"A" Rh POSITIVE			Column agglutination test
* HbA1c (Glycosylated Haemoglobin), Blood	8.1 H	%	Non-Diabetic: <=5.6 % Pre-Diabetic: 5.7-6.4 % Diabetic >=6.5 %	HPLC

Clinical Biochemistry

Service Name	Result	Unit	Reference Range	Method
Fasting Blood Sugar, Plasma	185.0 H	mg/dL	<100	
* Post Prandial Blood Sugar, Plasma	226.0 H	mg%	<140	GOD/POD, Colorimetric
Lipid Profile, Serum				GOD/POD, Colorimetric
* Cholesterol	160.00	mg/dL	<200	Enzymatic Method



UHID KHI124146
Patient Name Mrs Channathila Sahare
Age/Gender 46 Y/Female
Patient Type OP
Ordering Doctor
Order Id ODRKD-287528

Order Date & time 12-11-2022
Sample Collection Date 12-11-2022 10:49 AM
Acknowledge Date 12-11-2022 11:07 AM
Visit No OP-113913
Refer By Dr Virmmi Goyal
Accession Number 0147611

Service Name	Result	Unit	Reference Range	Method
• Triglyceride	97.0	mg/dL	Normal Less than 150 mg/dl Borderline High 150 - 199 mg/dl High 200 - 499 mg/dl Very High More than 499 mg/dl	Enzymatic/Lipase/CK-GPO (P/D)
• HDL Cholesterol Direct	40.0 L	mg/dL	Major risk factor for Heart disease <40 mg/dl (Males) Major risk factor for Heart disease <50 mg/dl (Female) Negative risk factor for Heart disease >60 mg/dl Optimal <100 mg/dl Near optimal 100 - 129 mg/dl	Enzymatic
• LDL Cholesterol (Direct)	106.4 H	mg/dL	Borderline high 130 - 159 mg/dl High 60 - 189 mg/dl Very High >190 mg/dl	Calculated
• VLDL	19.00	mg/dL	<30	Calculated
• Cholesterol/HDL Ratio	4.00		3-5	Calculated
• Non HDL	120.00	mg/dL		Calculated
Kidney Function Test (KFT), Serum				
• Blood Urea	12.00 L	mg/dL	15-36	Urease with indicator dye
• Creatinine	0.55	mg/dL	0.52-1.04	Enzymatic (creatinine amidohydrolyase)
• GFR	112.48	mL/min/1.73m ²	Calculated	Calculated
• Sodium	136	mmol/L	136-145	Direct ion selective electrode
• Potassium	4.46	mmol/L	3.5-5.1	Direct ion selective electrode
BUN (Blood Urea Nitrogen), Serum	7.0	mg/dL	7-17	Urease with indicator dye
Liver Function test, Serum				
• Total Bilirubin	0.42	mg/dL	0.2-1.3	Azobilirubin/Diaphylline
• Bilirubin Direct	0.20	mg/dL	0.1-0.3	Calculated
• Bilirubin Indirect	0.22	mg/dL	0.1-1.1	Dual wavelength Spectrophotometric
• SGOT (AST)	15	U/L	13-35	Kinetic with pyridoxal 5 phosphate
• SGPT (ALT)	17	U/L	13-45	Kinetic with pyridoxal 5 phosphate
• Alkaline Phosphatase	61.00	U/L	38-126	Pipp/AMP buffer
• Total Protein	6.45	gm/dl	6.3-8.2	Buret/Alkaline cupric Sulfate
• Albumin	3.55	gm/dl	3.5-5.0	Bromocresol green dye binding
• Globulin	2.90	gm/dl	2-4	Calculated
• Albumin/Globulin Ratio	1.22			Calculated
• Gamma GT (GGT), Serum	13.0	U/L	12-43	Kinetic Method

UHID	KH124146	Order Date & time	12-11-2022
Patient Name	Mrs Charushila Sahare	Sample Collection Date	12-11-2022 10:49 AM
Age/Gender	46 Y/Female	Acknowledge Date	12-11-2022 11:07 AM
Patient Type	OP	Visit No	OP-113913
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-287528	Accession Number	0147611

Service Name	Result	Unit	Reference Range	Method
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Interpretation:

:A high fat meal may cause decreased bilirubin levels by interfering with the clinical reactions. GT activity is elevated in all forms of liver disease. This test is much more sensitive than either the alkaline phosphatase test or the transaminase test (i.e., SGOT, SGPT) in detecting obstructive jaundice, cholangitis, and cholecystitis. It is also indicated in the differential diagnosis of liver disease in children and pregnant women who have elevated levels of LDH and alkaline phosphatase.

* Uric Acid, Serum	3.10	mg/dL	2.6-6.0	Uricase/Peroxidase (Colorimetric)
Thyroid Function Test (T3,FT4,TSH), Serum				
* T3	0.92	ng/mL	0.55-1.7	Enhanced chemiluminescence
* Free T4	1.35	ng/dL	0.8-1.7	Enhanced chemiluminescence
* Thyroid Stimulating Hormone (TSH)	1.10	uIU/mL	0.5-4.8	Enhanced chemiluminescence

Clinical Pathology

Service Name	Result	Unit	Reference Range	Method
Urine Routine and Microscopy, Urine				
Physical Examination				
* Volume	30 ml			
* Appearance	Clear			
* Colour	Pale Yellow			
* PH	6.5	NA	4.6-8.0	
* Specific Gravity	1.005 L	NA	1.016-1.022	Iodometric method
Chemical Examination				
* Protein	Negative	mg/dL		
* Glucose	Negative			
* Ketone	Negative			
* Bilirubin	Negative			
* Urobilinogen	Normal			
* Nitrate	Negative			
Microscopic Examination				
* Pus Cells	0-1	/ hpf		
* Epithelial Cells	0-1	/ hpf		
* Red Blood Cells	Absent	/ hpf		
* Crystal	Absent			
* Cast	Absent	/hpf		
* Bacteria	Absent			
* Other	.			
Urine Sugar Fasting, Urine	Negative			GOD/POD
Urine Post Prandial Sugar, Urine	2+ (Approx 100 mg/dl)			GOD/POD

Disclaimer: Only Starred Parameters are under the Scope of NABL



KINGSWAY HOSPITALS

PERSONALISING HEALTHCARE

A Unit of SPANV Medisearch Lifesciences Pvt. Ltd.

CIN U74999MH2018PTC303510

UHID	KH124146	Patient Name	Mrs Charushila Sahare
Age	46 Y	Gender	Female
Payer Name	Self	Payer Type	cash
Order Date & time	12-11-2022 12:00 AM	Acknowledge Date	12-11-2022 11:27 AM
Refer By	Dr Vimmi Goel	Treating Doctor Speciality	Non Invasive Cardiology
Accession Number	OPRDAC-22295	DOB	
Patient Type	OP	Order Id	ODRID-287528

X-Ray Chest PA

Both the lung fields are clear.

Heart and Aorta are normal.

Both hilar shadows appear normal.

Diaphragm domes and CP angles are clear.

Bony cage is normal.

IMPRESSION -

No pleuro-parenchymal abnormality seen.

Dr Asawari S Laudre
Consultant Radiologist
MBBS,MD (Radio-Diag)

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UHID	KH124146	Patient Name	Mrs Charushila Sahare
Age	46 Y	Gender	Female
Payer Name	Self	Payer Type	cash
Order Date & time	12-11-2022 12:00 AM	Acknowledge Date	12-11-2022 12:24 PM
Refer By	Dr Vimmi Goel	Treating Doctor Speciality	Non Invasive Cardiology
Accession Number	OPRDAC-22322	DOB	
Patient Type	OP	Order Id	ODRID-287528

USG Whole Abdomen

LIVER is normal in size, shape and echotexture. No evidence of any focal lesion seen. Intrahepatic biliary radicals are not dilated. PORTAL VEIN and CBD are normal in course and caliber.

GALL BLADDER is physiologically distended. No stones or sludge seen within it. Wall thickness is within normal limits.

PANCREAS is normal in shape, size and echotexture.

SPLEEN is normal in size shape and echotexture. No focal lesion seen.

Both KIDNEYS are normal in shape, size and echotexture.

A small well defined hyperchoic lesion measuring 1.3 x 1.2 cm seen in lower pole of right kidney - ? angiomyolipoma. No evidence of calculus or hydronephrosis seen.

URETERS are not dilated.

BLADDER is partially distended. No calculus or mass lesion seen.

Uterus is anteverted and mildly bulky measures 9.1 x 4.4 x 4.9 cm. No focal myometrial lesion seen.

Endometrial echo-complex appears normal. ET- 6mm.

Both ovaries are seen. No adnexal mass lesion seen.

There is no free fluid or abdominal lymphadenopathy seen.

IMPRESSION:

Mildly bulky uterus

? Tiny angiomyolipoma in lower pole of right kidney

No other significant visceral abnormality seen.

Suggest clinical correlation / further evaluation.



Dr Naveen Pugalia
 Consultant Radiologist
 MBBS,MD
 76125

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: Mrs. Charushila, Sahare
Patient ID: 124146
Height:
Weight:
Study Date: 12.11.2022
Test Type: Treadmill Stress Test
Protocol: BRUCE

DOB: 01.01.1976
Age: 46yrs
Gender: Female
Race: Indian
Referring Physician: Medi Wheel HCU
Attending Physician: Dr. Vimmi Goel
Technician: --

Medications:

Medical History:

DM

Reason for Exercise Test:

Screening for CAD

Exercise Test Summary:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:00	0.00	0.00		120/80	
	WARM-UP	00:54	0.00	0.00	62		
EXERCISE	STAGE 1	00:53	0.00	0.00	70		
	STAGE 2	03:00	1.70	10.00	121	120/80	
	STAGE 3	03:00	2.50	12.00	134	140/80	
RECOVERY		02:57	3.40	14.00	153	140/80	
		01:00	0.00	0.00	118	180/90	
		02:00	0.00	0.00	90	150/80	
		00:14	0.00	0.00			

The patient exercised according to the BRUCE for 8:56 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 61 bpm rose to a maximal heart rate of 153 bpm. This value represents 87% of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 180/90 mmHg. The exercise test was stopped due to Target heart rate achieved.

Interpretation:

Summary: Resting ECG: normal.

Functional Capacity: normal.

HR Response to Exercise: appropriate.

BP Response to Exercise: normal resting BP - exaggerated response.

Chest Pain: none.

Arrhythmias: none.


ST Changes: none.

Overall impression: Normal stress test.

Conclusions:

TMT is negative for inducible ischemia.

Hypertensive response.


Dr. VIMMI GOEL
MBBS, MD
Sr. Consultant-Non Inv. Ivs Cardiology
Reg No.: 2014/01/0119

KH124146
46 Years

MRS. CHARUSHILA SAHARE
Female

12-Nov-22 1:09:47 PM

KIMS-KINGSWAY HOSPITALS

PBC DEPT.

Rate 57 Sinus rhythm.....normal P axis, V-rate 50-99
Borderline left axis deviation.....QRS axis (-15,-29)

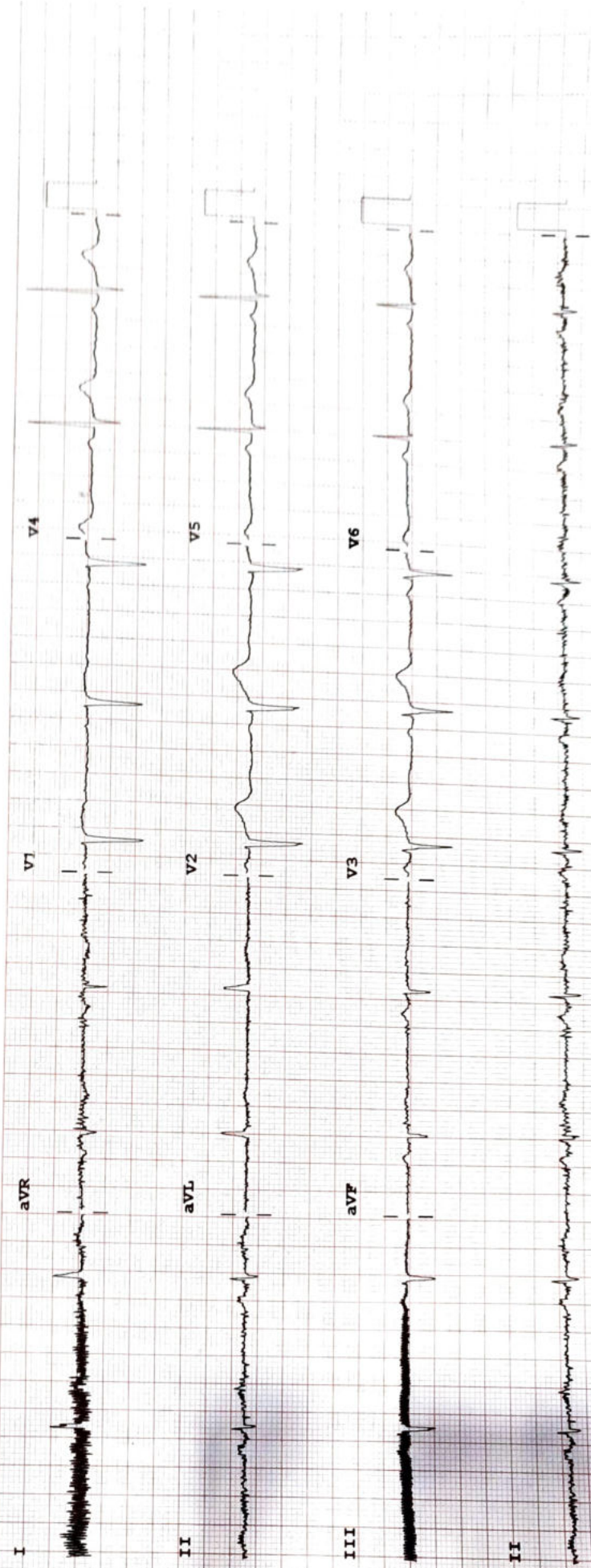
PR 179
QRSD 85
QT 422
QTc 411

--AXIS--
P 70
QRS -26
T 21

12 Lead; Standard Placement

- OTHERWISE NORMAL ECG -

Unconfirmed Diagnosis



Device:

Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

F 50~ 0.50-150 Hz W

100B CL F?

REORDER # K2-UR3A

PHILIPS

UHID	KH124146	Patient Name	Mrs Charushila Sahare
Age	46 Y	Gender	Female
Payer Name	Self	Payer Type	cash
Order Date & time	12-11-2022 12:00 AM	Acknowledge Date	12-11-2022 12:07 PM
Refer By	Dr Vimmi Goel	Treating Doctor Speciality	Non Invasive Cardiology
Accession Number	OPRDAC-22313	DOB	
Patient Type	OP	Order Id	ODRID-287528

Mammography Both Breast

OBSERVATION:

Bilateral film screen mammogram performed using low dose radiation
Bilateral MLO and CC projections taken
Markers placed in external aspect in CC view and superior in MLO view.

Bilateral breast shows mixed density (Type B) fibro glandular parenchyma.
Bilateral breast does not show any suspicious focal mass, distorted architecture or pleomorphic calcification.
No skin or trabecular thickening noted.
No obvious parenchymal or Axillary nodes seen.

IMPRESSION:

No significant abnormality noted.
ACR – BIRADS Category – I (Negative).

Advice: Sonomammography for better evaluation.

Suggest clinical correlation / regular follow up.

Note:

- * The false negative of mammography is approximately 10%
- * Investigations have their limitations. Solitary Radiological /pathological and other investigations never confirm the final diagnosis of disease . Please correlate accordingly



Note:

- * The false negative of mammography is approximately 10%
- * Investigations have their limitations. Solitary Radiological /pathological and other investigations never confirm the final diagnosis of disease . Please correlate accordingly



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