

Date : 14-04-2023  
 MR NO : CMYS.0000056307  
 Name : Mrs VAISHNAVI NAIK  
 Age/ Gender : 32 Y / Female

Department : GENERAL Dietetics  
 Doctor : Madhura B.P  
 Registration No :  
 Qualification : M.Sc Nutrition & Dietetics  
 PHD\*

Consultation Timing: 09 33

IBW - 58kg

Height : 163 cm	Weight : 76.5 kg	BMI : 28.8 kg/m <sup>2</sup>	Waist Circum :
Temp :	Pulse :	Resp :	B.P :

General Examination / Allergies History

HB - 11.5  
 Non-HD - 134  
 LDL - 116.6  
 TSH - 8.070

Clinical Diagnosis & Management Plan

1. Kala Hypothyroid on 75 mcg (8 years)  
 → Advised low fat, low calorie and high fiber diet.  
 → Include all variety of seasonal fruits, vegetable and green leafy vegetable regularly.  
 → Avoid cruciferous vegetables like cauliflower, cabbage, broccoli and spinach [can have occasionally about 100gms. after leaching the vegetables].  
 → \* Include nuts like Almond & walnuts regularly.  
 → \* Include seeds like Flax seeds, Pumpkin seeds, sunflower seeds & sesame seeds - 1 teaspoon each [dry roasted].  
 → \* Avoid Maida, Sugar, too much of salt, Baking soda &


Follow up date :

creamy.

→ \* Avoid seed meat.

→ \* Avoid bakery products, chate, junk foods, deep fried foods, packed & processed foods.

Doctor Signature

  
 B.P  
 14/4/2023

Date : 14-04-2023  
MR NO : CMYS.0000056307

Department : -GENERAL Dental  
Doctor : Dr. Tyothishree

Name : Mrs. VAISHNAVI NAIK

Registration No :

Age/ Gender : 32 Y / Female

Qualification :

Consultation Timing: 09:33

Height :	Weight :	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P :

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

O/E

Cat PP, St+

Adv: Oral prophylaxis

Follow up date :

**Apollo Clinic**  
# 23, 1st Floor,  
Kalidasa Road, Mysore - 02  
Ph : 0821-4008040/41

*Tyothishree*  
Doctor Signature

Date : 14-04-2023  
MR NO : CMYS 0000056307  
Name : Mrs. VAISHNAVI NAIK  
Age/ Gender : 32 Y / Female

Department : GENERAL  
Doctor :  
Registration No :  
Qualification :

Consultation Timing: 09:33

Height :	Weight :	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P :

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

	<u>Rt eye</u>	<u>Lt eye</u>
Distance	6/6	6/6
Near Vm	N6	N6
Color Vm	Normal	Normal

**Apollo Clinic**  
# 23, 1st Floor,  
Kalidasa Road, Mysore - 02  
Ph : 0821-4006040/41



Follow up date :

Doctor Signature

Date : 14-04-2023  
MR NO : CMYS.0000056307  
Name : Mrs. VAISHNAVI NAIK  
Age/ Gender : 32 Y / Female

Department : GENERAL  
Doctor :  
Registration No : Dr. Praveen Kumar K  
Qualification : Ms (ENT)

Consultation Timing: 09:33

Height :	Weight :	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P :

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

Cause for regular hearing loss.

Ears - Bilateral TM - normal

Nose - nasal mucosa - @

oral cavity is asymptomatic. @

neck @

As per examination

Follow up date :

**Apollo Clinic**  
# 23, 1st Floor,  
Kalidasa Road, Mysore - 02  
Ph : 0821-4006040/41

  
Doctor Signature

**Informed Consent/Declaration For Test Exclusion**

Patient Name: Mrs. Vaishnavi Reddy Age: 32 yrs.

UHID Number: 56307,

Please tick and sign the relevant part

I certify that I will skip CPT, USG, Gynyt glucose post prandial + physician consultation + LBC Test from my own.

No refund is provided for the above excluded test and I have been informed about the same.

Patient signature [Signature] Date 14/04/23.

Witness signature: [Signature] Date: 14/04/23.



MRS VAISHNAVI NAIK

Female 32Years

163cm 76kg 110/80 mmHg

Diagnosis Information:

Unconfirmed Report.

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# 23, 1st Floor,  
Kallidasa Road, Mysore - 02  
Ph : 0821-4008040/41



Patient's Name : Mrs Vaishnavi Naik	Age & sex : 32Yrs /Female
Date :14.04.2023	UHID No: 56307

## 2D ECHOCARDIOGRAPHY STUDY

### Impression:

- Normal chamber volumes
- No regional wall motion abnormality
- Normal left ventricular function. EF – 63%
- Normal valves
- No clots. No pericardial effusion

### Findings

Left Ventricle:	Normal
Right Ventricle	Normal
Left Atrium	Normal
Right Atrium	Normal
Aorta	Normal
Pulmonary Artery	Normal
IAS	Intact
IVS	Intact
Valves	Normal
Pericardium	Normal
Doppler	Normal

  
**Dr. C.B. KESHAVAMURTHY MD, DM, DNB**  
**CONSULTANT CARDIOLOGIST**

#### **Apollo Health and Lifestyle Limited**

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Head Office: 1-10/102, Ashoka Road, 5th Floor, Bengaluru, Karnataka - 560 016

Phone No: 4964 7777 | Fax No: 4964 7744 | Email ID: enquiry@apolloh.com | www.apolloh.com

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**Mysore:** Mysore Road | Mysore - VV Mohalla

Online appointments: [www.apolloh.com](http://www.apolloh.com)

TO BOOK AN APPOINTMENT

 **1860 500 7788**

Patient's Name : Mrs Vaishnavi Naik	Age & sex : 32Yrs /Female
Date :14.04.2023	UHID No: 56307

Measurements

AO : 2.60 cm  
 LA : 2.90 cm  
  
 RV : 2.00 cm  
 LVIDd : 4.51 cm  
 LVIDs : 2.92 cm  
 IVSd : 1.00 cm  
 IVSs : 1.24 cm  
 PWd : 0.90 cm  
 PWs : 1.30 cm  
 EF : 63.0 %  
 FS : 33.0 %

Doppler

MV	TV	AV	PV
E: 0.83 m/s	E 0.51 m/s	V max 1.36 m/s	V max 0.88 m/s
A: 0.61 m/s	A 0.40 m/s		
MR Nil	TR Nil	AR Nil	PR Nil



**Dr. C.B. KESHAVAMURTHY MD, DM, DNB**  
**CONSULTANT CARDIOLOGIST**

**Apollo Health and Lifestyle Limited**

REGD. OFFICE: 110, 6th floor, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

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Online appointments: www.apollohosp.com

TO BOOK AN APPOINTMENT

**1860 500 7788**



Patient Name : Mrs.VAISHNAVI NAIK	Collected : 14/Apr/2023 10:03AM
Age/Gender : 32 Y 2 M 18 D/F	Received : 14/Apr/2023 12:56PM
UHID/MR No : CMYS.0000056307	Reported : 14/Apr/2023 02:30PM
Visit ID : CMYSOPV112807	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 520299086427	

**DEPARTMENT OF HAEMATOLOGY**

**ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324**

**PERIPHERAL SMEAR , WHOLE BLOOD-EDTA**

-



SIN No:BED230093109

Patient Name : Mrs.VAISHNAVI NAIK	Collected : 14/Apr/2023 10:03AM
Age/Gender : 32 Y 2 M 18 D/F	Received : 14/Apr/2023 12:56PM
UHID/MR No : CMYS.0000056307	Reported : 14/Apr/2023 02:25PM
Visit ID : CMYSOPV112807	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 520299086427	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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HEMOGRAM , WHOLE BLOOD-EDTA

HAEMOGLOBIN	11.5	g/dL	12-15	Spectrophotometer
PCV	35.70	%	36-46	Electronic pulse & Calculation
RBC COUNT	4.42	Million/cu.mm	3.8-4.8	Electrical Impedence
MCV	81	fL	83-101	Calculated
MCH	26	pg	27-32	Calculated
MCHC	32.2	g/dL	31.5-34.5	Calculated
R.D.W	16.3	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	8,800	cells/cu.mm	4000-10000	Electrical Impedence

DIFFERENTIAL LEUCOCYTIC COUNT (DLC)

NEUTROPHILS	61	%	40-80	Electrical Impedence
LYMPHOCYTES	28.4	%	20-40	Electrical Impedence
EOSINOPHILS	5.8	%	1-6	Electrical Impedence
MONOCYTES	4.7	%	2-10	Electrical Impedence
BASOPHILS	0.1	%	<1-2	Electrical Impedence

ABSOLUTE LEUCOCYTE COUNT

NEUTROPHILS	5368	Cells/cu.mm	2000-7000	Electrical Impedence
LYMPHOCYTES	2499.2	Cells/cu.mm	1000-3000	Electrical Impedence
EOSINOPHILS	510.4	Cells/cu.mm	20-500	
MONOCYTES	413.6	Cells/cu.mm	200-1000	Electrical Impedence
BASOPHILS	8.8	Cells/cu.mm	0-100	Electrical Impedence

PLATELET COUNT

PLATELET COUNT	321000	cells/cu.mm	150000-410000	Electrical impedence
ERYTHROCYTE SEDIMENTATION RATE (ESR)	16	mm at the end of 1 hour	0-20	Modified Westergren

PERIPHERAL SMEAR

RBCs- Majority are normocytic normochromic. Also seen are normocytic hypochromic RBCs

WBCs - are normal in number and morphology with increase in eosinophils.

Platelets - Adequate in number and are seen in clumps & singles

Hemoparasites - Not seen

IMP: NORMOCYTIC NORMOCHROMIC ANEMIA WITH EOSINOPHILIA.



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**DEPARTMENT OF HAEMATOLOGY**

**ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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<b>BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD-EDTA</b>				
BLOOD GROUP TYPE	AB			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination



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**DEPARTMENT OF BIOCHEMISTRY**

**ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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GLUCOSE, FASTING , NAF PLASMA	96	mg/dL	70-100	GOD - POD
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**Comment:**

**As per American Diabetes Guidelines**

Fasting Glucose Values in mg/d L	Interpretation
<100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes



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ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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HBA1C, GLYCATED HEMOGLOBIN , WHOLE BLOOD-EDTA	5.2	%		HPLC
ESTIMATED AVERAGE GLUCOSE (eAG) , WHOLE BLOOD-EDTA	103	mg/dL		Calculated

**Comment:**

Reference Range as per American Diabetes Association (ADA):

REFERENCE GROUP	HBA1C IN %
NON DIABETIC ADULTS >18 YEARS	<5.7
AT RISK (PREDIABETES)	5.7 – 6.4
DIAGNOSING DIABETES	≥ 6.5
DIABETICS	
· EXCELLENT CONTROL	6 – 7
· FAIR TO GOOD CONTROL	7 – 8
· UNSATISFACTORY CONTROL	8 – 10
· POOR CONTROL	>10

Note: Dietary preparation or fasting is not required.

1. A1C test should be performed at least two times a year in patients who are meeting treatment goals (and who have stable glycemic control).
2. Lowering A1C to below or around 7% has been shown to reduce microvascular and neuropathic complications of type 1 and type 2 diabetes. When mean annual HbA1c is <1.1 times ULN (upper limit of normal), renal and retinal complications are rare, but complications occur in >70% of cases when HbA1c is >1.7 times ULN.
3. Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect erythrocyte survival are present. Fructosamine may be used as an alternate measurement of glycemic control





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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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LIPID PROFILE , SERUM

TOTAL CHOLESTEROL	174	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	87	mg/dL	<150	Enzymatic
HDL CHOLESTEROL	40	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	134	mg/dL	<130	Calculated
LDL CHOLESTEROL	116.6	mg/dL	<100	Calculated
VLDL CHOLESTEROL	17.4	mg/dL	<30	Calculated
CHOL / HDL RATIO	4.35		0-4.97	Calculated

Comment:

Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.

	Desirable	Borderline High	High	Very High
TOTAL CHOLESTEROL	< 200	200 - 239	≥ 240	
TRIGLYCERIDES	<150	150 - 199	200 - 499	≥ 500
LDL	Optimal < 100 Near Optimal 100-129	130 - 159	160 - 189	≥ 190
HDL	≥ 60			
NON-HDL CHOLESTEROL	Optimal <130; Above Optimal 130-159	160-189	190-219	>220

Measurements in the same patient can show physiological and analytical variations.

NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.



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**DEPARTMENT OF BIOCHEMISTRY**

**ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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LIVER FUNCTION TEST (LFT) , SERUM				
BILIRUBIN, TOTAL	1.00	mg/dL	0.20-1.20	DIAZO METHOD
BILIRUBIN CONJUGATED (DIRECT)	0.20	mg/dL	0.0-0.3	Calculated
BILIRUBIN (INDIRECT)	0.80	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	18	U/L	<35	Visible with P-5-P
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	25.0	U/L	14-36	UV with P-5-P
ALKALINE PHOSPHATASE	86.00	U/L	38-126	p-nitrophenyl phosphate
PROTEIN, TOTAL	7.60	g/dL	6.3-8.2	Biuret
ALBUMIN	4.30	g/dL	3.5 - 5	Bromocresol Green
GLOBULIN	3.30	g/dL	2.0-3.5	Calculated
A/G RATIO	1.3		0.9-2.0	Calculated



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**DEPARTMENT OF BIOCHEMISTRY**

**ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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**RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT) , SERUM**

CREATININE	0.80	mg/dL	0.5-1.04	Creatinine amidohydrolase
UREA	21.60	mg/dL	15-36	Urease
BLOOD UREA NITROGEN	10.1	mg/dL	8.0 - 23.0	Calculated
URIC ACID	2.90	mg/dL	2.5-6.2	Uricase
CALCIUM	9.40	mg/dL	8.4 - 10.2	Arsenazo-III
PHOSPHORUS, INORGANIC	3.80	mg/dL	2.5-4.5	PMA Phenol
SODIUM	145	mmol/L	135-145	Direct ISE
POTASSIUM	5.0	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	107	mmol/L	98 - 107	Direct ISE



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**DEPARTMENT OF BIOCHEMISTRY**

**ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
<b>GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM</b>	19.00	U/L	12-43	Glycylcysteine Nitoranalide



SIN No:SE04348916



Patient Name : Mrs.VAISHNAVI NAIK	Collected : 14/Apr/2023 10:03AM
Age/Gender : 32 Y 2 M 18 D/F	Received : 14/Apr/2023 03:36PM
UHID/MR No : CMYS.0000056307	Reported : 14/Apr/2023 04:37PM
Visit ID : CMYSOPV112807	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 520299086427	

**DEPARTMENT OF IMMUNOLOGY**

**ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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**THYROID PROFILE (TOTAL T3, TOTAL T4, TSH) , SERUM**

TRI-IODOTHYRONINE (T3, TOTAL)	0.71	ng/mL	0.64-1.52	CMIA
THYROXINE (T4, TOTAL)	5.80	µg/dL	4.87-11.72	CMIA
THYROID STIMULATING HORMONE (TSH)	<b>8.070</b>	µIU/mL	0.35-4.94	CMIA

**Comment:**

Serum TSH concentrations exhibit a diurnal variation with the peak occurring during the night and the nadir occurring between 10 a.m. and 4 p.m. In primary hypothyroidism, thyroid-stimulating hormone (TSH) levels will be elevated. In primary hyperthyroidism, TSH levels will be low. Elevated or low TSH in the context of normal free thyroxine is often referred to as subclinical hypo- or hyperthyroid-ism, respectively. Physiological rise in Total T3 / T4 levels is seen in pregnancy and in patients on steroid therapy.

Recommended test for T3 and T4 is unbound fraction or free levels as it is metabolically active.

**Note:**

For pregnant females	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 - 3.0
Third trimester	0.3 - 3.0





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Visit ID : CMYSOPV112807	Status : Final Report
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**DEPARTMENT OF CLINICAL PATHOLOGY**

**ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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**COMPLETE URINE EXAMINATION , URINE**

**PHYSICAL EXAMINATION**

COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
pH	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.025		1.002-1.030	Dipstick

**BIOCHEMICAL EXAMINATION**

URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GOD-POD
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	NITROPRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	EHRlich
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	Dipstick

**CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY**

PUS CELLS	4 - 6	/hpf	0-5	Microscopy
EPITHELIAL CELLS	2 - 3	/hpf	<10	MICROSCOPY
RBC	NIL	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY
OTHERS	NIL			MICROSCOPY




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Test Name	Result	Unit	Bio. Ref. Range	Method
URINE GLUCOSE(FASTING)	NEGATIVE		NEGATIVE	Dipstick

\*\*\* End Of Report \*\*\*



Dr. PAVAN KUMAR M  
M.B.B.S,M.D(Pathology)  
Consultant Pathologist

