



BHAILAL AMIN  
GENERAL HOSPITAL



H-2015-0297



MC-3004



E-2021-0037



### CONCLUSION OF HEALTH CHECKUP

ECU Number : 834	MR Number : 22913969	Patient Name: RESHMA SINGH
Age : 32	Sex : Female	Height : 162
Weight : 63	Ideal Weight : 60	BMI : 24.01
Date : 24/12/2022		

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.



ECU Number : 834                      MR Number : 22913969                      Patient Name: RESHMA SINGH  
Age : 32                                      Sex : Female                                      Height : 162  
Weight : 63                                      Ideal Weight : 60                                      BMI : 24.01  
Date : 24/12/2022

Past H/O : P/H/O THYROID DURING PREGNANCY - 1 YRS  
            P/H/O :- LSCS

Present H/O : NO MEDICAL COMPLAIN AT PRESENT

Family H/O : F/H/O MOTHER: HYPERTENSION

Habits : NO HABITS  
Gen.Exam. : G.C.GOOD  
B.P : 110/70 mm Hg  
Pulse : 90/MIN REG  
Others : SPO2-99%  
C.V.S : CLINICALLY NAD  
R.S. : CLINICALLY NAD  
Abdomen : NP  
Spleen : NP  
Skin : NAD  
C.N.S : NAD  
Advice :



ECU Number : 834                      MR Number : 22913969                      Patient Name: RESHMA SINGH  
 Age : 32                                      Sex : Female                                      Height : 162  
 Weight : 63                                      Ideal Weight : 60                                      BMI : 24.01  
 Date : 24/12/2022

**Ophthalmic Check Up :**

**Right**

**Left**

Ext Exam		NIL
Vision Without Glasses	-0.50-0.75 D SPH 80	-0.50-0.75 D SPH 125
Vision With Glasses	6/6 N.5	6/6 N.5
Final Correction	NA	NA
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

### Dietary Assesment

ECU Number : 834      MR Number : 22913969      Patient Name: RESHMA SINGH  
Age : 32      Sex : Female      Height : 162  
Weight : 63      Ideal Weight : 60      BMI : 24.01  
Date : 24/12/2022

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 : Mrs. RESHMA SINGH Type : OPD  
 Gender / Age : Female / 32 Years 2 Months 25 Days Request No. : 95447  
 MR No / Bill No. : 22913969 / 231056659 Request Date : 24/12/2022 09:38 AM  
 Consultant : Dr. Manish Mittal Collection Date : 24/12/2022 10:07 AM  
 Location : OPD Approval Date : 24/12/2022 03:19 PM

**CBC + ESR**

Test	Result	Units	Biological Ref. Range
<b>Haemoglobin.</b>			
Haemoglobin	12.0	gm/dL	12 - 15
Red Blood Cell Count (T-RBC)	<b>4.88</b>	mill/cmm	3.8 - 4.8
Hematocrit (HCT)	38.4	%	36 - 46
Mean Corpuscular Volume (MCV)	<b>78.7</b>	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	<b>24.6</b>	pg	27 - 32
MCH Concentration (MCHC)	<b>31.3</b>	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	<b>14.5</b>	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	42.3	fl	39 - 46
<b>Total Leucocyte Count (TLC)</b>			
Total Leucocyte Count (TLC)	5.89	thou/cmm	4 - 10
<b>Differential Leucocyte Count</b>			
Polymorphs	70	%	40 - 80
Lymphocytes	26	%	20 - 40
Eosinophils	1	%	1 - 6
Monocytes	3	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	4.15	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	1.50	thou/cmm	1 - 3
Eosinophils (Abs. Value)	<b>0.06</b>	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	<b>0.15</b>	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.03	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.0	%	1 - 3 : Borderline > 3 : Significant
<b>Platelet Count</b>			
Platelet Count	285	thou/cmm	150 - 410
Smear evaluation	Adequate		
ESR	<b>16</b>	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.



Patient Name	: Mrs. RESHMA SINGH	Type	: OPD
Gender / Age	: Female / 32 Years 2 Months 25 Days	Request No.	: 95447
MR No / Bill No.	: 22913969 / 231056659	Request Date	: 24/12/2022 09:38 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.



Patient Name : Mrs. RESHMA SINGH Type : OPD  
 Gender / Age : Female / 32 Years 2 Months 25 Days Request No. : 95447  
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**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 ----

Dr. Rakesh Vaidya  
MD (Path), DCP.

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mrs. RESHMA SINGH Type : OPD  
Gender / Age : Female / 32 Years 2 Months 25 Days Request No. : 95447  
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**Fasting Plasma Glucose**

Test	Result	Units	Biological Ref. Range
<i>Fasting Plasma Glucose</i>			
Fasting Plasma Glucose	83	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	88	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimesion

--- 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.





Patient Name : Mrs. RESHMA SINGH Type : OPD  
 Gender / Age : Female / 32 Years 2 Months 25 Days Request No. : 95447  
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**HbA1c (Glycosylated Hb)**

Test	Result	Units	Biological Ref. Range
<b>HbA1c (Glycosylated Hb)</b>			
Glycosylated Heamoglobin (HbA1c)	4.7	%	
estimated Average Glucose (e AG) *	88.19	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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**Complete Lipid Profile**

Test	Result	Units	Biological Ref. Range
<b>Complete Lipid Profile</b>			
Appearance	Clear		
Triglycerides	93	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	<b>209</b>	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	<b>74</b>	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)	135	mg/dL	1 - 130
<i>(Non- HDL Cholesterol)</i>			
< 130 Desirable			
139-159 Borderline High			
160-189 High			
> 191 Very High)			
LDL Cholesterol	<b>113</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)	18.6	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	1.53		2.1 - 3.5
T. Ch./HDL Ch. Ratio	2.82		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

--- End of Report ---

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 Location : OPD

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## Renal Function Test (RFT)

Test	Result	Units	Biological Ref. Range
Urea <i>(By Urease Kinetic method on RXL. Dade Dimension)</i>	15	mg/dL	10 - 45
Creatinine <i>(By Modified Kinetic Jaffe Technique)</i>	0.61	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>	3.9	mg/dL	2.2 - 5.8

--- End of Report ---

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 Location : OPD Approval Date : 24/12/2022 03:19 PM

**Liver Function Test (LFT)**

Test	Result	Units	Biological Ref. Range
<b>Bilirubin</b>			
Bilirubin - Total	0.28	mg/dL	0 - 1
Bilirubin - Direct	0.08	mg/dL	0 - 0.3
Bilirubin - Indirect	0.2	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	15	U/L	13 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	24	U/L	14 - 59
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	97	U/L	42 - 98
<i>(BY PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	21	U/L	5 - 55
<i>(By IFCC method on RXL Dade Dimension.)</i>			
<b>Total Protein</b>			
Total Proteins	<u>8.22</u>	gm/dL	6.4 - 8.2
Albumin	4.03	gm/dL	3.4 - 5
Globulin	4.19	gm/dL	3 - 3.2
A : G Ratio	0.96		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

---- End of Report ----

Dr. Rakesh Vaidya  
MD (Path), DCP.



Patient Name : Mrs. RESHMA SINGH  
 Gender / Age : Female / 32 Years 2 Months 25 Days  
 MR No / Bill No. : 22913969 / 231056659  
 Consultant : Dr. Manish Mittal  
 Location : OPD

Type : OPD  
 Request No. : 95447  
 Request Date : 24/12/2022 09:38 AM  
 Collection Date : 24/12/2022 10:07 AM  
 Approval Date : 24/12/2022 03:19 PM

## Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
Triiodothyronine (T3)	1.31	ng/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
<i>Reference interval (ng/ml)</i>			
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		
<i>( Reference : Tietz - Clinical guide to laboratory test, 4th edition )</i>			
Thyroxine (T4)	9.52	mcg/dL	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
<i>Reference interval (mcg/dL)</i>			
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		
<i>( Reference : Tietz - Clinical guide to laboratory test, 4th edition )</i>			
Thyroid Stimulating Hormone (US-TSH)	11.57	microIU/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
<i>Reference interval (microIU/ml)</i>			
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		
<i>Pregnancy :</i>			
1st trimester	: 0.3 - 4.5		
2nd trimester	: 0.5 - 4.6		
3rd trimester	: 0.8 - 5.2		
<i>( Reference : Tietz - Clinical guide to laboratory test, 4th edition )</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 / repeat may be requested.

— End of Report —

Dr. Rakesh Vaidya  
MD (Path). DCP.



Patient Name	: Mrs. RESHMA SINGH	Type	: OPD
Gender / Age	: Female / 32 Years 2 Months 25 Days	Request No.	: 95447
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**Urine routine analysis (Auto)**

Test	Result	Units	Biological Ref. Range
<b>Physical Examination</b>			
Quantity	40	mL	
Colour	Pale Yellow		
Appearance	Clear		
<b>Chemical Examination (By Reagent strip method)</b>			
pH	6.0		
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
Bile Salt	Absent		Absent
Leucocytes	Trace		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 - 1	/hpf	0 - 2
Leucocytes	1 - 5	/hpf	0 - 5
Epithelial Cells	5 - 10	/hpf	0 - 5
Casts	Nil	/hpf	Nil
Crystals	Nil	/hpf	Nil
Mucus	Absent	/hpf	Absent
Organism	Absent		

---- End of Report ----

Dr. Rakesh Vaidya  
MD (Path), DCP.



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- Ultra High Resolution Sonography
- Multi-Detector CT Scan
- Mammography
- Interventional Radiology
- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

Patient No. : 22913969      Report Date : 24/12/2022  
Request No. : 190046074      24/12/2022 9.38 AM  
Patient Name : Mrs. RESHMA SINGH  
Gender / Age : Female / 32 Years 2 Months 25 Days

**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

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



H-2015-0297

MC-3004

E-2021-0037

ESTD. 1826



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- Interventional Radiology
- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

Patient No. : 22913969      Report Date : 24/12/2022  
Request No. : 190046068      24/12/2022 9.38 AM  
Patient Name : **Mrs. RESHMA SINGH**  
Gender / Age : Female / 32 Years 2 Months 25 Days

**USG : Abdomen (Excluding Pelvis) Or Upper Abdomen**

Liver is normal in size and echo pattern. No mass lesion identified. The hepatic veins 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 echo pattern.

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.	107 mm.
A.P. :	46 mm.	46 mm.

Uterus is anteverted, normal in size and echo pattern. Endometrium thickness is about 5 mm. No obvious mass lesion seen.

Uterine length :	85 mm.
A.P. :	40 mm.

Both ovaries reveal small follicles.  
Right ovary measures 27mm x 13mm. in size.  
Left ovary measures 33mm x 16mm. in size.

Urinary bladder is well distended and appears normal.

No ascites.

**COMMENT:**

**No obvious abnormality seen.**

*Kindly correlate clinically*

*(Signature)*

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



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



Patient No. : 22913969 Report Date : 24/12/2022

Request No. : 190046119 24/12/2022 9.38 AM

Patient Name : Mrs. RESHMA SINGH

Gender / Age : Female / 32 Years 2 Months 25 Days

### Echo Color Doppler

MITRAL VALVE : NORMAL, NO MS, NO MR  
AORTIC VALVE : TRILEAFLET, NO AS, NO AR  
TRICUSPID VALVE : NORMAL, TRIVIAL 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, TRIVIAL TR, NO PAH

### FINAL CONCLUSION:

1. NORMAL SIZED ALL CARDIAC CHAMBERS, NO LVH
2. NORMAL LV SYSTOLIC FUNCTION LVEF – 65%
3. NO RESTING REGIONAL WALL MOTION ABNORMALITY
4. NORMAL ALL CARDIAC VALVES STRUCTURALLY AND FUNCTIONALLY
5. NO MITRAL / AORTIC STENOSIS, INTACT IAS // IVS
6. NORMAL RIGHT HEART SIZE AND RV PRESSURES
7. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.

  
DR. KILLOOL KANERIA, M.D., D.M., CARD.

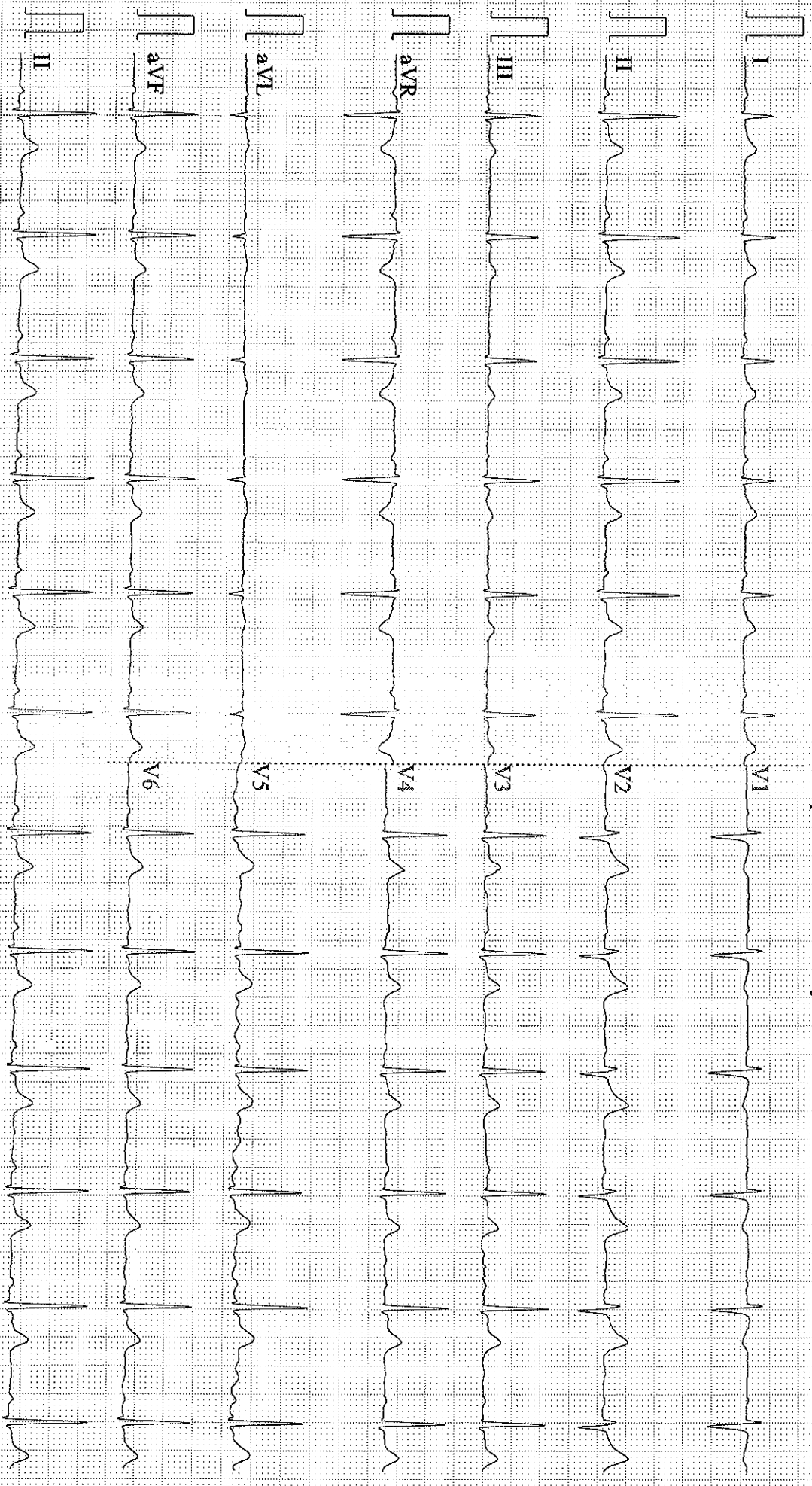
24-12-2022 13:32:03  
ID: 22913969  
Mrs. Reshma Singh  
Female 32Years

Contrast 225.166.05

HR	: 71	bpm
P	: 90	ms
PR	: 163	ms
QRS	: 82	ms
QT/QTc	: 374/408	ms
P/ORS/ST	: 36/6/7/46	°
RV5/SVI	: 1.194/0.634	mV

Diagnosis Information:  
Sinus Rhythm  
\*\*\*Normal ECG\*\*\*

Report Confirmed by:



0.67~25Hz AC50 25mm/s 10mm/mV 2\*5s+1r 71 V193 SEMIP V1.7