

Patient Name : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:44AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 02:50PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

PERIPHERAL SMEAR , WHOLE BLOOD-EDTA

Methodology : Microscopic
RBC : Normocytic normochromic
WBC : Normal in number, morphology and distribution. No abnormal cells seen
Platelets : Adequate in Number
Parasites : No Haemoparasites seen
IMPRESSION : Normocytic normochromic blood picture
Note/Comment : Please Correlate clinically



SIN No:BED230075918

Patient Name : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:44AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 02:50PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

HEMOGRAM , WHOLE BLOOD-EDTA

HAEMOGLOBIN	12.9	g/dL	13-17	Spectrophotometer
PCV	43.50	%	40-50	Electronic pulse & Calculation
RBC COUNT	5.97	Million/cu.mm	4.5-5.5	Electrical Impedence
MCV	73	fL	83-101	Calculated
MCH	21.6	pg	27-32	Calculated
MCHC	29.6	g/dL	31.5-34.5	Calculated
R.D.W	17.5	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	8,800	cells/cu.mm	4000-10000	Electrical Impedence

DIFFERENTIAL LEUCOCYtic COUNT (DLC)

NEUTROPHILS	55	%	40-80	Electrical Impedence
LYMPHOCYTES	38	%	20-40	Electrical Impedence
EOSINOPHILS	02	%	1-6	Electrical Impedence
MONOCYTES	05	%	2-10	Electrical Impedence
BASOPHILS	00	%	<1-2	Electrical Impedence

ABSOLUTE LEUCOCYTE COUNT

NEUTROPHILS	4840	Cells/cu.mm	2000-7000	Electrical Impedence
LYMPHOCYTES	3344	Cells/cu.mm	1000-3000	Electrical Impedence
EOSINOPHILS	176	Cells/cu.mm	20-500	Electrical Impedence
MONOCYTES	440	Cells/cu.mm	200-1000	Electrical Impedence
PLATELET COUNT	323000	cells/cu.mm	150000-410000	Electrical impedence
ERYTHROCYTE SEDIMENTATION RATE (ESR)	05	mm at the end of 1 hour	0-15	Modified Westergren

PERIPHERAL SMEAR

Methodology : Microscopic
RBC : Normocytic normochromic
WBC : Normal in number, morphology and distribution. No abnormal cells seen
Platelets : Adequate in Number
Parasites : No Haemoparasites seen
IMPRESSION : Normocytic normochromic blood picture
Note/Comment : Please Correlate clinically



SIN No:BED230075918

Apollo Speciality Hospitals Private Limited

(Formerly known as a Nova Speciality Hospitals Private Limited)

CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016

Address:

156, Famous Cine Labs, Behind Everest Building, Tardeo (Mumbai Central), Mumbai, Maharashtra
Ph: 022 4332 4500

Patient Name : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:44AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 02:48PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD-EDTA

BLOOD GROUP TYPE	B			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination



SIN No:BED230075918

Apollo Speciality Hospitals Private Limited

(Formerly known as a Nova Speciality Hospitals Private Limited)

CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016

Address:

156, Famous Cine Labs, Behind Everest Building, Tardeo (Mumbai Central), Mumbai, Maharashtra
Ph: 022 4332 4500

Patient Name : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 02:58PM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 03:57PM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 05:11PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

GLUCOSE, FASTING , NAF PLASMA	114	mg/dL	70-100	GOD - POD
-------------------------------	-----	-------	--------	-----------

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

GLUCOSE, POST PRANDIAL (PP), 2 HOURS , NAF PLASMA	86	mg/dL	70-140	GOD - POD
---	----	-------	--------	-----------

Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Ref: Marks medical biochemistry and clinical approach



Patient Name : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:31AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 03:52PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

LIPID PROFILE , SERUM

TOTAL CHOLESTEROL	206	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	105	mg/dL	<150	
HDL CHOLESTEROL	44	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	162	mg/dL	<130	Calculated
LDL CHOLESTEROL	141	mg/dL	<100	Calculated
VLDL CHOLESTEROL	21	mg/dL	<30	Calculated
CHOL / HDL RATIO	4.68		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.



Patient Name : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:31AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 03:52PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

LIVER FUNCTION TEST (LFT) , SERUM				
BILIRUBIN, TOTAL	0.40	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.10	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.30	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	18	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	18.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	86.00	U/L	32-111	IFCC
PROTEIN, TOTAL	7.60	g/dL	6.7-8.3	BIURET
ALBUMIN	5.10	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	2.50	g/dL	2.0-3.5	Calculated
A/G RATIO	2.04		0.9-2.0	Calculated



Patient Name : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:31AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 03:52PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT) , SERUM

CREATININE	0.95	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	19.70	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	9.2	mg/dL	8.0 - 23.0	Calculated
URIC ACID	4.80	mg/dL	4.0-7.0	URICASE
CALCIUM	9.90	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	4.20	mg/dL	2.6-4.4	PNP-XOD
SODIUM	139	mmol/L	135-145	Direct ISE
POTASSIUM	4.5	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	101	mmol/L	98-107	Direct ISE



Patient Name : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:31AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 03:52PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM	53.00	U/L	16-73	Glycylglycine Kinetic method



Patient Name : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 01:42PM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 03:54PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

COMPLETE URINE EXAMINATION , URINE

PHYSICAL EXAMINATION

COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	SLIGHTLY HAZY		CLEAR	Visual
pH	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.030		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	NEGATIVE		NORMAL	EHRlich
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS

CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY

PUS CELLS	6-8	/hpf	0-5	Microscopy
EPITHELIAL CELLS	0-1	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

*** End Of Report ***



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

Page 9 of 9



SIN No:UR2085416

Apollo Speciality Hospitals Private Limited

(Formerly known as a Nova Speciality Hospitals Private Limited)

CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016

Address:

156, Famous Cine Labs, Behind Everest Building, Tardeo (Mumbai Central), Mumbai, Maharashtra
Ph: 022 4332 4500

Name: Avinash Parodit

Date: 25/3/23

Age: 50 male

Present Complaints: No

Present Medications: No

Personal History:

Unmarried/Married

Diet: Veg/Mixed

Sleep: Normal/Disturbed/Snoring

Alcohol: No

Tobacco: Chews/Smokes No

Bowel: (N)

Bladder: (N)

Physical Activities: Active/Moderate/Sedentary

Allergy: No

Menstrual History: —

Past Medical History: No

Family History: Mother: Abdominal cancer

Physical Examination findings

Investigations:

Pulse: 75 /min

BP: 110/90 mm/hg

Red Lipid / PPS

No Pallor/icterus/cyanosis/clubbing/edema

Advice:

RS: (N)

① Avoid oil / glue / fried food / sugar / sweets

CVS: (N)

② tomorrow walk 45 min daily

P/Abdo: (N)

③ Repeat Lipid / Sugar after 2 months

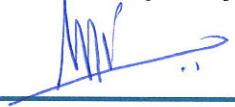
CNS: (N)

Musculoskeletal: (N)



Dr. (Mrs.) CHHAYA P. VAJA
M. D. (MUM)
Physician & Cardiologist
Reg. No. 56942

Dr. Chhaya Vaja



APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED

(Formerly known as Nova Specialty Hospitals Private Limited)

CIN: U85100KA2009PTC049961

Registered Office : #7-1-617/A, 615 & 616, Imperial Towers, 7th Floor, Opp. Ameerpet Metro Station, Ameerpet, Hyderabad, Telangana, Pin-500038.

BENGALURU | CHENNAI | DELHI | JAIPUR | KANPUR | MUMBAI | PUNE

TOU Patient Name	: Mr.AVINASH GANPAT PANDIT	Collected	: 25/Mar/2023 09:52AM
Age/Gender	: 50 Y 2 M 28 D/M	Received	: 25/Mar/2023 11:44AM
UHID/MR No	: STAR.0000055338	Reported	: 25/Mar/2023 02:50PM
Visit ID	: STAROPV57990	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: 46799		

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

PERIPHERAL SMEAR , WHOLE BLOOD-EDTA

Methodology : Microscopic
 RBC : Normocytic normochromic
 WBC : Normal in number, morphology and distribution. No abnormal cells seen
 Platelets : Adequate in Number
 Parasites : No Haemoparasites seen
 IMPRESSION : Normocytic normochromic blood picture
 Note/Comment : Please Correlate clinically



Patient Name ^S : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:44AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 02:50PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

HEMOGRAM , WHOLE BLOOD-EDTA

HAEMOGLOBIN	12.9	g/dL	13-17	Spectrophotometer
PCV	43.50	%	40-50	Electronic pulse & Calculation
RBC COUNT	5.97	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	73	fL	83-101	Calculated
MCH	21.6	pg	27-32	Calculated
MCHC	29.6	g/dL	31.5-34.5	Calculated
R.D.W	17.5	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	8,800	cells/cu.mm	4000-10000	Electrical Impedance

DIFFERENTIAL LEUCOCYTIC COUNT (DLC)

NEUTROPHILS	55	%	40-80	Electrical Impedance
LYMPHOCYTES	38	%	20-40	Electrical Impedance
EOSINOPHILS	02	%	1-6	Electrical Impedance
MONOCYTES	05	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance

ABSOLUTE LEUCOCYTE COUNT

NEUTROPHILS	4840	Cells/cu.mm	2000-7000	Electrical Impedance
LYMPHOCYTES	3344	Cells/cu.mm	1000-3000	Electrical Impedance
EOSINOPHILS	176	Cells/cu.mm	20-500	Electrical Impedance
MONOCYTES	440	Cells/cu.mm	200-1000	Electrical Impedance
PLATELET COUNT	323000	cells/cu.mm	150000-410000	Electrical impedance
ERYTHROCYTE SEDIMENTATION RATE (ESR)	05	mm at the end of 1 hour	0-15	Modified Westergren

PERIPHERAL SMEAR

Methodology : Microscopic
RBC : Normocytic normochromic
WBC : Normal in number, morphology and distribution. No abnormal cells seen
Platelets : Adequate in Number
Parasites : No Haemoparasites seen
IMPRESSION : Normocytic normochromic blood picture
Note/Comment : Please Correlate clinically



Patient Name : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:44AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 02:48PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD-EDTA				
BLOOD GROUP TYPE	B			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination



Patient Names : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 02:58PM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 03:57PM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 05:11PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

GLUCOSE, FASTING , NAF PLASMA	114	mg/dL	70-100	GOD - POD
-------------------------------	-----	-------	--------	-----------

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

GLUCOSE, POST PRANDIAL (PP), 2 HOURS , NAF PLASMA	86	mg/dL	70-140	GOD - POD
---	----	-------	--------	-----------

Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Ref: Marks medical biochemistry and clinical approach



Patient Name : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:31AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 03:52PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

LIPID PROFILE , SERUM

TOTAL CHOLESTEROL	206	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	105	mg/dL	<150	
HDL CHOLESTEROL	44	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	162	mg/dL	<130	Calculated
LDL CHOLESTEROL	141	mg/dL	<100	Calculated
VLDL CHOLESTEROL	21	mg/dL	<30	Calculated
CHOL / HDL RATIO	4.68		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.



Patient Name ^S : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:31AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 03:52PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

LIVER FUNCTION TEST (LFT) , SERUM				
Test Name	Result	Unit	Bio. Ref. Range	Method
BILIRUBIN, TOTAL	0.40	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.10	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.30	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	18	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	18.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	86.00	U/L	32-111	IFCC
PROTEIN, TOTAL	7.60	g/dL	6.7-8.3	BIURET
ALBUMIN	5.10	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	2.50	g/dL	2.0-3.5	Calculated
A/G RATIO	2.04		0.9-2.0	Calculated



Patient Name : Mr.AVINASH GANPAT PANDIT Age/Gender : 50 Y 2 M 28 D/M UHID/MR No : STAR.0000055338 Visit ID : STAROPV57990 Ref Doctor : Dr.SELF Emp/Auth/TPA ID : 46799	Collected : 25/Mar/2023 09:52AM Received : 25/Mar/2023 11:31AM Reported : 25/Mar/2023 03:52PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
---	--

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT) , SERUM				
Test Name	Result	Unit	Bio. Ref. Range	Method
CREATININE	0.95	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	19.70	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	9.2	mg/dL	8.0 - 23.0	Calculated
URIC ACID	4.80	mg/dL	4.0-7.0	URICASE
CALCIUM	9.90	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	4.20	mg/dL	2.6-4.4	PNP-XOD
SODIUM	139	mmol/L	135-145	Direct ISE
POTASSIUM	4.5	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	101	mmol/L	98-107	Direct ISE



Patient Name ^S : Mr.AVINASH GANPAT PANDIT	Collected : 25/Mar/2023 09:52AM
Age/Gender : 50 Y 2 M 28 D/M	Received : 25/Mar/2023 11:31AM
UHID/MR No : STAR.0000055338	Reported : 25/Mar/2023 03:52PM
Visit ID : STAROPV57990	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 46799	

DEPARTMENT OF BIOCHEMISTRY				
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324				
Test Name	Result	Unit	Bio. Ref. Range	Method

GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM	53.00	U/L	16-73	Glycylglycine Kinetic method
---	-------	-----	-------	------------------------------



Patient Name	: Mr.AVINASH GANPAT PANDIT	Collected	: 25/Mar/2023 09:52AM
Age/Gender	: 50 Y 2 M 28 D/M	Received	: 25/Mar/2023 01:42PM
UHID/MR No	: STAR.0000055338	Reported	: 25/Mar/2023 03:54PM
Visit ID	: STAROPV57990	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: 46799		

DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

COMPLETE URINE EXAMINATION , URINE

PHYSICAL EXAMINATION

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

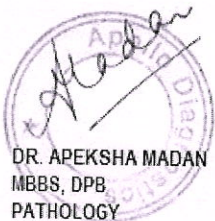
BIOCHEMICAL EXAMINATION

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	NEGATIVE		NORMAL	EHRlich
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS

CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY

PUS CELLS	6-8	/hpf	0-5	Microscopy
EPITHELIAL CELLS	0-1	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

*** End Of Report ***



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY



Ajineesh Pandit
25/3/2023

HR 75 bpm

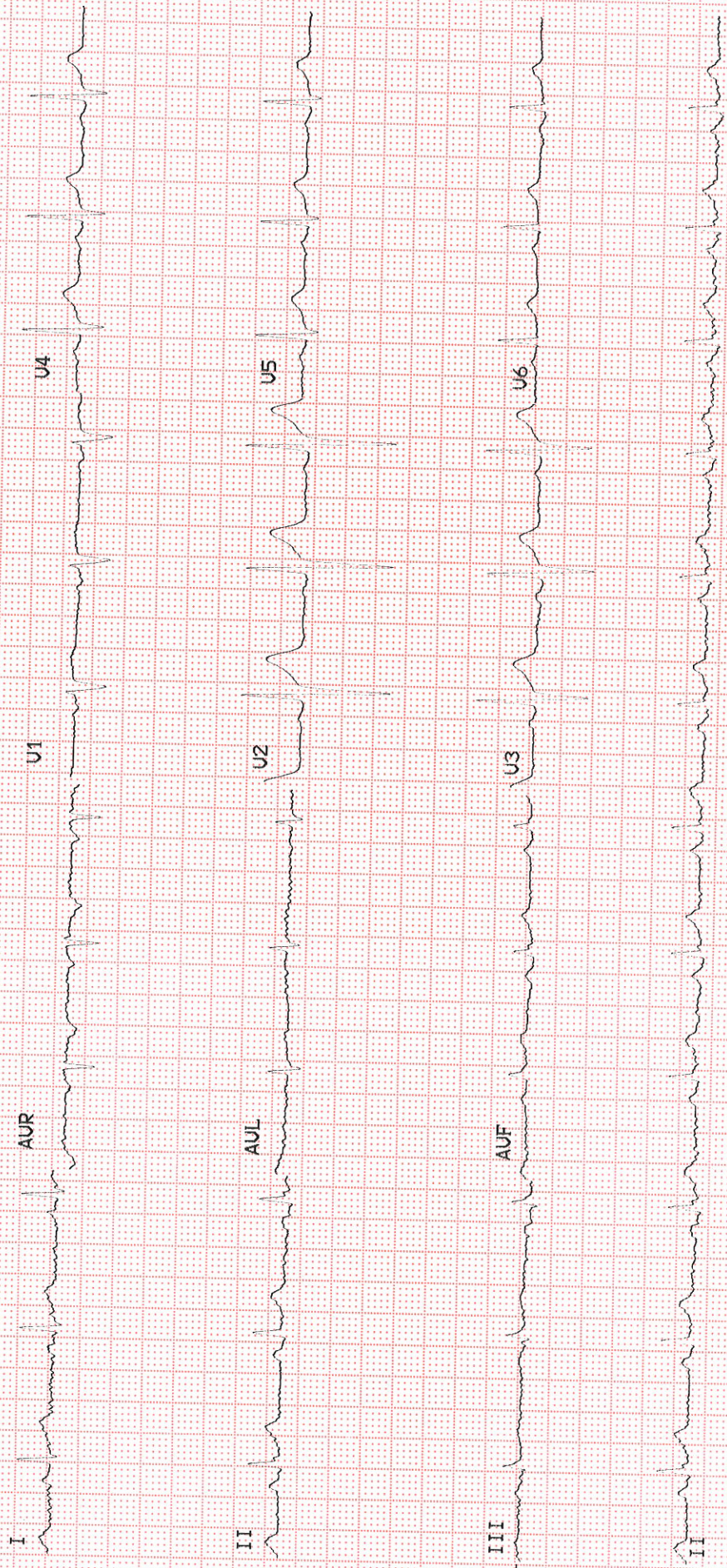


Dr. (Mrs.) CHHAYA P. VAHA
Physician & Cardiologist
Reg. No. 56942

Unconfirmed report.

Interpretation:
normal ECG

Measurement Results:					
QRS	98 ms	< P	< T	< QRS	
QT/QTcB	362 / 404 ms	-90			
PR	156 ms	aUR			
P	100 ms	aVL			
RR/PP	802 / 800 ms	0 I			
P/QRS/T	55 / 25 / 50 degrees	III +90	II		
QT/QTcBD	54 / 60 ms	aUF			
Sokolow	1.2 mV				
NK	10				



Patient Name : Mr. Avinash Ganpat Pandit
UHID : STAR.0000055338
Reported on : 25-03-2023 11:05
Adm/Consult Doctor :

Age : 50 Y M
OP Visit No : STAROPV57990
Printed on : 25-03-2023 11:06
Ref Doctor : SELF

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .

No obvious active pleuro-parenchymal lesion seen .

Both costophrenic and cardiophrenic angles are clear .

Both diaphragms are normal in position and contour .

Thoracic wall and soft tissues appear normal.

CONCLUSION :

No obvious abnormality seen.

Printed on:25-03-2023 11:05

---End of the Report---



Dr. VINOD SHETTY
Radiology

Name : Mr. Avinash Pandit
Age : 50 Year(s)

Date : 25/03/2023
Sex : Male
Visit Type : OPD

ECHO Cardiography

Comments:

Normal cardiac dimensions.
Structurally normal valves.
No evidence of LVH.
Intact IAS/IVS.
No evidence of regional wall motion abnormality.
Normal LV systolic function (LVEF 60%).
No diastolic dysfunction.
Normal RV systolic function.
No intracardiac clots / vegetation/ pericardial effusion.
No evidence of pulmonary hypertension. PASP=35mmHg.
IVC 17mm collapsing with respiration.

Final Impression:

NORMAL 2DECHOCARDIOGRAPHY REPORT.



DR. CHHAYA P. VAJA. M. D. (MUM)
NONINVASIVE CARDIOLOGIST

Name : Mr.Avinash Pandit
Age : 50 Year(s)

Date : 25/03/2023
Sex : Male
Visit Type : OPD

Dimension:

EF Slope	130mm/sec
EPSS	05mm
LA	32mm
AO	30mm
LVID (d)	28mm
LVID(s)	25mm
IVS (d)	11mm
LVPW (d)	11mm
LVEF	60% (visual)



DR. CHHAYA P. VAJA. M. D.(MUM)
NONINVASIVE CARDIOLOGIST

Specialists in Surgery

Patient Name : MR. AVINASH PANDIT
Ref. by : HEALTH CHECK UP

Date : 25-03-2023
Age : 50 years

SONOGRAPHY OF ABDOMEN AND PELVIS

LIVER : The liver is normal in size but shows mild diffuse increased echotexture suggestive of fatty infiltration (Grade I). No focal mass lesion is seen. The intrahepatic biliary tree & venous radicles appear normal. The portal vein and CBD appear normal.

GALL BLADDER : The gall bladder is well distended and reveals normal wall thickness. There is no evidence of calculus seen in it.

PANCREAS : The pancreas is normal in size and echotexture. No focal mass lesion is seen.

SPLEEN : The spleen is normal in size and echotexture. No focal parenchymal mass lesion is seen. The splenic vein is normal.

KIDNEYS : The **RIGHT KIDNEY** measures 10.6 x 4.5 cms and the **LEFT KIDNEY** measures 11.2 x 4.9 cms in size. Both kidneys are normal in size, shape and echotexture. There is no evidence of hydronephrosis or calculi seen on either side.

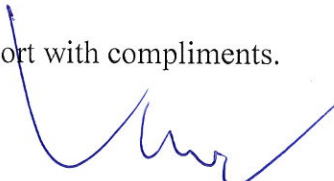
The para-aortic & iliac fossa regions appears normal. There is no free fluid or any lymphadenopathy seen in the abdomen.

PROSTATE : The prostate measures 3.2 x 2.8 x 2.6 cms and weighs 12.6 gms. It is normal in size, shape and echotexture. No prostatic calcification is seen.

URINARY BLADDER : The urinary bladder is well distended and is normal in shape and contour. No intrinsic lesion or calculus is seen in it. The bladder wall is normal in thickness.

IMPRESSION: The Ultrasound examination reveals mild fatty infiltration of the Liver. No other significant abnormality is detected

Report with compliments.


DR. VINOD V. SHETTY
MD, D.M.R.D.
CONSULTANT SONOLOGIST.

Specialists in Surgery

Name: Mr Animesh Ganpat Pandit
Age: 50/M

- For Health Check up
- 90 Breathlessness on exertion

O/E - EARS -



B/L TM intact, mobile

Nose -




Mild DNS to (R)
Mucosa pale
Airblast equal both sides

Throat - Elongated translucent
uvula s/o reflux

Request review
by Medical Spl
for breathlessness

A-ENT-NAD

MAJ. (DR.) SHRU 
M.S. (ENT) PGD HIM. PG DMLS
MMC. 2019096177

EYE REPORT

Name: Mr. Arunach Pandit

Date: 25/03/2023

Age / Sex: 50yrs / M.

Ref No.:

Complaint: No ocular clo

Examination: No ref, SS / RA

Spectacle Rx: $V_u < \begin{matrix} 6/6P \\ 6/6P \end{matrix}$

Near 6/10₆

	Right Eye							
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance								
Read								

Remarks: Color V_u & M

Medications: No Rx

Trade Name	Frequency	Duration

Follow up: Krudiv & M

Consultant:





DIETARY GUIDELINES

- **Cereals:** Eat whole grains and cereals. Oats, Nachni (ragi), Bajara, Jowar can be added to chapatti flour. Do not sieve the flour. **Restrict rice & corn.**
Avoid refined flour (maida) products like bread, biscuits, khari, toast, pasta, macroni, noodles on regular basis.
- **Pulses:** 2-3 servings of dals, pulses, lentils and sprouts to be consumed daily.
- **Milk:** Milk and milk products (low fat/ skimmed) like curd, paneer/ chenna (homemade) made of same amount of milk. **Avoid concentrated dairy products, cheese, mayonnaise, butter, Vanaspati, margarine, ghee etc**
- **Nuts:** Almonds, walnuts, pistachio, can be eaten in mid meals or mornings.
- **Avoid coconut & groundnut usage in gravies and chutney.**
- **Alsi / Jawas (Flaxseeds) 2 tsp- roasted: whole or powdered to be eaten daily.**
- Cooking techniques such as grilling, steaming, dry roasting, shallow frying should be incorporated
- **Sugar: Consumption of sugar, jaggery, honey and its products like jam, jelly, chocolates, ice creams, cakes, pastries, candies, aerated drinks and sweets to be avoided.**
- Papad, pickle, canned, preserved foods, fried foods to be avoided.
- Do not keep large gap between meals, Avoid starving or fasting.
- Consumption of alcohol and smoking should be avoided.
- Include 2 cups of Green tea per day.
- **Fruits: 1-2 fruits** (as per the list) to be consumed daily. Consume whole fruits and avoid juices. Restrict fruits like mango; grapes, chikoo, Custard apple, jackfruit and banana in your diet avoid fruit juices, milkshake.
- **Vegetables:** Eat vegetables liberally. Include plenty of salads and soups (clear or unstrained).
- **Oil consumption: 3 tsp per day/ ½ kg oil per month per person.** Oils to be used for cooking prefer e.g....Groundnut, Mustard, Olive, Saffola (Gold), Rice bran Oil & Canola oil. **Avoid Coconut, Sunflower and Palm oil for cooking.** Use nonstick cookware for cooking your food.
- **Water intake per day: 3 liters.**
- **Exercise daily 45 mins to 1 hour:** Brisk walk / Yoga / gym / swimming / cycling / outdoor sports/ aerobics /zumba.

ID Mr. Avinash Ganpat Pandit
Age 50

Height 166cm
Gender Male
Date 25. 3. 2023
Time 10:03:40

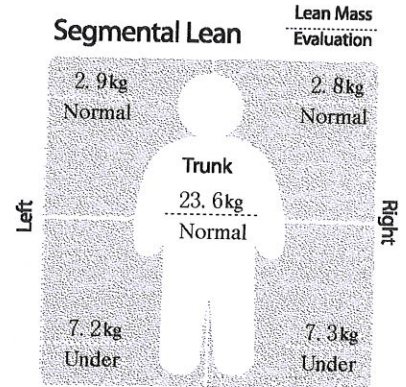
APOLLO SPECTRA HOSPITAL

Body Composition

	Under	Normal	Over	UNIT: %	Normal Range
Weight	40 55 70 85 100 115 130 145 160 175 190 205				51.5 ~ 69.7
Muscle Mass Skeletal Muscle Mass	60 70 80 90 100 110 120 130 140 150 160 170				25.8 ~ 31.5
Body Fat Mass	20 40 60 80 100 160 220 280 340 400 460 520				7.3 ~ 14.6
TBW Total Body Water	33.9 kg (34.1 ~ 41.7)		FFM Fat Free Mass	46.0 kg (44.3 ~ 55.2)	
Protein	9.1 kg (9.1 ~ 11.2)		Mineral*	2.98 kg (3.15 ~ 3.85)	

* Mineral is estimated.

Segmental Lean



Obesity Diagnosis

	Value	Normal Range
BMI Body Mass Index (kg/m ²)	25.8	18.5 ~ 25.0
PBF Percent Body Fat (%)	35.2	10.0 ~ 20.0
WHR Waist-Hip Ratio	1.06	0.80 ~ 0.90
BMR Basal Metabolic Rate (kcal)	1365	1543 ~ 1804

Nutritional Evaluation

Protein	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient	
Mineral	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Deficient	
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient	<input checked="" type="checkbox"/> Excessive

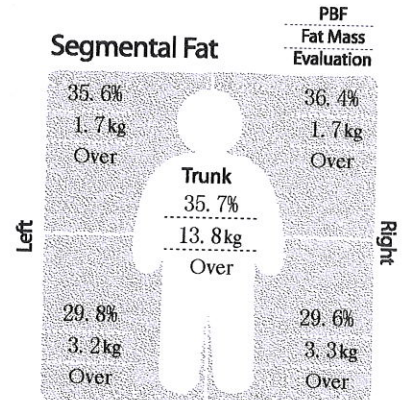
Weight Management

Weight	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over
SMM	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Under	<input type="checkbox"/> Strong
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over

Obesity Diagnosis

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

Segmental Fat



* Segmental Fat is estimated.

Muscle-Fat Control

Muscle Control	+ 5.5 kg	Fat Control	- 15.9 kg	Fitness Score	59
----------------	----------	-------------	-----------	---------------	----

Impedance

Z	RA	LA	TR	RL	LL
20kHz	315.6	311.3	34.7	298.7	312.3
100kHz	281.7	276.9	30.2	264.0	277.4

* Use your results as reference when consulting with your physician or fitness trainer.

Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity (base weight: 71.0 kg / Duration: 30min. / unit: kcal)						
Walking	Jogging	Bicycle	Swim	Mountain Climbing	Aerobic	
142	249	213	249	231	249	
Table tennis	Tennis	Football	Oriental Fencing	Gate ball	Badminton	
160	213	249	355	135	160	
Racket ball	Tae-kwon-do	Squash	Basketball	Rope jumping	Golf	
355	355	355	213	249	125	
Push-ups	Sit-ups	Weight training	Dumbbell exercise	Elastic band	Squats	
development of upper body	abdominal muscle training	backache prevention	muscle strength	muscle strength	maintenance of lower body muscle	

How to do

1. Choose practicable and preferable activities from the left.
2. Choose exercises that you are going to do for 7 days.
3. Calculate the total energy expenditure for a week.
4. Estimate expected total weight loss for a month using the formula shown below.

Recommended calorie intake per day

1400 kcal

*Calculation for expected total weight loss for 4 weeks: **Total energy expenditure (kcal/week) X 4weeks ÷ 7700**

Patient Name	: Mr. Avinash Ganpat Pandit	Age/Gender	: 50 Y/M
UHID/MR No.	: STAR.0000055338	OP Visit No	: STAROPV57990
Sample Collected on	:	Reported on	: 25-03-2023 15:35
LRN#	: RAD1959194	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: 46799		

DEPARTMENT OF RADIOLOGY

ULTRASOUND - WHOLE ABDOMEN

LIVER : The liver is normal in size but shows mild diffuse increased echotexture suggestive of fatty infiltration (Grade I). No focal mass lesion is seen. The intrahepatic biliary tree & venous radicles appear normal. The portal vein and CBD appear normal.

GALL BLADDER : The gall bladder is well distended and reveals normal wall thickness. There is no evidence of calculus seen in it.

PANCREAS : The pancreas is normal in size and echotexture. No focal mass lesion is seen.

SPLEEN : The spleen is normal in size and echotexture. No focal parenchymal mass lesion is seen. The splenic vein is normal.

KIDNEYS : The **RIGHT KIDNEY** measures 10.6 x 4.5 cms and the **LEFT KIDNEY** measures 11.2 x 4.9 cms in size. Both kidneys are normal in size, shape and echotexture. There is no evidence of hydronephrosis or calculi seen on either side.

The para-aortic & iliac fossa regions appears normal. There is no free fluid or any lymphadenopathy seen in the abdomen.

PROSTATE : The prostate measures 3.2 x 2.8 x 2.6 cms and weighs 12.6 gms. It is normal in size, shape and echotexture. No prostatic calcification is seen.

URINARY BLADDER : The urinary bladder is well distended and is normal in shape and contour. No intrinsic lesion or calculus is seen in it. The bladder wall is normal in thickness.

IMPRESSION: The Ultrasound examination reveals mild fatty infiltration of the Liver.
No other significant abnormality is detected



Dr. VINOD SHETTY
Radiology

Patient Name : Mr. Avinash Ganpat Pandit

Age/Gender : 50 Y/M

UHID/MR No. : STAR.0000055338

OP Visit No : STAROPV57990

Sample Collected on :

Reported on : 25-03-2023 11:06

LRN# : RAD1959194

Specimen :

Ref Doctor : SELF

Emp/Auth/TPA ID : 46799

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .

No obvious active pleuro-parenchymal lesion seen .

Both costophrenic and cardiophrenic angles are clear .

Both diaphragms are normal in position and contour .

Thoracic wall and soft tissues appear normal.

CONCLUSION :

No obvious abnormality seen.



Dr. VINOD SHETTY
Radiology