

Vimmi Goel  
S. MD (Internal Medicine)  
Consultant Non Invasive Cardiology  
No: MMC- 2014/01/0113



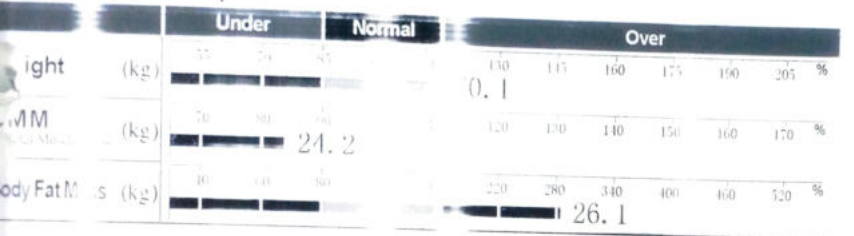
Name: Mr. VILAS SHESHRAIKAR Date: 14/01/23  
Age: 44 Sex:  M /  F Weight: 70.1 kg Height: 166.7 inc BMI: 25.2  
BP: 150/90 mmHg Pulse: 67 bpm RBS: \_\_\_\_\_ mg/dl  
SPO<sub>2</sub>-99%

ID	Height	Age	Gender	Test Date / Time
131179	169.2 cm	31	Male	14.01.2023 10:11

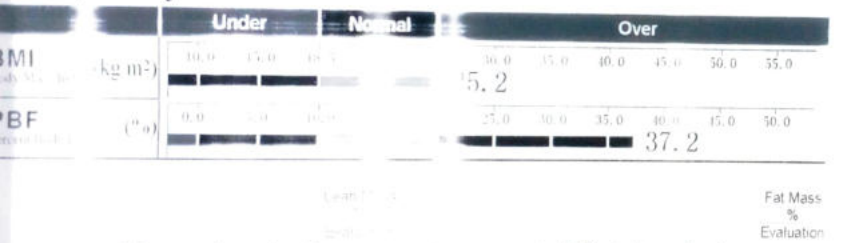
## Body Composition Analysis

Total amount of water in my body	Total body water	(L)	32.3	(31.4~42.0)
What I need to build muscles	Protein	(kg)	8.7	(9.2~11.2)
What I need for strong bones	Mineral	(kg)	3.03	(3.18~3.88)
Where my excess energy is stored	Body Fat Mass	(kg)	26.1	(7.3~14.7)
Sum of the above	Weight	(kg)	70.1	(51.9~70.3)

## Muscle Fat Analysis



## Obesity Analysis



## Segmental Lean Analysis

2.9 kg	2.49 kg
82.1%	82.4%
Under	Under
21.6 kg	21.6 kg
89.7%	89.7%
Under	Under
6.2 kg	6.52 kg
78.3%	77.6%
Under	Under

## Segmental Fat Analysis

1.9 kg	1.9 kg
343.6%	346.0%
Over	Over
14.4 kg	14.4 kg
372.6%	372.6%
Over	Over
3.3 kg	3.3 kg
210.7%	209.6%
Over	Over

\* Segmental fat is estimated

## Body Composition History

Weight	(kg)	70.1
SMM	(kg)	24.2
PBF	(%)	37.2
Total	(kg)	70.1

## InBody Score

55 / 100 points

\* Total score that represents the evaluation of body composition. A normal score for a person may vary from 100 points.

## Weight Control

Target Weight	61.4 kg
Weight Control	-9.0 kg
Fat Control	16.9 kg
Muscle Control	+7.9 kg

## Obesity Evaluation

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

## Waist-Hip Ratio

1.07

## Visceral Fat Level

Level 14

## Research Parameters

Fat Free Mass	44.0 kg
Basal Metabolic Rate	1321 kcal/day
Obesity Degree	115
SMM	6.5 kg/m²
Recommended calorie	1979 kcal/day

## Calorie Expenditure of Exercise

Golf	10 Gateball
Walking	10 Yoga
Badminton	15 Table Tennis
Tennis	15 Bicycling
Boxing	10 Basketball
Mountain Climbing	10 Jumping Rope
Aerobics	10 Jogging
Soccer	15 Swimming
Japanese Fencing	5 Racketball
Squash	10 Table Tennis

\* Based on 30 minutes  
\* Based on 20 minutes

## Impedance

RA: 1.4 V, X: 1.4 V, Z: 1.4 V  
Z<sub>lim</sub> 20 at 12.5, 12.8, 13.1, 13.4, 13.7, 14.0, 14.3, 14.6, 14.9, 15.2, 15.5, 15.8, 16.1, 16.4, 16.7, 17.0, 17.3, 17.6, 17.9, 18.2, 18.5, 18.8, 19.1, 19.4, 19.7, 20.0



CLINICAL DIAGNOSTIC LABORATORY  
DEPARTMENT OF BIOCHEMISTRY

<b>Patient Name</b> : Mr. VILAS SHASTRAKAR	<b>Age / Gender</b> : 44 Y(s)/Male
<b>Bill No/ UMR No</b> : BIL2223009643/UMR2223131479	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 14-Jan-23 01:26 pm	<b>Report Date</b> : 14-Jan-23 02:26 pm

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Post Prandial Plasma Glucose	Plasma	166	< 140 mg/dl	GOD/POD, Colorimetric

**Interpretation:**

Clinical Decision Value as per ADA Guidelines 2021

Diabetes Mellites If,  
Fasting  $\geq$  126 mg/dl  
Random/2Hrs. OGTT  $\geq$  200 mg/dl  
Impaired Fasting = 100-125 mg/dl  
Impaired Glucose Tolerance = 140-199 mg/dl

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

Suggested Clinical Correlation: \* If necessary, Please discuss

Verified By : 11100078

Test results related only to the item tested.

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Dr. GAURI HARDAS, MBBS, MD  
CONSULTANT PATHOLOGIST



**CLINICAL DIAGNOSTIC LABORATORY**  
**DEPARTMENT OF BIOCHEMISTRY**

<b>Patient Name</b> : Mr. VILAS SHASTRAKAR	<b>Age /Gender</b> : 44 Y(s)/Male
<b>Bill No/ UMR No</b> : BIL2223009643/UMR2223131479	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 14-Jan-23 01:39 pm	<b>Report Date</b> : 14-Jan-23 02:11 pm

**URINE SUGAR**

Parameter  
Urine Glucose

Result Values

2+ (Approx 100 mg/dl)  
\*\*\* End Of Report \*\*\*

Suggested Clinical Correlation \* If necessary, Please discuss

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**Dr. GAURI HARDAS, MBBS,MD**  
**CONSULTANT PATHOLOGIST**





MC-4807

**CLINICAL DIAGNOSTIC LABORATORY**  
**DEPARTMENT OF PATHOLOGY**

<b>Patient Name</b> : Mr. VILAS SHASTRAKAR	<b>Age / Gender</b> : 44 Y(s)/Male
<b>Bill No/ UMR No</b> : BIL2223009643/UMR2223131479	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 14-Jan-23 09:44 am	<b>Report Date</b> : 14-Jan-23 10:55 am

**HAEMOGRAM**

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Haemoglobin	Blood	15.8	13.0 - 17.0 gm%	Photometric
Haematocrit(PCV)		44.8	40.0 - 50.0 Vol%	Calculated
RBC Count		5.07	4.5 - 5.5 Millions/cumm	Photometric
Mean Cell Volume (MCV)		88	83 - 101 fl	Calculated
Mean Cell Haemoglobin (MCH)		31.1	27 - 32 pg	Calculated
Mean Cell Haemoglobin Concentration (MCHC)		<b>35.2</b>	31.5 - 35.0 g/l	Calculated
RDW		14.0	11.5 - 14.0 %	Calculated
Platelet count		207	150 - 450 10 <sup>3</sup> /cumm	Impedance
WBC Count		8100	4000 - 11000 cells/cumm	Impedance

**DIFFERENTIAL COUNT**

Neutrophils	65.2	50 - 70 %	Flow Cytometry/Light microscopy
Lymphocytes	31.5	20 - 40 %	Flow Cytometry/Light microscopy
Eosinophils	1.8	1 - 6 %	Flow Cytometry/Light microscopy
Monocytes	<b>1.5</b>	2 - 10 %	Flow Cytometry/Light microscopy
Basophils	0.0	0 - 1 %	Flow Cytometry/Light microscopy
Large Immature cells	0.0		Flowcytometry



MC-4807

**CLINICAL DIAGNOSTIC LABORATORY**  
**DEPARTMENT OF PATHOLOGY**

**Patient Name** : Mr. VILAS SHASTRAKAR  
**Age / Gender** : 44 Y(s)/Male  
**Bill No/ UMR No** : BIL2223009643/UMR2223131479  
**Referred By** : Dr. Vimmi Goel MBBS,MD  
**Received Dt** : 14-Jan-23 09:44 am  
**Report Date** : 14-Jan-23 10:55 am

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Absolute Neutrophil Count		5281.2	2000 - 7000 /cumm	Calculated
Absolute Lymphocyte Count		2551.5	1000 - 4800 /cumm	Calculated
Absolute Eosinophil Count		145.8	20 - 500 /cumm	Calculated
Absolute Monocyte Count		<b>121.5</b>	200 - 1000 /cumm	Calculated
Absolute Basophil Count		0	0 - 100 /cumm	Calculated

**PERIPHERAL SMEAR**

RBC Normochromic  
 WBC Normocytic  
 Platelets As Above  
 ESR Adequate  
 08

0 - 15 mm/hr

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

Automated Westergren's Method

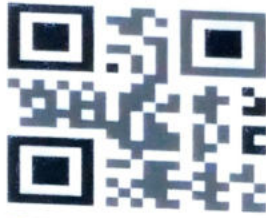
Suggested Clinical Correlation \* If necessary, Please discuss

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**Dr. VAIDEHEE NAIK, MBBS,MD**  
**CONSULTANT PATHOLOGIST**



**CLINICAL DIAGNOSTIC LABORATORY**  
**DEPARTMENT OF BIOCHEMISTRY**

**Patient Name** : Mr. VILAS SHASTRAKAR  
**Age / Gender** : 44 Y(s)/Male  
**Bill No/ UMR No** : BIL2223009643/UMR2223131479  
**Referred By** : Dr. Vimmi Goel MBBS,MD  
**Received Dt** : 14-Jan-23 09:43 am  
**Report Date** : 14-Jan-23 11:52 am

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Fasting Plasma Glucose	Plasma	124	< 100 mg/dl	GOD/POD,Colorimetric
<b>GLYCOSYLATED HAEMOGLOBIN (HBA1C)</b>				
HbA1c		6.3	Non-Diabetic : <= 5.6 % Pre-Diabetic : 5.7 - 6.4 % Diabetic : >= 6.5 %	HPLC
<b>LIPID PROFILE</b>				
Total Cholesterol		235	< 200 mg/dl	Enzymatic(CHE/CHO/POD)
Triglycerides		194	< 150 mg/dl	Enzymatic (Lipase/GK/GPO/POD)
HDL Cholesterol Direct		40	> 40 mg/dl	Phosphotungstic acid/mgcl-Enzymatic (microslide)
LDL Cholesterol Direct		140.35	< 100 mg/dl	Enzymatic
VLDL Cholesterol		39	< 30 mg/dl	Calculated
Tot Chol/HDL Ratio		6	3 - 5	Calculation
<b>RFT</b>				
Blood Urea		21	19.0 - 43.0 mg/dl	Urease with indicator dye
Creatinine		0.78	0.66 - 1.25 mg/dl	Enzymatic ( creatinine amidohydrolase)
GFR		112.8		Calculation by CKD-EPI 2021
Sodium		142	136 - 145 mmol/L	Direct ion selective electrode
Potassium		4.36	3.5 - 5.1 mmol/L	Direct ion selective electrode
<b>LIVER FUNCTION TEST(LFT)</b>				
Total Bilirubin		0.50	0.2 - 1.3 mg/dl	Azobilirubin/Dyphylline
Direct Bilirubin		0.17	0.1 - 0.3 mg/dl	Calculated
Indirect Bilirubin		0.33	0.1 - 1.1 mg/dl	Duel wavelength spectrophotometric
Alkaline Phosphatase SGPT/ALT		104	10 - 40 U/L	pNPP/AMP buffer
SGOT/AST		33	38 - 126 U/L	Kinetic with pyridoxal 5 phosphate
Serum Total Protein		29	15 - 40 U/L	Kinetic with pyridoxal 5 phosphate
Albumin Serum		7.02	6.3 - 8.2 gm/dl	Biuret (Alkaline cupric sulphate)
Globulin		4.28	3.5 - 5.0 gm/dl	Bromocresol green Dye
A/G Ratio		2.75	2.0 - 4.0 gm/	Calculated
<b>THYROID PROFILE</b>				
T3		1.56		
Free T4		1.24	0.55 - 1.70 ng/ml	



**CLINICAL DIAGNOSTIC LABORATORY**  
**DEPARTMENT OF BIOCHEMISTRY**

Patient Name : Mr. VILAS SHASTRAKAR      Age / Gender : 44 Y(s)/Male  
 Bill No/ UMR No : BIL2223009643/UMR2223131479      Referred By : Dr. Vimmi Goel MBBS,MD  
 Received Dt : 14-Jan-23 09:44 am      Report Date : 14-Jan-23 11:52 am

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
TSH		0.872	0.50 - 4.80 uIU/ml	Enhanced chemiluminescence

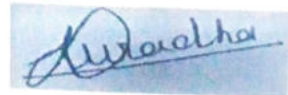
\*\*\* End Of Report \*\*\*

Suggested Clinical Correlation \* If necessary, Please discuss

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**Dr. Anuradha Deshmukh, MBBS,MD**

SPANV Medi Research Lifesciences Private Limited

Plot - 1, Vardha Bhawan, Kingsway Nagar - 440 001, Maharashtra, India.

Phone : 01 2212 6789100

CIN: U74999MH2018PTC303510





**CLINICAL DIAGNOSTIC LABORATORY**  
**DEPARTMENT OF PATHOLOGY**

**Patient Name** : Mr. VILAS SHASTRAKAR  
**Bill No/ UMR No** : BIL2223009643/UMR2223131479  
**Received Dt** : 14-Jan-23 11:11 am  
**Age / Gender** : 44 Y(s)/Male  
**Referred By** : Dr. Vimmi Goel MBBS,MD  
**Report Date** : 14-Jan-23 12:03 pm

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Method</u>
<b>URINE MICROSCOPY</b>			
<u>PHYSICAL EXAMINATION</u>			
Volume	Urine	30 ml	
Colour.		Pale yellow	
Appearance		Clear	
<u>CHEMICAL EXAMINATION</u>			
Reaction (pH)	Urine	5	Indicators
Specific gravity		1.010	ion concentration
Urine Protein		2+ (Approx 75mg/dl)	protein error of pH indicator
Sugar		Negative	GOD/POD
Bilirubin		Negative	Diazonium
Ketone Bodies		Negative	Legal's est Principle
Nitrate		Negative	
Urobilinogen		Normal	Ehrlich's Reaction
<u>MICROSCOPIC EXAMINATION</u>			
Epithelial Cells	Urine	0-1	0 - 4 /hpf
R.B.C.		Absent	0 - 4 /hpf
Pus Cells		0-1	0 - 4 /hpf
Casts		Absent	Manual
Crystals		Absent	Manual
<b>USF(URINE SUGAR FASTING)</b>			
Urine Glucose	Urine	Negative	GOD/POD

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

Suggested Clinical Correlation \* If necessary, Please discuss

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**Dr. Anuradha Deshmukh, MBBS,MD**  
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 Phone: +91 9719 024192  
 CIN: U71901MH2015PT0001519



MC-4807

**CLINICAL DIAGNOSTIC LABORATORY**  
**DEPARTMENT OF IMMUNO HAEMATOLOGY**

**Patient Name** : Mr. VILAS SHASTRAKAR  
**Age / Gender** : 44 Y(s)/Male  
**Bill No/ UMR No** : BIL2223009643/UMR2223131479  
**Referred By** : Dr. Vimmi Goel MBBS,MD  
**Received Dt** : 14-Jan-23 09:44 am  
**Report Date** : 14-Jan-23 12:16 pm

**BLOOD GROUPING AND RH**

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	
BLOOD GROUP.	EDTA Whole Blood & Plasma/ Serum	" B "	Gel Card Method
Rh (D) Typing.		" Positive "(+Ve)	
		*** End Of Report ***	

Suggested Clinical Correlation \* If necessary, Please discuss  
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**Dr. GAURI HARDAS, MBBS,MD**  
**CONSULTANT PATHOLOGIST**

NAME OF PATIENT:	VILAS SHASHTRAKAR	AGE & SEX:	44 YRS/MALE
UMR NO:	2223131479	BILL NO:	2223009643
REF BY:	DR VIMMI GOEL	DATE:	14/JAN/2023

X- RAY CHEST (PA VIEW)

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. MILI PARIKH**  
**MD, DNB (RADIOLOGIST)**  
**REG NO. 2017083895**

NAME OF PATIENT	VILAS SHASHTRAKAR	AGE & SEX	44 YRS/MALE
UMR NO	2223131479	BILL NO:	2223009643
REF BY	DR VIMMI GOEL	DATE:	14/JAN/2023

**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.

Right kidney measures 9.3 x 4.5 cm and left kidney measures 10.1 x 4.8 cm.  
Both KIDNEYS are normal in shape, size and echotexture.  
No evidence of calculus or hydronephrosis seen.  
URETERS are not dilated.

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

Prostate is normal in size, shape and echotexture.

There is no free fluid or abdominal lymphadenopathy seen.

**IMPRESSION:**

No significant visceral abnormality seen.  
Suggest clinical correlation / further evaluation.



Dr. R.R. KHANDELWAL  
SENIOR CONSULTANT  
MD RADIO DIAGNOSIS [MMC-55870]



Kingsway Hospitals  
44 Kingsway, Mohan Nagar,  
Near Kasturchand Park, Nagpur

Station  
Telephone:

## EXERCISE STRESS TEST REPORT

Patient Name: Mr. Vilas, Shastrakar  
Patient ID: 131479  
Height:  
Weight:  
Study Date: 14.01.2023  
Test Type: Treadmill Stress Test  
Protocol: BRUCE

DOB: 12.08.1978  
Age: 44yrs  
Gender: Male  
Race: Indian  
Referring Physician: Mediwheel HCU  
Attending Physician: Dr. Vimmi Goel  
Technician: --

### Medications:

--

### Medical History:

HTN 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	00:06	0.00	0.00	69	120/80	
	WARM-UP	00:04	0.00	0.00	67		
EXERCISE	STAGE 1	03:00	1.70	10.00	109		
	STAGE 2	03:00	2.50	12.00	139	140/80	
	STAGE 3	02:59	3.40	14.00	169	150/80	
RECOVERY		01:00	0.00	0.00	131	170/80	
		02:00	0.00	0.00	102	170/80	
		00:17	0.00	0.00	96		

The patient exercised according to the BRUCE for 8:58 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 70 bpm rose to a maximal heart rate of 169 bpm. This value represents 96 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 170/80 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 - appropriate response.

Chest Pain: none.

Arrhythmias: none.

ST Changes: none.

Overall impression: Normal stress test.

### Conclusions:

TMT is negative for inducible ischemia.

44 Years

MR. VILAS SHASTRAKAR  
Male

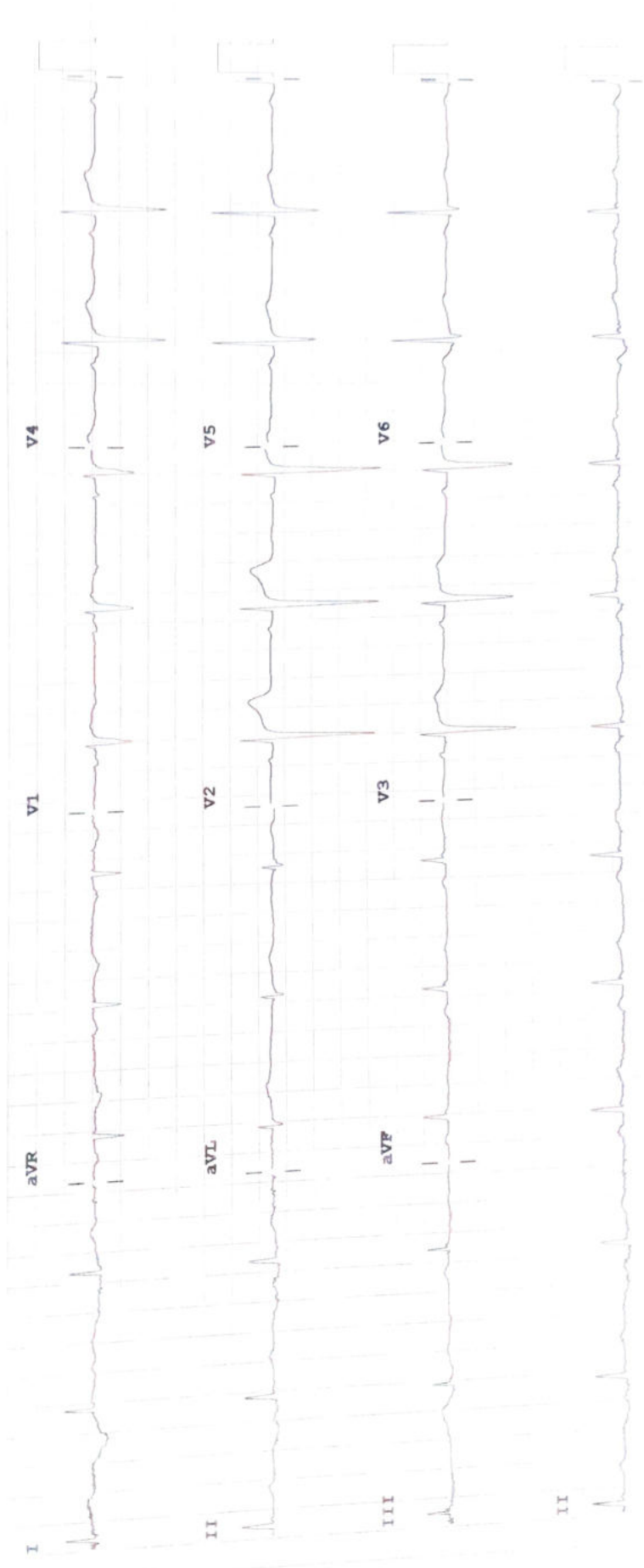
14-Jan-73 9:44:16 AM  
KIMS-KINGSWAY HOSPITALS  
PHC DEPT.

Rate 67 : Sinus rhythm.....normal P axis, V-rate 50-99  
 PR 164 : Borderline low voltage, extremity leads.....all extremity leads <0.6mV  
 QRS 96 : Borderline ST elevation, anterior leads.....ST >0.15mV in V1-V4  
 QT 397  
 QTc 419

--AXIS--  
 P 68  
 QRS 61  
 T 23  
 12 Lead; Standard Placement

Unconfirmed Diagnosis

-- BORDERLINE ECG --



Device: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV F 50- 0.50-150 Hz W 100B CL P?