

Rlo → Nagpur

Medi - Wheel



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

Name: Mr. Nilesh Sankusale Date: 05-11-22  
Age: 37 Sex: M/F Weight: 76.2 kg Height: 172.6 inc BMI: 25.6  
BP: 120/80 mmHg Pulse: 77 bpm RBS: \_\_\_\_\_ mg/dl  
SpO<sub>2</sub>: 99%

37/M  
No known comorbidities  
No additions  
FH - Not significant

2/E  
JVP°  
Chest  
Lungs  
P/A ~

- Adm.
- Less diet. for L.A.
  - Cap Becosules - 2

x - 1 - x  
A/L  
(60)

Inw → mred

- Diet control
- Exercise
- weight loss

Dr. VIMMI GOEL  
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Sr. Consultant Non Invasive Cardiology  
Reg No: 2014/01/0113  
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CIN: U74999MH2018PTC303510

# InBody

[InBody270]

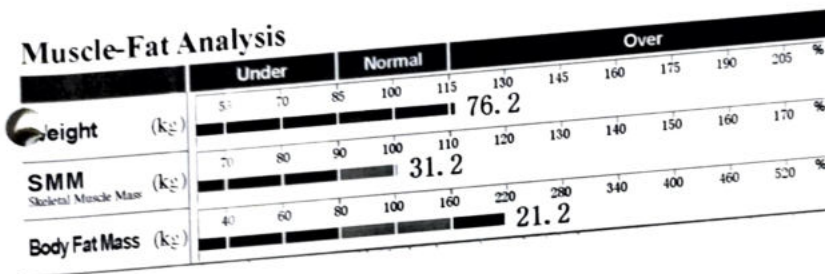
Kingsway Hospital

ID	Height	Age	Gender	Test Date / Time
123190	172.6cm	37	Male	05.11.2022 10:06

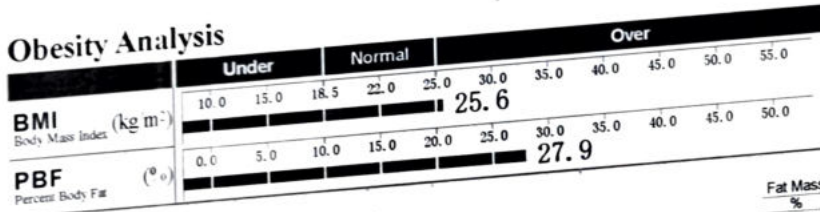
## Body Composition Analysis

Total amount of water in my body	<b>Total Body Water</b> (L)	40.3 (36.8~45.0)
What I need to build muscles	<b>Protein</b> (kg)	11.0 (9.9~12.1)
What I need for strong bones	<b>Mineral</b> (kg)	3.66 (3.41~4.17)
Where my excess energy is stored	<b>Body Fat Mass</b> (kg)	21.2 (7.9~15.7)
Sum of the above	<b>Weight</b> (kg)	76.2 (55.7~75.3)

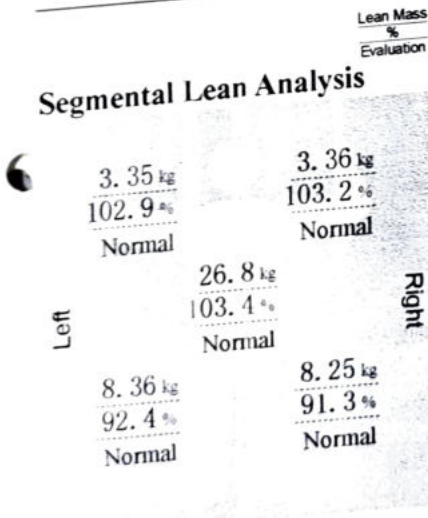
## Muscle-Fat Analysis



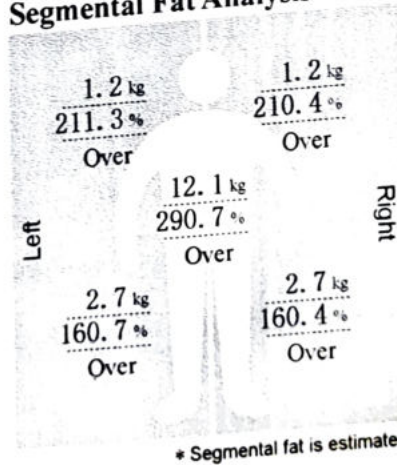
## Obesity Analysis



## Segmental Lean Analysis



## Segmental Fat Analysis



\* Segmental fat is estimated.

## InBody Score

68/100 Points

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

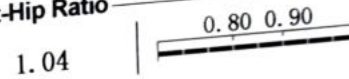
## Weight Control

Target Weight	65.6 kg
Weight Control	-10.6 kg
Fat Control	-11.4 kg
Muscle Control	+0.8 kg

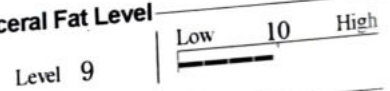
## Obesity Evaluation

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

## Waist-Hip Ratio



## Visceral Fat Level



## Research Parameters

Fat Free Mass	55.0 kg
Basal Metabolic Rate	1557 kcal (1629~1909)
Obesity Degree	116% (90~110)
SMI	7.8 kg/m <sup>2</sup>
Recommended calorie intake	2189 kcal

## Calorie Expenditure of Exercise

Golf	134	Gateball	145
Walking	152	Yoga	152
Badminton	172	Table Tennis	172
Tennis	229	Bicycling	229
Boxing	229	Basketball	229
Mountain Climbing	248	Jumping Rope	267
Aerobics	267	Jogging	267
Soccer	267	Swimming	267
Japanese Fencing	381	Racketball	381
Squash	381	Taekwondo	381

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

## Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20kHz	315.5	316.5	28.9	334.1	322.2
100kHz	276.8	278.1	25.2	289.3	279.8

## Body Composition History

Weight (kg)	SMM (kg)	PBF (%)	Date / Time
76.2	31.2	27.9	05.11.2022 10:06

UHID	KH123190	Order Date & time	05-11-2022
Patient Name	Mr Nilesh Sewakram	Sample Collection Date	05-11-2022 01:01 PM
Age/Gender	Sonkusare	Acknowledge Date	05-11-2022 01:25 PM
Patient Type	37 Y/Male	Report Date	05-11-2022 02:24 PM
Visit No	OP	Ordering Doctor	
Refer By	OP-111404	Treating Doctor Name	Dr Vimmi Goel
Order Id	Dr Vimmi Goel	Accession Number	0145886
	ODRID-277275		

**Clinical Pathology**

Service Name	Result	Unit	Method
Urine Post Prandial Sugar, Urine	Negative		GOD/POD

Disclaimer: Only Starred Parameters are under the Scope of NABL

Dr Gauri Hardas  
Consultant Pathologist  
2011/06/1806



UHID	KH123190	Order Date & time	05-11-2022
Patient Name	Mr Nilesh Sewakram	Sample Collection Date	05-11-2022 09:33 AM
Age/Gender	37 Y/Male	Acknowledge Date	05-11-2022 10:16 AM
Patient Type	OP	Visit No	OP-111404
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-277275	Accession Number	0145816

### Haematology

Service Name	Result	Unit	Reference Range	Method
<b>Haemogram (CBC with ESR), Whole Blood</b>				
<b>Erythrocytes</b>				
* Haemoglobin	12.8 L	gm/dl	13-17	Photometric Measurement
* RBC count	5.49	millions/cumm	4.5-5.5	Photometric Measurement
* Packed Cell Volume (PCV/HCT)	41.2	%	40-50	Calculated
* MCV	75 L	fl	83-101	Calculated
* MCH	23.2 L	pg	27-32	Calculated
* MCHC	31.0 L	gm/dl	31.5-34.5	Calculated
* RDW	15.1 H	%	11.5-14.0	Calculated
<b>Leucocytes</b>				
* TLC (Total Leukocyte Count)	5100	/cumm	4000-10000	Flow cytometry
* Neutrophils	58.5	%	50-70	
* Lymphocytes	37.1 H	%	25-30	
* Eosinophils	1.0	%	1-5	
* Monocytes	3.3 L	%	5-10	
* Basophils	0.1 L	%	1-2	
* Absolute Neutrophil Count	2983.50	/cumm	2000-7000	Calculated
* Absolute Lymphocyte Count	1892.10	/cumm	1000-4800	Calculated
* Absolute Eosinophil Count	51.00	/Cumm	20-500	Calculated
* Absolute Monocyte Count	168.30 L	/cumm	200-1000	Calculated
* Absolute Basophil Count	5.10 L	/cumm	20-100	Calculated
<b>Platelets</b>				
* Platelet Count	288	10 <sup>3</sup> /cumm	150-450	Impedance
* MPV	9.0	fl	6.0-9.5	Calculated
* PCT (Platelet Hematocrit)	0.26	%	0.2-0.5	
* PDW (Platelet Distribution Width)	16.80	%	9-17	
<b>Peripheral Smear Examination</b>				
<b>RBC Morphology</b>				
* Hypochromia	+ (Few)			
* Microcytosis	+ (Few)			
* WBCs	As Above			
* Platelets	Adequate			
* ESR (Westergren)	06	mm/hr	<15	Westergren
* Blood Grouping & RH Factor, Whole	"B" Rh			Column agglutination test
<b>Blood &amp; Serum</b>				
* HbA1c (Glycosylated Haemoglobin), Blood	5.5 ✓	%	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	93.0 ✓	mg/dL	<100	GOD/POD, Colorimetric
* Post Prandial Blood Sugar, Plasma	84.0 ✓	mg%	<140	GOD/POD, Colorimetric
<b>Lipid Profile, Serum</b>				

UHID	KH123190	Order Date & time	05-11-2022
Patient Name	Mr Nilesh Sewakram Sonkusare	Sample Collection Date	05-11-2022 09:33 AM
Age/Gender	37 Y/Male	Acknowledge Date	05-11-2022 10:16 AM
Patient Type	OP	Visit No	OP-111404
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-277275	Accession Number	0145816

Service Name	Result	Unit	Reference Range	Method
Cholesterol	190.00	mg/dL	<200 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 Method
Triglyceride	134.0	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(Lipase/GK/GPO/POD)
HDL Cholesterol Direct	50.0	mg/dL	Borderline high 130 - 159 mg/dl High 60 - 189 mg/dl Very High >190 mg/dl	Phosphotungstic acid/mgcl-Enzymatic (microslide)
LDL Cholesterol (Direct)	<b>116.4 H</b>	mg/dL	<30	Enzymatic
VLDL	27.00	mg/dL	3-5	Calculated
Cholesterol/HDL Ratio	4.00			Calculated
Non HDL	140.00	mg/dL		Calculated
<b>Kidney Function Test (KFT), Serum</b>				
Blood Urea	<b>11.00 L</b>	mg/dL	19-43	Urease with indicator dye
Creatinine	0.94	mg/dL	0.66-1.25	Enzymatic (creatinine amidohydrolase)
eGFR	103.16	mL/min/1.73m <sup>2</sup>		Calculated
Sodium	140	mmol/L	136-145	Direct ion selective electrode
Potassium	<b>5.18 H</b>	mmol/L	3.5-5.1	Direct ion selective electrode
BUN (Blood Urea Nitrogen), Serum	9.0	mg/dL	9-20	Urease with indicator dye
<b>Liver Function test, Serum</b>				
Total Bilirubin	0.60	mg/dL	0.2-1.3	Azobilirubin/Dyphylline
Bilirubin Direct	0.27	mg/dL	0.1-0.3	Calculated
Bilirubin Indirect	0.33	mg/dL	0.1-1.1	Dual wavelenght Spectrophotometric
SGOT (AST)	<b>42 H</b>	U/L	15-40	Kinetic with pyridoxal 5 phosphate
SGPT (ALT)	<b>66 H</b>	U/L	10-40	Kinetic with pyridoxal 5 phosphate
Alkaline Phosphatase	96.00	U/L	38-126	Pnpp/AMP buffer
Total Protein	7.26	gm/dl	6.3-8.2	Biuret(Alkaline cupric Sulfate)
Albumin	4.30	gm/dl	3.5-5.0	Bromocresol green dye binding
Globulin	2.97	gm/dl	2-4	Calculated
Albumin/Globulin Ratio	1.45			Calculated
Gamma GT (GGT), Serum	51.0	U/L	15-73	Kinetic Method



UHID	KH123190	Order Date & time	05-11-2022
Patient Name	Mr Nilesh Sewakram	Sample Collection Date	05-11-2022 09:33 AM
Age/Gender	Sonkusare	Acknowledge Date	05-11-2022 10:16 AM
Patient Type	37 Y/Male	Visit No	OP-111404
Ordering Doctor	OP	Refer By	Dr Vimmi Goel
Order Id	ODRID-277275	Accession Number	0145816

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	5.68	mg/dL	3.5-7.2	Uricase/Peroxidase (Colorimetric)
<b>Thyroid Function Test (T3,FT4,TSH), Serum</b>				
* T3	1.39	ng/mL	0.55-1.7	Enhanced chemiluminescence
* Free T4	0.73 L	ng/dL	0.8-1.7	Enhanced chemiluminescence
* Thyroid Stimulating Hormone (TSH)	3.76	uIU/mL	0.5-4.8	Enhanced chemiluminescence

### Clinical Pathology

Service Name	Result	Unit	Reference Range	Method
<b>Urine Routine and Microscopy, Urine</b>				
<b>Physical Examination</b>				
Volume	30 ml			
Appearance	Clear			
Colour	Pale Yellow			
PH	7.0	NA	4.6-8.0	
Specific Gravity	1.005 L	NA	1.016-1.022	Iodometric method
<b>Chemical Examination</b>				
rotein	Negative	mg/dL		
Glucose	Negative			
Ketone	Negative			
Bilirubin	Negative			
Urobilinogen	Normal			
Nitrate	Negative			
<b>Microscopic Examination</b>				
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

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**KINGSWAY**  
HOSPITALS

PERSONALISING HEALTHCARE

A Unit of SPANV Medisearch Lifesciences Pvt. Ltd.

CIN U74999MH2018PTC303510

UHID	KH123190	Patient Name	Mr Nilesh Sewakram
Age	37 Y	Gender	Male
Payer Name	Self	Payer Type	cash
Order Date & time	05-11-2022 12:00 AM	Acknowledge Date	05-11-2022 10:31 AM
Refer By	Dr Vimmi Goel	Treating Doctor Speciality	Non Invasive Cardiology
Accession Number	OPRDAC-21533	DOB	
Patient Type	OP	Order Id	ODRID-277275

### X-Ray Chest AP

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.

*for A.*  
Dr Asawari S Laatre  
Consultant Radiologist  
MBBS,MD (Radio-Diag)

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UHID	KH123190	Patient Name	Mr Nilesh Sewakram Sonkusare
Age	37 Y	Gender	Male
Payer Name	Self	Payer Type	cash
Order Date & time	05-11-2022 12:00 AM	Acknowledge Date	05-11-2022 11:57 AM
Refer By	Dr Vimmi Goel	Treating Doctor Speciality	Non Invasive Cardiology
Accession Number	OPRDAC-21547	DOB	
Patient Type	OP	Order Id	ODRID-277275

### USG Whole Abdomen

LIVER is normal in size(11 cm), shape and **shows mildly increased echogenicity**. 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.

Visualized head and body of PANCREAS is normal in shape, size and echotexture.

SPLEEN is normal in size (10 cm), shape and echotexture. No focal lesion seen.

Right kidney measures - 10.4 x 4.1 cm. Left kidney measures - 10.7 x 5.0 cm  
Both KIDNEYS are normal in size, shape and echotexture.

No evidence of calculus or hydronephrosis seen.

URETERS are not dilated.

URINARY BLADDER is well distended. No calculus or mass lesion seen.

**Prostate is mildly enlarged in size (volume = 27 cc).**

There is no free fluid or abdominal lymphadenopathy seen.

**IMPRESSION: USG reveals,**

**Grade I fatty liver.**

**Mild prostatomegaly.**



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



## 2D ECHOCARDIOGRAPHY AND COLOR DOPPLER REPORT

Patient Name : Mr. Nilesh Sewakram Sonkusare  
Age : 37 years / Male  
UHID : KH123190  
Date : 05/11/2022  
Done by : Dr. Vimmi Goel  
ECG : NSR, WNL

### **Impression:**

#### **Normal 2D Echocardiography Study**

Normal chambers dimensions  
No RWMA of LV at rest  
Good LV systolic function, LVEF 70%  
Normal LV diastolic function  
E/A is 1.4  
E/E' is 5.9 (Normal filling pressure)  
Valves are normal  
No pulmonary hypertension  
IVC is normal in size and collapsing well with respiration  
No clots or pericardial effusion

### **Comments:**

Sector echocardiography was performed in various conventional views (PLAX, SSAX, AP4 CH and 5 CH views). LV size normal. There is no RWMA of LV seen at rest. Good LV systolic function. LVEF 70%. Normal LV diastolic function. E Velocity is 72 cm/s, A Velocity is 50 cm/s. E/A is 1.4. Valves are normal. No Pulmonary Hypertension. IVC normal in size and collapsing well with respiration. Pericardium is normal. No clots or pericardial effusion seen. E' at medial mitral annulus is 9.9 cm/sec & at lateral mitral annulus is 16 cm/sec. E/E' is 5.9 (Average).

### M Mode echocardiography and dimension:

	Normal range (mm)		Observed (mm)
	(adults)	(children)	
Left atrium	19-40	7-37	32
Aortic root	20-37	7-28	23
LVIDd	35-55	8-47	43
LVIDs	23-39	6-28	25
IVS (d)	6-11	4-8	09
LVPW (d)	6-11	4-8	10
LVEF %	~ 60%	~60%	70%
Fractional Shortening			40%

  
**Dr. Vimmi Goel**  
**MD, Sr. Consultant**  
**Non-invasive Cardiology**

P.T.O



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PBC DEPT.

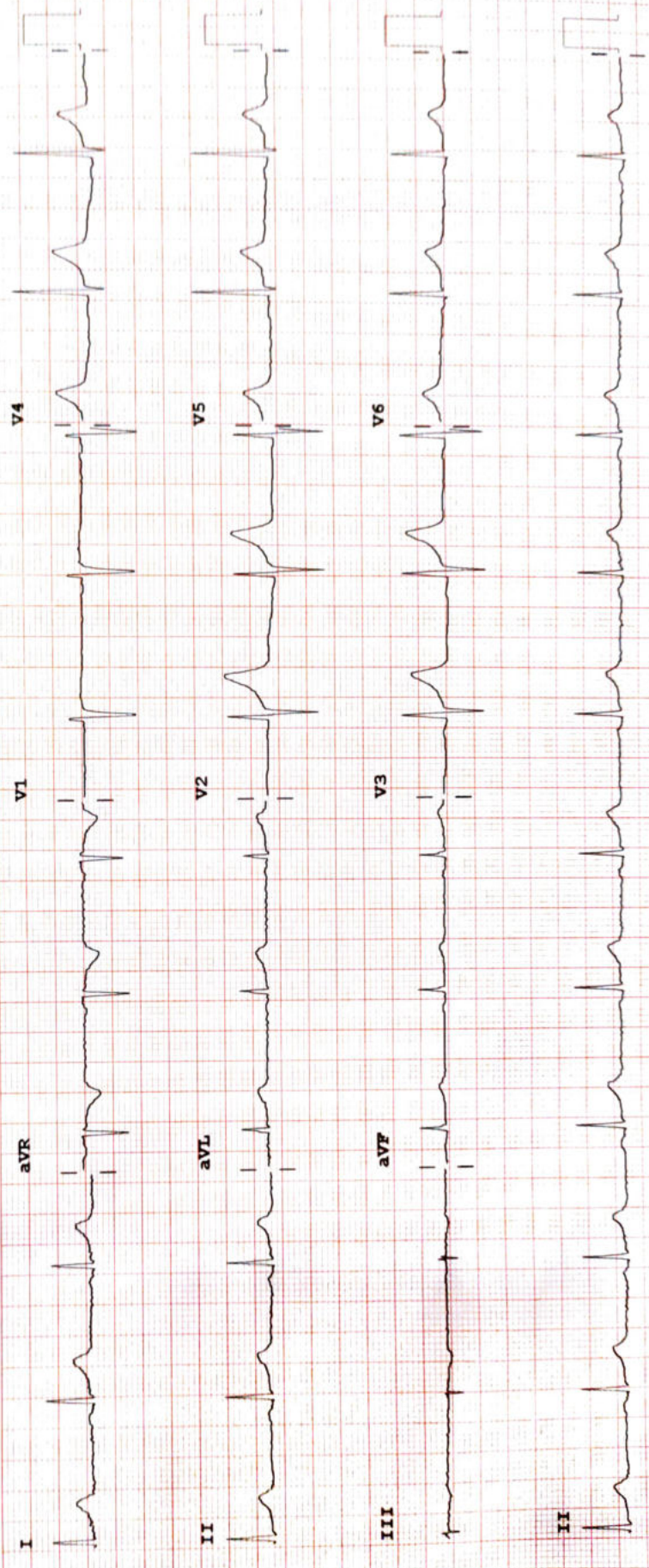
Rate 65 . Sinus rhythm.....normal P axis, V-rate 50-99  
 PR 146 . ST elev, probable normal early repol pattern.....ST elevation, age<55  
 QRS 81 . Baseline wander in lead(s) V3,V4,V5  
 QT 398  
 QTC 414

--AXIS--  
 P 49  
 QRS 28  
 T 22

12 Lead; Standard Placement

- NORMAL ECG -

Unconfirmed Diagnosis



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

F 50~ 0.50-150 Hz W

100B CL P?