



BHAILAL AMIN
GENERAL HOSPITAL

ESTD. 1964

CONCLUSION OF HEALTH CHECKUP

ECU Ref. No : MH/22/000509 Patient No : 21038913 Date : 19/03/2022
Name : GAURAV S KULSHRESTHA Sex / Age : M 37
Height / Weight : 193 Cms 98 Kgs Ideal Weight Kgs BMI : 26.3

Dr. Manish Mittal
Physician

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.

Page 1 of 5



Name : GAURAV S KULSHRESTHA

Sex / Age : M 37

Present History

H/O DRY COUGH OFF & ON.

Past History

K/C/O DYSLIPIDAEMIA - ON LIFESTYLE MODIFICATION.

Family History

FATHER & MOTHER : DIABETES.

Personal History

VEG DIET.

Clinical Examination

B.P. 130/70 mm Hg

Pulse 78/MIN REG.

Others -

Respiratory System

CLINICALLY NAD

Cardio Vascular System

CLINICALLY NAD

Abdominal System

CLINICALLY NAD

Neurological System

CLINICALLY NAD



Name : GAURAV S KULSHRESTHA

Sex / Age : M 37

Eye Checkup

Doctor Name **Dr. Ketan J. Patel**

	Right	Left
History	NIL	NIL
Uncorrected vision	6/6 - 1.50 D SPH - 0.50 CYL ! 180	6/6 - 1.00 D SPH - 0.50 CYL ! 180
Corrected vision	N.6	N.6
IOP	14.6	14.6
Fundus	NORMAL	NORMAL
Any other	NIL	NIL
Advice	NIL	



Dietary Assessment

Name : GAURAV S KULSHRESTHA Sex / Age : M 37
Height : 193 Cms Weight : 98 Kgs Ideal Weight : Kgs BMI : 26.3

Body Type : Normal / Underweight / Over weight

Diet History

Diet preference : Vegetarian / Eggeterian / Mixed
Frequency of consuming fried food : / day / week or occasional
Frequency of consuming sweets : / day or occasional
Frequency of consuming outside food : / 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 servings of all fruits and vegetables, For Diabetic patients avoid Mango, Chikoo, Banana, Grapes and Custurd Apple.
- Drink 3 to 4 liters (12 - 14 glass) of water daily.
- Eat Beetroot, 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.

Dietitian



Patient Name : Mr. GAURAV SUNIL KULASHRESTHA
 Gender / Age : Male / 37 Years 1 Months 2 Days
 MR No / Bill No. : 21038913 / 221031366
 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 32781
 Request Date : 19/03/2022 09:02 AM
 Collection Date : 19/03/2022 09:04 AM
 Approval Date : 19/03/2022 12:15 PM

CBC + ESR

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	14.9	gm/dL	13 - 17
Red Blood Cell Count (T-RBC)	5.01	mill/cmm	4.5 - 5.5
Hematocrit (HCT)	44.6	%	40 - 50
Mean Corpuscular Volume (MCV)	89.0	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	29.7	pg	27 - 32
MCH Concentration (MCHC)	33.4	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	12.3	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	41.2	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	5.27	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	46	%	40 - 80
Lymphocytes	45	%	20 - 40
Eosinophils	03	%	1 - 6
Monocytes	05	%	2 - 10
Basophils	01	%	0 - 2
Polymorphs (Abs. Value)	2.44	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	2.38	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.16	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.25	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.04	thou/cmm	0.02 - 0.1
Immature Granulocytes	1.1	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	173	thou/cmm	150 - 410
Smear evaluation	Adequate		
ESR	7	mm/1 hr	0 - 10

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.

365 Days / 24 Hours Laboratory Services

Home Collection Facility Available
(Mon To Sat 8:00 am to 5:00 pm)



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DEPARTMENT OF LABORATORY MEDICINE

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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. Nikunj V. Mehta
MD (Path.)**

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Haematology

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
Blood Group			
ABO system	AB		
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 Autocontro
- This method check's group both on Red blood cells and in Serum for "ABO" group.

---- End of Report ----

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Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Fasting Plasma Glucose	111	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	176	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimension

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Complete Lipid Profile

Test	Result	Units	Biological Ref. Range
Complete Lipid Profile			
Appearance	Clear		
Triglycerides	304	mg/dL	1 - 150
<i>(By Lipase / Glycerol dehydrogenase on RXL Dade Dimension</i>			
<i>< 150 Normal</i>			
<i>150-199 Borderline High</i>			
<i>200-499 High</i>			
<i>> 499 Very High)</i>			
Total Cholesterol	209	mg/dL	1 - 200
<i>(By enzymatic colorimetric method on RXL Dade Dimension</i>			
<i><200 mg/dL - Desirable</i>			
<i>200-239 mg/dL - Borderline High</i>			
<i>> 239 mg/dL - High)</i>			
HDL Cholesterol	35	mg/dL	40 - 60
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension</i>			
<i>< 40 Low</i>			
<i>> 60 High)</i>			
Non HDL Cholesterol (calculated)	174	mg/dL	1 - 130
<i>(Non- HDL Cholesterol</i>			
<i>< 130 Desirable</i>			
<i>139-159 Borderline High</i>			
<i>160-189 High</i>			
<i>> 191 Very High)</i>			
LDL Cholesterol	102	mg/dL	1 - 100
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension</i>			
<i>< 100 Optimal</i>			
<i>100-129 Near / above optimal</i>			
<i>130-159 Borderline High</i>			
<i>160-189 High</i>			
<i>> 189 Very High)</i>			
VLDL Cholesterol	60.8	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	2.91		2.1 - 3.5
T. Ch./HDL Ch. Ratio	5.97		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

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Liver Function Test (LFT)

Test	Result	Units	Biological Ref. Range
Bilirubin			
Bilirubin - Total	0.43	mg/dL	0 - 1
Bilirubin - Direct	0.13	mg/dL	0 - 0.3
Bilirubin - Indirect (By Diazotized sulfanilic acid on RXL Dade Dimension.)	0.3	mg/dL	0 - 0.7
Aspartate Aminotransferase (SGOT/AST) (By IFCC UV kinetic method on RXL Dade Dimension.)	29	U/L	15 - 40
Alanine Aminotransferase (SGPT/ALT) (By IFCC UV kinetic method on RXL Dade Dimension.)	64	U/L	10 - 40
Alkaline Phosphatase (BY PNPP AMP method on RXL Dade Dimension.)	92	U/L	53 - 128
Gamma Glutamyl Transferase (GGT) (By IFCC method on RXL Dade Dimension.)	67	U/L	15 - 85
Total Protein			
Total Proteins	7.39	gm/dL	6.4 - 8.2
Albumin	3.80	gm/dL	3.4 - 5
Globulin	3.59	gm/dL	3 - 3.2
A : G Ratio (By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)	1.06		1.1 - 1.6

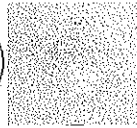
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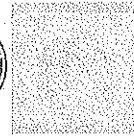
Renal Function Test (RFT)

Test	Result	Units	Biological Ref. Range
Urea <i>(By Urease Kinetic method on RXL Dade Dimension)</i>	21	mg/dL	10 - 45
Creatinine <i>(By Modified Kinetic Jaffe Technique)</i>	0.96	mg/dL	0.9 - 1.3
Estimate Glomerular Filtration rate <i>(Ref. range : > 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>	5.7	mg/dL	3.4 - 7.2

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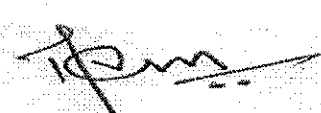
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Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
Triiodothyronine (T3)	1.32	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)	8.00	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)	0.886	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		
Pregnancy :			
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>			

--- End of Report ---


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 MD (Path.)



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 Approval Date : 19/03/2022 02:02 PM

Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
------	--------	-------	-----------------------

Glycosylated Hemoglobin (HbA1c)	6.8	%	
---------------------------------	-----	---	--

estimated Average Glucose (e AG) *	148.46	mg/dL	
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(Method:

By Automated HPLC analyser on D-10 Biorad. NGSP Certified, US-FDA approved, Traceable to IFCC reference method.

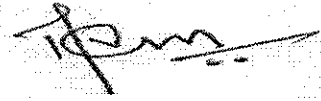
* Calculated valued for past 60 days, derived from HbA1c %, based on formula recommended by the A1c - Derived Average Glucose study from ADA and EASD funded The ADAG trial.

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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Urine Routine

Test	Result	Units	Biological Ref. Range
Physical Examination			
Quantity	30	mL	
Colour	Pale Yellow		
Appearance	Clear		
Chemical Examination (By Reagent strip method)			
pH	6.0		
Specific Gravity	>=1.030		
Protein	Negative	gm/dL	Negative
Glucose	Negative	mg/dL	Negative
Ketones	Negative		Negative
Bilirubin	Negative		Negative
Urobilinogen	Negative		Negative (upto 1)
Blood	Negative		Negative
Bile Salt	Absent		Absent
Leucocytes	Negative		Negative
Bile Pigments	Absent		Absent
Nitrite	Negative		Negative
Microscopic Examination (After Centrifugation at 2000 rpm for 10 min)			
Red Blood Cells	Nil	/hpf	0 - 2
Leucocytes	Present (0-2)	/hpf	0 - 5
Epithelial Cells	Present (0-2)	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil		Nil
Mucus	Absent		Absent
Organism	Absent		

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DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 21038913 Report Date : 19/03/2022
Request No. : 190014055 19/03/2022 9.02 AM
Patient Name : GAURAV SUNIL KULASHRESTHA
Gender / Age : Male / 37 Years 1 Months 2 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

Prerna C Hasani

Dr. Prerna C Hasani, MD
Consultant Radiologist



ADVANCED DIGITAL SOLUTIONS
Computer Radiography
Ultra Sensitive Colour Doppler
Ultra High Resolution Sonography
Multi-Detector CT Scan
Mammography
Interventional Radiology
Digital Subtraction Angiography
Foetal Echocardiography
Echocardiography



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DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 21038913 Report Date : 19/03/2022
Request No. : 190014071 19/03/2022 9.02 AM
Patient Name : GAURAV SUNIL KULASHRESTHA
Gender / Age : Male / 37 Years 1 Months 2 Days

ADVANCED DIGITAL SOLUTIONS

- Computer Radiography
- Ultra Sensitive Colour Doppler
- Ultra High Resolution Sonography
- Multi-Detector CT Scan
- Mammography
- Interventional Radiology
- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

USG : Screening for Abdomen (excluding Pelvis) Or Upper Abdomen

Liver is normal in size and increased in echopattern. No mass lesion identified. The hepatic veins are clear and patent. PV patent. No dilated IHBR.

Gall bladder is well distended and shows few calculi largest measures 5-6mm. Common bile duct measures 4 mm in diameter.

Pancreas shows no obvious abnormality. Tail obscured. Spleen is normal size and echopattern.

Both kidneys are normal in shape and position. Normal echogenicity and cortico medullary differentiation is noted. No hydronephrosis or mass lesion seen.

Prostate appears normal in size and volume is ~ 18 cc. Prostate measures 26mm x 37mm x 34mm.

Urinary bladder is well distended and appears normal.

No ascites.

COMMENT:

**Fatty liver.
Few GB calculi.**

Kindly correlate clinically

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

Prerna C

Dr. Prerna C Hasani, MD
Consultant Radiologist





ECU



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Patient No. : 21038913 Report Date : 19/03/2022
Request No. : 190014082 19/03/2022 9.02 AM
Patient Name : GAURAV SUNIL KULASHRESTHA
Gender / Age : Male / 37 Years 1 Months 2 Days

Echo Color Doppler

MITRAL VALVE : NORMAL, NO MS, NO MR
AORTIC VALVE : TRILEAFLET, NO AS, NO AR
TRICUSPID VALVE : NORMAL, NO TR, NO PAH
PULMONARY VALVE : NORMAL, NO PR, NO PS
LEFT ATRIUM : NORMAL SIZE
AORTA : NORMAL
LEFT VENTRICLE : NORMAL LVEF -60-65 %, 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 AR, MR, TR NO PAH

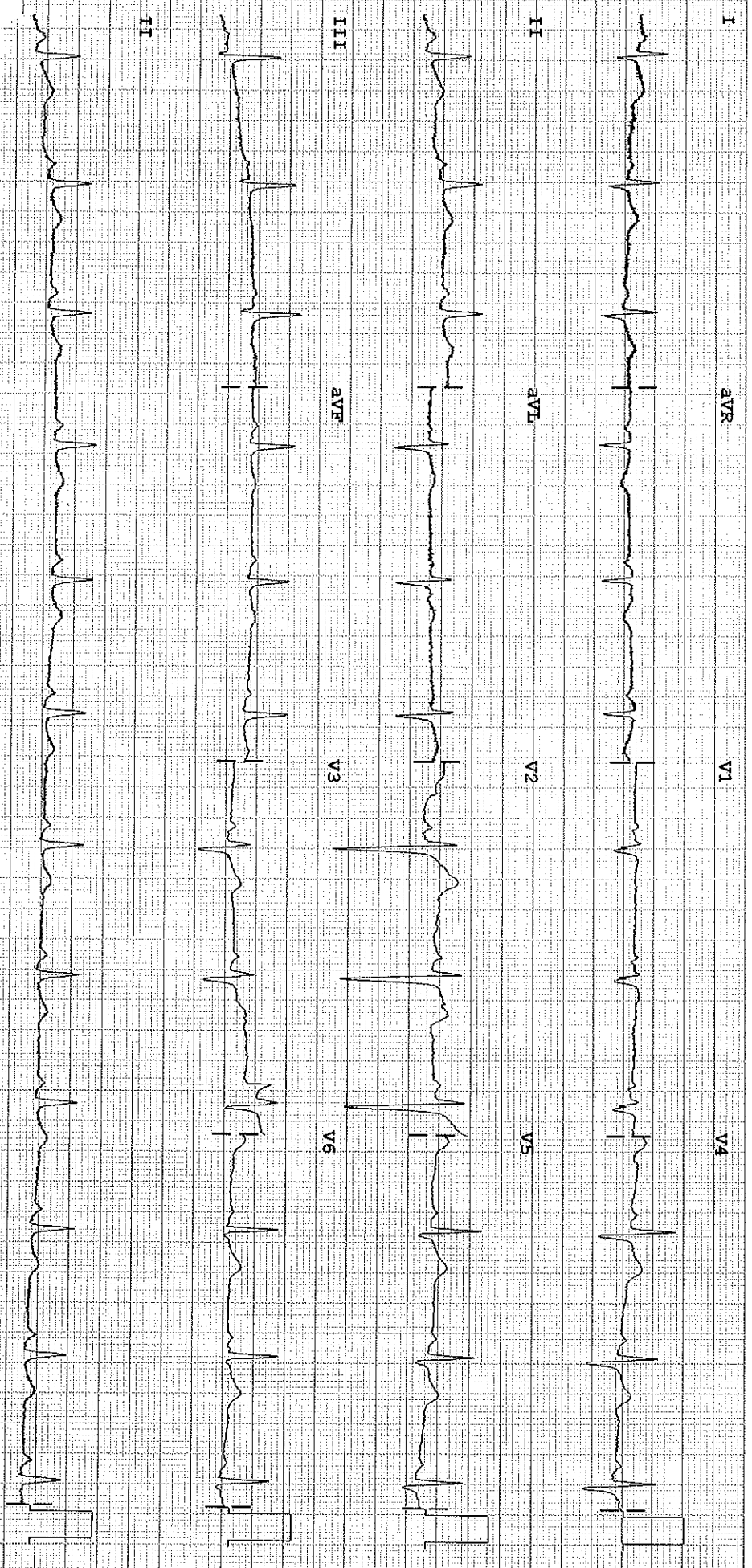
FINAL CONCLUSION:

1. NORMAL SIZED ALL CARDIAC CHAMBERS
2. NORMAL LV SYSTOLIC FUNCTION LVEF - 60-65%
3. NO RESTING RWMA
4. NORMAL VALVES, NO MITRAL / AORTIC STENOSIS
5. NORMAL RIGHT HEART SIZE AND RV PRESSURE
6. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.

DR. KILLOL KANERIA MD, DM
INTERVENTIONAL CARDIOLOGIST

ECU/21038913 19-Mar-22 11:00:48 AM MR. GAURAV S. KULASHRESTHA
37 Years Male

Rate 69
PR 136
QRSD 101
QT 368
QTc 394
--AXIS--
P 48
QRS 84
T 35



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

50 0.15-150 Hz

PH08

P2

DR. MANISH MITTAL
ESTD: 1954
BAL ANM GENERAL HOSPITAL
An NABL, NABL & ISO Accredited Institute
Medichog

Doctor **MANISH MITTAL**

Dr. Sonica Peshin

Cosmetic Dentist & Implantologist

Reg. No. : 6966-A

M. : 9586867301



BHAILAL AMIN
GENERAL HOSPITAL

Dental assessment form

19/03/2022

Name: Gaurav Sunil Kulashrestha

Age/ Sex: 37 years/Male

Patient has come for a regular check up

On Examination:

- Calculus++ stains+
- History of horizontal brushing
- Impacted teeth with respect to 38, 48
- Root stumps with respect to 37
- Decayed teeth with respect to 18, 28, 48, 47

Provisional diagnosis:


- Chronic generalised gingivitis

Treatment plan:

- Scaling and polishing
- Extraction of 37
- Restoration of decayed teeth
- Prosthesis with respect to 37


Advised:

- Brush your teeth twice daily
- Salt water gargle twice daily
- Clean your tongue and floss in between everyday.
- Follow vertical brushing technique.


Dr Sonica Peshin

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