

Name : Ms. Monali Helonde  
Date : 11-04-22  
Age : 34y Sex : M/F Weight : 47.8 kg Height : 159.2 in BMI : 18.9  
BP : 100/70 mmHg Pulse : 72 bpm RBS : \_\_\_\_\_ mg/dl  
SpO<sub>2</sub> : 99% LMP - 11-04-22

Dyslipidemia

Adv  
low fat diet  
- Fenofibrate  
- ezetimibe

Rx  
Atorvastatin 10  
o o o o o  
3 months

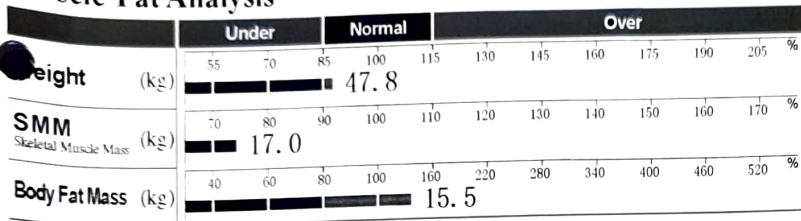


ID 92101	Height 159.2cm	Age 34	Gender Female	Test Date / Time 23. 04. 2022 09:50
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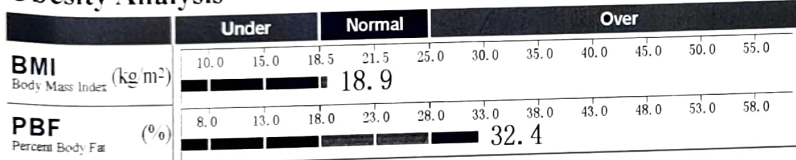
## Body Composition Analysis

Total amount of water in my body	<b>Total Body Water</b> (L)	23.7 (27.7~33.9)
What I need to build muscles	<b>Protein</b> (kg)	6.3 (7.5~9.1)
What I need for strong bones	<b>Mineral</b> (kg)	2.29 (2.56~3.13)
Where my excess energy is stored	<b>Body Fat Mass</b> (kg)	15.5 (10.9~17.4)
Sum of the above	<b>Weight</b> (kg)	47.8 (46.3~62.7)

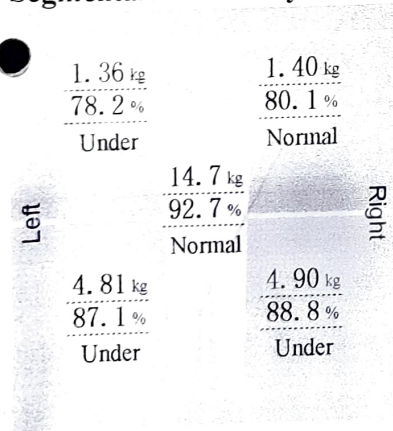
## Muscle-Fat Analysis



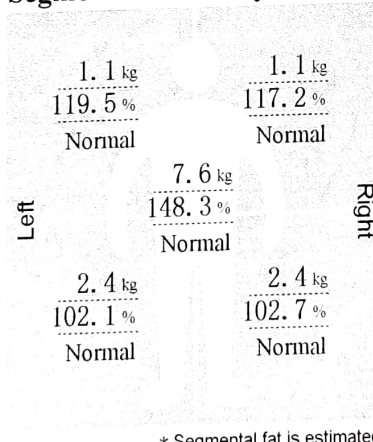
## Obesity Analysis



## Segmental Lean Analysis



## Segmental Fat Analysis



\* Segmental fat is estimated.

## Body Composition History

	23. 04. 22 09:50				
<b>Weight</b> (kg)	47.8				
<b>SMM</b> (kg)	17.0				
<b>PBF</b> (%)	32.4				
<input checked="" type="checkbox"/> Recent <input type="checkbox"/> Total					

## InBody Score

67/100 Points

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

## Weight Control

Target Weight	54.5 kg
Weight Control	+6.7 kg
Fat Control	-3.0 kg
Muscle Control	+9.7 kg

## Obesity Evaluation

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

## Waist-Hip Ratio



## Visceral Fat Level



## Research Parameters

Fat Free Mass	32.3 kg
Basal Metabolic Rate	1068 kcal (1086~1245)
Obesity Degree	88% (90~110)
SMI	4.9 kg/m <sup>2</sup>
Recommended calorie intake	2165 kcal

## Calorie Expenditure of Exercise

Golf	84	Gateball	91
Walking	96	Yoga	96
Badminton	108	Table Tennis	108
Tennis	143	Bicycling	143
Boxing	143	Basketball	143
Mountain Climbing	156	Jumping Rope	167
Aerobics	167	Jogging	167
Soccer	167	Swimming	167
Japanese Fencing	239	Racketball	239
Squash	239	Taekwondo	239

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

## Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20kHz	470.5	480.3	33.9	364.3	380.3
100kHz	431.2	441.8	30.5	334.9	351.2

Mrs. Monali Helonde.

Acceptance  $\left\{ \begin{array}{l} \text{RE} - 1.75 \text{ sph } 6/6 \\ \text{LE} - 1.75 \text{ sph } 6/6. \end{array} \right.$

Near  $\left\{ \begin{array}{l} N 6, \text{BE} \end{array} \right.$

★ Eye drop Refresh tear 1 day 4 Time  
2 months

UHID	KH92101	Patient Name	Ms Monali Bhimrao Helonde
Age/Gender	34 Y/ Female	Payer Name	Self
Payer Type	cash	Patient Type	OP
Order Date & time	23-04-2022 12:00 AM	Acknowledge Date	23-04-2022 10:19 AM
Refer By			

**X-Ray Chest AP**

Both the lung fields are clear.

Cardiac silhouette 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.**



Signed By:  
Dr Rajkumar Khandelwal  
Senior Consultant  
MD  
55870

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Age/Gender	34 Y/ Female	Payer Name	Self
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Order Date & time	23-04-2022 12:00 AM	Acknowledge Date	23-04-2022 10:34 AM
Refer By			

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### **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 10.7 x 3.3 cm. Left kidney measures 10.2 x 3.9 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.

Uterus is anteverted and normal.

No focal myometrial lesion seen.

Endometrial echo-complex appears normal.

Both ovaries are seen. No adnexal mass lesion seen.

There is no free fluid or abdominal lymphadenopathy seen.

#### **IMPRESSION:**

**No significant visceral abnormality seen.**

Suggest clinical correlation / further evaluation.



Signed By:  
Dr Rajkumar Khandelwal  
Senior Consultant  
MD  
55870



## 2D-ECHO CARDIOGRAPHY & COLOUR DOPPLER STUDY

Patient Name: Mrs. Monali Bhimrao Helonde

Age : 34 years / Female

UHID : KH92101

Date : 23/04/2022

Done by : Dr. Parag Rahatekar

Referred by : Dr. Vimmi Goel, Thanks!

### Measurements:

AORTA	→ 26 mm	Left Atrium	→ 30 mm
Left-Ventricle End systolic	→ 24 mm	Left-Ventricle End diastolic	→ 44 mm
InterVentricular Septum	→ 08 mm	Posterior LV Wall	→ 08 mm
Right Atrium	→ 27 mm	Right Ventricle	→ 26 mm
Left-Ventricle Ejection Fraction = 60 %			

Cardiac Chambers : Normal LV systolic Function. Good biventricular function.

RWMA : No RWMA

Cardiac Valves : Structurally Normal Valve,  
Mild MR, No AS/ No AR, No TR

IAS/IVS : Intact

Clot / Vegetation : NIL

Pericardium : Normal, No Effusion

IVC : 14 mm, collapsing with respiration

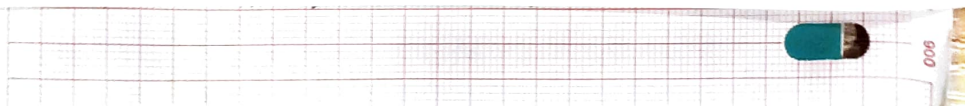


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www.kingswayhospitals.com CIN U74999MH2018PTC303510



KH92101  
34 Years

MS. MONALI HELONDE  
Female

23-Apr-22 9:41:03 AM  
Kingsway Hospital (Cardiology)

Rate 76 . Sinus rhythm.....normal P axis, V-rate 50- 99

PR 149  
QRSd 93  
QT 389  
QTc 438

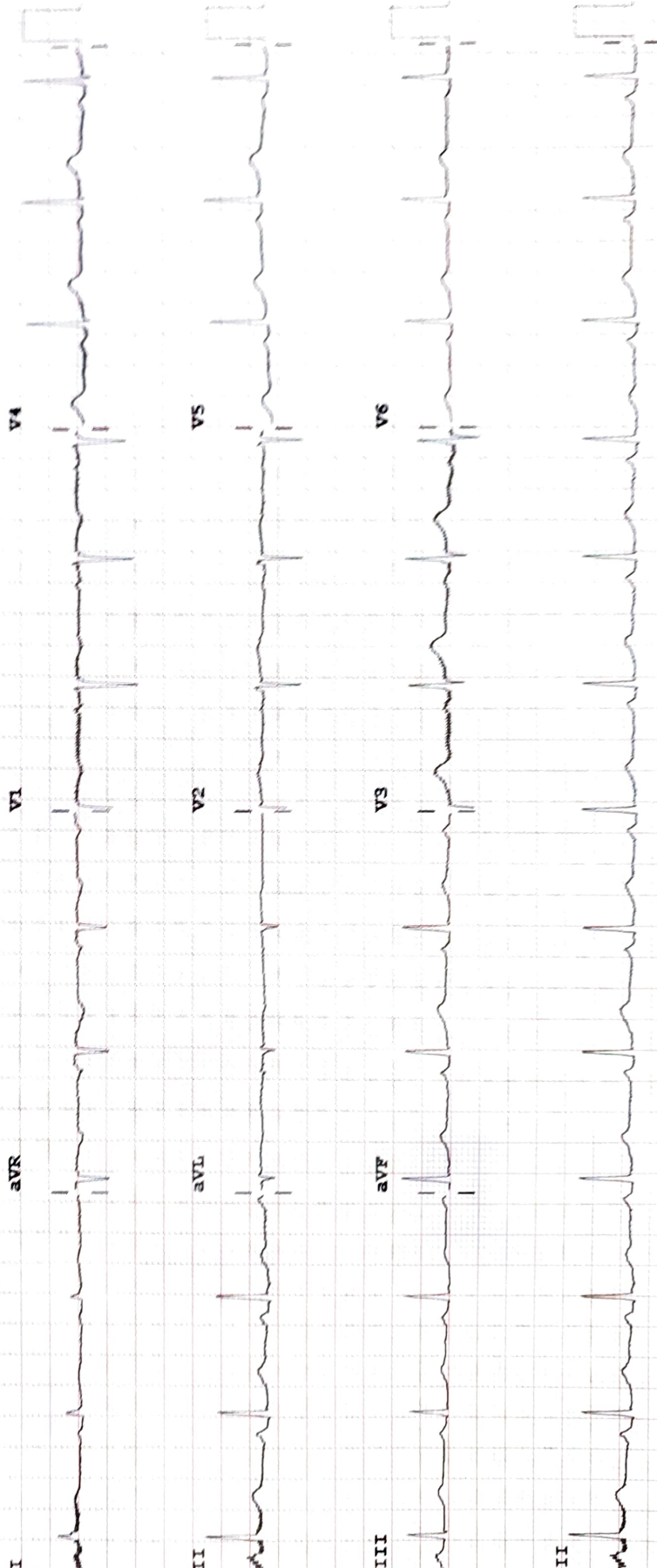
--AXIS--  
P 70  
QRS 69  
T 54

12 Lead; Standard Placement

- NORMAL ECG -

Unconfirmed Diagnosis

WNL



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

F 50~ 0.50-150 Hz W

100B CL

P9

UHID	KH92101	Order Date & time	23-04-2022
Patient Name	Ms Monali Bhimrao Helonde	Sample Collection Date	23-04-2022 09:23 AM
Age/Gender	34 Y/Female	Acknowledge Date	23-04-2022 10:33 AM
Patient Type	OP	Report Date	23-04-2022 12:05 PM
Visit No		Ordering Doctor	
Refer By		Order Id	ODRID-6561

## Haematology

Service Name	Result	Unit	Reference Range	Method
<b>Haemogram (CBC with ESR), Whole Blood</b>				
<b>Erythrocytes</b>				
* Haemoglobin	14.8	gm/dl	12-15	Photometric Measurement
* RBC count	<b>4.83 H</b>	millions /cumm	3.8-4.8	Photometric Measurement
* Packed Cell Volume (PCV/HCT)	44.2	%	36-46	Calculated
* MCV	92	fl	83-101	Calculated
* MCH	30.7	pg	27-32	Calculated
* MCHC	33.5	gm/dl	31.5-34.5	Calculated
* RDW	13.6	%	11.5-14.0	Calculated
<b>Leucocytes</b>				
* TLC (Total Leukocyte Count)	<b>10800 H</b>	/cumm	4000-10000	Flow cytometry
* Neutrophils	<b>72.6 H</b>	%	50-70	
* Lymphocytes	<b>19.5 L</b>	%	25-30	
* Eosinophils	2.0	%	1-5	
* Monocytes	5.9	%	5-10	
* Basophils	<b>0.0 L</b>	%	1-2	
* Large Immature Cells	0.0	%		
* Absolute Neutrophil Count	<b>7840.80 H</b>	/cumm	2000-7000	Calculated
* Absolute Lymphocyte Count	2106.00	/cumm	1000-4800	Calculated
* Absolute Eosinophil Count	216.00	/Cumm	20-500	Calculated
* Absolute Monocyte Count	637.20	/cumm	200-1000	Calculated
* Absolute Basophil Count	<b>0.00 L</b>	/cumm	20-100	Calculated
<b>Platelets</b>				
* Platelet Count	215	10 <sup>3</sup> /cumm	150-450	Impedance



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* MPV	9.0	fl	6.0-9.5	Calculated
* PCT (Platelet Hematocrit)	<b>0.192 L</b>	%	0.2-0.5	
* PDW (Platelet Distribution Width)	15.0	%	9-17	
<b>Peripheral Smear Examination</b>				
<b>RBC Morphology</b>				
* Normochromic Normocytic	Seen.			
* WBCs	As Above			
* Platelets	Adequate			
* ESR (Westergren)	07	mm/hr	<20	Westergren
* Blood Grouping & RH Factor, Whole Blood & Serum	“O” Rh POSITIVE			Gel Card Method
* HbA1c (Glycosylated Haemoglobin), Blood	4.50	%	<=5.6	HPLC

### Clinical Biochemistry

Service Name	Result	Unit	Reference Range	Method
Fasting Blood Sugar	90	mg/dL	<100	GOD\POD, Colorimetric
* Post Prandial Blood Sugar, Plasma	64	mg%	<140	GOD\POD, Colorimetric
<b>Lipid Profile, Serum</b>				
Cholesterol	<b>311.00 H</b>	mg/dL	<200	Enzymatic Method
Triglyceride	<b>84.0 L</b>	mg/dL	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 (Lipase/GK/GPO /POD)
HDL Cholesterol Direct	43.0	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	Phosphotungstic acid/mgcl- Enzymatic (microslide)
LDL Cholesterol (Direct)	228.3	mg/dL	Optimal <100 mg/dl Near optimal 100 - 129 mg /dl Borderline high 130 - 159 mg/dl High 60 - 189 mg/dl Very High >190 mg/dl	Enzyme method
VLDL	17.00	mg/dL	<30	Calculated
Cholesterol/HDL Ratio	<b>7.23 H</b>	%	3-5	Calculated

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Non HDL	268.00	mg/dL		Calculated
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**Kidney Function Test (KFT), Serum**

Blood Urea	19.00	mg/dL	15-36	Urease with indicator dye
Creatinine	0.70	mg/dL	0.52-1.04	Enzymatic (creatinine amidohydrolase)
Sodium	143.0	mmol/L	136-145	Direct ion selective electrode
Potassium	4.57	mmol/L	3.5-5.1	Direct ion selective electrode

**Liver Function test, Serum**

Total Bilirubin	0.70	mg/dL	0.2-1.3	Azobilirubin /Dyphylline
Bilirubin Direct	<b>0.31 H</b>	mg/dL	0.1-0.3	
Bilirubin Indirect	0.39	mg/dL	0.1-1.1	
SGOT (AST)	21.00	U/L	13-35	Kinetic with pyridoxal 5 phosphate
SGPT (ALT)	12	U/L	12-45	Kinetic with pyridoxal 5 phosphate
Alkaline Phosphatase	81.00	U/L	38-126	
Total Protein	7.5	gm/dl	6.3-8.2	Biuret(Alkaline cupric Sulfate)
Albumin	4.45	gm/dl	3.5-5.0	
Globulin	3.1	gm/dl	2-4	
Albumin/Globulin Ratio	1.50			

**Thyroid Function Test (T3,FT4,TSH), Serum**

* T3	1.49	ng/mL	0.55-1.7	Enhanced chemiluminescence
* Free T4	1.36	ng/dL	0.8-1.7	
* Thyroid Stimulating Hormone (TSH)	0.59	uIU/mL	0.5-4.8	Enhanced chemiluminescence

**Clinical Pathology**

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Visit No		Ordering Doctor	
Refer By		Order Id	ODRID-6561

Service Name	Result	Unit	Reference Range	Method
Urine Sugar Fasting, Urine	Negative			GOD/POD

----- End of Report -----



Dr Vaidehee Naik  
Consultant Pathologist