

### MEDICAL SUMMARY

NAME:	Mr. Venkatesh Parhad	UHID:	5182
AGE:	29 YRS	DATE OF HEALTHCHECK:	25/12/2023
GENDER:	Male		

HEIGHT:	170 cm	MARITAL STATUS:	M
WEIGHT:	66 kg	NO OF CHILDREN:	1
BMI:	22.8		

C/O: - Anemia

K/C/O: PRESENT MEDICATION: - NO.

P/M/H: - No

P/S/H: - NO

ALLERGY: Allergic Rhinitis.

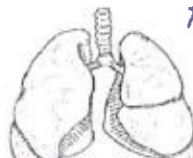
PHYSICAL ACTIVITY: Active/ Moderate/ Sedentary

H/A: SMOKING: )  
 ALCOHOL: )  
 TOBACCO/PAN: )  
 (MAD)

FAMILY HISTORY FATHER: -  
 MOTHER: - Anemia.

O/E:  
 BP: 120/80 PULSE: 70/min  
 TEMPERATURE: - SCARS: -

LYMPHADENOPATHY: )  
 PALLOR/ICTERUS/CYNOSIS/CLUBBING: )  
 OEDEMA: )  
 (MAD)

S/E: RS:  (MAD)

P/A:  (MAD)

CVS: - (MAD)

Extremities & Spine: - (MAD)

CNS: - (MAD)

ENT: -  
 Skin: - (MAD)

Vision:

	Without Glass		With Glass	
	Right Eye	Left Eye	Right Eye	Left Eye
FAR :				
NEAR :				
COLOUR VISION:				

## OPHTHALMIC EVALUATION

UHID No.: 5182 Date: 25/2/23  
 Name: Mr. Vaibhav Age: 29 Gender:  Male /  Female

Without Correction :

Distance: Right Eye \_\_\_\_\_ Left Eye \_\_\_\_\_

Near : Right Eye \_\_\_\_\_ Left Eye \_\_\_\_\_

With Correction :

Distance: Right Eye 6/6 Left Eye 6/6  
NG NG

Near : Right Eye \_\_\_\_\_ Left Eye \_\_\_\_\_

	RIGHT					LEFT				
	SPH	CYL	AXIS	PRISM	VA	SPH	CYL	AXIS	PRISM	VA
Distance	<u>-1.25</u>					<u>-1.25</u>				
Near										

some glasses  
Normal (BC)

Colour Vision : \_\_\_\_\_

Anterior Segment Examination : \_\_\_\_\_

Pupils : \_\_\_\_\_

Fundus : \_\_\_\_\_

Intraocular Pressure : 14 mmHg (BC)

Diagnosis : \_\_\_\_\_

Advice : some glasses

Re-Check on 6 mths (This Prescription needs verification every year)

**DR. RUCHIRA SHARMA**  
 M. S. (OPHTH)  
 CONSULTING OPHTHALMOLOGIST  
 & MICRO SURGEON  
 REG. No.: 3262 / 09 / 02

Dr. [Signature]  
 (Consultant Ophthalmologist)

■ Consultation ■ Diagnostics ■ Health Check-Ups ■ Dentistry

## DENTAL CHECKUP

<b>Name:</b> Mr. Vaibhav Parhad.	<b>MR NO:</b>
<b>Age/Gender :</b> 29/M.	<b>Date:</b> 25/2

Medical history:  Diabetes  Hypertension  \_\_\_\_\_

EXAMINATION	UPPER RIGHT	UPPER LEFT	LOWER LEFT	LOWER RIGHT
Calculus& Stains				
Mobility				
Caries ( Cavities )				
a)Class 1 (Occlusal)				
b)Class 2 (Proximal)				
c)Class 5 (Cervical)				
Faulty Restoration				
Faulty Crown		NA		
Fractured Tooth				
Root Pieces				
Impacted Tooth				
Missing Tooth				
Existing Denture				

**TREATMENT ADVISED:**

TREATMENT	UPPER RIGHT	UPPER LEFT	LOWER LEFT	LOWER RIGHT
Restoration / Filling				
Root Canal Therapy				
Crown				
Extraction				

Oral Prophylaxis:  Scaling & polishing  
 Orthodontic Advice for Braces:  Yes /  No  
 Prosthetic Advice to Replace Missing Teeth:  Denture  Bridge  Implant  
 Oral Habits:  Tobacco  Cigarette  Others since \_\_\_ years  
 Advice to quit any form of tobacco as it can cause cancer.  
 Other Findings: NA

  
**DR. SNEHA NITIN GADHIYA**  
 BDS (BACHELOR OF DENTAL SURGERY )  
 REG NO: 39708

• ANDHERI • COLABA • NASHIK • VASHI



Name : Mr. Vaibhav Rajendra Parhad      Gender : Male      Age : 29 Years  
UHID : FVAH 5182.      Bill No :      Lab No : V-2034-23  
Ref. by : SELF      Sample Col.Dt : 25/02/2023 08:35  
Barcode No : 6730      Reported On : 25/02/2023 16:36

TEST      RESULTS      BIOLOGICAL REFERENCE INTERVAL

**ESR(Westergren Method)**

**Erythrocyte Sedimentation Rate:-**      02      mm/1st hr      0 - 20

**Vasanti Gondal**  
Entered By

**Ms Kaveri Gaonkar**  
Verified By



**Dr. Milind Patwardhan**  
M.D(Path)  
Chief Pathologist

End of Report  
*Results are to be correlated clinically*

Name : Mr. Vaibhav Rajendra Parhad      Gender : Male      Age : 29 Years  
UHID : FVAH 5182.      Bill No :      Lab No : V-2034-23  
Ref. by : SELF      Sample Col.Dt : 25/02/2023 08:35  
Barcode No : 6730      Reported On : 25/02/2023 16:36

TEST

RESULTS

**Blood Grouping (ABO & Rh)-WB(EDTA) Serum**

ABO Group:

**:B:**

Rh Type:

**Positive**

Method :


Tube Agglutination (forward and reverse)

-----

-----

Mrunal Gurav  
Entered By

Ms Kaveri Gaonkar  
Verified By



Dr. Milind Patwardhan  
M.D(Path)  
Chief Pathologist

End of Report  
*Results are to be correlated clinically*



Name : Mr. Vaibhav Rajendra Parhad Gender : Male Age : 29 Years  
 UHID : FVAH 5182. Bill No : Lab No : V-2034-23  
 Ref. by : SELF Sample Col.Dt : 25/02/2023 08:35  
 Barcode No : 6730 Reported On : 25/02/2023 16:36

TEST RESULTS BIOLOGICAL REFERENCE INTERVAL

**HbA1c(Glycosylated Haemoglobin )WB-EDTA**

(HbA1C) Glycosylated Haemoglobin : 5.1 %  
 Normal <5.7 %  
 Pre Diabetic 5.7 - 6.5 %  
 Diabetic >6.5 %  
 Target for Diabetes on therapy < 7.0 %  
 Re-evaluation of therapy > 8.0 %

Mean Blood Glucose : 99.67 mg/dL

Corelation of A1C with average glucose

A1C (%)	Mean Blood Glucose (mg/dl)
6	126
7	154
8	183
9	212
10	240
11	269
12	298


Method High Performance Liquid Chromatography (HPLC).

**INTERPRETATION**

- \* The HbA1c levels corelate with the mean glucose concentration prevailing in the course of Pts recent history (apprx 6-8 weeks) & therefore provides much more reliable information for glycemia control than the blood glucose or urinary glucose.
- \* This Methodology is better then the routine chromatographic methods & also for the daibetic pts.having HEMOGLBINOPATHIES OR UREMIA as Hb varaints and uremia does not INTERFERE with the results in this methodology.
- \* It is recommended that HbA1c levels be performed at 4 - 8 weeks during therapy in uncontrolled DM pts.& every 3 - 4 months in well controlled daibetics .
- \* Mean blood glucose (MBG) in first 30 days ( 0-30 )before sampling for HbA1c contributes 50% whereas MBG in 90 - 120 days contribute to 10% in final HbA1c levels

Vasanti Gondal  
Entered By

Ms Kaveri Gaonkar  
Verified By

  
Dr. M. D. Patwardhan  
Page 6 of 10  
M.D(Path)  
Chief Pathologist

End of Report  
Results are to be correlated clinically


Name : Mr. Vaibhav Rajendra Parhad      Gender : Male      Age : 29 Years  
UHID : FVAH 5182.      Bill No :      Lab No : V-2034-23  
Ref. by : SELF      Sample Col.Dt : 25/02/2023 08:35  
Barcode No : 6730      Reported On : 25/02/2023 16:36

TEST	RESULTS	UNITS	BIOLOGICAL REFERENCE INTERVAL
<b>PLASMA GLUCOSE</b>			
Fasting Plasma Glucose :	90	mg/dL	Normal < 100 mg/dL Impaired Fasting glucose : 101 to 125 mg/dL Diabetes Mellitus : $\geq$ 126 mg/dL (on more than one occasion) (American diabetes association guidelines 2016)
Post Prandial Plasma Glucose :	81	mg/dL	Normal < 140 mg/dL Impaired Post Prandial glucose : 140 to 199 mg/dL Diabetes Mellitus : $\geq$ 200 mg/dL (on more than one occasion) (American diabetes association guidelines 2016)

Method : Hexokinase

Alsaba Shaikh  
Entered By

Ms Kaveri Gaonkar  
Verified By



Dr. Milind Patwardhan  
MD(Path)  
Chief Pathologist

Page 3 of 10

End of Report  
Results are to be correlated clinically




Name : Mr. Vaibhav Rajendra Parhad      Gender : Male      Age : 29 Years  
 UHID : FVAH 5182.      Bill No :      Lab No : V-2034-23  
 Ref. by : SELF      Sample Col.Dt : 25/02/2023 08:35  
 Barcode No : 6730      Reported On : 25/02/2023 16:36

TEST	RESULTS	UNITS	BIOLOGICAL REFERENCE INTERVAL
<b>Lipid Profile- Serum</b>			
S. Cholesterol(Oxidase)	163	mg/dL	Desirable < 200 Borderline:>200-<240 Undesirable:>240
S. Triglyceride(GPO-POD)	56	mg/dL	Desirable < 150 Borderline:>150-<499 Undesirable:>500
S. VLDL:(Calculated)	11.2	mg/dL	Desirable <30
S. HDL-Cholesterol(Direct)	<b>38.3</b>	mg/dL	Desirable > 60 Borderline:>40-<59 Undesirable:<40
S. LDL:(calculated)	113.5	mg/dL	Desirable < 130 Borderline:>130-<159 Undesirable:>160
Ratio Cholesterol/HDL	4.3		3.5 - 5
Ratio of LDL/HDL	3		2.5 - 3.5

Alsaba Shaikh  
Entered By

Ms Kaveri Gaonkar  
Verified By

Page 7 of 20  Milind Patwardhan  
M.D(Path)  
Chief Pathologist

End of Report  
Results are to be correlated clinically

Name : Mr. Vaibhav Rajendra Parhad Gender : Male Age : 29 Years  
UHID : FVAH 5182. Bill No : Lab No : V-2034-23  
Ref. by : SELF Sample Col.Dt : 25/02/2023 08:35  
Barcode No : 6730 Reported On : 25/02/2023 16:36

TEST RESULTS UNITS BIOLOGICAL REFERENCE INTERVAL


**LFT(Liver Function Tests)-Serum**

S.Total Protein (Biuret method)	7.41	g/dL	6.6 - 8.7
S.Albumin (BCG method)	4.71	g/dL	3.5 - 5.2
S.Globulin (Calculated)	2.7	g/dL	2 - 3.5
S.A/G Ratio:(Calculated)	1.74		0.9 - 2
S.Total Bilirubin (DPD):	1.00	mg/dL	0.1 - 1.2
S.Direct Bilirubin (DPD):	<b>0.33</b>	mg/dL	0.1 - 0.3
S.Indirect Bilirubin (Calculated)	0.67	mg/dL	0.1 - 1.0
S.AST (SGOT)(IFCC Kinetic with P5P):	29	U/L	5 - 40
S.ALT (SGPT) (IFCC Kinetic with P5P):	<b>50</b>	U/L	5 - 41
S.Alk Phosphatase(pNPP-AMP Kinetic):	105	U/L	40 - 129
S.GGT(IFCC Kinetic):	23	U/L	11 - 50

-----  
Alsaba Shaikh  
Entered By

Ms Kaveri Gaonkar  
Verified By

Page 8 of 10



Dr. Milind Patwardhan  
M.D(Path)  
Chief Pathologist


End of Report  
Results are to be correlated clinically

Name : Mr. Vaibhav Rajendra Parhad      Gender : Male      Age : 29 Years  
UHID : FVAH 5182.      Bill No :      Lab No : V-2034-23  
Ref. by : SELF      Sample Col.Dt : 25/02/2023 08:35  
Barcode No : 6730      Reported On : 25/02/2023 16:36

TEST	RESULTS	BIOLOGICAL REFERENCE INTERVAL
	<b>BIOCHEMISTRY</b>	
S.Urea(Urease Method)	21.9      mg/dl	10.0 - 45.0
BUN (Calculated)	10.22      mg/dL	5 - 20
S.Creatinine(Jaffe's Method)	1.02      mg/dl	0.50 - 1.3
BUN / Creatinine Ratio	10.02	9:1 - 23:1
S.Uric Acid(Uricase Method)	5.4      mg/dl	3.4 - 7.0

Alsaba Shaikh  
Entered By

Ms Kaveri Gaonkar  
Verified By



Dr. Milind Patwardhan  
M.D(Path)  
Chief Pathologist

End of Report  
*Results are to be correlated clinically*

Name : Mr. Vaibhav Rajendra Parhad Gender : Male Age : 29 Years  
UHID : FVAH 5182. Bill No : Lab No : V-2034-23  
Ref. by : SELF Sample Col.Dt : 25/02/2023 08:35  
Barcode No : 6730 Reported On : 25/02/2023 16:36

TEST	RESULTS	UNITS	BIOLOGICAL REFERENCE INTERVAL
<b>Thyroid (T3,T4,TSH)- Serum</b>			
Total T3 (Tri-iodo Thyronine) (ECLIA)	1.75	nmol/L	1.3 - 3.1 nmol/L
Total T4 (Thyroxine) (ECLIA)	114.5	nmol/L	66 - 181 nmol/L
TSH (Thyroid-stimulating hormone) (ECLIA)	4.01	□IU/mL	Euthyroid : 0.35 - 5.50 □IU/mL Hyperthyroid : < 0.35 □IU/mL Hypothyroid : > 5.50 □IU/mL

Grey zone values observed in physiological/therapeutic effect.

**Note:**

**T3 :**

1. Decreased values of T3 (T4 and TSH normal) have minimal Clinical significance and not recommended for diagnosis of hypothyroidism.
2. Total T3 and T4 values may also be altered in other conditions due to changes in serum proteins or binding sites ,Pregnancy, Drugs (Androgens,Estrogens,O C pills, Phenytoin) etc. In such cases Free T3 and free T4 give corrected Values.
3. Total T3 may decrease by < 25 percent in healthy older individuals

**T4 :**

1. Total T3 and T4 Values may also be altered in other condition due to changes in serum proteins or binding sites, Pregnancy Drugs (Androgens,Estrogens,O C pills, Phenytoin), Nerphrosis etc. In such cases Free T3 and Free T4 give Corrected values.

**TSH :**

1. TSH Values may be transiently altered because of non thyroidal illness like severe infections,liver disease, renal and heart failure. Severe burns, trauma and surgery etc.
2. Drugs that decrease TSH values e,g L dopa, Glucocorticoids.
3. Drugs that increase TSH values e.g. Iodine,Lithium, Amiodarone

Alsaba Shaikh  
Entered By

Ms Kaveri Gaonkar  
Verified By



Dr. Milind Patwardhan  
M.D(Path)

Page 9 of 9 Chief Pathologist

End of Report  
Results are to be correlated clinically





Vaibhav, Parhad  
5182

29 Years

Male

25.02.2023 9:33:03  
Apollo Clinic  
1st Flr, The Emerald, Sector-12,  
Vashi, Mumbai-400703.

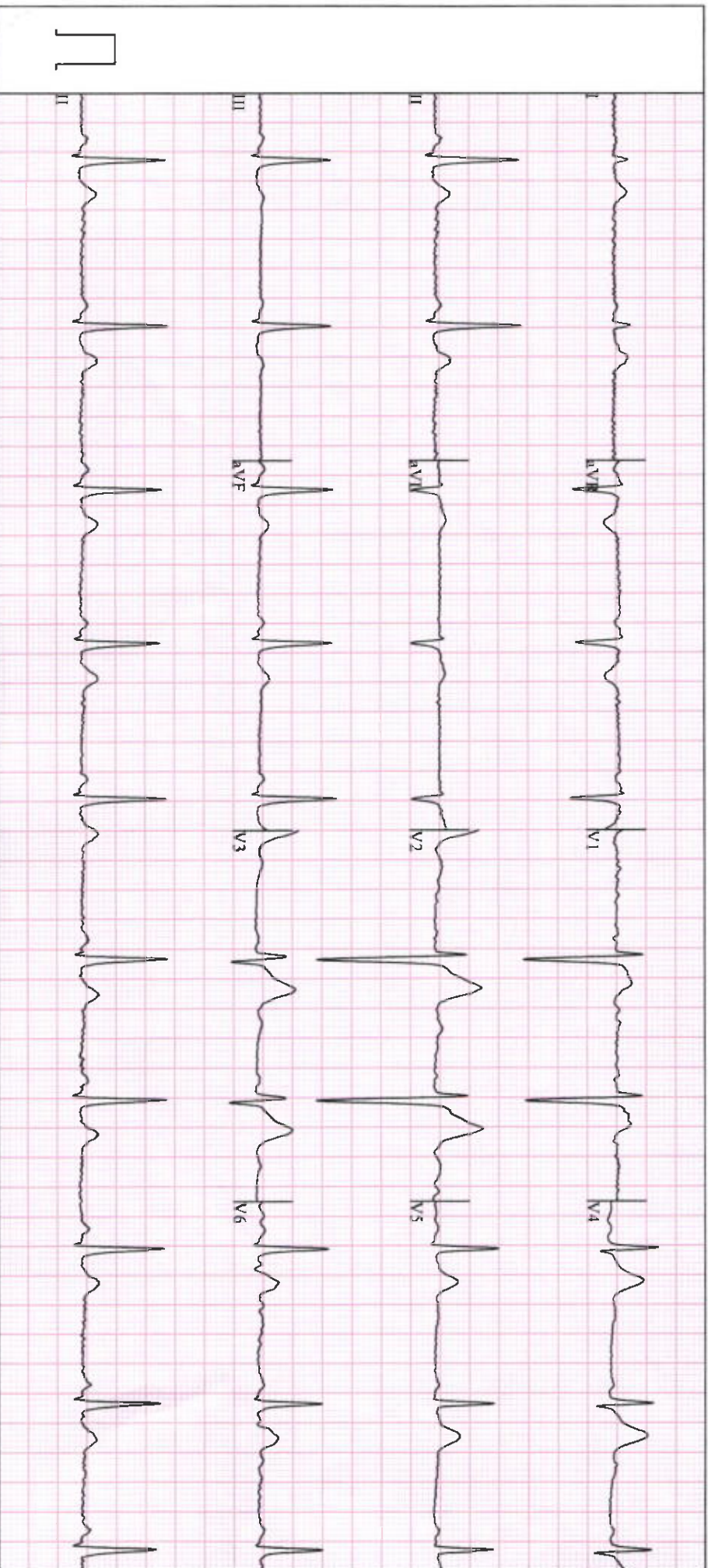
57 bpm  
--/-- mmHg

QRS : 84 ms  
QT / QTcBaz : 372 / 362 ms  
PR : 136 ms  
P : 92 ms  
RR / PP : 1044 / 1052 ms  
P / QRS / T : 82 / 80 / 41 degrees

Sinus bradycardia  
Otherwise normal ECG

*Dr*  
**NORMAL ECG**

**DR. RISHI A. BHARGAVA**  
MD, DM (Cardiology)  
CONSULTANT CARDIOLOGIST  
Reg. No.: 2019/02/0494



GE MAC2000

1.1

12SL™ V241

25 mm/s

10 mm/mV

ADS

0.56-20 Hz

50 Hz

Unconfirmed  
4x2.5x3 25 R1

1/1

PATIENT'S NAME	VAIBHAV R PARHAD	AGE :- 29 y/M
UHID NO	5182	25 Feb 2023

**X-RAY CHEST PA VEIW**

**OBSERVATION:**

Bilateral lung fields are clear.  
Both hila are normal.  
Bilateral cardiophrenic and costophrenic angles are normal.  
The trachea is central.  
Aorta appears normal.  
The mediastinal and cardiac silhouette are normal.  
Soft tissues of the chest wall are normal.  
Bony thorax is normal.

**IMPRESSION:**

- No significant abnormality seen.



**DR. DISHA MINOCHA  
DMRE (RADIOLOGIST)**



PATIENT'S NAME	VAIBHAV R PARHAD	AGE :- 29 y/M
UHID NO	5182	25 Feb 2023

**USG WHOLE ABDOMEN**

**LIVER** is normal in size, shape and shows bright echotexture .No evidence of any focal lesion. The portal vein appears normal & shows normal hepatopetal flow. No evidence of intra-hepatic biliary duct dilatation.

**Gall Bladder** appears well distended with normal wall thickness. There is no calculus or pericholecystic collection or free fluid noted. CBD appears normal.

Visualised parts of head & body of pancreas appear normal. PD is not dilated.

**SPLEEN** is normal in size and echotexture. No focal lesion seen. SV is normal.

Both kidneys are normal in size, shape and echotexture with normal parenchymal reflectivity and maintained cortico-medullary differentiation. No hydronephrosis or calculi or mass seen. **RIGHT KIDNEY** measures 10.0 x 3.8 cm. **LEFT KIDNEY** measures 10.0 x 4.4 cm.

**Urinary Bladder** is adequately distended; no e/o any obvious wall thickening or mass or calculi seen.

**PROSTATE** is normal in size, shape & echotexture. It measures approximately 14 gms.

Visualised bowel loops appear normal. There is no free fluid seen.

**IMPRESSION -**

- **Grade I fatty liver.**
- **No other significant abnormality detected.**

THIS REPORT IS NOT TO BE USED FOR MEDICOLEGAL PURPOSE.THE CONTENTS OF THIS REPORT REQUIRE CLINICAL CO-RELATION BEFORE ANY APPLICATION.



**DR. DISHA MINOCHA  
DMRE (RADIOLOGIST)**



Apollo Clinic  
The Emerald, Plot No-195/B, Sector-12,  
Neel Siddhi Towers, Vashi-400703

Station  
Telephone:

## EXERCISE STRESS TEST REPORT

Patient Name: VAIBHAV, PARHAD  
Patient ID: 5182  
Height:  
Weight:

DOB: 05.11.1993  
Age: 29yrs  
Gender: Male  
Race: Asian

Study Date: 25.02.2023  
Test Type: Treadmill Stress Test  
Protocol: BRUCE

Referring Physician: --  
Attending Physician: DR.RISHI BHARGAVA  
Technician: Anu Salve

Medications:

--

Medical History:  
NIL

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	00:07	0.00	0.00	63	120/80	
	STANDING	00:17	0.00	0.00	68	120/80	
	HYPERV.	00:06	0.00	0.00	72	120/80	
	WARM-UP	00:10	0.00	0.00	73	120/80	
EXERCISE	STAGE 1	01:49	1.70	10.00	96	150/80	
	STAGE 2	01:56	2.50	12.00	113	166/88	
	STAGE 3	01:55	3.40	14.00	134	178/88	
	STAGE 4	00:53	4.20	16.00	166	178/88	
RECOVERY		01:24	0.00	0.00	112	158/86	

The patient exercised according to the BRUCE for 6:29 min:s, achieving a work level of Max. METS: 12.90. The resting heart rate of 62 bpm rose to a maximal heart rate of 169 bpm. This value represents 88 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 178/88 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 MYOCARDIAL ISCHAEMIA AT THE WORKLOAD ACHIEVED.

Physician-DR.RISHI BHARGAVA

**Dr. RISHI A. BHARGAVA**  
MD, DM (Cardiology)  
CONSULTANT CARDIOLOGIST  
Reg. No: 2019/02/0494



### Findings and Recommendation:

#### Findings:-

- SGPT - 50
- Urine (2) -
  - count - 12 - Trace
  - Pus cells - 4-6
  - RBC - 2-4
- USG. Abd - Gr. I fatty liver

#### Recommendation:-

- Nephrologist opinion
- Low fat, fibre diet.

Signature:



Consultant -

Dr. Mahesh Naik

**DR MAHESH NAIK  
PHYSICIAN**