



# Heart & General Clinic

icure Heart & Diet Clinic, 402, Epsilon tower, opp Pasha bhai park, Race course, Vadodara

## :: PERSONAL HEALTH REPORT ::

Nalini sinha		*DATE 11/3/23
		SR. NO
		SEX. Female
		AGE 33 yrs
		HEIGHT 153 cm
		WEIGHT 49 kgs

### HISTORY

Present History : No  
 Past Illness History : NO Diabetes/Hypertension/Tuberculosis/Asthma/Epilepsy  
 Past Occupational History : No  
 Family History : NO Father - Diabetic  
 Personal History : NO  
 Addiction : NO Tobacco/Gutkha/Smoking/Alcohol

### GENERAL EXAMINATION

T.P.R. : 71/min B.P. : 120/80 mm Hg

Pallor/Icterus/Cyanosis/Varicosity/Lymph Nodes/Thyroid/Oedema/NVE/Other :

### SYSTEMIC EXAMINATION

R.S. : NAD  
 C.V.S. : NAD  
 C.N.S. : NAD  
 A.S. : NAD  
 Musculo-skelet System : NAD



E.N.T. Ex.	NAD	ACUITY OF VISION		RT EYE -1.5	LT EYE -1.5
		Dental Ex.	NAD	Without Glass	DISTANT 6/
Near	6/			6/	
Skin Ex.	NAD	With Glass	DISTANT	6/ 6	6/ 6
			Near	6/ 6	6/ 6
Psychic Ex.	NAD	COLOUR BLINDNESS NAD			

### REMARK

### ADVICE

The Worker is FIT/UNFIT for the assigned job.

Dr. Krish P. Vaidya  
 MD, FGDCC  
 Associate Consultant-Cardiology  
 Reg. No. G-50510

DR. KRISH VAIDYA

MD G-50510, CIH



**भारत सरकार**  
**Government of India**



**नलिनी सिन्हा**  
**Nalini Sinha**  
 जन्म तिथि/DOB: 15/02/1990  
 महिला/ FEMALE


Issue Date: 18/10/2012


**7790 1981 8022**  
**VID : 9158 1054 5464 7211**  
**मेरा आधार, मेरी पहचान**


**बैंक ऑफ बरोडा**  
**Bank of Baroda**  
Baroda International Bank

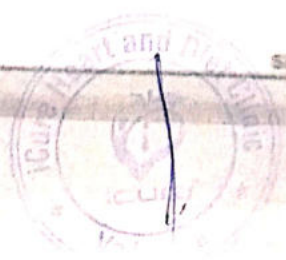
नाम: **नलिनी सिन्हा**  
 Name: **NALINI SINHA**

ए.सी. नंबर:  
 E.C. No. **72976**

  
 जारीकर्ता प्राधिकरण  
 Issuing Authority

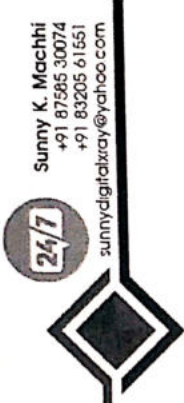
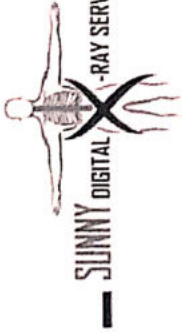
  
 हस्ताक्षर  
 Signature Holder's

*Nalini*



# iCure™ Heart & General Clinic

iCure Heart& Diet Clinic, 402, Epsil on tower, opp Pasha bhai park, Race course, Vadodara



Sunny K. Machhi  
+91 87585 30074  
+91 83205 61551

sunnydigitalray@yahoo.com

<b>NAME</b>	NALINI SINHA	<b>AGE/SEX</b>	33/MALE
<b>REF BY</b>	I cure heart & diet clinic	<b>DATE</b>	11/03/23

## X-RAY CHEST PA VIEW

BOTH LUNGS FIELDS ARE NORMAL .  
REMAINING LUNG FIELDS ARE NORMAL.  
BOTH COSTOPHRENIC RECESS ARE CLEAR.  
CARDIAC SIZE WITHIN NORMAL LIMITS.  
MEDIASTINUM AND BONY THORACIC CAGE REVEAL NO ABNORMALITY.

**IMPRESSION : NORMAL LUNGS HEART AND MEDIASTUINUM..**

**DR.HIMANI VIRAPARA**  
Regn. No: G.28771  
M.D. [Radiodiagnosis]  
(CONSULTANT RADIOLOGIST)





# Heart & General Clinic

NAME : Mrs Nalini Sinha	AGE : 33 Y/F	DATE : 11/03/2023
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**ULTRASONOGRAPHY OF WHOLE ABDOMEN**  
(Screening Only)

**Liver** is normal in size and echotexture and shows normal parenchymal reflectivity. No focal lesion is seen. Hepatic veins appear normal. There is no evidence of any dilated intra hepatic biliary radicals.

**Portal Vein** appears normal in diameter.

**Common Bile Duct** is of normal diameter.

**Gallbladder** is physiologically distended with normal wall thickness. There is no evidence of gallstones. No evidence of peri-cholecystic fluid or probe tenderness.

**Pancreas** is normal in size and shows homogenous reflectivity. There is no evidence of any calcification or ductal dilatation.

**Spleen** is normal size and shows a homogenous echotexture. There is no evidence of any focal lesion.

**Both Kidneys** are normal in position and size. They show normal cortical reflectivity and cortico-medullary distinction. Right kidney measures 92x38mm. Left kidney measures 87x38mm. There is no evidence of renal calculi, hydronephrosis or mass seen.

**Bladder** is well distended and shows normal wall thickness. No evidence of intra-luminal mass or calculi.

**Uterus** appears normal in size. Uterine myometrial echotexture is homogeneous. No focal lesion is seen. CET measures 5mm.

**Both Ovaries** appears normal in size & reflectivity. No evidence of any adnexal mass.

There is no evidence of ascites.

No evidence of any gross bowel mass seen.

No evidence of any aorto-caval or mesenteric root lymphadenopathy.

No mass or collection in right iliac fossa.

**CONCLUSION:** No sonographic abnormality is seen.



*Mehul Prajapati*

**DR. MEHUL PRAJAPATI**  
**CONSULTANT RADIOLOGIST**



## 2D Echocardiography & Color Doppler Report

iCure Hear care, 402, Epsilon tower, opp Pasha bhai park, Race course, Vadodara

**Patient Name: Mrs Nalini Sinha**

**Dates: 11 / 03 / 2023**

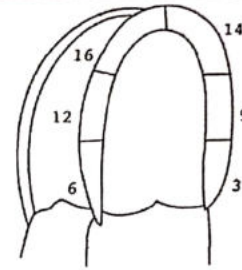
**Age Gender: female - 33 Years**

### M. Mode Study:

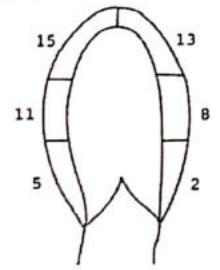
<b>LA</b>	<b>34</b>	<b>IVS</b>	<b>10</b>	<b>PWD</b>	<b>10</b>
<b>AO</b>	<b>24</b>	<b>LVDs</b>	<b>23</b>	<b>LVDD</b>	<b>47</b>

### Doppler Study:

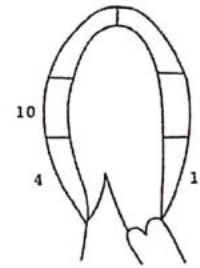
<b>Mitral Valve</b>	<b>E: 0.59 A: 0.48</b>
<b>Aortic Valve</b>	<b>Normal</b>
<b>Tricuspid Valve</b>	<b>Normal</b>
<b>Pulmonary Valve</b>	<b>Normal</b>



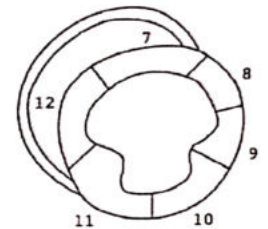
Apical  
4 chamber view



Apical  
2 chamber view



Apical  
3 chamber view



Parasternal short  
axis view

### Conclusion:

- **Normal LV Systolic function**
- **LVEF: 56 % ,No RWMA**
- **Cardiac Chambers: Normal**
- **Diastolic function: Normal**
- **TR: No PAH: No RVSP: 18mmhg**
- **No Ms , No MR**
- **No AR , No AS**
- **ASD/VSD/PDA/Co-A : No**
- **No Clots or vegetations found**
- **IVC: 10mm size with Normally collapsive**



Note:

Normal 2D echo report does not rule out cardiac diseases  
this report shall not be used for Medico legal purposes,  
Clinical Correlation advisable.

**Dr. Krish P Vaidya**  
Consultant Cardiologist, Diabetologist  
& General Physician



Patient's name : Nalini Sinha  
 Age/Sex : 33 Years/Female  
 Referred by : C/o. I Cure Heart & Diet Clinic  
 Sample From : LAB  
 UHID :

Reg. ID : icure-773-19  
 Accession : 27809  
 Reg. Date : 11/03/2023  
 Collection Time : 11/03/2023 14:01

## COMPLETE BLOOD COUNT

Sample Type: EDTA

Test Name	Result	Units	Biological Reference Interval
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<b>Blood Counts</b>	13.8	Gms%	12.5 - 16.0
Haemoglobin :	4.31	mill/c.mm	4.2 - 5.4
Total R.B.C. :	6540	/cu mm	4000 - 10500
Total W. B. C. :	301000	/cu.mm	1,50,000 - 4,50,000

### Differential Count

Neutrophils :	60	%	40 - 70
Lymphocytes :	36	%	20 - 40
Eosinophils :	02	%	1 - 4
Monocytes :	02	%	2 - 6
Basophils :	00	%	0 - 01

### Blood Indices

P. C. V. :	37.1	%	37 - 47
M. C. V. :	86.1	fl	78 - 100
M.C.H. :	32.0	pg	27 - 31
M. C. H. C. :	37.2	%	32 - 36
R.D.W. :	13.1	%	11.5 - 14.0

### E.S.R.(Westergren Method)

8 mm After one hour :

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**Dr Harsh Pandya**  
 (MD)  
 Consultant Pathologist  
 Reg. No.: G-32582

**Dr. Priya Kriplani**  
 (MD)  
 Consultant Pathologist  
 Reg. No.: G-46004



# BARODA DIAGNOSTIC LABORATORY



\* 2 7 8 0 9 \*

Patient's name : Nalini Sinha  
Age/Sex : 33 Years/Female  
Referred by : C/o. I Cure Heart & Diet Clinic  
Sample From : LAB  
UHID :  
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<b><u>Blood Counts</u></b>			
Haemoglobin :	13.8	Gms%	12.5 - 16.0
Total R.B.C. :	4.31	mill/c.mm	4.2 - 5.4
Total W. B. C. :	6540	/cu mm	4000 - 10500
Platelet Count :	301000	/cu.mm	1,50,000 - 4,50,000
<b><u>Differential Count</u></b>			
Neutrophils :	60	%	40 - 70
Lymphocytes :	36	%	20 - 40
Eosinophils :	02	%	1 - 4
Monocytes :	02	%	2 - 6
Basophils :	00	%	0 - 01
<b><u>Blood Indices</u></b>			
P. C. V :	37.1	%	37 - 47
M. C. V. :	86.1	fl	78 - 100
M.C.H :	<b>32.0</b>	pg	27 - 31
M. C. H. C :	<b>37.2</b>	%	32 - 36
R.D.W :	13.1	%	11.5 - 14.0
<b><u>E.S.R.( Westergren Method )</u></b>			
After one hour :	8	mm	3 - 12

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Patient's name : Nalini Sinha  
Age/Sex : 33 Years/Female  
Referred by : C/o. I Cure Heart & Diet Clinic  
Sample From : LAB  
UHID :

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Accession : 27809  
Reg. Date : 11/03/2023  
Collection Time : 11/03/2023 14:01

Sample Type: Serum

## THYROID FUNCTION

Test Name	Result	Units	Biological Reference Interval
TOTAL T3 :	1.50	ng/ml	0.84 - 2.0
TOTAL T4 :	9.95	ug/dl	5.1 - 14.0
TSH :	3.15	mIU/L	0.25 - 5.0

Method : CLIA

## RENAL FUNCTION TEST

Test Name	Result	Units	Biological Reference Interval
Urea :	19	mg/dl	10 - 50
Bun (Calculated) :	8.9	mg/dl	0 - 18
Creatinine :	0.96	mg/dl	0.4 - 1.5
Uricacid :	5.00	mg/dl	3.4 - 7.0
BUN CREAT RATIO :			10:1 - 20:1

Done on Fully automated biochemistry analyser - COBAS C 111

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## LIVER FUNCTION TEST

Sample Type: Serum

Test Name	Result	Units	Biological Reference Interval
S.G.P.T (ALT) :	10	U/L	0 - 40
S.G.O.T (AST) :	16	U/L	0 - 37
ALK.PHOSPHATASE :	55	U/L	35 - 105
G.G.T :	18.1	U/L	8 - 78
<b><u>Bilirubin</u></b>			
Total :	0.50	mg/dl	0.2 - 1.0
Direct :	0.23	mg/dl	0 - 0.6
Indirect :	0.27	mg/dl	0 - 0.5
<b><u>Serum Proteins</u></b>			
Total Protein :	7.01	gms/dl	6.4 - 8.3
Albumin :	3.90	gms/dl	3.8 - 4.4
Globulins :	3.11	gms/dl	2.3 - 3.5
A/G Ratio :	1.25		0.9 - 2.9

Done on Fully automated biochemistry analyser - COBAS C 111

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Patient's name : Nalini Sinha  
Age/Sex : 33 Years/Female  
Referred by : C/o. I Cure Heart & Diet Clinic  
Sample From : LAB  
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Sample Type: Serum

## LIPID PROFILE

Test Name	Result	Units	Biological Reference Interval
Cholesterol :	132	mg/dl	0 - 200
Triglyceride :	112	mg/dL	0 - 150
HDL - Cholesterol :	48	mg/dL	35 - 65
LDL - Cholesterol :	61.6	mg/dL	0 - 130
VLDL - Cholesterol :	22.4	mg/dL	0 - 30
Total Cholesterol/HDL Ratio :	2.75		1 - 6
LDL / HDL Cholesterol Ratio :	1.28		0 - 3.5

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BARODA DIAGNOSTIC LABORATORY



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302, Trivia Complex, Natubhai Circle, Race Course, Vadodara. ☎ : +91 88660 09950 / 74050 09950 ✉ : bdl95950@gmail.com

Laboratory results serve as an aid to diagnosis & should be interpreted in relation to clinical findings. Please refer back to laboratory in case of any discrepancy.



Scanned with OKEN Scanner



# BARODA DIAGNOSTIC LABORATORY



Patient's name : Nalini Sinha  
Age/Sex : 33 Years/Female  
Referred by : C/o. I Cure Heart & Diet Clinic  
Sample From : LAB  
UHID :

Reg. ID : icure-773-19  
Accession : 27809  
Reg. Date : 11/03/2023  
Collection Time : 11/03/2023 14:01

## HbA1C REPORT

Sample Type: EDTA

Test Name	Result	Units	Biological Reference Interval
HbA1C :	5.19	%	Excellent control: 4.2-6.2 Good Control : 6.3-7.2 Fair Control : 7.3-8.2 Poor Control : >8.3
Mean Blood Glucose levels : of last 03months	102.0	mg/dl	

### NOTE

\*As per the new 2009 update of American Diabetes Association regarding HbA1C & Mean Blood Glucose relationship.

This test is used to monitor diabetic patients compliance with the therapeutic regimen and long term blood glucose control. It's level is proportional to both the average blood glucose concentration and the life span of the red blood cells (RBC) in circulation. HbA1c values are free of day to day glucose fluctuations and are unaffected by exercise or recent food intake.

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**Name** : NALINI SINHA  
**Ref By** : ICURE HEART & DIET CLINIC

**Age/Sex** : 33 Yrs./F  
**Date** : 11/03/2023  
**Report ID.** : 8

**EXAMINATION OF URINE**

<u>TEST</u>	<u>RESULT</u>	<u>UNIT</u>
Sample	: FASTING	
<b><u>PHYSICAL EXAMINATION</u></b>		
Quantity	: 10	mL
Colour	: YELLOW	
Transperancy	: CLEAR	
Specific Gravity	: 1.030	
Reaction	: ACIDIC	
Deposits	: ABSENT	
<b><u>CHEMICAL EXAMINATION</u></b>		
Albumin	: NIL	
Sugar	: NIL	
Acetone	: ABSENT	
Bile Salts	: ABSENT	
Bile Pigments	: ABSENT	
Urobilinogen	: NORMAL : ~ < 1.0 mg/dL	
Occult Blood	: ABSENT	
Nitrate	: ABSENT	
<b><u>MICROSCOPIC EXAMINATION</u></b>		
Pus Cells	: 0-1 / hpf	
RBC	: NIL	
Epithelial Cells	: NIL	
Crystals	: NIL	
Amorphous Phosphate	: NIL	
Cast	: NIL	



END OF REPORT

  
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**HAEMOGRAM PROFILE**

<u>TEST</u>	<u>RESULT</u>
Blood Group	: "O"
Rh Factor (Anti D.)	: " <b><u>NEGATIVE</u></b> "

**BIOCHEMISTRY**

**FASTING (FBS)**

Blood Glucose : 99.0 mg/dL 70.00 - 110.00 mg/dL

**POST-PRANDIAL**

Blood Glucose : 103.0 mg/dL 80 - 140 mg/dL

*Done By Fully Auto Analyzer MIURA, A-1004*



END OF REPORT