

Respected Sir/Madam,

Please find corporate HC appointment details scheduled for 26-08-2023 at your Niyanta Diabetes & Heart Clinic Pvt Ltd - Naranpura Center.

Points to note:-

- Submit photocopy of employee ID proof if health check is through an employer.
- Submit photocopy of personal ID proof if health check is for insurance.
- Submit MER as per package details & that company's format (already shared)
- 12 noon of appointment date, share Work order number & visit status (Show/No show).
- Upload reports in Adbhutam portal as per specifications given earlier.

ARCOFEMI HEALTHCARE LIMITED	ARCOFEMI MEDIWHEEL FEMALE AHC CREDIT PAN INDIA OP AGREEMENT	ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS CHECK ADVANCED - FEMALE - 2D ECHO - PAN INDIA - FY2324	Renal Function Test,GGTP: Gamma Glutamyl Transpeptidase - Serum,Ultrasound - Whole Abdomen, Ophthal by General Physician, URINE GLUCOSE(FASTING),Urine Routine (CUE),Blood Grouping And Typing (Abo And Rh),BMI,URINE GLUCOSE(POST PRANDIAL),LBC PAP SMEAR,ECG,Package Gynaecological Consultation,Lipid Profile (all Parameters), SONO MAMMOGRAPHY - SCREENING,Consultation - Dental, GLUCOSE - SERUM / PLASMA(FASTING AND POST PRANDIAL, THYROID PROFILE - I(T3,T4 AND TSH),Glycosylated Hemoglobin (HbA1C) - Whole Blood,HEMOGRAM (CBC+ESR),LIVER FUNCTION TEST (PACKAGE),X-Ray Chest PA,Package Consultation - ENT,Fitness by General Physician,2 D ECHO,Dietician consultation,Doctor,GLUCOSE, FASTING,LIPID PROFILE,BODY MASS INDEX (BMI),GAMMA GLUTAMYL TRANSFERASE (GGT),COMPLETE URINE EXAMINATION,RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT),BLOOD GROUP ABO AND RH FACTOR,HbA1c, GLYCATED HEMOGLOBIN,SONO MAMMOGRAPHY - SCREENING,DIET CONSULTATION,HEMOGRAM + PERIPHERAL SMEAR,LBC PAP TEST- PAPSURE,THYROID PROFILE (TOTAL T3, TOTAL T4, TSH),PERIPHERAL SMEAR,GLUCOSE, POST PRANDIAL (PP), 2 HOURS (POST MEAL),LIVER FUNCTION TEST (LFT)	Bhavika Sudhir Prajapati	female	Self	48	N/A	wellness@mediwheel.in	9978053332	2023-08-26	09:00
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Please login to AHCN Portal for more details.

ICN Login Url : [Click on Link](#)

Regards,  
Niyanta Clinic Operations  
Niyanta Health and Lifestyle Ltd.,

NAME: BHAVIKA PTAJAPATI	DATE: 26 / 08 /2023
AGE: 48 YEARS                      SEX: Female	REF.DR. ARCOFEMI MEDIWHEEL

**INVESTIGATION : USG ABDOMEN & PELVIS**

LIVER appears normal in size and shows normal echopattern. No evidence of focal mass lesion. No evidence of dilated intrahepatic biliary radicals noted. Portal vein and hepatic veins are unremarkable. Common bile duct appears normal.

GALL BLADDER appears normal distended. No cholecystitis.

PANCREAS appears normal in size and echopattern.

SPLEEN appears normal in size and echopattern. No evidence of mass lesion seen.

**KIDENYS:**

Both kidneys appear normal in size, shape and position. No evidence of mass lesion or hydronephrosis seen on either side. Both Kidneys show normal cortical echogenicity well preserved cortico-medullary differentiation.

URINARY BLADDER is partially distended. No evidence of vesical mass or calculus is seen.

Uterus is not seen due to h/o hysterectomy .

No gross adnexal mass lesion seen.

Small and large bowel loops are unremarkable.

No evidence of ascites or lymphadenopathy is seen.

**IMPRESSION:-**

=Normal study .

Dr. JAY PARIKH

CONSULTANT RADIOLOGIST

**Dr. Jay Parikh**

(M.S., Radiologist)

Regd. No. : G-20251

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.  
212 to 217, Swanik Arcade, Pragatinagar,  
Naranpura, Ahmedabad-380013.  
Regd. No. : 051902468

**Shreeyanta Healthcare & Diagnostics Pvt. Ltd.**

212-217, Swanik Arcade, Nr Arjun Homes, B/h Vardan Tower, Pragatinagar - K. K. Nagar Road, Naranpura, Ahmedabad : 380 013.

Appointment +91 99042 90525 / +91 92656 34065 ☎ 079 2749 98 35 / Emergency : 87340 72706 📧 shreeyantaclinic@gmail.com



NAME: BHAVIKA PRAJAPATI	DATE: 26 / 08 /2023
AGE: 48 YEARS                      SEX: Female	REF.DR. ARCOFEMI MEDIWHEEL

**INVESTIGATION : USG BOTH BREASTS**

No evidence of focal or diffuse mass lesions is seen on either side.

No evidence of collection / abscess formation on either side.

No evidence of duct dilatation on either side.

No evidence of retraction nipple seen either sided .

**Bilateral axillary few non necrotic discrete lymph node noted , largest left sided 17x5mm , s/o non specific infective etiology .**

**Impression:-**

**No significant abnormality detected.**

**BIRADS-1**

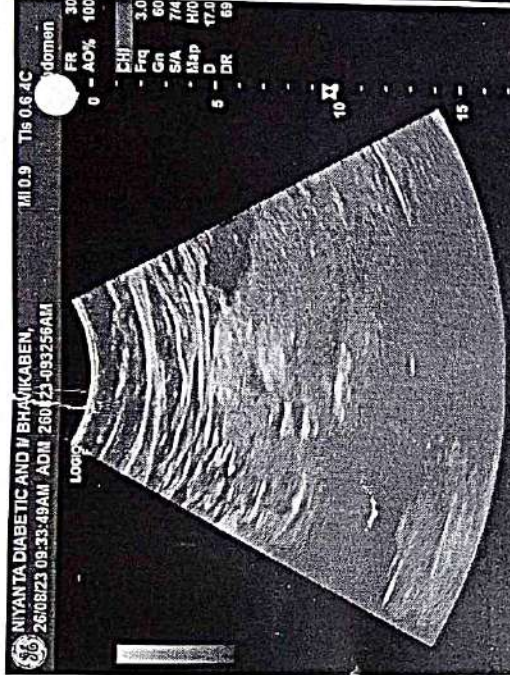
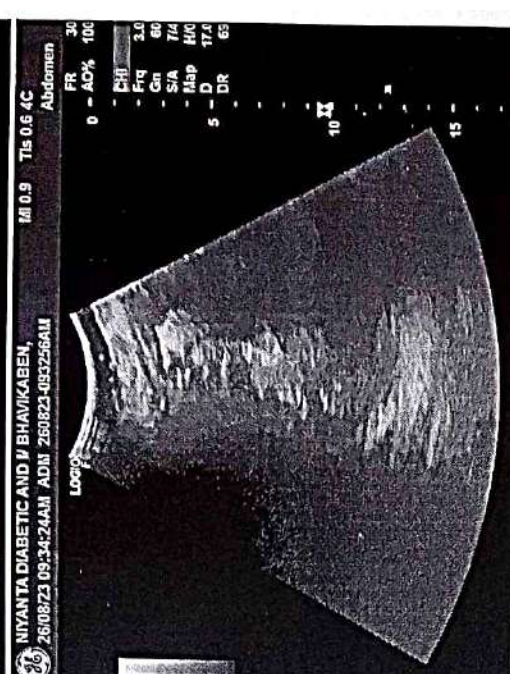
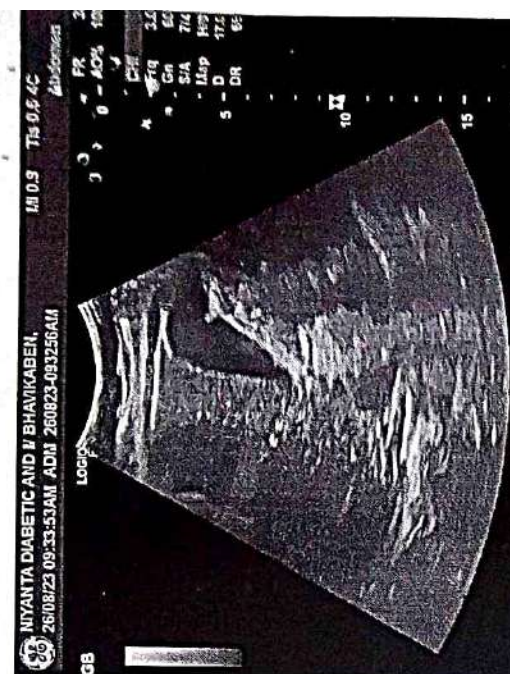
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**Dr. Jay Parikh**  
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**INVESTIGATION: 2D ECHO CARDIOGRAPHY**

PATIENT NAME: BHAVIKABEN PRAJAPATI

AGE/SEX: 48 YRS

REF. Dr. : ARCOFEMI

DATE: 26/08/2023

<b><u>MITRAL VALVE</u></b>	PROLAPSE	<b><u>LEFT VENTRICLE</u></b>	
PROLAPSE	MILD	LVID DIASTOLE	45 MM
AREA	NORMAL	LVID SYSTOLIC	30 MM
<b><u>AORTIC VALVE</u></b>	NORMAL	<b><u>EJECTION FRECTION</u></b>	60 %
ROOT SIZE	30	IVS	10 MM
LA SIZE	32	LVPW	10 MM
<b><u>PULMONARY VALVE</u></b>	NORMAL	<b><u>TRICUSPID VALVE</u></b>	NORMAL

**DOPPLER STUDY: -**

	MITRAL VALVE	AORTIC VALVE	PULMONARY VALVE	TRICUSPID VALVE
PEAK VELOCITY m/sec	1.00	1.00	0.89	0.69
PEAK GRADIENT mm hg	4.00	4.00	3.00	2.00
REGURGITATION	TRIVIAL	NIL	NIL	TRIVIAL

**FINAL IMPRESSION:**

MILD MITRAL VALVE PROLAPSE

NORMAL RA, RV, LA, LV

GOOD LV SYSPUNCTION (LVEF=60%)

TRIVIAL MR, TR. REDUCED LV COMPLINCACE

NO SIGNIFICANT PAH (RVSP = 28 MMHG)

NO CLOT, VEGETATION, PE.

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Regd. No. : 051902468

Dr. Rakesh A. Pothiwala  
M.D., DNB (Cardiologist)  
Regd. No. : G-25043  
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.  
DR. RASESH POTHIWALA

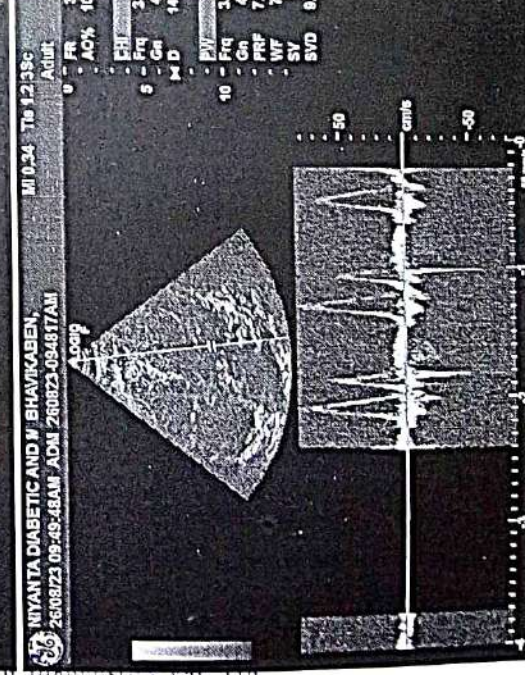
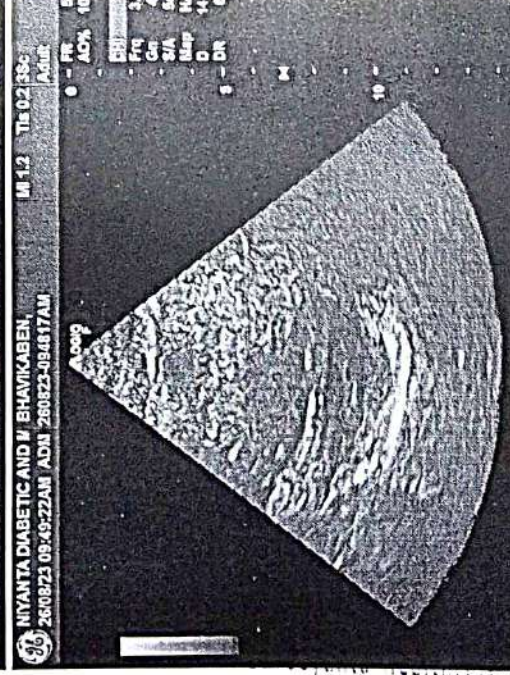
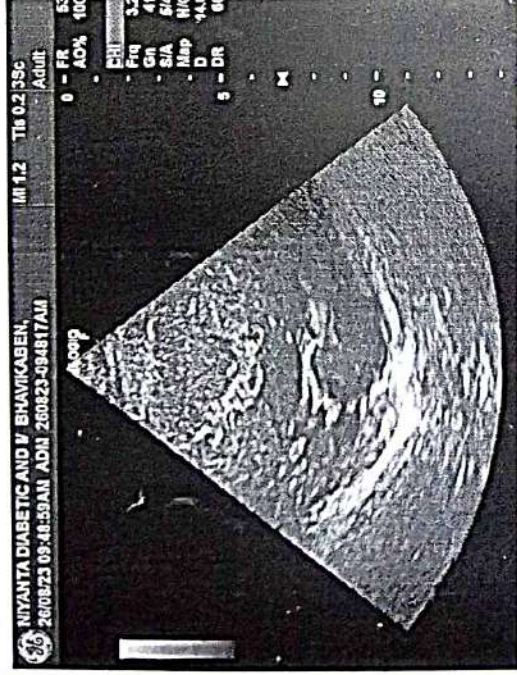
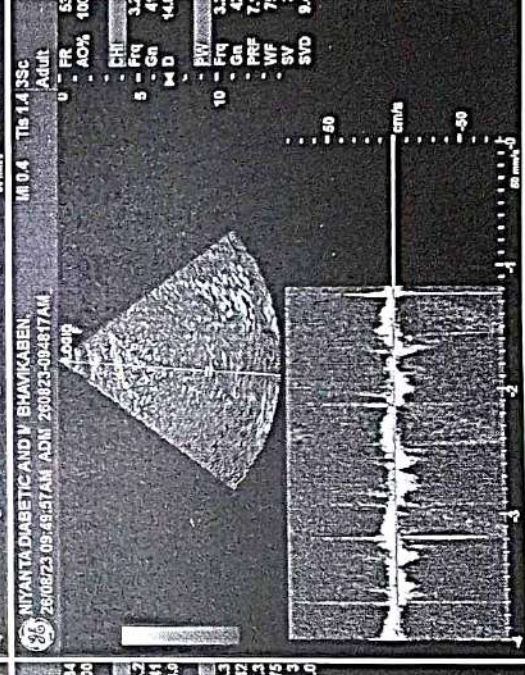
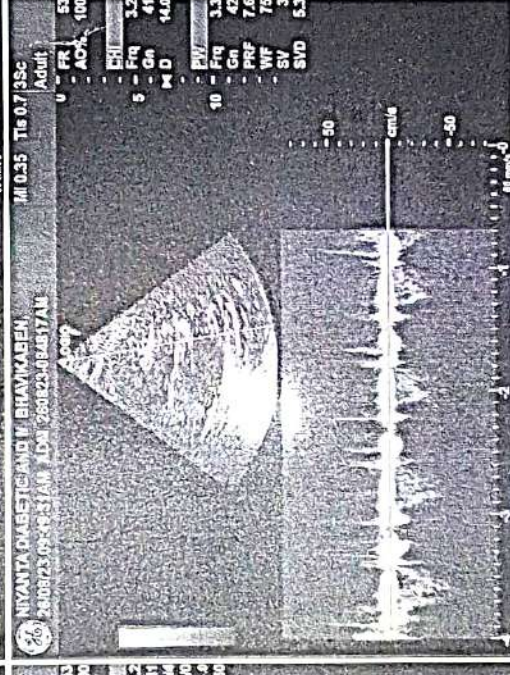
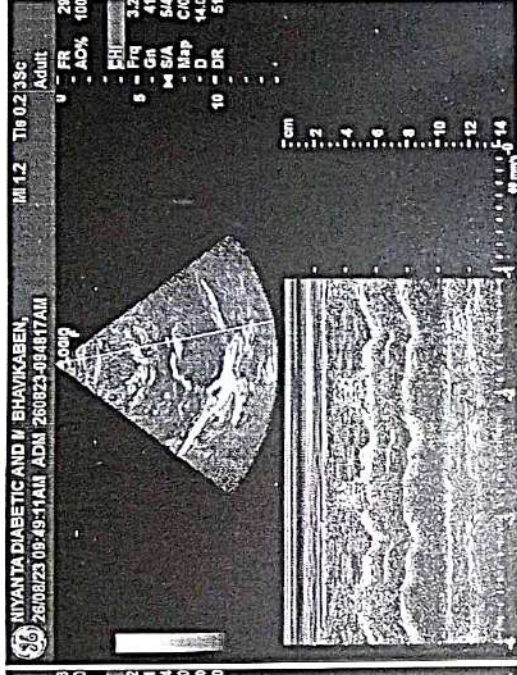
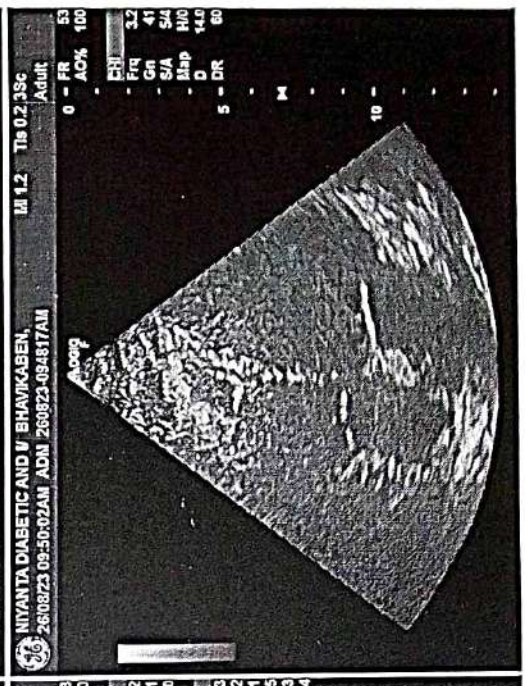
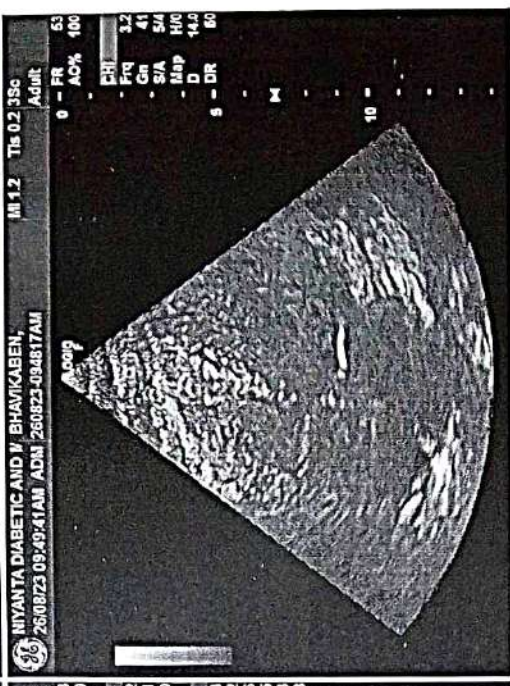
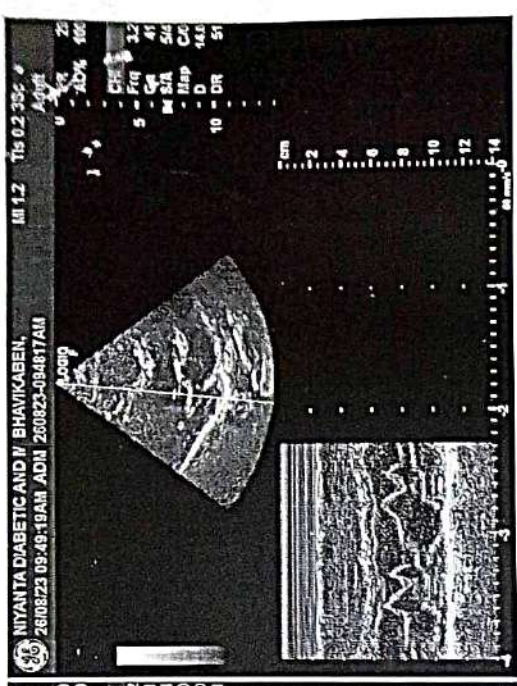
MD DNB CARDIO

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

212-217, Swanik Arcade, Nr Arjun Homes, B/h Vardan Tower, Pragatinagar - K. K. Nagar Road, Naranpura, Ahmedabad : 380 013.

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212 to 217, Swanik Arcade, Pragatinagar,  
Harampur, Ahmedabad 380013.  
Regd. No. : 051902468





PATIENT'S NAME : BHAVIKA PRAJAPATI LAB. NO : SY-1404-23  
AGE/SEX : 48 Years/Female SAMPLE NO : 3969  
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED DATE/TIME : 26/08/2023\09:10  
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC PT ID :

**COMPLETE BLOOD COUNT**

**(PERFORM BY FULLY AUTOMATED SYSMAX-XP 100 CELL COUNTER)**

Sample Type: EDTA

Test Name	Result	Units	Biological Reference Interval
<b>Blood Counts</b>			
Haemoglobin :	12.30	Gms%	11.5 - 16.0
Total R.B.C. :	4.37	mill/c.mm	4.2 - 5.4
Total W. B. C. :	4800	/cu mm	4000 - 11000
Platelet Count :	365000	/cu.mm	1,50,000 - 4,50,000
<b>Differential Count</b>			
	%	Expected Value	(Absolute Count/uL)
Neutrophils :	58	50 - 60	2784
Lymphocytes :	32	20 - 40	1536
Eosinophils :	04	1 - 4	192
Monocytes :	06	2 - 6	288
Basophils :	00	0 - 01	00
<b>Blood Indices</b>			
P. C. V :	<u>36.10</u>	%	37 - 47
M. C. V. :	82.60	fl	78 - 100
M.C.H :	28.10	pg	27 - 32
M. C. H. C :	34.10	%	32 - 36
R.D.W :	12.60	%	11.5 - 14.0

**Peripheral smear study**

RBC's R.B.C -Normocytic Normochromic.  
WBC's W.B.C -Normal in Number & DC As Given Above.  
Platelets Platelets are Adequate and Normal in Morphology.  
**PS FOR MP** No Any Blood Parasites seen.

..... End Of Report .....

Dr. Jitendra N. Nayak  
(M.D., Pathologist)  
Regd. No. G-14786  
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.  
DR. JITENDRA NAYAK  
M.D.(PATH)

DR. JANAK THAKKAR  
M.B.DCP (PATH)

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.  
212 to 217, Swanik Arcade, Pragatinagar,  
Naranpura, Ahmedabad - 380 013.  
Regd. No. G-14786

Pathologist



PATIENT'S NAME : BHAVIKA PRAJAPATI  
AGE/SEX : 48 Years/Female  
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED  
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC  
LAB. NO : SY-1404-23  
SAMPLE NO : 3969  
DATE/TIME : 26/08/2023\09:10  
PT ID :

**BIOCHEMISTRY**  
(DONE ON EM 200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample: Serum/Plasma

Test Name	Result	Units	Biological Reference Interval
<b>Urea</b> METHOD: Urease-GLDH	:14.5	mg/dL	12.6 - 42.6
<b>Creatinine</b> METHOD: Jaffe's Buffewr Kinetic	:0.82	mg/dL	0.6 - 1.2
<b>S.G.P.T</b> IFCC WITH PYRIDOXAL PHOSPHATE ACTIVATION	:19.0	U/L	0 - 40
<b>S.G.O.T</b> IFCC WITH PYRIDOXAL PHOSPHATE ACTIVATION	:25.2	U/L	0-45
<b>Alkaline Phosphatase</b> METHOD: PNPP-AMP (IFCC), KINETIC ASSAY	: 58.4	U/L	30-120
<b>Bilirubin - Total</b> METHOD: DIAZO	:0.25	mg/dL	0.2 - 1.3
<b>Bilirubin - Direct</b> METHOD: DIAZO	:0.20	mg/dL	0 - 0.6
<b>Bilirubin - Indirect</b> METHOD: CALCULATED	: <u>0.05</u>	mg/dL	0.1 - 0.4
<b>Total Protein</b> METHOD: BIURET	:7.21	gm/dL	6.3 - 8.2
<b>Albumin</b> METHOD: BCG	:4.00	gm/dL	3.5 - 5.0
<b>Globulin</b> METHOD: CALCULATED	:3.21	gm/dL	1.9 - 3.5
<b>Albumin/Globulin Ratio</b> METHOD: CALCULATED	:1.25		0.9 - 2.9
<b>ELECTROLYTE</b> METHOD: ISE DIRECT			
<b>Sodium</b>	:137	mmol/L	137 - 145
<b>Pottasium</b>	:4.8	mmol/L	3.5-5.5
<b>Chloride</b>	:102	mmol/L	98 - 107
<b>URIC ACID</b> METHOD: URICASE	:5.9	mg/dL	2.5-6.0

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(M.D., Pathologist)  
Regd. No. : G-14786  
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212 to 217, Swanik Arcade, Pragatinagar,  
Naranpura, Ahmedabad-380013.  
Regd. No. : G-14786  
Ph: 051902468

..... End Of Report

Pathologist

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2nd Floor, Swanik Arcade, Nr. Arjun Homes, B/h Vardan Tower, Pragatinagar - K. K. Nagar Road, Naranpura, Ahmedabad : 380 013.

☎ 079 27499835 ☎ +91 9904290525 / +91 9265634065 / +91 7567585429 ✉ shreeyantaclinic@gmail.com




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M.D. (Path)

Dr. Janak M. Thakkar  
M.B.D.C.P. (Path)

Shreeyanta  Pathology  
Laboratory



PATIENT'S NAME	: BHAVIKA PRAJAPATI	LAB. NO	: SY-1404-23
AGE/SEX	: 48 Years/Female	SAMPLE NO	: 3969
REFERRED BY	: ARCOFEMI HEALTHCARE LIMITED	DATE/TIME	: 26/08/2023\09:10
LOCATION	: SHREEYANTA DIABETIC & METABOLIC CLINIC	PT ID	:

  
DR. JITENDRA NAYAK  
M.D.(PATH)

  
DR. JANAK THAKKAR  
M.B.DCP (PATH)

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Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

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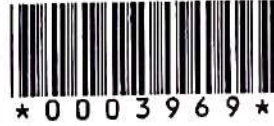
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LOCATION	: SHREEYANTA DIABETIC & METABOLIC CLINIC	PT ID	:

**BLOOD GROUP**

Sample Type: EDTA


Test Name	Result
ABO SYSTEM :	" O "
RH Typing :	POSITIVE


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

Sample Type: EDTA

Test Name	Result	Units	Biological Reference Interval
After one hour :	<u>16</u>	mm	[M: 1 - 7 / F: 3 - 12 ]

..... End Of Report .....

  
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M.D.(PATH)

  
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Laboratory



PATIENT'S NAME : BHAVIKA PRAJAPATI  
AGE/SEX : 48 Years/Female  
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED  
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC  
LAB. NO : SY-1404-23  
SAMPLE NO : 3969  
DATE/TIME : 26/08/2023\09:10  
PT ID :

### LIVER FUNCTION TEST

Sample Type: Serum

Test Name	Result	Units	Biological Reference Interval
G.G.T :	21.4	U/L	F : 5-32 M 10-45


### THYROID FUNCTION


#### (CLIA METHOD)

Sample Type: SERUM

Test Name	Result	Units	Biological Reference Interval
SERUM T3 :	1.23	ng/ml	0.6-1.81
SERUM T4 :	6.1	ug/dl	3.2-12.6
SERUM TSH :	3.25	µIU/mL	[ 2 to 12 Years 0.64 - 6.27 ] [12 to 18 Years 0.51 - 4.94 ] [ > 18 Years 0.35 - 5.5 ]

..... End Of Report .....

  
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M.D.(PATH)

  
DR. JANAK THAKKAR  
M.B.DCP (PATH)

**Dr. Jitendra N. Nayak**  
(M.D., Pathology)  
Regd. No. : G-1478  
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.  
212 to 217, Swanik Arcade, Pragatinagar,  
Naranpura, Ahmedabad-380013.  
Regd. No. : 051902458

Pathologist

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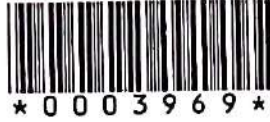
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PATIENT'S NAME : BHAVIKA PRAJAPATI  
AGE/SEX : 48 Years/Female  
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED  
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC  
LAB. NO : SY-1404-23  
SAMPLE NO : 3969  
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**HbA1C REPORT**  
**(BY HPLC)**

Test Name	Result	Units	Biological Reference Interval
HbA1C :	5.5	%	Non Diabetic Level : < 5.7 % Pre Diabetic : 5.7-6.4 % Diabetes : > (=)6.5%
Estimated Average Glucose: (eAG)	111.15	mg/dl	ADA Target for Diabetic Patient : 7.0 %

..... End Of Report .....

  
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M.B.DCP (PATH)

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Naranpura, Ahmedabad-380013.  
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**Dr. Jitendra N. Nayak**  
(M.D., Pathologist)  
Regd. No. : G-147  
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

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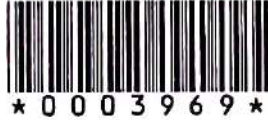
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### LIPID PROFILE

(DONE ON EM 200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample Type: Serum

Test Name	Result	Units	Biological Reference Interval
S. Cholesterol (CHOD-POD ENZYMETIC METHOD)	:149.5	mg / dl	Desirable level/low risk : < 200 Borderline level/moderate risk : 200-239 Elevated level/ high risk : > 240
S. Triglyceride (GPO/PAP METHOD)	:45.7	mg / dl	Normal : <150 Borderline high :150-199 High : 200-499 Very High: >=500
S. HDL Cholesterol (IMMUNOINHIBITION)	:46.1	mg / dl	Low (High Risk) : <40 High (Low Risk) : >60
S. LDL Cholesterol (Direct)	:94.26	mg / dl	Optimal : <100 Near Optimal : 100-129 Borderline High : 130-159 High :160-189 Very High: > 190
S. VLDL Cholesterol (CALCULATED)	:9.14	mg / dl	Upto 34
Total Lipids (CALCULATED)	:544.7	mg / dl	400 - 1000
Chol./HDL Ratio (CALCULATED)	:3.24		0-5
LDL/HDL Ratio (CALCULATED)	:2.04		1-3.5

Dr. Jitendra N. Nayak  
(M.D., Pathologist)

Regd. No. : G-14756

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

DR. JITENDRA NAYAK  
M.D.(PATH)

End Of Report .....

DR. JANAK THAKKAR  
M.B.D.C.P (PATH)

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.  
212 to 217, Swanik Arcade, Pragatinagar,  
Naranpura, Ahmedabad-380013.  
Regd. No. : 051902468

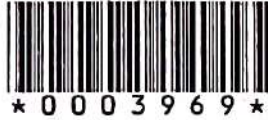
Pathologist

Manage by Spandan Pathology Laboratory • Home Collection Facilities Available

2nd Floor, Swanik Arcade, Nr. Arjun Homes, B/h Vardan Tower, Pragatinagar - K. K. Nagar Road, Naranpura, Ahmedabad : 380 013.

☎ 079 27499835 ☎ +91 9904290525 / +91 9265634065 / +91 7567585429 ✉ shreeyantaclinic@gmail.com





PATIENT'S NAME : BHAVIKA PRAJAPATI  
AGE/SEX : 48 Years/Female  
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED  
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC  
LAB. NO : SY-1404-23  
SAMPLE NO : 3969  
DATE/TIME : 26/08/2023 10:10  
PT ID :

**URINE ANALYSIS**

Sample Type: Urine

Test Name	Result	Units	Biological Reference Interval
-----------	--------	-------	-------------------------------

**Physical Examination**

Colour : Pale Yellow  
Transparency : Clear

**Chemical Examination (BY MISSION(ACON) U120 SMART AUTOMATED URINALYSIS)**

Specific Gravity : 1.015  
PH : 6  
Protein : NIL  
Sugar : NIL  
Ketone : ABSENT  
Bile Salts : Absent  
Bile Pigments : Absent  
Urobilogen : ABSENT  
Nitrites : ABSENT

**Microscopic Examination (AFTER CENTRIFUGING AT 2000 RPM FOR 10 MINS)**


Red blood Cells : NIL /HPF  
Pus Cells : 2-3 /HPF  
Epithelial Cells : 2-3 /HPF  
Amorphous : ABSENT  
Bacteria : ABSENT  
Crystals : ABSENT  
Casts : ABSENT /LPF  
Fungus : Absent


**Dr. Jitendra N. Nayak**

(M.D., Pathologist)

Regd. No. : G-14786

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.

  
DR. JITENDRA NAYAK  
M.D.(PATH)

  
DR. JANAK THAKKAR  
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..... End Of Report .....

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Dr. Jitendra N. Nayak  
M.D. (Path)

Dr. Janak M. Thakkar  
M.B.D.C.P. (Path)

Shreeyanta  Pathology  
Laboratory



PATIENT'S NAME : BHAVIKA PRAJAPATI  
AGE/SEX : 48 Years/Female  
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED  
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC  
LAB. NO : SY-1404-23  
SAMPLE NO : 3969  
DATE/TIME : 26/08/2023/09:10  
PT ID :


**BLOOD(PLASMA) GLUCOSE**  
**(GOD-POD METHOD)**


(DONE ON EM200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample Type: Serum/Plasma

Test Name	Result	Units	Biological Reference Interval
<b>Fasting(FBS)</b>			
Blood Glucose :	107.8	MG/DL	70 - 110
<b>Post Prandial (PP2BS)</b>			
Post Prandial Blood Glucose After 2HRS. :	<u>146.3</u>	MG/DL	80-140

..... End Of Report .....

  
DR. JITENDRA NAYAK  
M.D.(PATH)

  
DR. JANAK THAKKAR  
M.B.DCP (PATH)

**Dr. Jitendra N. Nayak**  
(M.D., Pathologist)  
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Reg. No. : SEC3304

Date : 26/08/2023

Name : BHAVIKABEN PRAJAPATI

Female / 48 Yr(s)

R<sub>x</sub>

1) REFRESH TEARS Eye Drops

FOUR TIMES A DAY . In Both Eyes.

*(Handwritten signature)* (1)

	Right Eye				Left Eye			
	Sph	Cyl	Axis	VA	Sph	Cyl	Axis	VA
Distant	Plain			6/6	Plain			6/6
Near	+2.00			N6	+2.00			N6
Purpose	:							
Quality	: -							
Remark	:							

Dr. Parth Shah  
Ahmedabad, Gujarat

**Dr. Parth Shah**  
(M.S., Ophthalmologist)  
Regd. No. : G-23575  
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.





# AHMEDABAD DENTAL

610, Swanik Arcade, Opp. Arjun Green, Pragatinagar,  
Naranpura, Ahmedabad, Gujarat 380013  
Ph.: 9879994844, 9725368282  
Web : www.ahmedabadental.com

Name : Bhuvika S. Prajapati Date : 26-8-23  
 Mobile No. : 9316809383 Case No. : 1727  
 Email : \_\_\_\_\_ Birth Date : 29-04-75  
 Occupation : House-wife  
 Address : D-403, Ghanashyam park, A.F.C. cross road  
Naranpura-13  
 Medical History : NAD

### Consent Statement :

I hereby authorize and request the performance of dental services for Myself. I also give my consent to any advisable and necessary dental procedures, medications or anaesthetics to be administered by the attending dentist. I completely understand the complications and risks associated with the same. I understand and acknowledge that I am Financially responsible for service provided for my self of the above mentioned.

હું ડોક્ટરને દાંત પાડવાની/સર્જરી/દાંતની તમામ સારવાર અને તે માટે જરૂરી શીશી સંદ્યાડવાની/ઇન્જેક્શન આપી બહેરૂ કરાવાની અને દવા આપવાની સંમતિ આપુ છું. મેં ડોક્ટર સાહેબને મારી બિમારીને લગતી તમામ સાચી માહિતી આપી છે અને ડોક્ટર સાહેબે સારવાર અંગેના તમામ સાચા/ખોટા પરિણામોની મને મારી ભાષામાં જાણકારી આપી છે. સારવાર દરમ્યાન જે મને કાંઈપણ થાય અને સારવાર ના ખર્ચાની સંપૂર્ણ જવાબદારી મારી રહેશે તે અંગે ડોક્ટર/હોસ્પિટલ/સ્ટાફ/સંસ્થા જવાબદારી રહેશે નહિં.

Signature, (In case of minor) Signature of Guardian

Bhuvika

Chief Complaints : Routine check up.

Examination	Treatment Required
<p>- PE + seated and prostheses present ← 4 (before 1 month)</p> <p>- <sup>નિર્મિત</sup> occlusal caries (Fluoride bomb) distal 5   7 Pit</p> <p>- generalized anterior teeth spacing</p>	<p>- class I composite restoration 5   7 (Frontal rest)</p> <p>(800 - 1200/-)</p>

• Interest in recall at : 3 months  6 months



Mrs Bhanika

26/8/23

Age: 48 yrs

Ob: 2 FTLSCS

Pln: H/O Lap hysterectomy done in 2014.

USA breast - @

clo mood swings

headache

gastritis

hot flushes.

↑ frequency of urination.

No clo white discharge per vaginum

No clo stress urinary incontinence

**Dr. Niyati Patel**  
(M.S., Gynecologist)  
Regd. No. : G-25784  
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.



28/8/23

Bhavikaben Prajapati

No fresh complaints

Ch. Gastric discomfort.

PHH. Hysterectomy done.

Father. D.M.

Mother. D.M.

Reports Received.

T. 98.3 F

P. 70/min

BP - 110/70 mmHg,

RS

CS | NAD  
CNS

PIA.  SOA.

P.O.

1) cap. Rabomik - DSR

1-0-0

(સામાન્ય)

— (10)

2) T. Capipuz

I SOB for Headache

**Dr. Maulik K. Kinariwala**  
(M.D. (Medicine), PGDDM (UK))  
Regd. No. : G-14926  
Shreyanta Healthcare & Diagnostics Pvt. Ltd.

Shreyanta Healthcare & Diagnostics Pvt. Ltd.

212-217, Swanik Arcade, Nr Arjun Homes, B/h Vardan Tower, Pragatinagar - K. K. Nagar Road, Naranpura, Ahmedabad : 380 013.

Appointment +91 99042 90525 / +91 92656 34065 ☎ 079 2749 98 35 / Emergency : 87340 72706 ✉ shreyantaclinic@gmail.com



(R<sub>x</sub>)

- T. kalzorb Iso - (90)

everyday 1 tab x 3 months.

Adv

USA for post void. residue.

**Dr. Niyati Patel**  
(M.S., Gynecologist)  
Regd. No. : C-25784  
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.





GPS Map Camera



Ahmedabad, Gujarat, India  
Unnamed Road, Nirnay Nagar, Ahmedabad, Gujarat 380081,  
India  
Lat 23.06834°  
Long 72.55268°  
26/08/23 01:54 PM GMT +05:30



# Human Body Composition Monitoring Report of Analysis and Suggestion

Name	Gender	Age	Height	Time of Measurement
BHAVIKA	Female	48	150cm	2023-08-26 13:42

Total Score 68.6 -70.75  
 Bio-Age 55

### Indicators of Body Composition

Indicators	Results	Ideal Range	Condition Judgement				
			Lower	Low	Normal	High	Higher
Weight(kg)	71.5	41.6 ~ 53.8					
BMI(kg/ m <sup>2</sup> )	31.7	18.5 ~ 23.9					
TBF%	36.9	18 ~ 30					
VFI	14.3	2.1 ~ 9					
TBW%	49.8	45 ~ 65					
SM%	34.4	31.5 ~ 45.5					
BMC(kg)	2.5	2.2 ~ 2.8					
BMR (KCal/d)	1344	1053 ~ 1346					

### Weight Control Advice

Reduce Fat	Enhance Muscle	Maintain the status
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Reduce Weight	Maintain Muscle	Reduce Fat
17.7 ~ 29.9 kg	22.5 ~ 32.5 kg	4.9 ~ 13.5 kg
Maintain Water	Maintain Minerals	
32.2 ~ 46.5 kg	2.2 ~ 2.8 kg	

### Recommended daily calorie intake

1371 KCal/day

### Fat-Free Mass and Fat Mass Analysis

Focus	Results	Ideal Range
Fat Mass FM(kg)	26.38	7.49 ~ 16.13
Fat Mass Index FMI	11.73	3.33 ~ 7.17
Fat-Free Mass FFM(kg)	45.12	34.14 ~ 37.65
Fat-Free Mass Index FEMI	20.05	15.17 ~ 16.73
Ratio of Fat to SM	1.07	0.57 ~ 0.66



### Body Composition Balance Analysis

Upper limb balance	1
<input checked="" type="checkbox"/> Symmetrical	<input type="checkbox"/> Enhance Left
<input type="checkbox"/> Symmetrical	<input type="checkbox"/> Enhance Right
Body balance	1.214
<input checked="" type="checkbox"/> Symmetrical	<input type="checkbox"/> Enhance Left
<input type="checkbox"/> Symmetrical	<input type="checkbox"/> Enhance Right
Lower limb balance	1.118
<input checked="" type="checkbox"/> Symmetrical	<input type="checkbox"/> Enhance Left
<input type="checkbox"/> Symmetrical	<input type="checkbox"/> Enhance Right

### Body Composition and Health Evaluation

Overweight, caused by excessive fat. Please have aerobic exercise to reduce fat such as jogging, so as to obtain standard weight and a good muscle and fat balance.

### Health Risk Warning

Warning: visceral fat level is high. There is something wrong with your lipid metabolism, easy to cause fat liver, high blood lipids. Please lower visceral fat level to female's ideal value 3



# Diet Plan - 12.1

Date: 26/8/23

Name: Bhuvika Parujapuri Age: 48

Height: 150 Weight: 71.5 B.M.I.: 31.7

Activity Level: Recommended Calories: 1450 kcal

7:00 સવારે (Morning) → એન્ટીબાયોટિક્સ 20ml  
મેથીનું પાણી 1 ગ્લાસ, ચા/દુધ/કોફી 4 કપ (ખાંસ વગર)

8:00 નાસ્તો (Break Fast)  
વેજીટેબલ પૌઆ / ઉપમા 1 ખાઉલ.

10:00 મોડી સવારે (Mid Morning)  
સફરજન / પપૈયું / નારંગી 1 નંગ (100gm.) ✓

1:00 બપોરે જમવાનું (Lunch)  
સલાડ 1 ખાઉલ, શાકભાજી 1 વાટકી, દાળ કે કઠોળ 1 વાટકી,  
રોટલી 2 નંગ, છાશ 1 ગ્લાસ (200ml.) ઠાંડી લેવી.

4:00 બપોરે (Tea Time)  
ચા / દુધ / કોફી \_\_\_\_\_ કપ, શેકેલા ચણા / મમરા 1 વાટકી.  
મખાણા / Sprout

8:00 રાત્રે (Dinner)  
સલાડ 1 ખાઉલ, મિઠા વેજીટેબલ પુલાઉ 1 વાટકી, રાયતુ 1 વાટકી.  
રૂબા ના ટોકળા / દુધી મૂળિયા

10:00 રાત્રે (Bed Time)  
દૂધ 1 ગ્લાસ (200ml., ખાંસ વગર) 8-10 PLS.

N.N. Parujapuri  
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.  
212 to 217, Swanik Arcade, Pragati Nagar,  
Naranpura, Ahmedabad-380013.  
Regd. No. : 051902468

Special Recommendations :  
લેન: 15-17 ml/day, પાણી: 12-15 ગ્લાસ.  
દાઢિ, જુવાર, જવ, રાગી, સોયાબીન ની  
સેવની લેવી.