

**Dr. Vimmi Goel**  
Head - Non Invasive Cardiology  
Incharge - Preventive Health Care  
MBBS, MD (Internal Medicine)  
Reg. No: MMC- 2014/01/0113

Date : 27-08-22

Name : Mrs. Shweta H. Bhaigore

Age : 33y Sex : ♀ Weight : 57.6 kg Height : 155.7 in BMI : 23.8

BP : 110/70 mmHg Pulse : 90 bpm RBS : \_\_\_\_\_ mg/dl

SpO<sub>2</sub> - 98%

LMP - 03-08-22

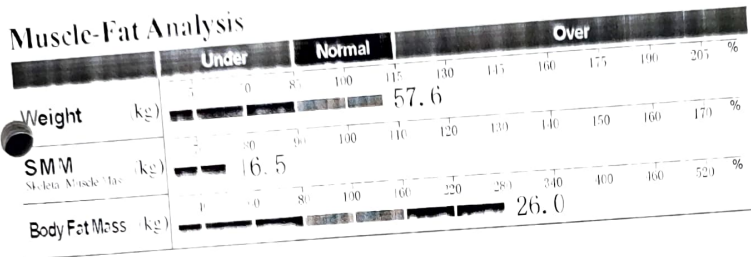


ID 114357	Height 155.7cm	Age 33	Gender Female	Test Date / Time 27.08.2022 11:51
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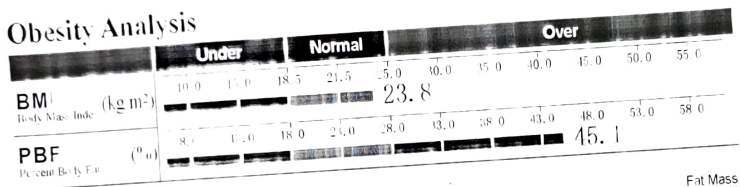
## Body Composition Analysis

Total amount of water in my body	<b>Total Body Water</b> (L)	23.1 (26.5~32.5)
What I need to build muscles	<b>Protein</b> (kg)	6.1 (7.1~8.7)
What I need for strong bones	<b>Mineral</b> (kg)	2.38 (2.46~3.00)
Where my excess energy is stored	<b>Body Fat Mass</b> (kg)	26.0 (10.4~16.7)
Sum of the above	<b>Weight</b> (kg)	57.6 (44.3~59.9)

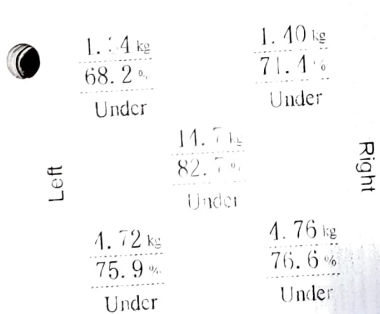
## Muscle-Fat Analysis



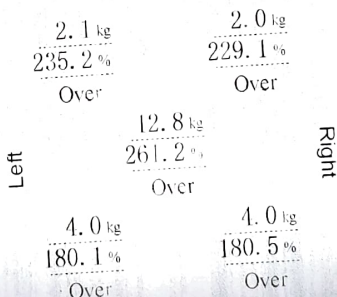
## Obesity Analysis



## Segmental Lean Analysis



## Segmental Fat Analysis



\* Segmental fat is estimated.

## Body Composition History

<b>Weight</b> (kg)	57.6
<b>SMM</b> (kg)	16.5
<b>PBF</b> (%)	45.1
<input checked="" type="checkbox"/> Recent <input type="checkbox"/> Total	27.08.22 11:51

## InBody Score

57 / 100 points

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

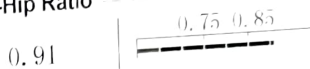
## Weight Control

Target Weight	52.1 kg
Weight Control	-5.5 kg
Fat Control	-14.0 kg
Muscle Control	+8.5 kg

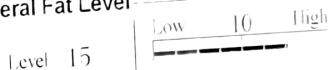
## Obesity Evaluation

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 type="checkbox"/> Slightly Over <input checked="" type="checkbox"/> Over

## Waist-Hip Ratio



## Visceral Fat Level



## Research Parameters

Fat Free Mass	31.6 kg
Basal Metabolic Rate	1053 kcal (1232~1421)
Obesity Degree	111% (90~110)
SMI	5.0 kg/m <sup>2</sup>
Recommended calorie intake	1496 kcal

## Calorie Expenditure of Exercise

Golf	101	Gateball	109
Walking	115	Yoga	115
Badminton	130	Table Tennis	130
Tennis	173	Bicycling	173
Boxing	173	Basketball	173
Mountain Climbing	188	Jumping Rope	202
Aerobics	202	Jogging	202
Soccer	202	Swimming	202
Japanese Fencing	288	Racketball	288
Squash	288	Taekwondo	288

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

## Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20Hz	512.2	536.9	314.0	364.0	371.8
100Hz	173.8	197.3	28.1	329.8	338.0

**Dr. Payal Agrawal**  
MBBS, MS, DNB, MNAMS,  
Fellowship in reproductive Medicine  
Consultant Obstetrics & Gynaecology  
Infertility & SVF Specialist  
Reg. No: MMC- 2007073019

Name : Ms. Shrushti Bhaisare

Date : 27/08/22

Age : 33y Sex : M/F Weight : \_\_\_\_\_ kg Height : \_\_\_\_\_ in BMI : \_\_\_\_\_

for health checkup

O/E

vitals - stable

P/A - sgl -  
Nontender

P/S - C<sub>6</sub> and vagina  
healthy

ADD

→ Tab. folvite 1000

30

BAG



UHID	KH114357	Order Date & time	27-08-2022
Patient Name	Mrs Shruti H Bhaisare	Sample Collection Date	27-08-2022 10:36 AM
Age/Gender	33 Y/Female	Acknowledge Date	27-08-2022 11:46 AM
Patient Type	OP	Visit No	OP-82820
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-178626	Accession Number	0129992

### Haematology

Service Name	Result	Unit	Reference Range	Method
<b>Haemogram (CBC with ESR), Whole Blood</b>				
<b>Erythrocytes</b>				
* Haemoglobin	13.5	gm/dl	12-15	Photometric Measurement
* RBC count	4.58	millions/cumm	3.8-4.8	Photometric Measurement
* Packed Cell Volume (PCV/HCT)	41.2	%	36-46	Calculated
* MCV	90	fl	83-101	Calculated
* MCH	29.5	pg	27-32	Calculated
* MCHC	32.8	gm/dl	31.5-34.5	Calculated
* RDW	13.0	%	11.5-14.0	Calculated
<b>Leucocytes</b>				
* TLC (Total Leukocyte Count)	7000	/cumm	4000-10000	Flow cytometry
* Neutrophils	60.8	%	50-70	
* Lymphocytes	<b>32.8 H</b>	%	25-30	
* Eosinophils	2.5	%	1-5	
* Monocytes	<b>3.9 L</b>	%	5-10	
* Basophils	<b>0.0 L</b>	%	1-2	
* Large Immature Cells	0.0	%		
* Absolute Neutrophil Count	4256.00	/cumm	2000-7000	Calculated
* Absolute Lymphocyte Count	2296.00	/cumm	1000-4800	Calculated
* Absolute Eosinophil Count	175.00	/Cumm	20-500	Calculated
* Absolute Monocyte Count	273.00	/cumm	200-1000	Calculated
* Absolute Basophil Count	<b>0.00 L</b>	/cumm	20-100	Calculated
<b>Platelets</b>				
* Platelet Count	302	10 <sup>3</sup> /cumm	150-450	Impedance
* MPV	8.8	fl	6.0-9.5	Calculated
* PCT (Platelet Hematocrit)	0.27	%	0.2-0.5	
* PDW (Platelet Distribution Width)	15.30	%	9-17	
<b>Peripheral Smear Examination</b>				
<b>RBC Morphology</b>				
* Normochromic Normocytic	Seen.			
* WBCs	As Above			
* Platelets	Adequate			
* ESR (Westergren)	14	mm/hr	<20	Westergren
* Blood Grouping & RH Factor, Whole Blood & Serum	"O" Rh POSITIVE			Column agglutination test
* HbA1c (Glycosylated Haemoglobin), Blood	4.7	%	Non-Diabetic: <=5.6 % Pre-Diabetic: 5.7-6.4 % Diabetic >=6.5 %	HPLC

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Age/Gender	33 Y/Female	Acknowledge Date	27-08-2022 11:46 AM
Patient Type	OP	Visit No	OP-82820
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-178626	Accession Number	0129992

### Clinical Biochemistry

Service Name	Result	Unit	Reference Range	Method
Fasting Blood Sugar	80.0	mg/dL	<100	GOD/POD, Colorimetric
* Post Prandial Blood Sugar, Plasma	90.0	mg%	<140	GOD/POD, Colorimetric
<b>Lipid Profile, Serum</b>				
Cholesterol	180.00	mg/dL	<200	Enzymatic Method
Triglyceride	95.0	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 Major risk factor for Heart disease <40 mg/dl	Enzymatic(Lipase/GK/GPO/POD)
HDL Cholesterol Direct	60.0	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 (Calculated)	94.1	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	Enzymatic
VLDL	19.00	mg/dL	<30	Calculated
Cholesterol/HDL Ratio	3.00		3-5	Calculated
Non HDL	120.00	mg/dL		Calculated
<b>Kidney Function Test (KFT), Serum</b>				
Blood Urea	15.00	mg/dL	15-36	Urease with indicator dye
Creatinine	0.65	mg/dL	0.52-1.04	Enzymatic (creatinine amidohydrolase)
eGFR	116.65	mL/min/1.73m <sup>2</sup>		Calculated
Sodium	142	mmol/L	136-145	Direct ion selective electrode
Potassium	5.04	mmol/L	3.5-5.1	Direct ion selective electrode
BUN (Blood Urea Nitrogen), Serum	7.15	mg/dL	7-17	Urease with indicator dye
<b>Liver Function test, Serum</b>				
Total Bilirubin	0.83	mg/dL	0.2-1.3	Azobilirubin/Dyphylline
Bilirubin Direct	0.23	mg/dL	0.1-0.3	Calculated
Bilirubin Indirect	0.60	mg/dL	0.1-1.1	Dual wavelength Spectrophotometric
SGOT (AST)	23	U/L	13-35	Kinetic with pyridoxal 5 phosphate
SGPT (ALT)	12 L	U/L	13-45	Kinetic with pyridoxal 5 phosphate
Alkaline Phosphatase	58.00	U/L	38-126	Pnpp/AMP buffer
Total Protein	7.60	gm/dl	6.3-8.2	Biuret(Alkaline cupric Sulfate)
Albumin	4.26	gm/dl	3.5-5.0	Bromocresol green dye binding
Globulin	3.33	gm/dl	2-4	Calculated
Albumin/Globulin Ratio	1.28			Calculated
Gamma GT (GGT), Serum	15.0	U/L	12-43	Kinetic Method

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Patient Type	OP	Visit No	OP-82820
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-178626	Accession Number	0129992

Service Name	Result	Unit	Reference Range	Method
<b>Interpretation:</b>				
:A high fat meal may cause decreased bilirubin levels by interfering with the clinical reactions. GT activity is elevated in all forms of liver disease. This test is much more sensitive than either the alkaline phosphatase test or the transaminase test (i.e., SGOT, SGPT) in detecting obstructive jaundice, cholangitis, and cholecystitis. It is also indicated in the differential diagnosis of liver disease in children and pregnant women who have elevated levels of LDH and alkaline phosphatase.				
* Uric Acid, Serum	4.45	mg/dL	2.6-6.0	Uricase/Peroxidase (Colorimetric)
<b>Thyroid Function Test (T3,FT4,TSH), Serum</b>				
* T3	1.09	ng/mL	0.55-1.7	Enhanced chemiluminescence
* Free T4	1.07	ng/dL	0.8-1.7	Enhanced chemiluminescence
* Thyroid Stimulating Hormone (TSH)	1.03	uIU/mL	0.5-4.8	Enhanced chemiluminescence

### Clinical Pathology

Service Name	Result	Unit	Reference Range	Method
<b>Urine Routine and Microscopy, Urine</b>				
<b>Physical Examination</b>				
Volume	30 ml			
Appearance	Clear			
Colour	Pale Yellow			
PH	6.5	NA	4.6-8.0	
Specific Gravity	1.010 L	NA	1.016-1.022	Iodometric method
<b>Chemical Examination</b>				
Protein	Negative	mg/dL		
Glucose	Negative			
Ketone	Negative			
Bilirubin	Negative			
Urobilinogen	Normal			
Nitrate	Negative			
<b>Microscopic Examination</b>				
Pus Cells	0-1	/ hpf		
Epithelial Cells	Plenty	/ hpf		
Red Blood Cells	Absent	/ hpf		
Crystal	Absent			
Cast	Absent	/hpf		
Bacteria	Absent			
Other	.			
Urine Sugar Fasting, Urine	Negative			GOD/POD
Urine Post Prandial Sugar, Urine	Negative			GOD/POD



Dr Vaidehee Naik  
 Consultant Pathologist  
 2015/05/2163



Dr Anuradha Deshmukh  
 Senior Consultant Microbiologist  
 2003/07/2620

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UHID	KH114357	Patient Name	Mrs Shruti H Bhaisare
Age	33 Y	Gender	Female
Payer Name	Self	Payer Type	cash
Order Date & time	27-08-2022 12:00 AM	Acknowledge Date	27-08-2022 10:55 AM
Refer By	Dr Vimmi Goel	Accession Number	OPRDAC-14390
DOB		Patient Type	OP
Order Id	ODRID-178626		

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### X-Ray Chest AP

Both the lung fields are clear.

Heart 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.



Dr Rajkumar Khandelwal  
Senior Consultant  
MD  
55870

UHID	KH114357	Patient Name	Mrs Shruti H Bhaisare
Age	33 Y	Gender	Female
Payer Name	Self	Payer Type	cash
Order Date & time	27-08-2022 12:00 AM	Acknowledge Date	27-08-2022 11:19 AM
Refer By	Dr Vimmi Goel	Accession Number	OPRDAC-14399
DOB		Patient Type	OP
Order Id	ODRID-178626		

### 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.

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.

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.



Dr Rajkumar Khandelwal  
Senior Consultant  
MD  
55870



## 2D ECHOCARDIOGRAPHY AND COLOR DOPPLER REPORT

Patient Name : Mrs. Shruti H Bhaizare  
Age : 33 years / Female  
UHID : KH114357  
Date : 27/08/2022  
Done by : Dr. Vimmi Goel  
ECG : NSR, Minor ST-T changes

### **Impression:**

#### **Normal 2D Echocardiography Study**

Normal chambers dimensions  
No RWMA of LV at rest  
Good LV systolic function, LVEF 70%  
Normal LV diastolic function  
E/A is 1.2  
E/E' is 7.5 (Normal filling pressure)  
Valves are normal  
No pulmonary hypertension  
IVC is normal in size and collapsing well with respiration  
No clots or pericardial effusion

### **Comments:**

Sector echocardiography was performed in various conventional views (PLAX, SSAX, AP4 CH and 5 CH views). LV size normal. There is no RWMA of LV seen at rest. Good LV systolic function. LVEF 70%. Normal LV diastolic function. E Velocity is 75 cm/s, A Velocity is 61 cm/s. E/A is 1.2. Valves are normal. No Pulmonary Hypertension. IVC normal in size and collapsing well with respiration. Pericardium is normal. No clots or pericardial effusion seen. E' at medial mitral annulus is 10.5 cm/sec & at lateral mitral annulus is 9.7 cm/sec. E/E' is 7.5 (Average).

### M Mode echocardiography and dimension:

	Normal range (mm)		Observed (mm)
	(adults)	(children)	
Left atrium	19-40	7-37	26
Aortic root	20-37	7-28	20
LVIDd	35-55	8-47	39
LVIDs	23-39	6-28	20
IVS (d)	6-11	4-8	09
LVPW (d)	6-11	4-8	09
LVEF %	~ 60%	~60%	70%
Fractional Shortening			40%

P.T.O

  
**Dr. Vimmi Goel**  
**MD, Sr. Consultant**  
**Non-invasive Cardiology**



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KH114357  
33 Years

MRS. SHRUTI BHAIASARE  
Female

27-Aug-22 11:36:29 AM

Kingsway Hospital (Cardiology)

Rate 73 . Sinus rhythm.....normal P axis, V-rate 50- 99

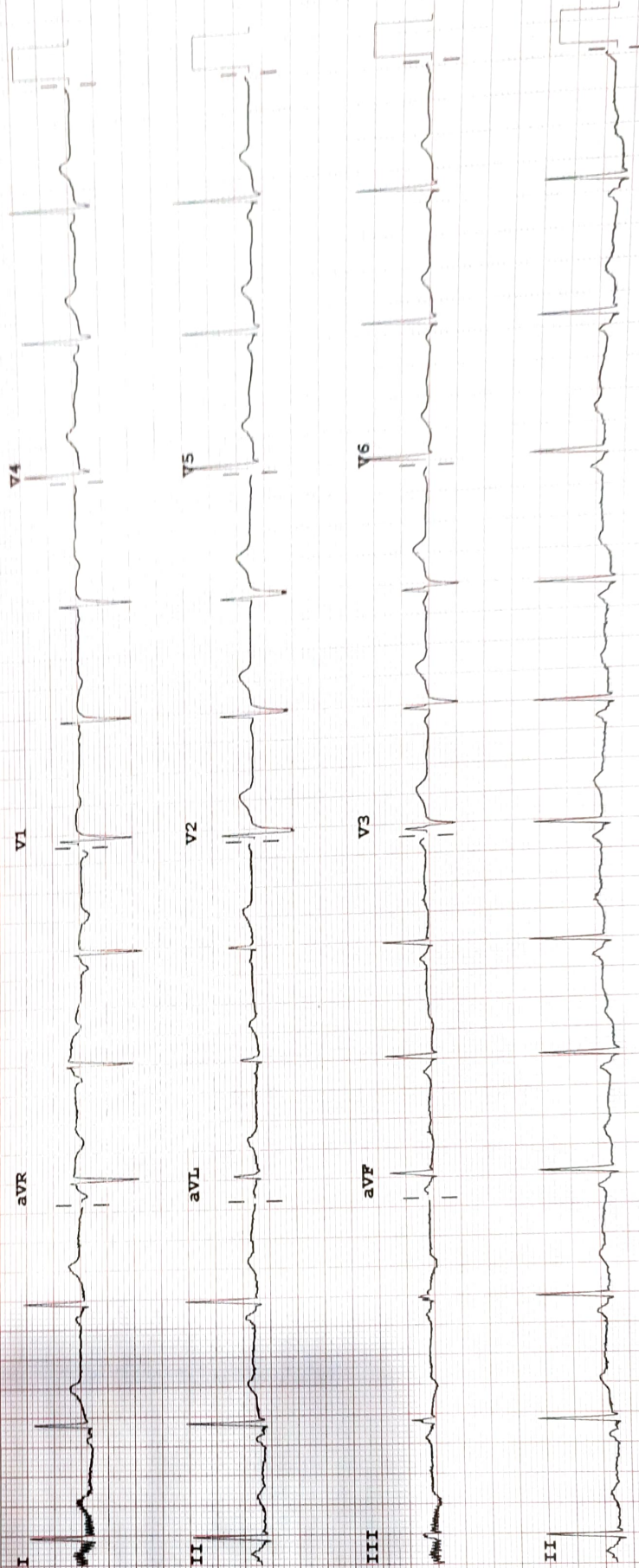
PR 132  
QRS 82  
QT 373  
QTc 411

--AXIS--  
P 56  
QRS 44  
T -4

- NORMAL ECG -

12 Lead; Standard Placement

Unconfirmed Diagnosis



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

F 50~ 0.50-150 Hz W 100B CL P?

REORDER # M2483A

PHILIPS