

: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

Emp/Auth/TPA ID

: 86786446474

: Dr.SELF

Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 10:55AM

Reported

: 09/Sep/2023 12:23PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324

PERIPHERAL SMEAR, WHOLE BLOOD EDTA

Methodology : Microscopic

RBC : Normocytic normochromic

WBC: Normal in number, morphology and distribution. No abnormal cells seen

Platelets : Adequate in Number
Parasites : No Haemoparasites seen

IMPRESSION: Normocytic normochromic blood picture

Note/Comment: Please Correlate clinically

Page 1 of 16



Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID

: STAROPV62961

Ref Doctor

: Dr.SELF

Emp/Auth/TPA ID

: 86786446474

Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 10:55AM

Reported

: 09/Sep/2023 12:23PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324 Test Name Result Unit Bio. Ref. Range Method

13.8	g/dL	13-17	CYANIDE FREE COLOUROMETER
42.00	%	40-50	PULSE HEIGHT AVERAGE
4.76	Million/cu.mm	4.5-5.5	Electrical Impedence
88.1	fL	83-101	Calculated
29	pg	27-32	Calculated
32.9	g/dL	31.5-34.5	Calculated
11.4	%	11.6-14	Calculated
5,130	cells/cu.mm	4000-10000	Electrical Impedance
(DLC)			
68	%	40-80	Electrical Impedance
24	%	20-40	Electrical Impedance
03	%	1-6	Electrical Impedance
05	%	2-10	Electrical Impedance
00	%	<1-2	Electrical Impedance
3488.4	Cells/cu.mm	2000-7000	Electrical Impedance
1231.2	Cells/cu.mm	1000-3000	Electrical Impedance
153.9	Cells/cu.mm	20-500	Electrical Impedance
256.5	Cells/cu.mm	200-1000	Electrical Impedance
268000	cells/cu.mm	150000-410000	IMPEDENCE/MICROSCOP
05	mm at the end of 1 hour	0-15	Modified Westergren
	4.76 88.1 29 32.9 11.4 5,130 (DLC) 68 24 03 05 00 3488.4 1231.2 153.9 256.5 268000	4.76 Million/cu.mm 88.1 fL 29 pg 32.9 g/dL 11.4 % 5,130 cells/cu.mm (DLC) 68 % 24 % 03 % 05 % 00 % 3488.4 Cells/cu.mm 1231.2 Cells/cu.mm 153.9 Cells/cu.mm 256.5 Cells/cu.mm 268000 cells/cu.mm 05 mm at the end	4.76 Million/cu.mm 4.5-5.5 88.1 fL 83-101 29 pg 27-32 32.9 g/dL 31.5-34.5 11.4 % 11.6-14 5,130 cells/cu.mm 4000-10000 (DLC) 68 % 40-80 24 % 20-40 03 % 1-6 05 % 2-10 00 % <1-2

Methodology: Microscopic RBC: Normocytic normochromic

WBC: Normal in number, morphology and distribution. No abnormal cells seen

Platelets : Adequate in Number Parasites : No Haemoparasites seen

IMPRESSION: Normocytic normochromic blood picture

Note/Comment: Please Correlate clinically

Page 2 of 16



SIN No:BED230216937

Apollo Speciality Hospitals Private Limited

(Formely known as a Nova Speciality Hospitals Private Limited)
CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

Emp/Auth/TPA ID

: Dr.SELF : 86786446474 Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 10:55AM

Reported

: 09/Sep/2023 12:21PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY						
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324						
Test Name Result Unit Bio. Ref. Range Method						

BLOOD GROUP ABO AND RH FAC	TOR , WHOLE BLOOD EDTA	
BLOOD GROUP TYPE	0	Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE	Forward & Reverse Grouping with Slide/Tube Agglutination

Page 3 of 16



SIN No:BED230216937

Begumpet, Hyderabad, Telangana - 500016



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

: Dr.SELF

Emp/Auth/TPA ID : 86786446474 Collected

: 09/Sep/2023 12:45PM

Received

: 09/Sep/2023 02:12PM

Reported

: 09/Sep/2023 03:07PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY						
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324						
Test Name Result Unit Bio. Ref. Range Method						

GLUCOSE, FASTING , NAF PLASMA	162	mg/dL	70-100	GOD - POD
-------------------------------	-----	-------	--------	-----------

Comment:

As per American Diabetes Guidelines, 2023

Fasting Glucose Values in mg/dL	Interpretation
70-100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes
<70 mg/dL	Hypoglycemia

Note:

- 1. The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on at least 2 occasions.
- 2. Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

GLUCOSE, POST PRANDIAL (PP), 2	319	mg/dL	70-140	GOD - POD	
HOURS, SODIUM FLUORIDE PLASMA (2					
HR)					

Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Ref: Marks medical biochemistry and clinical approach

Page 4 of 16

SIN No:PLF02024756,PLP1367214

Apollo Speciality Hospitals Private Limited

(Formely known as a Nova Speciality Hospitals Private Limited) CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

Kei Doctoi

: Dr.SELF

Emp/Auth/TPA ID : 86786446474

Collected : 09/

: 09/Sep/2023 08:27AM : 09/Sep/2023 03:49PM

Received

Reported

: 09/Sep/2023 05:43PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324 Test Name Result Unit Bio. Ref. Range Method

HBA1C, GLYCATED HEMOGLOBIN , WHOLE BLOOD EDTA	8	%	HPLC
ESTIMATED AVERAGE GLUCOSE (eAG) , WHOLE BLOOD EDTA	183	mg/dL	Calculated

Comment:

Reference Range as per American Diabetes Association (ADA) 2023 Guidelines:

REFERENCE GROUP	HBA1C %	
NON DIABETIC	<5.7	
PREDIABETES	5.7 – 6.4	
DIABETES	≥ 6.5	
DIABETICS		
EXCELLENT CONTROL	6 – 7	
FAIR TO GOOD CONTROL	7 – 8	
UNSATISFACTORY CONTROL	8 – 10	
POOR CONTROL	>10	

Note: Dietary preparation or fasting is not required.

- 1. HbA1C is recommended by American Diabetes Association for Diagnosing Diabetes and monitoring Glycemic Control by American Diabetes Association guidelines 2023.
- 2. Trends in HbA1C values is a better indicator of Glycemic control than a single test.
- 3. Low HbA1C in Non-Diabetic patients are associated with Anemia (Iron Deficiency/Hemolytic), Liver Disorders, Chronic Kidney Disease. Clinical Correlation is advised in interpretation of low Values.
- 4. Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect erythrocyte survival are present.
- 5. In cases of Interference of Hemoglobin variants in HbA1C, alternative methods (Fructosamine) estimation is recommended for Glycemic Control

A: HbF > 25%

B: Homozygous Hemoglobinopathy.

(Hb Electrophoresis is recommended method for detection of Hemoglobinopathy)

Page 5 of 16



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M : STAR.0000058519

UHID/MR No Visit ID

: STAROPV62961

Ref Doctor

: Dr.SELF

Emp/Auth/TPA ID

: 86786446474

Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 03:49PM

Reported

: 09/Sep/2023 05:43PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324

Test Name Result

Unit

Bio. Ref. Range

Method

Page 6 of 16



SIN No:EDT230082789

Apollo Speciality Hospitals Private Limited

(Formely known as a Nova Speciality Hospitals Private Limited) CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



: Mr.ANIL KHAPARIYE

Age/Gender

· 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

Emp/Auth/TPA ID

: Dr.SELF : 86786446474 Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 10:46AM

Reported Status

: 09/Sep/2023 05:56PM

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324 **Test Name** Result Unit Bio. Ref. Range Method

LIPID PROFILE, SERUM				
TOTAL CHOLESTEROL	189	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	1,169	mg/dL	<150	
HDL CHOLESTEROL	29	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	160	mg/dL	<130	Calculated
VLDL CHOLESTEROL	233.8	mg/dL	<30	Calculated
CHOL / HDL RATIO	6.52		0-4.97	Calculated

Result is rechecked. Kindly correlate clinically

Comment:

Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.

	Desirable	Borderline High	High	Very High
TOTAL CHOLESTEROL	< 200	200 - 239	≥ 240	
TRIGLYCERIDES	<150	150 - 199	200 - 499	≥ 500
LDL	Optimal < 100 Near Optimal 100-129	130 - 159	160 - 189	≥ 190
HDL	≥ 60			
NON-HDL CHOLESTEROL	Optimal <130; Above Optimal 130-159	160-189	190-219	>220

- 1. Measurements in the same patient on different days can show physiological and analytical variations.
- 2. NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.
- 3. Primary prevention algorithm now includes absolute risk estimation and lower LDL Cholesterol target levels to determine eligibility of drug therapy.
- 4. Low HDL levels are associated with Coronary Heart Disease due to insufficient HDL being available to participate in reverse cholesterol transport, the process by which cholesterol is eliminated from peripheral tissues.
- 5. As per NCEP guidelines, all adults above the age of 20 years should be screened for lipid status. Selective screening of children above the age of 2 years with a family history of premature cardiovascular disease or those with at least one parent with high total cholesterol is recommended.
- 6. VLDL, LDL Cholesterol Non HDL Cholesterol, CHOL/HDL RATIO, LDL/HDL RATIO are calculated parameters when Triglycerides are below 350 mg/dl. When Triglycerides are more than 350 mg/dl LDL cholesterol is a direct measurement.

Page 7 of 16



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

Emp/Auth/TPA ID

: Dr.SELF

: 86786446474

Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 10:46AM

Reported

: 09/Sep/2023 05:56PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324

Result

Test Name

Unit

Bio. Ref. Range

Method

Page 8 of 16



Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

Emp/Auth/TPA ID

: 86786446474

: Dr.SELF

Collected

: 09/Sep/2023 01:39PM

Received

: 09/Sep/2023 03:49PM

Reported

: 09/Sep/2023 04:20PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY						
Test Name Result Unit Bio. Ref. Range Method						
LDL CHOLESTEROL - (DIRECT LDL)	70.19	mg/dL	<100	CHE/CHO/POD & Catalase		

Page 9 of 16



SIN No:BI15996468

Apollo Speciality Hospitals Private Limited

(Formely known as a Nova Speciality Hospitals Private Limited) CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016

156, Famous Cine Labs, Behind Everest Building, Tardeo (Mumbai Central), Mumbai, Maharashtra Ph: 022 4332 4500



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

Emp/Auth/TPA ID

: 86786446474

: Dr.SELF

Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 10:46AM

Reported

: 09/Sep/2023 01:04PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324 Test Name Result Unit Bio. Ref. Range Method

LIVER FUNCTION TEST (LFT), SERUM				
BILIRUBIN, TOTAL	1.20	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.40	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.80	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	22	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	19.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	64.00	U/L	32-111	IFCC
PROTEIN, TOTAL	7.50	g/dL	6.7-8.3	BIURET
ALBUMIN	5.40	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	2.10	g/dL	2.0-3.5	Calculated
A/G RATIO	2.57		0.9-2.0	Calculated

Page 10 of 16



SIN No:SE04476012

Apollo Speciality Hospitals Private Limited

(Formely known as a Nova Speciality Hospitals Private Limited) CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID

: STAROPV62961

Ref Doctor Emp/Auth/TPA ID : Dr.SELF

: 86786446474

Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 10:46AM

Reported

: 09/Sep/2023 01:04PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY							
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324							
Test Name	Result	Unit	Bio. Ref. Range	Method			

CREATININE	0.79	mg/dL	0.6-1.1	ENZYMATIC METHOD
JREA	30.60	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	14.3	mg/dL	8.0 - 23.0	Calculated
URIC ACID	6.50	mg/dL	4.0-7.0	URICASE
CALCIUM	9.80	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	3.80	mg/dL	2.6-4.4	PNP-XOD
SODIUM	139	mmol/L	135-145	Direct ISE
POTASSIUM	4.4	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	97	mmol/L	98-107	Direct ISE

Page 11 of 16



Regd Off: 1-10-62/62, 5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

Emp/Auth/TPA ID

(GGT), SERUM

: Dr.SELF : 86786446474 Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 10:46AM

Reported

: 09/Sep/2023 01:04PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

method

Emp/Addit/11 A 10 . 00100440414							
	DEPARTMENT OF	BIOCHEMISTR	Y				
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324							
Test Name	Result	Unit	Bio. Ref. Range	Method			
			¥				
GAMMA GLUTAMYL TRANSPEPTIDASE	37.00	U/L	16-73	Glycylglycine Kinetic			

Page 12 of 16



SIN No:SE04476012

Apollo Speciality Hospitals Private Limited

(Formely known as a Nova Speciality Hospitals Private Limited) CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



Patient Name : Mr.ANIL KHAPARIYE Age/Gender : 51 Y 10 M 17 D/M

UHID/MR No : STAR.0000058519

Test Name

Visit ID : STAROPV62961

Ref Doctor : Dr.SELF Emp/Auth/TPA ID : 86786446474 Collected : 09/Sep/2023 08:27AM

Received : 09/Sep/2023 10:48AM Reported : 09/Sep/2023 02:08PM

Status : Final Report

Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF IMMUNOLOGY ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324 Result Unit Bio. Ref. Range Method

THYROID PROFILE TOTAL (T3, T4, TSH), SERUM									
TRI-IODOTHYRONINE (T3, TOTAL)	0.59	ng/mL	0.67-1.81	ELFA					
THYROXINE (T4, TOTAL)	5.64	μg/dL	4.66-9.32	ELFA					
THYROID STIMULATING HORMONE (TSH)	2.100	μIU/mL	0.25-5.0	ELFA					

Kindly correlate clinically

Comment:

Note:

IFOR program tomales	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 - 3.0
Third trimester	0.3 - 3.0

- 1. TSH is a glycoprotein hormone secreted by the anterior pituitary. TSH activates production of T3 (Triiodothyronine) and its prohormone T4 (Thyroxine). Increased blood level of T3 and T4 inhibit production of TSH.
- 2. TSH is elevated in primary hypothyroidism and will be low in primary hyperthyroidism. Elevated or low TSH in the context of normal free thyroxine is often referred to as sub-clinical hypo- or hyperthyroidism respectively.
- 3. Both T4 & T3 provides limited clinical information as both are highly bound to proteins in circulation and reflects mostly inactive hormone. Only a very small fraction of circulating hormone is free and biologically active.
- 4. Significant variations in TSH can occur with circadian rhythm, hormonal status, stress, sleep deprivation, medication & circulating antibodies.

TSH	Т3	T4	FT4	Conditions
High	Low	Low	Low	Primary Hypothyroidism, Post Thyroidectomy, Chronic Autoimmune Thyroiditis
High	N	N	IN	Subclinical Hypothyroidism, Autoimmune Thyroiditis, Insufficient Hormone Replacement Therapy.
N/Low	Low	Low	Low	Secondary and Tertiary Hypothyroidism
Low	High	High	High	Primary Hyperthyroidism, Goitre, Thyroiditis, Drug effects, Early Pregnancy
Low	N	N	N	Subclinical Hyperthyroidism
Low	Low	Low	Low	Central Hypothyroidism, Treatment with Hyperthyroidism

Page 13 of 16



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

Emp/Auth/TPA ID

: Dr.SELF : 86786446474 Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 10:48AM

Reported

: 09/Sep/2023 02:08PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FUL	L BODY ANNUAL PL	US ABOVE 50Y MALE	- TMT - PAN INDIA - FY2324

lest name Result Unit Bio. Ref. Range Met	Test Name	Result Unit Bi	io. Ref. Range Metho
---	-----------	----------------	----------------------

Low	N	High	High	Thyroiditis, Interfering Antibodies
N/Low	High	N	N	T3 Thyrotoxicosis, Non thyroidal causes
High	High	High	High	Pituitary Adenoma; TSHoma/Thyrotropinoma

Page 14 of 16



SIN No:SPL23128268

Apollo Speciality Hospitals Private Limited

(Formely known as a Nova Speciality Hospitals Private Limited) CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID

: STAROPV62961

Ref Doctor

: Dr.SELF

Emp/Auth/TPA ID

: 86786446474

Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 10:48AM

Reported

: 09/Sep/2023 02:55PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULI	L BODY ANNUAL PL	US ABOVE 50Y	MALE - TMT - PAN INI	DIA - FY2324
Test Name	Result	Unit	Bio. Ref. Range	Method

TOTAL PROSTATIC SPECIFIC ANTIGEN	0.980	ng/mL	0-4	ELFA	
(tPSA), SERUM					

Page 15 of 16



SIN No:SPL23128268

Apollo Speciality Hospitals Private Limited

(Formely known as a Nova Speciality Hospitals Private Limited) CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

: Dr.SELF

Emp/Auth/TPA ID : 86786446474 Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 01:22PM

Reported

: 09/Sep/2023 02:41PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF CLINICAL PATHOLOGY ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324 **Test Name** Result Unit Bio. Ref. Range Method

COMPLETE URINE EXAMINATION (C	UE) , <i>URINE</i>			
PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
pH	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.010		1.002-1.030	Dipstick
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GOD-POD
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	NITROPRUSSIDE
UROBILINOGEN	NEGATIVE	*	NORMAL	EHRLICH
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS
CENTRIFUGED SEDIMENT WET MO	OUNT AND MICROSCOPY			
PUS CELLS	0-1	/hpf	0-5	Microscopy
EPITHELIAL CELLS	0-1	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

*** End Of Report ***

DR. APEKSHA MADAN MBBS, DPB PATHOLOGY

Dr. Sandip Kumar Banerjee M.B.B.S, M.D(PATHOLOGY), D.P.B Consultant Pathologist

DR. Saachi Pravin Garg M.B.B.S, DNB (Pathologist) Consultant Pathologist

Page 16 of 16



SIN No:UR2180653

Apollo Speciality Hospitals Private Limited

(Formely known as a Nova Speciality Hospitals Private Limited) CIN- U85100TG2009PTC099414

Regd Off:1-10-62/62,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



Patient Name : Mr. ANIL KHAPARIYE Age/Gender : 51 Y/M

UHID/MR No.: STAR.0000058519OP Visit No: STAROPV62961Sample Collected on: 11-09-2023 08:34

Ref Doctor : SELF

Emp/Auth/TPA ID : 86786446474

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal.

No obvious active pleuro-parenchymal lesion seen.

Both costophrenic and cardiophrenic angles are clear.

Both diaphragms are normal in position and contour.

Thoracic wall and soft tissues appear normal.

CONCLUSION:

No obvious abnormality seen

Dr. VINOD SHETTY

Radiology



LETTER OF APPROVAL / RECOMMENDATION

To,

The Coordinator, Mediwheel (Arcofemi Healthcare Limited) Helpline number: 011- 41195959

Dear Sir / Madam,

Sub: Annual Health Checkup for the employees of Bank of Baroda

This is to inform you that the following employee wishes to avail the facility of Cashless Annual Health Checkup provided by you in terms of our agreement.

PARTICULARS	
NAME	EMPLOYEE DETAILS
EC NO.	MRS. KHAPARIYE SANGEETA
DESIGNATION	74336 T
PLACE OF WORK	JOINT MANAGER
BIRTHDATE	MUMBAI, FORT UNIVERSITY
PROPOSED DATE OF HEALTH	15-06-1981
CHECKUP	26-08-2023
BOOKING REFERENCE NO.	
THOE NO.	23S74336100067678E

This letter of approval / recommendation is valid if submitted along with copy of the Bank of Baroda employee id card. This approval is valid from 25-08-2023 till 31-03-2024 The list of medical tests to be conducted is provided in the annexure to this letter. Please note that the said health checkup is a **cashless facility** as per our tie up arrangement. We request you to best resources in this regard. The EC Number and the booking reference number as given in the above table shall be mentioned in the invoice, invariably.

DRIVE

We solicit your co-operation in this regard.

Yours faithfully,

Sd/-

Chief General Manager HRM Department Bank of Baroda

(Note: This is a computer generated letter. No Signature required. For any clarification, please contact Mediwheel (Arcofemi



To.

The Coordinator, Mediwheel (Arcofemi Healthcare Limited) Helpline number: 011-41195959

Dear Sir / Madam,

Sub: Annual Health Checkup for the employees of Bank of Baroda

This is to inform you that the following spouse of our employee wishes to avail the facility of Cashless Annual Health Checkup provided by you in terms of our agreement.

NAME PARTICULARS	OF HEALTH CHECK UP BENEFICIARY ANIL RAMNATHICHARA
DATE OF DIRE	ANIL RAMNATHKHAPARIYE
DATE OF BIRTH	THE THE TABLE
PROPOSED DATE OF HEALTH	
CHUCKUP FOR EMDIONE	20-00-2023
0.002	
BOOKING REFERENCE NO.	2007
	23S74336100067680S
MPLOYEE NAME	SPOUSE DETAILS
MPLOYEE EC NO.	MRS. KHAPARIYE SANGEETA
MPLOYEE DEGLE	74336
MPLOYEE DESIGNATION	JOINT MANAGER
MPLOYEE PLACE OF WORK	MUMBALEODELIN
MPLOYEE BIRTHDATE	MUMBAI,FORT UNIVERSITY 15-06-1981
	13-00-1981

This letter of approval / recommendation is valid if submitted along with copy of the Bank of Baroda employee id card. This approval is valid from 25-08-2023 till 31-03-2024. The list of medical tests to be conducted is provided in the annexure to this letter. Please note that the said health checkup is a cashless facility as per our tie up arrangement. We request you to attend to the health checkup requirement of our employee's spouse and accord your top priority and best resources in this regard. The EC Number and the booking reference number as given in the above table shall be mentioned in the invoice, invariably.

We solicit your co-operation in this regard.

Yours faithfully,

Sd/-

Chief General Manager **HRM Department** Bank of Baroda

(Note: This is a computer generated letter. No Signature required. For any clarification, please-contact Mediwheel (Arcofemi Parth steller. Plears

THER'S SOURSE HAY FIRE

Weller a rateory







APOLLO SPECTRA HOSPITALS

Famous Cine Labs, 156, Pt. M.M. Malviya Road, Tardeo, Mumbai- 400 034.Ph. No.: 022 4332 4500

www.apollospectra.com

OUT- PATIENT RECORD

Date

91912022

MRNO Name

mp. Am) khapinge 51/m

Age/Gender

Mobile No Passport No.

9096605109

Aadhar number

Dut			
Pulse: 94 B.	P: 120180	Resp: 16/m./	Temp:
Weight: 68.4 H	eight: 167	BMI: 24.7	Waist Circum: 93cm
		20, 4	130 Main 930 M

General Examination / Allergies History

Clinical Diagnosis & Management Plan Spar 98,1

Married, Nonregetarian Steep: @ Bf B: @

No Allergy. No addresson

Modurately Active

DM Erree: Syears on T. Forson soons

For vest jo: T. vestro 16109 101.

FBS: 162 PLBS: 319 AIBAL 8 Lipsed 9 sed

OArcred sugar/smeets/oil/ghee/fredfood

morning walk us min daily

Repeat Syges / bijord after Dooranders

Dr. (Mrs.) CHHAYA P. VAJA M. D. (MUM)

Physician & Cardiologist Reg. No. 56842

ignature

MUMBAI

Follow up date:

APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED

(Formerly known as Nova Specialty Hospitals Private Limited) CIN: U85100KA2009PTC049961

Name: Mr Anil Khap avriye Age: 514/M



9/9/2023

- For health Consultation

- MCO T2DM

- Yo Vertigo, notationy, associated number timitus

I no fluctuating hearing loss.

- undergoing T/t for BPPV

O|E- Ears-

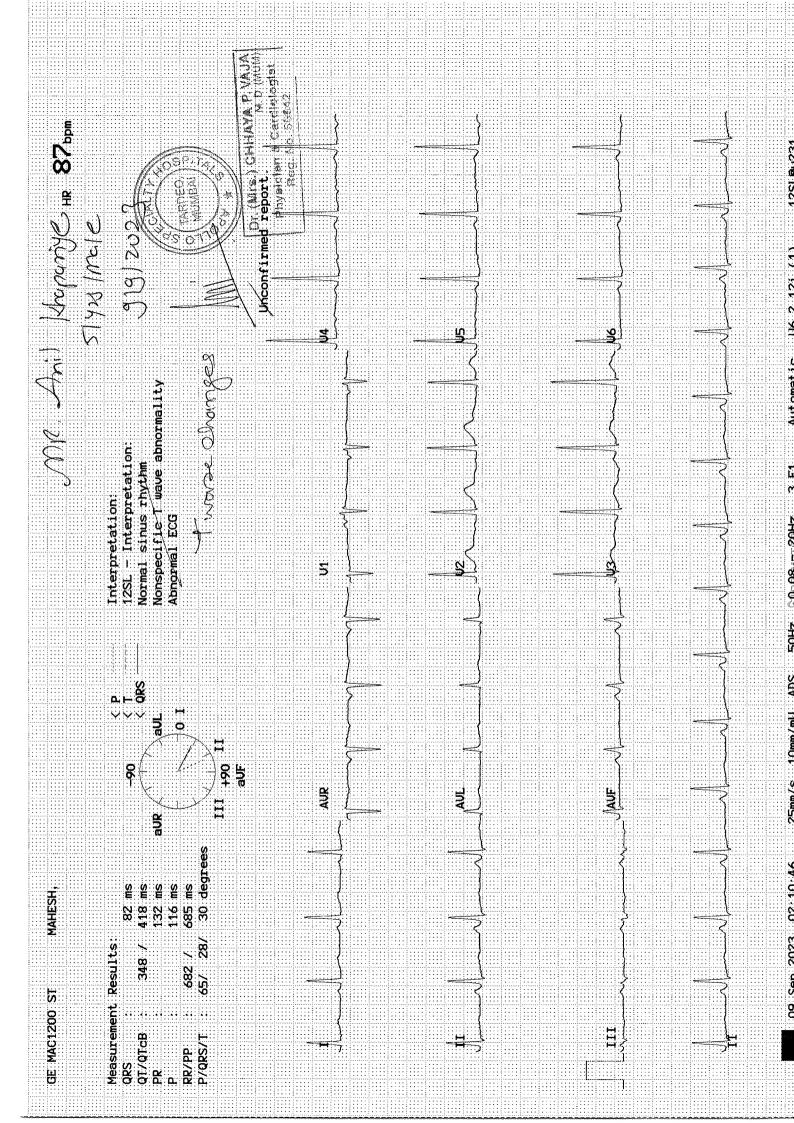
Nose- Septem central Muiosa O

Throat - NAD

Sup: Vertigo (IM)

Continue medication as admised







	EYE REPO	DRT		Special	iHOSPITALS ists in Surgery
Name: My	Amil 1	Khapevriz		Date: 0°	1/09/wis
Age /Sex:	y IM			Ref No.:	
Complaint:	No Kledo	ocelar AM-	do 10 yr	N	
Examination					
Spectacle Rx	V_ Z 6 C	G		\wedge	1can by
Vision	Right Ey	e Syl. Axis	Vision Sp	here Cyl.	Axis
Read					
Remarks:	Down	i lu (V	vv	J	
Medications:	Ma }	7. Marc			
	Name		Fremilency) usatiwa

Trade Name	Frequency :	Duration

Follow up:

Kunden Kun

Consultant:

Apollo Spectra Hospitals
Famous Cine Labs, 156, Pt. M. M.
Malviya Road, Tardeo, Mumbai - 400 034.
Tel.: 022 4332 4500 www.apollospectra.com





Apollo
DIAGNOSTICS

27AM Expertise. Empowering you.

Patient Name

: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID

: STAROPV62961

Ref Doctor Emp/Auth/TPA ID

: 86786446474

: Dr.SELF

Collected

: 09/Sep/2023 08:27AM

: 09/Sep/2023 10:55AM

Received Reported

: 09/Sep/2023 12:23PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324

PERIPHERAL SMEAR, WHOLE BLOOD EDTA

Methodology: Microscopic

RBC : Normocytic normochromic

WBC : Normal in number, morphology and distribution. No abnormal cells seen

Platelets : Adequate in Number Parasites : No Haemoparasites seen

IMPRESSION : Normocytic normochromic blood picture

Note/Comment : Please Correlate clinically

Page 1 of 16



www.apollodiagnostics.in

Ph No: 040-4904 7777 | www.apollohl.com | Email ID:enquiry@apollohl.com



Patient Name

: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor : STAROPV62961

Ref Doctor Emp/Auth/TPA ID : Dr.SELF : 86786446474 Collected Received : 09/Sep/2023 08:27AM

: 09/Sep/2023 10:55AM

Reported

: 09/Sep/2023 12:23PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY						
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324						
Test Name Result Unit Bio. Ref. Range Method						

13.8	g/dL	13-17	CYANIDE FREE COLOUROMETER
42.00	%	40-50	PULSE HEIGHT AVERAGE
4.76	Million/cu.mm	4.5-5.5	Electrical Impedence
88.1	fL.	83-101	Calculated
29	pg	27-32	Calculated
32.9	g/dL	31.5-34.5	Calculated
11.4	%	11.6-14	Calculated
5,130	cells/cu.mm	4000-10000	Electrical Impedance
(DLC)	ļ.		- In the second
68	%	40-80	Electrical Impedance
24	%		Electrical Impedance
03	%	***************************************	Electrical Impedance
05	%		Electrical Impedance
00		·	Electrical Impedance
			Licomodi Impedance
3488.4	Cells/cu.mm	2000-7000	Electrical Impedance
1231.2	Cells/cu.mm		Electrical Impedance
153.9			Electrical Impedance
256.5			Electrical Impedance
268000			IMPEDENCE/MICROSCOP
05	mm at the end of 1 hour	0-15	Modified Westergren
	42.00 4.76 88.1 29 32.9 11.4 5,130 (DLC) 68 24 03 05 00 3488.4 1231.2 153.9 256.5 268000	42.00 % 4.76 Million/cu.mm 88.1 fL 29 pg 32.9 g/dL 11.4 % 5,130 cells/cu.mm (DLC) 68 % 24 % 03 % 05 % 00 % 3488.4 Cells/cu.mm 1231.2 Cells/cu.mm 153.9 Cells/cu.mm 256.5 Cells/cu.mm 268000 cells/cu.mm mm at the end	42.00 % 40-50 4.76 Million/cu.mm 4.5-5.5 88.1 fL 83-101 29 pg 27-32 32.9 g/dL 31.5-34.5 11.4 % 11.6-14 5,130 cells/cu.mm 4000-10000 (DLC) 68 % 40-80 24 % 20-40 03 % 1-6 05 % 2-10 00 % <1-2 3488.4 Cells/cu.mm 2000-7000 1231.2 Cells/cu.mm 1000-3000 153.9 Cells/cu.mm 20-500 256.5 Cells/cu.mm 200-1000 268000 cells/cu.mm 150000-410000 05 mm at the end 0-15

Methodology: Microscopic

RBC: Normocytic normochromic

WBC: Normal in number, morphology and distribution. No abnormal cells seen

Platelets : Adequate in Number Parasites : No Haemoparasites seen

IMPRESSION: Normocytic normochromic blood picture

Note/Comment: Please Correlate clinically

Page 2 of 16

SIN No:BED230216937



Patient Name

: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID

: STAROPV62961

Ref Doctor Emp/Auth/TPA ID : Dr.SELF : 86786446474 Collected Received

: 09/Sep/2023 08:27AM

: 09/Sep/2023 10:55AM

Reported

: 09/Sep/2023 12:21PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY							
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324							
Test Name Result Unit Bio. Ref. Range Method							

BLOOD GROUP ABO AND RH FAC BLOOD GROUP TYPE		
	0	Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE	Forward & Reverse Grouping with Slide/Tube Agglutination

Page 3 of 16



SIN No:BED230216937





: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No Visit ID

: STAR.0000058519 : STAROPV62961

Ref Doctor Emp/Auth/TPA ID : Dr.SELF

: 86786446474

Collected Received

: 09/Sep/2023 12:45PM

: 09/Sep/2023 02:12PM

Reported

: 09/Sep/2023 03:07PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

		DEF	PARTMENT	OF	BIOCHEMISTRY
FFRAI	MATDRACIET				

ARCOFEMI - MEDIWHEEL - FULI	L BODY ANNUAL PL	US ABOVE 50Y	MALE - TMT - PAN INI	DIA - FY2324
Test Name	Result	Unit	Bio. Ref. Range	Method

CLUCOCE EACTING				
GLUCOSE, FASTING, NAF PLASMA	400			
I TOTAL TEASINA	162	l ma/dL l	70.400	000
		i iiig/uL (70-100	GOD - POD
				100D - 10D

Comment:

As per American Diabetes Guidelines, 2023

Fasting Glucose Values in mg/dL	Interpretation	
70-100 mg/dL	Normal	
100-125 mg/dL	Prediabetes	
≥126 mg/dL	Diabetes	
<70 mg/dL	Hypoglycemia	

Note:

- 1. The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on at least 2 occasions.
- 2. Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

GLUCOSE, POST PRANDIAL (PP), 2		<u></u>		
HOURS, SODIUM FLUORIDE PLASMA (2	319	mg/dL	70-140	GOD - POD
			<u> </u>	

Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Ref: Marks medical biochemistry and clinical approach

Page 4 of 16

SIN No:PLF02024756,PLP1367214





: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID

: STAROPV62961

Ref Doctor Emp/Auth/TPA ID

: 86786446474

: Dr.SELE

Collected Received : 09/Sep/2023 08:27AM

. 09/54

: 09/Sep/2023 03:49PM

Reported Status : 09/Sep/2023 05:43PM : Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

-	DEPARTMENT OF	BIOCHEMIST	RY	
ARCOFEMI - MEDIWHEEL - I	FULL BODY ANNUAL P	LUS ABOVE 50	OY MALE - TMT - PAN IND	IA - FY2324
Test Name	Result	Unit	Bio. Ref. Range	Method

HBA1C, GLYCATED HEMOGLOBIN , WHOLE BLOOD EDTA	8	%	HPLC
ESTIMATED AVERAGE GLUCOSE (eAG) , WHOLE BLOOD EDTA	183	mg/dL	Calculated

Comment:

Reference Range as per American Diabetes Association (ADA) 2023 Guidelines:

REFERENCE GROUP	HBA1C %	
NON DIABETIC	<5.7	
PREDIABETES	5.7 – 6.4	
DIABETES	≥ 6.5	
DIABETICS		
EXCELLENT CONTROL	6 – 7	
FAIR TO GOOD CONTROL	7 – 8	
UNSATISFACTORY CONTROL	8 – 10	
POOR CONTROL	>10	

Note: Dietary preparation or fasting is not required.

- 1. HbA1C is recommended by American Diabetes Association for Diagnosing Diabetes and monitoring Glycemic Control by American Diabetes Association guidelines 2023.
- 2. Trends in HbA1C values is a better indicator of Glycemic control than a single test.
- 3. Low HbA1C in Non-Diabetic patients are associated with Anemia (Iron Deficiency/Hemolytic), Liver Disorders, Chronic Kidney Disease. Clinical Correlation is advised in interpretation of low Values.
- 4. Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect erythrocyte survival are present.
- 5. In cases of Interference of Hemoglobin variants in HbA1C, alternative methods (Fructosamine) estimation is recommended for Glycemic Control
 - A: HbF >25%
 - B: Homozygous Hemoglobinopathy.
 - (Hb Electrophoresis is recommended method for detection of Hemoglobinopathy)

Page 5 of 16





: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No Visit ID

: STAR.0000058519

Ref Doctor Emp/Auth/TPA ID : STAROPV62961

: Dr.SELF : 86786446474 Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 03:49PM

Reported

: 09/Sep/2023 05:43PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

	DEPARTMENT OF	BIOCHEMIST	RY	
ARCOFEMI - MEDIWHEEL - F	ULL BODY ANNUAL P	LUS ABOVE 50	Y MALE - TMT - PAN INDI	A - FY2324
Test Name	Result	Unit	Bio. Ref. Range	Method

Page 6 of 16



SIN No:EDT230082789



Patient Name

: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID

: STAROPV62961

Ref Doctor Emp/Auth/TPA ID

: Dr.SELF : 86786446474 Collected Received : 09/Sep/2023 08:27AM

: 09/Sep/2023 10:46AM

Reported

: 09/Sep/2023 05:56PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY

		2.001121110111		
ARCOFEMI - MEDIWHEEL - FULI	RODY ANNUAL DI	HC ADOVE FOR	/ 	
Tank Name	L DODT ANNOAL FL	-US ABOVE 50Y	MALE - IMT - PAN INI	DIA - FY2324
Test Name	Result	Unit	Bio. Ref. Range	Method
			_	

IPID PROFILE , SERUM				
TOTAL CHOLESTEROL	189	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	1,169	mg/dL	<150	CHE/CHO/POD
HDL CHOLESTEROL	29	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	160	mg/dL	<130	Calculated
VLDL CHOLESTEROL	233.8	mg/dL	<30	Calculated
CHOL / HDL RATIO	6.52		0-4.97	Calculated

Result is rechecked. Kindly correlate clinically

Comment:

Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.

	Desirable	Borderline High	High	Very High
TOTAL CHOLESTEROL	< 200	200 - 239	≥ 240	
TRIGLYCERIDES	<150	150 - 199	200 - 499	> 500
LDL	Optimal < 100 Near Optimal 100-129	130 - 159	160 - 189	≥ 190
HDL	≥ 60			
NON-HDL CHOLESTEROL	Optimal <130; Above Optimal 130-159	160-189	190-219	>220

- 1. Measurements in the same patient on different days can show physiological and analytical variations.
- 2. NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.
- 3. Primary prevention algorithm now includes absolute risk estimation and lower LDL Cholesterol target levels to determine eligibility of drug therapy.
- 4. Low HDL levels are associated with Coronary Heart Disease due to insufficient HDL being available to participate in reverse cholesterol transport, the process by which cholesterol is eliminated from peripheral tissues.
- 5. As per NCEP guidelines, all adults above the age of 20 years should be screened for lipid status. Selective screening of children above the age of 2 years with a family history of premature cardiovascular disease or those with at least one parent with high total cholesterol is recommended.
- 6. VLDL, LDL Cholesterol Non HDL Cholesterol, CHOL/HDL RATIO, LDL/HDL RATIO are calculated parameters when Triglycerides are below 350 mg/dl. When Triglycerides are more than 350 mg/dl LDL cholesterol is a direct measurement.

Page 7 of 16



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID Ref Doctor

: STAROPV62961

Emp/Auth/TPA ID

: 86786446474

: Dr.SELF

Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 10:46AM

Reported

: 09/Sep/2023 05:56PM : Final Report

Status Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

	DEPARTMENT OF	BIOCHEMISTR	Υ	
ARCOFEMI - MEDIWHEEL - FULI	L BODY ANNUAL PL	US ABOVE 50Y	MALE - TMT - PAN INI	DIA - FY2324
Test Name	Result	Unit	Bio. Ref. Range	Method

Page 8 of 16



SIN No:SE04476012



Patient Name

: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID

: STAROPV62961

Ref Doctor Emp/Auth/TPA ID : Dr.SELF : 86786446474 Collected

: 09/Sep/2023 01:39PM

: 09/Sep/2023 03:49PM

Received Reported

: 09/Sep/2023 04:20PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

	DEPARTMENT OF	F BIOCHEMIST	RY	
Test Name	Result	Unit	Bio. Ref. Range	Method
N CHOLEGEER OF THE PARTY OF THE				
DL CHOLESTEROL - (DIRECT LDL)	70.19	mg/dL	<100	CHE/CHO/POD &

Page 9 of 16



SIN No:BI15996468



: Mr.ANIL KHAPARIYE

Test Name

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No Visit ID

: STAR.0000058519 : STAROPV62961

Ref Doctor

: Dr.SELF

Emp/Auth/TPA ID

: 86786446474

Collected

: 09/Sep/2023 08:27AM

: 09/Sep/2023 10:46AM

Received Reported

: 09/Sep/2023 01:04PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324 Result Unit Bio. Ref. Range Method

LIVER FUNCTION TEST (LFT) , SERUM				
BILIRUBIN, TOTAL	1.20	mg/dL	0.1-1.2	
BILIRUBIN CONJUGATED (DIRECT)	0.40	mg/dL	· · · · · · · · · · · · · · · · · · ·	Azobilirubin
BILIRUBIN (INDIRECT)	0.80		0.1-0.4	DIAZO DYE
ALANINE AMINOTRANSFERASE		mg/dL	0.0-1.1	Dual Wavelength
(ALT/SGPT)	22	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	19.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	64.00	U/L	32-111	IFCC
PROTEIN, TOTAL	7.50	g/dL		
ALBUMIN			6.7-8.3	BIURET
GLOBULIN	5.40	g/dL	3.8-5.0	BROMOCRESOL GREEN
	2.10	g/dL	2.0-3.5	Calculated
A/G RATIO	2.57	T T T T T T T T T T T T T T T T T T T	0.9-2.0	Calculated
			0.5-2.0	Calculated

Page 10 of 16



SIN No:SE04476012



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No Visit ID

: STAR.0000058519

Ref Doctor

: STAROPV62961

Emp/Auth/TPA ID

: Dr.SELF : 86786446474 Collected Received

: 09/Sep/2023 08:27AM

: 09/Sep/2023 10:46AM

Reported

: 09/Sep/2023 01:04PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY					
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324					
Test Name Result Unit Bio. Ref. Range Method					

CREATININE	0.79	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	30.60	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	14.3	mg/dL	8.0 - 23.0	Calculated
URIC ACID	6.50	mg/dL	4.0-7.0	URICASE
CALCIUM	9.80	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	3.80	mg/dL	2.6-4.4	PNP-XOD
SODIUM	139	mmol/L	135-145	Direct ISE
POTASSIUM	4.4	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	97	mmol/L	98-107	Direct ISE

Page 11 of 16



SIN No:SE04476012



Apollo
DIAGNOSTICS

27AM Expertise. Empowering you.

Patient Name

: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID

: STAROPV62961

Ref Doctor Emp/Auth/TPA ID : Dr.SELF : 86786446474 Collected Received : 09/Sep/2023 08:27AM

٠٥

: 09/Sep/2023 10:46AM

Reported

: 09/Sep/2023 01:04PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY				
ARCOFEMI - MEDIWHEEL - F	ULL BODY ANNUAL P	LUS ABOVE 50	Y MALE - TMT - PAN IND	IA - FY2324
Test Name Result Unit Bio. Ref. Range Method				

CARRIA CILITARIO					
GAMMA GLUTAMYL TRANSPEPTIDASE	37.00	U/L	16-73	01	1
(GGT), SERUM	07.00	U/L	10-73	Glycylglycine Kinetic	ı
(OOI); OLINOW				lmethod	ı

Page 12 of 16





Patient Name

: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No Visit ID : STAR.0000058519 : STAROPV62961

Ref Doctor Emp/Auth/TPA ID : Dr.SELF : 86786446474 Collected

: 09/Sep/2023 08:27AM

Received Reported

: 09/Sep/2023 10:48AM : 09/Sep/2023 02:08PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324					
Test Name	Result			JIA - F12324	
	Result	Unit	Bio. Ref. Range	Method	

THYROID PROFILE TOTAL (T3, T4, TSH),	SERUM		740 100 100 100 100 100	
TRI-IODOTHYRONINE (T3, TOTAL)	0.59	ng/mL	0.67-1.81	ELFA
THYROXINE (T4, TOTAL)	5.64	µg/dL	4.66-9.32	ELFA
THYROID STIMULATING HORMONE (TSH)	2.100	µIU/mL	0.25-5.0	ELFA

Kindly correlate clinically

Comment:

Note:

For pregnant females	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 - 3.0
Third trimester	0.3 – 3.0
TOTT:	

- 1. TSH is a glycoprotein hormone secreted by the anterior pituitary. TSH activates production of T3 (Triiodothyronine) and its prohormone T4 (Thyroxine). Increased blood level of T3 and T4 inhibit production of TSH.
- 2. TSH is elevated in primary hypothyroidism and will be low in primary hyperthyroidism. Elevated or low TSH in the context of normal free thyroxine is often referred to as sub-clinical hypo- or hyperthyroidism respectively.
- 3. Both T4 & T3 provides limited clinical information as both are highly bound to proteins in circulation and reflects mostly inactive hormone. Only a very small fraction of circulating hormone is free and biologically active.
- 4. Significant variations in TSH can occur with circadian rhythm, hormonal status, stress, sleep deprivation, medication & circulating antibodies.

TSH	T3	T4	FT4	Conditions
High	Low	Low	Low	Primary Hypothyroidism, Post Thyroidectomy, Chronic Autoimmune Thyroiditis
High	N	N	N	Subclinical Hypothyroidism, Autoimmune Thyroiditis, Insufficient Hormone Replacement Therapy.
N/Low	Low	Low	Low	Secondary and Tertiary Hypothyroidism
Low	High	High	High	Primary Hyperthyroidism, Goitre, Thyroiditis, Drug effects, Early Pregnancy
Low	N	Ν	N	Subclinical Hyperthyroidism
Low	Low	Low		Central Hypothyroidism, Treatment with Hyperthyroidism

Page 13 of 16



0 Y B 1

Patient Name

: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID

: STAROPV62961

Ref Doctor Emp/Auth/TPA ID

: Dr.SELF : 86786446474 Collected

: 09/Sep/2023 08:27AM

: 09/Sep/2023 08:27AM : 09/Sep/2023 10:48AM

Received Reported

: 09/Sep/2023 02:08PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF IMMUNOLOGY
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUG A BOYE - FORCE
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - TMT - PAN INDIA - FY2324

	Test Nan				AL MACE - LIMIT - PAIN INDI	A - FY2324
	restivan	1e 	Result	Unit	Bio. Ref. Range	Method
N	High	High Thyroidit	is, Interfering Antihodie	- c		1

l	O 11	N	High	High	Thyroiditis, Interfering Antibodies
⊢		High	N		T3 Thyrotoxicosis, Non thyroidal causes
Hi	igh	High	High		Pituitary Adenoma; TSHoma/Thyrotropinoma

Page 14 of 16



SIN No:SPL23128268



Patient Name

: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No Visit ID

: STAR.0000058519 : STAROPV62961

Ref Doctor

: STAROPV6296 : Dr.SELF

Emp/Auth/TPA ID

: 86786446474

Collected Received : 09/Sep/2023 08:27AM

: 09/Sep/2023 10:48AM

Reported Status : 09/Sep/2023 02:55PM : Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPA	RTMF	VΤ	OF	IMMUNO	LOCV
	** * * * ** ***		\sim 1	HALIAIOIAO	L. しノくコ T

ARCOFEMI - MEDIWHEEL - FULI	BODY ANNUAL DI			
Test Name				DIA - FY2324
	Result	Unit	Bio. Ref. Range	Method

TOTAL PROSTATIC SPECIFIC ANTIGEN	0.980	na/ml	~	
(tPSA), SERUM	0.300	ng/mL	0-4	ELFA

Page 15 of 16



SIN No:SPL23128268



: Mr.ANIL KHAPARIYE

Age/Gender

: 51 Y 10 M 17 D/M

UHID/MR No

: STAR.0000058519

Visit ID

: STAROPV62961

Ref Doctor Emp/Auth/TPA ID : Dr.SELF

: 86786446474

Collected

: 09/Sep/2023 08:27AM

Received

: 09/Sep/2023 01:22PM

Reported Status

: 09/Sep/2023 02:41PM : Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DI	EPARTMENT OF CLI	NICAL PATHOL	OGY	
ARCOFEMI - MEDIWHEEL - FULI	RODY ANNUAL DI	IIS ABOVE FOR	/ MALE TION	
Test Name		.03 ABOVE 301	MALE - IMI - PAN INI	DIA - FY2324
rest Name	Result	Unit	Bio. Ref. Range	Method
				

COMPLETE URINE EXAMINATION (C PHYSICAL EXAMINATION				
COLOUR	DALENGE			
TRANSPARENCY	PALE YELLOW	····	PALE YELLOW	Visual
pH	CLEAR		CLEAR	Visual
SP. GRAVITY	6.0	***	5-7.5	Bromothymol Blue
	1.010		1.002-1.030	Dipstick
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF
GLUCOSE	NEGATIVE		NEGATIVE	GOD-POD
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	NITROPRUSSIDE
UROBILINOGEN	NEGATIVE		NORMAL	EHRLICH
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	
LEUCOCYTE ESTERASE	NEGATIVE	700	NEGATIVE	Dipstick PYRROLE HYDROLYSIS
CENTRIFUGED SEDIMENT WET MO	UNT AND MICROSCOPY			
PUS CELLS	0-1	/hpf	0-5	Microscopy
EPITHELIAL CELLS	0-1	/hpf	<10	
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL	71191		MICROSCOPY
CRYSTALS	ABSENT		0-2 Hyaline Cast	MICROSCOPY
	1 ADOLINI		ABSENT	MICROSCOPY

*** End Of Report ***

DR. APEKSHA MADAN MBBS, DPB **PATHOLOGY**

Dr. Sandip Kumar Banerjee M.B.B.S,M.D(PATHOLOGY),D.P.B

Consultant Pathologist

DR. Saachi Pravin Garg M.B.B.S,DNB(Pathologist) Consultant Pathologist

Page 16 of 16



www.apollodiagnostics.in

SIN No:UR2180653



Name : Mr.Anil Khapariye

Age : 51 Year(s)

Date : 09/09/2023

Sex : Male Visit Type : OPD

ECHO Cardiography

Comments:

Normal cardiac dimensions.

Structurally normal valves.

No evidence of LVH.

Intact IAS/IVS.

No evidence of regional wall motion abnormality.

Normal LV systolic function (LVEF 60%).

No diastolic dysfunction.

Normal RV systolic function.

No intracardiac clots / vegetation/ pericardial effusion.

No evidence of pulmonary hypertension.PASP=30mmHg.

IVC 12 mm collapsing with respiration.

Final Impression:

NORMAL 2DECHOCARDIOGRAPHY REPORT.

DR.CHHAYA P.VAJA. M. D.(MUM) NONINVASIVE CARDIOLOGIST



Name

: Mr.Anil Khapariye

Age

: 51 Year(s)

Date : 09/09/2023

Sex

: Male

Visit Type : OPD

Dimension:

EF Slope

90mm/sec

EPSS

05mm

LA

31mm

ΑO

3()mm

LVID (d)

40mm

LVID(s)

23mm

IVS (d)

11mm

LVPW (d)

11mm

LVEF

60% (visual)

DR.CHHAYA P.VAJA. M. D.(MUM) NONINVASIVE CARDIOLOGIST



Patient Name: MR. ANIL KHAPARIYE

Date: 09-09-2023 Age: 51 years

Ref. By : HEALTH CHECK UP

SONOGRAPHY OF ABDOMEN AND PELVIS

LIVER:

The liver is normal in size but shows mild diffuse increased echotexture suggestive of fatty infiltration (Grade I). No focal mass lesion is seen. The intrahepatic biliary tree & venous radicles appear normal. The portal vein and CBD appear normal.

GALL BLADDER :The gall bladder is well distended and reveals normal wall thickness. There is no

evidence of calculus seen in it.

PANCREAS: The pancreas is normal in size and echotexture. No focal mass lesion is seen.

SPLEEN

:The spleen is normal in size and echotexture. No focal parenchymal mass lesion is seen. The splenic vein is normal.

KIDNEYS

: The RIGHT KIDNEY measures 10.6 x 5.1 cms and the LEFT KIDNEY measures 11.2 x 4.6 cms in size. Both kidneys are normal in size, shape and echotexture. There is no evidence of hydroneprosis or calculi seen on either side.

The para-aortic & iliac fossa regions appears normal. There is no free fluid or any lymphadenopathy seen in the abdomen.

PROSTATE: The prostate measures $3.5 \times 2.9 \times 2.8$ cms and weighs 15.6 gms. It is normal in size, shape and echotexture. No prostatic calcification is seen.

URINARY: The urinary bladder is well distended and is normal in shape and contour.

BLADDER

No intrinsic lesion or calculus is seen in it. The bladder wall is normal in thickness.

IMPRESSION:

The Ultrasound examination reveals mild fatty infiltration of the Liver. No other significant abnormality is detected.

Report with compliments.

DR.VINOD V.SHETTY MD, D.M.R.D.

CONSULTANT SONOLOGIST.



: Mr. ANIL KHAPARIYE

Age

:51 Y M

UHID

: STAR.0000058519

OP Visit No

: STAROPV62961

Reported on

: 11-09-2023 08:34

Printed on

: 11-09-2023 08:34

Adm/Consult Doctor

Ref Doctor :

: SELF

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal.

No obvious active pleuro-parenchymal lesion seen .

Both costophrenic and cardiophrenic angles are clear.

Both diaphragms are normal in position and contour.

Thoracic wall and soft tissues appear normal.

CONCLUSION:

No obvious abnormality seen

Printed on:11-09-2023 08:34

---End of the Report---

Dr. VINOD SHETTY Radiology



Khapanje

ID

Height

167cm

9.9.2023 Date

APOLLO SPECTRA HOSPITAL

Age 51 Gender Male Time 08:52:10

Body Composition

			Ī	Velenitile			0)ver		UNTO	Normal Range
Weight	40	55	70 85	100 11	5 130 38. 4 kg	145	160 17	5 190	205	52. 2 ~ 70. 6
Muscle Mass Skeletal Muscle Mass	60	70	80 90	26. 9 kg	0 120	130	140 15	0 160	170	26. 1 ~ 31. 9
Body Fat Mass	20	40 (50 80	100 16		280). 1 kg	340 46	0 460	520	7. 4 ~ 14. 7
T B W Total Body Water	35. 3	3 kg (34	. 5~ 42	2. 2)	FF/ Fat Free			48	3. 3 kg	(44. 8~ 55. 8)
Protein	9. 7	7 kg (9.	2 ~ 11.	3)	Min	eral	*	3.	31 kg	(3. 19~3. 90)

Segmental Lean 2. 6kg

Evaluation $2.7 \, \text{kg}$ Normal

Lean Mass

Trunk 22. 5kg

Normal

7.4kg Under

Normal

Left F

7. 4 kg Under

* Mineral is estimated.

Obesity Diagnosis

and a construction of the party of	magnos.	en e		Nutrition	al Evaluatio	n	
			Normal Range	Protein	☑Normal	□ Deficient	
ВМІ	a			Mineral	☑Normal	□ Deficient	
Body Mass Index	(kg/m²)	24. 5	18. $5 \sim 25.0$	Fat	□Normal	□ Deficient	☑ Excessive
				Weight M	anagemen	t	
PBF Percent Body Fat	(%)	29. 5	10.0 ~ 20.0	Weight		□ Under	□ Over
reitent body rat				SMM	✓Normal	□Under	☐ Strong
WHR	n garaferi. Nasaran	0.05	0.00	Fat	□Normal	□Under	✓ Over
Waist-Hip Ratio		0. 95	0.80~0.90	Obesity D	iagnosis		
BMR	/leas \			ВМІ	Mormal	☐ Under ☐ Extremely	☐ Over Over
Basal Metabolic Rat	e (kcal) 1	1412	1500 ~ 1751	PBF	□Normal	□ Under	☑ Over
				WHR	□Normal	□ Under	☑ Over

	Segmental Fat	Fat	BF Mass uation
	32. 1%	30.	5%
	1. 3kg	1.	3kg
	Over Tru r	nk O	ver
	31.	1%	
털			nigir.
	26.5%	26.	6%
	2. 8 kg	2.	8kg
	Over	O	er

* Segmantal Fat is estimated.

Muscle-Fat Control

Muscle Control

+ 3.9 kg

Fat Control

 $-10.9 \, \mathrm{kg}$

Fitness Score

TARDEO

MUNISA

65

Impedance

LA 100kHz 301. 6 315. 5 23. 9 260. 9 257. 2

Exercise Planner Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity(base weight: 68. 4 kg / Duration: 30min. / unit: kcal)											
Walking	20	Jogging	The same	Bicycle		Swim		Mountain Climbing	.:/	Aerobic	
137	P	239		205	â	239	Z	223	7	239	
Table tennis		Tennis	٠ <u>٠</u> ٠	Football	•	Oriental Fencing	W.	Gate ball	4	Badminton	
155	\mathcal{N}_{\sim}	205	1 .	239	人	342	$N_{\mathcal{F}}$	130	X	155	
Racket ball	سلة	Tae- kwon-do	. 3	Squash	2	Basketball	(1)	Rope jumping	1	Golf	
342		342	97	342	人	205		239		120	
Push-ups development of upper body	£	Sit-ups abdominal muscle training	9	Weight training backache prevention	K	Dumbbell exercise musde strength		Elastic band muscle strength	Ĺİ	Squats maintenance of lower body muscle	
	Walking 137 Table tennis 155 Racket ball 342 Push-ups development	Walking 137 Table tennis 155 Racket ball 342 Push-ups development	Walking Jogging 137 239 Table tennis Tennis 155 205 Racket ball Tae-kwon-do 342 342 Push-ups development Sit-ups abdominal	Walking Jogging 137 239 Table tennis Tennis 155 205 Racket ball kwon-do 342 342 Push-ups development Sit-ups abdominal	Walking Jogging Bicycle 137 239 205 Table tennis Tennis Football 155 205 239 Racket ball Kwon-do Squash 342 342 342 Push-ups (preforment) Sit-ups (bedoardie) Weight training (bedoardie)	Walking 137 239 205 Table tennis 155 205 208 Racket ball 342 Push-ups development showing the padache badarbe	Walking Jogging Bicycle Swim 137 239 205 239 Table tennis Tennis Football Oriental Fencing 155 205 239 342 Racket ball Kwon-do Squash TBasketball 342 342 342 205 Push-ups Sit-ups Weight training baddache Dumbbell exercise	Walking Jogging Bicycle Swim 137 239 205 239 Table tennis Tennis Football Oriental Fencing 155 205 239 342 Racket ball 342 Squash Try Basketball 9 Ush-ups Sit-ups Weight training backete Dumbbell exercise 1 Ush-ups Bodoninal Bodoninal Dumbbell exercise	Walking Jogging Bicycle Swim Mountain Climbing 137 239 205 239 223 Table tennis Tennis Football Oriental Fencing Gate ball 155 205 239 342 130 Racket ball Squash Tae-bumping Basketball Rope jumping 342 342 342 205 239 Push-ups Sit-ups Weight training badache Dumbbell exercise Elastic Joynophren Bodominal Bodominal Bodominal Bodominal Budache	Walking Jogging Bicycle Swim Mountain Climbing 137 239 205 239 223 Table tennis Tennis Football Oriental Fencing Gate ball 155 205 239 342 130 Racket ball ball Kwon-do Squash Squash Rope jumping 342 342 342 205 239 Push-ups Sit-ups Weight training training bedoache Dumbbel Elastic band Weredpriment Bedoache Exercise Elastic	

How to do

- 1. Choose practicable and preferable activities from the left.
- 2. Choose exercises that you are going to do for 7 days.
- 3. Calculate the total energy expenditure for a week.
- 4. Estimate expected total weight loss for a month using the formula shown below.
- Recommended calorie intake per day 1900

*Calculation for expected total weight loss for 4 weeks: **Total energy expenditure (kcal/week)** X 4weeks ÷ 7700

^{*}Use your results as reference when consulting with your physician or fitness trainer.



Patient Name : Mr. ANIL KHAPARIYE Age/Gender : 51 Y/M

 UHID/MR No.
 : STAR.0000058519
 OP Visit No
 : STAROPV62961

 Sample Collected on
 : 09-09-2023 11:49

Ref Doctor : SELF

Emp/Auth/TPA ID : 86786446474

DEPARTMENT OF RADIOLOGY

ULTRASOUND - WHOLE ABDOMEN

LIVER: The liver is normal in size but shows mild diffuse increased echotexture suggestive of fatty infiltration (Grade I). No focal mass lesion is seen. The intrahepatic biliary tree & venous radicles appear normal. The portal vein and CBD appear normal.

GALL :The gall bladder is well distended and reveals normal wall thickness. There is no

BLADDER evidence of calculus seen in it.

PANCREAS: The pancreas is normal in size and echotexture. No focal mass lesion is seen.

SPLEEN :The spleen is normal in size and echotexture. No focal parenchymal mass lesion

is seen. The splenic vein is normal.

KIDNEYS: The **RIGHT KIDNEY** measures 10.6 x 5.1 cms and the **LEFT KIDNEY** measures

11.2 x 4.6 cms in size. Both kidneys are normal in size, shape and echotexture. There

is no evidence of hydroneprosis or calculi seen on either side.

The para-aortic & iliac fossa regions appears normal. There is no free fluid or any

lymphadenopathy seen in the abdomen.

PROSTATE: The prostate measures 3.5 x 2.9 x 2.8 cms and weighs 15.6 gms. It is normal in size,

shape and echotexture. No prostatic calcification is seen.

URINARY: The urinary bladder is well distended and is normal in shape and contour.

BLADDER No intrinsic lesion or calculus is seen in it. The bladder wall is normal in thickness.

IMPRESSION: The Ultrasound examination reveals mild fatty infiltration of the Liver.

No other significant abnormality is detected.

(The sonography findings should always be considered in correlation with the clinical and other investigation finding where applicable.) It is only a professional opinion, Not valid for medico legal purpose.

Dr. VINOD SHETTYRadiology