

Patient Name : Mr.SANTOSH NATHUJI GAJBHIYE
Age/Gender : 44 Y 0 M 9 D/M
UHID/MR No : STAR.0000031369
Visit ID : STAROPV57988
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 108578

Collected : 25/Mar/2023 09:31AM
Received : 25/Mar/2023 11:44AM
Reported : 25/Mar/2023 02:50PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - 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



SIN No:BED230075745

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HEMOGRAM , WHOLE BLOOD-EDTA

HAEMOGLOBIN	12.8	g/dL	13-17	Spectrophotometer
PCV	42.80	%	40-50	Electronic pulse & Calculation
RBC COUNT	5.57	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	77	fL	83-101	Calculated
MCH	23	pg	27-32	Calculated
MCHC	30	g/dL	31.5-34.5	Calculated
R.D.W	15.3	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	6,500	cells/cu.mm	4000-10000	Electrical Impedance

DIFFERENTIAL LEUCOCYtic COUNT (DLC)

NEUTROPHILS	64	%	40-80	Electrical Impedance
LYMPHOCYTES	30	%	20-40	Electrical Impedance
EOSINOPHILS	02	%	1-6	Electrical Impedance
MONOCYTES	04	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance

ABSOLUTE LEUCOCYTE COUNT

NEUTROPHILS	4160	Cells/cu.mm	2000-7000	Electrical Impedance
LYMPHOCYTES	1950	Cells/cu.mm	1000-3000	Electrical Impedance
EOSINOPHILS	130	Cells/cu.mm	20-500	Electrical Impedance
MONOCYTES	260	Cells/cu.mm	200-1000	Electrical Impedance

PLATELET COUNT	254000	cells/cu.mm	150000-410000	Electrical impedance
ERYTHROCYTE SEDIMENTATION RATE (ESR)	15	mm at the end of 1 hour	0-15	Modified Westergren

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BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD-EDTA				
BLOOD GROUP TYPE	A			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination



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GLUCOSE, FASTING , NAF PLASMA	282	mg/dL	70-100	GOD - POD
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Comment:

As per American Diabetes Guidelines

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

GLUCOSE, POST PRANDIAL (PP), 2 HOURS , NAF PLASMA	307	mg/dL	70-140	GOD - POD
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Comment:

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

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



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LIPID PROFILE , SERUM

TOTAL CHOLESTEROL	197	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	98	mg/dL	<150	
HDL CHOLESTEROL	44	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	153	mg/dL	<130	Calculated
LDL CHOLESTEROL	133.4	mg/dL	<100	Calculated
VLDL CHOLESTEROL	19.6	mg/dL	<30	Calculated
CHOL / HDL RATIO	4.48		0-4.97	Calculated

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

Measurements in the same patient can show physiological and analytical variations.

NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.



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LIVER FUNCTION TEST (LFT) , SERUM				
BILIRUBIN, TOTAL	0.60	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.10	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.50	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	16	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	18.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	70.00	U/L	32-111	IFCC
PROTEIN, TOTAL	7.70	g/dL	6.7-8.3	BIURET
ALBUMIN	4.80	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	2.90	g/dL	2.0-3.5	Calculated
A/G RATIO	1.66		0.9-2.0	Calculated



SIN No:SE04331143

Apollo Speciality Hospitals Private Limited

(Formerly known as a Nova Speciality Hospitals Private Limited)

CIN- U85100TG2009PTC099414

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

Address:

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

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RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT) , SERUM

CREATININE	0.57	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	23.50	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	11.0	mg/dL	8.0 - 23.0	Calculated
URIC ACID	7.40	mg/dL	4.0-7.0	URICASE
CALCIUM	9.40	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	3.40	mg/dL	2.6-4.4	PNP-XOD
SODIUM	134	mmol/L	135-145	Direct ISE
POTASSIUM	4.6	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	99	mmol/L	98-107	Direct ISE



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Test Name	Result	Unit	Bio. Ref. Range	Method
GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM	42.00	U/L	16-73	Glycylglycine Kinetic method



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DEPARTMENT OF CLINICAL PATHOLOGY

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COMPLETE URINE EXAMINATION , URINE

PHYSICAL EXAMINATION

COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	SLIGHTLY HAZY		CLEAR	Visual
pH	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.010		1.002-1.030	Dipstick

BIOCHEMICAL EXAMINATION

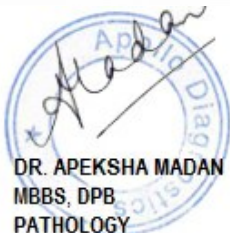
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	POSITIVE (++++)		NEGATIVE	GOD-POD
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	NITROPRUSSIDE
UROBILINOGEN	NEGATIVE		NORMAL	EHRlich
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS

CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY

PUS CELLS	3-4	/hpf	0-5	Microscopy
EPITHELIAL CELLS	0-1	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	FEW GRANULAR CAST PRESENT.		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

Kindly Correlate Clinically.

*** End Of Report ***



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

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SIN No:UR2085257

Name: Santosh. N. Gajbhiye

Date: 25/3/23

Age: 44/male

Present Complaints: DM since 10 yrs

Present Medications: Tab. Sulfoxin 1000 mg

Personal History:

Unmarried/Married

Diet: Veg/Mixed

Sleep: Normal/Disturbed/Snoring

Alcohol: No

Tobacco: Chews/Smokes No

Bowel: (N)

Bladder: (N)

Physical Activities: Active/Moderate/Sedentary

Allergy: No

Menstrual History: —

Past Medical History: No

Family History: Mother/Father: DM

Physical Examination findings

Investigations:

Pulse: 78 /min BP: 130/90 mm/hg

HbA1c 13.4 Avg 328 / Pps 282 / PL 303
LPL 133 UA 7.0

No Pallor/icterus/cyanosis/clubbing/edema

Advice:

RS: (N)

① Refer to Diabetologist

CVS: (N)

② Avoid oil/ghee/fried food/high protein diet

P/Abdo: (N)

③ Repeat Lipid/Sugar/UA after 2 months

CNS: (N)

④ Morning walk 45 min daily

Musculoskeletal: (N)



Dr. (Mrs.) CHHAYA P. VAJA
M. B. (MUM)
Physician & Cardiologist
Reg. No. 50072

Dr. Chhaya Vaja

APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED

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Registered Office : #7-1-617/A,615 & 616, Imperial Towers,7th Floor, Opp. Ameerpet Metro Station, Ameerpet, Hyderabad, Telangana, Pin-500038.

BENGALURU | CHENNAI | DELHI | JAIPUR | KANPUR | MUMBAI | PUNE

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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

Measurements in the same patient can show physiological and analytical variations.

NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.



Patient Name	: Mr.SANTOSH NATHUJI GAJBHIYE	Collected	: 25/Mar/2023 09:31AM
Age/Gender	: 44 Y 0 M 9 D/M	Received	: 25/Mar/2023 11:32AM
UHID/MR No	: STAR.0000031369	Reported	: 25/Mar/2023 02:34PM
Visit ID	: STAROPV57988	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: 108578		

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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LIVER FUNCTION TEST (LFT) , SERUM				
Test Name	Result	Unit	Bio. Ref. Range	Method
BILIRUBIN, TOTAL	0.60	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.10	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.50	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	16	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	18.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	70.00	U/L	32-111	IFCC
PROTEIN, TOTAL	7.70	g/dL	6.7-8.3	BIURET
ALBUMIN	4.80	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	2.90	g/dL	2.0-3.5	Calculated
A/G RATIO	1.66		0.9-2.0	Calculated



Patient Name	: Mr.SANTOSH NATHUJI GAJBHIYE	Collected	: 25/Mar/2023 09:31AM
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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT) , SERUM				
Test Name	Result	Unit	Bio. Ref. Range	Method
CREATININE	0.57	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	23.50	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	11.0	mg/dL	8.0 - 23.0	Calculated
URIC ACID	7.40	mg/dL	4.0-7.0	URICASE
CALCIUM	9.40	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	3.40	mg/dL	2.6-4.4	PNP-XOD
SODIUM	134	mmol/L	135-145	Direct ISE
POTASSIUM	4.6	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	99	mmol/L	98-107	Direct ISE



TOUCH

Patient Name : Mr.SANTOSH NATHUJI GAJBHIYE	Collected : 25/Mar/2023 09:31AM
Age/Gender : 44 Y 0 M 9 D/M	Received : 25/Mar/2023 11:32AM
UHID/MR No : STAR.0000031369	Reported : 25/Mar/2023 02:34PM
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Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 108578	

DEPARTMENT OF BIOCHEMISTRY				
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324				
Test Name	Result	Unit	Bio. Ref. Range	Method

GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM	42.00	U/L	16-73	Glycylglycine Kinetic method
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Patient Name	: Mr.SANTOSH NATHUJI GAJBHIYE	Collected	: 25/Mar/2023 09:31AM
Age/Gender	: 44 Y 0 M 9 D/M	Received	: 25/Mar/2023 01:18PM
UHID/MR No	: STAR.0000031369	Reported	: 25/Mar/2023 03:42PM
Visit ID	: STAROPV57988	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: 108578		

DEPARTMENT OF CLINICAL PATHOLOGY				
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324				
Test Name	Result	Unit	Bio. Ref. Range	Method

Patient Name	: Mr.SANTOSH NATHUJI GAJBHIYE	Collected	: 25/Mar/2023 09:31AM
Age/Gender	: 44 Y 0 M 9 D/M	Received	: 25/Mar/2023 01:18PM
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DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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COMPLETE URINE EXAMINATION , URINE

PHYSICAL EXAMINATION

COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	SLIGHTLY HAZY		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	POSITIVE (++++)		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 MOUNT AND MICROSCOPY

PUS CELLS	3-4	/hpf	0-5	Microscopy
EPITHELIAL CELLS	0-1	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	FEW GRANULAR CAST PRESENT.		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

Kindly Correlate Clinically.

*** End Of Report ***



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

TOUCH

Patient Name : Mr.SANTOSH NATHUJI GAJBHIYE	Collected : 25/Mar/2023 09:31AM
Age/Gender : 44 Y 0 M 9 D/M	Received : 25/Mar/2023 01:18PM
UHID/MR No : STAR.0000031369	Reported : 25/Mar/2023 03:42PM
Visit ID : STAROPV57988	Status : Final Report
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Emp/Auth/TPA ID : 108578	

DEPARTMENT OF CLINICAL PATHOLOGY				
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL CHECKUP MALE - 2D ECHO - PAN INDIA - FY2324				
Test Name	Result	Unit	Bio. Ref. Range	Method



SIN No:UR2085257

Patient Name^S : Mr.SANTOSH NATHUJI GAJBHIYE Age/Gender : 44 Y 0 M 9 D/M UHID/MR No : STAR.0000031369 Visit ID : STAROPV58000 Ref Doctor : Dr.SELF	Collected : 25/Mar/2023 12:05PM Received : 25/Mar/2023 04:06PM Reported : 25/Mar/2023 05:35PM Status : Final Report
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DEPARTMENT OF BIOCHEMISTRY

Test Name	Result	Unit	Bio. Ref. Range	Method
HBA1C, GLYCATED HEMOGLOBIN , <i>WHOLE BLOOD-EDTA</i>	13.4	%		HPLC
ESTIMATED AVERAGE GLUCOSE (eAG) , <i>WHOLE BLOOD-EDTA</i>	338	mg/dL		Calculated

Comment:

Reference Range as per American Diabetes Association (ADA):

REFERENCE GROUP	HBA1C IN %
NON DIABETIC ADULTS >18 YEARS	<5.7
AT RISK (PREDIABETES)	5.7 – 6.4
DIAGNOSING 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. A1C test should be performed at least two times a year in patients who are meeting treatment goals (and who have stable glycemic control).
2. Lowering A1C to below or around 7% has been shown to reduce microvascular and neuropathic complications of type 1 and type 2 diabetes. When mean annual HbA1c is <1.1 times ULN (upper limit of normal), renal and retinal complications are rare, but complications occur in >70% of cases when HbA1c is >1.7 times ULN.
3. 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. Fructosamine may be used as an alternate measurement of glycemic control

*** End Of Report ***

Patient Name : Mr.SANTOSH NATHUJI GAJBHIYE Age/Gender : 44 Y 0 M 9 D/M UHID/MR No : STAR.0000031369 Visit ID : STAROPV58000 Ref Doctor : Dr.SELF	Collected : 25/Mar/2023 12:05PM Received : 25/Mar/2023 04:06PM Reported : 25/Mar/2023 05:35PM Status : Final Report
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DEPARTMENT OF BIOCHEMISTRY

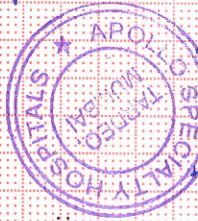
Test Name	Result	Unit	Bio. Ref. Range	Method
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Dr.Sandip Kumar Banerjee
 M.B.B.S,M.D(PATHOLOGY),D.P.B
 Consultant Pathologist



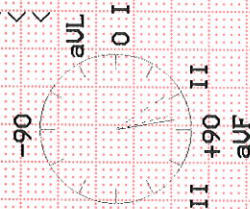
MR Santosh Gajbhiye HR 78 bpm
25/3/2023



Interpretation:

normal ECG

< P
< T
< QRS

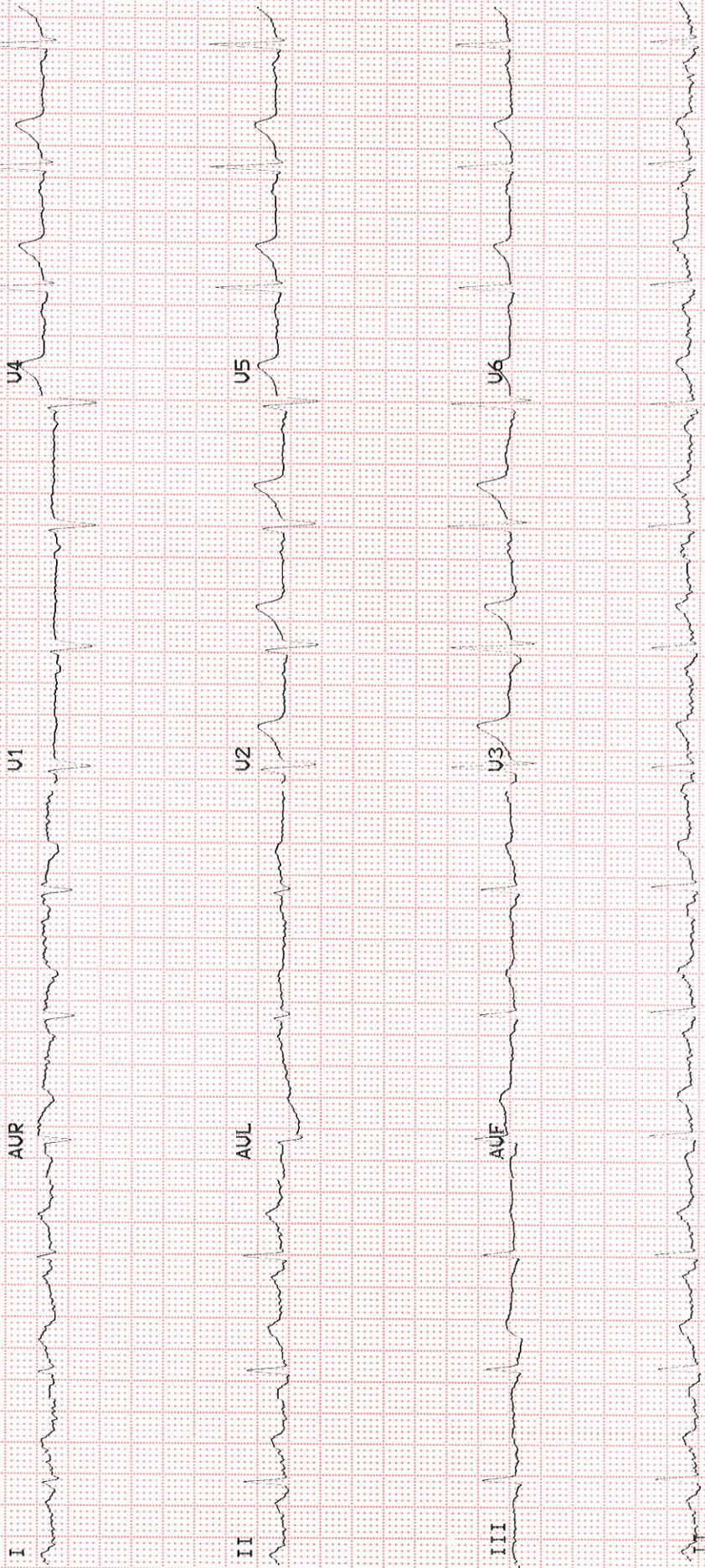


Measurement Results	
QRS	100 ms
QT/QTcB	386 / 441 ms
PR	162 ms
P	126 ms
RR/PP	766 / 765 ms
P/QRS/T	75 / 80 / 55 degrees
QTd/QTcBd	42 / 48 ms
Sokolow	1.6 mV
NK	10

Normal limits

Dr. (Mrs.) CHHAYA P. VAJA
M.D. (MD)MM
Physician & Cardiologist
Reg. No. 56942

Unconfirmed report



Specialists in Surgery

Patient Name	: Mr. Santosh Nathuji Gajbhiye	Age	: 44 Y M
UHID	: STAR.0000031369	OP Visit No	: STAROPV57988
Reported on	: 25-03-2023 11:01	Printed on	: 25-03-2023 11:01
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:25-03-2023 11:01

---End of the Report---



Dr. VINOD SHETTY
Radiology

Name : Mr.Santosh Gajbhiye
Age : 44 Year(s)

Date : 25/03/2023
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.Santosh Gajbhiye
Age : 44 Year(s)

Date : 25/03/2023
Sex : Male
Visit Type : OPD

Dimension:

EF Slope	140mm/sec
EPSS	05mm
LA	35mm
AO	32mm
LVID (d)	42mm
LVID(s)	23mm
IVS (d)	11mm
LVPW (d)	11mm
LVEF	60% (visual)



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

Specialists in Surgery

Patient Name : MR. SANTOSH GAJBHIYE
Ref. by : HEALTH CHECK UP

Date : 25-03-2023
Age : 44 years

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 12.3 x 5.1 cms and the **LEFT KIDNEY** measures 11.8 x 5.5 cms in size. Both kidneys are normal in size, shape and echotexture. There is no evidence of hydronephrosis or calculi seen on either side.

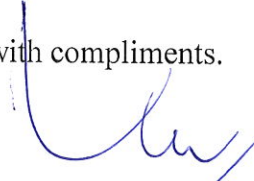
The para-aortic & iliac fossa regions appears normal. There is no free fluid or any lymphadenopathy seen in the abdomen.

PROSTATE : The prostate measures 3.7 x 2.7 x 2.4 cms and weighs 12.6 gms. It is normal in size, shape and echotexture. No prostatic calcification is seen.

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

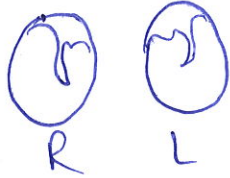
Name: Mr Santosh Nathuji
Gajbiye

Age: 44/M

- For Health Check up
- Offers no complaints

O/E-

Ears -



B/L TM intact, mobile

Nose -



Mild DNS to (R)
External deformity +

Airblast equal
both sides

Throat - NAD

A-ENT-NAD

Shruti
MAJ. (DR.) SHRUTI ANIL SHARMA
M.S. (ENT) PGD HHM. PG DMLS
MMC. 2019096177



VEGETABLE EXCHANGE LIST:

A	B	C
Low Kcal(Consume Liberally)	40 kcal (Less amts)	100 kcal (Restrict)
All Dark green leafy vegetables	Carrot, Onion, Beetroot	Potato, Raw banana
All Gourd Vegetables like Dudhi, turi, Padwal, White Pumpkin etc,	Gawar	Sweet potato
	Papdi	Yam
Other veg's: Bhindi, Karela, French beans, Cauliflower, zucchini, capicum, Tomato, Cucumber, tindli, kantolaetc	Jackfruit (raw)	Tapioca
	Mushroom	Colocasia
	Green Plantain	Sabudana

FRUIT SERVING SIZE:

Fruits allowed	Serving	Fruits restricted	Serving
Amla	4-5 no.	Grapes	10-12no.
Jambu	10 no.	Banana (small), Chickoo	1 no.
Apple, Guava, Sweet lime, Orange, Pear, Peach, Kiwi	1 no.	Mango	2 slice
Plum	2 no.	Litchi, Jackfruit	3-4 no.
Pomegranate	½ no.	Seetaphal	½ no.
Watermelon, Musk melon	1 thin boat slice	Fruit Juice	NO
Pineapple, Papaya	2 thin boat slice	Sugarcane Juice	NO
Raspberries, Strawberries	150gm	Coconut water	NO
Fresh Figs	1 big/ 2 small		

Ms.JINAL PATEL

Msc In clinical nutrition and dietetics

Sr.Executive dietitian

E: 9jinalpatel@gmail.com; diet.trd@apollospectra.com

Cont: 9920698105,022-4332 4525

InBody

BP / 130 / 90
mmHg

ID *Mr. Santosh Nathaji*

Age 44

Height 168cm

Date 25. 3. 2023

APOLLO SPECTRA HOSPITAL

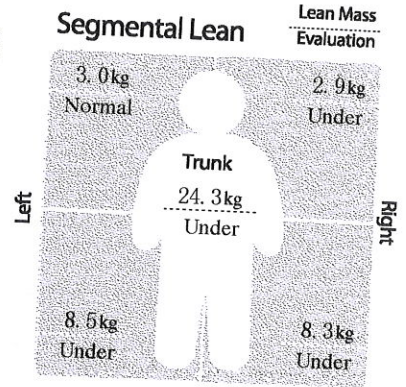
Gender Male

Time 09:55:42

Body Composition

	Under	Normal	Over	UNIT: %	Normal Range
Weight	40 55 70 85 100 115 130 145 160 175 190 205				52.8 ~ 71.4
Muscle Mass Skeletal Muscle Mass	60 70 80 90 100 110 120 130 140 150 160 170				26.4 ~ 32.3
Body Fat Mass	20 40 60 80 100 160 220 280 340 400 460 (534.6)				7.5 ~ 14.9
TBW Total Body Water	38.0 kg (34.9 ~ 42.7)		FFM Fat Free Mass		51.6 kg (45.3 ~ 56.5)
Protein	10.0 kg (9.4 ~ 11.4)		Mineral*		3.56 kg (3.23 ~ 3.95)

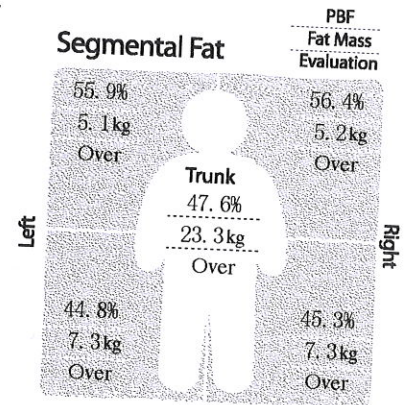
* Mineral is estimated.



Obesity Diagnosis

	Value	Normal Range
BMI Body Mass Index (kg/m ²)	35.9	18.5 ~ 25.0
PBF Percent Body Fat (%)	49.1	10.0 ~ 20.0
WHR Waist-Hip Ratio	1.04	0.80 ~ 0.90
BMR Basal Metabolic Rate (kcal)	1485	2046 ~ 2418

Nutritional Evaluation	
Protein	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Deficient
Mineral	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Deficient
Fat	<input type="checkbox"/> Normal <input type="checkbox"/> Deficient <input checked="" type="checkbox"/> Excessive
Weight Management	
Weight	<input type="checkbox"/> Normal <input type="checkbox"/> Under <input checked="" type="checkbox"/> Over
SMM	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Under <input type="checkbox"/> Strong
Fat	<input type="checkbox"/> Normal <input type="checkbox"/> Under <input checked="" type="checkbox"/> Over
Obesity Diagnosis	
BMI	<input type="checkbox"/> Normal <input type="checkbox"/> Under <input type="checkbox"/> Over <input checked="" type="checkbox"/> Extremely Over
PBF	<input type="checkbox"/> Normal <input type="checkbox"/> Under <input checked="" type="checkbox"/> Over
WHR	<input type="checkbox"/> Normal <input type="checkbox"/> Under <input checked="" type="checkbox"/> Over



* Segmental Fat is estimated.

Muscle-Fat Control

Muscle Control	+ 1.2 kg	Fat Control	- 40.5 kg	Fitness Score	38
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Impedance

Z	RA	LA	TR	RL	LL
20kHz	337.1	328.4	26.1	228.7	217.2
100kHz	306.4	295.7	22.7	210.2	198.4

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

Exercise Planner

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

Energy expenditure of each activity (base weight: 101.4 kg / Duration: 30min. / unit: kcal)											
Walking	Jogging	Bicycle	Swim	Mountain Climbing	Aerobic	Table tennis	Tennis	Football	Oriental Fencing	Gate ball	Badminton
203	355	304	355	331	355	229	304	355	507	193	229
Racket ball	Tae-kwon-do	Squash	Basketball	Rope jumping	Golf	507	507	507	304	355	178
507	507	507	304	355	178	Push-ups development of upper body	Sit-ups abdominal muscle training	Weight training backache prevention	Dumbbell exercise muscle strength	Elastic band muscle strength	Squats maintenance of lower body muscle

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

1500 kcal

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





बैंक ऑफ़ बड़ोदा
Bank of Baroda



नाम संतोष नथुजी गजभिये
Name Santosh Nathuji Gajbhiye

कर्मचारी कूट क्र. 108578
E.C. No.


जारीकर्ता प्राधिकारी
Issuing Authority


धारक के हस्ताक्षर
Signature of Holder



Santosh Gajbhiye <santoshgajbhiye@gmail.com>

Health Check up Booking Confirmed Request(bobE34826),Package Code-PKG10000309, Beneficiary Code-60168

Mediwheel <wellness@mediwheel.in>
To: santoshgajbhiye@gmail.com
Cc: customercare@mediwheel.in

Wed, Mar 22, 2023 at 4:36 PM



Mediwheel
...Your wellness partner



011-41195959

Email:wellness@mediwheel.in

Dear **MR. GAJBHIYE SANTOSH NATHUJI**,
Please find the confirmation for following request.

Booking Date : 21-03-2023
Package Name : Arcofemi MediWheel Full Body Annual Plus Male 2D ECHO (Metro)
Name of Diagnostic/Hospital : Apollo Spectra
Address of Diagnostic/Hospital : Famous Cine Labs,156, Pt.M.M.Malviya Road ,Tardeo - 400034
Contact Details : 022 - 4332 4500/550
City : Mumbai
State : Maharashtra
Pincode : 400034
Appointment Date : 25-03-2023
Confirmation Status : Confirmed
Preferred Time : 09:30:AM
Comment : APPOINTMENT TIME 9:00AM

Instructions to undergo Health Check:

1. Please ensure you are on complete fasting for 10-To-12-Hours prior to check.
2. During fasting time do not take any kind of medication, alcohol, cigarettes, tobacco or any other liquids (except Water) in the morning.
3. Bring urine sample in a container if possible (containers are available at the Health Check centre).
4. Please bring all your medical prescriptions and previous health medical records with you.
5. Kindly inform the health check reception in case if you have a history of diabetes and cardiac problems.

For Women:

1. Pregnant Women or those suspecting are advised not to undergo any X-Ray test.
2. It is advisable not to undergo any Health Check during menstrual cycle.

Request you to reach half an hour before the scheduled time.

In case of further assistance, Please reach out to Team Mediwheel.

Patient Name	: Mr. Santosh Nathuji Gajbhiye	Age/Gender	: 44 Y/M
UHID/MR No.	: STAR.0000031369	OP Visit No	: STAROPV57988
Sample Collected on	:	Reported on	: 25-03-2023 15:34
LRN#	: RAD1959053	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: 108578		

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 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 12.3 x 5.1 cms and the **LEFT KIDNEY** measures 11.8 x 5.5 cms in size. Both kidneys are normal in size, shape and echotexture. There is no evidence of hydronephrosis 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 3.7 x 2.7 x 2.4 cms and weighs 12.6 gms. It is normal in size, shape and echotexture. No prostatic calcification is seen.

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



Dr. VINOD SHETTY
Radiology

Patient Name	: Mr. Santosh Nathuji Gajbhiye	Age/Gender	: 44 Y/M
UHID/MR No.	: STAR.0000031369	OP Visit No	: STAROPV57988
Sample Collected on	:	Reported on	: 25-03-2023 11:01
LRN#	: RAD1959053	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: 108578		

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.



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