

Name: Nitin Kumar Gautam

Date: 25/3/23

Age: 32 Male

Present Complaints:

No

Present Medications:

No

Personal History:

Unmarried/Married

Diet: Veg/Mixed

Sleep: Normal/Disturbed/Snoring

Alcohol: occasionally

Tobacco: Chews/Smokes : 4 to 5 cig/day since 8 years

Bowel:

Bladder:

Physical Activities: Active/Moderate/Sedentary

Allergy: No

Menstrual History: —

Past Medical History: No

Family History: ~~None~~ Father: DM

Physical Examination findings

Investigations:

Pulse: 76 /min

BP: 130/90 mm/hg

Used Lipids

No Pallor/icterus/cyanosis/clubbing/edema

Advice:

RS:

① Avoid oil/ghee/Processed foods

CVS:

② Morning walk 45 min daily

P/Abdo:

③ Repeat Lipid after 2 months.

CNS:

Musculoskeletal:



Dr. (Mrs.) CHHAYA P. VAJJI
M. B. (MUM)
Physician & Cardiologist
Reg. No. 56942

Dr. Chhaya Vaja

TOUCH

Patient Name	: Mr.NITIN KUMAR GAUTAM	Collected	: 25/Mar/2023 09:06AM
Age/Gender	: 32 Y 10 M 7 D/M	Received	: 25/Mar/2023 11:44AM
UHID/MR No	: STAR.0000055331	Reported	: 25/Mar/2023 02:50PM
Visit ID	: STAROPV57982	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: 102398		

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:BED230075503

Patient Name : Mr.NITIN KUMAR GAUTAM	Collected : 25/Mar/2023 09:06AM
Age/Gender : 32 Y 10 M 7 D/M	Received : 25/Mar/2023 11:44AM
UHID/MR No : STAR.0000055331	Reported : 25/Mar/2023 02:50PM
Visit ID : STAROPV57982	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 102398	

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

HEMOGRAM , WHOLE BLOOD-EDTA				
HAEMOGLOBIN	15.2	g/dL	13-17	Spectrophotometer
PCV	46.10	%	40-50	Electronic pulse & Calculation
RBC COUNT	5.33	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	86	fL	83-101	Calculated
MCH	28.6	pg	27-32	Calculated
MCHC	33.1	g/dL	31.5-34.5	Calculated
R.D.W	15	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	7,400	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYtic COUNT (DLC)				
NEUTROPHILS	63	%	40-80	Electrical Impedance
LYMPHOCYTES	30	%	20-40	Electrical Impedance
EOSINOPHILS	02	%	1-6	Electrical Impedance
MONOCYTES	05	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	4662	Cells/cu.mm	2000-7000	Electrical Impedance
LYMPHOCYTES	2220	Cells/cu.mm	1000-3000	Electrical Impedance
EOSINOPHILS	148	Cells/cu.mm	20-500	Electrical Impedance
MONOCYTES	370	Cells/cu.mm	200-1000	Electrical Impedance
PLATELET COUNT	280000	cells/cu.mm	150000-410000	Electrical impedance
ERYTHROCYTE SEDIMENTATION RATE (ESR)	05	mm at the end of 1 hour	0-15	Modified Westergren
PERIPHERAL SMEAR				

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



TOUCH

Patient Name	: Mr.NITIN KUMAR GAUTAM	Collected	: 25/Mar/2023 09:06AM
Age/Gender	: 32 Y 10 M 7 D/M	Received	: 25/Mar/2023 11:44AM
UHID/MR No	: STAR.0000055331	Reported	: 25/Mar/2023 02:49PM
Visit ID	: STAROPV57982	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: 102398		

DEPARTMENT OF HAEMATOLOGY

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

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD-EDTA

BLOOD GROUP TYPE	O			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination



Patient Name : Mr.NITIN KUMAR GAUTAM	Collected : 25/Mar/2023 03:05PM
Age/Gender : 32 Y 10 M 7 D/M	Received : 25/Mar/2023 03:57PM
UHID/MR No : STAR.0000055331	Reported : 25/Mar/2023 05:11PM
Visit ID : STAROPV57982	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 102398	

DEPARTMENT OF BIOCHEMISTRY

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

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

GLUCOSE, FASTING , NAF PLASMA	96	mg/dL	70-100	GOD - POD
--------------------------------------	----	-------	--------	-----------

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	80	mg/dL	70-140	GOD - POD
----------------------------------------------------------	----	-------	--------	-----------

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



Patient Name : Mr.NITIN KUMAR GAUTAM	Collected : 25/Mar/2023 09:06AM
Age/Gender : 32 Y 10 M 7 D/M	Received : 25/Mar/2023 11:32AM
UHID/MR No : STAR.0000055331	Reported : 25/Mar/2023 02:13PM
Visit ID : STAROPV57982	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 102398	

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

LIPID PROFILE , SERUM				
TOTAL CHOLESTEROL	195	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	188	mg/dL	<150	
HDL CHOLESTEROL	30	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	165	mg/dL	<130	Calculated
LDL CHOLESTEROL	127.4	mg/dL	<100	Calculated
VLDL CHOLESTEROL	37.6	mg/dL	<30	Calculated
CHOL / HDL RATIO	6.50		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.



TOUCH

Patient Name	: Mr.NITIN KUMAR GAUTAM	Collected	: 25/Mar/2023 09:06AM
Age/Gender	: 32 Y 10 M 7 D/M	Received	: 25/Mar/2023 11:32AM
UHID/MR No	: STAR.0000055331	Reported	: 25/Mar/2023 02:13PM
Visit ID	: STAROPV57982	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: 102398		

DEPARTMENT OF BIOCHEMISTRY

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

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

LIVER FUNCTION TEST (LFT) , SERUM				
Test Name	Result	Unit	Bio. Ref. Range	Method
BILIRUBIN, TOTAL	0.30	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.10	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.20	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	22	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	13.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	93.00	U/L	32-111	IFCC
PROTEIN, TOTAL	7.40	g/dL	6.7-8.3	BIURET
ALBUMIN	4.40	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	3.00	g/dL	2.0-3.5	Calculated
A/G RATIO	1.47		0.9-2.0	Calculated



TOUCH

Patient Name : Mr.NITIN KUMAR GAUTAM	Collected : 25/Mar/2023 09:06AM
Age/Gender : 32 Y 10 M 7 D/M	Received : 25/Mar/2023 11:32AM
UHID/MR No : STAR.0000055331	Reported : 25/Mar/2023 02:13PM
Visit ID : STAROPV57982	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 102398	

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

RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT) , SERUM				
CREATININE	0.71	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	17.10	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	8.0	mg/dL	8.0 - 23.0	Calculated
URIC ACID	5.80	mg/dL	4.0-7.0	URICASE
CALCIUM	9.00	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	4.30	mg/dL	2.6-4.4	PNP-XOD
SODIUM	140	mmol/L	135-145	Direct ISE
POTASSIUM	3.9	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	102	mmol/L	98-107	Direct ISE



TOUCH

Patient Name : Mr.NITIN KUMAR GAUTAM	Collected : 25/Mar/2023 09:06AM
Age/Gender : 32 Y 10 M 7 D/M	Received : 25/Mar/2023 11:32AM
UHID/MR No : STAR.0000055331	Reported : 25/Mar/2023 02:13PM
Visit ID : STAROPV57982	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 102398	

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	23.00	U/L	16-73	Glycylglycine Kinetic method
---------------------------------------------	-------	-----	-------	------------------------------




Patient Name : Mr.NITIN KUMAR GAUTAM	Collected : 25/Mar/2023 09:06AM
Age/Gender : 32 Y 10 M 7 D/M	Received : 25/Mar/2023 01:18PM
UHID/MR No : STAR.0000055331	Reported : 25/Mar/2023 03:41PM
Visit ID : STAROPV57982	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 102398	

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

COMPLETE URINE EXAMINATION , URINE

PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
pH	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.020		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 MOUNT AND MICROSCOPY				
PUS CELLS	1-2	/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



Nitin Gautam

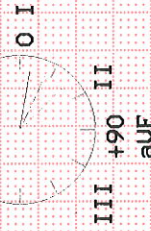
HR 76 bpm

Measurement Results:

QRS : 84 ms
 QT/QTcB : 374 / 424 ms
 PR : 142 ms
 P : 104 ms
 RR/PP : 780 / 740 ms
 P/QRS/T : 45/ 10/ 25 degrees
 QTd/QTcBD : 40 / 45 ms
 Sokolow : 2.1 mV
 NK : 10

Interpretation:

R/S inversion area between U1 and U2 probably normal ECG

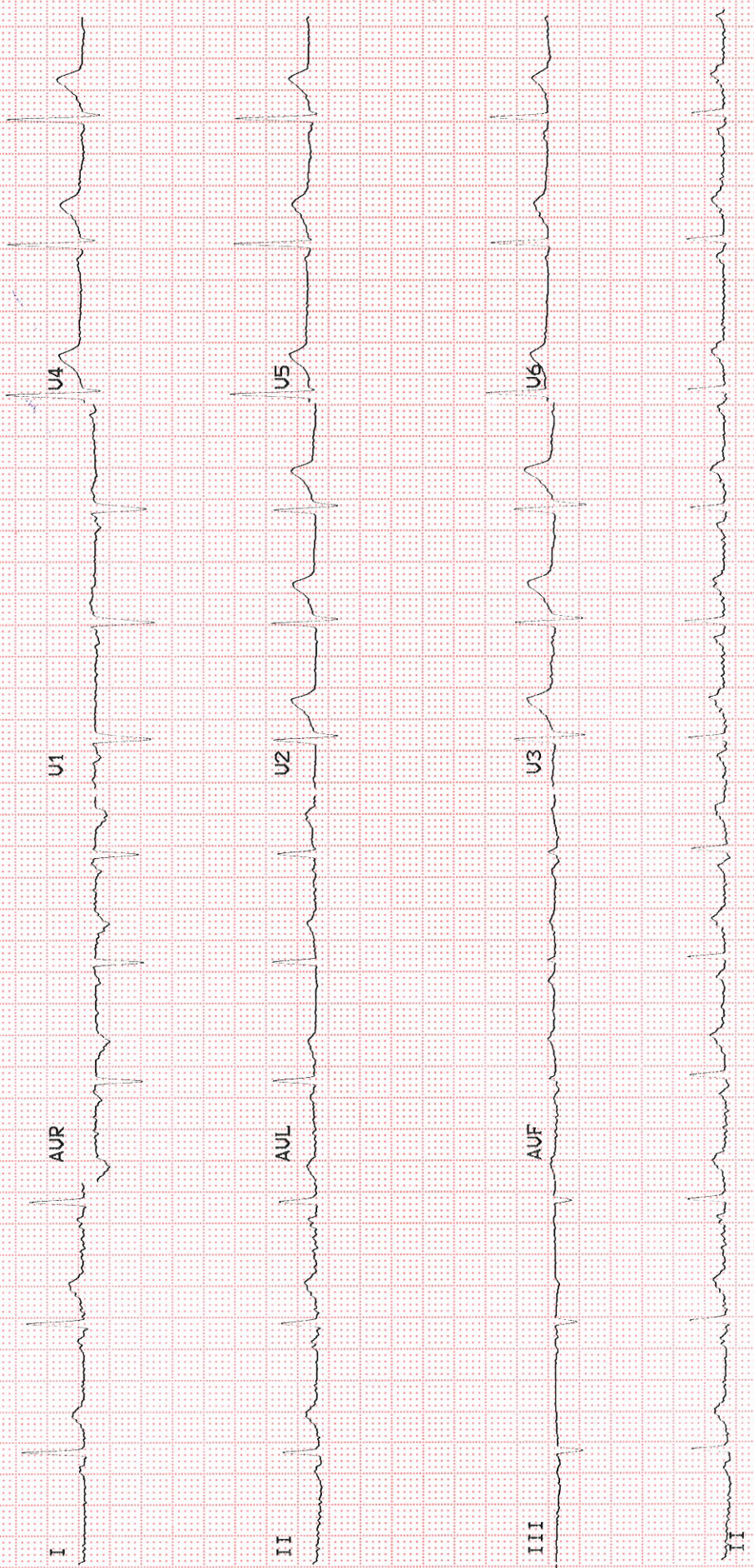


Waters Normal limits

Unconfirmed report.



Dr. (Mrs.) CHHAYA P. VAJA
 M. D. (MUM)
 Physician & Cardiologist
 Reg. No. 55072



Specialists in Surgery

Patient Name	: Mr. Nitin Kumar Gautam	Age	: 32 Y M
UHID	: STAR.0000055331	OP Visit No	: STAROPV57982
Reported on	: 25-03-2023 10:55	Printed on	: 25-03-2023 10:56
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 10:55

---End of the Report---



Dr. VINOD SHETTY
Radiology

Specialists in Surgery

Name : Mr.Nitin Gautam
Age : 32 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

APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED

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

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

Specialists in Surgery

Name : Mr.Nitin Gautam
Age : 32 Year(s)

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

Dimension:

EF Slope	120mm/sec
EPSS	08mm
LA	36mm
AO	32mm
LVID (d)	46mm
LVID(s)	27mm
IVS (d)	11mm
LVPW (d)	11mm
LVEF	60% (visual)


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

APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED

(Formerly known as Nova Specialty Hospitals Private Limited)

CIN: U85100KA2009PTC049961

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

Specialists in Surgery

Patient Name : MR. NITIN GAUTAM
Ref. by : HEALTH CHECK UP

Date : 25-03-2023
Age : 32 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 10.0 x 5.0 cms and the **LEFT KIDNEY** measures 12.3 x 5.6 cms in size. Both kidneys are normal in size, shape and echotexture. There is no evidence of hydronephrosis or calculi seen on either side.

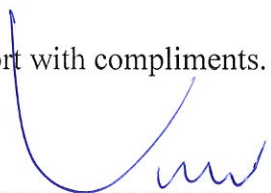
The para-aortic & iliac fossa regions appears normal. There is no free fluid or any lymphadenopathy seen in the abdomen.

PROSTATE : The prostate measures 3.7 x 2.8 x 2.7 cms and weighs 14.9 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.

Mo. Arifan Gauran 32/M

Rx

Date: 25/3/2023

- Scaling → Rs 1900/-

- GIC filling → Rs 2100/-

- Ex^m e 6/ → Rs 6000/-

- Implant → Rs 35 | 45 | 60



Dr. Rinal Modi
B.D.S. (Mumbai)
Dental Surgeon
Reg. No. : A-28581
Email : doctorinal@gmail.com
M : 8779256365 / 9892290876

Alliance Dental Care Limited

GSTIN: 36AAECA1118N1ZR

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

Our Network: Bangalore | Chennai | Durgapur | Ghaziabad | Gurgaon | Howrah | Hyderabad | Jabalpur | Kannur | Karaikudi | Kolkata | Madurai | Malda | Mohali | Mumbai | Mysore | Nasik | Nellore | Port Blair | Pune | Ranchi | Silchar | Trichy | Vijayawada | Visakhapatnam

To book an appointment

 1800 102 0288

www.apolldental.in

EYE REPORT

Name: Mr. Nitin Gauran

Date: 28/03/2023

Age / Sex: 32y / M

Ref No.:

Complaint:

No pain also
No w/o SE/DA

Examination

Spectacle Rx

6/6
6/6

near 6/6

	Right Eye							
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance								
Read								

Remarks:

Color 6/6

Medications:

6/6

Trade Name	Frequency	Duration

Follow up:

6/6

Consultant:

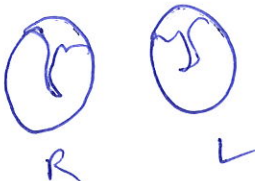



Specialists in Surgery

Name: Nitin Kumar Gautam
Age: 32/M

For ENT Consultation - Medical check up

Offers no complaints
Smoker, smokes 6-7 cigarettes/day from 8yrs

O/E - Ears  B/L TM intact, mobile
R L

Nose - Septum central
Airblast equal both sides
Mucosa healthy 

Throat & Oral cavity - Nicotine stained teeth
Rest - NAD

Δ - ENT NAD



MAJ. (DR.) SHRUTIKA SHARMA
M.S. (ENT) PGD (ENT) PG OMS
MMC. 2019096177

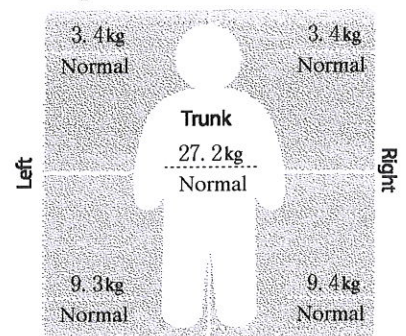
ID 0 *Mr. Nitin Chauhan* Height 174cm Date 25.3.2023 APOLLO SPECTRA HOSPITAL
 Age 32 Gender Male Time 09:19:59 *BP - 130/90 mmHg*

Body Composition

	Under	Normal	Over	UNIT%	Normal Range
Weight	40 55 70 85 100 115 130 145 160 175 190 205				56.6 ~ 76.6
Muscle Mass <small>Skeletal Muscle Mass</small>	60 70 80 90 100 110 120 130 140 150 160 170				28.5 ~ 34.8
Body Fat Mass	20 40 60 80 100 160 220 280 340 400 460 520				8.0 ~ 16.0
TBW <small>Total Body Water</small>	42.7 kg (37.5 ~ 45.8)		FFM <small>Fat Free Mass</small>		58.3 kg (48.6 ~ 60.6)
Protein	11.6 kg (10.0 ~ 12.3)		Mineral*		4.04 kg (3.47 ~ 4.24)

* Mineral is estimated.

Segmental Lean



Obesity Diagnosis

	Value	Normal Range
BMI <small>Body Mass Index</small> (kg/m ²)	33.1	18.5 ~ 25.0
PBF <small>Percent Body Fat</small> (%)	41.9	10.0 ~ 20.0
WHR <small>Waist-Hip Ratio</small>	1.07	0.80 ~ 0.90
BMR <small>Basal Metabolic Rate</small> (kcal)	1628	2027 ~ 2396

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

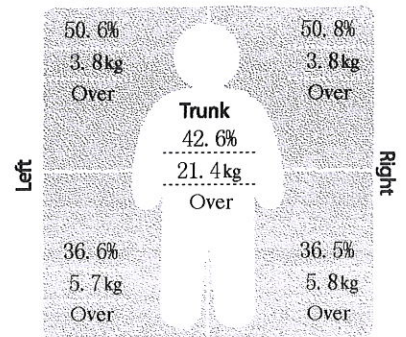
Weight Management

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



* Segmental Fat is estimated.

Muscle-Fat Control

Muscle Control	0.0 kg	Fat Control	- 31.8 kg	Fitness Score	50
-----------------------	--------	--------------------	-----------	----------------------	----

Impedance

Z	RA	LA	TR	RL	LL
20kHz	309.5	303.9	26.1	229.6	234.7
100kHz	278.2	274.3	23.0	206.6	211.5

* 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: 100.3 kg / Duration: 30min. / unit: kcal)							
Walking 201	Jogging 351	Bicycle 301	Swim 351	Mountain Climbing 327	Aerobic 351	Table tennis 227	Tennis 301
Racket ball 502	Tae-kwon-do 502	Squash 502	Basketball 301	Rope jumping 351	Golf 177	Badminton 227	Gate ball 191
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	Oriental Fencing 502	Football 351

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

1700 kcal

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



भारत सरकार
GOVERNMENT OF INDIA



नितिन कुमार गौतम
Nitin Kumar Gautam
जन्म तिथि/ DOB: 18/05/1990
पुरुष / MALE



2438 9911 9407

मेरा आधार, मेरी पहचान



भारत सरकार
GOVERNMENT OF INDIA



नितिन कुमार गौतम
Nitin Kumar Gautam
जन्म तिथि/ DOB: 18/05/1990
पुरुष / MALE



2438 9911 9407

मेरा आधार, मेरी पहचान

Patient Name	: Mr. Nitin Kumar Gautam	Age/Gender	: 32 Y/M
UHID/MR No.	: STAR.0000055331	OP Visit No	: STAROPV57982
Sample Collected on	:	Reported on	: 25-03-2023 15:22
LRN#	: RAD1958742	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: 102398		

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 10.0 x 5.0 cms and the **LEFT KIDNEY** measures 12.3 x 5.6 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 2.8 x 2.7 cms and weighs 14.9 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 SHETTY
Radiology

Patient Name	: Mr. Nitin Kumar Gautam	Age/Gender	: 32 Y/M
UHID/MR No.	: STAR.0000055331	OP Visit No	: STAROPV57982
Sample Collected on	:	Reported on	: 25-03-2023 10:56
LRN#	: RAD1958742	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: 102398		

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

Patient Name	: Mr. Nitin Kumar Gautam	Age/Gender	: 32 Y/M
UHID/MR No.	: STAR.0000055331	OP Visit No	: STAROPV57982
Sample Collected on	:	Reported on	: 25-03-2023 10:56
LRN#	: RAD1958742	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: 102398		

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