

CONCLUSION OF HEALTH CHECKUP

ECU Number : 2492	MR Number : 23202941	Patient Name: SONAM LAL
Age : 35	Sex : Female	Height : 155
Weight : 50	Ideal Weight : 55	BMI : 20.81
Date : 24/03/2023		

Dr. Manish Mittal

Internal Medicine

Note : General Physical Examination & routine Investigations included in the Health Checkup have certain limitations and may not be able to detect all the latent and asymptomatic diseases.

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Age : 35 Sex : Female Height : 155
Weight : 50 Ideal Weight : 55 BMI : 20.81
Date : 24/03/2023

Past H/O : NO P/H/O ANY MAJOR ILLNESS.

Present H/O : C/O HEARTBURN - SINCE 2 MONTHS ; C/O OCCASIONAL PAIN IN RIGHT INTERCOSTAL REGION .

Family H/O : MOTHER : THYROID.

Habits : NO HABITS.
Gen.Exam. : G.C. GOOD
B.P : 110/70 mm Hg
Pulse : 86/MIN REG.
Others : SPO2 : 99 %
C.V.S : NAD
R.S. : NAD
Abdomen : NP
Spleen : NP
Skin : NAD
C.N.S : NAD
Advice :

ECU Number : 2492 MR Number : 23202941 Patient Name : SONAM LAL
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Ophthalmic Check Up :	Right	Left
Ext Exam		NORMAL
Vision Without Glasses	6/6	6/6
Vision With Glasses	N.6	N.6
Final Correction	-	-

Fundus	NORMAL
Colour Vision	NORMAL
Advice	NIL

Orthopaedic Check Up :

Ortho Consultation

Ortho Advice

ENT Check Up :

Ear

Nose

Throat

Hearing Test

ENT Advice

General Surgery Check Up :

General Surgery

Abdominal Lump

Hernia

External Genitals

PVR

Proctoscopy

Any Other

Surgical Advice



ECU Number : 2492
Age : 35
Weight : 50
Date : 24/03/2023

MR Number : 23202941
Sex : Female
Ideal Weight : 55

Patient Name: SONAM LAL
Height : 155
BMI : 20.81

Gynaec Check Up :

OBSTETRIC HISTORY FT LSCS : MALE 6-1/2 YRS.
MENSTRUAL HISTORY REGULAR CYCLES
PRESENT MENSTRUAL CYCLE LMP : 18/03/2023
PAST MENSTRUAL CYCLE -

CHIEF COMPLAINTS -

PA SOFT
PS NORMAL
PV NORMAL
BREAST EXAMINATION RIGHT NORMAL
BREAST EXAMINATION LEFT NORMAL
PAPSMEAR TAKEN
BMD
MAMMOGRAPHY
ADVICE REGULAR BSE

Dietary Assesment

ECU Number : 2492 MR Number : 23202941 Patient Name: SONAM LAL
Age : 35 Sex : Female Height : 155
Weight : 50 Ideal Weight : 55 BMI : 20.81
Date : 24/03/2023

Body Type : Normal / Underweight / Overweight
Diet History : Vegetarian / Eggetarian / Mixed

Frequency of consuming fried food : / Day / Week or occasional
Frequency of consuming Sweets : / Day / or occasional
Frequency of consuming outside food : / Day / Week or occasional

Amount of water consumed / day : Glasses / liters

Life style assessment :
Physical activity : Active / moderate / Sedentary / Nil
Alcohol intake : Yes / No
Smoking : Yes / No
Allergic to any food : Yes / No
Are you stressed out ? : Yes / No
Do you travel a lot ? : Yes / No

General diet instructions :

Have small frequent meals.

Avoid fatty products like oil, ghee, butter, cheese.

Take salt restricted diet and avoid table salt.

Consume fibrous food regularly like whole grains, Daliya, Oats, Bajra, Flex seeds, Pulses, Fruits and Salads.

Keep changing your cooking oil every three months.

Avoid Maida, Starchy foods and Bakery products.

Consume 1-2 servings of all fruits and vegetables, For Diabetic patients avoid Mango, Chikoo, Banana, Grapes and Custurd apple

Dring 3 to 4 liters (12 - 14 glass) of water daily.

Eat Beetroots, Figs, Almond, Walnut, Dates, Leafy vegetables, roasted Channa and Jeggary (Gur) for Heamoglobin in case of diabetic patient avoid Rasins, Dates and Jeggary

Drink green Tea or black Coffee once in a day.

Do brisk walking daily.



Patient Name : Mrs. SONAM LAL Type : OPD
 Gender / Age : Female / 35 Years 6 Months 24 Days Request No. : 114979
 MR No / Bill No. : 23202941 / 231074529 Request Date : 24/03/2023 08:11 AM
 Consultant : Dr. Manish Mittal Collection Date : 24/03/2023 08:02 AM
 Location : OPD Approval Date : 24/03/2023 02:03 PM

CBC + ESR

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	10.2	gm/dL	12 - 15
Red Blood Cell Count (T-RBC)	3.81	mill/cmm	3.8 - 4.8
Hematocrit (HCT)	33.6	%	36 - 46
Mean Corpuscular Volume (MCV)	88.2	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	26.8	pg	27 - 32
MCH Concentration (MCHC)	30.4	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	16.5	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	53.6	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	4.90	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	63	%	40 - 80
Lymphocytes	31	%	20 - 40
Eosinophils	0	%	1 - 6
Monocytes	6	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	3.06	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	1.52	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.02	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.27	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.03	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.0	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	101	thou/cmm	150 - 410
Smear evaluation	Adequate		
Estimated Platelet count (Smear evaluation)	150	thou/cmm	
Remarks	on smear few large platelets seen.		

Test Results are dependent on a number of variables & technical limitations. Hence, it is advised to correlate with clinical findings and other related investigations before any firm opinion is made. Recheck / retest may be requested.



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CBC + ESR

Test	Result	Units	Biological Ref. Range
ESR	26	mm/1 hr	0 - 12

Immature Granulocyte (IG) count is a useful early marker of infection or inflammation, even when other markers are normal. It is an early and rapid discrimination of bacterial from viral infections. It is also increased in patients on steroid therapy / chemotherapy or haematological malignancy. High IG is always pathologic; except in pregnancy and neonates of < 7 days.
 Method : HB by Non-Cyanide Hemoglobin analysis method. HCT by RBC pulse height detection method. RBC, TLC & PLC are by Particle Count by Electrical Impedance in Cell Counter. Optical Platelets by Fluorescent + Laser Technology. MCV, MCH, MCHC, RDW (CV & SD) are calculated parameter. DLC by Flowcytometry method using semi-conductor Laser+Smear verification. ESR on Ves metic 20, comparable to Westergrens method and in accordance to ICSH reference method.

--- End of Report ---

Dr. Rakesh Vaidya
MD (Path). DCP.



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 Location : OPD

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 Approval Date : 24/03/2023 02:01 PM

Haematology

Test	Result	Units	Biological Ref. Range
Blood Group			
ABO system	O		
Rh system.	Positive		

By Gel Technology / Tube Agglutination Method

Note :

- This blood group has been done with new sensitive Gel Technology using both Forward and Reverse Grouping Card with Autocontrol
- This method check's group both on Red blood cells and in Serum for "ABO" group.

--- End of Report ---

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MD (Path), DCP.

Test Results are dependent on a number of variables & technical limitations. Hence, it is advised to correlate with clinical findings and other related investigations before any firm opinion is made. Recheck / retest may be requested.



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Fasting Plasma Glucose

Test	Result	Units	Biological Ref. Range
<i>Fasting Plasma Glucose</i>			
Fasting Plasma Glucose	90	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	95	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimesion

---- End of Report ----

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HbA1c (Glycosylated Hb)

Test	Result	Units	Biological Ref. Range
HbA1c (Glycosylated Hb)			
Glycosylated Hemoglobin (HbA1c)	5.1	%	
estimated Average Glucose (e AG) *	99.67	mg/dL	

*(Method:**By Automated HPLC analyser on D-10 Biorad. NGSP Certified, US-FDA approved, Traceable to IFCC reference method.*** Calculated valued for past 60 days, derived from HbA1c %, based on formula recommended by the A1c - Derived Average Glucose study from ADA and EASD funded The ADAG trial.**Guidelines for Interpretation:**Indicated Glycemic control of previous 2-3 months*

HbA1c%	e AG (mg/dl)	Glycemic control
> 8	> 183	Action suggested...High risk of developing long-term complications. Action suggested, depends on individual patient circumstances
7 - 8	154 - 183	Good
< 7	< 154	Goal...Some danger of hypoglycemic reaction in type I Diabetics. Some Glucose intolerant individuals and Sub-Clinical diabetics may demonstrate (elevated) HbA1c in this area.
6 - 7	126 - 154	Near Normal
< 6	< 126	Nondiabetic level)

---- End of Report ----

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 Gender / Age : Female / 35 Years 6 Months 24 Days
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 Consultant : Dr. Manish Mittal
 Location : OPD

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Complete Lipid Profile

Test	Result	Units	Biological Ref. Range
Complete Lipid Profile			
Appearance	Clear		
Triglycerides	90	mg/dL	1 - 150
<i>(By Lipase / Glycerol dehydrogenase on RXL Dade Dimension)</i>			
<i>< 150 Normal</i>			
<i>150-199 Borderline High</i>			
<i>200-499 High</i>			
<i>> 499 Very High)</i>			
Total Cholesterol	187	mg/dL	1 - 200
<i>(By enzymatic colorimetric method on RXL Dade Dimension)</i>			
<i><200 mg/dL - Desirable</i>			
<i>200-239 mg/dL - Borderline High</i>			
<i>> 239 mg/dL - High)</i>			
HDL Cholesterol	54	mg/dL	40 - 60
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
<i>< 40 Low</i>			
<i>> 60 High)</i>			
Non HDL Cholesterol (calculated)	133	mg/dL	1 - 130
<i>(Non- HDL Cholesterol)</i>			
<i>< 130 Desirable</i>			
<i>139-159 Borderline High</i>			
<i>160-189 High</i>			
<i>> 191 Very High)</i>			
LDL Cholesterol	125	mg/dL	1 - 100
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
<i>< 100 Optimal</i>			
<i>100-129 Near / above optimal</i>			
<i>130-159 Borderline High</i>			
<i>160-189 High</i>			
<i>> 189 Very High)</i>			
VLDL Cholesterol (calculated)	18	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	2.31		2.1 - 3.5
T. Ch./HDL Ch. Ratio	3.46		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

---- End of Report ----

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 MR No / Bill No. : 23202941 / 231074529
 Consultant : Dr. Manish Mittal
 Location : OPD
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 Request No. : 114979
 Request Date : 24/03/2023 08:11 AM
 Collection Date : 24/03/2023 08:02 AM
 Approval Date : 24/03/2023 01:20 PM

Liver Function Test (LFT)

Test	Result	Units	Biological Ref. Range
Bilirubin			
Bilirubin - Total	0.29	mg/dL	0 - 1
Bilirubin - Direct	0.05	mg/dL	0 - 0.3
Bilirubin - Indirect	0.24	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	33	U/L	13 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	34	U/L	14 - 59
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	114	U/L	42 - 98
<i>(By PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	17	U/L	5 - 55
<i>(By IFCC method on RXL Dade Dimension.)</i>			
Total Protein			
Total Proteins	8.44	gm/dL	6.4 - 8.2
Albumin	5.30	gm/dL	3.4 - 5
Globulin	3.14	gm/dL	3 - 3.2
A : G Ratio	1.69		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

--- End of Report ---

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 Consultant : Dr. Manish Mittal
 Location : OPD

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 Request Date : 24/03/2023 08:11 AM
 Collection Date : 24/03/2023 08:02 AM
 Approval Date : 24/03/2023 01:20 PM

Renal Function Test (RFT)

Test	Result	Units	Biological Ref. Range
Urea (By Urease Kinetic method on RXL Dade Dimension)	11	mg/dL	10 - 45
Creatinine (By Modified Kinetic Jaffe Technique)	0.60	mg/dL	0.6 - 1.1
Estimate Glomerular Filtration rate (Ref. range : > 60 ml/min for adults between age group of 18 to 70 yrs. eGFR Calculated by IDMS Traceable MDRD Study equation. Reporting of eGFR can help facilitate early detection of CKD. By Modified Kinetic Jaffe Technique)	More than 60		
Uric acid (By Uricase / Catalase method on RXL Siemens)	2.9	mg/dL	2.2 - 5.8

— End of Report —

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Patient Name : Mrs. SONAM LAL
 Gender / Age : Female / 35 Years 6 Months 24 Days
 MR No / Bill No. : 23202941 / 231074529
 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 114979
 Request Date : 24/03/2023 08:11 AM
 Collection Date : 24/03/2023 08:02 AM
 Approval Date : 24/03/2023 03:14 PM

: OPD
 : 114979
 : 24/03/2023 08:11 AM
 : 24/03/2023 08:02 AM
 : 24/03/2023 12:15 PM

Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
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Triiodothyronine (T3)	1.87	ng/ml	
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(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.

Reference interval (ng/ml)
 1 - 3 days : 0.1 - 7.4
 1-11 months : 0.1 - 2.45
 1-5 years : 0.1 - 2.7
 6-10 years : 0.9 - 2.4
 11-15 years : 0.8 - 2.1
 16-20 years : 0.8 - 2.1
 Adults (20 - 50 years) : 0.7 - 2.0
 Adults (> 50 years) : 0.4 - 1.8
 Pregnancy (in last 5 months) : 1.2 - 2.5
 (Reference : Tietz - Clinical guide to laboratory test, 4th edition)

Thyroxine (T4)	11.17	mcg/dL	
----------------	-------	--------	--

(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.

Reference interval (mcg/dL)
 1 - 3 days : 11.8 - 22.6
 1 - 2 weeks : 9.8 - 16.6
 1 - 4 months : 7.2 - 14.4
 4 - 12 months : 7.8 - 16.5
 1-5 years : 7.3 - 15.0
 5 - 10 years : 6.4 - 13.3
 10 - 20 years : 5.6 - 11.7
 Adults / male : 4.6 - 10.5
 Adults / female : 5.5 - 11.0
 Adults (> 60 years) : 5.0 - 10.7
 (Reference : Tietz - Clinical guide to laboratory test, 4th edition)

Thyroid Stimulating Hormone (US-TSH)	6.19	microIU/ml	
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(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.

Reference interval (microIU/ml)
 Infants (1-4 days) : 1.0 - 39
 2-20 weeks : 1.7 - 9.1
 5 months - 20 years : 0.7 - 6.4
 Adults (21 - 54 years) : 0.4 - 4.2
 Adults (> 55 years) : 0.5 - 8.9
 Pregnancy :
 1st trimester : 0.3 - 4.5
 2nd trimester : 0.5 - 4.6
 3rd trimester : 0.8 - 5.2
 (Reference : Tietz - Clinical guide to laboratory test, 4th edition)

— End of Report —

Dr. Rakesh Vaidya
MD (Path). DCP.Dr. Rakesh Vaidya
MD (Path). DCP.



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Echocardiography

Patient No. : 23202941 Report Date : 24/03/2023
Request No. : 190058164 24/03/2023 8.11 AM
Patient Name : Mrs. SONAM LAL
Gender / Age : Female / 35 Years 6 Months 24 Days

X-Ray Chest AP

Both lung fields are clear.
Both costophrenic sinuses appear clear.
Heart size is normal.
Hilar shadows show no obvious abnormality.
Aorta is normal.

• ULTRA SONOGRAPHY CANNOT DETECT ALL ABNORMALITIES
• NOT VALID FOR MEDICO-LEGAL PURPOSES
• CLINICAL CORRELATION RECOMMENDED

Dr. Priyanka Patel, MD
Consultant Radiologist



Patient No. : 23202941 Report Date : 24/03/2023
Request No. : 190058181 24/03/2023 8.11 AM
Patient Name : Mrs. SONAM LAL
Gender / Age : Female / 35 Years 6 Months 24 Days


Echo Color Doppler

MITRAL VALVE : NORMAL
AORTIC VALVE : TRILEAFLET, NORMAL
TRICUSPID VALVE : NORMAL, TRACE TR, TR MAX ~ 23MMHG
PULMONARY VALVE : NORMAL
LEFT ATRIUM : NORMAL
AORTA : NORMAL
LEFT VENTRICLE : NORMAL, NO REGIONAL WALL MOTION ABNORMALITY,
LVEF=60%
RIGHT ATRIUM : NORMAL
RIGHT VENTRICLE : NORMAL
I.V.S. : INTACT
I.A.S. : INTACT
PULMONARY ARTERY : NORMAL
PERICARDIUM : NORMAL

COLOUR/DOPPLER FLOW MAPPING : NO LV diastolic dysfunction
Trace TR, NO PAH

FINAL CONCLUSION:

1. ALL CARDIAC CHAMBERS ARE NORMAL IN DIMENSIONS
2. NO REGIONAL WALL MOTION ABNORMALITY AT REST
3. NORMAL LV SYSTOLIC FUNCTION, LVEF=60%
4. NORMAL VALVES
5. NO LV DIASTOLIC DYSFUNCTION
6. TRACE TR, NO PULMONARY HYPERTENSION , (IVC COLLAPSING)
7. NO PERICARDIAL EFFUSION, CLOT VEGETATION.


Dr. KILLOL KANERIA MD, DM
Consultant Cardiologist

Name: Sonam Lal
Patient ID: 23202941

24.03.2023 08:41:00
Standard 12-Lead

Date of birth: 01.09.1987
Gender: Female
Height:
Weight:
Ethnicity: Undefined
Facemaker: Unknown

Visit ID:
Room:
Medication:
Order ID:
Ord. proxy:
Ord. prot:

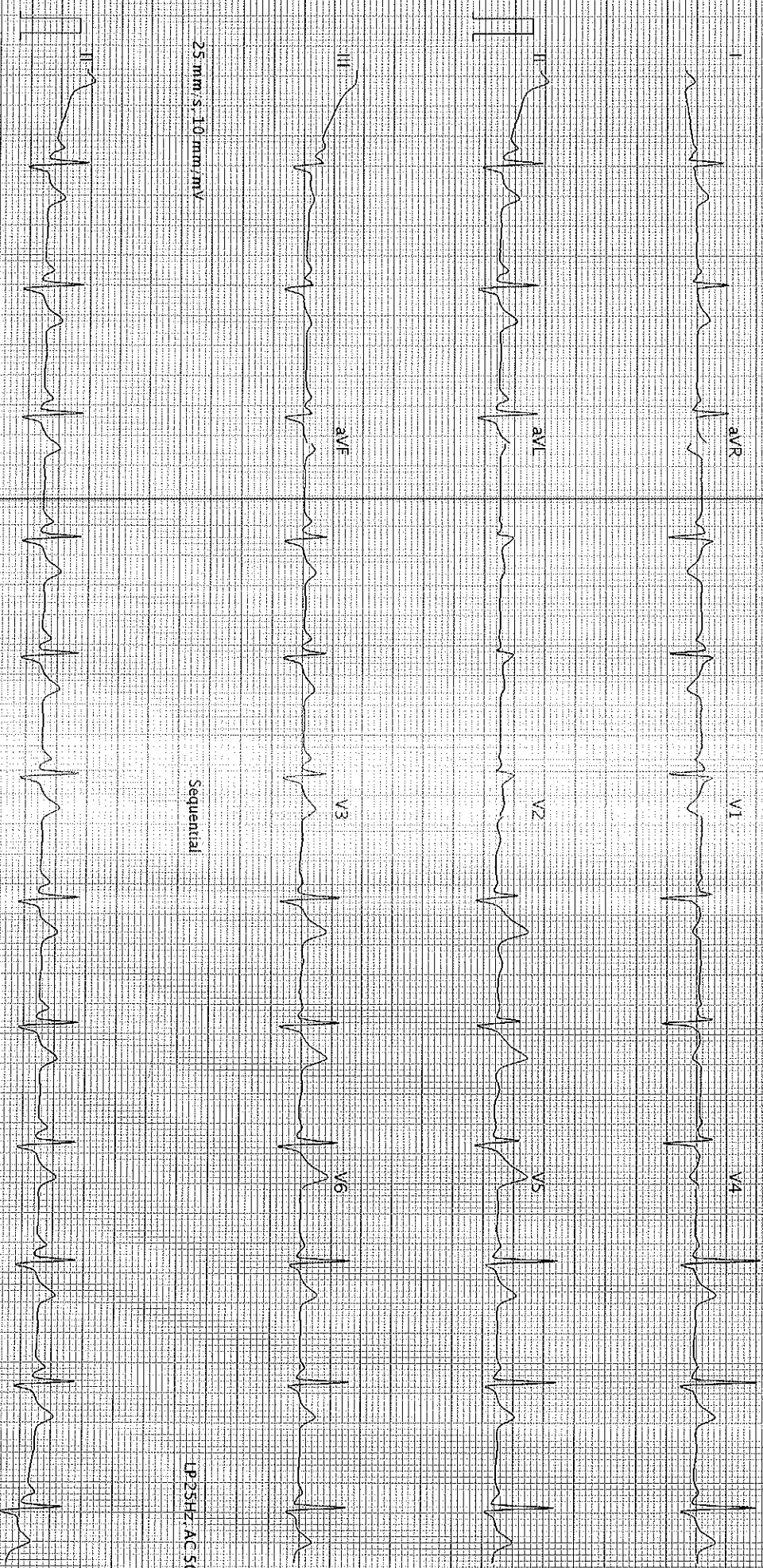
HR: 74 bpm
RR:
P axis: 58°
QRS axis: 27°
T axis: 35°

PR: 131 ms
QR: 97 ms
QT: 354 ms
QTcB: 392 ms

Sinus rhythm
Normal electrical axis
Normal ECG
Unconfirmed report

Normal

ms



25 mm/s, 10 mm/mV

Sequential

LP25HZ/AC 50HZ

25 mm/s, 10 mm/mV

LP25HZ/AC 50HZ

AT 102562.1.2.0 (080011030)

Printed on 24.03.2023 08:41:13

Page 1 of 1

SCHILLER

Part No.2.157048M

CE 0123

Q36

Dr. Sonica Peshin

Cosmetic Dentist & Implantologist

Reg. No. : 6966-A

M. : 9586867301



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GENERAL HOSPITAL

Dental assessment form

24/03/2023

Name: Sonam Lal

Age/ Sex: 35 years/Female

Patient has come for an oral hygiene check up

On Examination:

- Stains++ Calculus++
- History of horizontal brushing
- Generalised attrition, recession, sensitivity

Provisional diagnosis:


- Chronic generalised gingivitis

Treatment plan:

- Scaling and polishing

Advised:

- Brush your teeth twice daily
- Salt water rinses atleast once a day.
- Clean your tongue and floss in between everyday.
- Follow vertical brushing technique.


Dr. Sonica Peshin

ITEM CODE:SMD066

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