

ZENA HEALTHCARE

SAHIDNAGAR, BHUBANESWAR

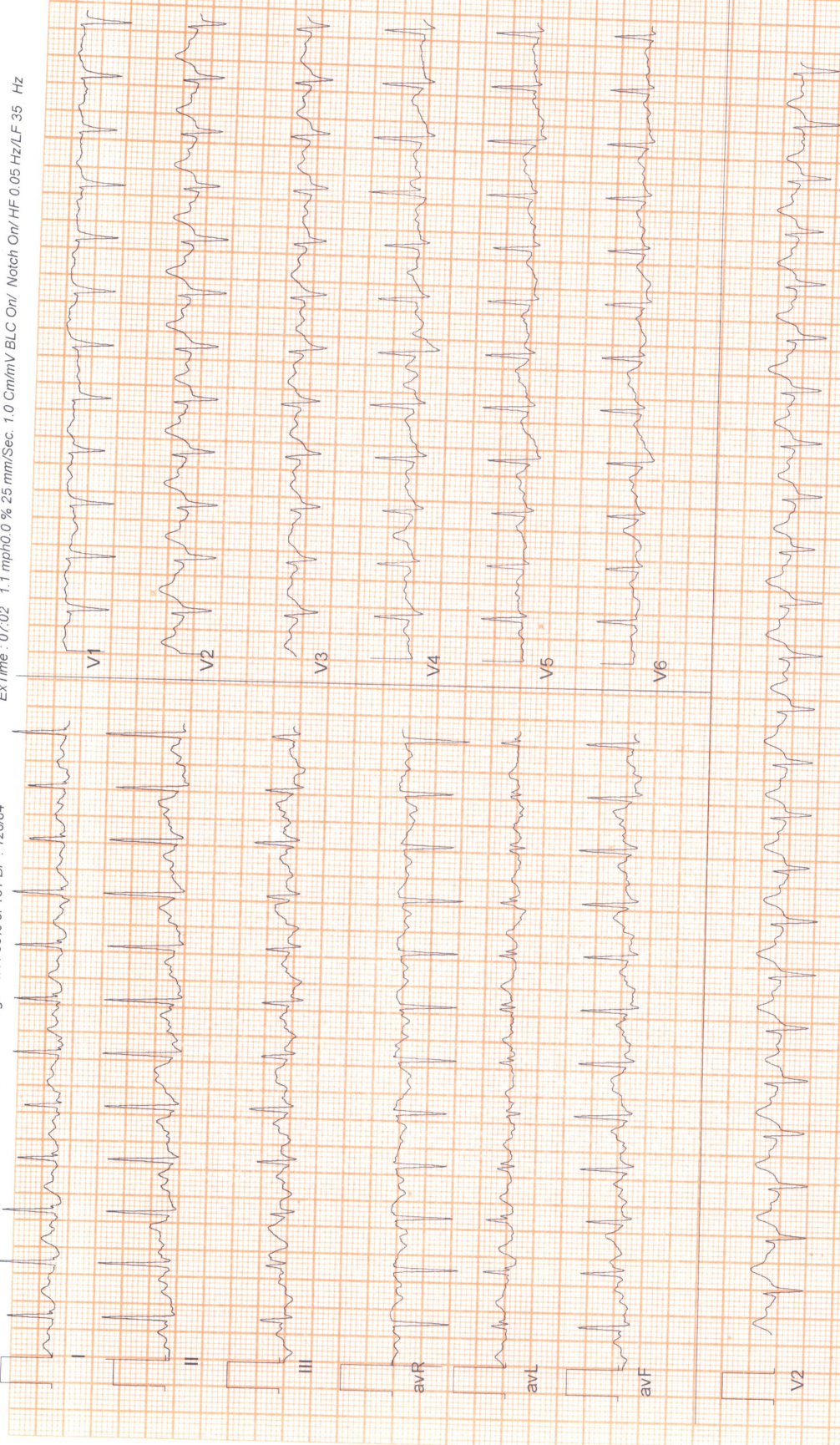
987 / RAJARAM SWAIN / 39 Yrs / Male / 164 Cm / 85 Kg

**6 x 2 + Rhythm
Recovery(1:00)**



Date: 27-04-2024 05:32:54 PM METs: 1.2 HR: 145 Target HR: 80% of 181 BP: 126/84

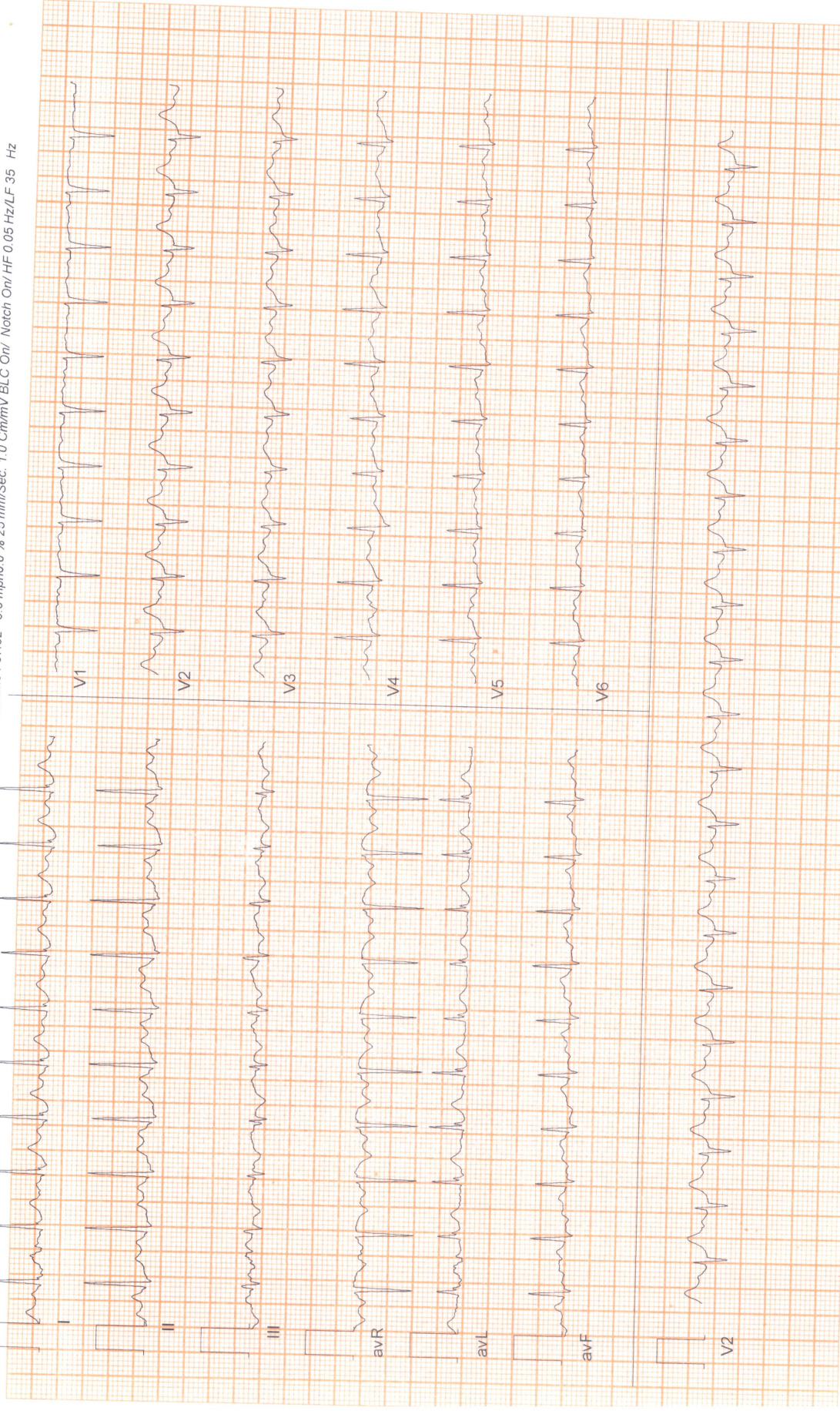
ExTime: 07:02 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





Date: 27 - 04 - 2024 05:32:54 PM METs : 1.0 HR : 129 Target HR : 71% of 181 BP : 125/83

ExTime : 07:02 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



6 x 2 + Rhythm
Recovery(5:07)



Date: 27 - 04 - 2024 05:32:54 PM METs : 1.0 HR : 126 Target HR : 70% of 181 BP : 124/82

ExTime : 07:02 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





GENERAL PHYSICIAN EXAMINATION REPORT

Date :- 27.04.2024

NAME

Mr. RAJARAM SWAIN

MEDICAL INFORMATION

Height:- 164 cm	Age:- 39 yrs
Weight:- 85 kg	Sex:- MALE
Blood Pressure:- 140/96 mmhg	Pulse:- 103 /min

Body Mass Index(BMI)

31.6

EYE CHEKUP (WITHOUT GLASSES)

	RT EYE	LT EYE
COLOUR	NORMAL	NORMAL
NEAR	6/6	6/6
FAR	6/6	6/6

Signature _____

DR. M. K. HOTA
M.B.B.S.
REGD. NO. 6993

For Home Collection Please Call at Number :

Zena Healthcare Services

Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07
Ph. : 0674-2549902, 9692276908, 8337964922, E-mail : zenahealthcare@gmail.com

Website : www.zenacare.in

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Regd. No. : 1834

ZENA HEALTHCARE SERVICES

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NAME:- Mr. RAJARAM SWAIN

AGE:- 39 YRS

Patient ID: 03

REFERAL-MEDIWHEEL

DATE:-27.04.2024

SEX:-MALE

CHEST X-RAY PA VEIW SHOWS.

- **Both side lung fields are clear.**
- **Trachea within normal limit.**
- **Both costophrenic cardiophrenic angle are clear.**
- **Cardiac shadow within normal limit.**
- **Media stinum in position**

IMP:-NORMAL STUDY.

B. Pradhan

**Dr. Bhagaban Pradhan
M.D. (Radio diagnosis)
Consultant Radiologist**

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Regd. No. : 1834



Patient Name : MR. RAJARAM SWAIN

Age / Gender : 39 years / Male

Patient ID : 21023

Referral : MEDT WHEEL

Collection Time : 27/04/2024, 01:08 PM

Reporting Time : 27/04/2024, 05:56 PM

Sample ID :



24028

Test Description	Value(s)	Reference Range	Unit
Complete Blood Count			
Hemoglobin (Hb)	15.4	13.5 - 18.0	gm/dL
Erythrocyte (RBC) Count	5.75	4.7 - 6.0	mil/cu.mm
Packed Cell Volume (PCV)	50.3	42 - 52	%
Mean Cell Volume (MCV)	87.48	78 - 100	fL
Mean Cell Haemoglobin (MCH)	26.78	27 - 31	pg
Mean Corpuscular Hb Concn. (MCHC)	30.62	32 - 36	g/dL
Red Cell Distribution Width (RDW)	13.9	11.5 - 14.0	%
Total Leucocytes (WBC) Count	9000	4000-10000	cell/cu.mm
Neutrophils	55	40 - 80	%
Lymphocytes	41	20 - 40	%
Monocytes	03	2 - 10	%
Eosinophils	01	1 - 6	%
Basophils	00	1-2	%
Platelet Count	196	150 - 450	10 ³ /ul
Mean Platelet Volume (MPV)	9.5	7.2 - 11.7	fL
PCT	0.19	0.2 - 0.5	%
PDW	19.8	9.0 - 17.0	%

END OF REPORT

[Signature]
Lab technician

[Signature]
Dr. Kundan Kumar Sahoo
CONSULTANT PATHOLOGIST /
MICROBIOLOGIST

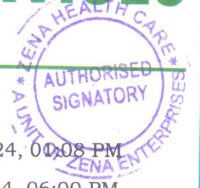
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Website : www.zenacare.in

Wishing Good Health



Patient Name : MR. RAJARAM SWAIN

Age / Gender : 39 years / Male

Patient ID : 21023

Referral : MEDIWHEEL

Collection Time : 27/04/2024, 06:08 PM

Reporting Time : 27/04/2024, 06:00 PM

Sample ID :



24028

Test Description	Value(s)	Reference Range	Unit
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HbA1c, Glycosylated Hemoglobin

HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD 13.0 %

Method : (HPLC, NGSP certified)

Estimated Average Glucose : 326.40 mg/dL

Interpretation

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
Therapeutic goals for glycemic control	Age > 19 years Goal of therapy: < 7.0 Action suggested: > 8.0 Age < 19 years Goal of therapy: <7.5

Note:

1. Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled .
2. Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate.

Comments

HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations.

ADA criteria for correlation between HbA1c & Mean plasma glucose levels.

HbA1c(%)	Mean Plasma Glucose (mg/dL)
6	126
7	154
8	183
9	212

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Patient Name : MR. RAJARAM SWAIN

Age / Gender : 39 years / Male

Patient ID : 21023

Referral : MEDT WHEEL

Collection Time : 27/04/2024, 01:08 PM

Reporting Time : 27/04/2024, 06:00 PM

Sample ID :



24028

Test Description	Value(s)	Reference Range	Unit
10	240		
11	269		
12	298		
<u>Glucose, Fasting (FBS)</u>			
Glucose fasting Method : Fluoride Plasma-F, Hexokinase	225.46	75 - 115	mg/dL
<u>Glucose, Post Prandial (PP)</u>			
Blood Glucose-Post Prandial Method : Hexokinase	306.89	70 - 140	mg/dL
<u>Creatinine</u>			
Creatinine Method : Serum, Jaffe	0.96	0.60 - 1.30	mg/dL
<u>Uric acid, Serum</u>			
Uric Acid Method : Uricase, Colorimetric	5.36	3.4 - 7.0	mg/dL
<u>BUN, Serum</u>			
BUN-Blood Urea Nitroge Method : Serum, Urease	12	10 - 50	mg/dL

END OF REPORT

Lab technician

Dr. Kundan Kumar Sahoo
CONSULTANT PATHOLOGIST /
MICROBIOLOGIST

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Patient Name : MR. RAJARAM SWAIN

Age / Gender : 39 years / Male

Patient ID : 21023

Referral : MEDI WHEEL

Collection Time : 27/04/2024, 01:08 PM

Reporting Time : 27/04/2024, 05:57 PM

Sample ID :



24028

Test Description	Value(s)	Reference Range	Unit
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Blood Group ABO & Rh Typing, Blood

Blood Group (ABO typing)
Method : Manual-Hemagglutination

"O"

RhD Factor (Rh Typing)
Method : Manual hemagglutination

Positive

ESR, Erythrocyte Sedimentation Rate

ESR - Erythrocyte Sedimentation Rate	15	0 - 15	mm/hr
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Method : EDTA Whole Blood, Manual Westergren

Interpretation:

- It indicates presence and intensity of an inflammatory process. It does not diagnose a specific disease. Changes in the ESR are more significant than the abnormal results of a single test.
- It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis and polymyalgia rheumatica.
- It is also increased in pregnancy, multiple myeloma, menstruation, and hypothyroidism.

END OF REPORT

P. Saha
Lab technician

K. Sahoo

Dr. Kundan Kumar Sahoo
CONSULTANT PATHOLOGIST /
MICROBIOLOGIST

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Patient Name : MR. RAJARAM SWAIN
Age / Gender : 39 years / Male
Patient ID : 21023

Referral : MEDT WHEEL
Collection Time : 27/04/2024, 01:08 PM
Reporting Time : 27/04/2024, 06:00 PM
Sample ID :



Test Description	Value(s)	Reference Range	Unit
Thyroid Profile (T3, T4, TSH)			
T3-Total Method : CLIA	1.96	0.87 - 2.73	ng/dL
T4-Total Method : CLIA	9.06	6.09 - 12.23	ug/dL
TSH-Ultrasensitive Method : CLIA	2.57	0.45 - 4.50	uIU/mL

Interpretation

TSH	T3	T4	Suggested Interpretation for the Thyroid Function Tests Pattern
Raised	Within range	Within range	Raised Within Range Within Range .Isolated High TSH especially in the range of 4.7 to 15 mIU/ml is commonly associated with Physiological & Biological TSH Variability. Subclinical Autoimmune Hypothyroidism. Intermittent 14 therapy for hypothyroidism .Recovery phase after Non-Thyroidal illness"
Raised	Decreased	Decreased	Chronic Autoimmune Thyroiditis Post thyroidectomy, Post radioiodine Hypothyroid phase of transient thyroiditis"
Raised or within range	Raised	Raised or within range	Interfering antibodies to thyroid hormones (anti-TPO antibodies) Intermittent 14 therapy or T4 overdose •Drug interference- Amiodarone, Heparin, Beta blockers, steroids, anti-epileptics.
Decreased	Raised or within range	Raised or within range	Isolated Low TSH -especially in the range of 0.1 to 0.4 often seen in elderly & Range Range associated with Non-Thyroidal illness .Subclinical Hyperthyroidism .Thyroxine ingestion'
Decreased	Decreased	Decreased	Central Hypothyroidism .Non-Thyroidal illness .Recent treatment for Hyperthyroidism (TSH remains suppressed)"
Decreased	Raised	Raised	Primary Hyperthyroidism (Graves' disease). Multinodular goitre, Toxic nodule •Transient thyroiditis: Postpartum, Silent (lymphocytic), Postviral (granulomatous, subacute, DeQuervain's), Gestational thyrotoxicosis with hyperemesis gravidarum"
Decreased Within Rang	Raised	Within range	T3 toxicosis •Non-Thyroidal illness
Within range	Decreased	Within range	Isolated Low T3-often seen in elderly & associated Non-Thyroidal illness In elderly the drop in 13 level can be upto 25%.

END OF REPORT

[Signature]
Lab technician

[Signature]

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Date: 27-04-2024 05:32:54 PM METs : 1.0 HR : 114 Target HR : 63% of 181 BP : 125/81
ExtTime : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





Patient Name : MR. RAJARAM SWAIN

Age / Gender : 39 years / Male

Patient ID : 21023

Referral : MEDT WHEEL

Collection Time : 27/04/2024, 01:08 PM

Reporting Time : 27/04/2024, 05:58 PM

Sample ID :




24028

Test Description	Value(s)	Reference Range	Unit
<u>LFT, Liver Function Test</u>			
Bilirubin - Total Method : Serum, Jendrassik Grof	0.71	0.00 - 1.00	mg/dL
Bilirubin - Direct Method : Serum, Diazotization	0.20	0.00 - 0.20	mg/dL
Bilirubin - Indirect Method : Serum, Calculated	0.51	0.10 - 0.80	mg/dL
SGOT Method : Serum, UV with P5P, IFCC 37 degree	22.36	8 - 33	U/L
SGPT Method : Serum, UV with P5P, IFCC 37 degree	30.74	3 - 35	U/L
GGT-Gamma Glutamyl Transpeptidase Method : Serum, G-glutamyl-carboxy-nitroanilide	8.38	< 55	U/L
Alkaline Phosphatase Method : PNPP-AMP Buffer/Kinetic	87.14	53-128	U/L
Total Protein Method : Serum, Biuret, reagent blank end point	6.98	6.60 - 8.70	g/dL
Albumin Method : Serum, Bromocresol green	3.87	3.50 - 5.30	g/dL
Globulin Method : Serum, EIA	3.11	2.00-3.50	g/dL
A/G Ratio Method : Serum, EIA	1.24	1.2 - 2.2	

END OF REPORT


Lab technician


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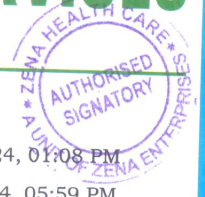
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Patient Name : MR. RAJARAM SWAIN
Age / Gender : 39 years / Male
Patient ID : 21023

Referral : MEDT WHEEL
Collection Time : 27/04/2024, 01:08 PM
Reporting Time : 27/04/2024, 05:59 PM
Sample ID :



Test Description	Value(s)	Reference Range	Unit
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Urine(R/M) Routine Examination of Urine

General Examination

Colour	PALE YELLOW	Pale Yellow	
Transparency (Appearance)	CLEAR	Clear	
Deposit	Absent	Absent	
Reaction (pH)	Acidic 5.0	4.5 - 7.0	
Specific gravity	1.030	1.005 - 1.030	

Chemical Examination

Urine Protein (Albumin)	TRACE	Absent	
Urine Glucose (Sugar)	Present(+++)	Absent	

Microscopic Examination

Red blood cells	Absent	0-4	/hpf
Pus cells (WBCs)	3 - 5/HPF	0-9	/hpf
Epithelial cells	2 - 3 /HPF	0-4	/hpf
Crystals	Absent	Absent	
Cast	Absent	Absent	
Bacteria	Absent	Absent	

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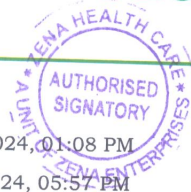
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Patient Name : MR. RAJARAM SWAIN

Age / Gender : 39 years / Male

Patient ID : 21023

Referral : MEDI WHEEL

Collection Time : 27/04/2024, 01:08 PM

Reporting Time : 27/04/2024, 05:57 PM

Sample ID :



Test Description	Value(s)	Reference Range	Unit
Lipid Profile			
Cholesterol-Total Method : Spectrophotometry	156.26	Desirable level < 200 Borderline High 200-239 High >or = 240	mg/dL
Triglycerides Method : Serum, Enzymatic, endpoint	453.21	Normal: < 150 Borderline High: 150-199 High: 200-499 Very High: >= 500	mg/dL
HDL Cholesterol Method : Serum, Direct measure-PEG	39.06	Normal: > 40 Major Risk for Heart: < 40	mg/dL
LDL Cholesterol Method : Enzymatic selective protection	26.56	Optimal < 100 Near / Above Optimal 100-129 Borderline High 130-159 High 160-189 Very High >or = 190	mg/dL
VLDL Cholesterol Method : Serum, Enzymatic	90.64	6 - 38	mg/dL
CHOL/HDL Ratio Method : Serum, Enzymatic	4.00	3.5 - 5.0	
LDL/HDL Ratio Method : Serum, Enzymatic	0.68	2.5 - 3.5	

Note:

8-10 hours fasting sample is required.

END OF REPORT

Lab technician

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Wishing Good Health

ID: 2048 CASE:

AGE: 39Y M D

Cms K9

RAJARAM SWAIN

MALE

27/04/2024 09.13.34

ZENA HEALTHCARE

PLOT-119, SAHIDNAGAR, BHUBANESWAR

RATE: 96 bpm SINUS RHYTHM
 R-R: 622 ms
 P-R: 142 ms
 QRS: 90 ms
 QT: 340 ms
 QTc: 403 ms

P

52°

QRS

00°

T

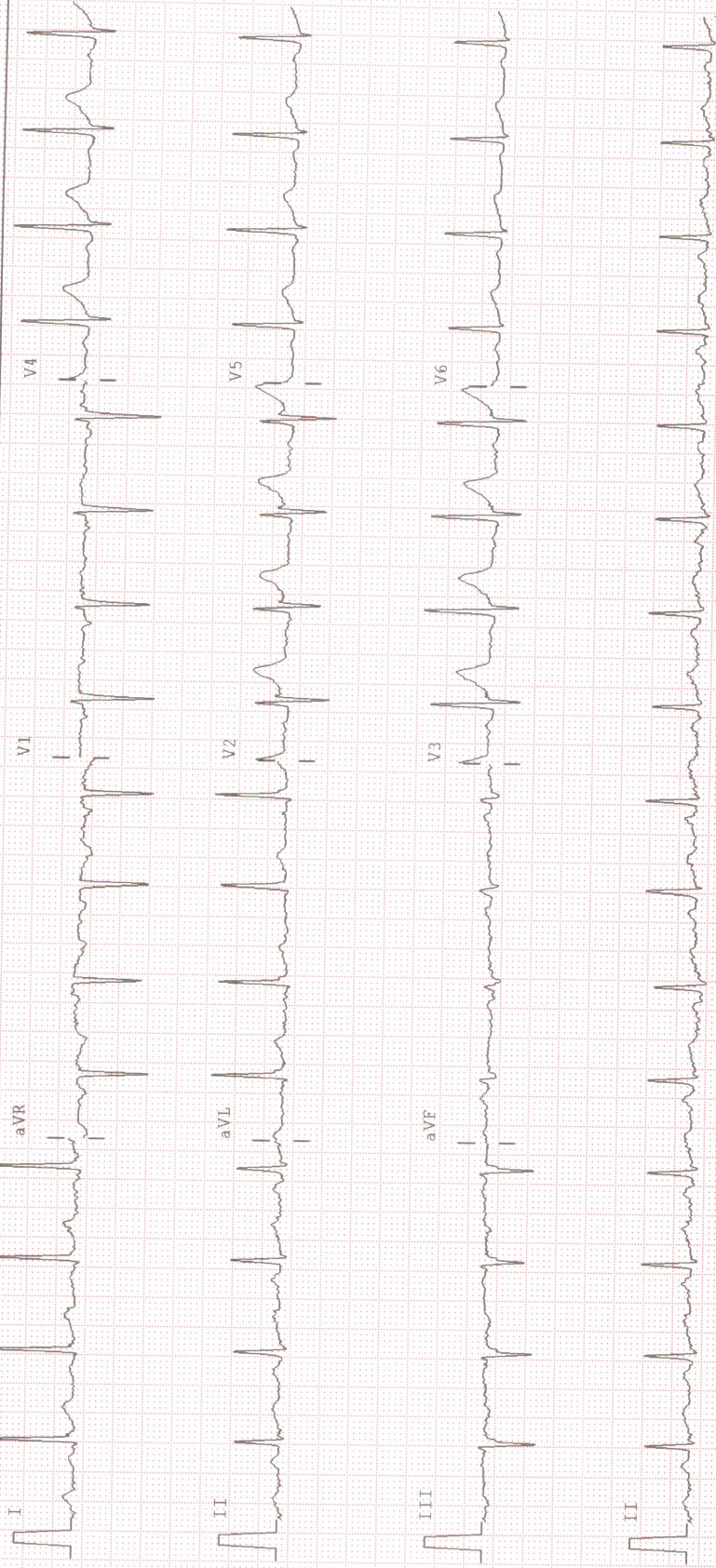
11°

NORMAL ECG

12 SL: REPORT FORMAT: 3x4+1L SQ

REF

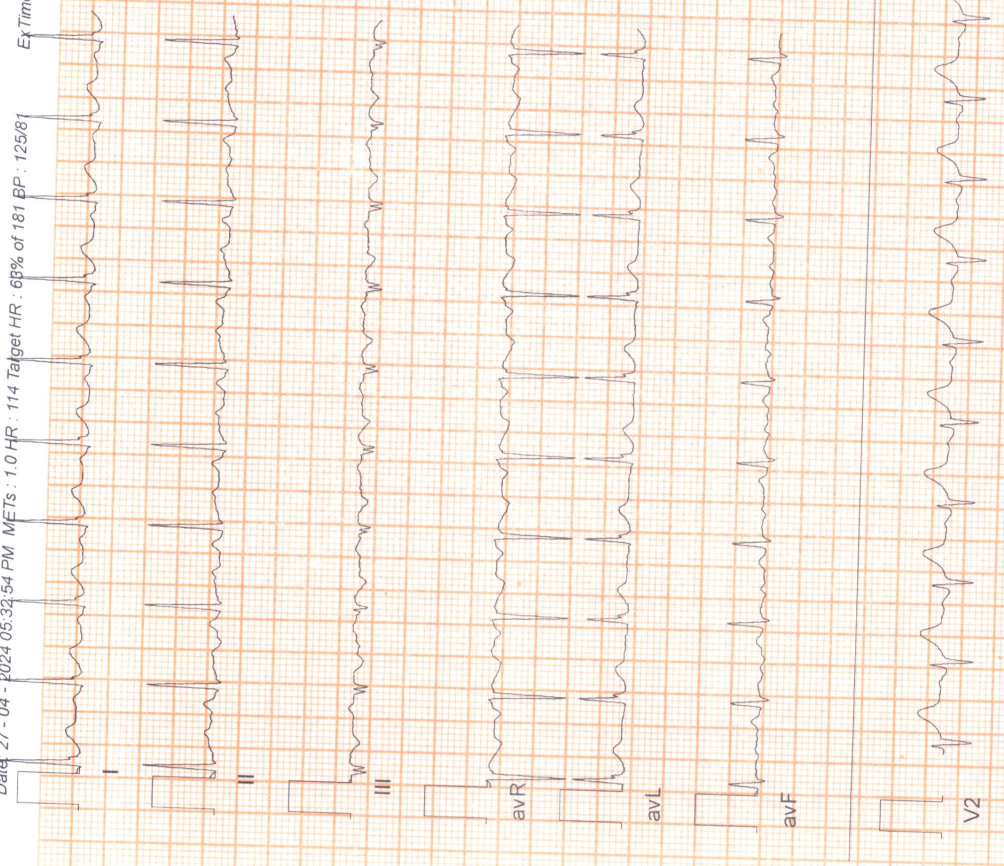
Dr.



Peripartum Stroke



Date: 27-04-2024 05:32:54 PM METs : 1.0 HR : 114 Target HR : 68% of 181 BP : 125/81
Ex Time : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





Date: 27-04-2024 05:32:64 PM METs: 1.0 HR: 111 Target HR: 61% of 181 BP: 125/81

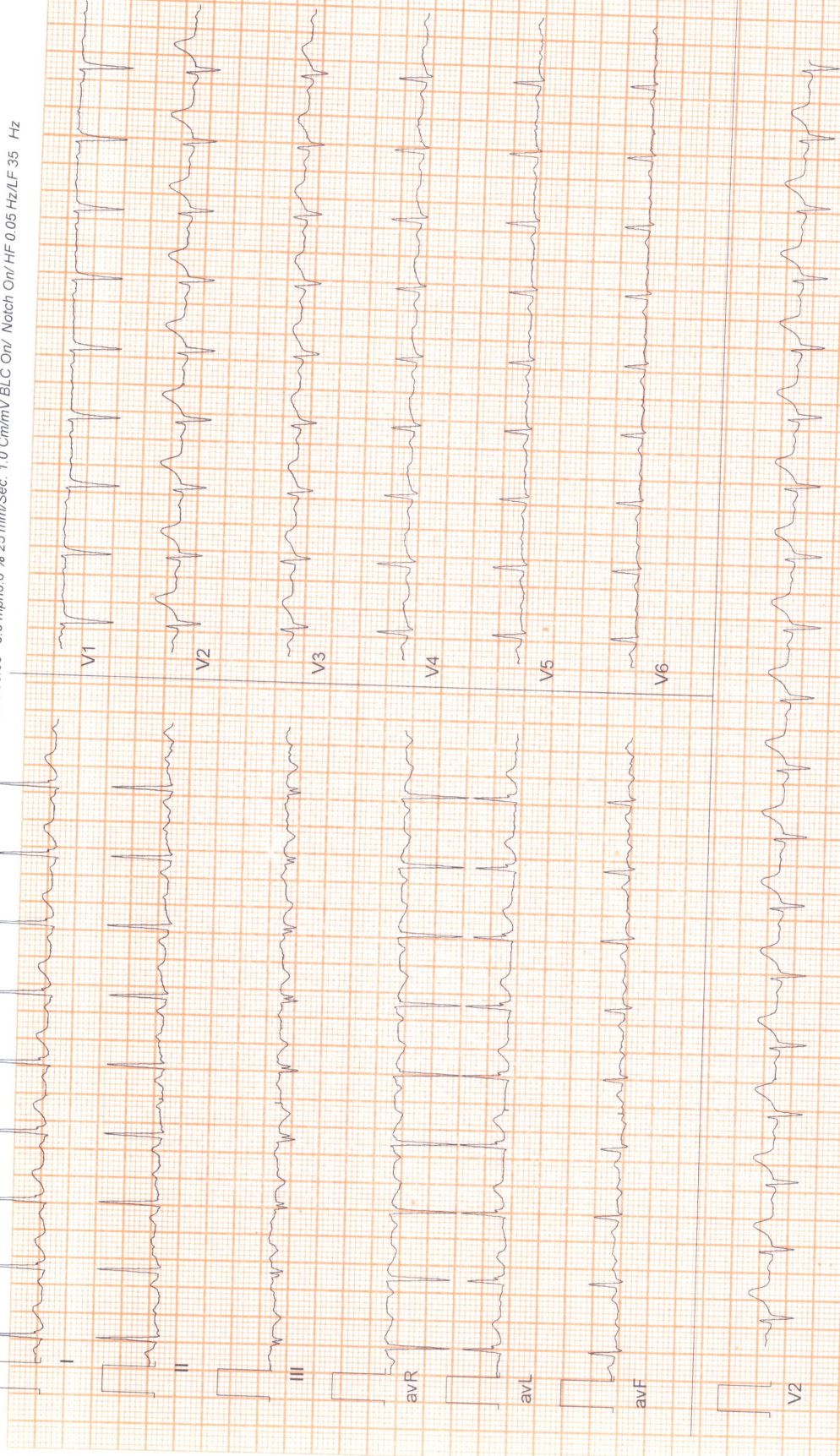
Ex Time: 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





Date: 27 - 04 - 2024 05:32:54 PM METs : 1.0 HR : 112 Target HR : 62% of 181 BP : 125/81

Ex Time : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



6 x 2 + Rhythm
BRUCE: Stage 1 (3:00)



Date: 27 - 04 - 2024 05:32:54 PM METs : 4.7 HR : 130 Target HR : 72% of 181 BP : 125/82

ExTime : 03:00 1.7 mph 10.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

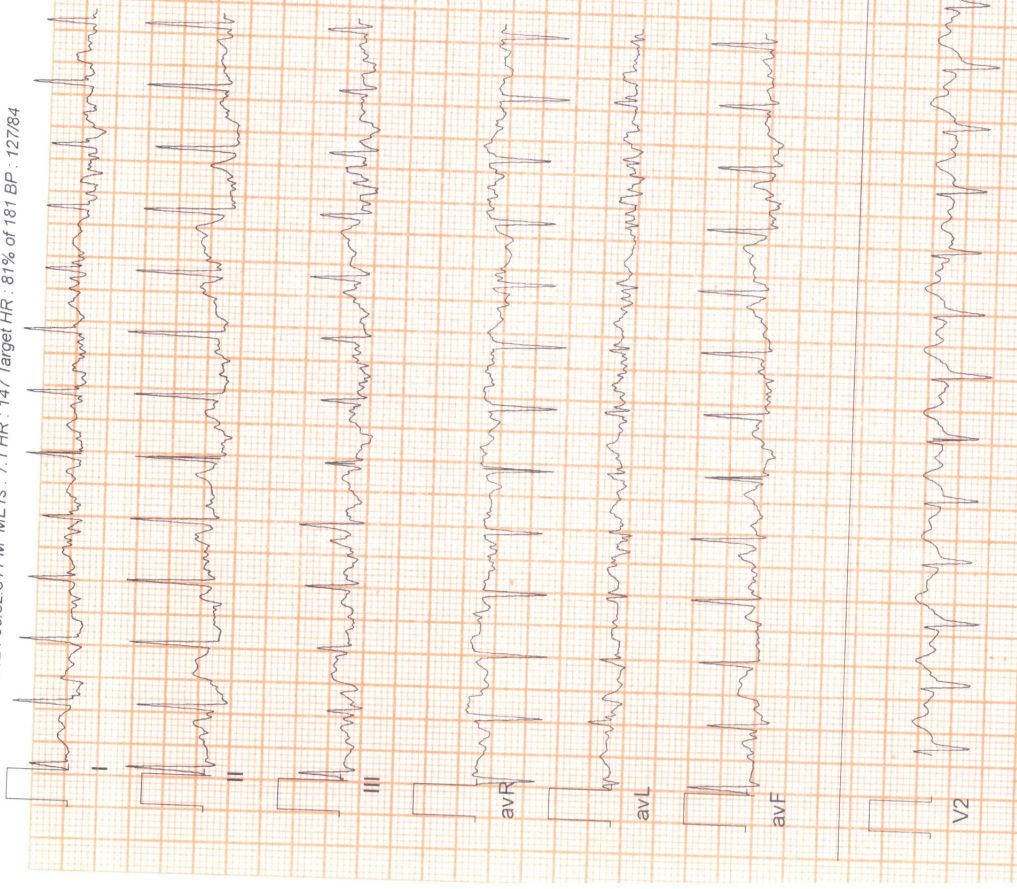


6 x 2 + Rhythm
BRUCE: Stage 2 (3:00)



Date: 27 - 04 - 2024 05:32:54 PM METs : 7.1 HR : 147 Target HR : 81% of 181 BP : 127/84

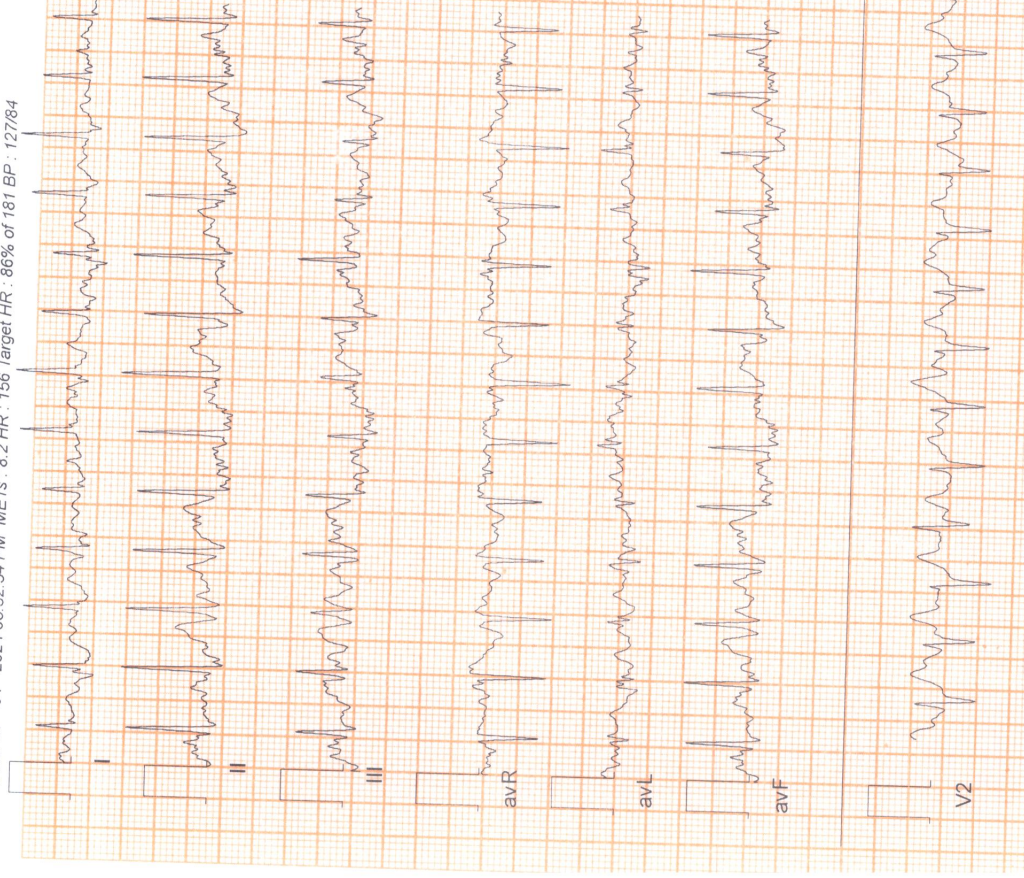
ExTime : 06:00 2.5 mph 12.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ HF 0.05 Hz/LF 35 Hz





Date: 27 - 04 - 2024 05:32:54 PM METs : 8.2 HR : 156 Target HR : 86% of 181 BP : 127/84

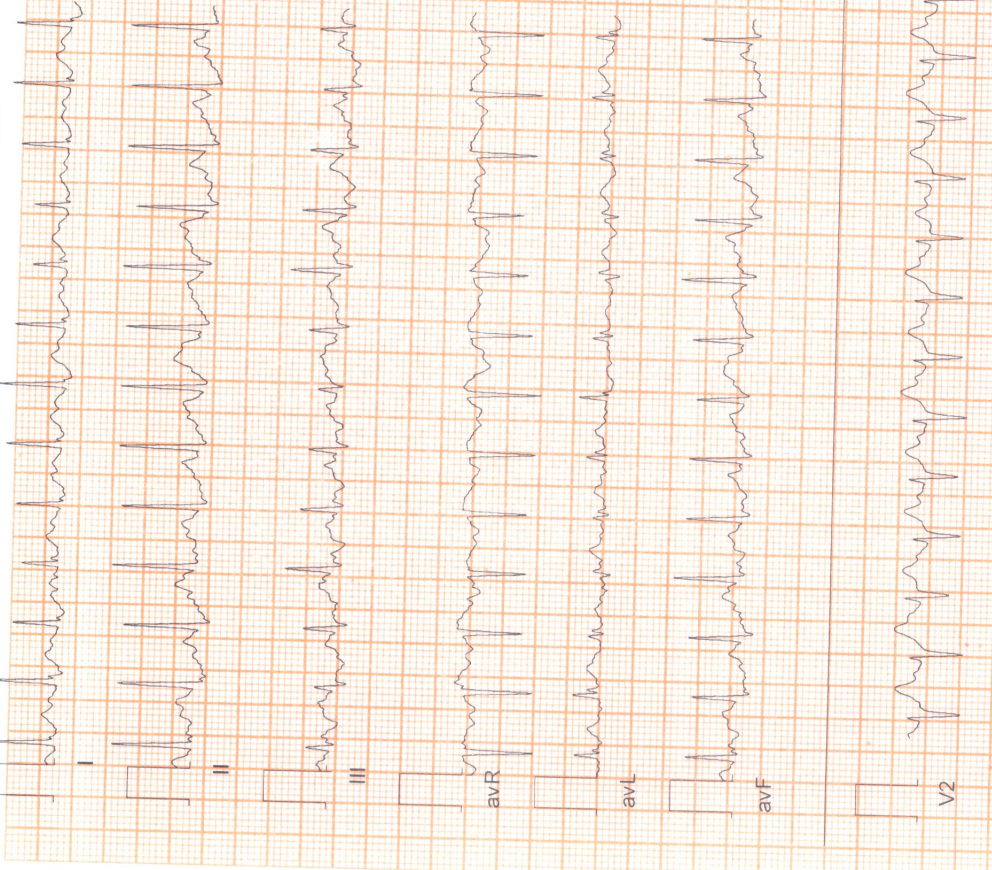
ExtTime : 07:02 3.4 mph 14.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/HF 0.05 HZ/LF 35 Hz





Date: 27 - 04 - 2024 05:32:54 PM METs : 4.2 HR : 153 Target HR : 85% of 181 BP : 127/84

ExTime : 07:02 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



987 / RAJARAM SWAIN / 39 Yrs / M / 164 Cms / 85 Kg Date: 27-Apr-2024 Refd By : MEDI-WHEEL Examined By:

Stage	Time	Duration	Speed(mph)	Elevation	MEI's	Rate	%THR	BP	RPP	PVC	Comments
Supine	00:14	0:14	00.0	00.0	01.0	114	63 %	125/81	142	00	
Standing	00:32	0:18	00.0	00.0	01.0	114	63 %	125/81	142	00	
HV	00:50	0:18	00.0	00.0	01.0	111	61 %	125/81	138	00	
ExStart	01:08	0:18	00.0	00.0	01.0	112	62 %	125/81	140	00	
BRUCE Stage 1	04:08	3:00	01.7	10.0	04.7	130	72 %	125/82	162	00	
BRUCE Stage 2	07:08	3:00	02.5	12.0	07.1	147	81 %	127/84	186	00	
PeakEx	08:10	1:02	03.4	14.0	08.2	156	86 %	127/84	198	00	
Recovery	08:40	0:30	01.1	00.0	04.2	153	85 %	127/84	194	00	
Recovery	09:10	1:00	01.1	00.0	01.2	145	80 %	126/84	182	00	
Recovery	11:10	3:00	00.0	00.0	01.0	129	71 %	125/83	161	00	
Recovery	13:17	5:07	00.0	00.0	01.0	126	70 %	124/82	156	00	

FINDINGS :

Exercise Time : 07:02
 Initial HR (ExStrt) : 112 bpm 62% of Target 181
 Initial BP (ExStrt) : 125/81
 Max WorkLoad Attained : 8.2 Fair response to induced stress
 Max HR Attained : 156 bpm 86% of Target 181
 Max BP Attained : 127/84

Test End Reasons : Test Complete

REPORT :

