

ID: 2055      CASE: NIBEDITA BEHERA      27/04/2024 11:40:15  
 AGE: 38 Y M D      FEMALE      ZENA HEALTHCARE  
 Cms      Kg      PLOT-119, SAHIDNAGAR, BHUBANESWAR

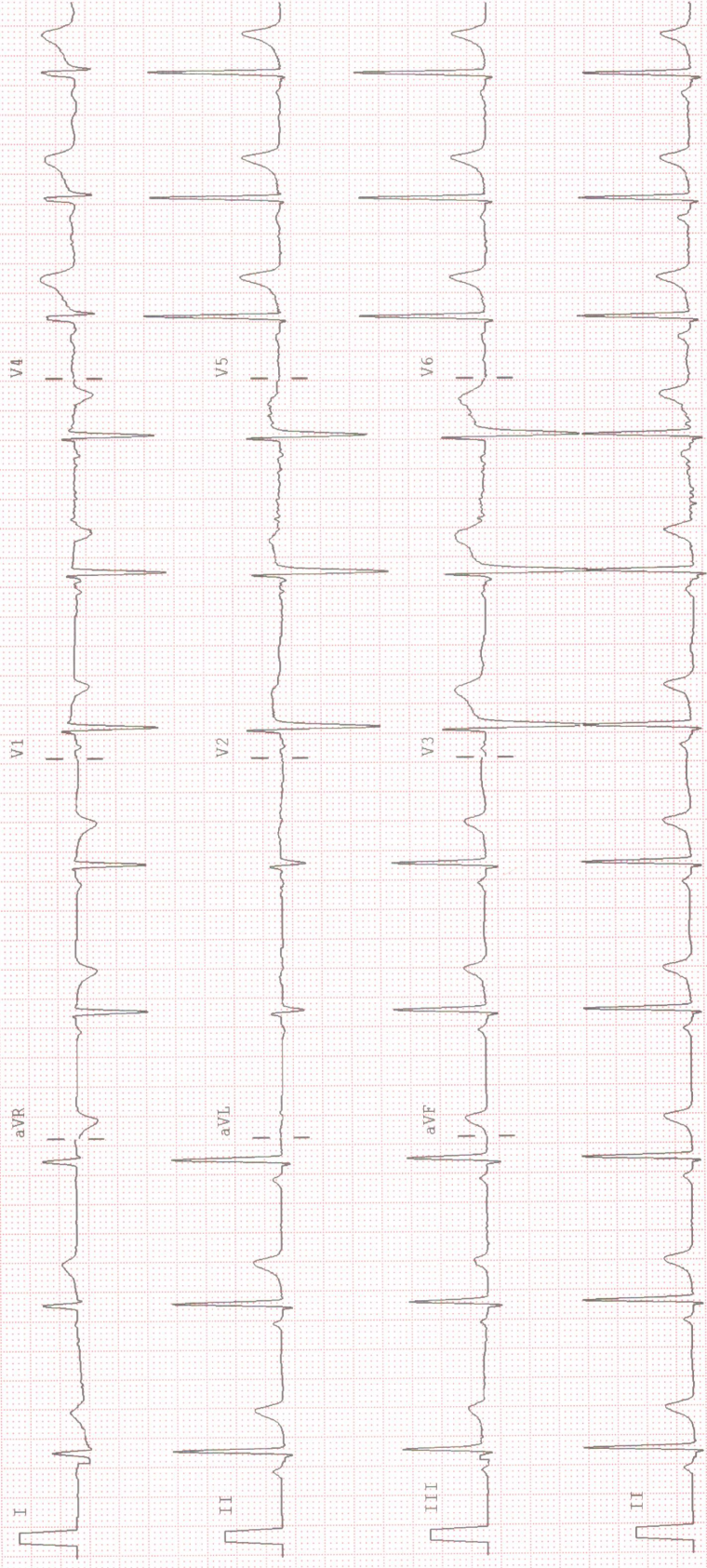
RATE : 68 bpm      SINUS RHYTHM  
 R-R : 880 ms  
 P-R : 150 ms  
 QRS : 86 ms  
 QT : 392 ms  
 QTc : 406 ms

--AXIS--  
 P : 80°  
 QRS : 73°      NORMAL ECG  
 T : 64°

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

REF:

Dr:





**GENERAL PHYSICIAN EXAMINATION REPORT**

Date :- 27.04.2024

NAME

Mrs. NIBEDITA BEHERA

**MEDICAL INFORMATION**

Height:- 158 cm	Age:- 39 yrs
Weight:- 58 kg	Sex:- FEMALE
Blood Pressure:- 129/76 mmhg	Pulse:- 73 /min
Body Mass Index(BMI)	
23.2	

**EYE CHEKUP ( WITHOUT GLASSES)**

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

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

Signature \_\_\_\_\_

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Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07  
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Regd. No. : 1834

# ZENA HEALTHCARE SERVICES

(A Unit of Zena Enterprises)

**NAME:- Mrs. NIBEDITA BEHERA**  
**AGE:- 38 YRS**  
**Patient ID: 02**

**REFERAL-MEDIWHEEL**  
**DATE:-27.04.2024**  
**SEX:-FEMALE**

**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. Ashan*

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

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# ZENA HEALTHCARE SERVICES

(A Unit of Zena Enterprises)

**Patient Name :** MRS. NIBEDITA BEHERA

**Age / Gender :** 38 years / Female

**Patient ID :** 21020

**Referral :** MEDI WHEEL

**Collection Time :** 27/04/2024, 12:57 PM

**Reporting Time :** 27/04/2024, 07:17 PM

**Sample ID :**



24025

Test Description	Value(s)	Reference Range	Unit
------------------	----------	-----------------	------

Lab technician

**Dr. Kundan Kumar Sahoo**  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

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**Patient ID :** 21020

**Referral :** MEDI WHEEL

**Collection Time :** 27/04/2024, 12:57 PM

**Reporting Time :** 27/04/2024, 07:14 PM

**Sample ID :**



24025

Test Description	Value(s)	Reference Range	Unit
<b>Lipid Profile</b>			
Cholesterol-Total Method : Spectrophotometry	127.12	Desirable level   < 200 Borderline High   200-239 High   >or = 240	mg/dL
Triglycerides Method : Serum, Enzymatic, endpoint	78.58	Normal: < 150 Borderline High: 150-199 High: 200-499 Very High: >= 500	mg/dL
HDL Cholesterol Method : Serum, Direct measure-PEG	<b>39.21</b>	Normal: > 40 Major Risk for Heart: < 40	mg/dL
LDL Cholesterol Method : Enzymatic selective protection	72.19	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	15.72	6 - 38	mg/dL
CHOL/HDL Ratio Method : Serum, Enzymatic	<b>3.24</b>	3.5 - 5.0	
LDL/HDL Ratio Method : Serum, Enzymatic	<b>1.84</b>	2.5 - 3.5	

**Note:**

8-10 hours fasting sample is required.

\*\*END OF REPORT\*\*

Lab technician

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**Sample ID :**



24025

Test Description	Value(s)	Reference Range	Unit
<b>LFT, Liver Function Test</b>			
Bilirubin - Total Method : Serum, Jendrassik Grof	0.67	0.00 - 1.00	mg/dL
Bilirubin - Direct Method : Serum, Diazotization	0.17	0.00 - 0.20	mg/dL
Bilirubin - Indirect Method : Serum, Calculated	0.50	0.10 - 0.80	mg/dL
SGOT Method : Serum, UV with P5P, IFCC 37 degree	16.4	8 - 33	U/L
SGPT Method : Serum, UV with P5P, IFCC 37 degree	29.7	3 - 35	U/L
GGT-Gamma Glutamyl Transpeptidase Method : Serum, G-glutamyl-carboxy-nitroanilide	9.23	< 38	U/L
Alkaline Phosphatase Method : PNPP-AMP Buffer/Kinetic	102.6	42-141	U/L
Total Protein Method : Serum, Biuret, reagent blank end point	6.97	6.60 - 8.70	g/dL
Albumin Method : Serum, Bromocresol green	3.84	3.50 - 5.30	g/dL
Globulin Method : Serum, EIA	3.13	2.00-3.50	g/dL
A/G Ratio Method : Serum, EIA	1.23	1.2 - 2.2	

\*\*END OF REPORT\*\*

Lab technician

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**Patient ID :** 21020

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**Collection Time :** 27/04/2024, 12:57 PM

**Reporting Time :** 27/04/2024, 07:16 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 6.0	4.5 - 7.0	
Specific gravity	1.015	1.005 - 1.030	

**Chemical Examination**

Urine Protein (Albumin)	Absent	Absent	
Urine Glucose (Sugar)	Absent	Absent	

**Microscopic Examination**

Red blood cells	Absent	0-4	/hpf
Pus cells (WBCs)	1 - 2 /HPF	0-9	/hpf
Epithelial cells	2 - 3 /HPF	0-4	/hpf
Crystals	Absent	Absent	
Cast	Absent	Absent	
Bacteria	Absent	Absent	

\*\*END OF REPORT\*\*

Lab technician

*K. Sahoo*  
**Dr. Kundan Kumar Sahoo**  
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24025

Test Description	Value(s)	Reference Range	Unit
<b>Glucose, Fasting (FBS)</b>			
Glucose fasting Method : Fluoride Plasma-F, Hexokinase	81.37	75 - 115	mg/dL
<b>Glucose, Post Prandial (PP)</b>			
Blood Glucose-Post Prandial Method : Hexokinase	116.7	70 - 140	mg/dL
<b>BUN, Serum</b>			
BUN-Blood Urea Nitroge Method : Serum, Urease	16.4	10 - 50	mg/dL
<b>Creatinine</b>			
Creatinine Method : Serum, Jaffe	0.95	0.60 - 1.30	mg/dL
<b>Uric acid, Serum</b>			
Uric Acid Method : Uricase, Colorimetric	3.62	3.4 - 7.0	mg/dL
<b>Blood Group ABO &amp; Rh Typing, Blood</b>			
Blood Group (ABO typing) Method : Manual-Hemagglutination	"A"		
RhD Factor (Rh Typing) Method : Manual hemagglutination	Positive		

\*\*END OF REPORT\*\*

Lab technician

*[Signature]*  
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Test Description	Value(s)	Reference Range	Unit
------------------	----------	-----------------	------

**HbA1c, Glycosylated Hemoglobin**

<b>HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD</b>	5.14		%
<i>Method : (HPLC, NGSP certified)</i>			
Estimated Average Glucose :	100.82	-	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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**Collection Time :** 27/04/2024, 12:57 PM

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**Sample ID :**



Test Description	Value(s)	Reference Range	Unit
10	240		
11	269		
12	298		

**ESR, Erythrocyte Sedimentation Rate**

**ESR - Erythrocyte Sedimentation Rate**

9

0 - 20

mm/hr

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\*\*

Lab technician

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**Reporting Time :** 27/04/2024, 07:13 PM

**Sample ID :**



24025

Test Description	Value(s)	Reference Range	Unit
<b>Complete Blood Count</b>			
Hemoglobin (Hb)	<b>11.4</b>	12.0 - 15.0	gm/dL
Erythrocyte (RBC) Count	3.95	3.8 - 4.8	mil/cu.mm
Packed Cell Volume (PCV)	36.0	36 - 46	%
Mean Cell Volume (MCV)	91.14	83 - 101	fL
Mean Cell Haemoglobin (MCH)	28.86	27 - 32	pg
Mean Corpuscular Hb Conc. (MCHC)	31.67	31.5 - 34.5	g/dL
Red Cell Distribution Width (RDW)	12.4	11.6 - 14.0	%
Total Leucocytes (WBC) Count	5700	4000-10000	cell/cu.mm
Neutrophils	64	40 - 80	%
Lymphocytes	32	20 - 40	%
Monocytes	02	2 - 10	%
Eosinophils	02	1 - 6	%
Basophils	<b>00</b>	1-2	%
Platelet Count	171	150 - 410	10 <sup>3</sup> /ul
Mean Platelet Volume (MPV)	10.8	7.2 - 11.7	fL
PCT	<b>0.18</b>	0.2 - 0.5	%
PDW	<b>18.2</b>	9.0 - 17.0	%

\*\*END OF REPORT\*\*

Lab technician

*K. Sahoo*  
**Dr. Kundan Kumar Sahoo**  
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**Collection Time :** 27/04/2024, 12:57 PM

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**Sample ID :**



24025

Test Description	Value(s)	Reference Range	Unit
<b>Thyroid Profile ( T3, T4, TSH )</b>			
T3-Total Method : CLIA	1.23	0.87 - 2.73	ng/dL
T4-Total Method : CLIA	9.74	6.09 - 12.23	ug/dL
TSH-Ultrasensitive Method : CLIA	0.55	0.45 - 4.5	uIU/mL
		First Trimester : 0.1-2.5	
		Second Trimester : 0.2-3.0	
		Third trimester : 0.3-3.0	

**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 T3 level can be upto 25%.

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917 / NIBEDITA BEHERA / 39 Yrs / F / 158 Cms / 58 Kg Date: 27-Apr-2024 Refd By : MEDI-WHEEL Examined By:

Stage	Time	Duration	Speed(mph)	Elevation	METs	Rate	%THR	BP	RPP	PVC	Comments
Supine	00:25	0:25	00.0	00.0	01.0	079	44 %	127/82	100	00	
Standing	00:42	0:17	00.0	00.0	01.0	077	43 %	127/82	097	00	
HV	00:59	0:17	00.0	00.0	01.0	079	44 %	127/82	100	00	
ExStart	01:17	0:18	00.0	00.0	01.0	075	41 %	127/82	095	00	
BRUCE Stage 1	04:17	3:00	01.7	10.0	04.7	115	64 %	128/83	147	00	
BRUCE Stage 2	07:17	3:00	02.5	12.0	07.1	136	75 %	130/84	176	00	
PeakEx	08:20	1:03	03.4	14.0	08.2	155	86 %	130/84	201	00	
Recovery	08:50	0:30	01.1	00.0	04.2	137	76 %	130/84	178	00	
Recovery	09:20	1:00	01.1	00.0	01.2	127	70 %	129/83	163	00	
Recovery	11:20	3:00	00.0	00.0	01.0	093	51 %	128/83	119	00	
Recovery	13:26	5:06	00.0	00.0	01.0	091	50 %	127/82	115	00	

**FINDINGS :**

Exercise Time : 07:03  
 Initial HR (ExStrt) : 75 bpm 41% of Target: 181  
 Initial BP (ExStrt) : 127/82  
 Max WorkLoad Attained : 8.2 Fair response to induced stress  
 Max HR Attained : 155 bpm 86% of Target: 181  
 Max BP Attained : 130/84

Test End Reasons : Test Complete

**REPORT :**



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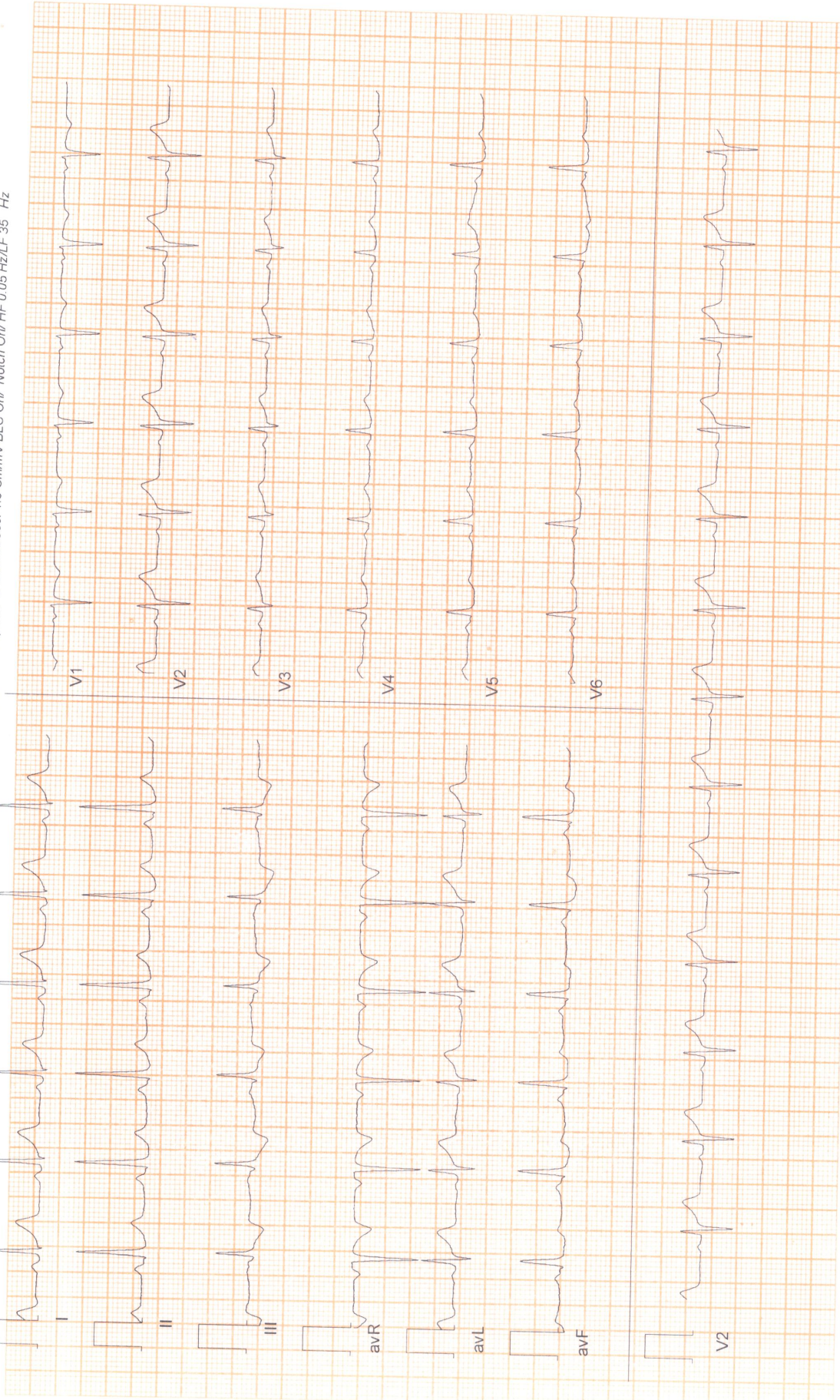
SAHIDNAGAR, BHUBANESWAR

917 / NIBEDITA BEHERA / 39 Yrs / Female / 158 Cm / 58 Kg

**6 x 2 + Rhythm**  
BRUCE:Supine(0:25)



Date: 27-04-2024 10:47:54 AM METs : 1.0 HR : 79 Target HR : 44% of 181 BP : 127/82  
ExTime : 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



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SAHIDNAGAR, BHUBANESWAR

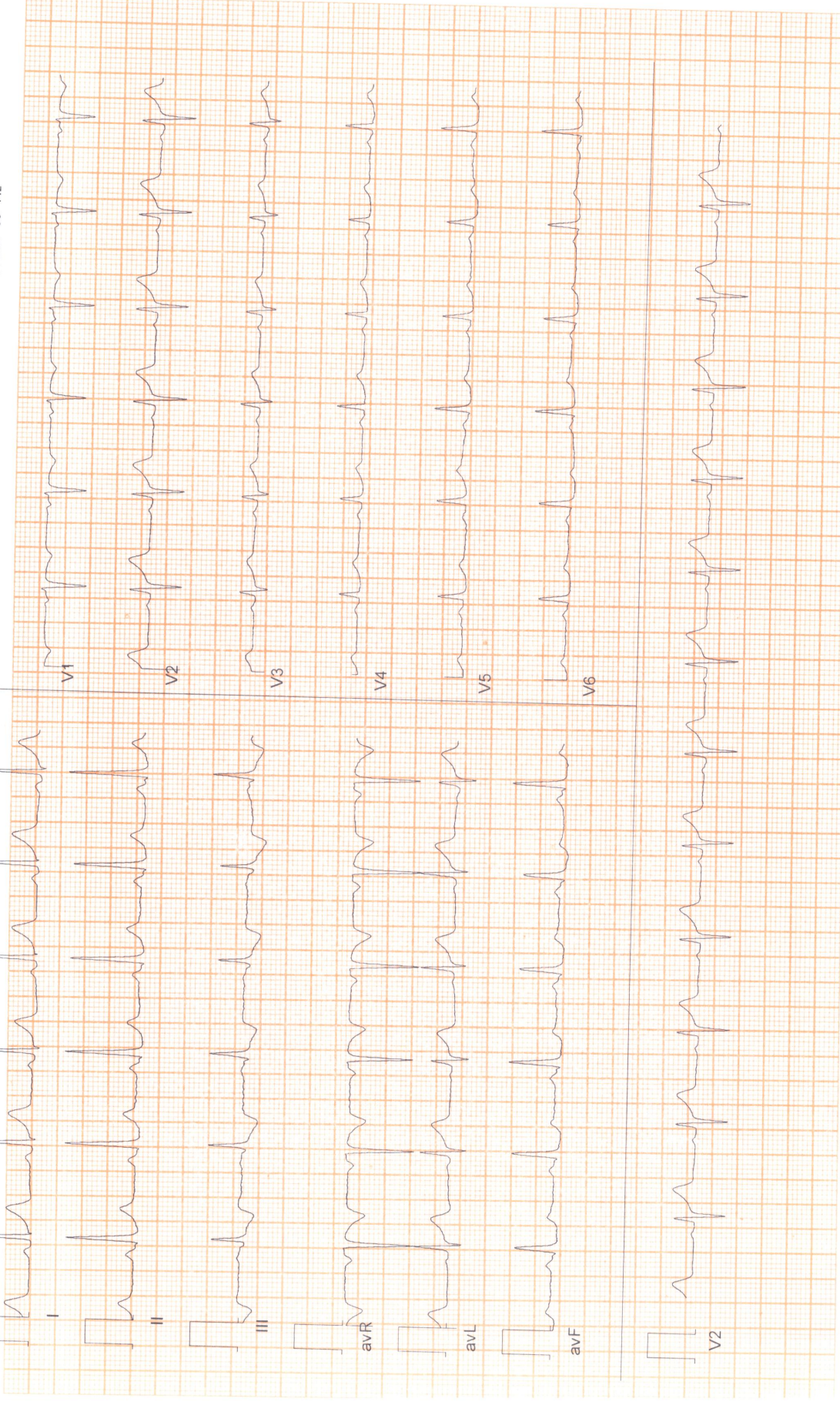
917 / NIBEDITA BEHERA / 39 Yrs / Female / 158 Cm / 58 Kg

**6 x 2 + Rhythm**  
BRUCE: Standing(0:17)



Date: 27-04-2024 10:47:54 AM METs: 1.0 HR: 77 Target HR | 43% of 181 BP | 127/82

ExTime: 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



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SAHIDNAGAR, BHUBANESWAR

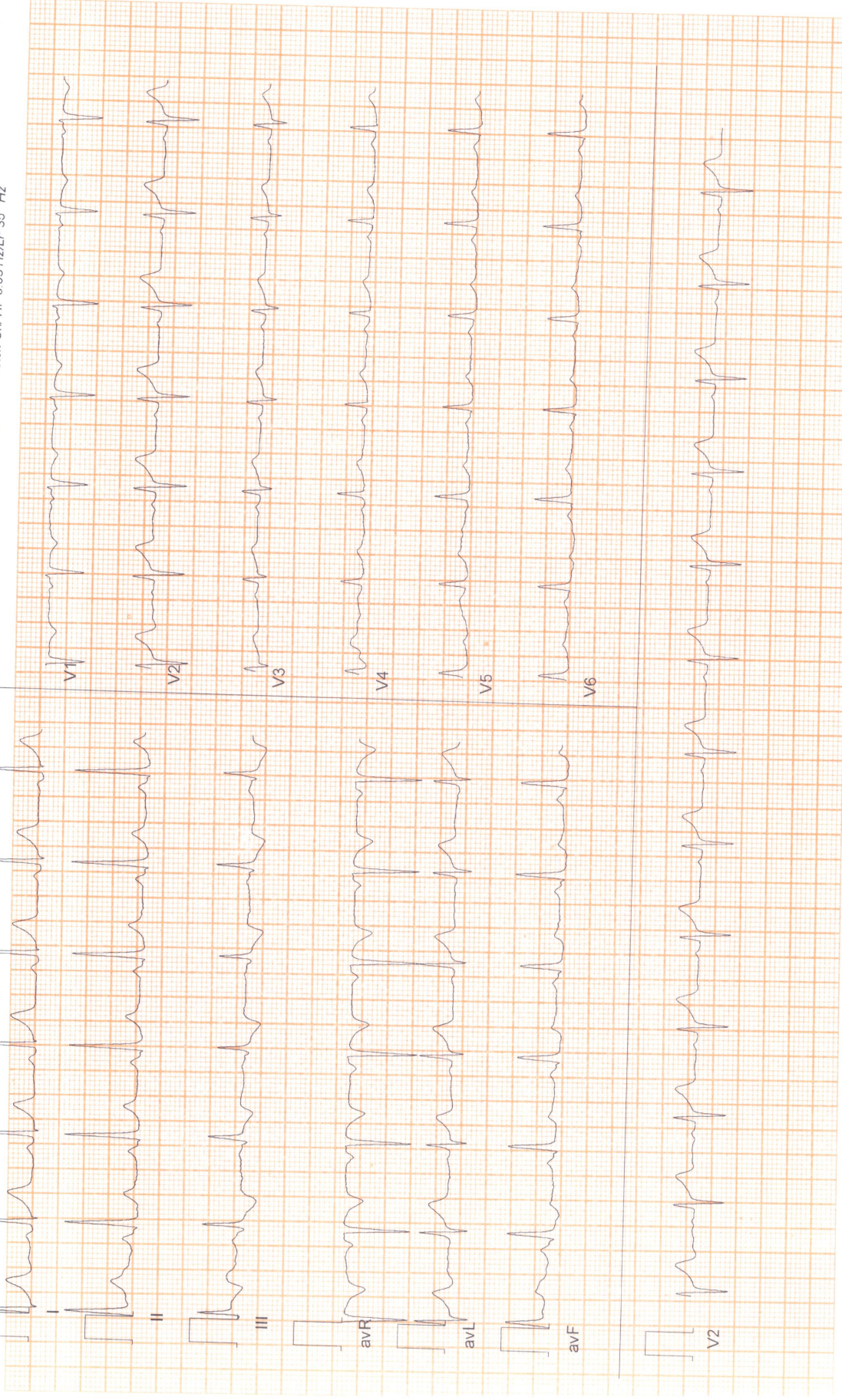
917 / NIBEDITA BEHERA / 39 Yrs / Female / 158 Cm / 58 Kg

**6 x 2 + Rhythm**  
BRUCE:HV(0:17)



Date: 27-04-2024 10:47:54 AM METs: 1.0 HR 179 Target HR 144% of 181 BP 127/82

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





**ZENA HEALTHCARE**

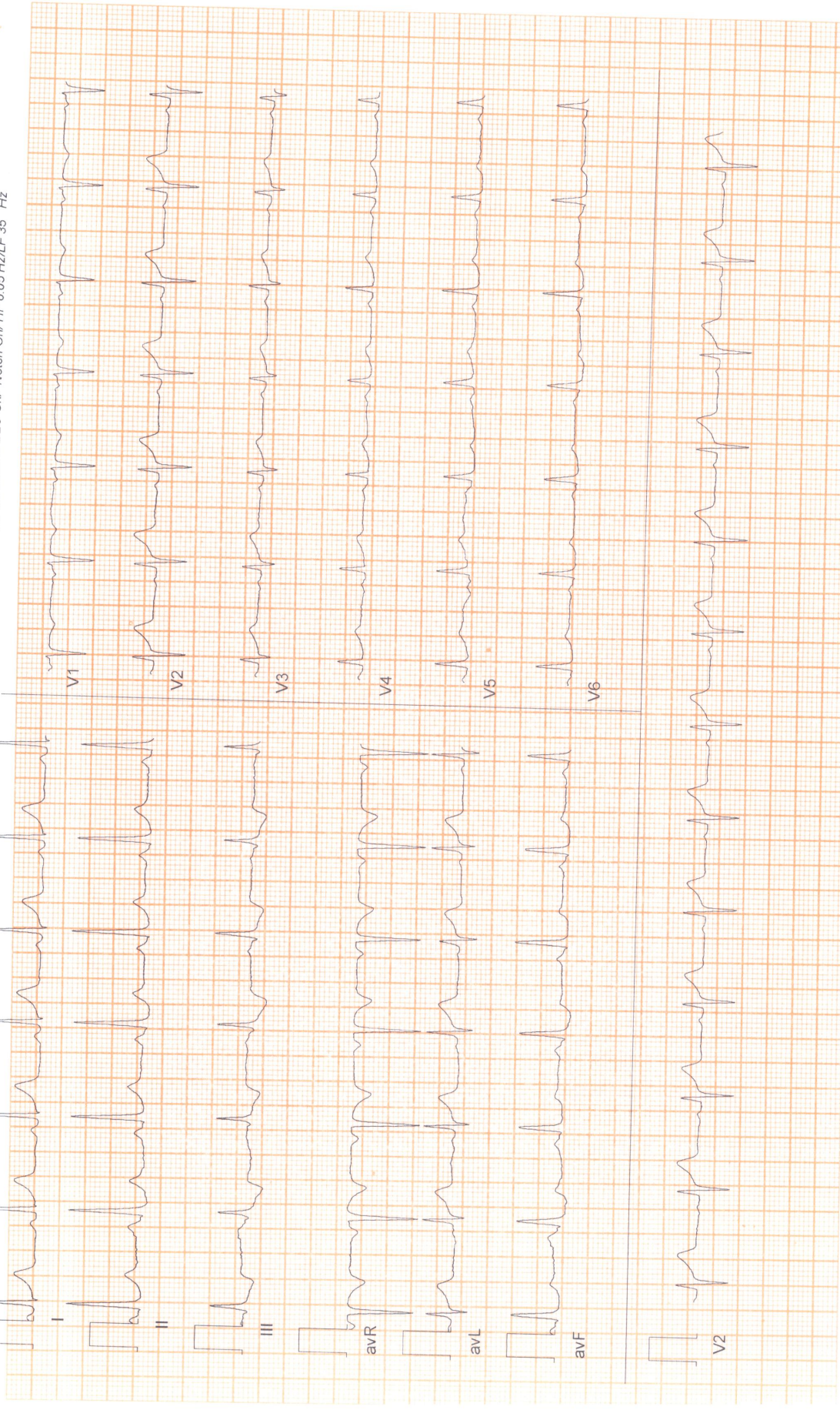
SAHIDNAGAR, BHUBANESWAR

917 / NIBEDITA BEHERA / 39 Yrs / Female / 158 Cm / 58 Kg

**6 x 2 + Rhythm**  
ExStart

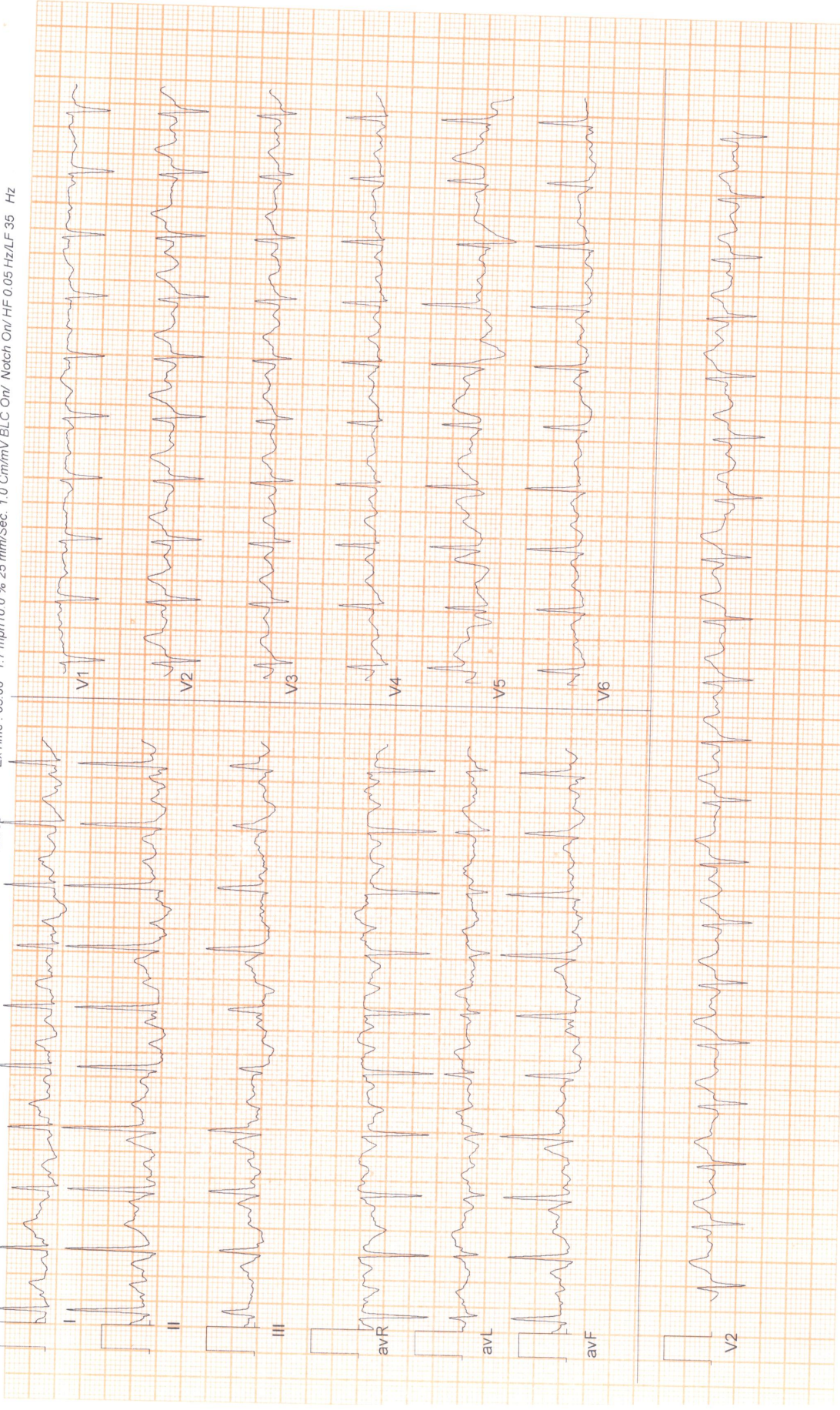


Date: 27-04-2024 10:47:54 AM METs : 1.0 HR : 75 Target HR : 41% of 181 BP : 127/82  
ExTime : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





Date: 27 - 04 - 2024 10:47:54 AM METs : 4.7 HR : 115 Target HR : 64% of 181 BP : 128/83  
Ex Time : 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



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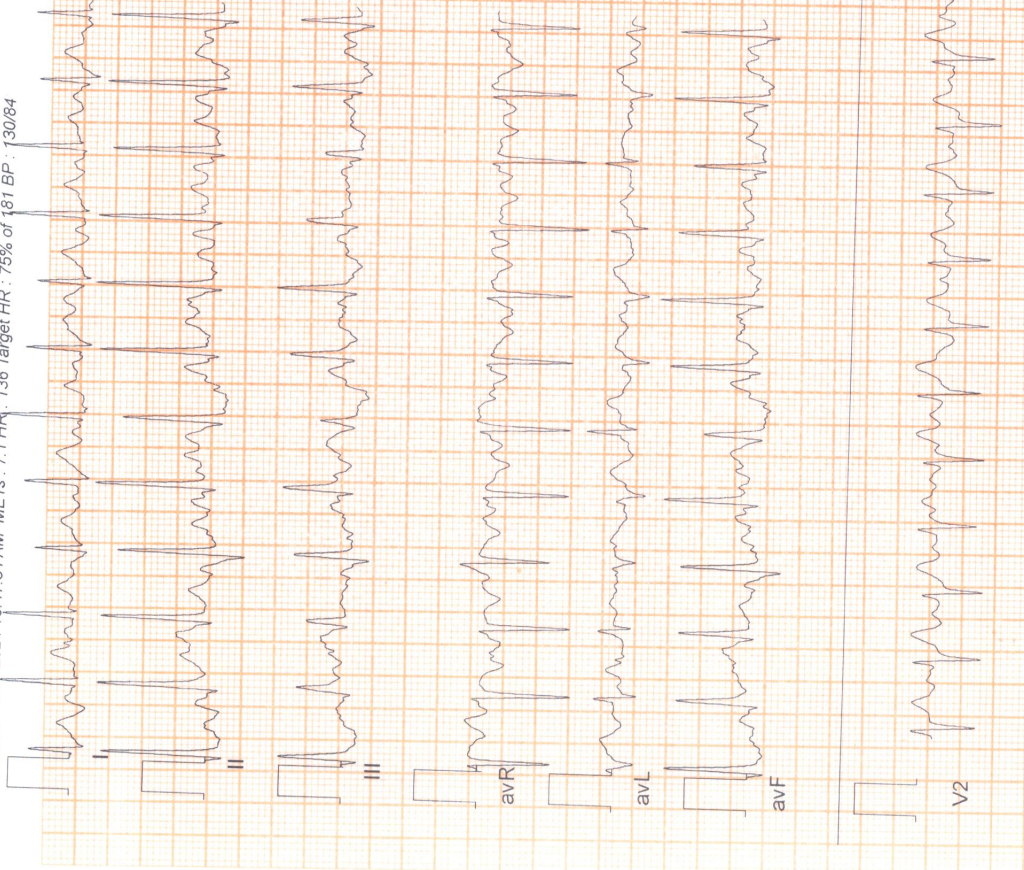
917 / NIBEDITA BEHERA / 39 Yrs / Female / 158 Cm / 58 Kg

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



Date: 27-04-2024 10:47:54 AM METs : 7.1 HR : 136 Target HR : 75% of 181 BP : 130/84

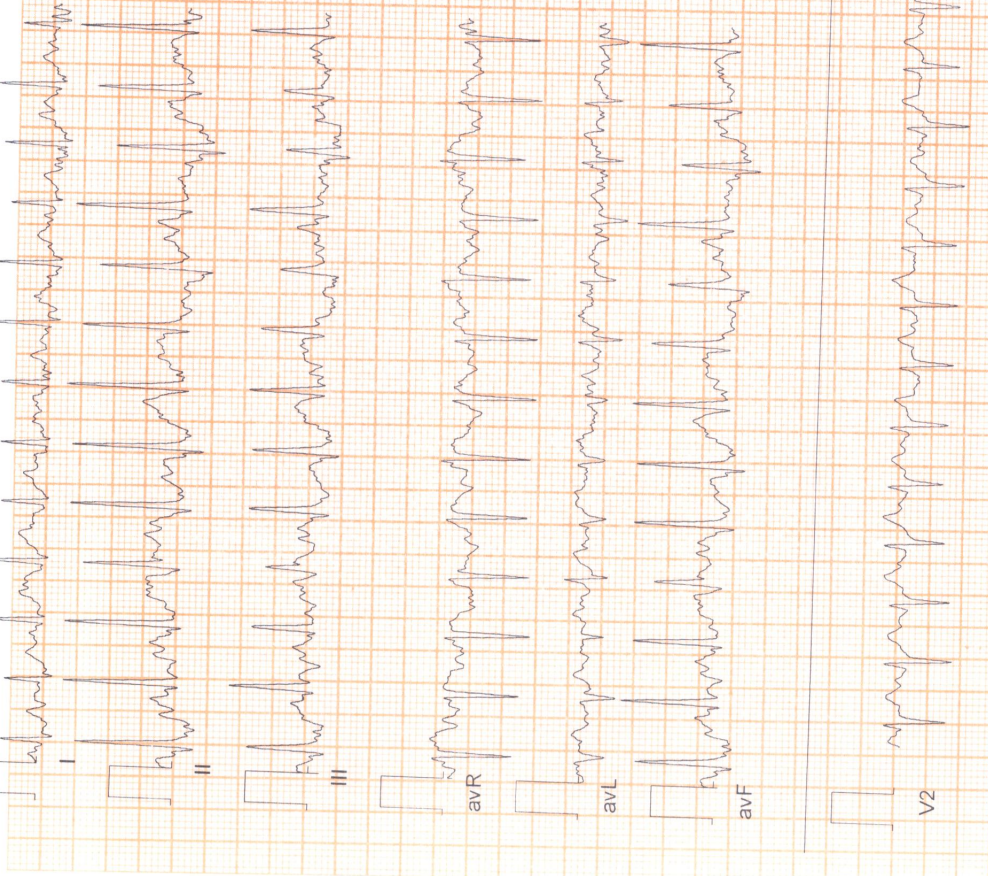
Ex Time : 06:00 2.5 mph/12.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/HF 0.05 Hz/LF 35 Hz





Date: 27-04-2024 10:47:54 AM METs : 8.2 HR : 155 Target HR : 86% of 181 BP : 130/84

Ex Time : 07:03 3.4 mph/4.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Natch On/ HF 0.05 Hz/LF 35 Hz



**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

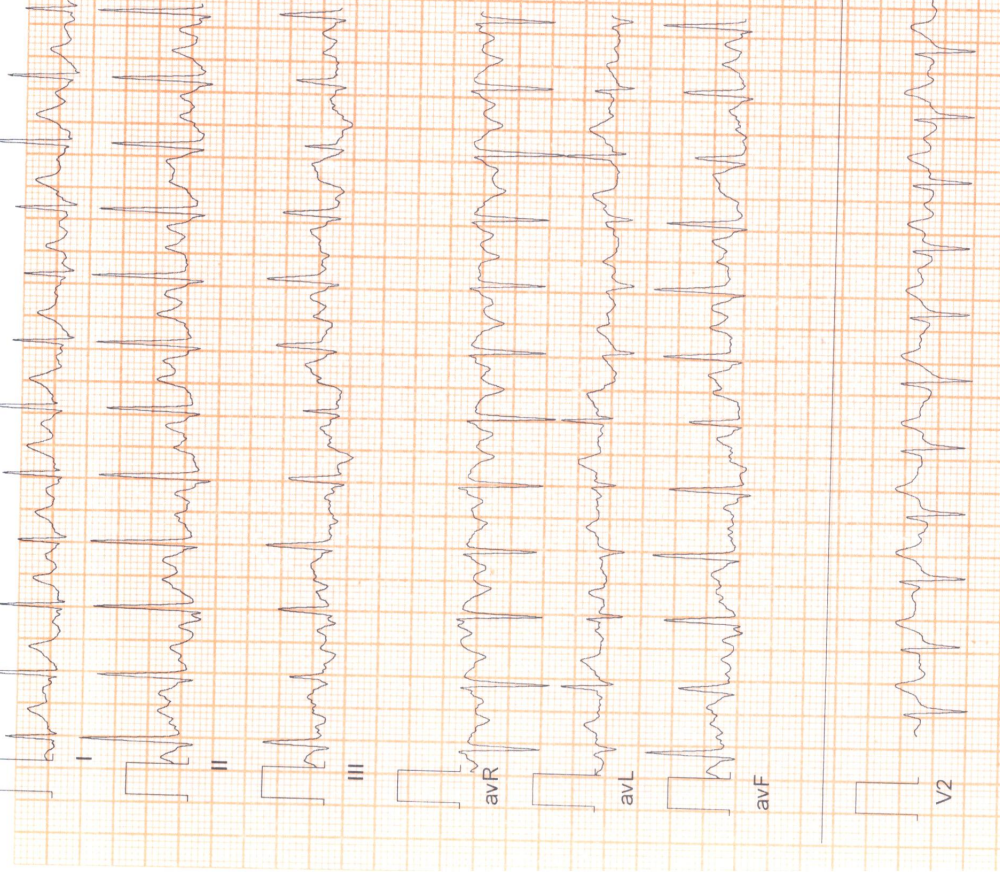
917 / NIBEDITA BEHERA / 39 Yrs / Female / 158 Cm / 58 Kg

**6 x 2 + Rhythm**  
Recovery(0:30)



Date: 27 - 04 - 2024 10:47:54 AM METs : 4.2 HR : 137 Target HR : 76% of 181 BP : 130/84

Ex Time : 07:03 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

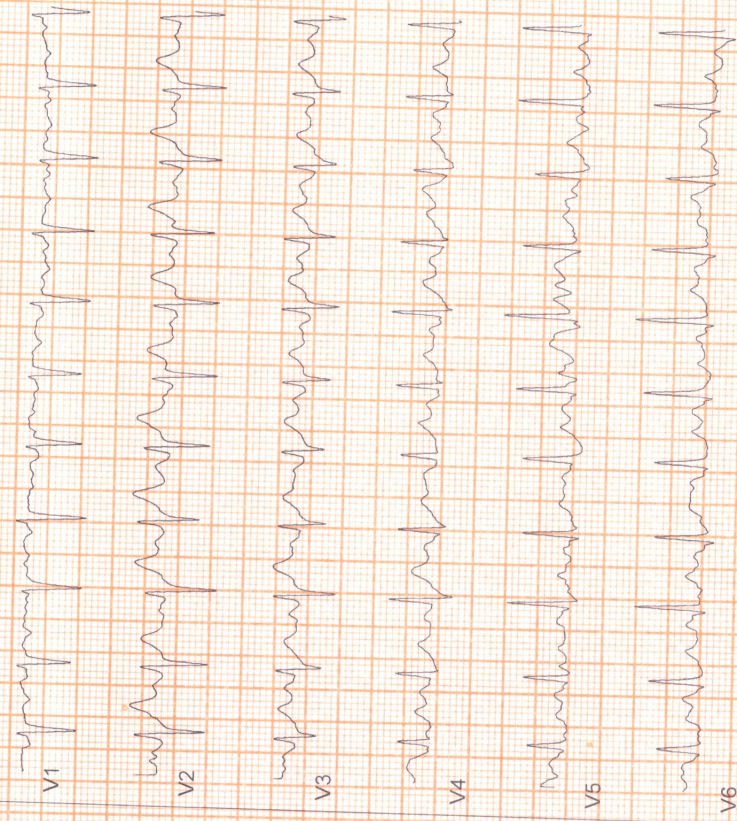
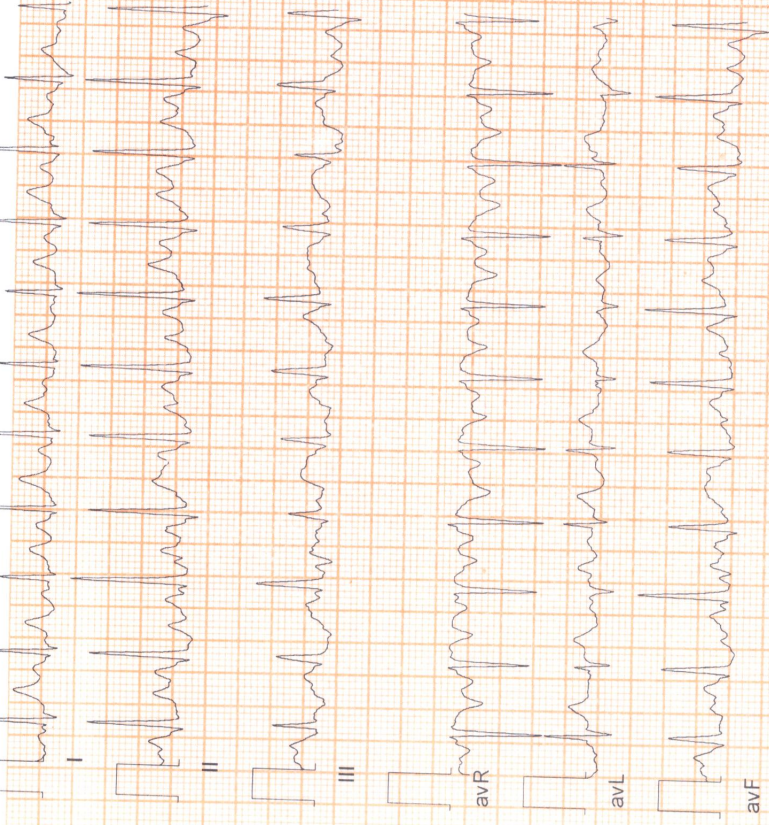
917 / NIBEDITA BEHERA / 39 Yrs / Female / 158 Cm / 58 Kg

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



Date: 27-04-2024 10:47:54 AM METs : 1.2 HR : 127 Target HR : 70% of 181 BP : 129/83

ExTime : 07:03 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

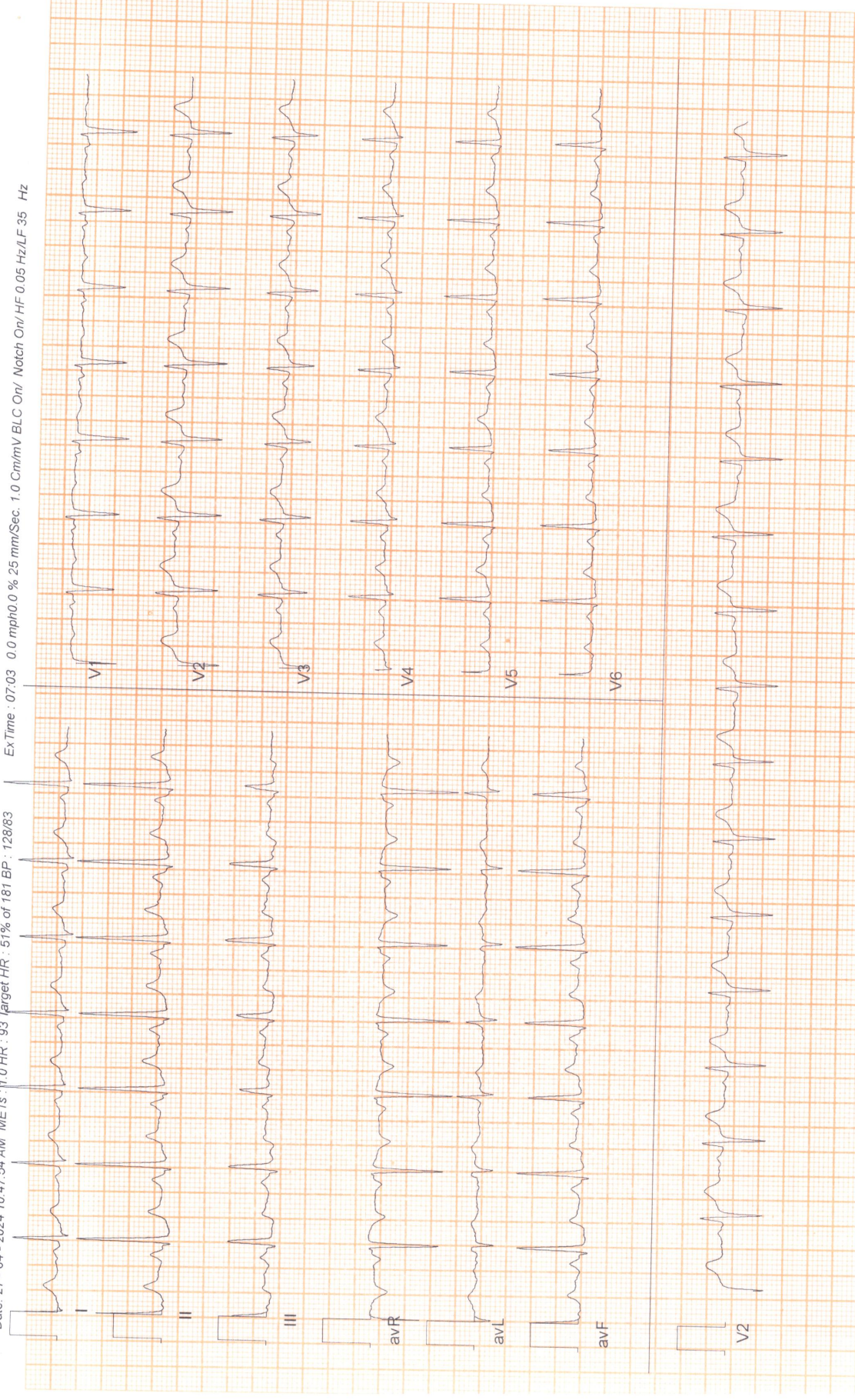
917 / NIBEDITA BEHERA / 39 Yrs / Female / 158 Cm / 58 Kg

**6 x 2 + Rhythm**  
Recovery(3:00)



Date: 27-04-2024 10:47:54 AM METs: 11.0 HR: 93 Target HR: 51% of 181 BP: 128/83

Ex Time: 07:03 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(5:06)



Date: 27 - 04 - 2024 10:47:54 AM METs : 1.0 HR : 91 Target HR : 50% of 181 BP : 127/82  
Ex Time : 07:03 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

