

DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Collected On : 24/06/2023 07:59 AM Received On : 24/06/2023 10:31 AM Reported On : 24/06/2023 10:51 AM

Barcode : 022306240325 Specimen : Whole Blood Consultant : Dr. Sharma Vasant Kumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 7204155803

HEMATOLOGY

Test	Result	Unit	Biological Reference Interval
COMPLETE BLOOD COUNT (CBC)			
Haemoglobin (Hb%) (Photometric Measurement)	13.5	g/dL	12.0-15.0
Red Blood Cell Count (Electrical Impedance)	4.87 H	million/ μ l	3.8-4.8
PCV (Packed Cell Volume) / Hematocrit (Calculated)	41.8	%	36.0-46.0
MCV (Mean Corpuscular Volume) (Derived)	86.0	fL	83.0-101.0
MCH (Mean Corpuscular Haemoglobin) (Calculated)	27.8	pg	27.0-32.0
MCHC (Mean Corpuscular Haemoglobin Concentration) (Calculated)	32.3	%	31.5-34.5
Red Cell Distribution Width (RDW) (Derived)	14.5 H	%	11.6-14.0
Platelet Count (Electrical Impedance Plus Microscopy)	279	$10^3/\mu$ L	150.0-450.0
Total Leucocyte Count(WBC) (Electrical Impedance)	7.8	$10^3/\mu$ L	4.0-10.0
DIFFERENTIAL COUNT (DC)			
Neutrophils (VCS Technology Plus Microscopy)	64.1	%	40.0-75.0
Lymphocytes (VCS Technology Plus Microscopy)	27.4	%	20.0-40.0
Monocytes (VCS Technology Plus Microscopy)	5.7	%	2.0-10.0
Eosinophils (VCS Technology Plus Microscopy)	2.6	%	1.0-6.0
Basophils (VCS Technology Plus Microscopy)	0.2	%	0.0-2.0

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

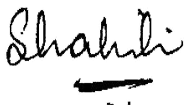
Absolute Neutrophil Count (Calculated)	5.0	$\times 10^3$ cells/ μ l	2.0-7.0
Absolute Lymphocyte Count (Calculated)	2.14	$\times 10^3$ cells/ μ l	1.0-3.0
Absolute Monocyte Count (Calculated)	0.45	$\times 10^3$ cells/ μ l	0.2-1.0
Absolute Eosinophil Count (Calculated)	0.21	$\times 10^3$ cells/ μ l	0.02-0.5
Absolute Basophil Count (Calculated)	0.02	-	-

As per the recommendation of International Council for Standardization in Hematology, the differential counts are additionally being reported as absolute numbers.

Interpretation Notes

- Haemoglobin , RBC Count and PCV: If below reference range, indicates Anemia. Further evaluation is suggested .
RBC Indices aid in typing of anemia.
WBC Count: If below reference range, susceptibility to infection.
If above reference range- Infection*
If very high in lakhs-Leukemia
Neutrophils -If above reference range-acute infection, mostly bacterial
Lymphocytes -If above reference range-chronic infection/ viral infection
Monocytes -If above reference range- TB,Typhoid,UTI
Eosinophils -If above reference range -Allergy,cough,Common cold,Asthma & worms
Basophils - If above reference range, Leukemia, allergy
Platelets: If below reference range- bleeding disorder, Dengue, drug- induced, malignancies
* In bacterial infection with fever total WBC count increases.
Eg Tonsillitis,Sinusitis,Bronchitis,Pneumonia,Appendicitis,UTI -12000-25000 cells/cumm.
In typhoid and viral fever WBC may be normal.
DISCLAIMER:All the laboratory findings should mandatorily interpreted in correlation with clinical findings by a medical expert.

--End of Report--



Dr. Shalini K S
DCP, DNB, Pathology
Consultant

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Collected On : 24/06/2023 07:59 AM Received On : 24/06/2023 10:31 AM Reported On : 24/06/2023 10:56 AM

Barcode : 012306240462 Specimen : Plasma Consultant : Dr. Sharma Vasant Kumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 7204155803

BIOCHEMISTRY

Test	Result	Unit	Biological Reference Interval
Fasting Blood Sugar (FBS) (Colorimetric - Glucose Oxidase Peroxidase)	95	mg/dL	70 to 99 : Normal 100 to 125 : Pre-diabetes =>126 : Diabetes ADA standards 2020

--End of Report--



Dr. Anushre Prasad
MBBS,MD, Biochemistry
Consultant Biochemistry



Mrs. Latha B S
MSc, Mphil, Biochemistry
Incharge, Consultant Biochemistry

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.
(Fasting Blood Sugar (FBS) -> Auto Authorized)



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Ms Ioana Coutinho MRN : 20100000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Collected On : 24/06/2023 07:59 AM Received On : 24/06/2023 10:25 AM Reported On : 24/06/2023 10:46 AM

Barcode : 032306240054 Specimen : Urine Consultant : Dr. Sharma Vasant Kumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 7204155803

CLINICAL PATHOLOGY

Test	Result	Unit
Urine For Sugar (Fasting) (Enzyme Method (GOD POD))	Not Present	-

--End of Report--

Hema S

Dr. Hema S
MD, DNB, Pathology
Associate Consultant

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Collected On : 24/06/2023 07:59 AM Received On : 24/06/2023 10:25 AM Reported On : 24/06/2023 11:38 AM

Barcode : 032306240054 Specimen : Urine Consultant : Dr. Sharma Vasant Kumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 7204155803

CLINICAL PATHOLOGY

Test	Result	Unit	Biological Reference Interval
------	--------	------	-------------------------------

URINE ROUTINE & MICROSCOPY**PHYSICAL EXAMINATION**

Colour	STRAW	-	-
Appearance	Clear	-	-

CHEMICAL EXAMINATION

pH(Reaction) (pH Indicator Method)	5.5	-	4.5-7.5
Sp. Gravity (Refractive Index)	1.012	-	1.002 - 1.030
Protein (Automated Protein Error Or Ph Indicator)	Not Present	-	Not Present
Urine Glucose (Enzyme Method (GOD POD))	Not Present	-	Not Present
Ketone Bodies (Nitroprusside Method)	Not Present	-	Not Present
Bile Salts (Azo Coupling Method)	Not Present	-	Not Present
Bile Pigment (Bilirubin) (Azo Coupling Method)	Not Present	-	Not Present
Urobilinogen (Azo Coupling Method)	Normal	-	Normal
Urine Leucocyte Esterase (Measurement Of Leukocyte Esterase Activity)	Not Present	-	Not Present
Blood Urine (Peroxidase Reaction)	Trace	-	Not Present
Nitrite (Gries Method)	Not Present	-	Not Present

MICROSCOPIC EXAMINATION

Pus Cells	1.5	/hpf	0-5
-----------	-----	------	-----

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

RBC	2.2	/hpf	0-4
Epithelial Cells	0.9	/hpf	0-6
Crystals	0.0	/hpf	0-2
Casts	0.00	/hpf	0-1
Bacteria	45.9	/hpf	0-200
Yeast Cells	0.3	/hpf	0-1
Mucus	Not Present	-	Not Present

Interpretation Notes

- Since the analytical methodology of Urine Microscopy is Flow cytometry based and FDA approved the results of automated urine microscopy which includes RBCs, WBCs Epithelial cells etc are being reported in decimal fraction. Rounding off the value to nearest whole number is suggested.

--End of Report--

Hema S

Dr. Hema S
MD, DNB, Pathology
Associate Consultant

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Collected On : 24/06/2023 07:59 AM Received On : 24/06/2023 10:31 AM Reported On : 24/06/2023 11:48 AM

Barcode : 022306240324 Specimen : Whole Blood - ESR Consultant : Dr. Sharma Vasant Kumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 7204155803

HEMATOLOGY

Test	Result	Unit	Biological Reference Interval
Erythrocyte Sedimentation Rate (ESR) (Westergren Method)	30 H	mm/1hr	0.0-12.0

Interpretation Notes

- ESR high - Infections, chronic disorders,, plasma cell dyscrasias.

DISCLAIMER:All the laboratory findings should mandatorily interpreted in correlation with clinical findings by a medical expert

--End of Report--

Dr. Shalini K S
DCP, DNB, Pathology
Consultant

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Collected On : 24/06/2023 11:09 AM Received On : 24/06/2023 01:13 PM Reported On : 24/06/2023 01:32 PM

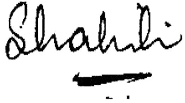
Barcode : 032306240244 Specimen : Urine Consultant : Dr. Sharma Vasant Kumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 7204155803

CLINICAL PATHOLOGY

Test	Result	Unit
Urine For Sugar (Post Prandial) (Enzyme Method (GOD POD))	Not Present	-

--End of Report--



Dr. Shalini K S
DCP, DNB, Pathology
Consultant

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Collected On : 24/06/2023 07:59 AM Received On : 24/06/2023 12:50 PM Reported On : 24/06/2023 02:40 PM

Barcode : 012306240463 Specimen : Whole Blood Consultant : Dr. Sharma Vasant Kumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 7204155803

BIOCHEMISTRY**Test Result Unit Biological Reference Interval****HBA1C**

HbA1c (HPLC NGSP Certified)	5.4	%	Normal: 4.0-5.6 Prediabetes: 5.7-6.4 Diabetes: => 6.5 ADA standards 2020
-----------------------------	-----	---	---

Estimated Average Glucose (Calculated)	108.29	-	-
--	--------	---	---

Interpretation:

- HbA1C above 6.5% can be used to diagnose diabetes provided the patient has symptoms. If the patient does not have symptoms with HbA1C>6.5%, repeat measurement on further sample. If the repeat test result is <6.5%, consider as diabetes high risk and repeat measurement after 6 months.
- HbA1C measurement is not appropriate in diagnosing diabetes in children, suspicion of type 1 diabetes, symptoms of diabetes for less than 2 months, pregnancy, hemoglobinopathies, medications that may result sudden increase in glucose, anemia, renal failure, HIV infection, malignancies, severe chronic hepatic, and renal disease.
- Any sample with >15% should be suspected of having a haemoglobin variant.

--End of Report--

Mrs. Latha B S
MSc, Mphil, Biochemistry
Incharge, Consultant Biochemistry

Dr. Anushre Prasad
MBBS,MD, Biochemistry
Consultant Biochemistry

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



MC-2688



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Collected On : 24/06/2023 07:59 AM Received On : 24/06/2023 10:41 AM Reported On : 24/06/2023 11:22 AM

Barcode : 1B2306240010 Specimen : Whole Blood Consultant : Dr. Sharma Vasant Kumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 7204155803

NARAYANA HRUDAYALAYA BLOOD CENTRE

Test	Result	Unit
BLOOD GROUP & RH TYPING		
Blood Group (Column Agglutination Technology)	A	-
RH Typing (Column Agglutination Technology)	Positive	-

--End of Report--

Dr. Prathip Kumar B R
MBBS,MD, Immunohaematology & Blood Transfusion
Consultant

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Ms Ioana Coutinho MRN : 20100000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Collected On : 24/06/2023 07:59 AM Received On : 24/06/2023 10:25 AM Reported On : 24/06/2023 10:46 AM

Barcode : 032306240054 Specimen : Urine Consultant : Dr. Sharma Vasant Kumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 7204155803

CLINICAL PATHOLOGY

Test	Result	Unit
Urine For Sugar (Fasting) (Enzyme Method (GOD POD))	Not Present	-

--End of Report--

Hema S

Dr. Hema S
MD, DNB, Pathology
Associate Consultant

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Collected On : 24/06/2023 07:59 AM Received On : 24/06/2023 10:25 AM Reported On : 24/06/2023 11:38 AM

Barcode : 032306240054 Specimen : Urine Consultant : Dr. Sharma Vasant Kumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 7204155803

CLINICAL PATHOLOGY

Test	Result	Unit	Biological Reference Interval
------	--------	------	-------------------------------

URINE ROUTINE & MICROSCOPY**PHYSICAL EXAMINATION**

Colour	STRAW	-	-
Appearance	Clear	-	-

CHEMICAL EXAMINATION

pH(Reaction) (pH Indicator Method)	5.5	-	4.5-7.5
Sp. Gravity (Refractive Index)	1.012	-	1.002 - 1.030
Protein (Automated Protein Error Or Ph Indicator)	Not Present	-	Not Present
Urine Glucose (Enzyme Method (GOD POD))	Not Present	-	Not Present
Ketone Bodies (Nitroprusside Method)	Not Present	-	Not Present
Bile Salts (Azo Coupling Method)	Not Present	-	Not Present
Bile Pigment (Bilirubin) (Azo Coupling Method)	Not Present	-	Not Present
Urobilinogen (Azo Coupling Method)	Normal	-	Normal
Urine Leucocyte Esterase (Measurement Of Leukocyte Esterase Activity)	Not Present	-	Not Present
Blood Urine (Peroxidase Reaction)	Trace	-	Not Present
Nitrite (Gries Method)	Not Present	-	Not Present

MICROSCOPIC EXAMINATION

Pus Cells	1.5	/hpf	0-5
-----------	-----	------	-----

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

RBC	2.2	/hpf	0-4
Epithelial Cells	0.9	/hpf	0-6
Crystals	0.0	/hpf	0-2
Casts	0.00	/hpf	0-1
Bacteria	45.9	/hpf	0-200
Yeast Cells	0.3	/hpf	0-1
Mucus	Not Present	-	Not Present

Interpretation Notes

- Since the analytical methodology of Urine Microscopy is Flow cytometry based and FDA approved the results of automated urine microscopy which includes RBCs, WBCs Epithelial cells etc are being reported in decimal fraction. Rounding off the value to nearest whole number is suggested.

--End of Report--

Hema S

Dr. Hema S
MD, DNB, Pathology
Associate Consultant

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Ms Ioana Coutinho MRN : 2010000021860 Gender/Age : FEMALE , 30y (04/11/1992)

Collected On : 24/06/2023 11:09 AM Received On : 24/06/2023 01:12 PM Reported On : 24/06/2023 02:05 PM

Barcode : 012306241258 Specimen : Plasma Consultant : Dr. Sharma Vasant Kumar(GENERAL MEDICINE)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 7204155803

BIOCHEMISTRY

Test	Result	Unit	Biological Reference Interval
Post Prandial Blood Sugar (PPBS) (Colorimetric - Glucose Oxidase Peroxidase)	78	mg/dL	70 to 139 : Normal 140 to 199 : Pre-diabetes =>200 : Diabetes ADA standards 2020

--End of Report--



Dr. Anushre Prasad
MBBS,MD, Biochemistry
Consultant Biochemistry



Mrs. Latha B S
MSc, Mphil, Biochemistry
Incharge, Consultant Biochemistry

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.

(Post Prandial Blood Sugar (PPBS) -> Auto Authorized)



7:35 AM

Please note the following health check-up booking summary on 24/06/2023

Customer Care :Mediwheel : New Delhi <customercare@mediwheel.in>

Fri 6/23/2023 9:05 AM

To:info Sarjapur <info.sarjapur@narayanahealth.org>

Attention: This email originated outside of Narayana Health domain. Links and attachments cannot be verified as authentic. Do not share personal/organisational data including passwords or act based on the content of the email, unless you have verified the authenticity of the sender and email address thoroughly.

Member Name	Mobile	Member Age	Package Name
liston selix mendonsa	8828068228	31	Mediwheel Metro Full Body Health Checkup Male Below 40
MS. COUTINHO IOANA AMBROSE	8828068228	28	Mediwheel Metro Full Body Health Checkup Female Below 40

Thanks & Regards



Mediwheel
...Your wellness partner

Arcofemi Health Care Ltd. | F-701 A, Lado Sarai, Mehrauli | New Delhi – 110 030

Ph No. 011-41195959

Email : customercare@mediwheel.in; | Web: www.mediwheel.in

Package Details

Patient Name : Ms Ioana Coutinho, 2010000021860, female, 30y 7m
Package Name : EHP Mediwheel Full Body Health checkup Below 40 Female
Start Date : 24/06/2023 07:36 **End Date :** 25/06/2023 07:36
Generated By: Bhuvaneshwari B C
Generated On : 24-06-2023 07:36

Service Name	Ordered Date	Service Center	Consultant	Qty	Explicit
PAP SMEAR	24/06/2023 07:36 AM	CYTOLOGY	Dr. Sharma Vasant Kumar	1	No
CONSULTATION - FIRST VISIT	24/06/2023 07:36 AM	OPD-2F	Dr. Sharma Vasant Kumar	1	No
CONSULTATION - FIRST VISIT	24/06/2023 07:36 AM	OPD-2F	Dr. Dhivya Chandrasekar	1	No
USG ABDOMEN	24/06/2023 07:36 AM	ULTRA SOUND-2F	Dr. Sharma Vasant Kumar	1	No
ECHO COLOR DOPPLER	24/06/2023 07:36 AM	ECHO-2F	Dr. Sharma Vasant Kumar	1	No
XRAY CHEST PA	24/06/2023 07:36 AM	X-RAY	Dr. Sharma Vasant Kumar	1	No
TREADMILL TEST	24/06/2023 07:36 AM	OPD-2F	Dr. Sharma Vasant Kumar	1	No
ECG	24/06/2023 07:36 AM	OPD-2F	Dr. Sharma Vasant Kumar	1	No
BLOOD UREA NITROGEN (BUN)	24/06/2023 07:36 AM	BIOCHEMISTRY	Dr. Sharma Vasant Kumar	1	No
URIC ACID	24/06/2023 07:36 AM	BIOCHEMISTRY	Dr. Sharma Vasant Kumar	1	No
LIVER FUNCTION TEST (LFT)	24/06/2023 07:36 AM	BIOCHEMISTRY	Dr. Sharma Vasant Kumar	1	No
SERUM CREATININE	24/06/2023 07:36 AM	BIOCHEMISTRY	Dr. Sharma Vasant Kumar	1	No
THYROID PROFILE (T3, T4, TSH)	24/06/2023 07:36 AM	BIOCHEMISTRY	Dr. Sharma Vasant Kumar	1	No
LIPID PROFILE (CHOL, TRIG, HDL, LDL, VLDL)	24/06/2023 07:36 AM	BIOCHEMISTRY	Dr. Sharma Vasant Kumar	1	No
HBA1C	24/06/2023 07:36 AM	BIOCHEMISTRY	Dr. Sharma Vasant Kumar	1	No
URINE FOR SUGAR (FASTING)	24/06/2023 07:36 AM	CLINICAL PATHOLOGY	Dr. Sharma Vasant Kumar	1	No
URINE FOR SUGAR (POST PRANDIAL)	24/06/2023 07:36 AM	CLINICAL PATHOLOGY	Dr. Sharma Vasant Kumar	1	No
FASTING BLOOD SUGAR (FBS)	24/06/2023 07:36 AM	BIOCHEMISTRY	Dr. Sharma Vasant Kumar	1	No
POST PRANDIAL BLOOD SUGAR (PPBS)	24/06/2023 07:36 AM	BIOCHEMISTRY	Dr. Sharma Vasant Kumar	1	No
BLOOD GROUP & RH TYPING	24/06/2023 07:36 AM	NARAYANA HRUDAYALAYA BLOOD CENTRE	Dr. Sharma Vasant Kumar	1	No
STOOL ROUTINE EXAMINATION	24/06/2023 07:36 AM	CLINICAL PATHOLOGY	Dr. Sharma Vasant Kumar	1	No
URINE ROUTINE & MICROSCOPY	24/06/2023 07:36 AM	CLINICAL PATHOLOGY	Dr. Sharma Vasant Kumar	1	No

Eye

1.65 - 5m

607 - 2A

18 cm

Narayana Clinic
 (A Unit of NH Integrated Care Pvt Ltd)
 Above HFC Bank, 8/3, Doddaballapur
 Sarjapura Main Rd, Varthur Hobli, Bangalore-560035
 Phone : 88844 31319

Employee Name	Joana Coutinho
---------------	----------------

Employee ID	64771/ 1302 40656
-------------	-------------------

Age	30 y
-----	------

Gender	female
--------	--------

Date	24/6/23
------	---------

Name of center	NH SARIAPUR
----------------	-------------

City	Bangalore
------	-----------

BASIC PARAMETERS:

Height (in mts)	164 CM
Weight (in Kgs)	59 kg
BMI	

Waist circumference (in cms)	81 CM
Hip circumference (in cms)	90 CM
Waist-to-hip ratio	

Systolic BP	100/60
Diastolic BP	

Narayana Clinic
(A Unit of Nri Integrated Care Pvt Ltd)
Above HDFC Bank, 83/3, Doddakannelli
Sariapur, M. Rd, Varthur Hobli, Bangalore-560035
Phone : 88844 31319

12-Lead Report

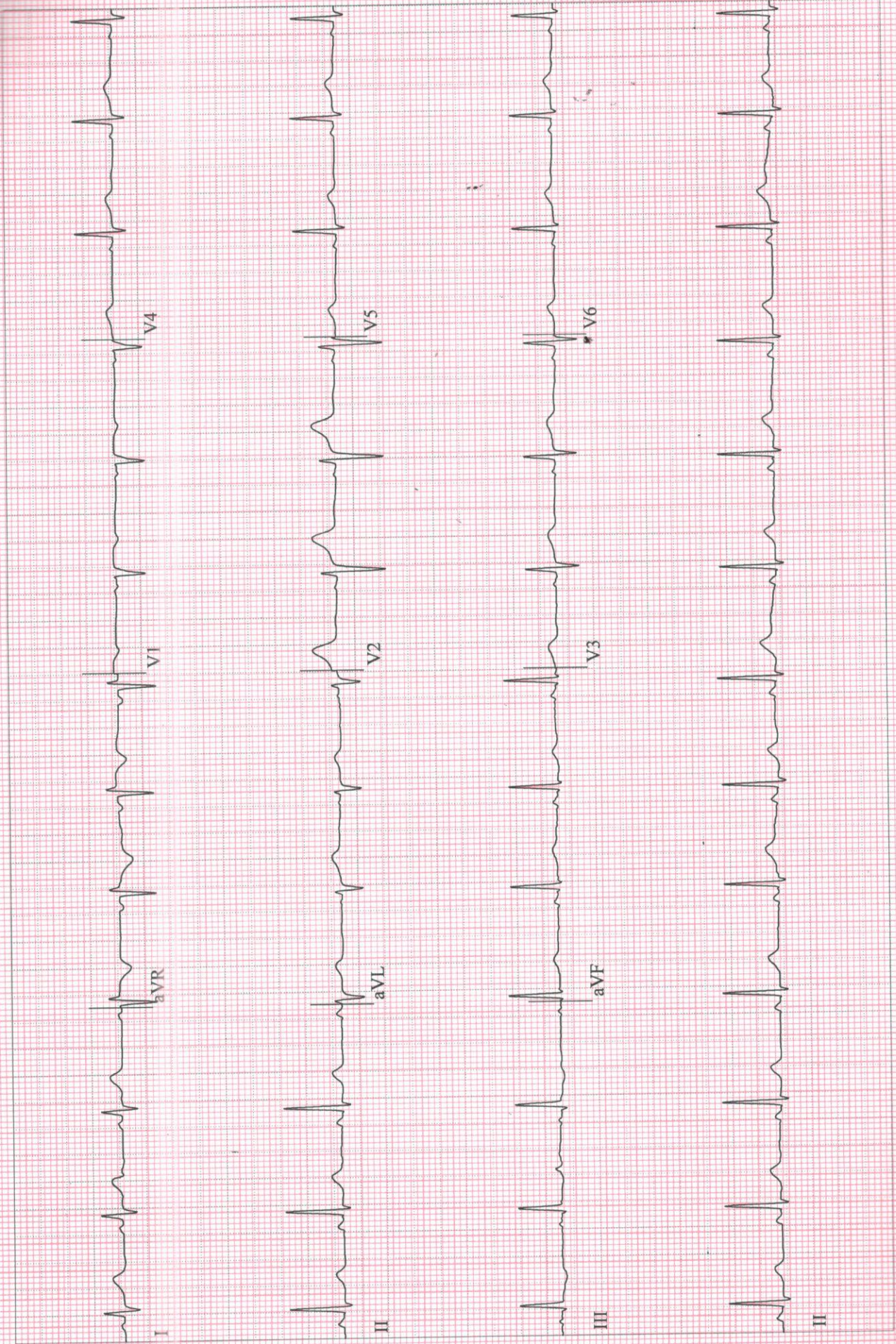
JOANA COUTINHO,

Patient ID 201-21860

06.2023

09:25am

77 bpm



SHARDA MULY SPECIALITY CLINIC
PAPER ROAD
MANGALORE

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: MS IOANA COUTINHO,
Patient ID: 201-21860
Height: 164 cm
Weight: 59 kg

DOB: 04.11.1992
Age: 30yrs
Gender: Female
Race: Indian

Study Date: 24.06.2023
Test Type: Treadmill Stress Test
Protocol: BRUCE

Referring Physician: EHC
Attending Physician: EHC
Technician: CHANDANA V

Medications:
--

Medical History:
NIL

Reason for Exercise Test:
Screening for CAD

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	01:01	0.00	0.00	109	100/60	
EXERCISE	STAGE 1	03:00	2.70	10.00	129	110/60	
	STAGE 2	03:00	4.00	12.00	150	120/60	
	STAGE 3	01:04			169		
RECOVERY		05:05	0.00	0.00	108	100/60	

The patient exercised according to the BRUCE for 7:03 min:s, achieving a work level of Max. METS: 10.00. The resting heart rate of 90 bpm rose to a maximal heart rate of 171 bpm. This value represents 90 % of the maximal, age-predicted heart rate. The resting blood pressure of 100/60 mmHg, rose to a maximum blood pressure of 120/60 mmHg. The exercise test was stopped due to Fatigue.

Interpretation

Summary: Resting ECG: normal.
Functional Capacity: normal.
HR Response to Exercise: appropriate.
BP Response to Exercise: normal resting BP - appropriate response.
Chest Pain: none.
Arrhythmias: none.
ST Changes: none.
Overall impression: Normal stress test.

Conclusions

GOOD EFFORT TOLERANCE
NO SIGNIFICANT ST CHANGES NOTED
STRESS TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA

Physician _____ Technician Chandana V

SIOANA COUTINHO,
Patient ID 201-21860
.06.2023
:40:13am

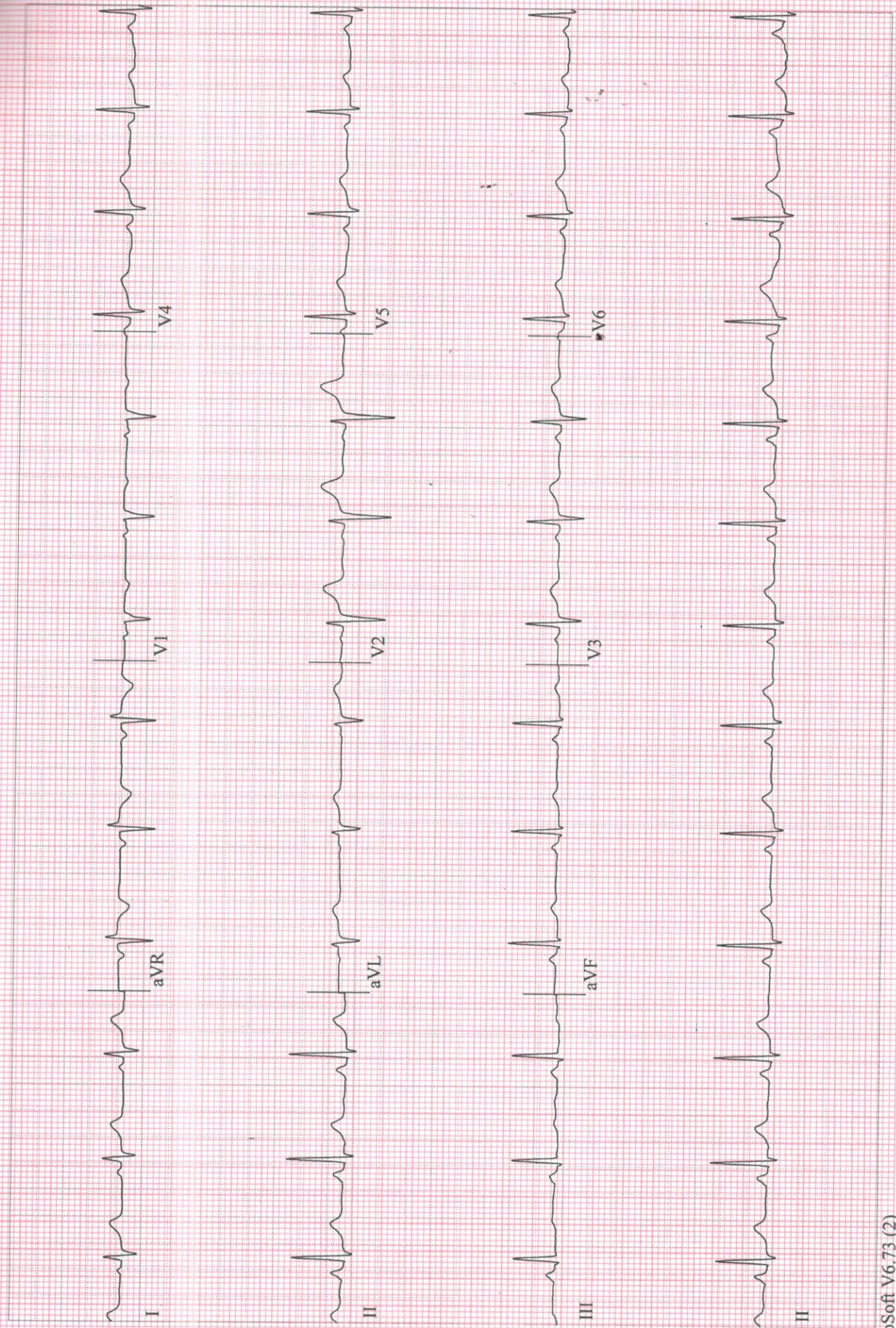
12-Lead Report

BRUCE
0.0 km/h
0.0 %

PRETEST
SUPINE
00:16

80 bpm
100/60 mmHg

NARAYANA MULIYIL



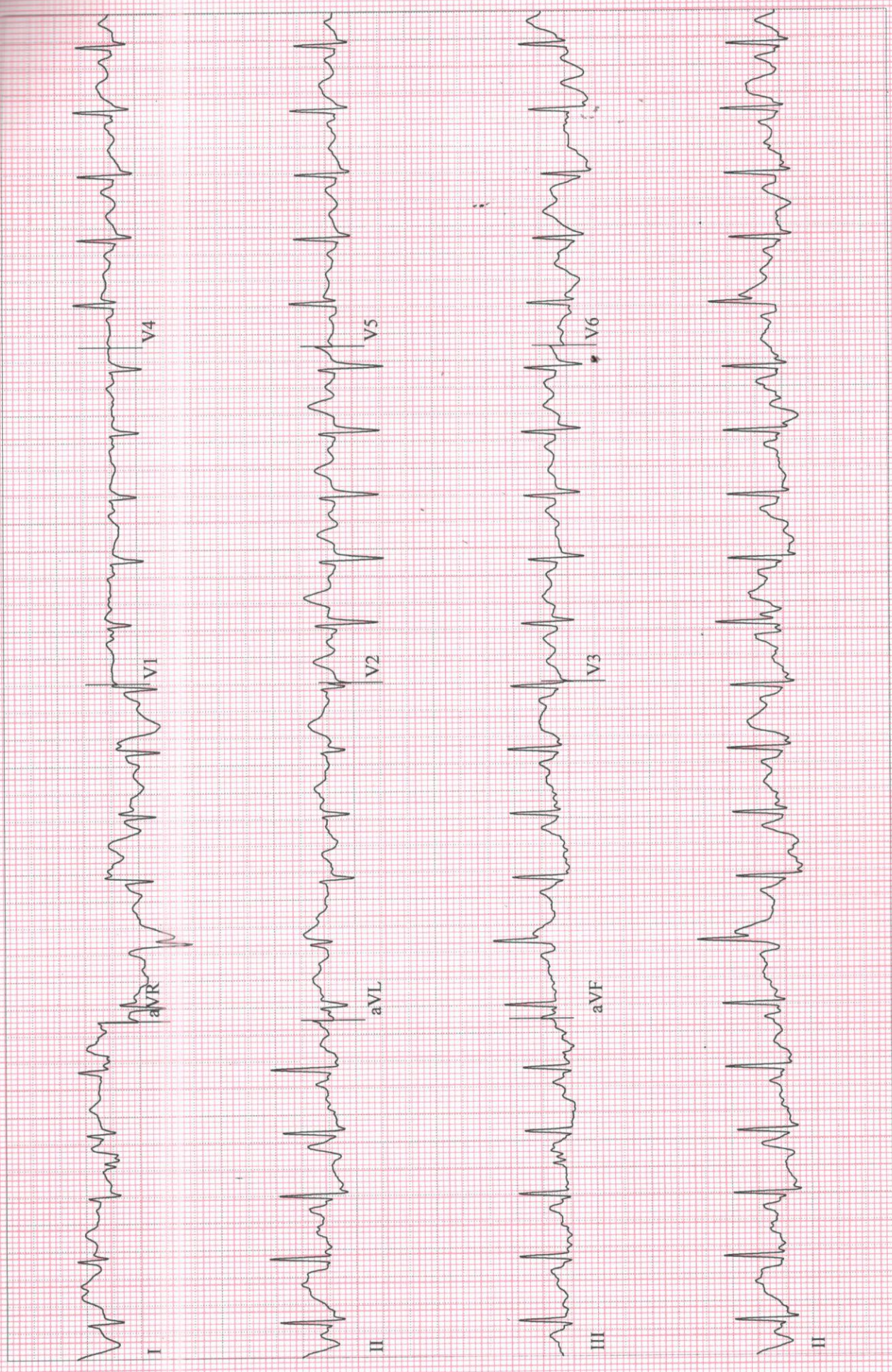
12-Lead Report

S. IOANA COUTINHO,
Patient ID: 201-21860
1.06.2023
07:43:56am

BRUCE
2.7 km/h
10.0 %

EXERCISE
STAGE 1
02:59

129 bpm
110/60 mmHg



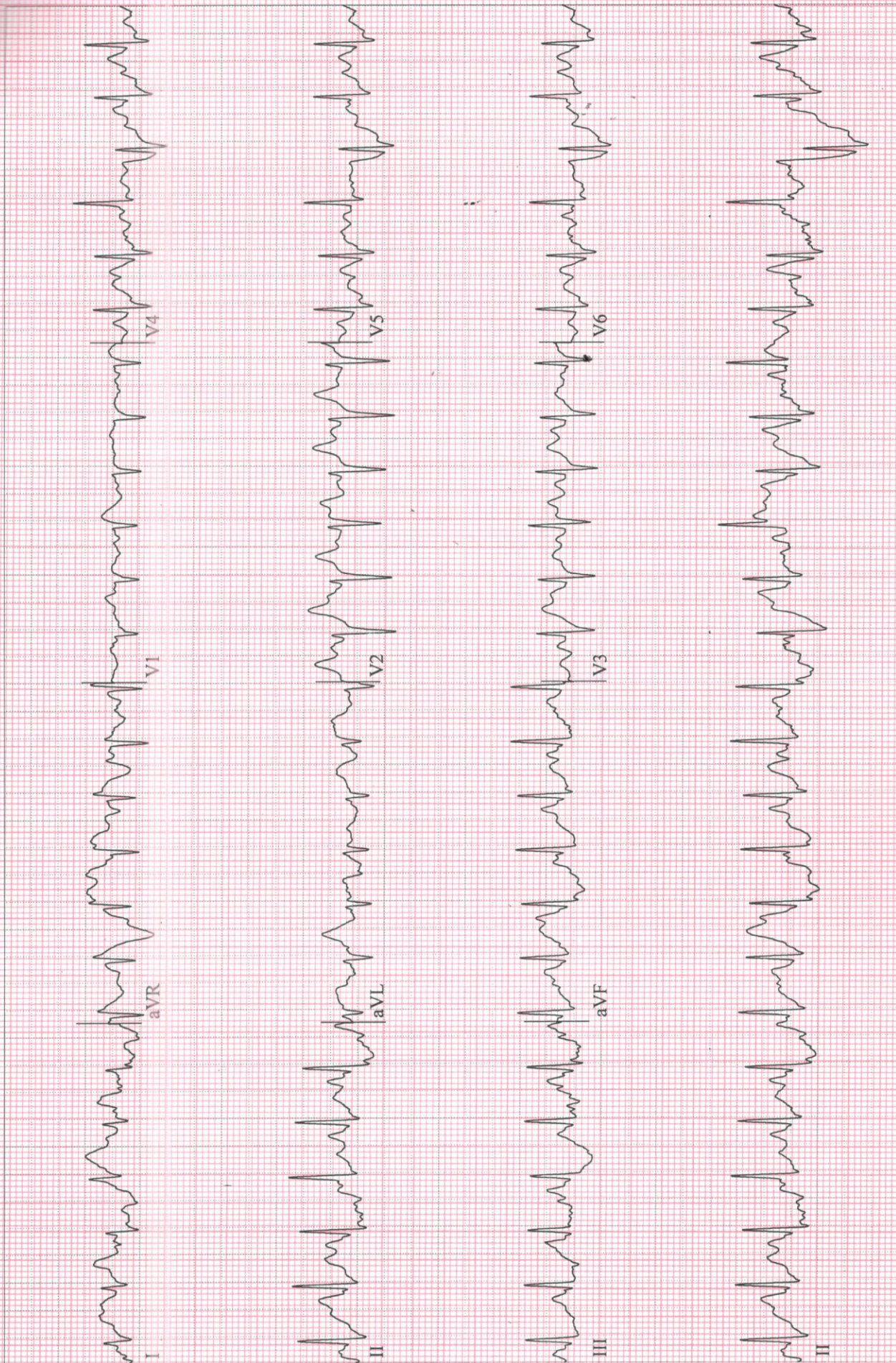
MS IOANA COUTINHO,
Patient ID 201-21860
4.06.2023
0:46:57am

12-Lead Report
EXERCISE
STAGE 3
06:01

150 bpm
120/60 mmHg

BRUCE
5.4 km/h
12.0 %

NARAYANA MULY SPECIALIST



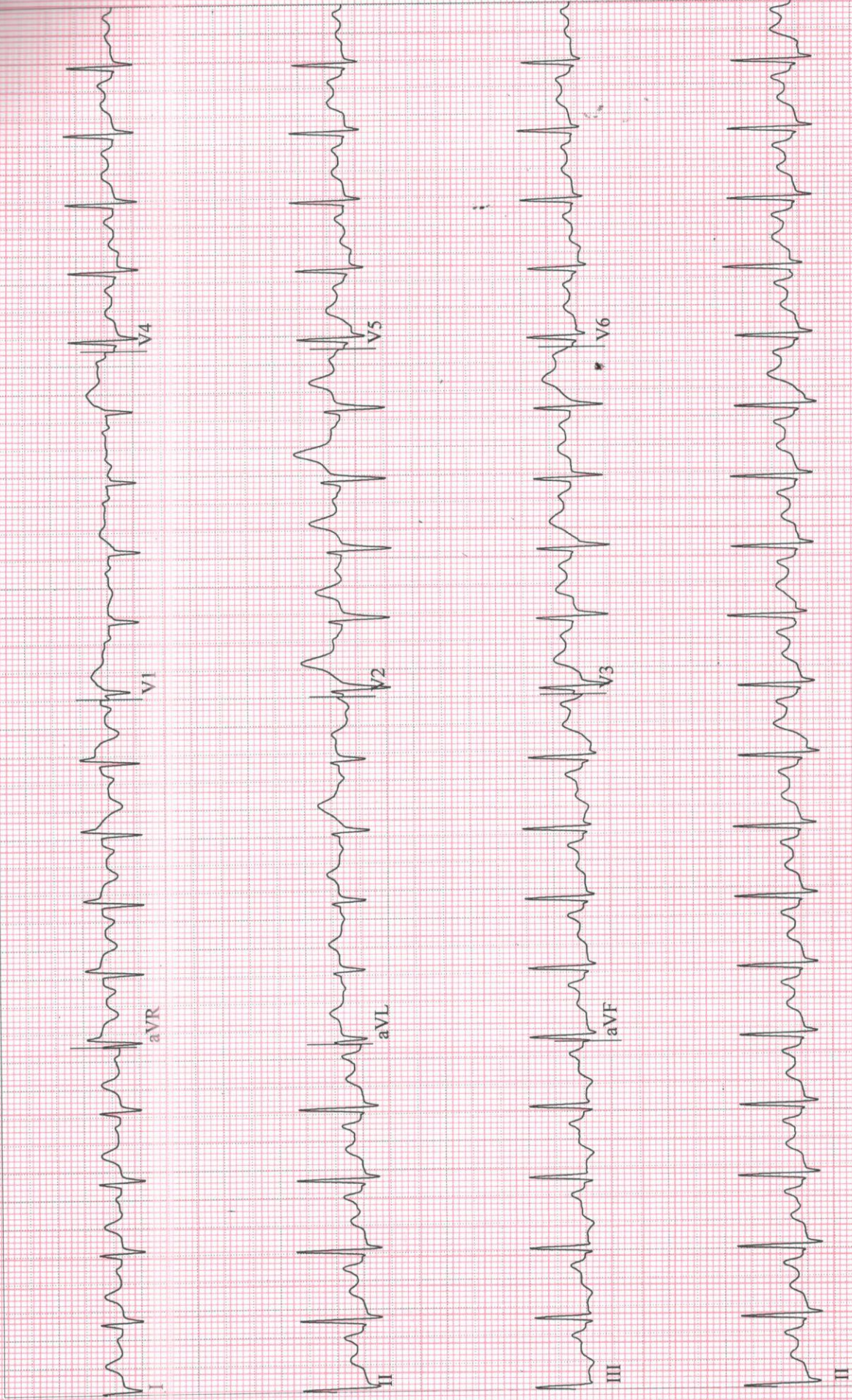
12-Lead Report

BRUCE
0.0 km/h
0.0 %

RECOVERY
#1
03:24

120 bpm

SS IOANA COUTINHO,
Patient ID 201-21860
4.06.2023
10:51:24am



MS IOANA COUTINHO,
Patient ID 201-21860
24.06.2023
10:53:03am

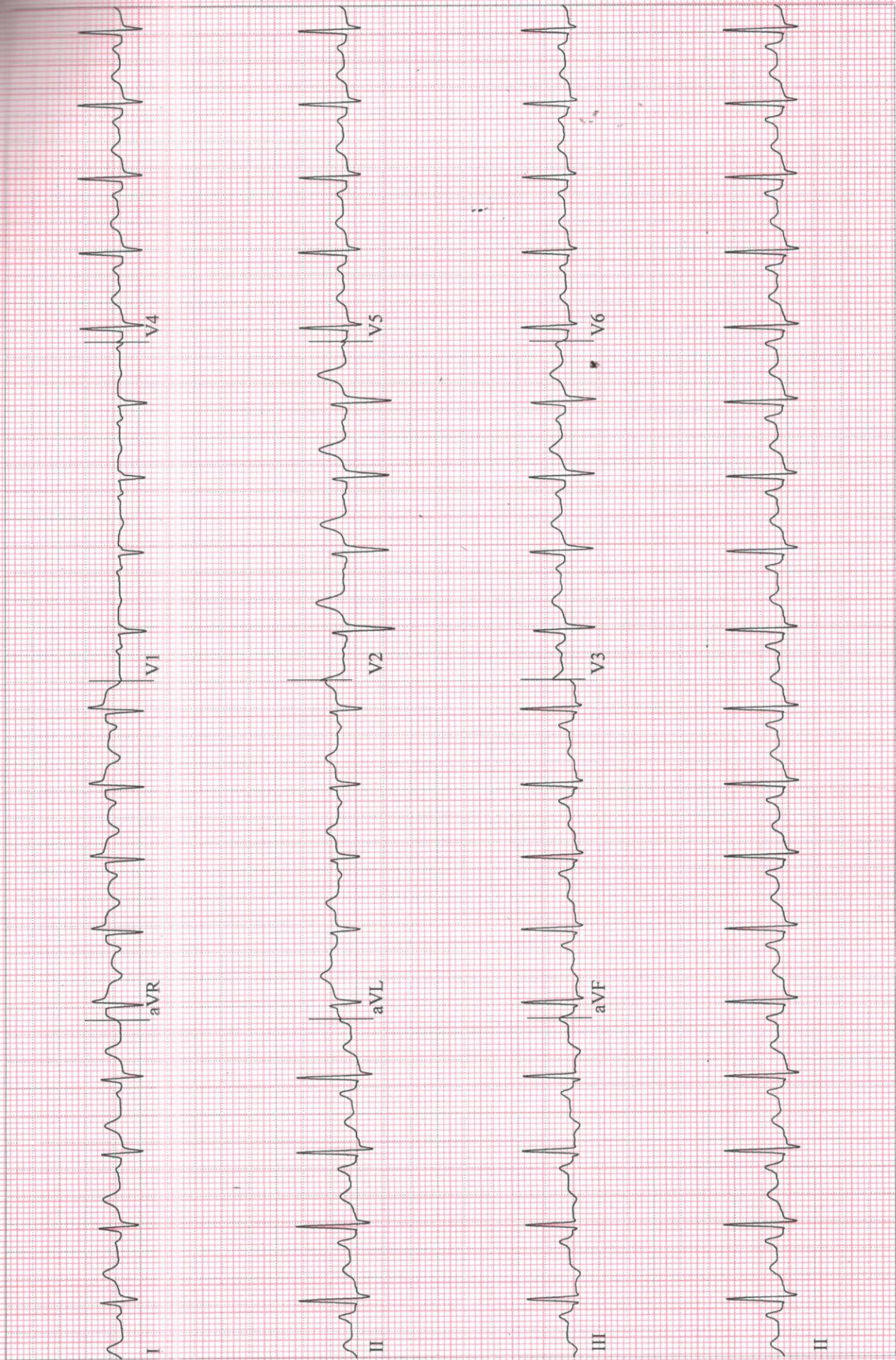
12-Lead Report

BRUCE
0.0 km/h
0.0 %

RECOVERY
#1
05:03

109 bpm
100/60 mmHg

NAKAYAMA MHI



Patient Name : Mrs. IOANA COUTINHO

Patient ID : 201-21860

Age : 30 Years

Sex : Female

Referring Doctor : PKG

Date : 24.06.2023

ULTRASOUND ABDOMEN AND PELVIS

FINDINGS:

Liver is normal in size (13cm) and echopattern. No intra or extra hepatic biliary duct dilatation. No focal lesions.

Portal vein is normal in size, course and caliber. **CBD** is not dilated.

Gall bladder is normal without evidence of calculi, wall thickening or pericholecystic fluid.

Pancreas to the extent visualized, appears normal in size, contour and echogenicity

Spleen is normal in size (8.2cm), shape, contour and echopattern. No evidence of mass or focal lesions.

Right Kidney is normal in size (measures 9 cm in length & 0.9 cm in parenchymal thickness), position, shape and echopattern. Corticomedullary differentiation is maintained. No evidence of calculi or hydronephrosis. mild calyectasis.

Left Kidney is normal in size (measures 10.6cm in length & 1.1cm in parenchymal thickness), position, shape and echopattern. Corticomedullary differentiation is maintained. No evidence of calculi or hydronephrosis.

Retroperitoneum – Obscured by bowel gas.

Urinary Bladder is well distended. **Diffuse Wall thickening with internal echoes.** No evidence of calculi, mass or mural lesion.

Uterus is anteverted and normal in size, measures 6.7 X 4.1 X 3.5cm. Myometrial and endometrial echoes are normal. **Endometrium** measures –5.5 mm. Endometrial cavity is empty.

Right ovary: there is a large well defined isoechoic lesion with internal echoes , and septations with posterior acoustic enhancement , measuring 4.2 cm. There is peripheral vascularity . right ovary is seen separately 8.2x 5.2 x 8cm (vol- 179ml) is measures 2.7 X 2 cm.

Left ovary: measures 2.2 x 1.6 cm.


There is no ascites or pleural effusion.

IMPRESSION:

- **CYTITIS.**
- **Right adnexal complex multilocular cystic lesion , could represent Tubo-ovarian cyst/ abscess.**

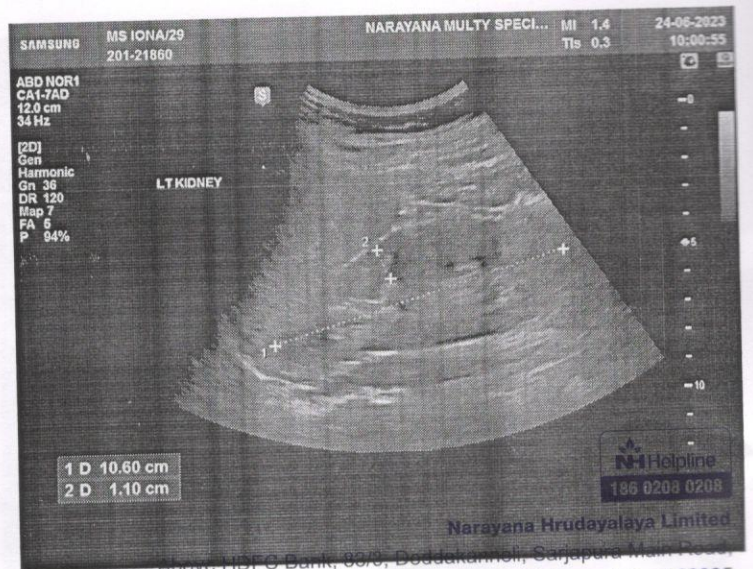
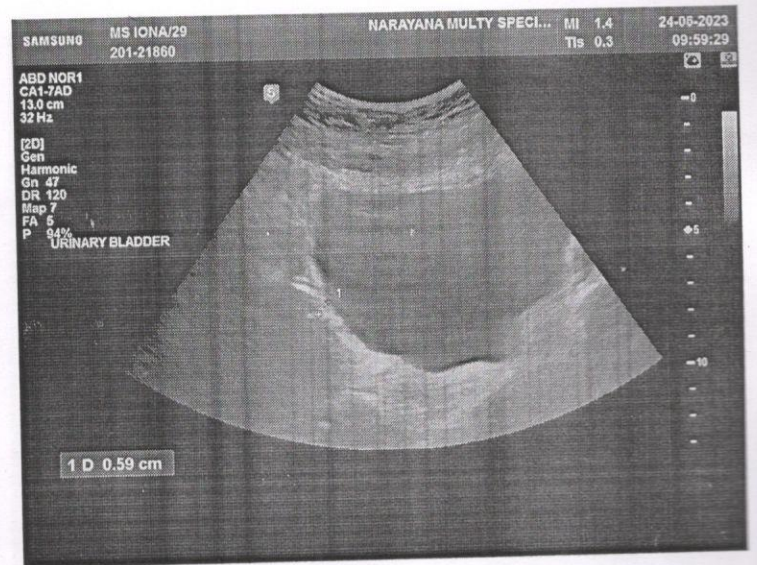
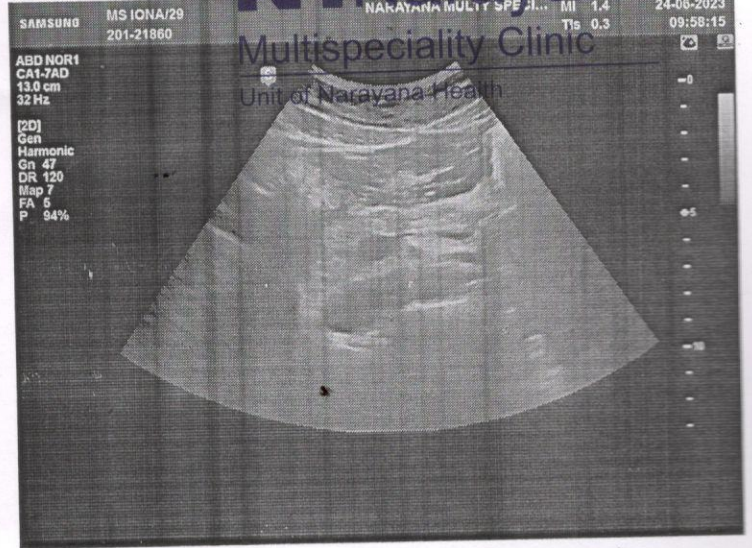
Dr. Ananthakrishna

Sonologist

**NH Helpline**
1800 208 0208

Narayana Hrudayalaya Limited
Above HDFC Bank, 83/3, Doddakanneli, Sarjapura Main Road,
Varthur Hobli, Bangalore - 560035

Tel: + 91 88844 31319, Email : info.sarjapura@narayanahealth.org



NH Helpline
186 0208 0208



R28