

MEDICAL SUMMARY

NAME:	Ma. Nisha Upadhyay	UHID:	
AGE:	34	DATE OF HEALTHCHECK:	10-2-2024
GENDER:	F		

HEIGHT:	154	MARITAL STATUS:	M
WEIGHT:	52.4	NO OF CHILDREN:	1
BMI:	22.1		

C/O: _____

K/C/O: _____

PRESENT MEDICATION: _____

P/M/H: _____

P/S/H: _____

ALLERGY: _____

PHYSICAL ACTIVITY: Active / Moderate / Sedentary

H/A: SMOKING: _____

FAMILY HISTORY FATHER: _____

ALCOHOL: _____

MOTHER: _____

TOBACCO/PAN: _____

O/E: _____

LYMPHADENOPATHY: _____

BP: 120/80 PULSE: 70 bpm

PALLOR/ICTERUS/CYNOSIS/CLUBBING: _____

TEMPERATURE: 37 SCARS: Burn marks face.

OEDEMA: _____

S/E: _____

P/A: _____

RS: 

CVS: 

Extremities & Spine: _____

CNS: 

ENT: _____

Skin: _____

Vision:

	Without Glass		With Glass	
	Right Eye	Left Eye	Right Eye	Left Eye
FAR :				
NEAR :				
COLOUR VISION:				

• ANDHERI • COLABA • NASHIK • VASHI

Name: Mishra Upadhya	Age: 34	Date of Health check-up: 1 of 2024
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Findings and Recommendation:

Findings:-

Repeat on

Recommendation:-

Ret

Signature:

Consultant -



DR. ANIRBAN DASGUPTA
MBBS, D.N.B MEDICINE
DIPLOMA CARDIOLOGY
MMC-2005/02/0920

OPHTHALMIC EVALUATION

UHID No.: _____

Date: 10/12/2021

Name: Miss. Nishtha Age: 34 Gender: Male/Female

Without Correction: myope · astigmatic ✓

Distance: Right Eye _____ Left Eye _____

Near : Right Eye _____ Left Eye _____

With Correction :

Distance: Right Eye 6/6 Left Eye 6/6

Near : Right Eye 20 Left Eye 20

	RIGHT					LEFT				
	SPH	CYL	AXIS	PRISM	VA	SPH	CYL	AXIS	PRISM	VA
Distance	<u>-1.75</u>	<u>-0.75</u>	<u>170°</u>			<u>-1.75</u>	<u>-0.75</u>	<u>160°</u>		
Near										

Colour Vision : NO

Anterior Segment Examination : NO (D)

Pupils : _____

Fundus : _____

Intraocular Pressure : 12 mmHg (B)

Diagnosis : _____

Advice : _____

Re-Check on after (This Prescription needs verification every year)

Dr. [Signature]
 (Consultant Ophthalmologist)
DR. RUCHIRA SHARMA
 M. S. (OPHTH)
 CONSULTING OPHTHALMOLOGIST
 & MICRO SURGEON
 REG. No.: 3262 / 09 / 02

■ Consultation ■ Diagnostics ■ Health Check-Ups ■ Dentistry

DENTAL CHECKUP

Name: Nishita Vpachhye.	MR NO:
Age/Gender : 34/f	Date: 16/2/24.

Medical history: Diabetes Hypertension _____

EXAMINATION	UPPER RIGHT	UPPER LEFT	LOWER LEFT	LOWER RIGHT
Calculus & Stains			✓	✓
Mobility				
Caries (Cavities)				
a) Class 1 (Occlusal)				
b) Class 2 (Proximal)				
c) Class 5 (Cervical)				
Faulty Restoration				
Faulty Crown				
Fractured Tooth				
Root Pieces				
Impacted Tooth				
Missing Tooth				
Existing Denture				

TREATMENT ADVISED:

TREATMENT	UPPER RIGHT	UPPER LEFT	LOWER LEFT	LOWER RIGHT
Restoration / Filling				
Root Canal Therapy				
Crown				
Extraction				

Oral Prophylaxis: Scaling & polishing
 Orthodontic Advice for Braces: Yes / No
 Prosthetic Advice to Replace Missing Teeth: Denture Bridge Implant
 Oral Habits: Tobacco Cigarette Others since ___ years
 Advice to quit any form of tobacco as it can cause cancer.
 Other Findings: _____

- Scaling & polishing - 900.

DR. AQSA SHAIKH
B. D. S

• ANDHERI • COLABA • NASHIK • VASHI: A 42611



Name: Mrs Nishtha Upadhaya Age: 34 Sex: F UHID No.: _____ Date: 10/2/2024

34 years / married / Nulligravida
 ∴ 1 year

- eager to conceive
- came for pre-conceptual counselling
- No contraceptive use ∴ 1 year

Husband

- 34
- Occasional drinker
- Smoker (havin/morak)

MTM LMP - 15/1/2024
 LMP - Dec ← Oct (1st missed cycle)
 LMP - 6-7/28/1st

Reg: 2 week

PTM FTM, Malignancy - Nil

Adv

- Regular exercise
- Lifestyle modification
- Stop drinking/smoking

4CFem

- 4 AMN.

Mfetrite

- 4 Free testosterone

0.81u

- 4 fasting Insulin

PA - softm

- Husband semen - TMB FOUNEXT gold
 analysis
 (Mx 24 days of abstinence)

Pls. Cp } Healthy
 v }
 (PAP smear taken)



Dr. TRUPTI SHINDE

DR. TRUPTI VIJAY SHINDE
 MBBS, M.S. (OBS & GYNAE)
 REG. NO.: 20170110001



Apollo Clinic
VASHI

- Consultation
- Diagnostics
- Health Check-Ups
- Dentistry


Name : Mrs. Nishtha Upadhyaya Gender : Female Age : 34 Years
 UHID : FVAH 10566, Bill No : Lab No : V-1307-23
 Ref. by : SELF Sample Col Dt : 10/02/2024 09:07
 Barcode No : 7985 Reported On : 10/02/2024 19:48

TEST RESULTS BIOLOGICAL REFERENCE INTERVAL

HAEMOGRAM(CBC,ESR,P/S)-WB (EDTA)			
Haemoglobin(Colorimetric method)	12.5	g/dl	11.5 - 15
RBC Count (Impedance)	4.02	Millions/cumm.	4 - 6.2
PCV/Haematocrit(Calculated)	37.9	%	35 - 55
MCV:(Calculated)	94.4	fL	78 - 98
MCH:(Calculated)	31	pg	26 - 34
MCHC:(Calculated)	32.9	gm/dl	30 - 36
RDW-CV:	13.4	%	10 - 16
Total Leucocyte count(Impedance)	9070	/cumm.	4000 - 10500
Neutrophils:	71	%	40 - 75
Lymphocytes:	24	%	20 - 40
Eosinophils:	03	%	0 - 6
Monocytes:	02	%	2 - 10
Basophils:	00	%	0 - 2
Platelets Count(Impedance method)	3.86	Lakhs/c.mm	1.5 - 4.5
MPV	7.8	fL	6.0 - 11.0
ESR(Westergren Method)	15	mm/1st hr	0 - 20
Peripheral Smear (Microscopic examination)			
RBCs:	Normochromic, Normocytic		
WBCs:	Normal		
Platelets	Adequate		
Note:	Test Run on 5 part cell counter. Manual diff performed.		

Neha More
Entered By

Ms Kaveri Gaonkar
Verified By

Page 3 of 00 
Milind Patwardhan
M.D(Path)
Chief Pathologist

End of Report
Results are to be correlated clinically

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TEST

RESULTS

Blood Grouping (ABO & Rh)-WB(EDTA) Serum

ABO Group: **:A:**
Rh Type: **Positive**
Method : Matrix gel card method (forward and reverse)

Sheetal Nakate
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TEST RESULTS BIOLOGICAL REFERENCE INTERVAL

HbA1c(Glycosylated Haemoglobin)WB-EDTA

(HbA1C) Glycosylated Haemoglobin : 5.6 % Normal <5.7 %
Pre Diabetic 5.7 - 6.5 %
Diabetic >6.5 %
Target for Diabetes on therapy < 7.0 %
Re-evaluation of therapy > 8.0 %

Mean Blood Glucose : 114.02 mg/dL

Corelation of A1C with average glucose

A1C (%)	Mean Blood Glucose (mg/dl)
6	126
7	154
8	183
9	212
10	240
11	269
12	298

Method

High Performance Liquid Chromatography (HPLC).

INTERPRETATION

- The HbA1c levels correlate with the mean glucose concentration prevailing in the course of Pts recent history (apprx 6-8 weeks) & therefore provides much more-reliable information for glycemia control than the blood glucose or urinary glucose.
- This Methodology is better then the routine chromatographic methods & also for the diabetic pts having HEMOGLOBINOPATHIES OR UREMIA as Hb variants and uremia does not INTERFERE with the results in this methodology.
- It is recommended that HbA1c levels be performed at 4 - 8 weeks during therapy in uncontrolled DM pts & every 3 - 4 months in well controlled diabetics.
- Mean blood glucose (MBG) in first 30 days (0-30)before sampling for HbA1c contributes 50% whereas MBG in 90 - 120 days contribute to 10% in final HbA1c levels

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Dr. Milind Patwardhan

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MD(Path)

Chief Pathologist

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TEST RESULTS UNITS BIOLOGICAL REFERENCE INTERVAL

LIPID PROFILE - Serum

S. Cholesterol(Oxidase)	128	mg/dL	Desirable < 200 Borderline: >200-<240 Undesirable: >240
S. Triglyceride(GPO-POD)	67	mg/dL	Desirable < 150 Borderline: >150-<499 Undesirable: >500
S. VLDL:(Calculated)	13.4	mg/dL	Desirable <30
S. HDL-Cholesterol(Direct)	44.2	mg/dL	Desirable > 60 Borderline: >40-<59 Undesirable: <40
S. LDL:(calculated)	70.4	mg/dL	Desirable < 130 Borderline: >130-<159 Undesirable: >160
Ratio Cholesterol/HDL	2.9		3.5 - 5
Ratio of LDL/HDL	1.6		2.5 - 3.5

Alsaba Shaikh
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Page 6 of 10

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TEST RESULTS UNITS BIOLOGICAL REFERENCE INTERVAL


LFT(Liver Function Tests)-Serum

S.Total Protein (Biuret method)	7.58	g/dL	6.6 - 8.7
S.Albumin (BCG method)	4.54	g/dL	3.5 - 5.2
S.Globulin (Calculated)	3.04	g/dL	2 - 3.5
S.A/G Ratio:(Calculated)	1.49		0.9 - 2
S.Total Bilirubin (DPD):	0.75	mg/dL	0.1 - 1.2
S.Direct Bilirubin (DPD):	0.29	mg/dL	0.1 - 0.3
S.Indirect Bilirubin (Calculated)	0.46	mg/dL	0.1 - 1.0
S.AST (SGOT)(IFCC Kinetic with PSP):	18	U/L	5 - 32
S.ALT (SGPT) (IFCC Kinetic with PSP):	8	U/L	5 - 33
S.Alk Phosphatase(pNPP-AMP Kinetic):	53	U/L	35 - 105
S.GGT(IFCC Kinetic):	16	U/L	07 - 32

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TEST	RESULTS	BIOLOGICAL REFERENCE INTERVAL
	BIOCHEMISTRY	
S.Urea(Urease Method)	12.4 mg/dl	10.0 - 45.0
BUN (Calculated)	5.78 mg/dL	5 - 20
S.Creatinine(Jaffe's Method)	0.51 mg/dl	0.50 - 1.1
BUN / Creatinine Ratio	11.33	9:1 - 23:1
S.Uric Acid(Uricase Method)	4.0 mg/dl	2.4 - 5.7

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TEST	RESULTS	UNITS	BIOLOGICAL REFERENCE INTERVAL
Thyroid (T3,T4,TSH)- Serum			
Total T3 (Tri-iodo Thyronine) (ECLIA)	1.93	nmol/L	1.3 - 3.1 nmol/L
Total T4 (Thyroxine) (ECLIA)	100.8	nmol/L	66 - 181 nmol/L
TSH-Ultrasensitive (Thyroid-stimulating hormone) Method : ECLIA	2.31	IU/ml	Euthyroid : 0.35 - 5.50 IU/ml Hyperthyroid : < 0.35 IU/ml Hypothyroid : > 5.50 IU/ml

Grey zone values observed in physiological/therapeutic effect.

Note:

T3 :

1. Decreased values of T3 (T4 and TSH normal) have minimal Clinical significance and not recommended for diagnosis of hypothyroidism.
2. Total T3 and T4 values may also be altered in other conditions due to changes in serum proteins or binding sites ,Pregnancy, Drugs (Androgens,Estrogens,O C pills, Phenytoin) etc. In such cases Free T3 and free T4 give corrected Values.
3. Total T3 may decrease by < 25 percent in healthy older individuals

T4 :

1. Total T3 and T4 Values may also be altered in other condition due to changes in serum proteins or binding sites, Pregnancy Drugs (Androgens,Estrogens,O C pills, Phenytoin), Nerphrosis etc. In such cases Free T3 and Free T4 give Corrected values.

TSH :

1. TSH Values may be transiently altered because of non thyroidal illness like severe infections,liver disease, renal and heart failure. Severe burns, trauma and surgery etc.
2. Drugs that decrease TSH values e.g L dopa, Glucocorticoids.
3. Drugs that increase TSH values e.g. Iodine,Lithium, Amiodarone

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Dr. Milind Patwardhan
M D(Path)

Page 8 of 8 Chief Pathologist

End of Report
Results are to be correlated clinically.

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CYTOPATHOLOGY REPORT - PAP SMEAR

Specimen No: AP-221-24

Specimen Adequacy: ADEQUATE

CELLS

ENDOCERVICAL: Absent

ENDOMETRIAL: Absent

SQUAMOUS: **SUPERFICIAL(+++) AND INTERMEDIATE(+) SQUAMOUS CELLS**

HISTIOCYTES: Absent

RBCs: Absent

POLYMORPHS: **Present(Few)**

FLORA

TRICHOMONAS VAGINALIS: Absent

FUNGI: Absent

LACTOBACILLI: Absent

CELLULAR CHANGES

METAPLASIA: Absent

DYSPLASIA: Absent

MALIGNANT CELL: Absent

ATROPHIC CHANGES: Absent

BARE NUCLEI: Absent

IMPRESSION: **NEGATIVE FOR INTRAEPITHELIAL LESION OR MALIGNANCY**

Anushka Chavan
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Ms Kaveri Gaonkar
Verified By



Dr. Milind Patwardhan
M.D(Path)
Chief Pathologist

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TEST RESULTS BIOLOGICAL REFERENCE INTERVAL

URINE REPORT

PHYSICAL EXAMINATION

QUANTITY	15	mL	
COLOUR	Pale Yellow		
APPEARANCE	Slightly Hazy		Clear
SEDIMENT	Absent		Absent

CHEMICAL EXAMINATION(Strip Method)

REACTION(PH)	6.5		4.6 - 8.0
SPECIFIC GRAVITY	1.005		1.005 - 1.030
URINE ALBUMIN	Absent		Absent
URINE SUGAR(Qualitative)	Absent		Absent
KETONES	Absent		Absent
BILE SALTS	Absent		Absent
BILE PIGMENTS	Absent		Absent
UROBILINOGEN	Normal(< 1 mg/dl)		Normal
OCCULT BLOOD	Absent		Absent
Nitrites	Absent		Absent

MICROSCOPIC EXAMINATION

PUS CELLS	0 - 1 / hpf		0 - 3/hpf
RED BLOOD CELLS	Nil /HPF		Absent
EPITHELIAL CELLS	5 - 6 / hpf		3 - 4/hpf
CASTS	Absent		Absent
CRYSTALS	Absent		Absent
BACTERIA	Absent		Absent

Dilpreetkaur S Singh
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Ms Kaveri Gaonkar
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Dr. Milind Patwardhan
M.D(Path)

Page 9 of 9 Chief Pathologist

End of Report
Results are to be correlated clinically

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TEST RESULTS UNITS BIOLOGICAL REFERENCE INTERVAL

PLASMA GLUCOSE

Fasting Plasma Glucose : 98 mg/dL Normal < 100 mg/dL
Impaired Fasting glucose : 101 to 125 mg/dL
Diabetes Mellitus : \geq 126 mg/dL
(on more than one occasion)
(American diabetes association guidelines 2016)

Post Prandial Plasma Glucose : 114 mg/dL Normal < 140 mg/dL
Impaired Post Prandial glucose : 140 to 199 mg/dL
Diabetes Mellitus : \geq 200 mg/dL
(on more than one occasion)
(American diabetes association guidelines 2016)

Method : Hexokinase

Aisaba Shaikh

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Ms Kaveri Gaonkar

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End of Report

Results are to be correlated clinically



Dr. Milind Patwardhan

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MD(Path)

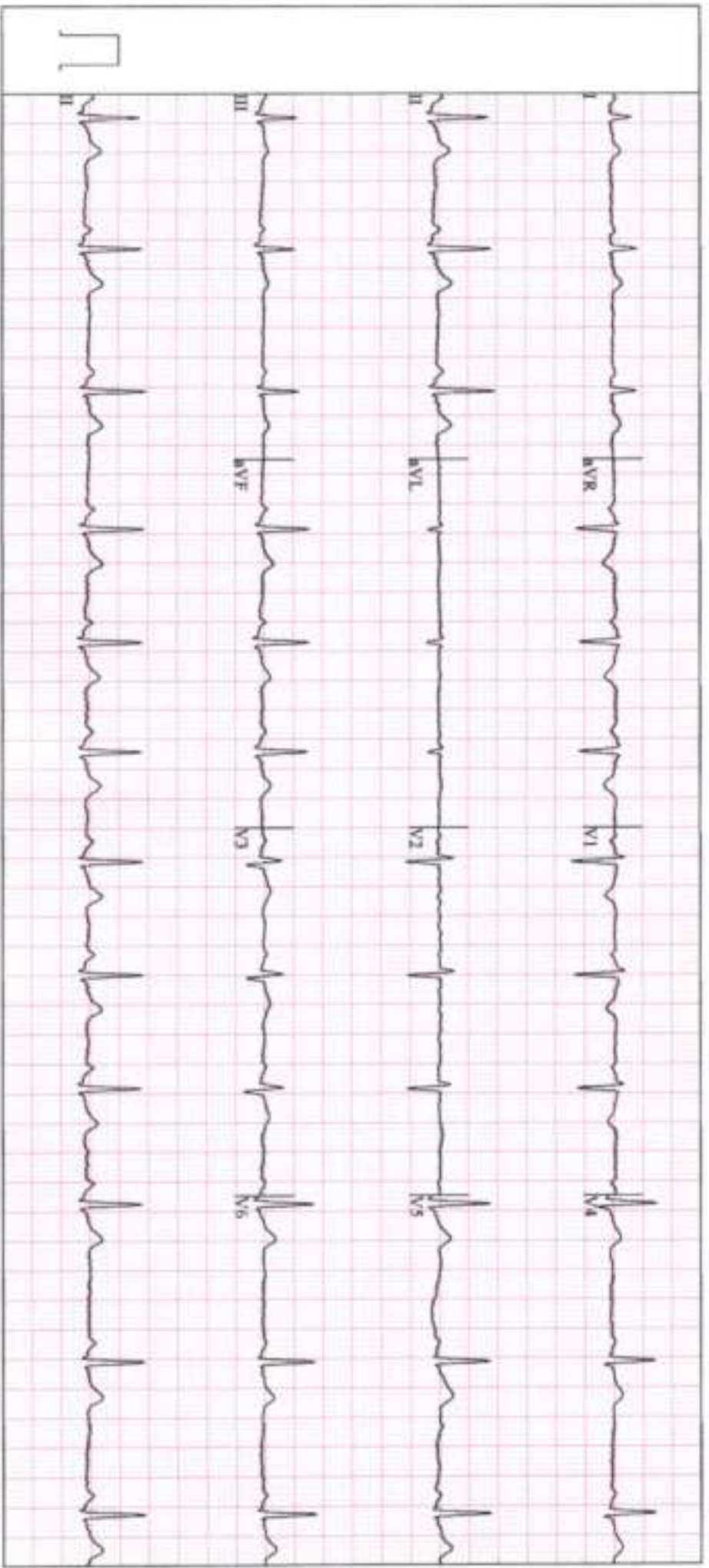
Chief Pathologist

QRS : 80 ms
QT / QTcBar : 368 / 397 ms
PR : 126 ms
P : 76 ms
RR / PP : 862 / 857 ms
P / QRS / T : 57 / 72 / 59 degrees

Normal sinus rhythm with sinus arrhythmia
Normal ECG

See Rx. by Dr. Dasgupta

Dr. ANIRBAN DASGUPTA
M.P.B.S., D.H.B. Medicine
Diploma Cardiology
MMC-2005/02/0920



Apollo Clinic
The Emerald, Plot No-195/B, Sector-12,
Neel Siddhi Towers, Vashi-400703

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: NISHTHA, UPADHYAYA
Patient ID: 10566
Height: 154 cm
Weight: 52.4 kg

DOB: 09.09.1989
Age: 34yrs
Gender: Female
Race: Asian

Study Date: 10.02.2024
Test Type: Treadmill Stress Test
Protocol: BRUCE

Referring Physician: --
Attending Physician: DR. ANIRBAN DASGUPTA
Technician: Anita Gaikwad

Medications:

--

Medical History:
NIL

Reason for Exercise Test:
Screening for CAD

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:37	0.00	0.00	83	120/80	
	STANDING	00:17	0.00	0.00	86	120/80	
	HYPERV.	00:17	0.00	0.00	74		
	WARM-UP	00:16	0.90	0.00	91		
EXERCISE	STAGE 1	03:00	1.70	10.00	112	130/80	
	STAGE 2	03:00	2.50	12.00	137	140/80	
	STAGE 3	01:01	3.40	14.00	160	150/90	
RECOVERY		01:05	0.00	0.00	115	160/100	

The patient exercised according to the BRUCE for 7:00 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 96 bpm rose to a maximal heart rate of 160 bpm. This value represents 86 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 160/100 mmHg. The exercise test was stopped due to Target heart rate achieved.

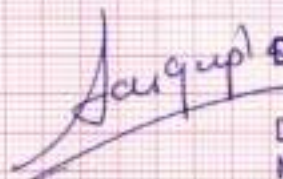
Interpretation

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

TMT IS NEGATIVE FOR INDUCIBLE MYOCARDIAL ISCHAEMIA AT THE WORKLOAD ACHIEVED.

Physician-DR. ANIRBAN DASGUPTA

 Dr. ANIRBAN DASGUPTA
M.B., B.S., D.N.B. Medicine
Diploma Cardiology
MMC-2005/02/0920

PATIENT'S NAME	NISHTHA UPADHYAYA	AGE :- 34Y/F
UHID	10566	DATE :- 12 Feb. 24

X-RAY CHEST PA VIEW

OBSERVATION:

Bilateral lung fields are clear.
Both hila are normal.
Bilateral cardiophrenic and costophrenic angles are normal.
The trachea is central.
Aorta appears normal.
The mediastinal and cardiac silhouette are normal.
Soft tissues of the chest wall are normal.
Bony thorax is normal.

IMPRESSION:

- No significant abnormality seen.



DR. DISHA MINOCHA
DMRE (RADIOLOGIST)

PATIENT'S NAME	NISHTHA UPADHYAYA	AGE :- 34Y/F
UHID	10566	10 Feb 2024

USG WHOLE ABDOMEN (TAS)

LIVER is normal in size, shape and echotexture. No evidence of any focal lesion. The portal vein appears normal & shows normal hepato-petal flow. No evidence of intra-hepatic biliary duct dilatation.

Gall Bladder appears well distended with normal wall thickness. There is no calculus or pericholecystic collection. CBD appears normal.

Visualised parts of head & body of **PANCREAS** appear normal.

SPLEEN is normal in size and echotexture. No focal lesion seen. Splenic vein is normal.

Both kidneys are normal in size, shape and echotexture with normal parenchymal reflectivity and maintained cortico-medullary differentiation. No hydronephrosis or calculi or mass seen.

RIGHT KIDNEY measures 10.5 x 4.2 cm. **LEFT KIDNEY** measures 11.4 x 4.4 cm.

URINARY BLADDER is well distended; no e/o wall thickening or mass or calculi seen.

UTERUS is anteverted and is normal in size, shape and echotexture; No focal lesion seen. It measures 7.0 x 4.5 x 3.8 cm; ET measures 10.1 mm.

Both ovaries are normal in size, shape and position.

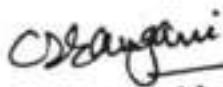
RIGHT OVARY measures : 3.0 x 1.4 cm, **LEFT OVARY** measures : 2.3 x 1.8 cm.

Visualised **BOWEL LOOPS** appear normal. There is no free fluid seen.

IMPRESSION -

- **No significant abnormality detected.**

THIS REPORT IS NOT TO BE USED FOR MEDICOLEGAL PURPOSE. THE CONTENTS OF THIS REPORT REQUIRE CLINICAL CO-RELATION BEFORE ANY APPLICATION.



DR. CHHAYA S. SANGANI
CONSULTANT SONOLOGIST
Reg: No. 073826