

Case: 17-08  
 12-lead ECG  
 12-lead ECG - 2019-08-17 12:21



Rate: 75 bpm  
 PR: 162 ms  
 QRS: 88 ms  
 QT: 342 ms  
 QTc: 41 ms  
 P-R-T: 197-197-95  
 P/QRS/T: 94-7-2-54  
 E/E/QT: 1-27/0.4-2/48  
 ST-T: 1-1-100

Scan Method: Bipolar  
 Registered: Nephelish P. Valoya  
 MD, FRCPC  
 Associate Consultant-Cardiology  
 Reg. No. 0-20212

Interpreted report verified by: [Signature]

# Heart & General Clinic

icure Heart & Diet Clinic, 402, Epsilon tower, opp Pasha bhal park, Race course, Vadodar

## :: PERSONAL HEALTH REPORT ::

Name:- Poonam Singh	Date:- 27/10/2024
	SR. NO. SEX. Female AGE 32 Year HEIGHT 162 cm WEIGHT 76Kg.

### HISTORY

Present History : NO  
 Past Illness History : NO Diabetes/Hypertension/Tuberculosis/Asthma/Epilepsy  
 Past Occupational History : NO  
 Family History : Father - diabetes  
 Personal History : She had C-section in 2019  
 Addiction : Tobacco/Gutka/Smoking/Alcohol

### GENERAL EXAMINATION

T.P.R. : 70/min                      B.P. : 122/80                      mm Hg

Pallor/Icterus/Cyanosis/Varicosity/Lymph Nodes/Thyroid/Oedema/NVE/Other :

### SYSTEMIC EXAMINATION

R.S. : NAD  
 C.V.S : NAD  
 C.N.S : NAD  
 A.S. : NAD  
 Musculo-skelet System : NAD

E.N.T. Ex.	NAD	ACUITY OF VISION		RT EYE	LT EYE
		Without Glass	DISTANT	6/	6/
Dental Ex.	NAD		Near	6/	6/
		Skin Ex.		NAD	With Glass
Psychic Ex.	NAD		Near		
		COLOUR BLINDNESS		NAD	

### REMARK

#### ADVICE

The Worker is **FIT/UNFIT** for the assigned job.



Dr. Krish P. Vaidya  
 MD, PGCC  
 Associate Consultant-Cardiology  
 Reg. No G-50510  
**DR. KRISH VAIDYA**

MD G-50510, CH



Poonam





**Clarity Medical Pvt Ltd.**  
#1087-A, JLP, Industrial Park, Sector-82, Mohali

551 POONAM SINGH  
22 Yrs/ F Kg/ Ht- cms Ref. No.

Date: 27/01/2024 Ref By:  
Time: 10:30 AM Protocol: Bruce

**Summary**

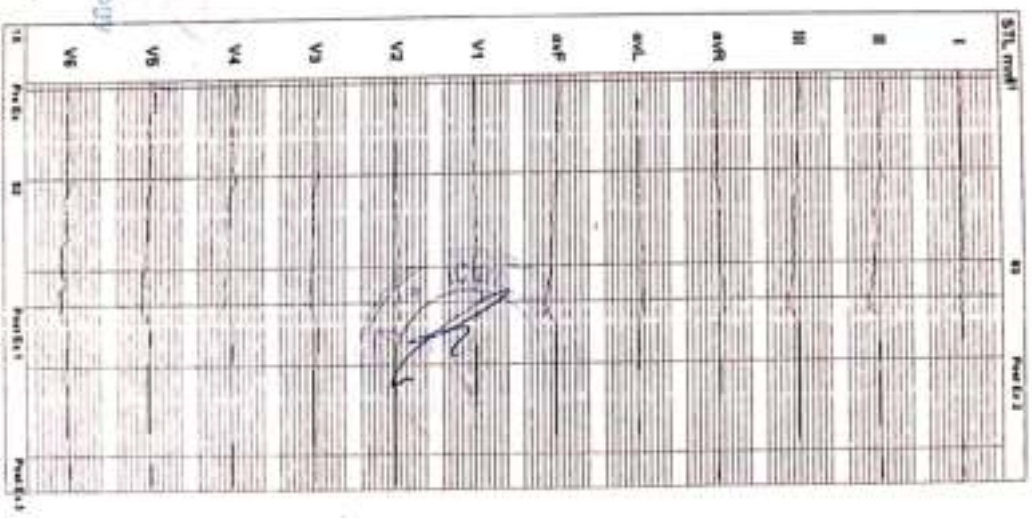
Stage	Stg Time mm:sec	Speed m/min	Grade %	METS	HR bpm	BP mmHg	RPP	PVCs
Pre Ex				1	79			
Supine				1	76			
Hypr Vert				1	75			
Standing				1	70			
S1	03:00	1.7	10.0	4.8	120	120/80	144	
S2	03:00	2.5	12.0	6.9	154	130/80	200	
Peak Ex	01:12	3.4	14.0	9.5	173	140/90	242	
Post Ex 1	02:00			1	95	140/90	133	
Post Ex 2	03:00			1	84	130/80	109	
Post Ex 3	01:10			1	84	120/80	101	
Finish				1	80	120/80	96	

**Findings:** Exercise Time : 07:12 mins  
Max HR attained : 173 bpm 92 % of Target 188 bpm  
Max BP : 140/90mmHg  
Max Workload attained : 9.5 METs ( Good Effort Tolerance )  
Reason for Test Termination : Patient Completed Test

No significant ST segment changes noted during exercise or recovery stages.  
No Angina / Arrhythmia / S3 / Murmur  
Final Impression : Test is negative for inducible ischaemia.

Dr. Krish P. Vaidya  
M.D., PGDCC  
Associate Consultant-Cardiologist  
Reg. No. D-50610

**DR KRISH VAIDYA**





S51 POONAM SINGH  
32 Yrs/F Kg/Ht. cms Fed No  
Date 27/01/2024 Tr's 10:00 AM

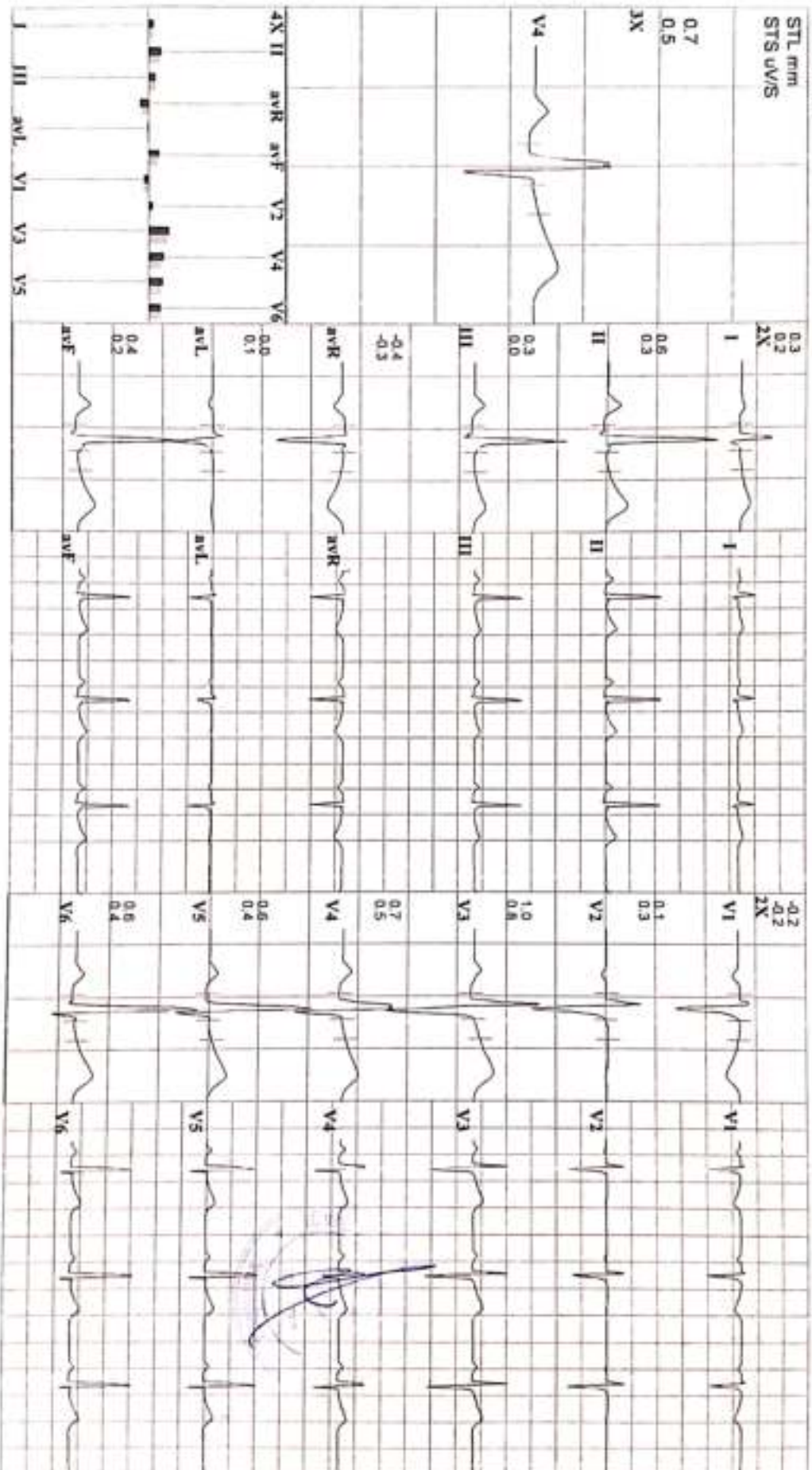
Speed — mph Hr TT  
Grade — % Meta 1  
Precord Bruce BP — mmHg

Target Hr 40 % of 168 Filter 0.1 - 100 Hz  
Ex Time — min:sec BLC On  
Curr Time 00:08 NicheOn

Gain 10 mm/mV  
Sweep 25 mm/s  
Median Sweep 25 mm/s

Linked Medians  
Pre Ex

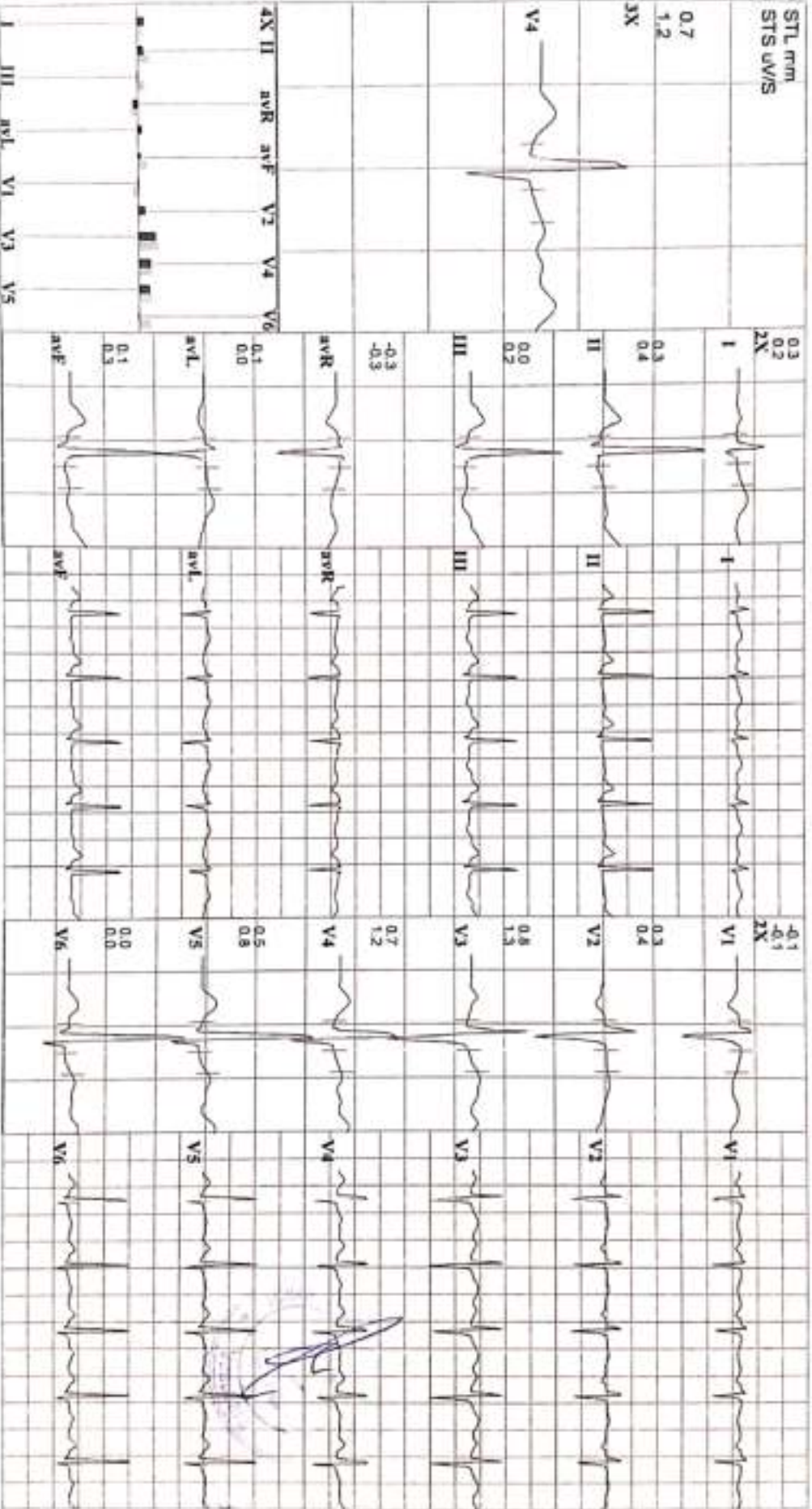
Paper J 74 ms



551  
32 Yrs/F  
Date 27/01/2024 Time 10:00 AM  
Post J 79 ms

POONAM SINGH  
Kg / Ht - cms  
Speed 1.7 mph  
Grade 10 %  
Protocol Bruce  
HR 120  
Met/s 4.8  
BP 120/80 mmHg  
Target Hr 63 % of 188  
Ex Time 03:00  
Cur Time 03:02  
Filter 0.1 - 100 Hz  
Gain 10 mm/mV  
Sweep 25 mm/s  
Median Sweep 25 mm/s

Linked Medians  
S1

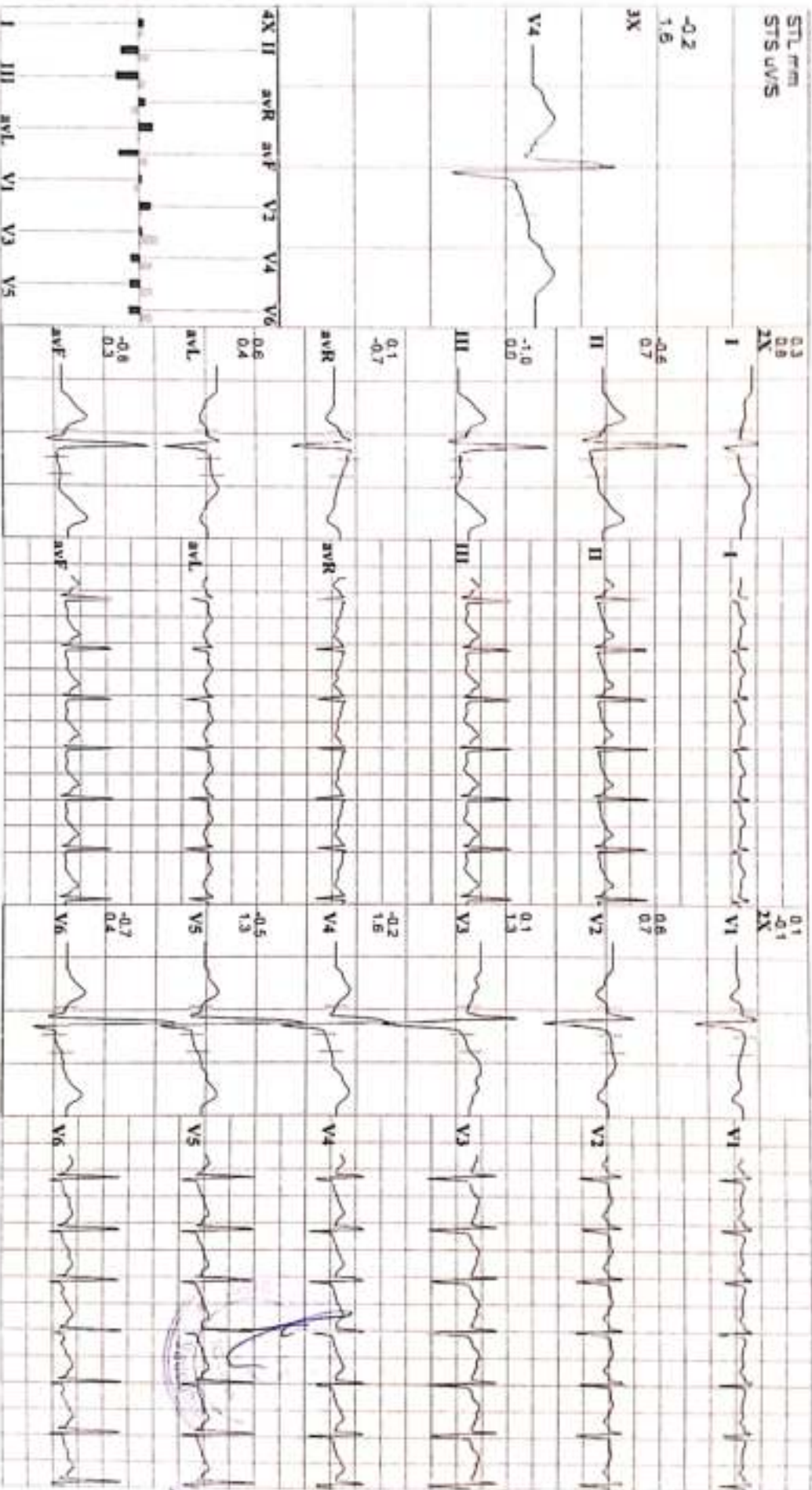




PT: POONAM SINGH  
 22 y/o F Kg/ht: cm cm Rad/No:  
 Date: 27/04/2024 Time: 10:30 AM

Speed: 2.5 mm/s Hr: 154 Target Hr: 81% of 168 Fibr: 0.1 - 100 Hz Gen: 10 mm/mV  
 Grade: 12% Mins: 6.9 Ex Time: 08:00 BLC: On Swept: 25 mm/s  
 Protocol: Bruce BP: 130/80 mmHg Cur Time: 08:02 Motion: Median Swept: 25 mm/s

Linked Medians  
 S2





# Clarity Medical Pvt Ltd.

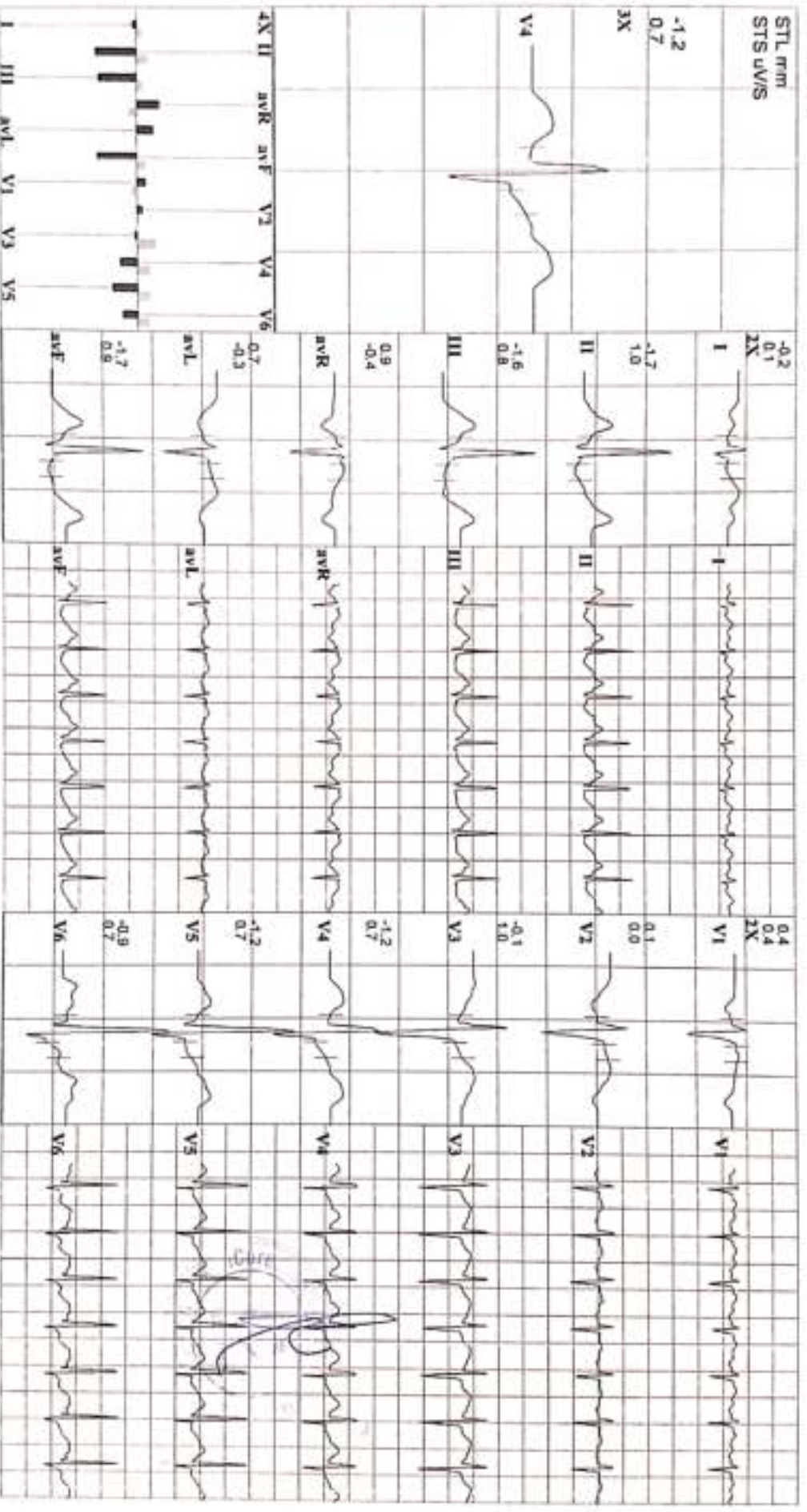
#1687-A, J.P.L. Industrial Park, Sector-82, Mohali

551 POONAM SINGH  
 32 Yrs/F Kg/ Ht- cms Ref/No:  
 Date 27/01/2024 Time 10:00 AM

Speed 3.4 mph He 173 Target Hr 92 % of 166 Filter 0.1 - 100 Hz Gain 10 mm/mV  
 Grade 14 % Male 0.5 Ex Time 07:12 ELC On Sweep 25 mm/s  
 Protocol Bruce BP 140/90 mmHg Cur Time 07:14 NotchOn Median Sweep 25 mm/s

**Linked Medians**  
**Peak Ex**

TM087 312

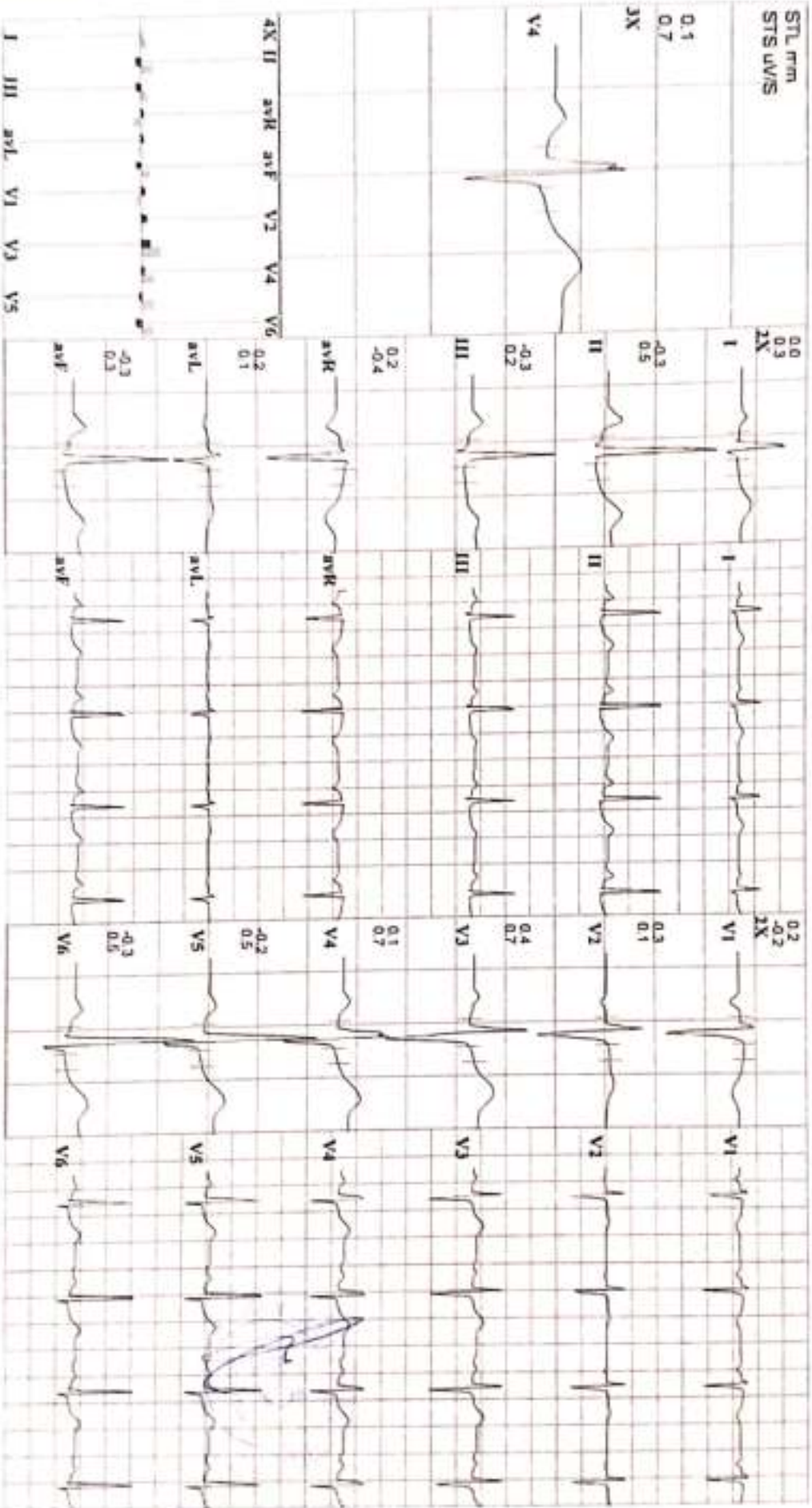




SI: POONAM SINGH  
22 Yrs / F Kg / Hs: cms RefNo:  
Date: 27/01/2024 Time: 10:00 AM

Speed: — mph Hr: 95 Target Hr: 50% of 188  
Grade: — % Mets: 1 Ex Time: 07:12  
Protocol: Bruce BP: 140/90 mmHg Cur Time: 09:14  
Filter: 0.1 - 100 Hz Gain: 10 mm/mV  
Sweep: 25 mm/s  
Medan Sweep: 25 mm/s

Linked Medians  
Post Ex 1

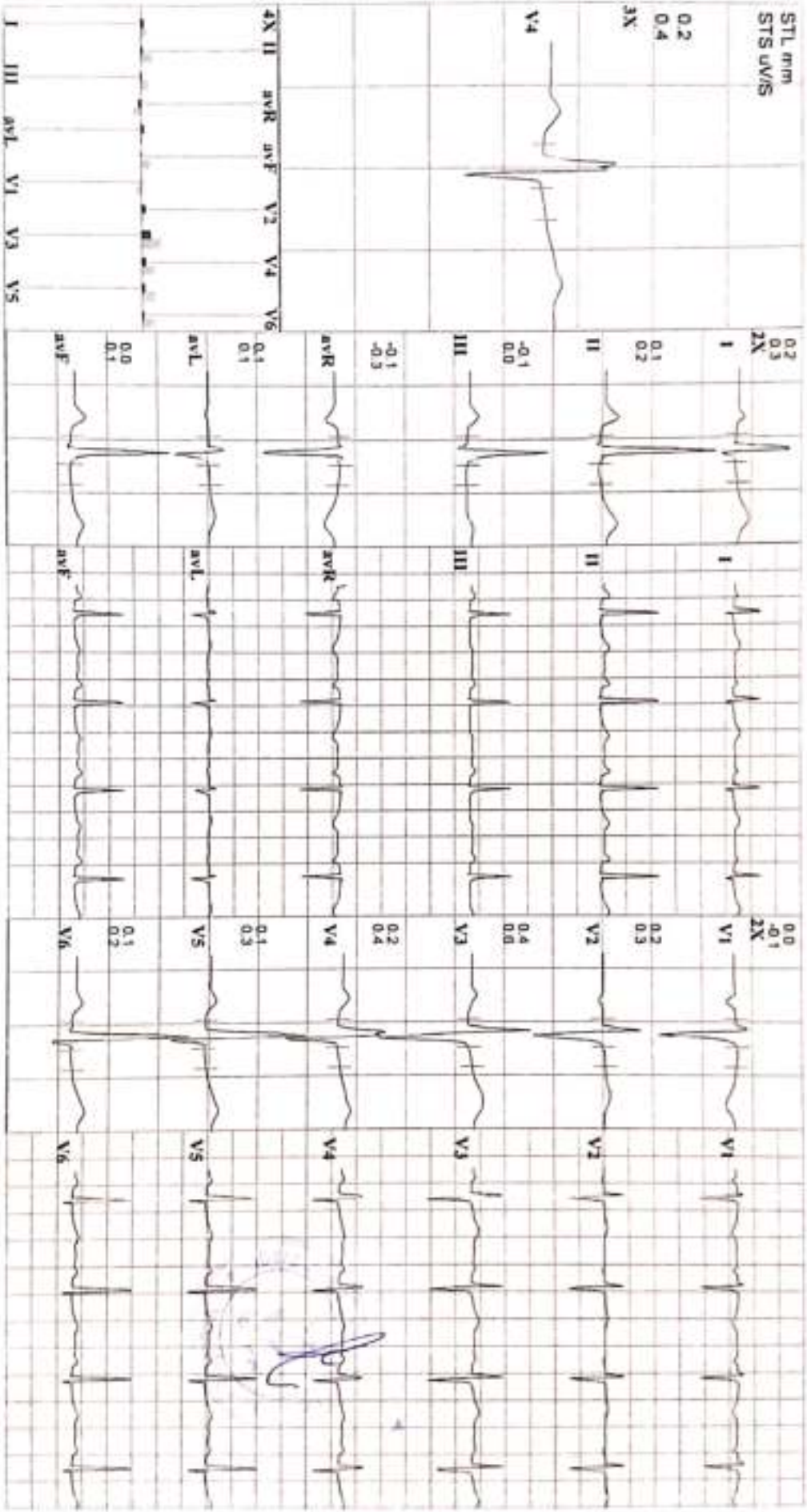


551 POONAM SINGH  
32 Yrs/F Kg 7 Hb. cms Ref No  
Date 27/01/2024 Time 10:00 AM

Speed — mph Hr 04 Target Hr 44 % of 160 Filter 0.1 - 100 Hz Gain 10 mm/mV  
Grade — % Mts 1 Ex Time 07:12 ELC On Sweep 25 mm/s  
Preload Drive BP 130/80 mmHg Cur Time 12:14 NotchOn Median Sweep 25 mm/s

**Linked Medians**  
**Post Ex 2**

Paper J 78 ms



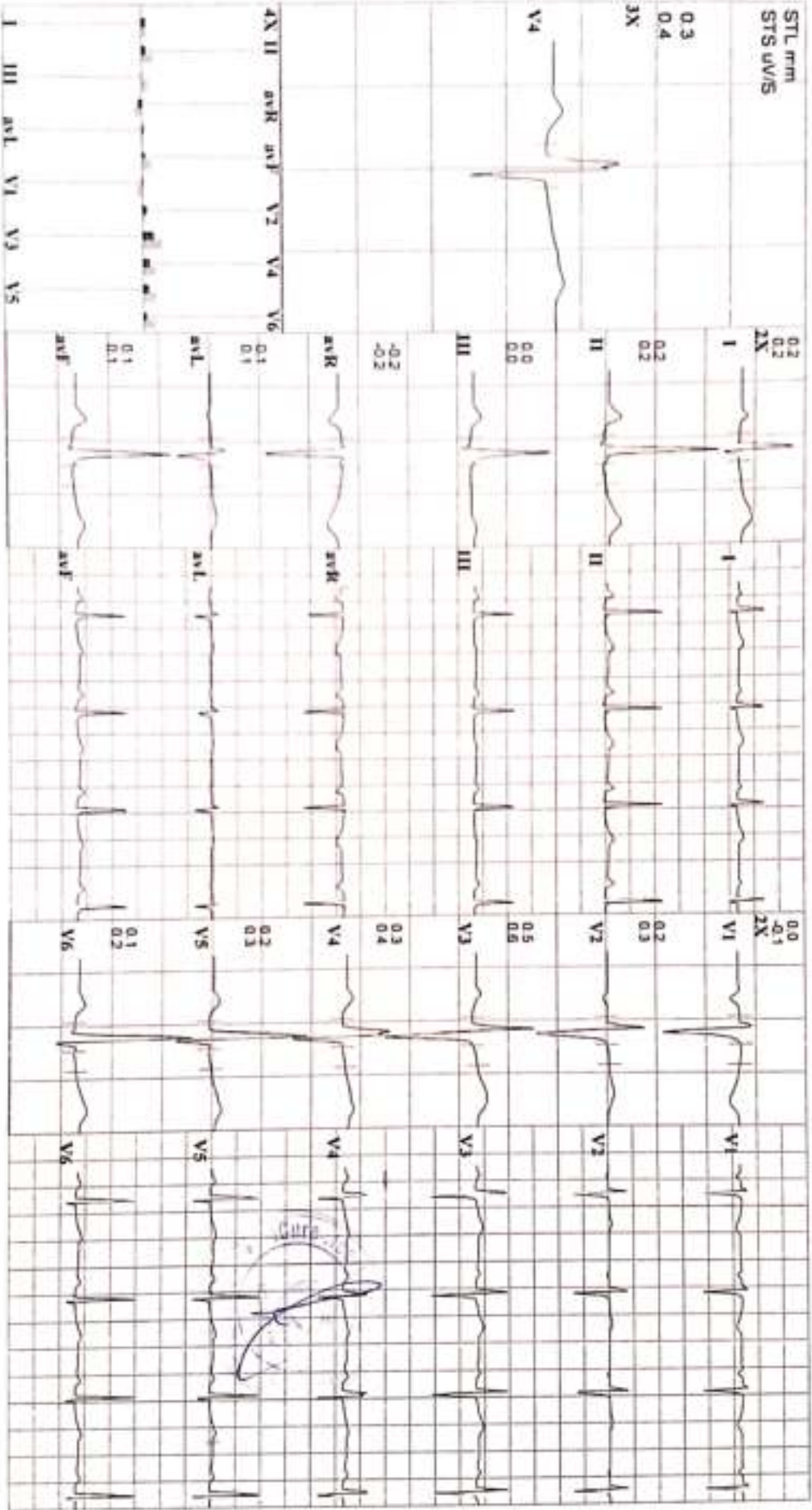


ES1 POONAM SINGH  
32 Yrs/F K9/Hr- cmn Ref No  
Date 27/01/2024 Time 10:00 AM

Speed — mph Hr 64 Target Hr 44 % of 188 Filter 0.1 - 100 Hz Gain 10 mm/mV  
Grade — % Metts 1 Ex Time 07:12 BLC On Sweep 25 mm/s  
Pulsed Bruce BP 120/80 mmHg Cur Time 13:24 Nulston Median Sweep 25 mm/s

Linked Medians  
Post Ex 3

Post J 74 ms







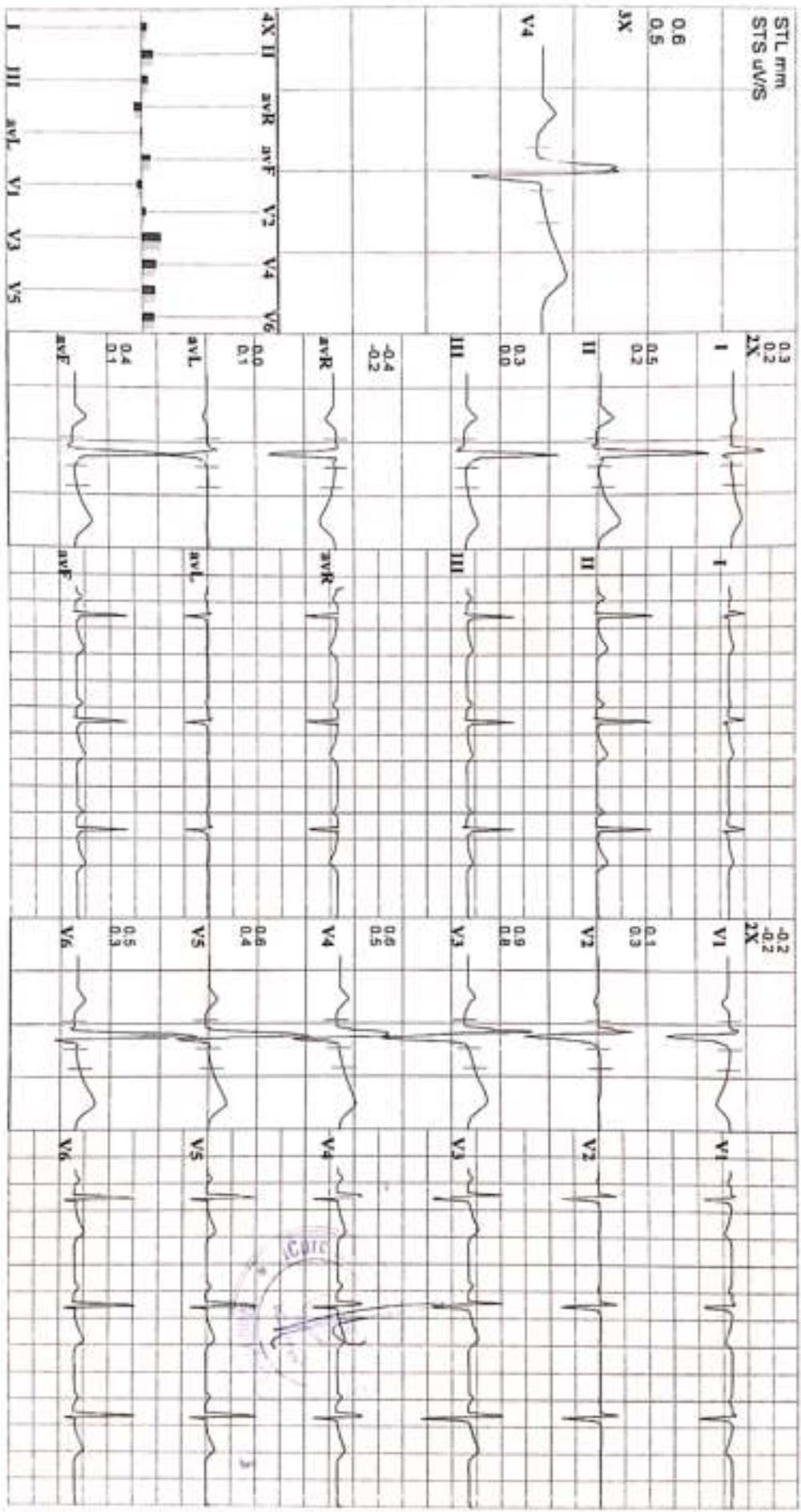
**Clarity Medical Pvt Ltd.**  
 #1687-A, JLF, Industrial Park, Sector-52, Mohali

TRUST LTD

551  
 32 Yrs F  
 Date 27/01/2024 Time 10:00 AM  
 Pcp: J 76 m/s

Speed — mph  
 Grade — %  
 Protocol Bruce  
 Hr 75  
 Met 1  
 BP — mmHg  
 Target Hr 39 % of 100  
 Ex Time — min:sec  
 Cur Time 00:08  
 Filter 0.1 - 100 Hz  
 Gain  
 10 mm/mV  
 25 mm/s  
 Median Sweep 25 mm/s

**Linked Medians**  
**Pre Ex**  
**Supine**

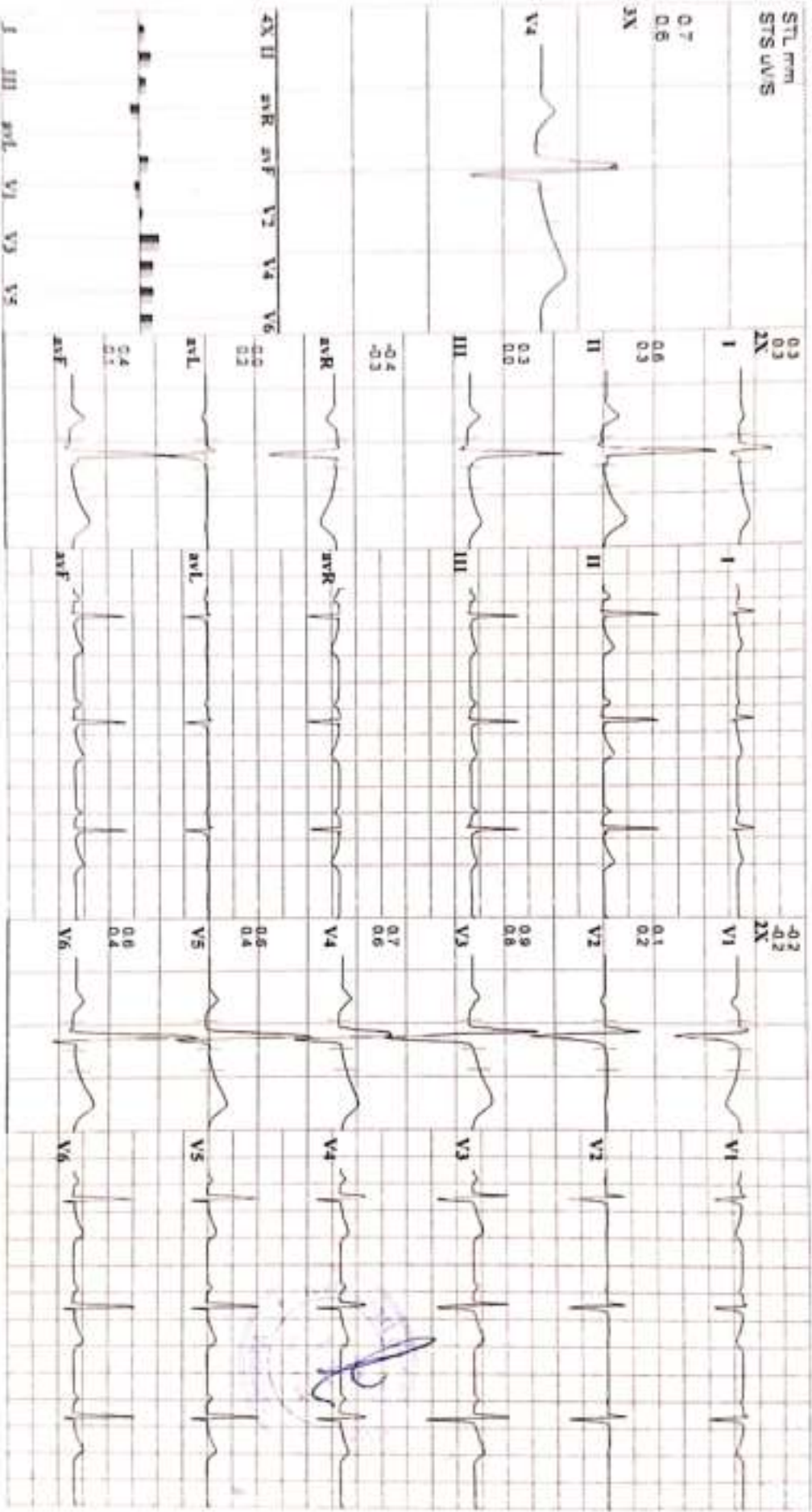


55:1 POONAM SINGH  
32 Yrs / F Kg / Ht. cms Ref No  
Date: 27/01/2024 Time: 10:00 AM

Speed — mph Hr 60 Target Hr 35 % of 168 Filter 0.1 - 100 Hz Gain 10 mm/mV  
Grass — % Mens 1 Ex Time — min:sec BLC On Sweep 25 mm/s  
Protocol Bruce BP — mmHg Cur Time 00:08 Natchion Median Sweep 25 mm/s

Linked Medians  
Pre Ex  
Hyp Vent

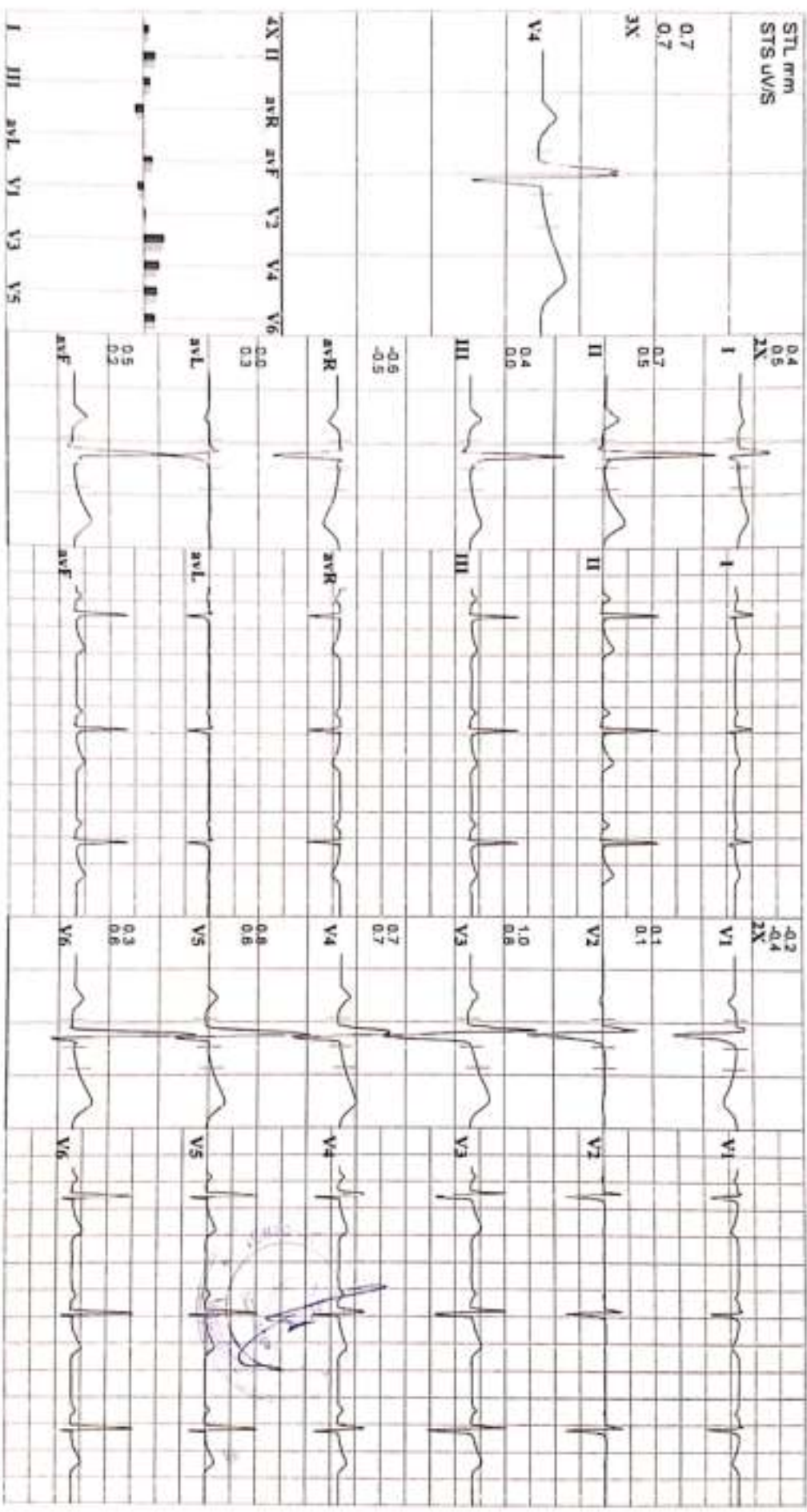
STL mm  
STS uV/s



551 POONAM SINGH  
32 Yrs/F Kg/ Ht. cms Rel.No  
Date 27/01/2024 Time 10:00 AM  
Pace 1.60 ms

Speed — mph Hr 86 Target Hr 45% of 188  
Grade — % Met/s 4.8 Ex Time 00:19  
Protocol Bruce BP — mmHg Cur Time 00:12  
Filter 0.1 - 100 Hz Gain 10 mm/mV  
Sweep 25 mm/s  
Medan Sweep 25 mm/s

Linked Medians  
S1  
Standing





# PARAMOUNT DIAGNOSTIC & RESEARCH CENTRE

(A Unit of Paramount Charity Trust)

Radiology ■ Pathology ■ Histopathology ■ Molecular Biology

NAME : POONAM SINGH

AGE : 32 Y/F

DATE : 27/01/2024

## ULTRASONOGRAPHY OF WHOLE ABDOMEN

**Liver** is normal in size and shows normal parenchymal reflectivity. No focal lesion is seen. Hepatic veins appear normal. There is no evidence of any dilated intra hepatic biliary radicals.

**Portal Vein** appears normal in diameter. **Common Bile Duct** is of normal diameter.

**Gallbladder** is distended with normal wall thickness. There is no evidence of gallstones. No evidence of peri-cholecystic fluid or probe tenderness.

**Pancreas** is normal in size and shows homogenous reflectivity. There is no evidence of any calcification or ductal dilatation.

**Spleen** is normal size and shows a homogenous echotexture. There is no evidence of any focal lesion.

**Both Kidneys** are normal in position and size. They show normal cortical reflectivity and cortico-medullary distinction. Right kidney measures 96 x 35 mm. Left kidney measures 92 x 41 mm. There is no evidence of renal calculi, hydronephrosis or mass seen.

**Bladder** is distended and shows normal wall thickness. No evidence of intra-luminal mass or calculi.

**Uterus** appears normal in size & measures 75 x 54 x 40 mm in size. Uterine myometrial echotexture is homogeneous. No focal lesion is seen. CET measures 3.3mm.

**Both Ovaries** appears normal in size & reflectivity. No evidence of any adnexal mass.

There is no evidence of ascites.


No evidence of any gross bowel dilatation seen.

No evidence of any aorto-caval or mesenteric root lymphadenopathy.

No mass or collection in right iliac fossa.

### CONCLUSION:

- No sonographic abnormality is seen.

  
**DR. HANY GANDHI**  
**CONSULTANT RADIOLOGIST**



24 hours Emergency Service Available for CT Scan / MRI / Pathology **AMBULANCE SERVICE AVAILABLE**

**Main Branch:** Paramount Complex, Gotri Road, Race Course, Vadodra. Ph.: 0265-2395772, 2397438, 6647222, +91 - 6352731483,

Path. Lab : 0265 - 6603900/901/902/903, +91 - 8188225911, +91 - 8099066029

**City Branch:** Opp. Brahman Sabha Hall, Pratap Road, Dandlabazar, Vadodra. Ph.: 0265 - 2423233, +91 - 8352734810





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(A Unit of Paramount Charity Trust)

Radiology ■ Pathology ■ Histopathology ■ Molecular Biology

NAME : POONAM SINGH

AGE : 32 Y/F

DATE : 27/01/2024

## X RAY CHEST (PA)

### OBSERVATIONS:

Both the lung fields and apices appear clear.

Both the hilar shadow appears normal.

Cardiac silhouette appears normal.

Both the costophrenic sinuses are clear.

Mediastinal and tracheal shadows are normal.

Both the domes of diaphragm are normal.

Visualized rib cage and clavicle are normal.

### COMMENTS:

No significant abnormality is seen.



**DR. HENY GANDHI**  
**CONSULTANT RADIOLOGIST**



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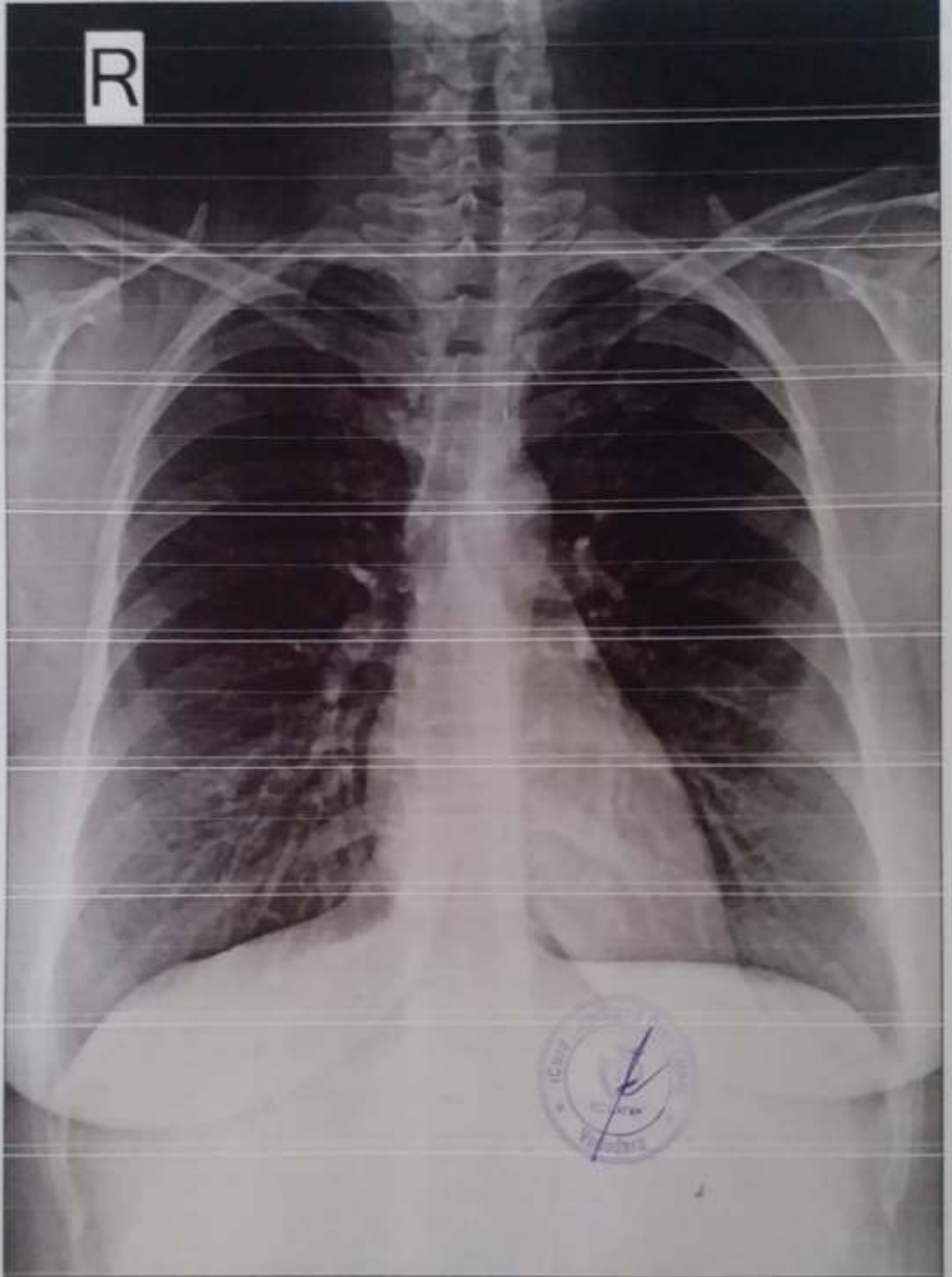
Path. Lab : 0265 - 6003800/901/902/903, +91 - 8160225911, +91 - 9099066029

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R



POONAM SINGH 32Y 2701247 CHEST PA 27-01-2024

PARAMOUNT DIAGNOSTIC & RESARCH CENTRE

**301 Trivia complex, near Natubhai circle, Racecourse Road**

**Name** : POONAM SINGH  
**Ref By** : ICURE HEART & DIET CLINIC

**Age/Sex** : 32 Yrs./F  
**Date** : 27/01/2024  
**Report ID.** : 3

**HAEMOGRAM PROFILE**

<u>TEST</u>	<u>RESULT</u>	<u>UNIT</u>	<u>METHOD</u>	<u>REFERENCE INTERVAL</u>
<b><u>BLOOD COUNTS &amp; INDICES</u></b>				
Haemoglobin	: 12.00	gm%		12.0 - 16.0 gm%
Total RBC	: 4.51	mill/cmm		4.2 - 5.4 mill/cmm
PCV	: 43.00	%		37 - 47 %
MCV	: 95.34	fL		80 - 96 fL
MCH	: 29.00	pg		27 - 31 pg
MCHC	: 32.00	%		32 - 36 %
RDW	: 13.00	%		10 - 15 %
Total WBC	: 5,600	/cmm		4,000 - 11,000/cmm
Platelet Count	: 2,88,000	/cmm		1.5 - 4.0 Lac/cmm.
<b><u>DIFFERENTIAL LEUCOCYTES COUNT</u></b>				
Band Cells	: 00	%		00 - 06 %
Neutrophils	: 56	%		55 - 70 %
Lymphocytes	: 35	%		20 - 40 %
Eosinophils	: 05	%		01 - 06 %
Monocytes	: 04	%		02 - 08 %
Basophils	: 00	%		00 - 01 %
Platelet in Smear	: ADEQUATE			
<b><u>ERYTHROCYTES SEDIMENTATION RATE</u></b>				
ESR After 1st Hour	: 7	mm	Westergren	03 - 12 mm
Blood Group	: * B *			
Rh Factor (Anti D.)	: * POSITIVE *			

*(By Fully Automated Cell Counter System KE-21, Japan)*

END OF REPORT

**301 Trivia complex, near Natubhai circle, Racecourse Road**

**Name** : POONAM SINGH  
**Ref By** : ICURE HEART & DIET CLINIC

**Age/Sex** : 32 Yrs./F  
**Date** : 27/01/2024  
**Report ID.** : 3

**BIOCHEMISTRY**

<u>TEST</u>	<u>RESULT</u>	<u>UNIT</u>	<u>REFERENCE INTERVAL</u>
Blood Urea	: 25.90	mg/dL	10 - 50 mg/dL
Blood Urea Nitrogen - BUN	: 9.00	mg/dL	4.5 - 19.0 mg/dL
Serum Creatinine	: 0.73	mg/dL	0.6 - 1.4 mg/dL
Serum Uric Acid	: 3.80	mg/dL	2.4 - 5.7 mg/dL
<b><u>SERUM PROTEIN</u></b>			
Serum Protein Total	: 6.80	g/dL	6.6 - 8.3 g/dL
Albumin	: 4.10	g/dL	3.60 - 5.00 g/dL
Globulin	: 2.70	g/dL	2.3 - 3.5 g/dL
A/G Ratio	: 1.5	: 1	1.5 - 2.5 : 1
Bilirubin - Total	: 0.3	mg/dL	0.00 - 1.00 mg/dL
Bilirubin - Direct	: 0.2	mg/dL	Upto 0.30 mg/dL
Bilirubin - Indirect	: 0.1	mg/dL	0.1 - 1.0 mg/dL
SGPT	: 15.5	IU/L	10 - 40 IU/L
SGOT	: 17.5	IU/L	Upto 40 IU/L
Serum Alkaline Phosphatase	: 78.0	U/L	37 - 147 U/L
<b><u>FASTING (FBS)</u></b>			
Blood Glucose	: 108.0	mg/dL	70.00 - 110.00 mg/dL
<b><u>POST-PRANDIAL</u></b>			
Blood Glucose	: 120.0	mg/dL	80 - 140 mg/dL
<b><u>SPECIAL TESTS</u></b>			
GGTP Gamma Glutamyltransferase	: 12	U/L	05 - 85 U/L

*Done By Fully Auto Analyzer MUR4, A-1004*

END OF REPORT



**301 Trivia complex, near Natubhai circle, Racecourse Road**

**Name** : POONAM SINGH  
**Ref By** : ICURE HEART & DIET CLINIC

**Age/Sex** : 32 Yrs./F  
**Date** : 27/01/2024  
**Report ID.** : 3

**LIPID PROFILE**

<u>TEST</u>	<u>RESULT</u>	<u>UNIT</u>	<u>REFERENCE INTERVAL</u>
Total Lipid (Calculated)	: 630	mg/dL	350 - 750 mg/dL
Serum Cholesterol	: 172.0	mg/dL	130 - 200 mg/dL
Serum Triglyceride	: 160.0	mg/dL	60 - 165 mg/dL
HDL Cholesterol	: 41.0	mg/dL	30 - 70 mg/dL
LDL Cholesterol	: 99.0	mg/dL	Upto 150 mg/dL
LDL Cholesterol - Direct	: 104.0	mg/dL	Upto 150 mg/dL
CHOL./HDL Chol. Ratio	: 4.19	: 1	Less than 5
LDL Chol./HDL Chol Ratio	: 2.42	: 1	Less than 3.5
VLDL (Calculated)	: <b>32.00</b>	mg/dL	Upto 30 mg/dL

**Hb A1C REPORT**

Hb A1C - Glycated Hb Glycated Haemoglobin	: 5.7	%	Non Diabetic : 4.3 - 6.3 % Good Control : 6.4 - 7.5 % Moderate Control : 7.5 - 9.0 % Poor Control : 9.0 % & Above
Avg. Blood Glucose Level	: 126	mg/dL	
Estimated Average Glucose eAG	: 117	mg%	

END OF REPORT

**301 Trivia complex, near Natubhai circle, Racecourse Road**

**Name** : POONAM SINGH  
**Ref By** : ICURE HEART & DIET CLINIC

**Age/Sex** : 32 Yrs./F  
**Date** : 27/01/2024  
**Report ID.** : 3

**THYROID FUNCTIONS**

<u>TEST</u>	<u>RESULT</u>	<u>UNIT</u>	<u>REFERENCE INTERVAL</u>
Total Triiodothyronine - T3	: 1.23	ng/mL	0.58 - 1.59 ng/mL
Total Thyroxine - T4	: 8.52	ng/mL	4.87 - 11.72 microgram%
Thyroid Sti. Hormone -TSH	: 3.30	ng/mL	0.49 to 4.67 IU/mL
Free Triiodothyronine - FT3	: 1.90	pg/mL	1.4 - 4.2 pg/mL
Free Thyroxine - FT4	: 0.90	ng/mL	0.7 - 1.8 ng/dL

END OF REPORT