

CONCLUSION OF HEALTH CHECKUP

ECU Number : 840	MR Number : 22913469	Patient Name: SHARDENDU
Age : 32	Sex : Male	Height : 171
Weight : 82	Ideal Weight : 67	BMI : 28.04
Date : 24/12/2022		

Dr. Manish Mittal

Internal Medicine

Note : General Physical Examination & routine Investigations included in the Health Checkup have certain limitations and may not be able to detect all the latent and asymptomatic diseases.



ECU Number : 840 MR Number : 22913469 Patient Name: SHARDENDU
Age : 32 Sex : Male Height : 171
Weight : 82 Ideal Weight : 67 BMI : 28.04
Date : 24/12/2022

Past H/O : P/H/O THYROID ; OPEN HEART SURGERY.

Present H/O : NO MEDICAL COMPLAINTS AT PRESENT.

Family H/O : MOTHER : DIABETES.

Habits : NO HABITS.
Gen.Exam. : G.C. GOOD
B.P : 110/70 mm Hg
Pulse : 90/MIN REG.
Others : SPO2 : 99 %
C.V.S : NAD
R.S. : NAD
Abdomen : NP
Spleen : NP
Skin : NAD
C.N.S : NAD
Advice :



ECU Number : 840

MR Number : 22913469

Patient Name: SHARDENDU

Age : 32

Sex : Male

Height : 171

Weight : 82

Ideal Weight : 67

BMI : 28.04

Date : 24/12/2022

Ophthalmic Check Up :

Right

Left

Ext Exam

NORMAL

Vision Without Glasses

6/6 N.5

6/6 N.5

Vision With Glasses

- 0.75 CYL ! 95

+ 0.50 CYL ! 23

Final Correction

N.A

N.A

Fundus

NORMAL

Colour Vision

NORMAL

Advice

NIL

Orthopaedic Check Up :

Ortho Consultation

Ortho Advice

ENT Check Up :

Ear

Nose

Throat

Hearing Test

ENT Advice

General Surgery Check Up :

General Surgery

Abdominal Lump

Hernia

External Genitals

PVR

Proctoscopy

Any Other

Surgical Advice

Dietary Assessment

ECU Number : 840 MR Number : 22913469 Patient Name: SHARDENDU
Age : 32 Sex : Male Height : 171
Weight : 82 Ideal Weight : 67 BMI : 28.04
Date : 24/12/2022

Body Type : Normal / Underweight / Overweight
Diet History : Vegetarian / Eggetarian / Mixed

Frequency of consuming fried food : / Day / Week or occasional
Frequency of consuming Sweets : / Day / or occasional
Frequency of consuming outside food : / Day / Week or occasional
Amount of water consumed / day : Glasses / liters

Life style assessment :

Physical activity : Active / moderate / Sedentary / Nil
Alcohol intake : Yes / No
Smoking : Yes / No
Allergic to any food : Yes / No
Are you stressed out ? : Yes / No
Do you travel a lot ? : Yes / No

General diet instructions :

Have small frequent meals.

Avoid fatty products like oil, ghee, butter, cheese.

Take salt restricted diet and avoid table salt.

Consume fibrous food regularly like whole grains, Daliya, Oats, Bajra, Flex seeds, Pulses, Fruits and Salads.

Keep changing your cooking oil every three months.

Avoid Maida, Starchy foods and Bakery products.

Consume 1-2 seervings of all fruits and vegetables, For Diabetic patients avoid Mango, Chikoo, Banana, Grapes and Custurd apple

Dring 3 to 4 liters (12 - 14 glass) of water daily.

Eat Beetroots, Figs, Almond, Walnut, Dates, Leafy vegetables, roasted Channa and Jeggary (Gur) for Heamoglobin in case of diabetic patient avoid Rasins, Dates and Jeggary

Drink green Tea or black Coffee once in a day.

Do brisk walking daily.



Patient Name	: Mr. SHARDENDU	Type	: OPD
Gender / Age	: Male / 32 Years 6 Months 28 Days	Request No.	: 95450
MR No / Bill No.	: 22913469 / 231056658	Request Date	: 24/12/2022 09:38 AM
Consultant	: Dr. Manish Mittal	Collection Date	: 24/12/2022 10:11 AM
Location	: OPD	Approval Date	: 24/12/2022 03:21 PM

CBC + ESR

Test Results are dependent on a number of variables, & technical limitations. Hence, it is advised to correlate with clinical findings and other related investigations before any firm opinion is made. Recheck / Retest may be requested.

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	13.8	gm/dL	13 - 17
Red Blood Cell Count (T-RBC)	4.85	mill/cmm	4.5 - 5.5
Hematocrit (HCT)	44.4	%	40 - 50
Mean Corpuscular Volume (MCV)	91.5	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	28.5	pg	27 - 32
MCH Concentration (MCHC)	31.1	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	13.1	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	44.7	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	4.64	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	64	%	40 - 80
Lymphocytes	26	%	20 - 40
Eosinophils	5	%	1 - 6
Monocytes	5	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	2.96	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	1.25	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.15	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.22	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.06	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.2	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	164	thou/cmm	150 - 410
Smear evaluation	Adequate		
Remarks	Few large platelets seen.		
ESR	3	mm/1 hr	0 - 10

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name	: Mr. SHARDENDU	Type	: OPD
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CBC + ESR

Immature Granulocyte (IG) count is a useful early marker of infection or inflammation, even when other markers are normal. It is an early and rapid discrimination of bacterial from viral infections. It is also increased in patients on steroid therapy / chemotherapy or haematological malignancy. High IG is always pathological; except in pregnancy and neonates of < 7 days.
Method : HB by Non-Cyanide Hemoglobin analysis method. HCT by RBC pulse height detection method. RBC, TLC & PLC are by Particle Count by Electrical Impedance in Cell Counter. Optical Platelets by Fluorescent + Laser Technology. MCV, MCH, MCHC, RDW (CV & SD) are calculated parameter. DLC by Flowcytometry method using semi-conductor Laser+Smear verification. ESR on Ves metic 20, comparable to Westergrens method and in accordance to ICSH reference method.

---- End of Report ----

Dr. Rakesh Vaidya
MD (Path). DCP.

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Haematology

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
Blood Group			
ABO system	A		
Rh system.	Positive		

By Gel Technology / Tube Agglutination Method

Note :

- This blood group has been done with new sensitive Gel Technology using both Forward and Reverse Grouping Card with Autocontrol.
- This method check's group both on Red blood cells and in Serum for "ABO" group.

---- End of Report ----

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Fasting Plasma Glucose

Test	Result	Units	Biological Ref. Range
<i>Fasting Plasma Glucose</i>			
Fasting Plasma Glucose	87	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	100	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimesion

---- End of Report ----

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HbA1c (Glycosylated Hb)

Test	Result	Units	Biological Ref. Range
<i>HbA1c (Glycosylated Hb)</i>			
Glycosylated Hemoglobin (HbA1c)	5.2	%	
estimated Average Glucose (e AG) *	102.54	mg/dL	

(Method:

By Automated HPLC analyser on D-10 Biorad. NGSP Certified, US-FDA approved, Traceable to IFCC reference method.

* Calculated valued for past 60 days, derived from HbA1c %, based on formula recommended by the A1c - Derived Average Glucose study from ADA and EASD funded The ADAG trial.

Guidelines for Interpretation:

Indicated Glycemic control of previous 2-3 months

HbA1c%	e AG (mg/dl)	Glycemic control
> 8	> 183	Action suggested...High risk of developing long-term complications. Action suggested, depends on individual patient circumstances
7 - 8	154 - 183	Good
< 7	< 154	Goal...Some danger of hypoglycemic reaction in type I Diabetics. Some Glucose intolerant individuals and Sub-Clinical diabetics may demonstrate (elevated) HbA1c in this area.
6 - 7	126 - 154	Near Normal
< 6	< 126	Nondiabetic level)

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Complete Lipid Profile

Test	Result	Units	Biological Ref. Range
Complete Lipid Profile			
Appearance	Clear		
Triglycerides	192	mg/dL	1 - 150
<i>(By Lipase / Glycerol dehydrogenase on RXL Dade Dimension)</i>			
< 150 Normal			
150-199 Borderline High			
200-499 High			
> 499 Very High)			
Total Cholesterol	207	mg/dL	1 - 200
<i>(By enzymatic colorimetric method on RXL Dade Dimension)</i>			
<200 mg/dL. - Desirable			
200-239 mg/dL. - Borderline High			
> 239 mg/dL - High)			
HDL Cholesterol	41	mg/dL	40 - 60
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
< 40 Low			
> 60 High)			
Non HDL Cholesterol (calculated)	166	mg/dL	1 - 130
<i>(Non- HDL Cholesterol)</i>			
< 130 Desirable			
139-159 Borderline High			
160-189 High			
> 191 Very High)			
LDL Cholesterol	128	mg/dL	1 - 100
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
< 100 Optimal			
100-129 Near / above optimal			
130-159 Borderline High			
160-189 High			
> 189 Very High)			
VLDL Cholesterol (calculated)	38.4	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	3.12		2.1 - 3.5
T. Ch./HDL Ch. Ratio	5.05		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

---- End of Report ----

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 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 95450
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Renal Function Test (RFT)

Test	Result	Units	Biological Ref. Range
Urea (By Urease Kinetic method on RXL Dade Dimension)	16	mg/dL	10 - 45
Creatinine (By Modified Kinetic Jaffe Technique)	0.96	mg/dL	0.9 - 1.3
Estimate Glomerular Filtration rate (Ref. range : > 60 ml/min for adults between age group of 18 to 70 yrs. EGFR Calculated by IDMS Traceable MDRD Study equation. Reporting of eGFR can help facilitate early detection of CKD. By Modified Kinetic Jaffe Technique)	More than 60		
Uric acid (By Uricase / Catalase method on RXL Siemens)	6.1	mg/dL	3.4 - 7.2

— End of Report —

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Liver Function Test (LFT)

Test	Result	Units	Biological Ref. Range
Bilirubin			
Bilirubin - Total	0.52	mg/dL	0 - 1
Bilirubin - Direct	0.11	mg/dL	0 - 0.3
Bilirubin - Indirect	0.41	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	29	U/L	15 - 40
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	55	U/L	16 - 63
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	81	U/L	53 - 128
<i>(BY PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	34	U/L	15 - 85
<i>(By IFCC method on RXL Dade Dimension.)</i>			
Total Protein			
Total Proteins	7.80	gm/dL	6.4 - 8.2
Albumin	4.04	gm/dL	3.4 - 5
Globulin	3.76	gm/dL	3 - 3.2
A : G Ratio	1.07		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

---- End of Report ----

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 Gender / Age : Male / 32 Years 6 Months 28 Days
 MR No / Bill No. : 22913469 / 231056658
 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 95450
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Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
Triiodothyronine (T3)	1.31	ng/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
Reference interval (ng/ml)			
1 - 3 days	: 0.1 - 7.4		
1-11 months	: 0.1 - 2.45		
1-5 years	: 0.1 - 2.7		
6-10 years	: 0.9 - 2.4		
11-15 years	: 0.8 - 2.1		
16-20 years	: 0.8 - 2.1		
Adults (20 - 50 years)	: 0.7 - 2.0		
Adults (> 50 years)	: 0.4 - 1.8		
Pregnancy (in last 5 months)	: 1.2 - 2.5		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroxine (T4)	8.65	mcg/dL	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
Reference interval (mcg/dL)			
1 - 3 days	: 11.8 - 22.6		
1- 2 weeks	: 9.8 - 16.6		
1 - 4 months	: 7.2 - 14.4		
4 - 12 months	: 7.8 - 16.5		
1-5 years	: 7.3 - 15.0		
5 - 10 years	: 6.4 - 13.3		
10 - 20 years	: 5.6 - 11.7		
Adults / male	: 4.6 - 10.5		
Adults / female	: 5.5 - 11.0		
Adults (> 60 years)	: 5.0 - 10.7		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroid Stimulating Hormone (US-TSH)	8.90	microIU/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
Reference interval (microIU/ml)			
Infants (1-4 days)	: 1.0 - 39		
2-20 weeks	: 1.7 - 9.1		
5 months - 20 years	: 0.7 - 6.4		
Adults (21 - 54 years)	: 0.4 - 4.2		
Adults (> 55 years)	: 0.5 - 8.9		
Pregnancy :			
1st trimester	: 0.3 - 4.5		
2nd trimester	: 0.5 - 4.6		
3rd trimester	: 0.8 - 5.2		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			

Test Results are dependent on a number of variables & technical limitations. Hence, it is advised to correlate with clinical findings and other related investigations before any firm opinion is made. Recheck / recast may be requested.

--- End of Report ---

Dr. Rakesh Vaidya
MD (Path). DCP.



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Urine routine analysis (Auto)

Test	Result	Units	Biological Ref. Range
Physical Examination			
Quantity	30	mL	
Colour	Pale Yellow		
Appearance	Clear		
Chemical Examination (By Reagent strip method)			
pH	6.0		
Specific Gravity	1.020		
Protein	Negative	gm/dL	0 - 5
Glucose	Negative	mg/dL	0 - 5
Ketones	Negative		0 - 5
Billirubin	Negative		Negative
Urobilinogen	Negative		Negative (upto 1)
Blood	Negative		Negative
Bile Salt	Absent		Absent
Leucocytes	Negative		Negative
Bile Pigments	Absent		Absent
Nitrite	Negative		Negative
Microscopic Examination (by Microscopy after Centrifugation at 2000 rpm for 10 min or on fully automated Sysmex urine sedimentation analyzer UF4000)			
Red Blood Cells	0 - 1	/hpf	0 - 2
Leucocytes	0 - 1	/hpf	0 - 5
Epithelial Cells	0 - 1	/hpf	0 - 5
Casts	Nil	/hpf	Nil
Crystals	Nil	/hpf	Nil
Mucus	Absent	/hpf	Absent
Organism	Absent		



--- End of Report ---

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Multi-Detector CT Scan

Mammography

Interventional Radiology

Digital Subtraction Angiography

Foetal Echocardiography

Echocardiography

Patient No. : 22913469 Report Date : 24/12/2022

Request No. : 190046069 24/12/2022 9.38 AM

Patient Name : **Mr. SHARDENDU**

Gender / Age : Male / 32 Years 6 Months 28 Days

X-Ray Chest AP

Both lung fields are clear.

Both costophrenic sinuses appear clear.

Heart size is normal.

Hilar shadows show no obvious abnormality.

Aorta is normal.

• ULTRA SONOGRAPHY CANNOT DETECT ALL ABNORMALITIES
• NOT VALID FOR MEDICO-LEGAL PURPOSES
• CLINICAL CORRELATION RECOMMENDED

Dr. Priyanka Patel, MD
Consultant Radiologist



ECU



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- Foetal Echocardiography
- Echocardiography

Patient No. : 22913469 Report Date : 24/12/2022
Request No. : 190046065 24/12/2022 9.38 AM
Patient Name : **Mr. SHARDENDU**
Gender / Age : Male / 32 Years 6 Months 28 Days

USG : Screening for Abdomen (excluding Pelvis) Or Upper Abdomen

Liver is normal in size and shows increased in echopattern. No mass lesion identified. The hepatic veins are clear and patent.

Gall bladder is partially distended and shows no obvious abnormality. Common bile duct measures 4 mm in diameter.

Pancreas shows no obvious abnormality. Tail obscured.
Spleen is normal in size and echopattern.

Both kidneys are normal in shape and position. Normal echogenicity and cortico medullary differentiation is noted. No hydronephrosis or mass lesion seen.

	RIGHT	LEFT
Renal length :	100 mm.	114 mm.
A.P. :	43mm.	48 mm.


No ascites.

COMMENT:

• Fatty liver.

Kindly correlate clinically.

• ULTRA SONOGRAPHY CANNOT DETECT ALL ABNORMALITIES
 • NOT VALID FOR MEDICO-LEGAL PURPOSES
 • CLINICAL CORRELATION RECOMMENDED


Dr. Priyanka Patel, MD
Consultant Radiologist



Patient No. : 22913469 Report Date : 24/12/2022
Request No. : 190046113 24/12/2022 9.38 AM
Patient Name : Mr. SHARDENDU
Gender / Age : Male / 32 Years 6 Months 28 Days

Echo Color Doppler

MITRAL VALVE : NORMAL, NO MS, NO MR
AORTIC VALVE : TRILEAFLET, NO AS, NO AR
TRICUSPID VALVE : NORMAL, TRIVIAL TR, NO PAH
PULMONARY VALVE : NORMAL, NO PR, NO PS
LEFT ATRIUM : NORMAL SIZE
AORTA : NORMAL
LEFT VENTRICLE : NORMAL LVEF – 65%, NO RWMA AT REST
RIGHT ATRIUM : NORMAL SIZE
RIGHT VENTRICLE : NORMAL SIZE
I.V.S. : INTACT
I.A.S. : NO LEFT TO RIGHT SHUNT ACROSS
PULMONARY ARTERY : NORMAL
PERICARDIUM : NO EFFUSION
COLOUR/DOPPLER FLOW MAPPING : NO MR // AR, TRIVIAL TR, NO PAH

FINAL CONCLUSION:

1. S/P ASD CLOSURE (SURGICALLY), NO LEFT TO RIGHT SHUNT ACROSS IAS
2. NORMAL SIZED RA / RV, NORMAL RIGHT HEART PRESSURES
3. NORMAL LV SYSTOLIC FUNCTION LVEF – 65%
4. NO RESTING REGIONAL WALL MOTION ABNORMALITY
5. NORMAL ALL CARDIAC VALVES STRUCTURALLY AND FUNCTIONALLY
6. NO MITRAL / AORTIC STENOSIS, INTACT IAS // IVS
7. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.


DR. KILLOL KANERIA, M.D., D.M., CARD.

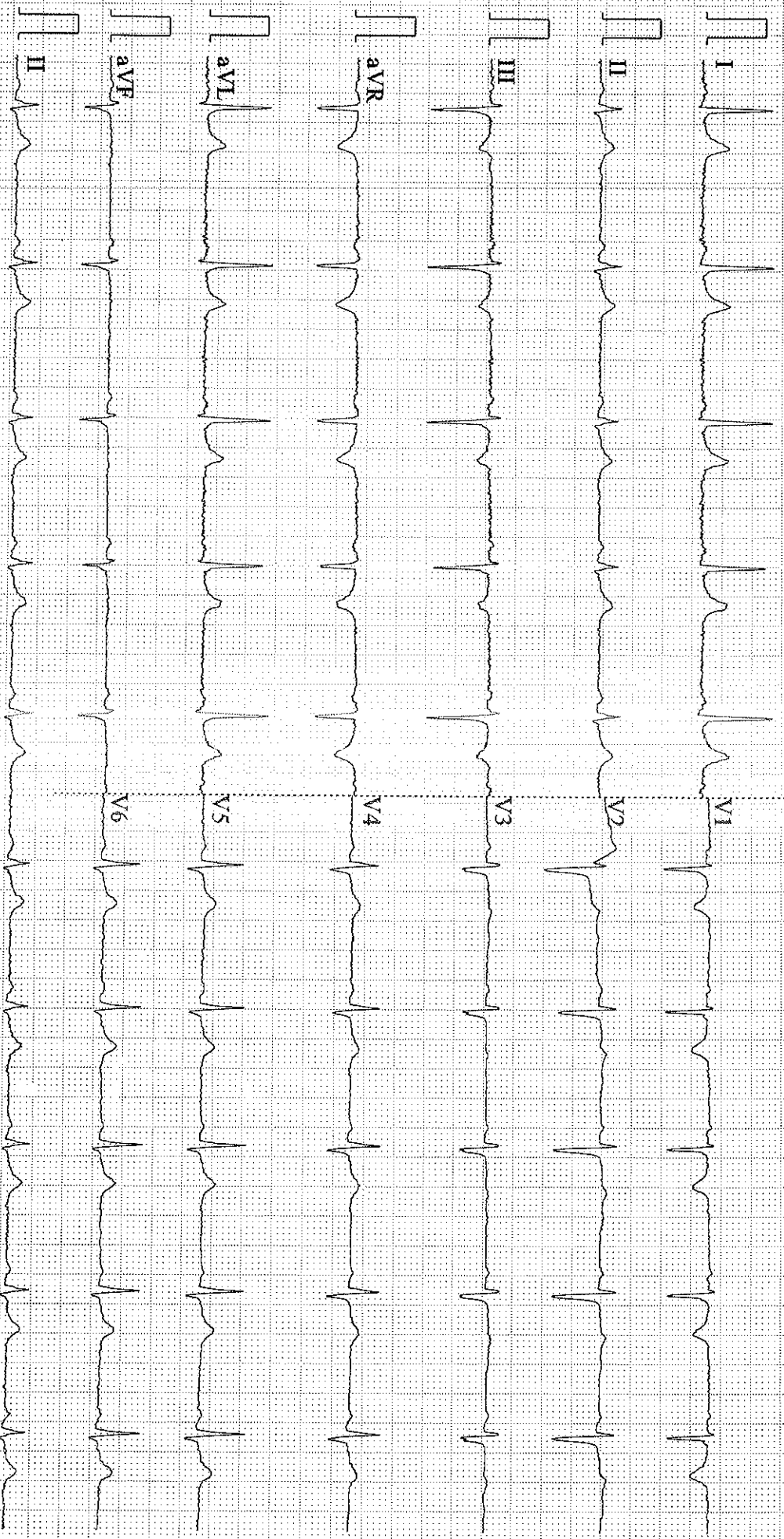
24-12-2022 13:36:00
ID: 22913469
Mr. Shardendu
Male 32Years

Contest 22616605

HR : 60 bpm
P : 105 ms
PR : 148 ms
QRS : 91 ms
QT/QTc : 402/402 ms
P/QRS/T : 51/-15/10 °
RV5/SV1 : 0.737/0.684 mV

Diagnosis Information:
Sinus Rhythm
Poor R Wave Progression (V3)

Report Confirmed by:



0.67~25HZ AC50 25mm/s 10mm/mV 2*5s+1r 60 VI93 SEMIP V1.7