

OP Slip

UHID No :- UD-242502188 OP No :- OP-242505028 OP Date :- 18 Jun 2024 5:30P
 Pt. Name :- Mr JASWANT SINGH Age/Sex :- 54 Y/Male Mob. No :- 9416863031
 Pay Type :- Emp. Credit Token No :- NOR. - 66 Paid :- 0.00
 Deptt. :- GENERAL MEDICINE Consultant :- Dr ANURAG KAUSHAL (MD)
 Address :- NEAR RAWANT ATTA Empanelment :- Mediwheel
 CHAKKI, NACHRAON, Yamunanagar

Present Complaints:

Diagnosis:

BPH E Unilateral Hemis
Treatment/Preventive Care/Nutrition Advised:

Past/Family History:

Drug Allergy (If any):

Examination (Vitals):

BP: *132/86 mmHg* RR: *91 BPM*
 Temp: *98.8 F* SPO2: *98%*
 Weight: *91 kg* Height: _____

Investigations:

Adv
Urologist opinion

Adv
 Citalu vatin D onalngst
 Dz up Seat on lwb cmkz
 Tal Rahu 20 onldo

Dr. Anurag Kausha
MD(Medicine) INTENSIVIST
1504-HCMS

Out Time:

Doctor Signatures:

Next Follow-up:

Nutritional Screening: Wt. Loss Loss of Appetite Muscle Wasting Delay Wound Healing Lethargy Decrease Mobility

Pain Scale



OPD Timing : 10:00 AM - 6:00 PM (Sunday Closed)



SHRI BALAJI AAROGYAM HOSPITAL

KURUKSHETRA

Patient Demographics

JASWANT SINGH 54YRS

Patient ID: 242502188

Gender: M

Performed By: DR.RISHABH MARWAH

Comments

NORMAL CHAMBER DIMENSIONS
IAS/IVS INTACT
AORTIC ROOT/MPA NORMAL
NORMAL VALVE MORPHOLOGY
NO SIGNIFICANT REGURGITATION
NO RWMA
NORMAL SYSTOLIC FUNCTION
NORMAL DIASTOLIC FUNCTION
NO CLOT/VEG/PE
IVC- NORMAL

Adult Echo: Measurements and Calculations

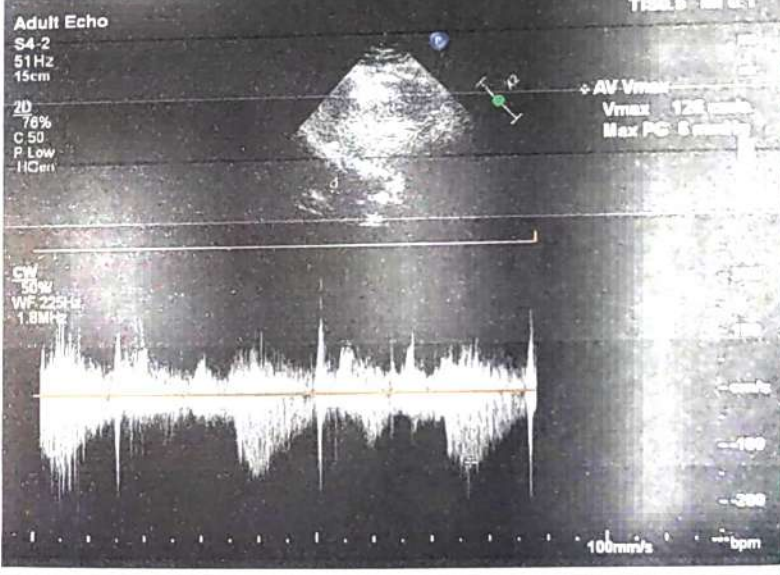
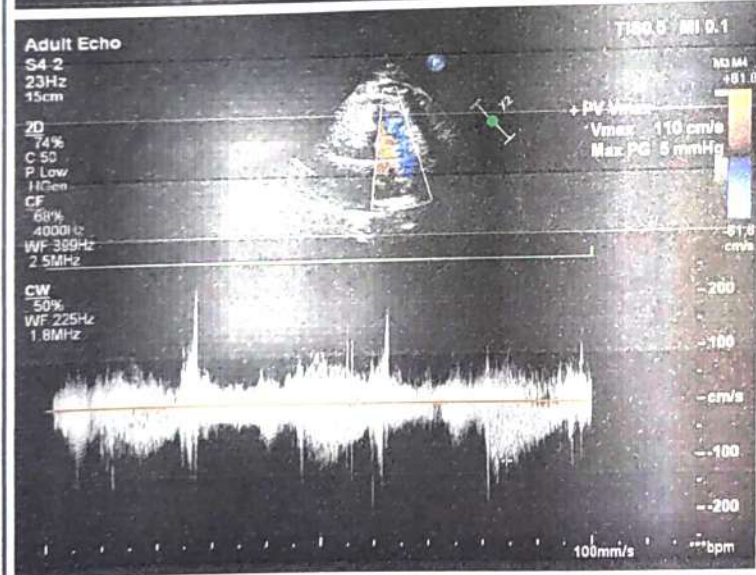
2D

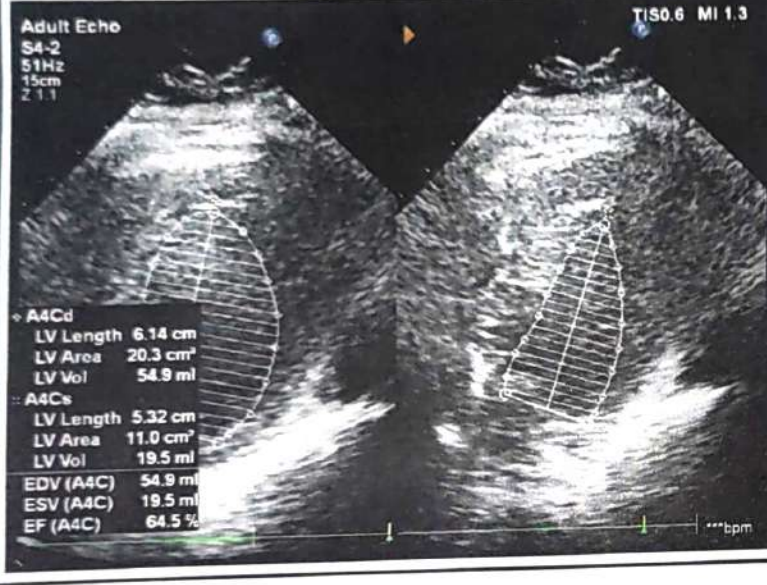
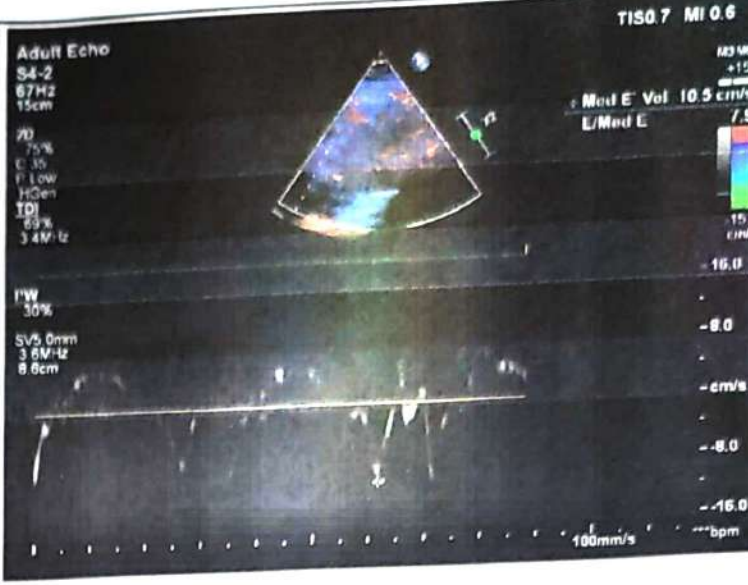
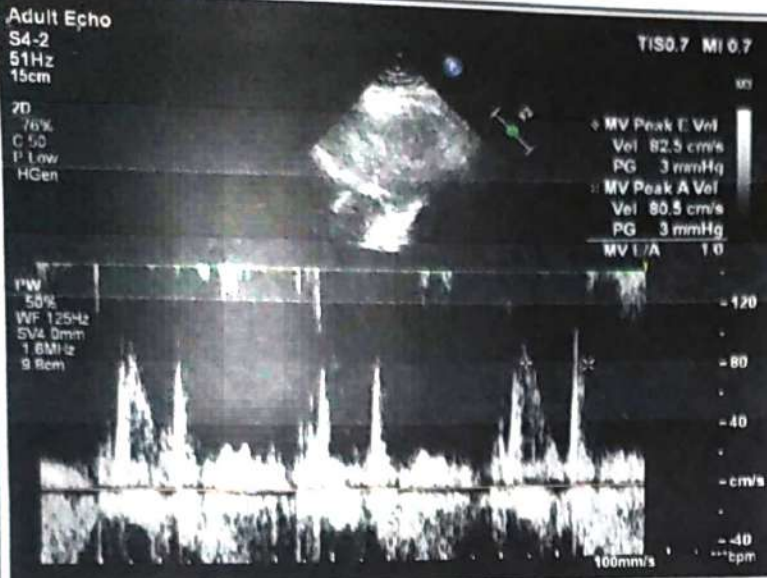
LVIDd (2D)	4.74 cm	LVLs (A4C)	5.3 cm	EF (A4C)	64.5 %
LVPWd (2D)	0.952 cm	LVA d (A4C)	20.30 cm ²	IVSd (2D)	0.927 cm
EDV (2D-Teich)	104 ml	LVA s (A4C)	11.00 cm ²	LA Dimen (2D)	3.1 cm
EDV (2D-Cubed)	106 ml	EDV (A4C)	54.9 ml	LA/Ao (2D)	1.15
A4Cd		ESV (A4C)	19.5 ml	AoR Diam (2D)	2.7 cm
LV Vol	54.9 ml				
LV Length	6.14 cm				
LV Area	20.3 cm ²				
A4Cs		IVS/LVPW (2D)	0.974		
LV Vol	19.5 ml				
LV Length	5.32 cm				
LV Area	11.0 cm ²				
LVLd (A4C)	6.1 cm	SV (A4C)	35.4 ml		

Doppler

AV Vmax		MV E/A	1.0	PV Vmax	5 mmHg
Max PG	6 mmHg			Max PG	110 cm/s
Vmax	126 cm/s			Vmax	
MV Peak E Vel		Med E' Vel	10.5 cm/s		
Vel	82.5 cm/s				
PG	3 mmHg				
MV Peak A Vel		E/Med E'	7.9		
Vel	80.5 cm/s				
PG	3 mmHg				

Images





Signature

Signature:
Name(Print):

Dr. RISHABH MARWAH
MD DM CARDIOLOGY
REG. NO. HN8708
SHRI BALAJI AAROGYAM HOSPITAL
KURUKSHETRA

Date: 19-6-24.



SHRI BALAJI
AAROGYAM HOSPITAL
PVT. LTD

01744-270255
 99926-30762
 99964-44762



Regd. off.: BEHIND OLD BUS STAND, KURUKSHETRA

E-mail : aarogyamkkr@gmail.com

CIN : U93000HR2018PTC074193

Typed by: Kajal

PATIENT NAME	MR. JASWANT SINGH	AGE/SEX	54 Y / MALE
REFERRED BY:	DR. ANURAG KAUSHAL	DATE	19.06.2024

USG WHOLE ABDOMEN

LIVER:-Is normal in size measuring 15.0 cm with increased echogenicity s/o fatty liver. No focal lesion is seen in the liver parenchyma. IHBR's are not dilated. The PV is normal.

GALL BLADDER: - normal in size and distensibility. The wall thickness is normal. No evidence of any peri-cholecystic collection is seen. No evidence of calculus is seen.

CBD is normal in course and caliber.

PANCREAS:-Head, body and tail of pancreas are normal in outline and echotexture.

SPLEEN: - is normal in size measuring 7.8 cm and echotexture. No focal lesion is seen.

RIGHT KIDNEY:-It is normal in size measuring 8.7 x 4.1 cm, normal in position and echotexture. CMD is maintained. The pelvi-calyceal system is compact. No evidence of calculus or hydronephrosis is seen.

LEFT KIDNEY:-It is normal in size measuring 10.7 x 5.7 cm, normal in position and echotexture. CMD is maintained. The pelvi-calyceal system is compact. No evidence of calculus or hydronephrosis is seen.

URINARY BLADDER:-Is distended, normal in size and capacity. No calculus is seen in its lumen. The wall thickness is within normal limits.

PROSTATE: - is enlarged in size, having an approximate volume of 30.7 cc. Echotexture is normal.

Prostatic parenchymal calcification is seen.

No free fluid is seen in abdomen and pelvis.

No evidence of any mesenteric lymphadenopathy noted.

Visualized bowel loops appear unremarkable.

A midline anterior abdominal wall defect measuring approx. 19.8 mm is seen at the level of umbilicus, through which pre-peritoneal fat is seen to herniate.

IMPRESSION:

- > FATTY LIVER GRADE I.
- > PROSTATOMEGALY.
- > UMBILICAL HERNIA AS DESCRIBED.

Please Correlate Clinically.

DR. ISHA GOYAL,
 DMRD (CMC LUDHIANA)
 Ex. Fortis Hospital Ludhiana
 Consultant Radiologist

Not valid for Medico Legal Purposes. Advise further clinical correlations.



Name	: Mr. JASWANT SINGH	Age	: 54 Years
Lab No.	: 469034211	Gender	: Male
Ref By	: ANURAG KAUSHAL	Reported	: 19/6/2024 10:06:06AM
Collected	: 19/6/2024 9:12:00AM	Report Status	: Final
A/c Status	: P	Processed at	: Dr. Lal PathLabs Ltd. Kurukshetra-136118,Haryana
Collected at	: SHRI BALAJI AAROGYAM HOSPITAL PVT. LTD PLOT NO 1-2, JYOTI NAGAR NEAR OLD BUS STAND Kurukshetra 136118		

Test Report

Test Name	Results	Units	Bio. Ref. Interval
THYROID PROFILE,TOTAL, SERUM (ECLIA)			
T3, Total	1.33	ng/mL	0.80 - 2.00
T4, Total	7.69	µg/dL	5.10 - 14.10
TSH	1.61	µIU/mL	0.27 - 4.20

Note

1. TSH levels are subject to circadian variation, reaching peak levels between 2 - 4.a.m. and at a minimum between 6-10 pm . The variation is of the order of 50% . hence time of the day has influence on the measured serum TSH concentrations.
2. Alteration in concentration of Thyroid hormone binding protein can profoundly affect Total T3 and/or Total T4 levels especially in pregnancy and in patients on steroid therapy.
3. Unbound fraction (Free,T4 /Free,T3) of thyroid hormone is biologically active form and correlate more closely with clinical status of the patient than total T4/T3 concentration
4. Values <0.03 uIU/mL need to be clinically correlated due to presence of a rare TSH variant in some individuals



Dr.Arshiya Bansal
 MD ,Pathology
 Chief of Laboratory
 Dr Lal PathLabs Ltd

-----End of report-----



Name : Mr. JASWANT SINGH
 Lab No. : 469034209
 Ref By : ANURAG KAUSHAL
 Collected : 19/6/2024 8:30:00AM
 A/c Status : P
 Collected at : SHRI BALAJI AAROGYAM HOSPITAL PVT. LTD
 PLOT NO 1-2, JYOTI NAGAR NEAR OLD BUS
 STAND Kurukshetra 136118

Age : 54 Years
 Gender : Male
 Reported : 19/6/2024 3:52:35PM
 Report Status : Final
 Processed at : Dr. Lal PathLabs Ltd.
 Kurukshetra-136118,Haryana

Test Report

Test Name	Results	Units	Bio. Ref. Interval
BLOOD GROUP, ABO & RH TYPING (Tube & Slide Agglutination)			
ABO Group	AB		
Rh Factor	Positive		

Note: 1. Both forward and reverse grouping performed
 2. Test conducted on EDTA whole blood

Test Name	Results	Units	Bio. Ref. Interval
VITAMIN B12; CYANOCOBALAMIN, SERUM (ECLIA)	>2000	pg/mL	211.00 - 946.00

Notes

1. Interpretation of the result should be considered in relation to clinical circumstances.
2. It is recommended to consider supplementary testing with plasma Methylmalonic acid (MMA) or plasma homocysteine levels to determine biochemical cobalamin deficiency in presence of clinical suspicion of deficiency but indeterminate levels. Homocysteine levels are more sensitive but MMA is more specific
3. False increase in Vitamin B12 levels may be observed in patients with intrinsic factor blocking antibodies, MMA measurement should be considered in such patients
4. The concentration of Vitamin B12 obtained with different assay methods cannot be used interchangeably due to differences in assay methods and reagent specificity

Test Name	Results	Units	Bio. Ref. Interval
VITAMIN D, 25 - HYDROXY, SERUM (ECLIA)	20.10	nmol/L	75.00 - 250.00

Interpretation

LEVEL	REFERENCE RANGE IN nmol/L	COMMENTS
Deficient	< 50	High risk for developing bone disease
Insufficient	50-74	Vitamin D concentration which normalizes Parathyroid hormone concentration
Sufficient	75-250	Optimal concentration for maximal health benefit



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Collected at	: SHRI BALAJI AAROGYAM HOSPITAL PVT. LTD PLOT NO 1-2, JYOTI NAGAR NEAR OLD BUS STAND Kurukshetra 136118		

Test Report

Test Name	Results	Units	Bio. Ref. Interval
Potential intoxication	>250 High risk for toxic effects		

Note

- The assay measures both D2 (Ergocalciferol) and D3 (Cholecalciferol) metabolites of vitamin D.
- 25 (OH)D is influenced by sunlight, latitude, skin pigmentation, sunscreen use and hepatic function.
- Optimal calcium absorption requires vitamin D 25 (OH) levels exceeding 75 nmol/L.
- It shows seasonal variation, with values being 40-50% lower in winter than in summer.
- Levels vary with age and are increased in pregnancy.
- A new test Vitamin D, Ultrasensitive by LC-MS/MS is also available

Comments

Vitamin D promotes absorption of calcium and phosphorus and mineralization of bones and teeth. Deficiency in children causes Rickets and in adults leads to Osteomalacia. It can also lead to Hypocalcemia and Tetany. Vitamin D status is best determined by measurement of 25 hydroxy vitamin D, as it is the major circulating form and has longer half life (2-3 weeks) than 1,25 Dihydroxy vitamin D (5-8 hrs).

Decreased Levels

- Inadequate exposure to sunlight
- Dietary deficiency
- Vitamin D malabsorption
- Severe Hepatocellular disease
- Drugs like Anticonvulsants
- Nephrotic syndrome

Increased levels

Vitamin D intoxication



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Age : 54 Years
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 Kurukshetra-136118,Haryana

Test Report

Test Name	Results	Units	Bio. Ref. Interval
HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD (HPLC)			
HbA1c	5.6	%	4.00 - 5.60
Estimated average glucose (eAG)	114	mg/dL	

Interpretation

HbA1c result is suggestive of non diabetic adults (>=18 years)/ well controlled Diabetes in a known Diabetic

Interpretation as per American Diabetes Association (ADA) Guidelines

Reference Group	Non diabetic adults >=18 years	At risk (Prediabetes)	Diagnosing Diabetes	Therapeutic goals for glycemic control
HbA1c in %	4.0-5.6	5.7-6.4	>= 6.5	<7.0

Note: Presence of Hemoglobin variants and/or conditions that affect red cell turnover must be considered, particularly when the HbA1C result does not correlate with the patient's blood glucose levels.

FACTORS THAT INTERFERE WITH HbA1C MEASUREMENT	FACTORS THAT AFFECT INTERPRETATION OF HbA1C RESULTS
Hemoglobin variants, elevated fetal hemoglobin (HbF) and chemically modified derivatives of hemoglobin (e.g. carbamylated Hb in patients with renal failure) can affect the accuracy of HbA1c measurements	Any condition that shortens erythrocyte survival or decreases mean erythrocyte age (e.g., recovery from acute blood loss, hemolytic anemia, HbSS, HbCC, and HbSC) will falsely lower HbA1c test results regardless of the assay method used. Iron deficiency anemia is associated with higher HbA1c



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 MD, Pathology
 Chief of Laboratory
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 STAND Kurukshetra 136118

Age : 54 Years
 Gender : Male
 Reported : 19/6/2024 3:52:35PM
 Report Status : Final
 Processed at : Dr. Lal PathLabs Ltd.
 SCF -35, Sector-11, HUDA, Panipat-132103,
 Haryana



Test Report

Test Name	Results	Units	Bio. Ref. Interval
PSA (PROSTATE SPECIFIC ANTIGEN), TOTAL, SERUM (CLIA)			
PSA, TOTAL	11.120	ng/mL	<4.00

Note

1. This is a recommended test for detection of prostate cancer along with Digital Rectal Examination (DRE) in males above 50 years of age.
2. False negative / positive results are observed in patients receiving mouse monoclonal antibodies for diagnosis or therapy
3. PSA levels may appear consistently elevated / depressed due to the interference by heterophilic antibodies & nonspecific protein binding
4. Immediate PSA testing following digital rectal examination, ejaculation, prostatic massage, indwelling catheterization, ultrasonography and needle biopsy of prostate is not recommended as they falsely elevate levels
5. PSA values regardless of levels should not be interpreted as absolute evidence of the presence or absence of disease. All values should be correlated with clinical findings and results of other investigations
6. Sites of Non-prostatic PSA production are breast epithelium, salivary glands, peri-urethral & anal glands, cells of male urethra & breast milk
7. Physiological decrease in PSA level by 18% has been observed in hospitalized / sedentary patients either due to supine position or suspended sexual activity
8. The concentration of PSA in a given specimen, determined with assays from different manufacturers, may not be comparable due to differences in assay methods, calibration, and reagent specificity.

Recommended Testing Intervals

- Pre-operatively (Baseline)
- 2-4 days post-operatively
- Prior to discharge from hospital
- Monthly followup if levels are high or show a rising trend

Post Surgery	Frequency of testing
1st year	Every 3 months
2nd year	Every 4 months
3rd year onwards	Every 6 months



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PLOT NO 1-2, JYOTI NAGAR NEAR OLD BUS
STAND Kurukshetra 136118

Age : 54 Years
Gender : Male
Reported : 19/6/2024 3:52:35PM
Report Status : Final
Processed at : Dr. Lal PathLabs Ltd.
SCF -35, Sector-11, HUDA, Panipat-132103,
Haryana



Test Report

Test Name	Results	Units	Bio. Ref. Interval
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Clinical Use

- An aid in the early detection of Prostate cancer when used in conjunction with Digital rectal examination in males more than 50 years of age and in those with two or more affected first degree relatives.
- Followup and management of Prostate cancer patients
- Detect metastatic or persistent disease in patients following surgical or medical treatment of Prostate cancer

Increased Levels

- Prostate cancer
- Benign Prostatic Hyperplasia
- Prostatitis
- Genitourinary infections

Dr Preeti Seth
DCP, Pathology
Chief of Laboratory
Dr Lal PathLabs Ltd

Dr. Rashmi Tayal
MD Pathology
Consultant Pathologist
Dr Lal PathLabs Ltd

Dr. Korvi Anusha
MD, Pathology
Consultant Pathologist
Dr Lal PathLabs Ltd

End of report





SBAH PATH LAB

INSIDE SHRI BALAJI AAROGYAM HOSPITAL Pvt. Ltd.
BEHIND OLD BUS STAND, KURUKSHETRA

E-mail : aarogyamkk@gmail.com



UHID No :- UD-242502188 OP No :- OP-242505028 Print Date : 19-Jun-2024 10:07 AM
 Receipt No :- 24250001573 Receipt Date :- 18 Jun 2024
 Patient Name :- Mr JASWANT SINGH Father :- BIR SINGH Age/Sex :- 54 Y/M
 Mobile No :- 9416863031 Department :- GENERAL MEDICINE Consultant :- Dr ANURAG KAUSHAL (MD)
 Address :- NEAR RAWANT ATTA CHAKKI,NACHRAON , Yamunanagar Empanelment :- Mediwheel

Final Report

Investigations	Observations	Biological Reference Interval	Unit
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Sample No:24254890

Sample Gnt At: (19 Jun 2024 9:41 AM) ,Sample Rvd At (19 Jun 2024 9:41 AM) ,Report Gnt At : (19 Jun 2024 10:05 AM)

HAEMATOLOGY

CBC

WBC	6.88	4.00 - 11.00	10 ³ /mm ³
RBC	6.48	4.00 - 5.50	million/cumm
Methology / Carm			
HAEMOGLOBIN	14.6	13.00 - 16.00	gm/dl
HCT	48.6	35.00 - 50.00	%
DefaultMethodTwo / test Machine			
MCV(MEAN CELL VOLUME)	75.00	83.00 - 101.00	fl
MCH(MEAN CELL HAEMOGLOBIN)	22.53	27.00 - 32.00	pg
MCHC	30.04	31.50 - 35.00	gm%
RDW-CV	13.3	12.00 - 18.00	%
Method1 / test Machine			
RDW-SD	36.7	37.00 - 56.00	fl
MIC	8.6	0.00 - 20.00	%
Methology / test Machine			
MAC	3.3	2.00 - 10.00	%
PLATELETS	209	150.00 - 450.00	x10 ³ /μL
MPV	11.8	7.40 - 11.00	fl
PCT	0.25	0.15 - 0.40	%
Test Method			
PDW	20.8	11.00 - 20.00	fL
P-LCC	112	44.00 - 140.00	10 ⁶ /mm ³
P-LCR	53.64	18.00 - 50.00	%
DLC DIFFERENTIAL LEUCOCYTE COUNT			
NEUTROPHILS	55.5	40.00 - 75.00	%
LYMPHOCYTES	23.4	20.00 - 45.00	%
MONOCYTES	17.4	2.00 - 10.00	%
EOSINOPHILS	3.1	1.00 - 6.00	%
BASOPHILS	0.6	0.00 - 1.00	%

Remarks :-

Sample No:24254891

(Technologist)

Not valid for Medico Legal Purposes. Advised further clinical correlations

Charu Sethi
 Dr. Charu Sethi Sharma
 MD-Pathology
 Reg. No. HN-19861



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Address :- NEAR RAWANT ATTA CHAKKI,NACHRAON , Yamunanagar	Empanelment :- Mediwheel	

Final Report

Investigations	Observations	Biological Reference Interval	Unit
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Sample Gnt At: (19 Jun 2024 9:41 AM) ,Sample Rvd At (19 Jun 2024 9:41 AM) ,Report Gnt At : (19 Jun 2024 10:05 AM)

HAEMATOLOGY

ESR	25	0.00 - 15.00	mm at 1 hr
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Remarks :-

Sample No:24254892

Sample Gnt At: (19 Jun 2024 9:41 AM) ,Sample Rvd At (19 Jun 2024 9:41 AM) ,Report Gnt At : (19 Jun 2024 10:07 AM)

BIOCHEMISTRY

COMPLETE LIPID PROFILE

TOTAL CHOLESTROL	143	120.00 - 200.00	mg/dl
TRIGLYCERIDES	124	35.00 - 160.00	mg/dl
HDL	45	30.00 - 70.00	mg/dl
LDL	73.20	0.00 - 100.00	mg/dl
VLDL CHOLESTEROL	24.80	0.00 - 35.00	mg/dL

BLOOD UREA	19	12.00 - 40.00	mg/dl
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CREATININE	0.95	0.70 - 1.40	mg/dl
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LFT

TOTAL BILIRUBIN	0.80	0.30 - 1.00	mg/dl
DIRECT BILIRUBIN	0.20	0.00 - 0.30	mg/dl
INDIRECT BILIRUBIN	0.60	0.20 - 0.80	mg/dl
SGOT	30	0.00 - 40.00	U/L
SGPT	28	0.00 - 40.00	U/L
TOTAL PROTIENS	7.2	6.60 - 8.70	gm/dl
ALBUMIN	4.0	3.50 - 5.00	mg/dl
GLOBULIN	3.20	1.50 - 3.60	gms/dl
ALKALINE PHOSPHATE	107	57.00 - 111.00	U/L

BLOOD SUGAR FASTING & PP

BLOOD SUGAR FASTING	92	70.00 - 110.00	mg/dl
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Remarks :-

Sample No:24254893

Sample Gnt At: (19 Jun 2024 9:41 AM) ,Sample Rvd At (19 Jun 2024 9:41 AM) ,Report Gnt At : (19 Jun 2024 10:05 AM)

(Technologist)

Not valid for Medico Legal Purposes. Advised further clinical correlations

Charu Sethi

Dr. Charu Sethi Sharma
MD-Pathology
Reg. No. HN-19861



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Final Report

Investigations	Observations	Biological Reference Interval	Unit
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URINE EXAMINATION

URINE ROUTINE

PHYSICAL EXAMINATION

COLOUR <i>Methology</i>	YELLOW	CLEAR YELLOW	
VOLUME	20		ML
SPECIFIC GRAVITY	1.025	1.00 - 1.03	

CHEMICAL EXAMINATION

PH	5.5	4.60 - 8.00	
PROTEIN.	Negative	NEGATIVE	
GLUCOSE	Negative	NEGATIVE	
KETONE	Negative	NEGATIVE	

MICROSCOPIC EXAMINATION

EPIITHELIAL CELLS	Negative		
PUS CELLS	2-4	2.00 - 3.00	/HPF
RBC <i>Methology / Carm</i>	Negative	4.00 - 5.50	million/cumm
CRYSTALS	ABSENT	ABSENT	
BACTERIA	ABSENT	ABSENT	
OTHERS	ABSENT		

MICROSCOPIC EXAMINATION

CASTS	ABSENT	ABSENT	
AMORPHOUS DEPOSITS	ABSENT		

Remarks :-

Type of Sample :- SERUM,WHOLE BLOOD,URINE SPOT,

* END OF REPORT *

(Technologist)

Not valid for Medico Legal Purposes. Advised further clinical correlations

Charu Sethi
 Dr. Charu Sethi Sharma
 MD-Pathology
 Reg. No. HN-19861

JASWANT SINGH
Male

19/06/2024 08:40:57

54 Years

Rate 91 . Sinus rhythm.....normal P axis, V-rate 60- 99
RR 659 . Atrial premature complex.....SV complex w/ short R-R interval
PR 142 . Left anterior fascicular block.....axis(240,-40), init forces inf
QRSD 89
QT 364
QTc 448

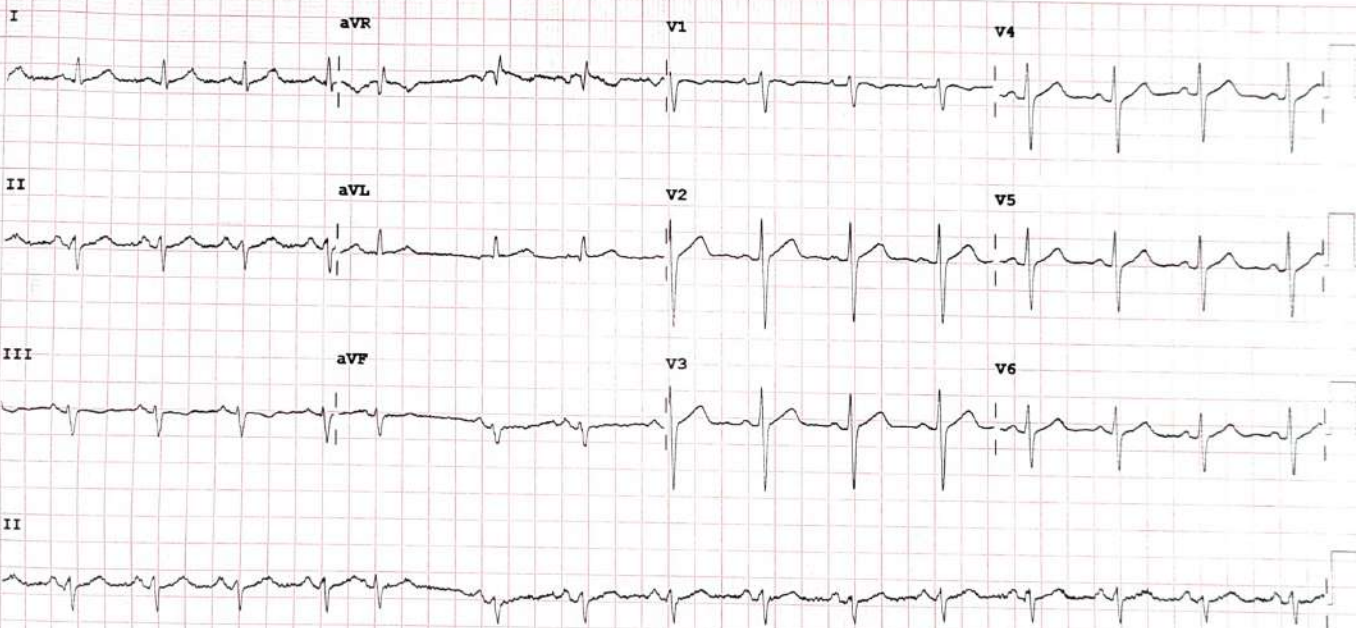
--AXIS--

P 58
QRS -46
T 16

- ABNORMAL ECG -

12 Lead; Standard Placement

Unconfirmed Diagnosis



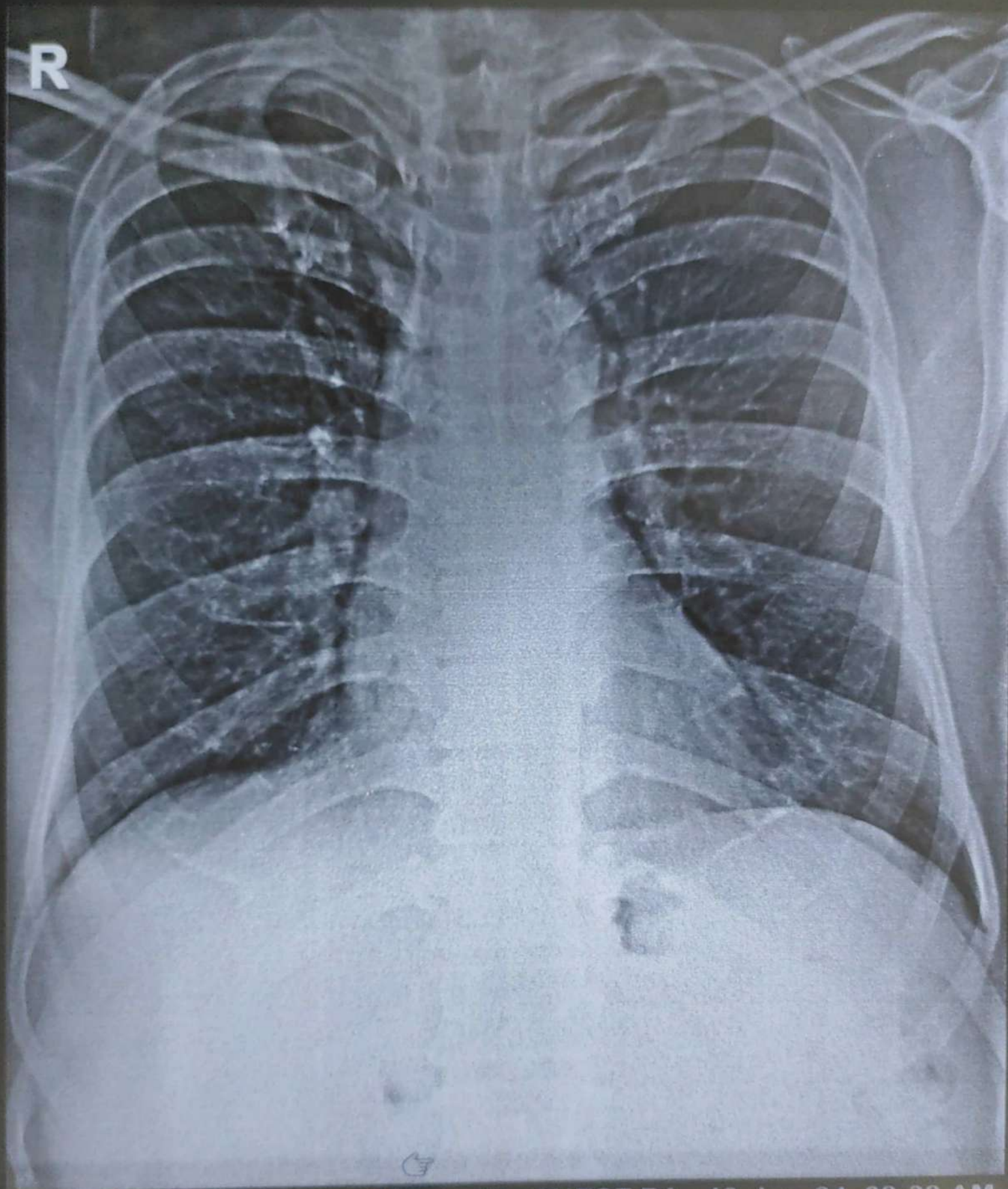
Device: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

50- 0.15- 40 Hz

100B bCL

P?

CARDIOPRINT



JASWANT SINGH 54/Y 2188 M CHEST PA 19-Jun-24 08:38 AM
SHRI BALAJI AAROgyAM HOSPITAL, KURUKSHETRA

Jaswant singh



SHRI BALAJI AROGYAM HOSPITAL PVT LTD

DIET CHART FOR HIGH PROTEIN DIET

6:00 AM : गिलास नींबू पानी + आंवला मुरब्बा

6:30 AM : बादाम + अखरोट + ~~काजू~~ + किशमिश + अंजीर + ~~गुण्डू~~ + ½ MILK

8:00 AM : सब्जी चपाती + 1 कटोरी दही / मिस्सी चपाती + 1 कटोरी दही

या

सब्जी दलिया / सब्जी ओट्स / सब्जी पोहा / उबले अंडे का सफेद हिस्सा / बिना तेल का बेसन चीला /

10-11:00 AM : सेब / पपीता / संतरा / नाशपाती / अमरूद / अनार - *seasonal fruit*

12:00 AM : 1 प्लेट सलाद

1:00 PM : चपाती + दाल + दही - 150 G + 1 BOWL NUTRI KEEMA / PANEER BHURJI

5:00 PM : 1 गिलास दूध - भुना हुआ मखाना

7:00 PM : ढोकला / भुने हुए चने / MIXED SEEDS (2 SPOON) / उबले हुए काले चने की चाट / BREAD PEANUT BUTTER

या

अंडे का सफेद हिस्सा / 100 ग्राम उबला हुआ चिकन / उबली हुई मछली

1 cup tea + Biscuit (Monegold / Mervit / high fibre biscuit)

7-8:00 PM : चपाती + सब्जी

या

सब्जी खिचड़ी / सब्जी दलिया / सब्जी ओट्स

DIET GUIDELINES

- बेकरी आइटम (बिस्कुट, नमकीन, रस्क, पेस्ट्री) से बचें
- ठंडे पेय, डिब्बाबंद जूस, अन्य पेय पदार्थों से बचें
- तले हुए भोजन (मक्खन, पकौड़ा, पूड़ी, परांठा) से बचें
- शराब, सिगरेट से बचें

MILK - 500 ML

OIL - 3-4 SPOONS

WATER INTAKE - *2-3 liter*

PHYSICAL ACTIVITY -

D/S

Diet chart

6:00AM - 1 glass Nimbu Paani + Amla Murabba /

Jeera water /

Saunf water

6:30AM - 4 Badam
2 Akhrot
1 Anjis } soaked

8:00AM - Namkeen daliya /

Namkeen oats /

Namkeen seviyan / Besan chilla without oil /

Moong dal chilla with less oil /

1 chapati + sabji

10-11AM - seasonal fruit

12PM - 1 Plate salad

1PM → 2 chapati + Dal + sabji + Dahi

5PM → 1 cup tea + Biscuit /

1 glass MILK + Makhan

7PM → Dholela / sprouts / Adli

8:00PM → 1 chapati + sabji / Khichdi / Daliya.

Avoid

Excess tea & Coffee

Full fat Dairy Products

Excess sugar & salt

spicy food

oily food

Dairy



OP Receipt

UHID No :- UD-242502188	OP No. :- 242505028
Patient Name :- Mr JASWANT SINGH	Receipt No/Date :- 24250001573 / 18 Jun 2024
Age/Sex :- 54 Y/M	Mobile No :- 9416863031
Address :- NEAR RAWANT ATTA CHAKKI,NACHRAON,Yamunanagar	Payment Via :- Emp. Credit
Consultant :- Dr ANURAG KAUSHAL (MD)	Department :- (GENERAL MEDICINE)
	Empanelment :- Mediwheel
Claim ID :-	

Service Type	Service Name	Serial No	Price	Emr. C'rg.	Dis.	Unit	Net Amt.
Urine examination	URINE ROUTINE		80.00	0.00	0	1	42.00
Haematology	BLOOD GROUP		50.00	0.00	0	1	26.00
	CBC		120.00	0.00	0	1	64.00
	HBA1C(GLYCOSYLATED HAEMOGLOBIN)		250.00	0.00	0	1	132.00
	VITAMIN B12		1200.00	0.00	0	1	636.00
	ESR		80.00	0.00	0	1	42.00
Immunopathology	PSA (PROSTATE SPECIFIC ANTIGEN)		250.00	0.00	0	1	132.00
Immunology	THYROID PROFILE (T3,T4,TSH)		150.00	0.00	0	1	79.00
	VITAMIN D-3		1270.00	0.00	0	1	673.00
Cardiology	ECHO		300.00	0.00	0	1	159.00
X-RAYS	Chest X-RAY		100.00	0.00	0	1	53.00
Hospital Charge	ECG		100.00	0.00	0	1	53.00
Ultrasound	Usg Whole Abdomen		250.00	0.00	0	1	132.00
Biochemistry	COMPLETE LIPID PROFILE		150.00	0.00	0	1	79.00
	BLOOD UREA		50.00	0.00	0	1	26.00
	CREATININE		50.00	0.00	0	1	26.00
	LFT		150.00	0.00	0	1	79.00
	BLOOD SUGAR FASTING & PP		50.00	0.00	0	1	26.00
Dietician	Dietitian Consultation		70.00	0.00	0	1	41.00
Total Amount							4720.00
Total Discount							2220.00



469034209

— 211

Shri Balaji Aarogyam Hospital Pvt. Ltd.
 Behind Old Bus Stand
 Kurukshetra-136118



Shri Balaji Aarogyam Hospital Pvt.Ltd.
Behind Old Bus Stand, Jyoti Nagar, Kurukshetra.
Ph:01744-270255,9992630762



	Bill Credit Towards Mediwheel	2500.00
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Remarks: MEDIWHEEL PT PKG

Printed By : Mr SHOBHIT

Created By : Mr SHOBHIT

Authorized Signatory

Shri Balaji Aarogyam Hospital Pvt. Ltd.
Behind Old Bus Stand
Kurukshetra-136118



PHYSIOTHERAPY
फिजियोथेरेपी

डॉ. कनक कुमार
BPT & MPT
कंसल्टंट फिजियोथेरेपी
CONSULTANT-PHYSIOTHERAPY
डॉ. पी. डी. सन्ध्या
सुबह 10:00 बजे से शाम 4:00 बजे तक
सोमवार से शनिवार

PHYSIOTHERAPY
फिजियोथेरेपी
CT. SCAN
सीटी स्कैन
RECEPTION
रिसेप्शन



आयुष्मान के मरीजों के
व जनरल सर्जरी विभाग
परामर्श की सुविधा
Free OPD Consultation in
Gen. Surgery Deptt. for Ayu

EMERGENCY CONTACTS
99926-30762, 83077-51690
HELPLINE NUMBERS
POLICE: 112
FIRE: 101
AMBULANCE: 102
RAILWAY: 139
STATE POLICE: 112
STATE FIRE: 101
STATE AMBULANCE: 102
STATE RAILWAY: 139

COMPLAINT NO.
RECEPTION
99926-30762, 83077-51690
SUPERVISOR
90-33390, 70662-3149
ELECTRICIAN
903149, 90502-70662

• यदि आप किसी भी चीज़ में किसी भी तरह की समस्या देखें, तो हमें तुरंत सूचित करें।
• हमारे कर्मचारियों को हमारे काम के लिए सहायता करने के लिए प्रोत्साहित किया जाता है।
• हमारे कर्मचारियों को हमारे काम के लिए प्रोत्साहित किया जाता है।
• हमारे कर्मचारियों को हमारे काम के लिए प्रोत्साहित किया जाता है।



Kurukshetra, Haryana, India
Aarogyam hospital , Behind old bus stand, Jyoti Nagar, Kurukshetra, Haryana 136118, India
Lat 29.973267°
Long 76.838378°
19/06/24 01:10 PM GMT +05:30

GPS Map Camera