

R/o - Nagpur

Dr. Vimmi Goel

Head - Non Invasive Cardiology
Incharge - Preventive Health Care
MBBS, MD (Internal Medicine)
Reg. No: MMC-2014/01/0113

Date : 08/04/22

Name : Mrs. Vandana Sonak

Age : 53y Sex : M/F Weight : 64.3 kg Height : 162.5 in BMI : 24.4

BP : 132/78 mmHg Pulse : 63 bpm RBS : _____ mg/dl

SpO2 - 99%

Menopause - 2y8

S3/F
Non HT
Non DM
No compl.

OTE
Iup^o
Cher /
ly /
P/A N.

Adv.

Diet control

walking

T. CCM x — 1 — x
A/L

(60)

Inv.

T. Chol - 225

LDL - 119

USG abd → simple cysts
in both lobes
of liver.

Ren noted

Dr. VIMMI GOEL
MBBS, MD
Sr. Consultant-Non Invasive Cardiology
Reg.No.: 2014/01/0113

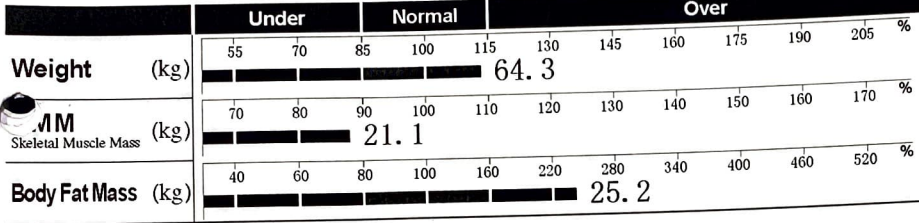


ID	Height	Age	Gender	Test Date / Time
90116	162.5cm	53	Female	08.04.2022 12:19

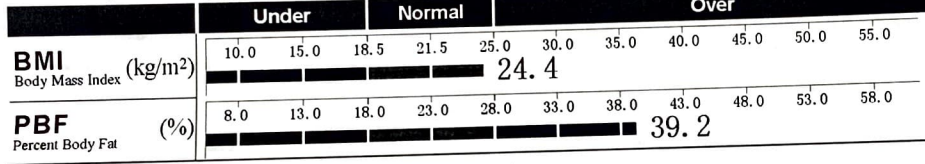
Body Composition Analysis

Total amount of water in my body	Total Body Water (L)	28.7 (28.9~35.3)
What I need to build muscles	Protein (kg)	7.6 (7.7~9.5)
What I need for strong bones	Mineral (kg)	2.77 (2.67~3.27)
Where my excess energy is stored	Body Fat Mass (kg)	25.2 (11.4~18.2)
Sum of the above	Weight (kg)	64.3 (48.3~65.3)

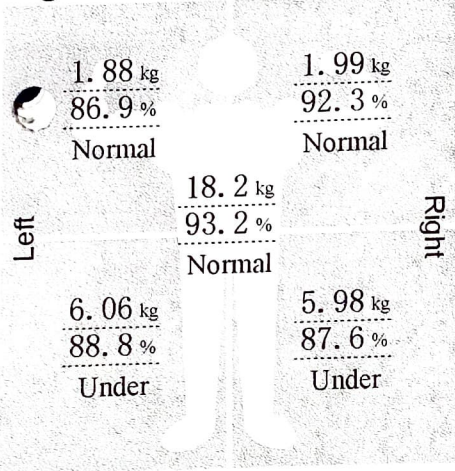
Muscle-Fat Analysis



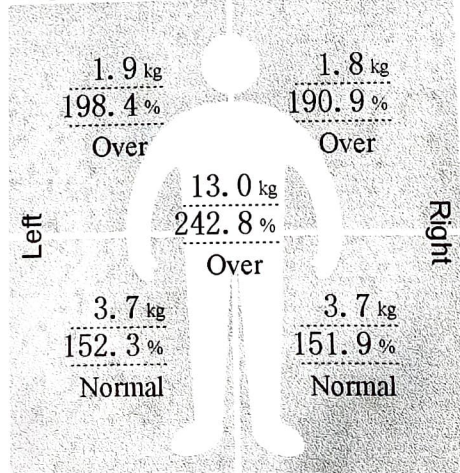
Obesity Analysis



Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

	08.04.22 12:19				
Weight (kg)	64.3				
SMM (kg)	21.1				
PBF (%)	39.2				

Recent Total

InBody Score

63/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	56.8 kg
Weight Control	-7.5 kg
Fat Control	-12.1 kg
Muscle Control	+4.6 kg

Obesity Evaluation

BMI	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Slightly Over	<input type="checkbox"/> Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Slightly Over	<input checked="" type="checkbox"/> Over	

Waist-Hip Ratio

0.96

0.75 0.85

Visceral Fat Level

Level 13

Low 10 High

Research Parameters

Fat Free Mass	39.1 kg
Basal Metabolic Rate	1214 kcal (1332~1546)
Obesity Degree	113% (90~110)
SMI	6.0 kg/m²
Recommended calorie intake	1483 kcal

Calorie Expenditure of Exercise

Golf	113	Gateball	122
Walking	129	Yoga	129
Badminton	145	Table Tennis	145
Tennis	193	Bicycling	193
Boxing	193	Basketball	193
Mountain Climbing	210	Jumping Rope	225
Aerobics	225	Jogging	225
Soccer	225	Swimming	225
Japanese Fencing	322	Racketball	322
Squash	322	Taekwondo	322

* Based on your current weight

* Based on 30 minute duration

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20kHz	415.4	443.1	29.2	331.0	321.0
100kHz	374.8	402.9	25.7	301.4	292.0

Name : Mrs. Vandana Bandu Sonak

Date : 8/4/22

Age : 53 Sex : M/F Weight : _____ kg Height : _____ in BMI : _____

BP : _____ mmHg Pulse : _____ bpm RBS : _____ mg/dl

Routine Dental checkup.

O/E

- grossly Carious \bar{e}
- occlusal Caries \bar{e}
- Stains ++
- Calculus ++

$\frac{6}{8}$

Adv -

oral prophylaxis..

(Dr. Keishna)



Mrs VANDANA BANDU SONAK

53 Y / FEMALE

PLOT NO 71 CHANDRAMANI NAGAR ,NAGPUR-

Registration Number : **90116**

Entered On : 08-04-2022 13:11

OPHTHALMOLOGY - OPHTHALMOLOGY (REFRACTION)

Eye	Sph	Cyl	Axis	Visual Acuity
RE	00	00	00	6/6
LE	00	00	00	6/6

Near: Addition

RE	+2.25D.N6
LE	+2.25D.N6

REMARKS:

Refresh tear eye drop 4time/day X 2month.

Dr. ASHISH KAMBLE
MBBS,MS(OPHTH),FICO(LON),FVRS.
VITREORETINAL & PHACO SURGEON
Reg. No. MCI/11-39352

Mrs. Vandana Souale 53yrs 8/4/22

No gynec complaints at present.

O/H: P L L 2 C Both (L & R)
TL Not done.

M/H: Menopausal :: 2yrs.

Breast Examination: WNL.

Mammography: Awaited

USG: S/O Hepatic cysts
wt. (N) ET - 4mm
B/L ovaries (N).

PIA: Soft NT

PIS: & J healthy

Adv
- surgeon opinion
for liver

Mrs VANDANA BANDU SONAK

53 Y / Female

Requested by:
Dr VIMMI GOEL

Registration Number : 90116

Request Number : 83561

Requested on : 08-04-2022 09:29

Reported on : 08-04-2022 11:04



USG WHOLE ABDOMEN

LIVER is normal in size, shape and echotexture. Cysts seen in both lobes of liver, largest in right lobe measures 2.1 x 2.0 cm and in left lobe measures 3.3 x 2.3 cm.
Intrahepatic biliary radicals are not dilated. PORTAL VEIN and CBD are normal in course and caliber.

GALL BLADDER is physiologically distended. No stones or sludge seen within it.
Wall thickness is within normal limits.

PANCREAS is normal in shape, size and echotexture.

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

Both KIDNEYS are normal in shape, size and echotexture.
No evidence of calculus or hydronephrosis seen.
URETERS are not dilated.

BLADDER is partially distended. No calculus or mass lesion seen.

Uterus is anteverted and normal. It measures 6.8 x 2.6 x 4.2 cm
No focal myometrial lesion seen.
Endometrial echo-complex appears normal. ET - 4 mm.

No adnexal mass lesion seen.

There is no free fluid or abdominal lymphadenopathy seen.

IMPRESSION:

Simple cysts in both lobes of liver.
No other significant visceral abnormality seen.

Suggest clinical correlation / further evaluation.

2D ECHOCARDIOGRAPHY AND COLOR DOPPLER REPORT

Patient Name : Mrs. Vandana Bandu Sonak
Age : 53 years / Female
UHID : 90116
Date : 08/04/2022
Done by : Dr. Vimmi Goel
ECG : NSR, WNL

BSA:- 1.69 m²

Impression:

NORMAL CHAMBERS DIMENSIONS
NO RWMA OF LV AT REST
GOOD LV SYSTOLIC FUNCTION, LVEF 70%
NORMAL LV DIASTOLIC FUNCTION (?PSEUDONORMAL)
E/A IS 1.3
E/E' IS 11.3 (Borderline filling pressure)
VALVES ARE NORMAL
TRIVIAL MR
NO PULMONARY HYPERTENSION
IVC IS NORMAL IN SIZE AND COLLAPSING WELL WITH RESPIRATION
NO CLOTS OR PERICARDIAL EFFUSION

Comments:

Sector echocardiography was performed in various conventional views (PLAX, SSAX, AP4 CH and 5 CH views). LV size normal. There is no RWMA of LV seen at rest. Good LV systolic function. LVEF 70%. Normal LV diastolic function (?Pseudonormal). E Velocity is 113 cm/s, A Velocity is 76 cm/s. E/A is 1.3. Valves are normal. Trivial MR. No Pulmonary Hypertension. IVC normal in size and collapsing well with respiration. Pericardium is normal. No clots or pericardial effusion seen.
E' at medial mitral annulus is 8.7 cm/sec & at lateral mitral annulus is 11.6 cm/sec.
E/E' is 11.3 (Average).

M Mode echocardiography and dimension:

	Normal range (mm)		Observed (mm)
	(adults)	(children)	
Left atrium	19-40	7-37	32
Aortic root	20-37	7-28	22
LVIDd	35-55	8-47	46
LVIDs	23-39	6-28	26
IVS (d)	6-11	4-8	09
LVPW (d)	6-11	4-8	09
LVEF %	~ 60%	~60%	70%
Fractional Shortening			40%

P.T.O


Dr. Vimmi Goel
MD, Sr. Consultant
Non-invasive Cardiology



SPANV Medisearch Lifesciences Pvt. Ltd.
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www.kingswayhospitals.com CIN U74999MH2018PTC303510

90116
53 Years

MRS. VANDANA SONAK
Female

08-Apr-22 12:11:16 PM

Kingsway Hospital (Cardiology)

Rate 62 . Sinus rhythm.....normal P axis, V-rate 50- 99
. ST elev, probable normal early repol pattern.....ST elevation, age<55

PR 156
QRSD 86
QT^c 402
QTc 409

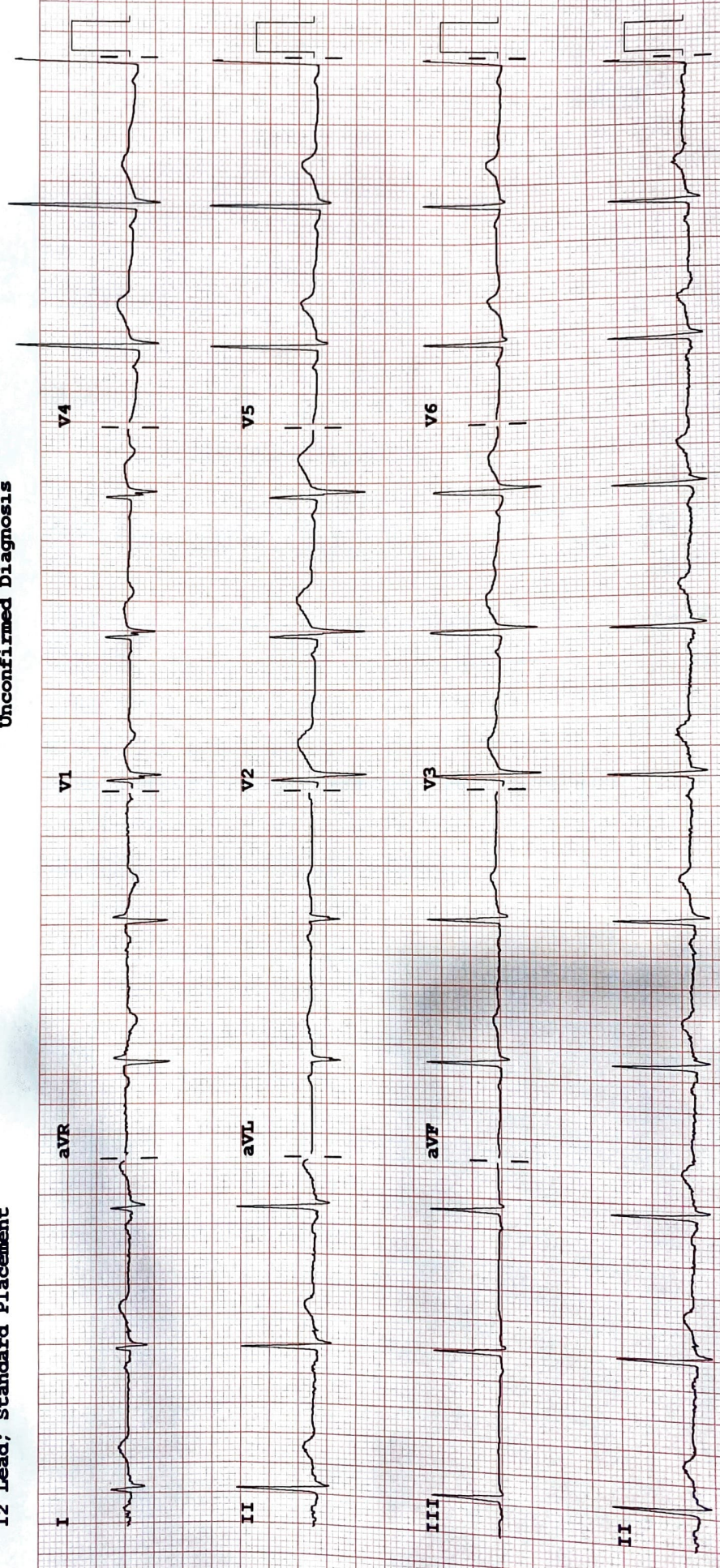
--AXIS--

P 9
QRS 85
T 32

12 Lead; Standard Placement

- NORMAL ECG -

Unconfirmed Diagnosis



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

F 50- 0.50-150 Hz W

100B CL P?

REORDER # M2483A



KINGSWAY HOSPITALS

PERSONALISING HEALTHCARE

A Unit of SPANV Medisearch Lifesciences Pvt. Ltd.

CIN U74999MH2018PTC303510

Mrs VANDANA BANDU SONAK

53 Y / Female

Requested by:

Dr VIMMI GOEL

Registration Number : 90116

Request Number : 83561

Requested on : 08-04-2022 09:29

Reported on : 08-04-2022 11:30



XRAY CHEST AP

Both the lung fields are clear.

Heart and Aorta are normal.

Both hilar shadows appear normal.

Diaphragm domes and CP angles are clear.

Bony cage is normal.

IMPRESSION : No pleuro-parenchymal abnormality seen.

Dr. NAVEEN PUGALIA
SENIOR CONSULTANT RADIOLOGIST
MBBS,MD (RADIOLOGIST) [076125]

End Of Report

Naveenp - 08-04-2022 11:28

Report Approved

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f /kingswayhospitalnagpur t /kingswayHospital in /kingsway-hospitals @ /kingswayhospitalnagpur

Mrs VANDANA BANDU SONAK ,

53 Y/Female

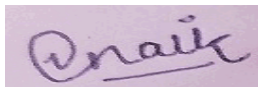
Requested by:

Dr VIMMI GOEL

Registration Number : **90116**
Request Number : **211692**
Requested on : **08-04-2022 / 09:29**
Specimen Collected on : **08-04-2022 / 13:40**
Approved on : **08-04-2022 / 16:13**



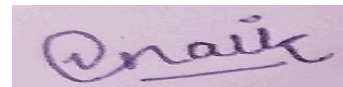
TEST NAME - (SPECIMEN)	RESULT VALUE	BIOLOGICAL REFERENCE RANGE	METHODOLOGY
BIOCHEMISTRY			
Fasting Blood Sugar. - (PLASMA)	91	Less than 100 mg %	GOD/POD,Colorimetric
Blood Sugar Post Prandial - (PLASMA)	80	Less than 140 mg %	GOD\POD,Colorimetric
Liver Function test			
Total Bilirubin - (SERUM)	0.7	0.2 - 1.3 mg/dl	Azobilirubin/dyphyl line
Kidney Function Test			
Blood Urea - (SERUM)	24	15 - 36 mg/dl	urease with indicator dye
Lipid Profile			
Cholesterol - (SERUM)	225 ↑	100 - 200 mg/dl	Enzymatic cholesterolester hydrolase,cholesterol oxidase, peroxidase (CHE/CHO/POD) it is measured by
Liver Function test			
Direct Bilirubin - (SERUM)	0.12	0.1 - 0.3 mg/dl	Calculated
Kidney Function Test			
Creatinine - (SERUM)	0.6	0.52 - 1.04 mg/dl	Enzymatic (creatinine amidohydrolase)
eGFR (Calculated by CKD-EPI equation)	104.00	More than 60 mL/min/1.73 m2	
Lipid Profile			



**DR. VAIDEHEE
NAIK(MD)**



**DR. PURVA JAISWAL (MD ,DNB)
CONS PATHOLOGIST**



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CONSULTANT PATHOLOGY**

Mrs VANDANA BANDU SONAK ,

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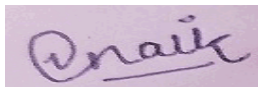
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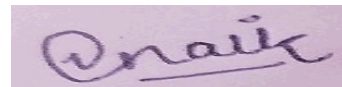
TEST NAME - (SPECIMEN)	RESULT VALUE	BIOLOGICAL REFERENCE RANGE	METHODOLOGY
Triglyceride - (SERUM)	121	Normal Less than 150 mg/dl Borderline High 150 - 199 mg/dl High 200 - 499 mg/dl Very High More than 499 mg/dl	Enzymatic(Lipase/GK/GPO/POD)
Liver Function test			
Indirect Bilirubin - (SERUM)	0.58	0.1 - 1.1 mg/dl	dual wave length spectrophotometric
Kidney Function Test			
Sodium - (SERUM)	141	136 - 145 mmol/L	Direct ion selective electrode
Lipid Profile			
HDL Cholesterol (Direct) - (SERUM)	58	Major risk factor for Heart disease Less than 40 mg/dl (Males) Major risk factor for Heart disease Less than 50 mg/dl (Female) Negative risk factor for Heart disease More than 60 mg/dl	phosphotungstic acid/mgcl-Enzymatic (microslide)
Liver Function test			
SGOT (AST) - (SERUM)	28	13 - 35 U/L	Kinetic with pyridoxal 5 phosphate
Kidney Function Test			
Potassium - (SERUM)	4.15	3.5 - 5.1 mmol/L	Direct ion selective electrode



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Mrs VANDANA BANDU SONAK ,

53 Y/Female

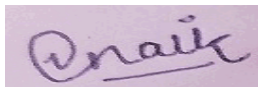
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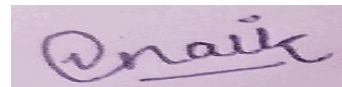
TEST NAME - (SPECIMEN)	RESULT VALUE	BIOLOGICAL REFERENCE RANGE	METHODOLOGY
Lipid Profile			
LDL Cholesterol (Direct) - (SERUM)	119.18	Optimal < 100 mg/dl Near optimal 100 - 129 mg/dl Borderline high 130 - 159 mg/dl High 160 - 189 mg/dl Very high More than 190 mg/dl	Enzymatic
Liver Function test			
SGPT (ALT) - (SERUM)	21	13 - 35 U/L	Kinetic with pyridoxal 5 phosphate
Lipid Profile			
VLDL - (SERUM)	24	Less than 30 mg/dl	Calculated
Liver Function test			
Alkaline Phosphatase - (SERUM)	100	38 - 126 U/L	4-Nitrophenyl phosphate/2 amino 2 methyl -1-propanol
Lipid Profile			
Cholesterol/HDL Ratio - (SERUM)	4	3 - 5 %	
Liver Function test			
Total Protein - (SERUM)	6.56	6.3 - 8.2 gm/dl	Biuret(Alkaline cupric Sulfate)
Lipid Profile			
Non HDL - (SERUM)	167	Less than 130 mg/dl	Calculated
Liver Function test			



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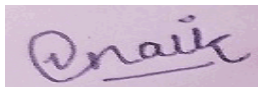
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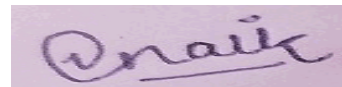
TEST NAME - (SPECIMEN)	RESULT VALUE	BIOLOGICAL REFERENCE RANGE	METHODOLOGY
Serum Albumin - (SERUM)	4.16	3.5 - 5 gm/dl	Bromocresol green dye binding
Globulin - (SERUM)	2.39	2 - 4 gm/dl	Calculated
Albumin/Globulin Ratio - (SERUM)	1.7		Calculated
HAEMATOLOGY			
HBA1C (Glycosylated Haemoglobin) - (WHOLE BLOOD)	5.3	Non-Diabetic: <=5.6 % Pre-Diabetic: 5.7-6.4 % Diabetic >=6.5 %	HPLC METHOD
Blood Grouping & RH Factor - (WHOLE BLOOD)	"O" Rh POSITIVE		Gel Card Method
HAEMOGRAM (CBC DIFF. PS ESR)			
Haemoglobin - (WHOLE BLOOD)	13.9	12 - 15 gm/dl	spectrophotometry
Packed Cell Volume PCV - (WHOLE BLOOD)	41.9	36 - 46 %	Calculated
RBC count - (WHOLE BLOOD)	4.96 ↑	3.8 - 4.8 mill/cumm	Impedance
MCV - (WHOLE BLOOD)	84	83 - 101 fL	Calculated
MCH - (WHOLE BLOOD)	27.9	27 - 32 pg	Calculated
MCHC - (WHOLE BLOOD)	33.1	31.5 - 34.5 gm/dl	Calculated
RDW - (WHOLE BLOOD)	14.2 ↑	11.5 - 14 %	Calculated
TLC (Total Leukocyte Count) - (WHOLE BLOOD)	5400	4000 - 10000 /cumm	Impedance
Differential Leukocyte Count (DLC) - (WHOLE BLOOD)			
Neutrophils	56.6	50-70 %	
Lymphocytes	35.3	25-30 %	
Eosinophils	2.3	1-5 %	
Large Immature Cells	0.0	0.0 - 3.0 %	
Atypical Lymphocytes	0.0	0.0 - 2.5 %	
Monocytes	5.8	5 -10 %	
Basophils	0.0	1.0 - 2.0 %	



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53 Y/Female

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TEST NAME - (SPECIMEN)	RESULT VALUE	BIOLOGICAL REFERENCE RANGE	METHODOLOGY
Platelet Count - (WHOLE BLOOD)	211	150 - 450 10^3 /cumm	Impedence
PCT Platelet Haematocrit - (WHOLE BLOOD)	0.2	0.2 - 0.5 fL	
Peripheral Smear Examination - (WHOLE BLOOD)			
RBCs	Normocytic Normochromic with Anisocytosis		
WBCs	As mentioned above		
PLATELETS	Adequate		
ESR (Westergreen)EDTA - (WHOLE BLOOD)	07	Men younger than 50 yr < 15 mm/hr Men 50 - 85 yr < 20 mm/hr Men older than 85 yr < 30 mm/hr Women younger than 50 yr < 20 mm/hr Women 50 - 85 yr < 30 mm/hr Women older than 85 yr < 42 mm/hr	Modified Westergren Method

PATHOLOGY

Urine Routine and Microscopy - (URINE)

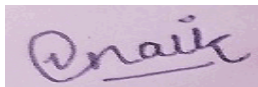
PHYSICAL EXAMINATION

Volume	20 ml	-
Appearance	Clear	Clear
Colour	Pale Yellow	Pale Yellow

CHEMICAL EXAMINATION

(AUTOMATIC DIPSTICK METHOD)

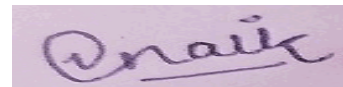
Protein	Negative	pH indicator
Glucose	Negative	GOD/POD



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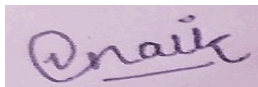
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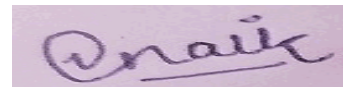
TEST NAME - (SPECIMEN)	RESULT VALUE	BIOLOGICAL REFERENCE RANGE	METHODOLOGY
Ketone	Negative		Legals Test Principle
Bilirubin	Negative		Diazonium
Urobilinogen	Normal		Diazonium
Nitrate	Negative		Griess Test Principle
PH	7	4.6 - 8	Indicators
Specific Gravity	1.005	1.016 - 1.022	Ion Concentration
MICROSCOPIC EXAMINATION			
Pus Cells	0-1	0-4 /hpf. Normal women may have slightly more WBCs.	Manual
Epithelial Cells	0-1	0-3 /hpf Normal women may have slightly more epithelial cells.	Manual
Red Blood Cells	Absent	0-3 /hpf	Manual
Crystal	Absent	Absent	Manual
Cast	Absent	Absent	Manual
Bacteria	Absent	Absent	Manual
Other	.		
URINE SUGAR FASTING - (URINE)	Nil		



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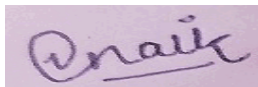
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Request Number : **211692**
Requested on : **08-04-2022 / 09:29**
Specimen Collected on : **08-04-2022 / 13:40**
Approved on : **08-04-2022 / 16:13**



TEST NAME - (SPECIMEN)	RESULT VALUE	BIOLOGICAL REFERENCE RANGE	METHODOLOGY
URINE SUGAR PP - (URINE)	Nil		
IMMUNOLOGY			
Thyroid Function Test (T3,FT4,TSH)			
T3 - (SERUM)	1.44	0.55 - 1.7 ng/ml	Enhanced chemiluminescence
Free T4 - (SERUM)	0.93	0.8 - 1.7 ng/dl	Enhanced chemiluminescence
Thyroid Stimulating Hormone (TSH) - (SERUM)	2.36	0.5 - 4.8 uIU/ml	Enhanced chemiluminescence

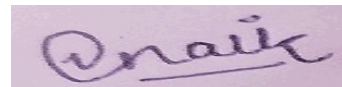
----- **End Of Report** -----



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DR. PURVA JAISWAL (MD ,DNB)
CONS PATHOLOGIST



DR. VAIDEHEE NAIK(MD)
CONSULTANT PATHOLOGY

RESULT ENTERED BY : JULIEA Kiranp RUPESHG SNEHAB SUMANS SUMANS - RESULT VERIFIED BY : JULIEA

FINAL REPORT