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- MAMMOGRAPHY & BONE MINERAL DENSITOMETRY

- COMPUTERISED STRESS TEST
- DENTAL
- ADVANCED DENTISTRY
- PHYSIOTHERAPY
- AUDIOMETRY & SPEECH THERAPY
- FULL BODY HEALTH CHECK-UPS
- CORPORATE HEALTH CHECKUPS



# HEALTHCARE

MEDICAL CENTRE & DIAGNOSTICS

**Patient's Name** : MR HARISH POKALE  
**Referred By Dr** : MEDIWHEEL  
**Sex** : MALE **Age** : 37 Years  
**Collected At** : GOREGAON MAIN BRANCH

**Lab No.** : KBA5220 \*KBA5220\*  
**Reg. Date** : 25-Feb-2023 9:14 am  
**Report Date** : 25-Feb-2023 5:47 pm  
**Print Date** : 27-Feb-2023 8:35 pm

## BIOCHEMISTRY

TEST	RESULT	UNITS	NORMAL VALUES
BLOOD SUGAR FASTING	92.7	mg/dL	Normal: 70-110 mg/dL Impaired Fasting Glucose(IFG): 110 -125 Diabetes mellitus: >= 126 (on more than one occassion) 5 - 20 mg/dl
Blood Urea Nitrogen (BUN)	10.00		
URINE SUGAR (Fasting)	Absent		

Method: GOD - POD Enzymatic on Erba EM 200 Random access analyser

**Comment:**

Blood suagr values are known to be affected by several factors like food, stress and medication. So all discrepant results should be confirmed with repeat sample collection.

----- End of Report -----

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PRANALI

DR. BHAVINI KAMDAR  
MD (PATH) MUM

- BORIVALI CENTRE** 1ST FLR., YOGI AVENUE, YOGI NAGAR, BORIVALI (W), MUMBAI - 400092. • TEL.: 2899 6565 / 2899 1376 • MOB.: 90222 39301
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- GOREGAON CENTRE** M.G. ROAD, NEAR JAIN MANDIR, GOREGAON (W), MUMBAI - 400062. • Tel.: 2873 3030 / 2873 3131 • MOB.: 93213 83806

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# HEALTHCARE

MEDICAL CENTRE & DIAGNOSTICS

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**Sex** : MALE Age : 37 Years  
**Collected At** : GOREGAON MAIN BRANCH

**Lab No.** : KBA5220 \*KBA5220\*  
**Reg. Date** : 25-Feb-2023 9:14 am  
**Report Date** : 25-Feb-2023 3:21 pm  
**Print Date** : 27-Feb-2023 8:35 pm

## BIOCHEMISTRY REPORT (SERUM)

TEST	RESULT	UNITS	NORMAL VALUES
Serum Uric Acid	5.86	mg%	Male : 3.4 - 7.0 mg%

----- End of Report -----

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# HEALTHCARE

MEDICAL CENTRE & DIAGNOSTICS

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**Referred By Dr** : MEDIWHEEL  
**Sex** : MALE Age : 37 Years  
**Collected At** : GOREGAON MAIN BRANCH

**Lab No.** : KBA5220 \*KBA5220\*  
**Reg. Date** : 25-Feb-2023 9:14 am  
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**Print Date** : 27-Feb-2023 8:35 pm

## BLOOD GROUP

TEST	RESULT
Blood Group	'AB'
Rh Factor	Positive

----- End of Report -----

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# HEALTHCARE

MEDICAL CENTRE & DIAGNOSTICS

**Patient's Name** : MR HARISH POKALE  
**Referred By Dr** : MEDIWHEEL  
**Sex** : MALE **Age** : 37 Years  
**Collected At** : GOREGAON MAIN BRANCH

**Lab No.** : KBA5220 \*KBA5220\*  
**Reg. Date** : 25-Feb-2023 9:14 am  
**Report Date** : 27-Feb-2023 1:15 pm  
**Print Date** : 27-Feb-2023 8:35 pm

## BLOOD SUGAR REPORT

TEST	RESULT	UNITS	NORMAL VALUES
BLOOD SUGAR (Post prandial)	77.3	mg/dl	Normal: 70-140 mg/dL Impaired Tolerance: 140-199 Diabetes mellitus: >= 200 (on more than one occassion)
URINE SUGAR (Post prandial)	Absent		

Method: GOD - POD Enzymatic on Erba EM 200 Random access analyser

**Comment:**

Blood suagr values are known to be affected by several factors like food, stress and medication. So all discrepant results should be confirmed with repeat sample collection.

----- End of Report -----

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# HEALTHCARE

MEDICAL CENTRE & DIAGNOSTICS

**Patient's Name : MR HARISH POKALE**  
**Referred By Dr : MEDIWHEEL**  
**Sex : MALE Age : 37 Years**  
**Collected At : GOREGAON MAIN BRANCH**

**Lab No. : KBA5220 \*KBA5220\***  
**Reg. Date : 25-Feb-2023 9:14 am**  
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## COMPLETE BLOOD COUNT

TEST	RESULT	UNITS	NORMAL VALUES
Haemoglobin	15.4	gm %	Male : 13 - 17.0 gm%
Erythrocytes ( Total RBCs)	5.6	mill. / cmm	Male : 4.2 - 5.8mill. / cmm
PCV	47.3	%	Male : 37 - 51 %
MCV	84.50	fl	80- 96 fl
MCH	27.50	pg	27 - 32 pg
MCHC	32.50	gm%	32 - 37 gm%
RDW	13.7	%	12 - 14.5
<u>TOTAL WBC COUNT</u>			
TOTAL WBC COUNT	6560	/ cumm	4,000 - 11,000
<u>DIFFERENTIAL COUNT</u>			
Neutrophils	55	%	40 - 75
Lymphocytes	40	%	20 - 40
Eosinophils	03	%	0 - 6
Monocytes	02	%	2 - 8
Basophils	0	%	00 - 01
Platelet count	233000	Lacs/cmm	150000-450000
<u>PERIPHERAL SMEAR</u>			
RBC Morphology	Normocytic Normochromic		
WBC Morphology	Normal		
Platelets Morphology	Adequate		
ESR (westergren's method)	5	mm/hr	Male: 0 - 10 mm Female: 0 - 20 mm

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# HEALTHCARE

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**Sex :** MALE **Age :** 37 Years  
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## eGFR / CREATININE

TEST	RESULT	UNITS	NORMAL VALUES
CREATININE	0.8	mg/dl	0.5 - 1.5 mg/dl
Age of the Patient	37		
eGFR	115.61	ml/min	

eGFR calculation based on MDRD guideline 2012

REFERENCE RANGE FOR CREATININE CLEARANCE ml/min

AGE	MALES	FEMALES	AGE	MALES	FEMALES
20-29	94-140	72-121	60-69	54-98	45-75
30-39	89-137	71-110	70-79	49-79	37-61
40-49	76-120	50-102	80-89	30-60	27-55
50-59	67-109	50-102	90-99	26-44	26-42

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# HEALTHCARE

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**Sex** : MALE **Age** : 37 Years  
**Collected At** : GOREGAON MAIN BRANCH

**Lab No.** : KBA5220 \*KBA5220\*  
**Reg. Date** : 25-Feb-2023 9:14 am  
**Report Date** : 25-Feb-2023 4:41 pm  
**Print Date** : 27-Feb-2023 8:35 pm

## HBA1C

TEST	RESULT	UNITS	NORMAL VALUES
HBA1C	5.2	%	4 - 5.7 %
ESTIMATED AVERAGE GLUCOSE	102.54		
METHOD : NEPHELOMETRY			

### DIAGNOSTIC CRITERIA FOR DIABETES:

Normal: Less than 5.7%  
 Impaired glucose tolerance: 5.8% to 6.4%  
 Diabetes: 6.5% or more

### CONTROL CRITERIA IN DIABETICS:

Optimal control: 7.0% or less  
 Fair control: 7.0% to 8.0%  
 Poor control: More than 8.0%

### Comment :

HbA1c values should not used in diagnosis of Diabetes Mellitus and are marker of glycaemic control in known cases of Diabetes Mellitus.

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# HEALTHCARE

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**Patient's Name :** MR HARISH POKALE  
**Referred By Dr :** MEDIWHEEL  
**Sex :** MALE **Age :** 37 Years  
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## LIPID PROFILE

TEST	RESULT	UNITS	NORMAL VALUES
SR. CHOLESTEROL	189	mg / dl	Desirable: < 200 mg/dl Borderline High: 200-239 mg/dl High: >= 240 mg/dl
SR. TRIGLYCERIDES	95	mg / dl	Normal: < 150 mg/dl Borderline High: 150-199 mg/dl High: 200-499 mg/dl Very High: >= 500 mg/dl
HDL CHOLESTEROL	46	mg / dl	40 - 60 mg / dl
VLDL	19.00	mg / dl	6 - 38 mg / dl
LDL CHOLESTEROL	<b>124.00</b>	mg / dl	Optimal: < 100 mg/dl Near Optimal: 100-129 mg/dl Borderline high: 130-159 mg/dl High: 160-189 mg/dl Very High: >= 190 mg/dl
CHOLESTEROL / HDL	4.11		< 5
LDL / HDL	2.70		< 3.5

NOTE: Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.  
 Lower HDL values are associated with increased risk of atherosclerosis. Cholesterol/HDL  
 Ratio below 5.1 is statistically associated with decreased incidence of heart disease.

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MD (PATH) MUM

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# HEALTHCARE

MEDICAL CENTRE & DIAGNOSTICS

**Patient's Name :** MR HARISH POKALE  
**Referred By Dr :** MEDIWHEEL  
**Sex :** MALE **Age :** 37 Years  
**Collected At :** GOREGAON MAIN BRANCH

**Lab No. :** KBA5220 \*KBA5220\*  
**Reg. Date :** 25-Feb-2023 9:14 am  
**Report Date :** 25-Feb-2023 3:21 pm  
**Print Date :** 27-Feb-2023 8:35 pm

## Liver Function test

TEST	RESULT	UNITS	NORMAL VALUES
Bilirubin Total	0.74	mg / dl	0.5 - 1.0 mg / dl
Bilirubin Direct	0.12	mg / dl	0.1 - 0.3 mg / dl
Bilirubin Indirect	0.62	mg/dl	UPTO 0.8 mg / dl
S.G.P.T.	5.60	U / L	Up to 49 U / L
S.G.O.T.	21.20	U / L	Up to 46 U / L
Alkaline Phosphatase	59	U/I	1 - 12 Years: 54 - 369 U/I 20 - 59 Years: 53 - 128 U/I > 60 Years: 56 - 119 U/I
Total Proteins	7.23	gm / dl	6 - 8 gm / dl
Albumin	4.53	gm / dl	3.2 - 5.5 gm / dl
Globulin	2.70	mg/dl	2 - 3.5 mg / dl
A / G Ratio	1.68		1.0- 2.3
GGT	25	IU/L	5 - 50 IU/L

----- End of Report -----

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PRANALI

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# HEALTHCARE

MEDICAL CENTRE & DIAGNOSTICS

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**Referred By Dr** : MEDIWHEEL  
**Sex** : MALE **Age** : 37 Years  
**Collected At** : GOREGAON MAIN BRANCH

**Lab No.** : KBA5220 \*KBA5220\*  
**Reg. Date** : 25-Feb-2023 9:14 am  
**Report Date** : 25-Feb-2023 5:47 pm  
**Print Date** : 27-Feb-2023 8:35 pm

## ROUTINE URINE EXAMINATION

TEST	RESULT
<u>PHYSICAL EXAMINATION</u>	
Quantity	15 ml
Colour	Pale yellow
Appearance	clear
Deposit	Absent
pH	Acidic (5.0 )
Specific Gravity	1.020
<u>CHEMICAL EXAMINATION</u>	
Proteins	Absent
Sugar	Absent
Ketone	Absent
Occult Blood	Absent
Bile Pigment	Absent
Bile Salts	Absent
Urobilinogen	Normal
<u>MICROSCOPIC EXAMINATION OF CENTRIFUGED DEPOSIT</u>	
Red Blood Cells	Absent
Pus Cells	2-3/ hpf /hpf
Epithelial Cells	1-2/ hpf /hpf
Casts	Not seen
Crystals	Not seen /hpf
Yeast	Not seen
Bacteria	Absent

----- End of Report -----

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# HEALTHCARE

MEDICAL CENTRE & DIAGNOSTICS

**Patient's Name** : MR HARISH POKALE  
**Referred By Dr** : MEDIWHEEL  
**Sex** : MALE **Age** : 37 Years  
**Collected At** : GOREGAON MAIN BRANCH

**Lab No.** : KBA5220 \*KBA5220\*  
**Reg. Date** : 25-Feb-2023 9:14 am  
**Report Date** : 25-Feb-2023 7:59 pm  
**Print Date** : 27-Feb-2023 8:35 pm

## THYROID FUNCTION TEST

TEST	RESULT	UNITS	NORMAL VALUES
T3 [ Tri - iodothyronine ] Method	91.33 ELFA	ng/dl	55 - 180 ng/dl
T4 [ Thyroxine ] Method	8.1 ELFA	ug/dl	4.66 - 10.50 ug/dl
TSH [Thyroid Stimulating Hormone] Method	1.67 ELFA	uIU/mL	0.25 - 5.0 uIU/mL

**Interpretation :**

1. TSH results between 4.5 to 15 show considerable physiologic & seasonal variation, suggest clinical correlation or repeat testing with fresh sample.
2. 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.
3. Drugs that decrease TSH values e.g:L dropa, Glucocorticoid Drugs that increase TSH values e.g Iodine,Lithium,Amiodarone.

----- End of Report -----

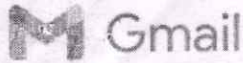
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**Health Check up Booking Confirmed Request(bobS27119),Package Code-PKG10000240, Beneficiary Code-38396**

2 messages

**Mediwheel** <wellness@mediwheel.in>  
To: healthcare.medicals@gmail.com  
Cc: mediwheelwellness@gmail.com

Thu, Feb 16, 2023 at 7:12 PM

 011-41195959

Email:wellness@mediwheel.in

Hi **Healthcare Medical Centre and Diagnostic** ,

Diagnostic/Hospital Location :**10,76 Unnat Nagar CCI COL,M.G.Road, Nr. Jain Mandir, Goregaon West, Mumbai 400 062** ,City:Mumbai

We have received the confirmation for the following booking .

**Beneficiary Name** : PKG10000240

**Beneficiary Name** : Harish Pokale

**Member Age** : 37

**Member Gender** : Male

**Member Relation** : Spouse

**Package Name** : Medi-Wheel Metro Full Body Health Checkup Male Below 40

**Location** : MUMBAI,Maharashtra-400003

**Contact Details** : 9819359664

**Booking Date** : 27-01-2023

**Appointment Date** : 25-02-2023

**Instructions to undergo Health Check:**

1. Please ensure you are on complete fasting for 10-To-12-Hours prior to check.
2. During fasting time do not take any kind of medication, alcohol, cigarettes, tobacco or any other liquids (except Water) in the morning.
3. Bring urine sample in a container if possible (containers are available at the Health Check centre).
4. Please bring all your medical prescriptions and previous health medical records with you.
5. Kindly inform the health check reception in case if you have a history of diabetes and cardiac problems.

**For Women:**

1. Pregnant Women or those suspecting are advised not to undergo any X-Ray test.
2. It is advisable not to undergo any Health Check during menstrual cycle.

We request you to facilitate the employee on priority.

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Fri, Feb 17, 2023 at 7:50 AM

To: Mediwheel &lt;wellness@mediwheel.in&gt;

Cc: mediwheelwellness@gmail.com



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आधार

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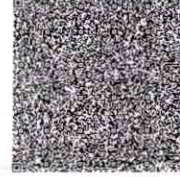
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To  
**Harish Shashikant Pokale**  
हरीश शशिकांत पोकळे  
A/ 7, Jai Rameshwar CHS.Ltd.,  
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Goregaon West.,  
VTC: Mumbai, PO: Motilal Nagar,  
Sub District: Mumbai, District: Mumbai,  
State: Maharashtra, PIN Code: 400104,  
Mobile: 9869128021

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भारत सरकार  
Government of India



आधार

Issue Date: 31/12/2012



हरीश शशिकांत पोकळे  
**Harish Shashikant Pokale**  
जन्म तारीख / DOB: 04/03/1985  
पुरुष / Male

**9949 6601 9838**

माझे आधार, माझी ओळख

*Shikha*

**Dr. NUPUR RAI**  
MBBS, DIPLOMA CARDIOLOGY (PGDCC)  
Reg. No. 2018115643

**HEALTHCARE MEDICAL  
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GOREGAON (W), MUMBAI - 62  
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# HEALTHCARE

MEDICAL CENTRE & DIAGNOSTICS

NAME	MR HARISH POKALE	DATE	25/02/2023
HEIGHT: 166.5 CMS	WEIGHT: 72 KGS	AGE	37 YRS
REFERRED BY	MEDIWHEEL	SEX	MALE
PRESENT COMPLAINT: NIL			
CURRENT MEDICATION: NIL			
PAST HISTORY : I & D - PERIANAL ABCESS- OPERATED =SEPT'22 NO RECURRENCE.			
ALLERGY: NIL	HABITS: NIL	BOWEL: CONSTIPATION++	
SLEEP: SOUND	BLADDER: NAD	APPETITE:GOOD	
FAMILY HISTORY: FATHER -D.M.		MOTHER- H.T.	
<u>GENERAL EXAMINATION:</u>		<u>ADVICE-</u>	
P: 72/min	BP: 120/76 mmHg	DAILY BRISK WALK FOR 45 MIN. <i>Avoid oily fatty, fried food, Butty &amp; ghee.</i>	
PALLOR: NIL	ICTERUS: NIL	TO TAKE BANANAS, PAPAYA, SWEET POTATOES,, FIBROUS FOOD, GREEN LAEFY VEG, SALADS.	
OEDEMA: NIL	OTHERS: NAD	LIQUID INTAKE APPX 5-6 LIT PER DAY.	
RS: A E B E clear		<i>Medically fit.</i>	
CVS: NAD	CNS: NAD	<b>Dr. NUPUR RAI</b> MBBS DIPLOMA CARDIOLOGY (PGDCC) Reg. No. 2018145049	
PA: SOFT , NON TENDER			
<u>INVESTIGATION:</u>			

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## EYE CHECK UP & COLOUR VISION

NAME-	M. Harish Pokale	AGE:	37	SEX:	M
REF-	Mediawheel				
DATE-	25/2/23				

	RIGHT EYE	LEFT EYE
CORNEA	NORMAL	NORMAL
PUPIL	NORMAL	NORMAL
SCLERA	NORMAL	NORMAL
EYE MOVEMENTS	NORMAL	NORMAL
REFRACTIVE ERROR	6/6	6/6
COLOUR VISION	NORMAL	NORMAL

**HEALTHCARE MEDICAL CENTRE & DIAGNOSTICS**

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NAME	MR HARISH POKALE	DATE	25.02.2023
		AGE	37 YRS
REF. BY	MEDIWHEEL	SEX	MALE

**REAL TIME ABDOMINAL SONOGRAPHY SHOWS ,**

**LIVER :** Liver is normal in size showing homogenous parenchymal echotexture . There is no evidence of solid or cystic mass .The portal and the hepatic venous system appears normal.

**Gall bladder :** The Gall bladder is physiologically distended .The gall bladder wall of normal thickness . No evidence of gall stones.

**PANCREAS :** Pancreas is normal in size with smooth margin.and homogenous parenchymal echotexture.No focal lesion seen.

**KIDNEYS :** Both kidneys are normal in size and shows homogenous cortical echotexture.Central calyceal echoes appears normal.There is no evidence of hydronephrosis or renal calculus.

(a) Right kidney measures 9.5 x 4.1 cms

(b) Left kidney measures 10.3 x 4.7 cms.

**SPLEEN :** The spleen is normal in size with homogenous parenchymal echotexture.No focal lesion are seen.

**AORTA :** The upper aorta and para aortic regions appear normal.

**URINARY BLADDER :** Urinary bladder is well distended.No evidence of calculus or intraluminal mass seen in the bladder.

**PROSTATE :** Prostate is normal in size and shows homogenous echopattern. No evidence of focal lesion.focal mass lesion. It weighs 19 gms.

**IMPRESSION : NO SIGNIFICANT ABNORMALITY DETECTED.**

*Anil Saxena*

**DR. ANIL SAXENA**  
CONS.RADIOLOGIST.

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- MIRA ROAD** UNIT NO. R13, RNA LIBERTY REST, NEAR JANGID CIRCLE, VIJAY PARK, MIRA ROAD (EAST), MUMBAI - 401107. • TEL.: 70218 04221 / 70218 27389

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**NAME: MR. HARISH POKALE**

**DATE: 25/02/2023.**

**REF BY: MEDIWHEEL**

**AGE: 37 / MALE.**

**2D ECHOCARDIOGRAPHY**

**M Mode measurements: (mm)**

LA	38	IVSd	10
AORTA	21	IVSs	09
LVIDd	42	PWd	09
LVIDs	30	PWs	10

FS	32 %
LVEF	60 %

**2D Echo findings:**

RWMA None  
 Aortic Valve Normal  
 Mitral Valve Trivial MR  
 Tricuspid valve Trivial TR  
 PV/RVOT Normal  
 IAS/IVS Intact  
 Clot / vegetation Absent  
 Pericardium Normal: No effusion.

**Doppler findings**

: Mitral valve E vel 72 cm/s, A vel 58cm/s; E>A.  
 No LV Diastolic Dysfunction.  
 AV PG 2.9 mm HG.  
 No Pulmonary arterial hypertension (PASP by TR jet is 20 mmhg)

**CONCLUSION:**

Normal size cardiac chambers.  
 No regional wall motion abnormality at rest.  
 No LV diastolic dysfunction .  
 No Pulmonary arterial hypertension.  
 LVEF = 60 %, RVEF=50%.

**DR. VISHWANATH S. YADAV**  
 DNB (MEDICINE), DNB(CARDIOLOGY), MNAMS, AFESC.  
 INTERVENTIONAL CARDIOLOGIST

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NAME	MR HARISH POKALE	DATE	25.02.2023
		AGE	37 YRS
REF. BY DR.	MEDIWHEEL	SEX	MALE

## X-RAY CHEST (PAVIEW).

The lungs on either side show equal translucency

The cardiac size is normal.

The pleural spaces are normal.

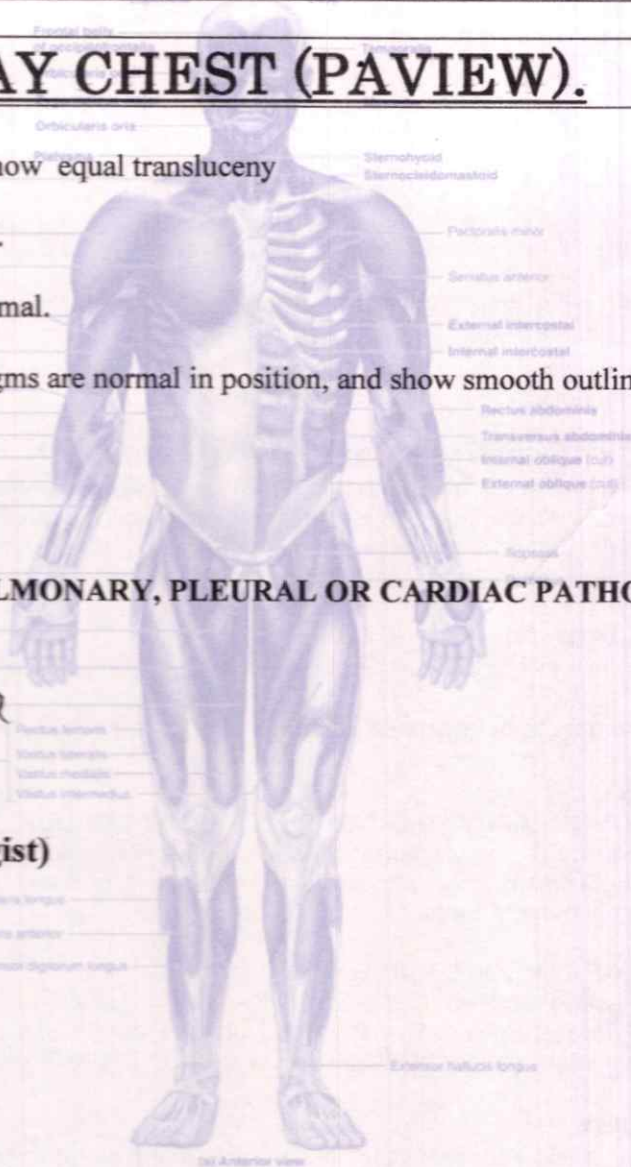
The domes of the diaphragms are normal in position, and show smooth outline.

Ribs appear normal.

### IMPRESSION :

**NO EVIDENCE OF PULMONARY, PLEURAL OR CARDIAC PATHOLOGY IS NOTED.**

*Anil Saxena*  
**DR. ANIL SAXENA**  
(Consultant Radiologist)



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MEDICAL CENTRE & DIAGNOSTICS

MIR HARISH POKALE  
 EKBA5220 25-Feb-2023



# ELECTROCARDIOGRAM (ECG)

PATIENT MR. HARISH POKALE

AGE. 37. SEX MALE

REF. BY DR. MEDIMHEEL

DATE 25-02-2023

INTERPRETATION :

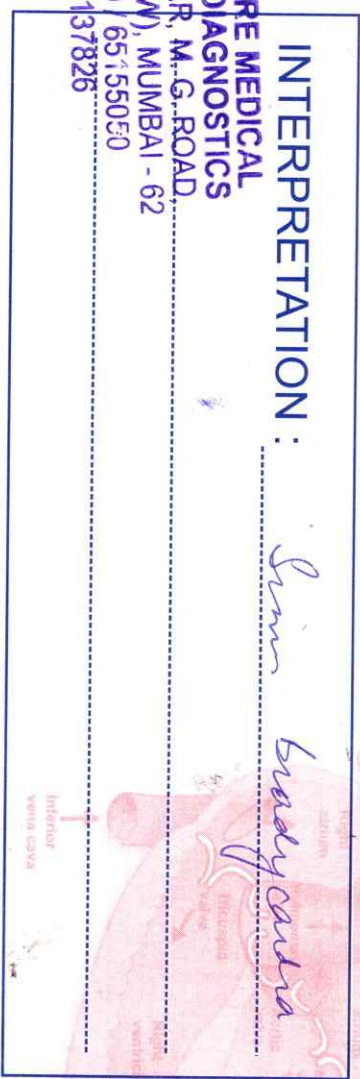
*sinus bradycardia*

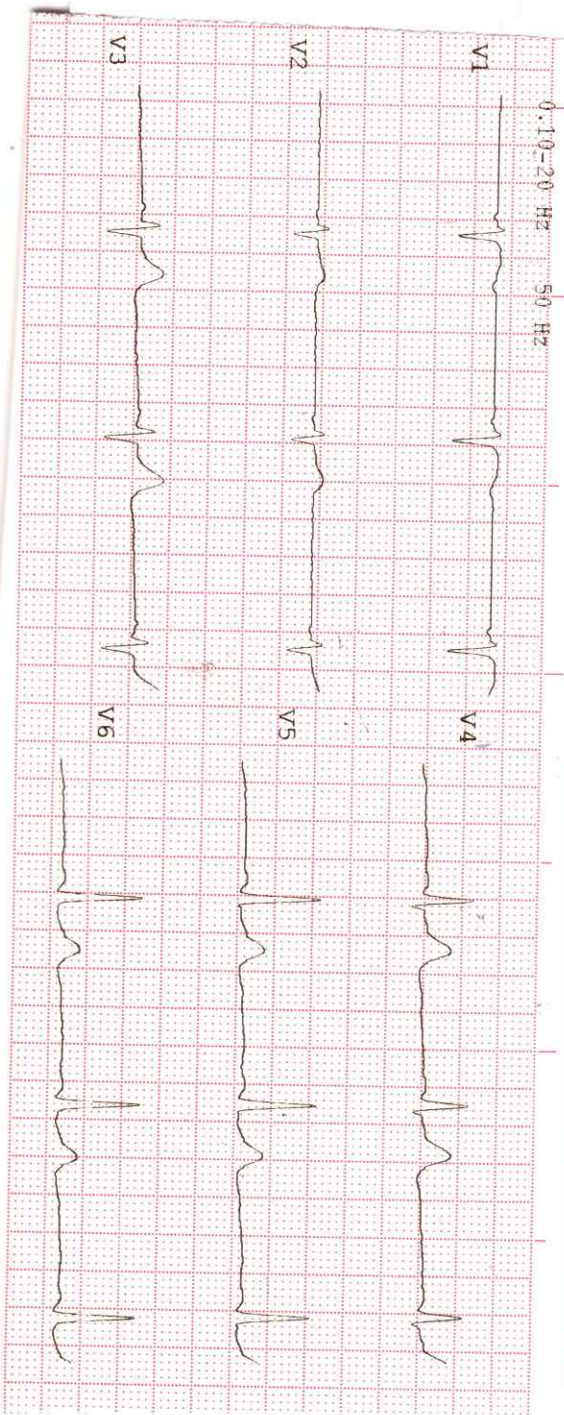
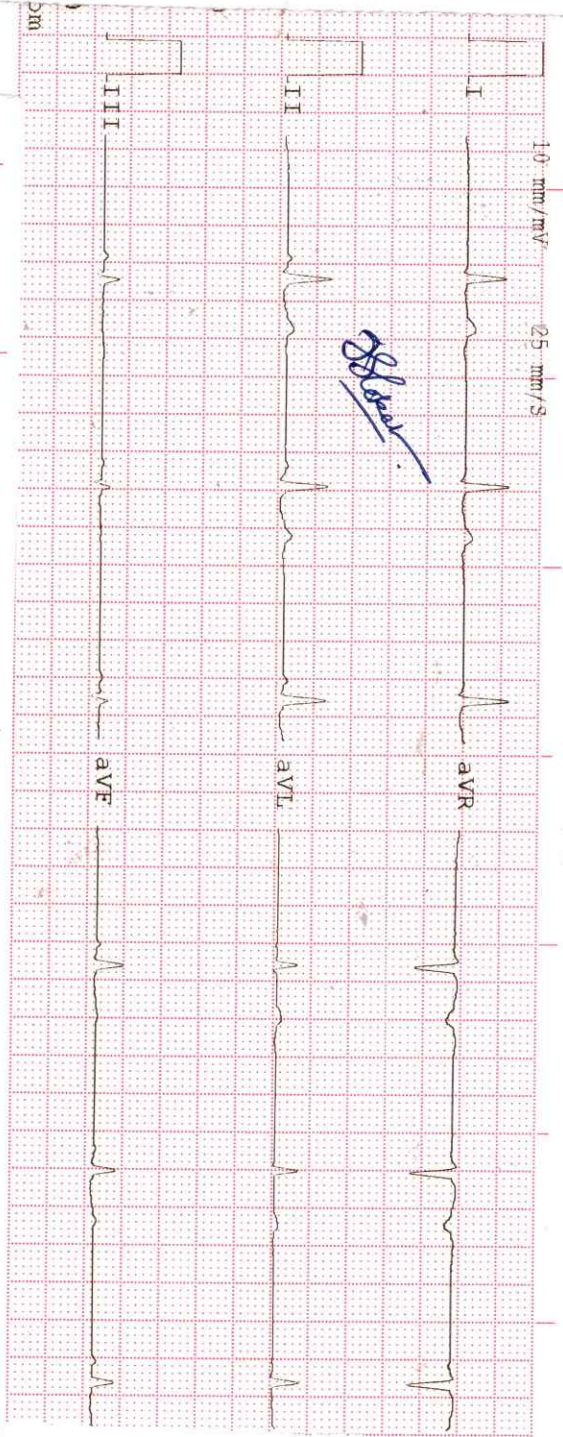
Dr. *Mr*

**DR. NUPUR RAI**

MBBS, DIPLOMA CARDIOLOGY (PGDCC)  
 Reg. No.. 2018115643

HEALTHCARE MEDICAL  
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 UNNAT NAGAR, M.G. ROAD,  
 COPEGAON (W), MUMBAI - 62  
 65153030 / 65155050  
 8369137826





History : .....

B.P. : .....

Drugs : .....

Standard : .....

Auricular Rate : .....

Ventricular Rate : .....

Rhythm : .....

Mechanism : .....

Voltage : .....

Axis : .....

P. Waves : .....

PR Interval : .....

Q. Waves : .....

QRS Interval : .....

ST Segment : .....

T. Waves : .....

QT Interval : .....

Extra Systoles : .....

REMARKS & CONCLUSIONS : .....

*harr* *Siom* *Swadyanda*

} 55 bpm

4

(N)