

Please find corporate HC appointment details scheduled for 03-12-2023 at your Niyanta Diabetes &amp; Heart Clinic Pvt Ltd - Naranpura Center.

W

		Appointment Booking Details								
Company/Ref No	Agreement Name	Package Name	Package Inclusions	Customer Name	Gender	Relation Self/Spouse	Age	Reg ID	Email ID	Mobile No
ARCOFEMI HEALTHCARE LIMITED	ARCOFEMI MEDIWHEEL FEMALE AHC CREDIT PAN INDIA OP AGREEMENT	ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324	Glycosylated Hemoglobin (HbA1C) - Whole Blood, ECG, Package Gynaecological Consultation, HEMOGRAM (CBC+ESR), X-Ray Chest PA, Ophthal by General Physician, BMI, URINE GLUCOSE (POST PRANDIAL), Consultation - Dental, Package Consultation - ENT, Fitness by General Physician, 2 D ECHO, Lipid Profile (all Parameters), Renal Function Test, Ultrasound - Whole Abdomen, URINE GLUCOSE (FASTING), Dietician consultation, GLUCOSE - SERUM / PLASMA (FASTING AND POST PRANDIAL, Blood Grouping And Typing (Abo And Rh), THYROID PROFILE - (T3, T4 AND TSH), LIVER FUNCTION TEST (PACKAGE), Urine Routine (CUE), GGTP, Gamma Glutamyl Transpeptidase - Serum, LBC PAP SMEAR, Doctor, GAMMA GLUTAMYL TRANSFERASE (GGT), GLUCOSE, FASTING, GLUCOSE, POST PRANDIAL (PP), 2 HOURS (POST MEAL), RENAL PROFILE, RENAL FUNCTION TEST (RFT/KFT), LIPID PROFILE, PERIPHERAL SMEAR, BLOOD GROUP ABO AND RH FACTOR, DIET CONSULTATION, BODY MASS INDEX (BMI), LBC PAP TEST - PAPSURE, HEMOGRAM + PERIPHERAL SMEAR, HbA1c, GLYCATED HEMOGLOBIN, THYROID PROFILE (TOTAL T3, TOTAL T4, TSH), LIVER FUNCTION TEST (LFT), COMPLETE URINE EXAMINATION	MRS. BURH SEEMA ELINA	female	Self	30	NIA	seema.elina123@gmail.com	8895811

09-12-2023 07:42:44

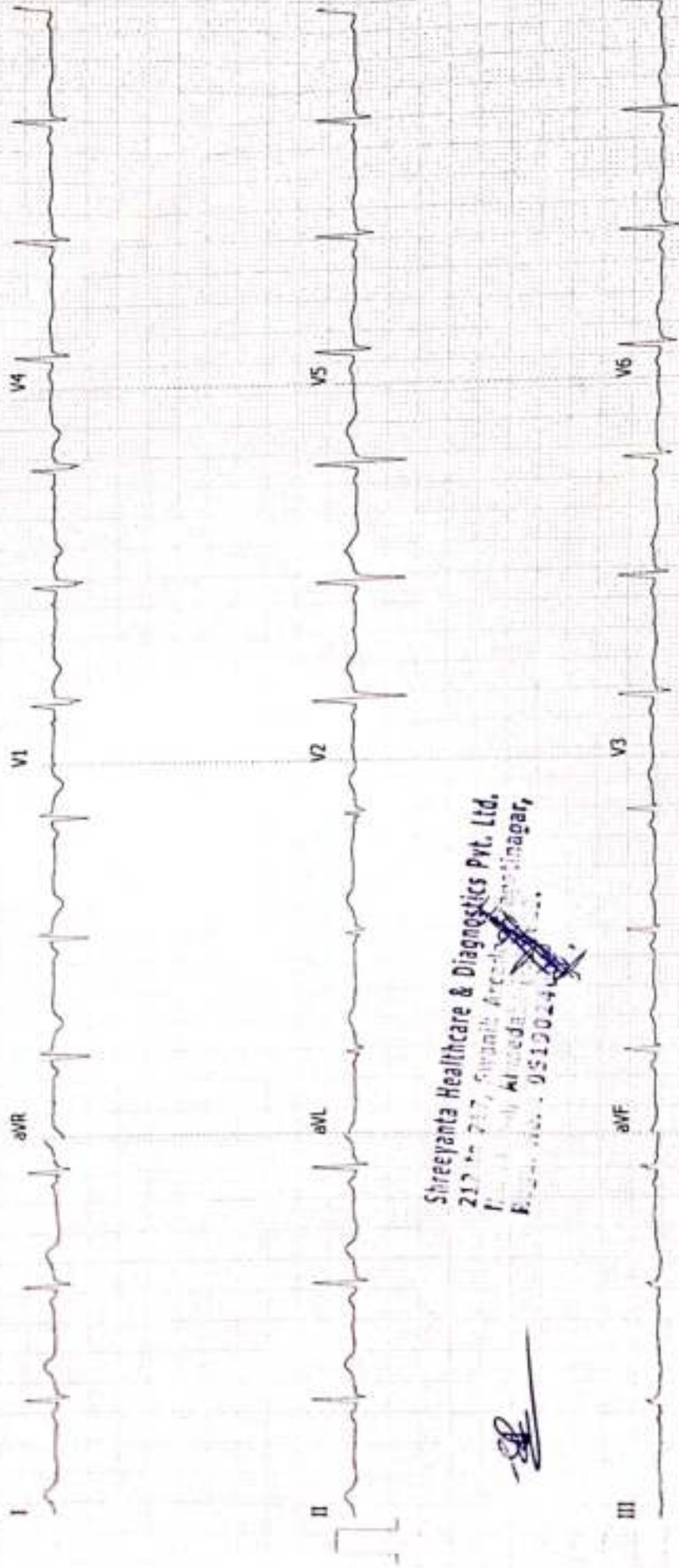
<< Analysis Result >>

HR : 77 bpm  
 PR : 118 ms  
 QRS : 84 ms  
 QT/QTc : 352/398 ms  
 P/QRS/T : 45/61/19 deg  
 RV5/SV1 : 0.623/-0.448 mv  
 RV5+SV1 : 1.071 mv

**Dr. Manoj K. Kinnawala**  
 (M.D. (Medicine), PGDDM (UK)  
 Regd. No. : G-14926  
 Shreejanta Healthcare & Diagnostics Pvt. Ltd.

Need to be confirmed by doctor. Doctor Name: \_\_\_\_\_

0.67Hz · 35Hz AC OFF 25 mm/s 10 mm/mv



**Shreejanta Healthcare & Diagnostics Pvt. Ltd.**  
 217/217, Shivajinagar  
 P. O. Shivajinagar  
 Bangalore - 560024

*[Signature]*



# SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

## Patient Details

Date: 09-Dec-23

Time: 12:28:27 PM

Name: SEEMA ELINA ID: 836

Age: 36 y

Sex: F

Height: 154 cms

Weight: 58 Kgs

Clinical History: NO

Medications: THYROID

## Test Details

Protocol: Bruce

Pr.MHR: 184 bpm

THR: 165 (90% of Pr.MHR) bpm

Total Exec. Time: 6 m 26 s

Max. HR: 161 (88% of Pr.MHR) bpm

Max. Mets: 10.20

Max. BP: 132 / 80 mmHg

Max. BP x HR: 21252 mmHg/min

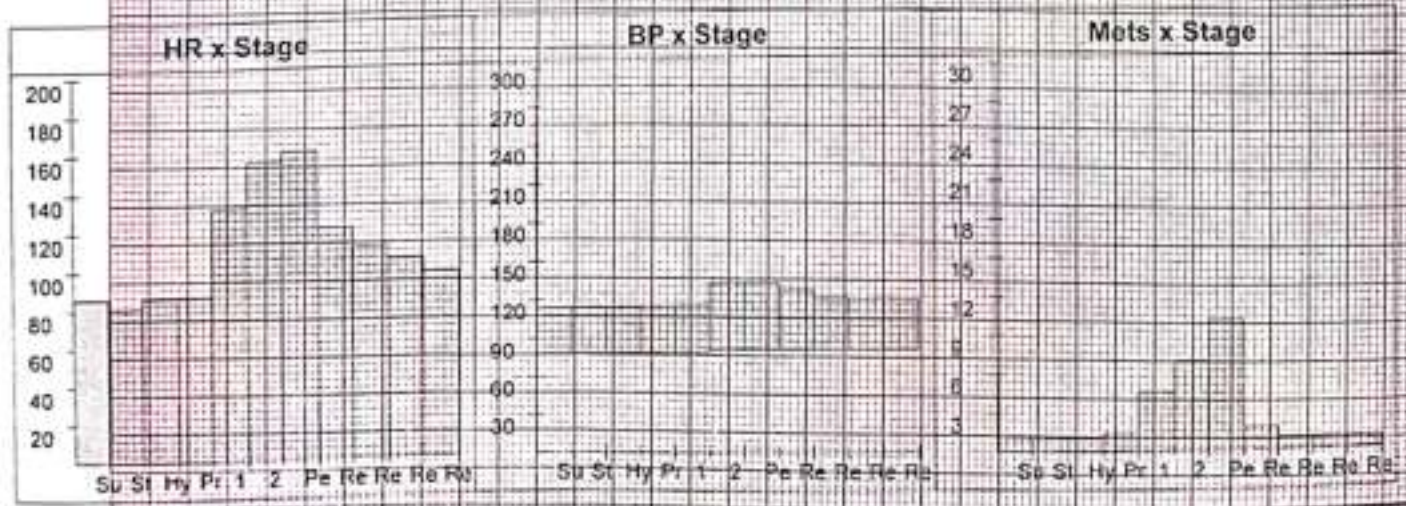
Min. BP x HR: 6318 mmHg/min

Test Termination Criteria: ACHIEVEMENT OF THR

## Protocol Details

Stage Name	Stage Time (min : sec)	Mets	Speed (mph)	Grade (%)	Heart Rate (bpm)	Max BP (mm/Hg)	Max. ST Level (mm)	Max. ST Slope (mVis)
Supine	0 : 43	1.0	0	0	86	114 / 78	-0.64 aVR	1.06 II
Standing	0 : 10	1.0	0	0	81	114 / 78	-0.64 aVR	1.06 II
Hyperventilation	0 : 9	1.0	0	0	86	114 / 78	-0.42 aVR	1.05 III
1	3 : 0	4.6	1.7	10	132	114 / 78	-1.27 III	2.12 II
2	3 : 0	7.0	2.6	12	156	132 / 80	-2.34 V6	3.18 I
Peak Ex	0 : 26	10.2	3.4	14	161	132 / 80	-1.70 V5	2.48 II
Recovery(1)	1 : 0	1.8	1	0	121	126 / 80	-1.27 V3	2.12 II
Recovery(2)	1 : 0	1.0	0	0	111	120 / 80	-0.42 III	2.12 II
Recovery(3)	1 : 0	1.0	0	0	104	118 / 80	-0.88 III	1.77 V2
Recovery(4)	0 : 6	1.0	0	0	97	118 / 80	-0.64 III	1.77 V2

*[Handwritten Signature]*





# SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

## Patient Details

Date: 09-Dec-23

Time: 12:28:27 PM

Name: SEEMA ELINA ID: 836

Age: 36 y

Sex: F

Height: 154 cms

Weight: 58 Kgs

## Interpretation

GOOD EXERCISE TOLERANCE  
NORMAL HAEMODYNAMIC AND CHRONOTROPIC RESPONSE  
NO SIGNIFICANT ST-T CHANGES ARE SEEN DURING EXERCISE AND RECOVERY  
RECOVERY UNEVENTFUL  
NO ANGINA, GALLOP, ARRHYTHMIA  
TEST IS NEGATIVE FOR EXERCISE INDUCED ISCHEMIA DURING EXERCISE AND RECOVERY AT MODERATE WORKLOAD.

Shreeyanta Healthcare & Diagnostics Pvt. Ltd.  
217 to 217, Maulik Arcade, Pongalinagar,  
Mumbai - 400 033-0013.  
Phone No. : 022-2502468

Ref. Doctor: APOLLO-

( Summary Report edited by user )

Dr. Maulik K. Kinariwala  
(M.D. (Medicine), PGDDM (U))  
Regd. No. : G-14926  
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.  
Doctor: Dr Maulik Kinariwala



# SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

**SEEMA ELINA (36 F)**

ID: 836

Date: 09-Dec-23

B.P: 132/80

Protocol: Bruce

Stage: 3

Speed: 3.4 mph

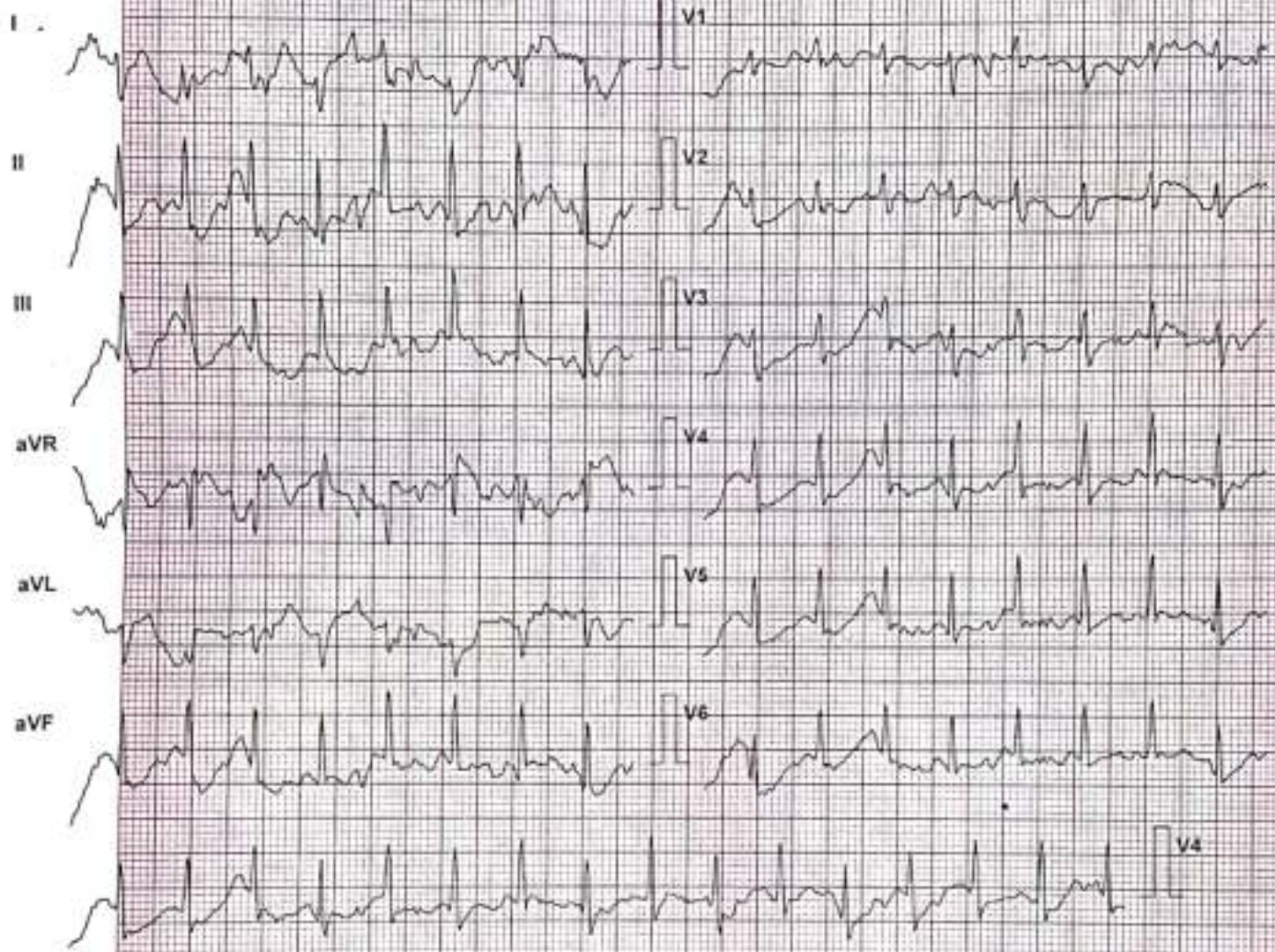
Grade: 14%

Exec Time: 6 m 24 s

Stage Time: 0 m 24 s

HR: 161 bpm

(THR: 165 bpm)



Lead	ST Level (mm)	ST Slope (mV/s)
I	0.8	1.1
aVR	0.0	-1.8
V1	0.0	-1.1
V4	-0.8	1.1
II	-0.6	2.1
aVL	1.1	0.4
V2	0.4	0.4
V5	-0.6	1.1
III	-1.5	1.1
aVF	-0.6	1.8
V3	-0.6	0.7
V6	-0.6	1.1

Chart Speed: 25 mm/sec  
Schiller Spandon V4.7

Filter: 35 Hz  
10 x R = 60 ms J = R = 60 ms

Main Filter ON  
Post = J + 60 ms

Amp: 10 mm



SEEMA ELINA (36 F)

ID: 836

Date: 09-Dec-23 Exec Time : 0 m 0 s

Stage Time : 0 m 37 s HR: 88 bpm

Protocol: Bruce

Stage: Supine

Speed: 0 mph Grade: 0 %

(THR: 165 bpm)

B.P: 114 / 78 -

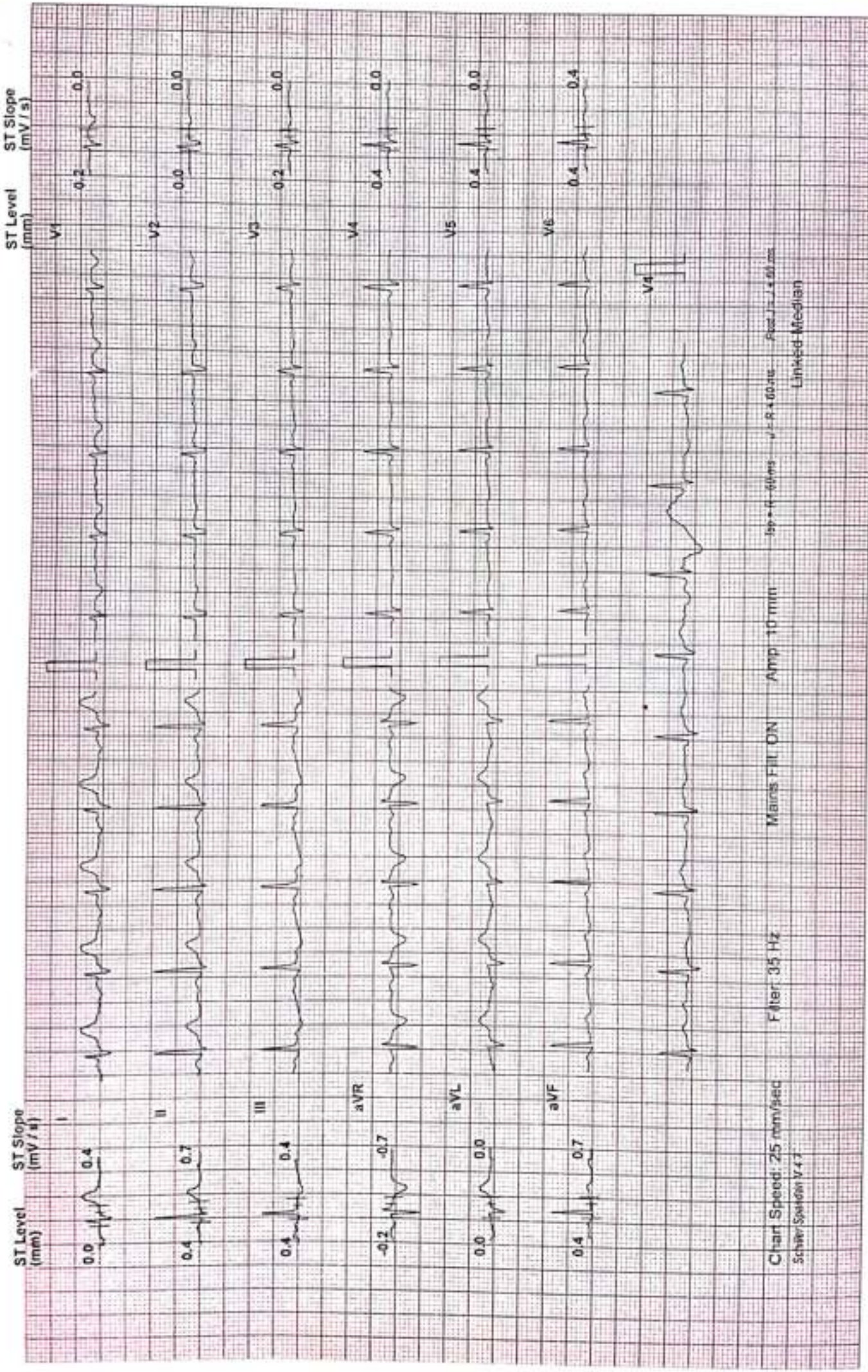


Chart Speed: 25 mm/sec  
Schwartzkopf V47

Filter 35 Hz

Mains Filter ON

Amp 10 mm

Speed 4.00 mm/s

Linked Median



SEEMA ELINA (36 F)

ID: 836

Date: 09-Dec-23

Exec Time : 0 m 0 s

Stage Time : 0 m 4 s

HR: 85 bpm

Protocol Bruce

Stage: Standing

Speed: 0 mph

Grade: 0 %

(THR: 165 bpm)

B.P: 114 / 78 -

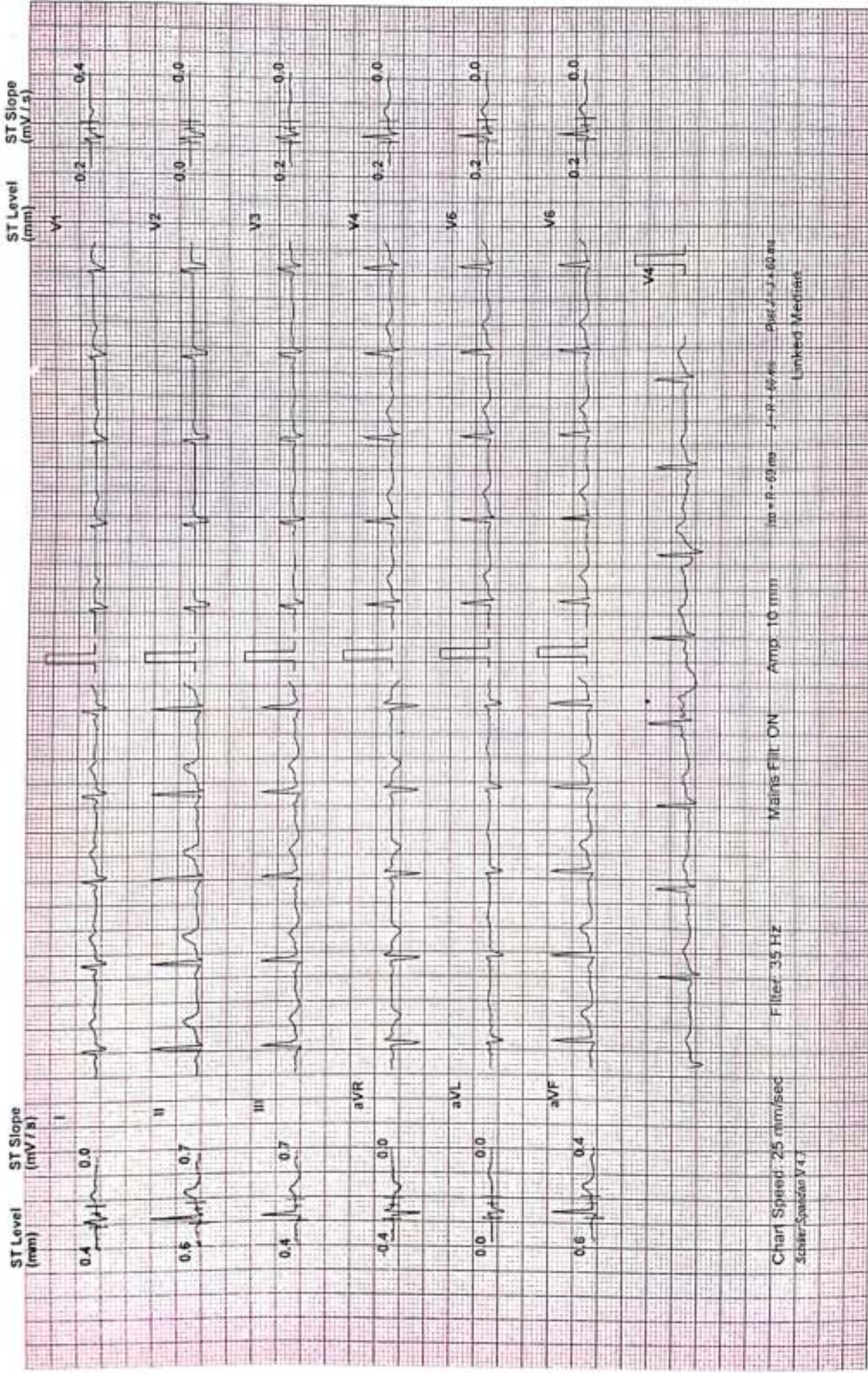


Chart Speed: 25 mm/sec

Filter: 35 Hz

Mains Filtr: ON

Amp: 10 mm

100 = P - 65 mm

100 = P - 55 mm

100 = P - 50 mm

Scholar-Symeon V 4.7

Linked Medias



# SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

# Test Report

SEEMA ELINA (36 F)

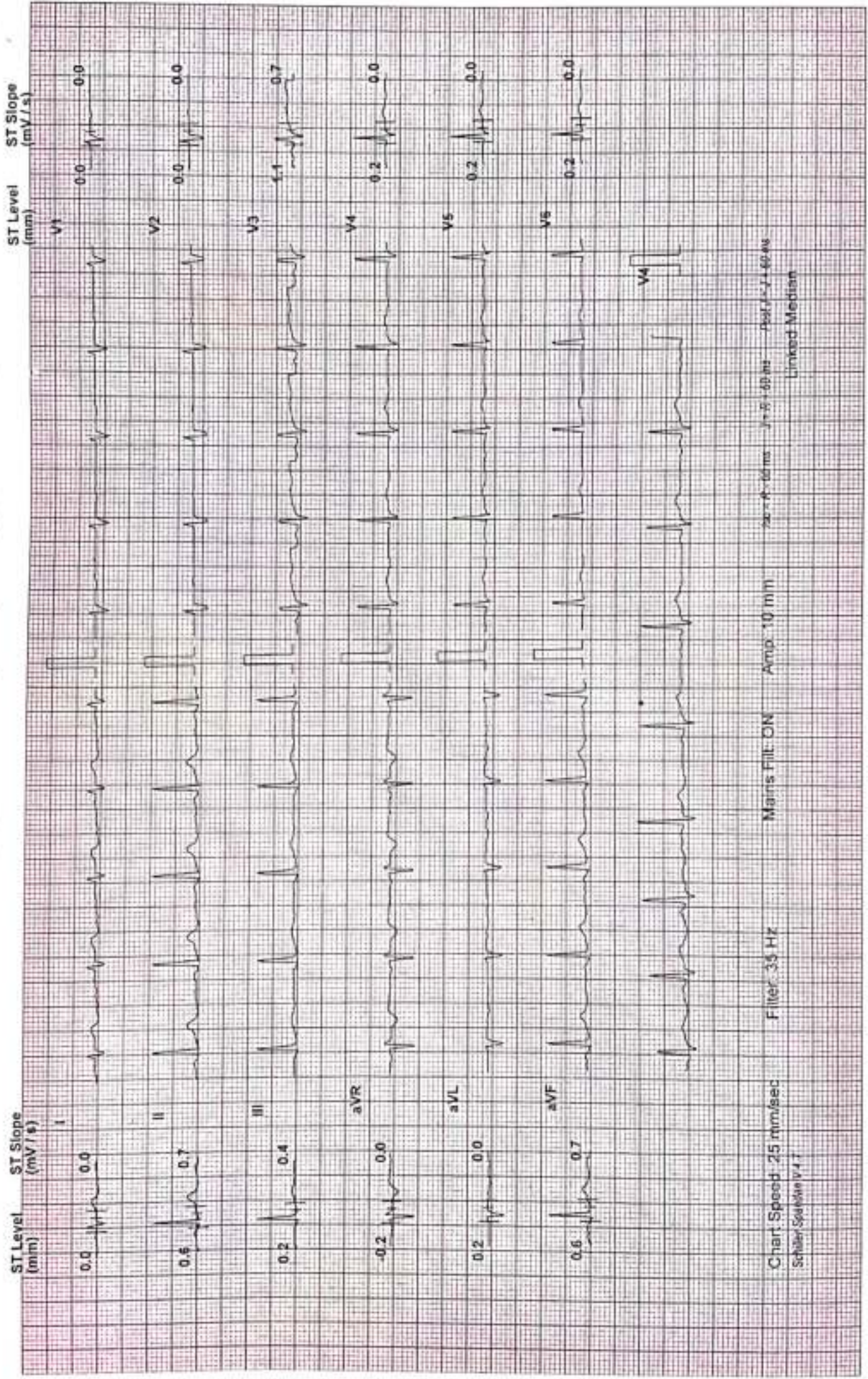
ID: 836

Date: 09-Dec-23 Exec Time : 0 m 0 s Stage Time : 0 m 3 s HR: 83 bpm

Protocol: Bruce

Stage: Hyperventilation Speed: 0 mph Grade: 0 %

(THR: 165 bpm) B.P: 114 / 78-





SEEMA ELINA (36 F)

ID: 836

Date: 09-Dec-23 Exec Time : 2 m 54 s Stage Time : 2 m 54 s HR: 132 bpm

Protocol: Bruce

Stage: 1

Speed: 1.7 mph Grade: 10 %

(THR: 165 bpm) B.P: 114 / 78

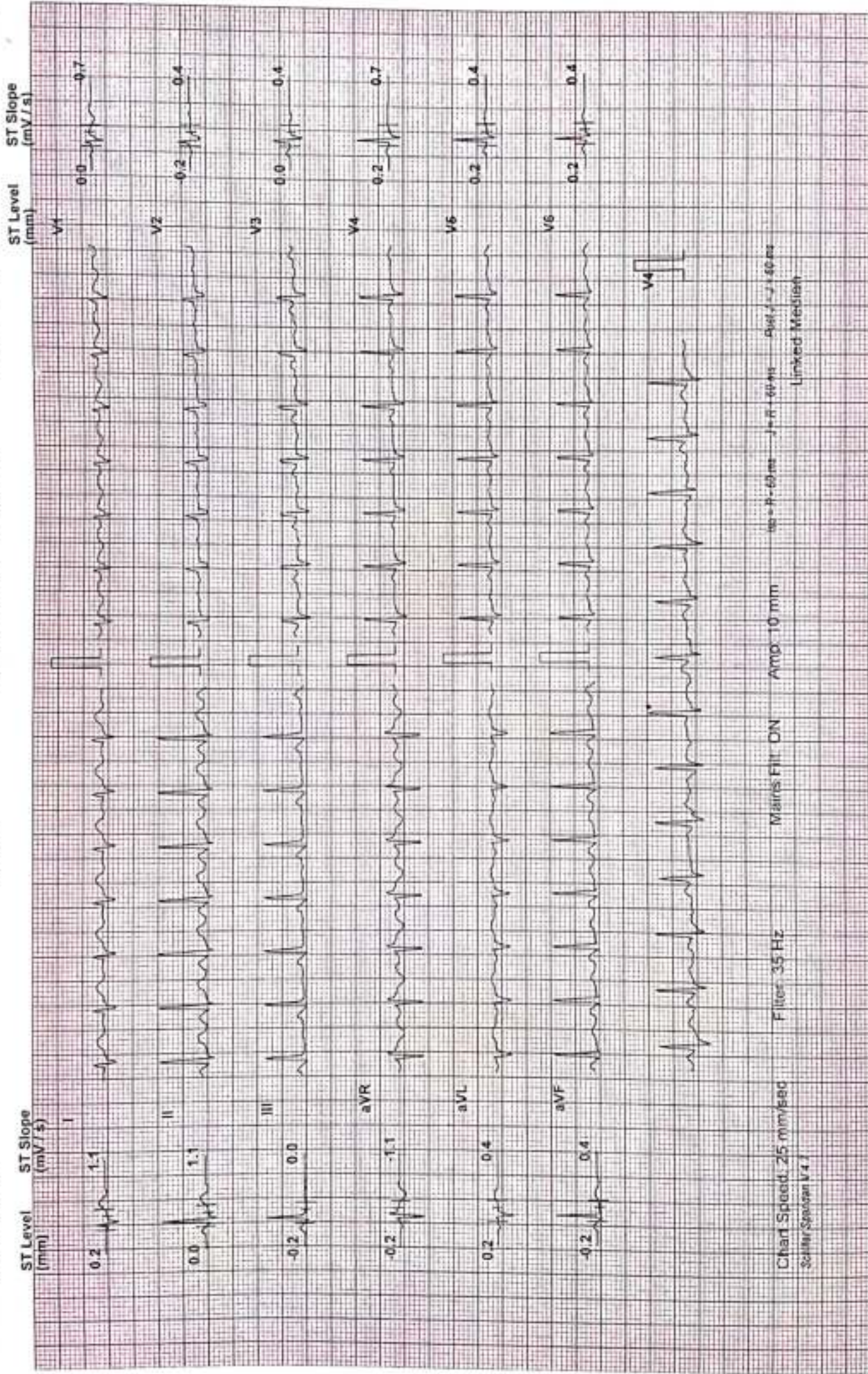


Chart Speed: 25 mm/sec  
 Filter: 35 Hz  
 Amp: 10 mm  
 Main's Fil: ON  
 Date: 09-12-23 11:46 AM  
 Patient: Seema Elina  
 Linked Media



# SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

## Test Report

SEEMA ELINA (36 F)

ID: 836

Date: 09-Dec-23 Exec Time : 5 m 54 s Stage Time : 2 m 54 s HR: 156 bpm

Protocol: Bruce

Stage: 2

Speed: 2.5 mph Grade: 12 % (THR: 165 bpm)

B.P: 132 / 80

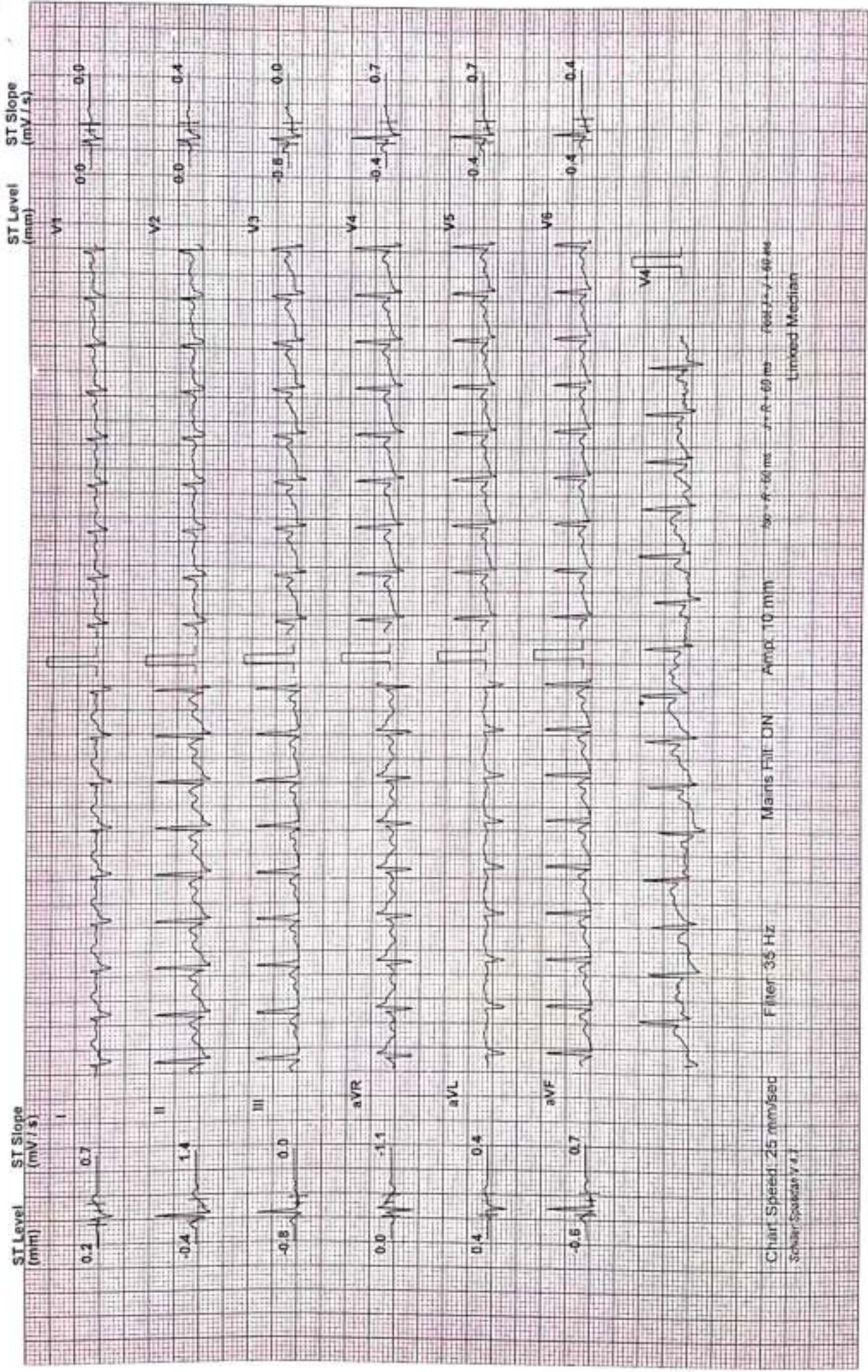


Chart Speed: 25 mm/sec  
Filter: 35 Hz  
Main Filter: ON  
Amp: 10 mm  
Rate: 60 ms  
Resolution: 60 µV  
Scholar-Speak 4.1  
Limited Median



SEEMA ELINA (36 F)

ID: 836

Date: 09-Dec-23 Exec Time : 6 m 20 s Stage Time : 0 m 20 s HR: 162 bpm

Protocol: Bruce

Stage: Peak Ex

Speed: 3.4 mph Grade: 14 %

B.P: 132 / 80 -

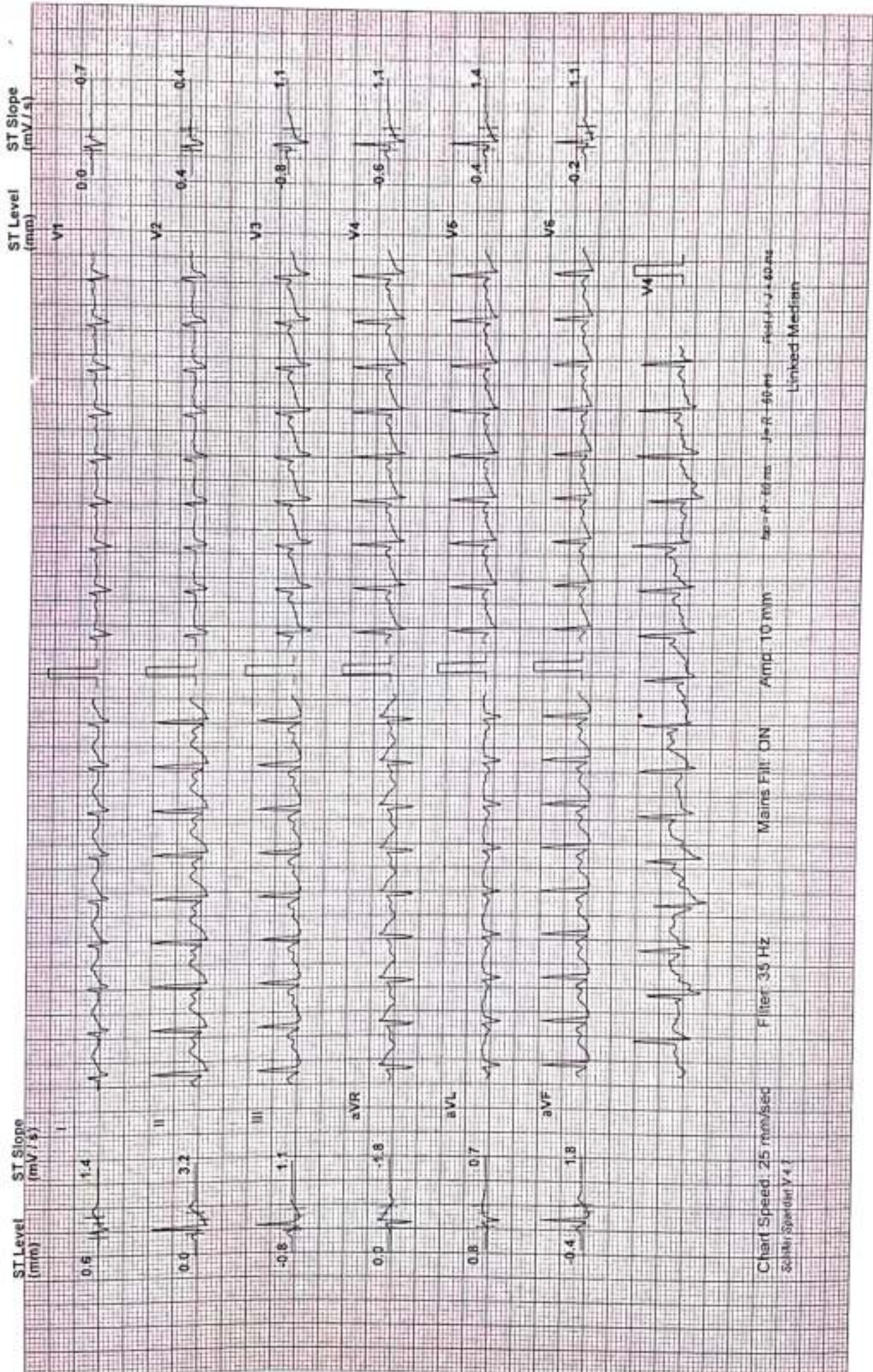


Chart Speed: 25 mm/sec  
Schler Speed 14.7

Filter: 35 Hz

Mains Fil: ON

Amp: 10 mm

50 - 1 - 60 ms

J - R - 60 ms

Printed: 11:40 AM

Linked Median



# SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

# Test Report

SEEMA ELINA (36 F)

ID: 836

Date: 09-Dec-23

Exec Time : 6 m 26 s

Stage Time : 0 m 54 s

HR: 120 bpm

Protocol Bruce

Stage Recovery(1)

Speed: 1 mph

Grade: 0 %

(THR: 165 bpm)

B.P: 126 / 80 ~

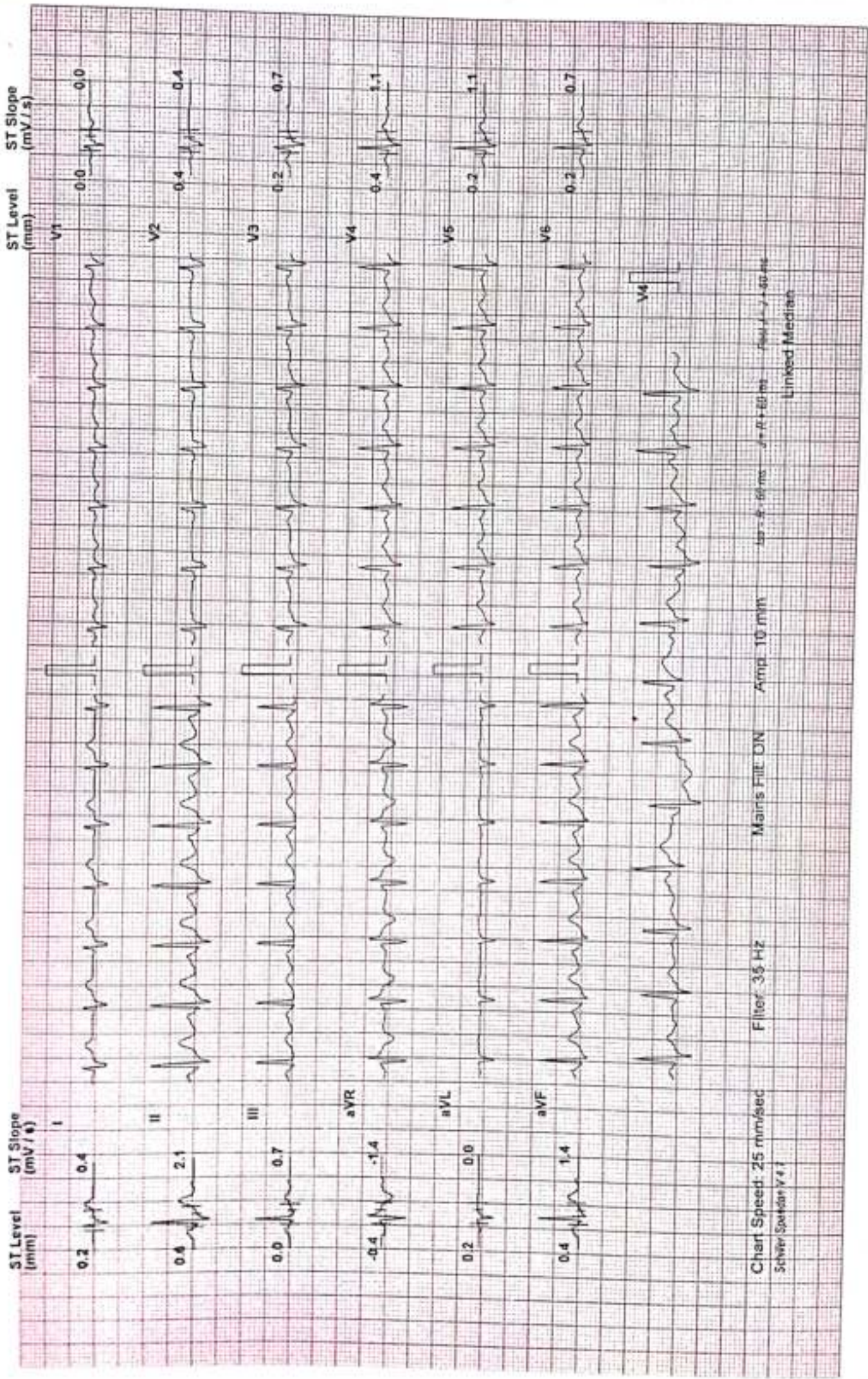


Chart Speed: 25 mm/sec

Filter: 35 Hz

Main's Fil: DN

Amp: 10 mm

Tap: 5 - 60 ms

Lead I - 7 - 50 Hz

Schwer Spiegel V4 I

Linked Median



SEEMA ELINA (36 F)

ID: 836

Date: 09-Dec-23 Exec Time : 6 m 26 s Stage Time : 0 m 54 s HR: 104 bpm

Protocol: Bruce

Stage: Recovery(2)

Speed: 0 mph Grade: 0 %

(THR: 165 bpm)

B.P: 120 / 90

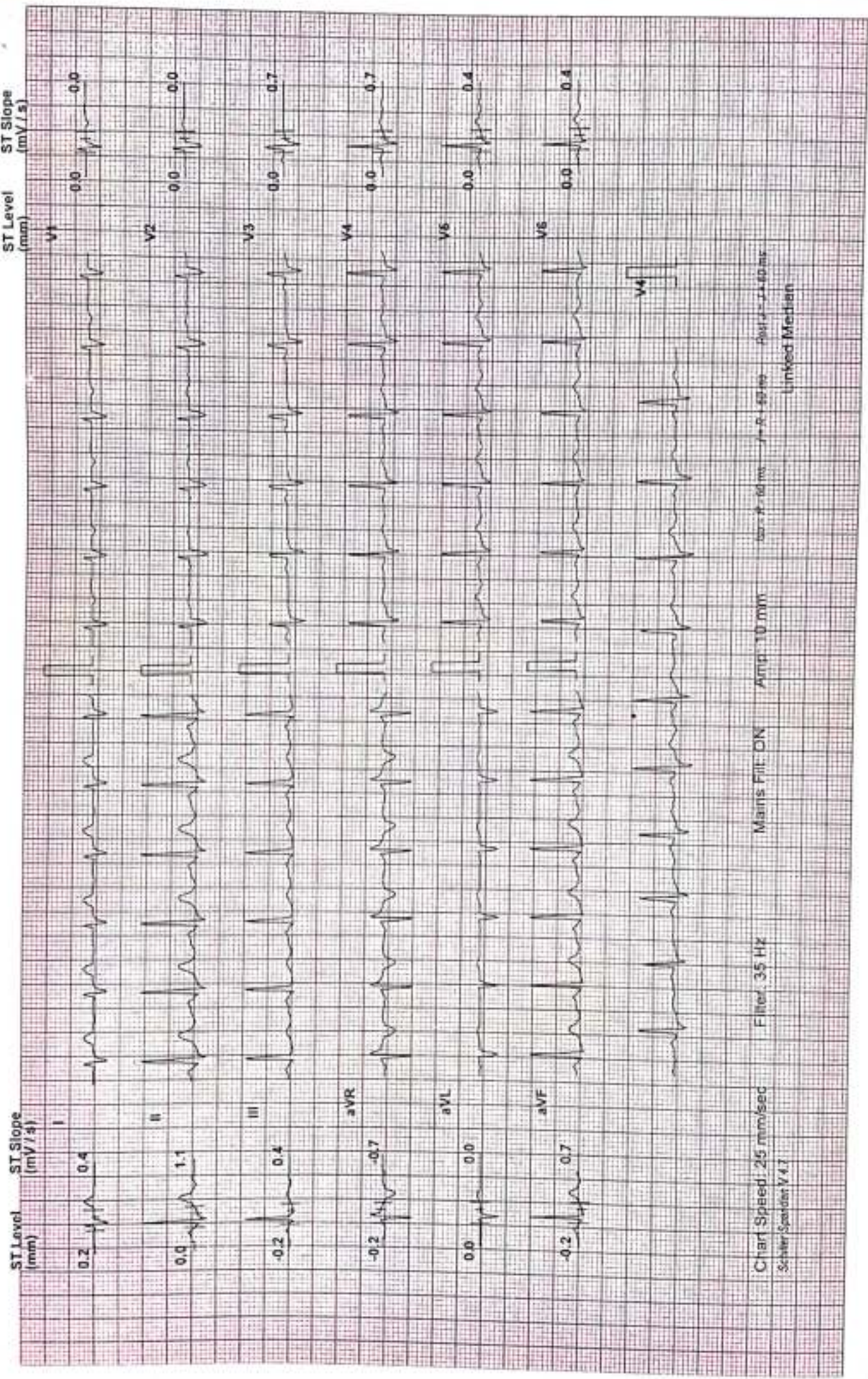


Chart Speed 25 mm/sec  
Schuler-Spalden V47

Filter 35 Hz

Main's Fil: ON Amp: 10 mm

Scan: 60 ms / sec - 60 ms / sec

Linked Median



SEEMA ELINA (36 F)

ID: 836

Date: 09-Dec-23

Exec Time : 6 m 26 s

Stage Time : 0 m 54 s

HR: 101 bpm

Protocol: Bruce

Stage: Recovery(3)

Speed: 0 mph

Grade: 0 %

(THR: 165 bpm)

B.P: 118 / 80 ~

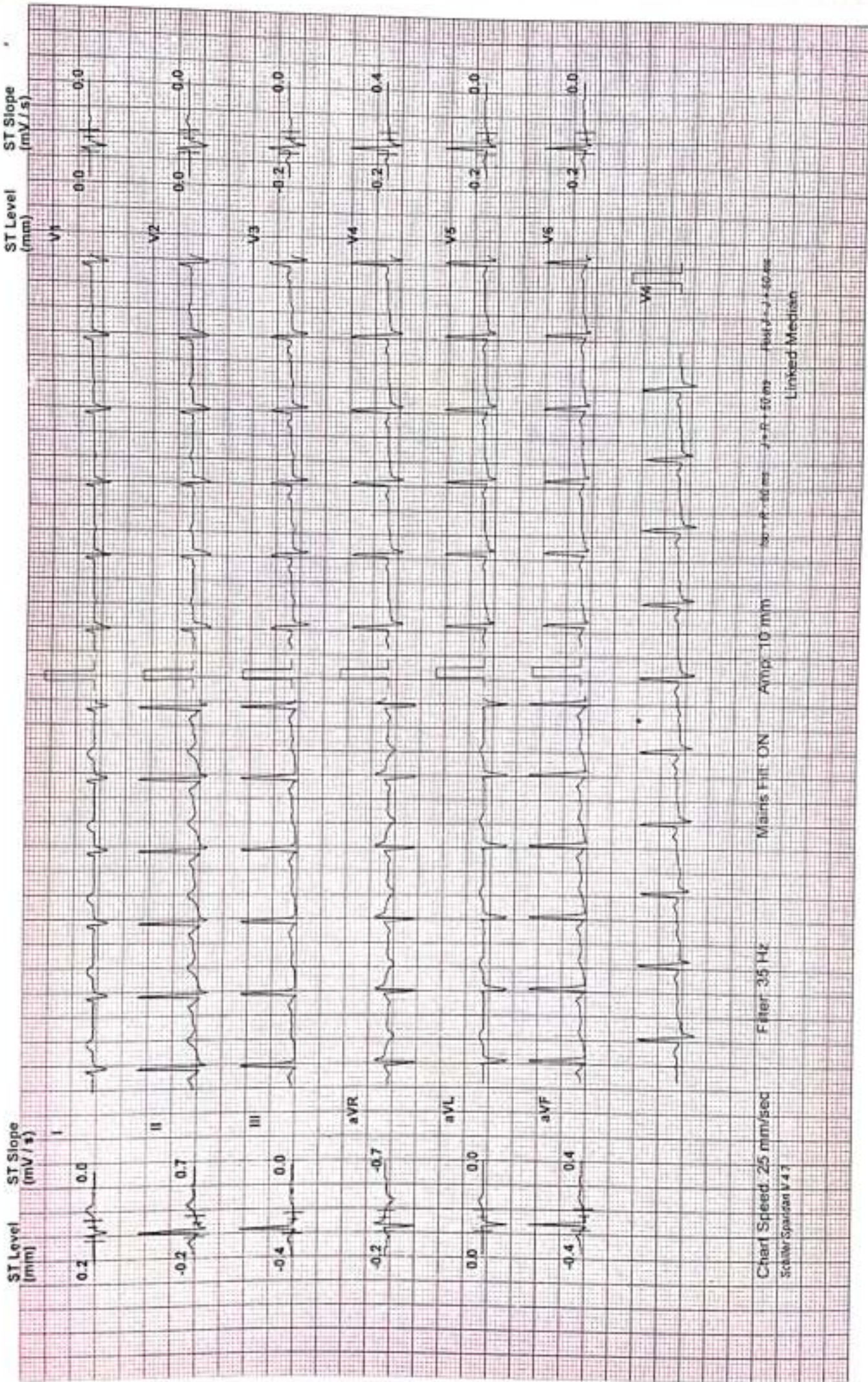


Chart Speed: 25 mm/sec  
Schäfer-Spangenberg 4.7

Filter: 35 Hz

Mainis Filter: ON

Ampl: 10 mm

30 - 100 ms

10 - 50 ms

10 - 40 ms

Linked Median



# SHREEYANTA HEALTHCARE & DIAGNOSTIC PVT.LTD.

# Test Report

SEEMA ELINA (36 F)

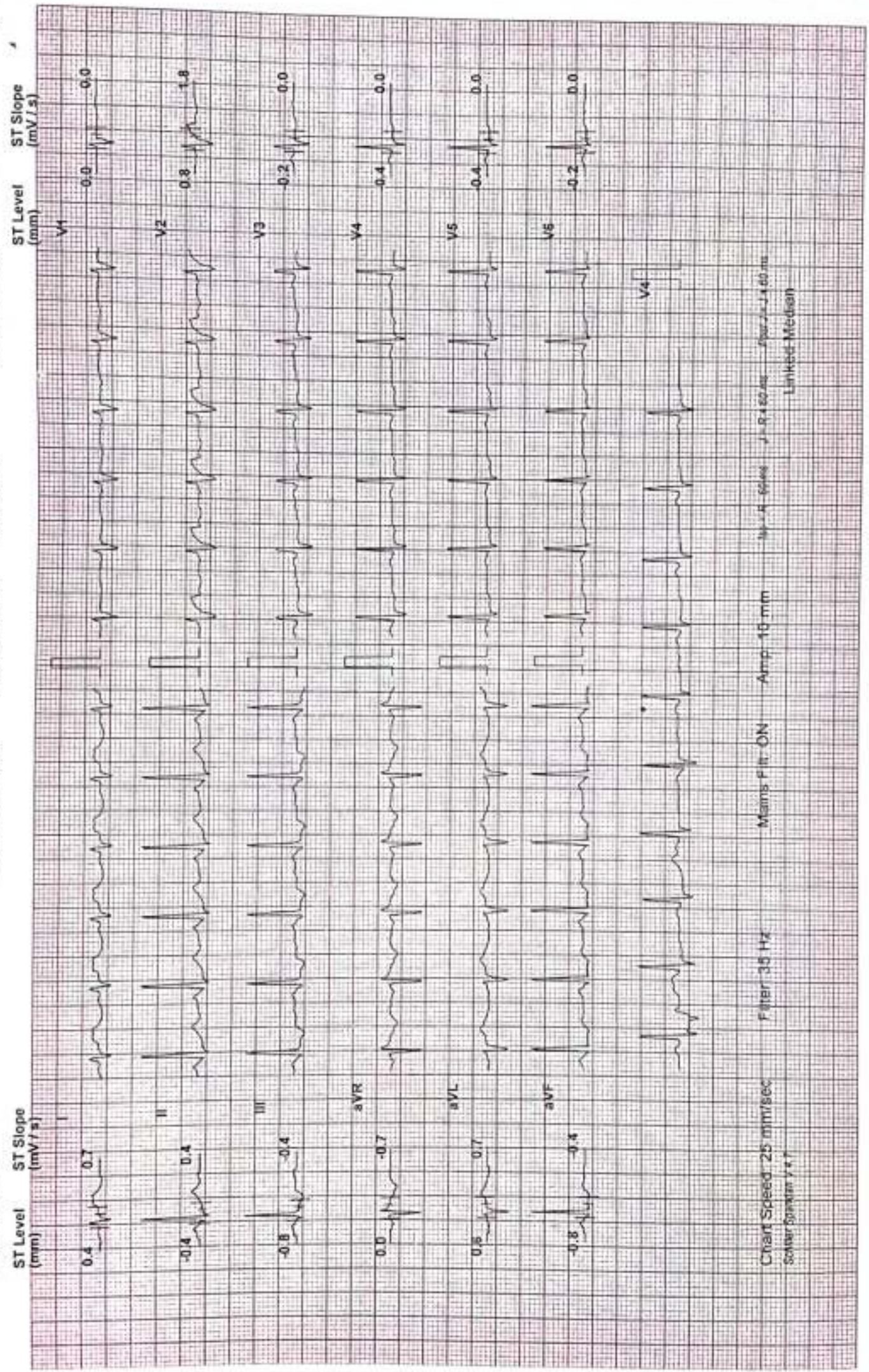
ID: 836

Date: 09-Dec-23 Exec Time : 6 m 26 s Stage Time : 0 m 0 s HR: 104 bpm,

Protocol: Bruce

Stage: Recovery(4) Speed: 0 mph Grade: 0 %

(THR: 165 bpm) B.P.: 118 / 80 ~







# AHMEDABAD DENTAL

610, Swanik Arcade, Opp. Arjun Green, Pragatinagar,  
Naranpura, Ahmedabad, Gujarat 380013  
Ph.: 9879994844, 9725368282  
Web : www.ahmedabadental.com

Name : Seema Elina Bhu Date : 09/12/2023  
Mobile No. : 8895811505 Case No. : 1253  
Email : seema.elina@gmail.com Birth Date : 36  
Occupation : govt. service.  
Address : Gofa, Ahmedabad.  
Medical History : pt has thyroid & is under medication

### Consent Statement :

I hereby authorize and request the performance of dental services for Myself. I also give my consent to any advisable and necessary dental procedures, medications or anaesthetics to be administered by the attending dentist. I completely understand the complications and risks associated with the same. I understand and acknowledge that I am Financially responsible for service provided for my self of the above mentioned.

હું ડોક્ટરને દાંત પાડવાની/સર્જરી/દાંતની તમામ સારવાર અને તે માટે જરૂરી શીશી સૂઝાડવાની/ઇન્જેક્શન આપી બહેરૂ કરાવાની અને દવા આપવાની સંમતિ આપુ છું. મેં ડોક્ટર સાહેબને મારી બિમારીને લગતી તમામ સાચી માહિતી આપી છે અને ડોક્ટર સાહેબે સારવાર અંગેના તમામ સાચા/ખોટા પરિણામોની મને મારી ભાષામાં જાણકારી આપી છે. સારવાર દરમ્યાન જો મને કોઇપણ ઘાય અને સારવાર ના ખર્ચાની સંપૂર્ણ જવાબદારી મારી રહેશે તે અંગે ડોક્ટર/હોસ્પિટલ/સ્ટાફ/સંસ્થા જવાબદારી રહેશે નહિ.

Signature, (In case of minor) Signature of Guardian

Chief Complaints : Minor pain in jaw.

Examination	Treatment Required
<u>D/E</u> → Buccally placed 1st $\frac{8}{8} / \frac{8}{8}$ → Occlusally placed <u>calculus</u> 1st $\frac{8}{8} / \frac{8}{8}$ - <u>calculus</u>	<u>&amp; Disimpaction</u> ① <u>Removal impacted</u> $\frac{8}{8} / \frac{8}{8}$ ② <u>scaling.</u>

Shreyanta Healthcare & Diagnostics Pvt. Ltd.  
217 to 217, Swanik Arcade, Pragatinagar,  
Naranpura, Ahmedabad-380013.  
Regd. No. : 651502468

• Interest in recall at : 3 months  6 months



NAME: BURH SEEMA	DATE: 09 / 12 /2023
AGE: 36 YEARS      SEX: Female	REF.DR. ARCOFEMI

**INVESTIGATION : USG ABDOMEN & PELVIS**

LIVER appears normal in size and shows normal echopattern. No evidence of focal mass lesion. No evidence of dilated intrahepatic biliary radicals noted. Portal vein and hepatic veins are unremarkable. Common bile duct appears normal.

GALL BLADDER appears normal distended. No cholecystitis.

PANCREAS appears normal in size and echopattern.

SPLEEN appears normal in size and echopattern. No evidence of mass lesion seen.

**KIDNEYS:**

Both kidneys appear normal in size, shape and position. No evidence of mass lesion or hydronephrosis seen on either side. Both Kidneys show normal cortical echogenicity well preserved cortico-medullary differentiation.

URINARY BLADDER is partially distended. No evidence of vesical mass or calculus is seen.

Uterus appears normal in size, position and echopattern. Endometrium thickness measures and appear normal. Evidence of 19x16mm size posterior wall hypoechoic lesion seen uterine cavity .

Both ovaries appear normal. No gross adnexal mass lesion seen.

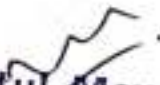
Small and large bowel loops are unremarkable.

No evidence of ascites or lymphadenopathy is seen.

**IMPRESSION:-**

=Evidence of 19x16mm size posterior wall hypoechoic lesion seen uterine cavity .

s/o fibroid .

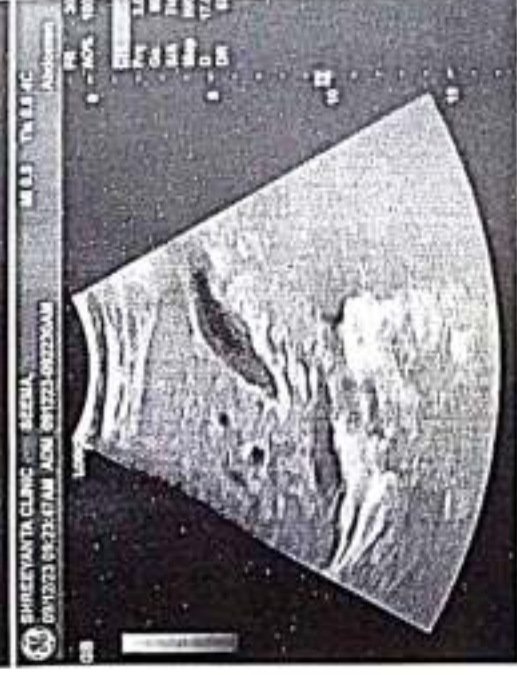
  
**Dr. Mitul Mevada**  
Dr. MITUL MEVADA  
CONSULTANT RADIOLOGIST, Niyanta Diabetes & Metabolic Clinic Pvt. Ltd.

**Niyanta Diabetes & Heart Clinic Pvt. Ltd.**

2nd Floor, Swanik Arcade, Nr. Arjun Homes, B/h Vardan Tower, Pragatinagar - K.K. Nagar Road, Naranpura, Ahmedabad : 380 013.

Emergency : 079 27499835 / +91 9904290525    [niyantadiabetes@gmail.com](mailto:niyantadiabetes@gmail.com)    [www.niyantadiabetes.com](http://www.niyantadiabetes.com)







NAME: SEEMA ELINA	AGE: 36 YRS/FEMALE
REF BY: -	DATE: 09/12/2023

**INVESTIGATION: X-RAY CHEST - PA VIEW**

Both lung fields appears prominent bronchovascular markings seen.

No Koch's, consolidation or pleural effusion is seen on either side.

Cardiac shadow appears normal.

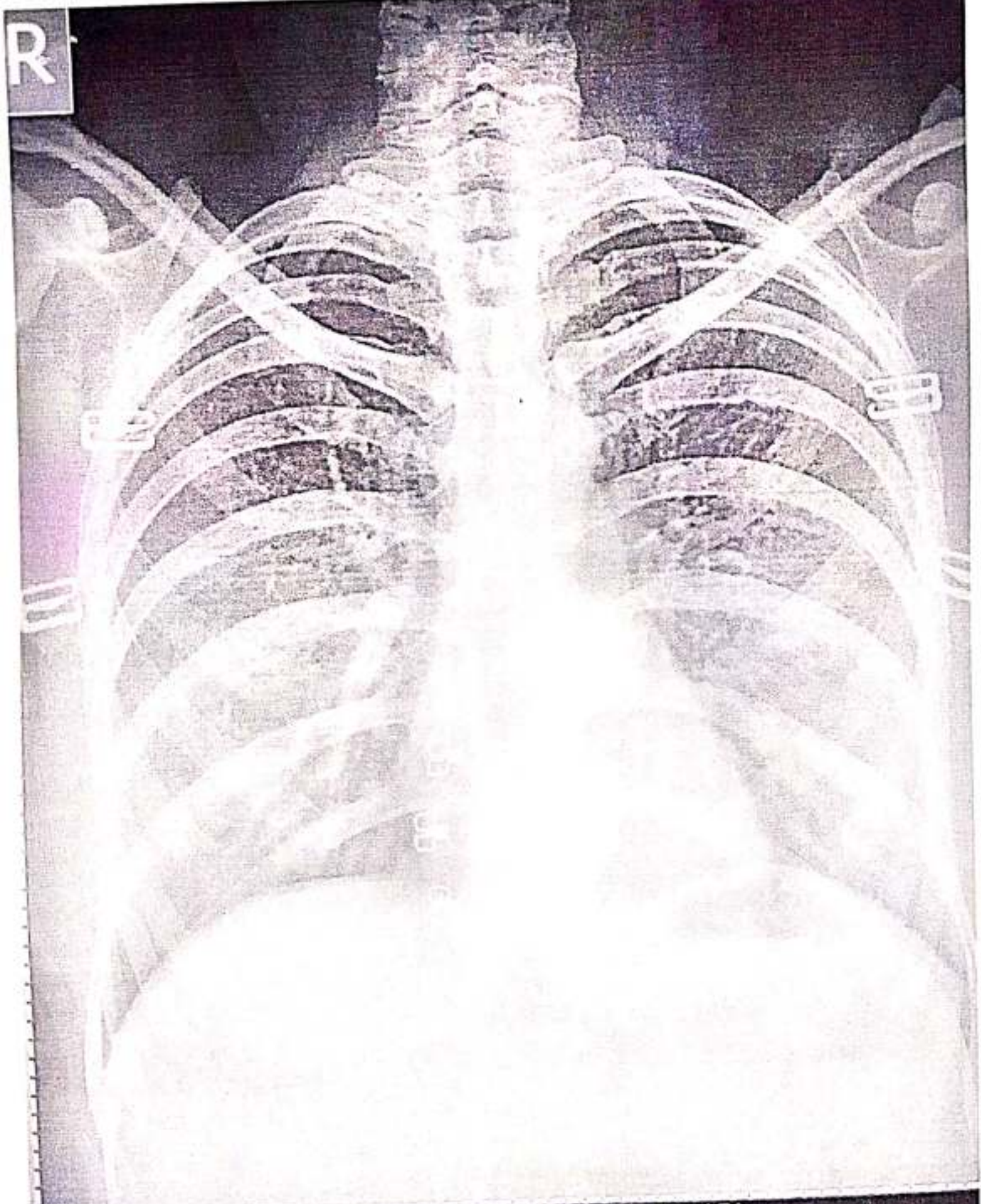
Bony thorax and both dome of diaphragm appears normal..

**IMPRESSION: -**

NORMAL CHEST X RAY PA VIEW

  
**Dr. Mitul Mevada**  
MD. DMRE.  
Reg. No. (G-0152)  
**DR. MITUL MEWADA**  
CONSULTANT RADIOLOGIST  
Shreeyanta Healthcare & Diagnostics Pvt. Ltd.





SEEMA ELINA AGE-36 Female

Pat. ID.

Chest PA

09-12-2023 10:55:55 AM

REF DR:

SHREEYANTA HEALTHCARE & DIAGNOSTICS PVT. LTD.



**MEDICAL HISTORY**

- Obesity       Hypertension  
 CHD       Nephropathy  
 Hyperuricemia    Hypothyroidism  
 Chronic Liver disease

**Shreeyanta**  **Diabetes**  
 & Metabolic Clinic  
 Advance Diagnostic Center

**DIET PLAN**

Name : Seema ben Date : 9/12/23

Age : 35 Years Height : 154 cms. Weight : 57.7 kg. B.M.I. : 24.3

Carbohydrates : 40.1 Protein : 3.5 % Fats : 15 % Fibers : ..... gms.

Salt : 5 gms. Oil : 15-17 ml. Ghee : 5 ml. Kcal : 1450 K.cal

सुबह : 6:00 बजे  
2.0 मि.ली. गुलगुला पानी 20ml  
1/2 चम्मच मेथी दाना / अलोवेरा  
1 कप चाय / कोफी बीना शक्कर कम दूध

नास्ता : 8:00 बजे  
2.0 मि.ली. दूध / दही  
2 बादाम / अखरोट  
1 चपाती (आटा 30 ग्राम) OR  
1 वेज पराठा / (Non Stick) OR  
1 स्लाईस ब्रेड (गेहू की) OR  
1 कटोरी उपमा / पोहा / दलीया / आट्स OR  
2 नंग इडली / ढोसा OR  
1 कटोरी मूंग, मुग मोठ, सलाड OR  
2 उबला हुआ अन्डा (बिना जरी) OR  
1 खाखरा मुंग / मूठ

देर सुबह नास्ता : 10:00 बजे  
1 कटोरी सलाड  
1 ग्लास छाछ  
1 कटोरी सुप  
150 ग्राम फ्रुट (सेव, पपीता, संतरा, खरबुजा, तरबुज,  
 मोसमी अनार, अमरुद पाइनेपल, जामुन)

दोपहर भोजन : 1:30 बजे  
2 चपाती (आटा 40 ग्राम)  
1 कटोरी हरी सब्जी  
1 कटोरी दाल  
1 सलाड  
 (सलाडमें गाजर, टमाटर, मूली, ककड़ी,  
 प्याज, पत्ता गोबी आदी अधिक मात्रा में)  
1 रायता 1 ग्लास छाछ  
1 कटोरी चावल / खीचडी दही  
2.0 ग्राम चिकन / मछली Brest

शाम चाय : 4:00 बजे  
1 कप चाय / कोफी बीना शक्कर कम दूध  
2 मेरी गोल्ड बीस्कुट  
1 कटोरी मुरमुरे / पोहा / चिचडा  
30 ग्राम भुने चने  
1.0 ग्राम फ्रुट

रात्री भोजन : 8:00 बजे  
1 कटोरी सुप  
1 कप सलाड  
2 चपाती (आटा 40 ग्राम)  
1 कटोरी हरी सब्जी  
1 कटोरी दाल / कद्दी / सांभार  
1 कटोरी चावल / खीचडी / दलीया खीचडी

रात को सोते समय : 10:00 बजे  
1.0 मिली दूध (बीना शक्कर और मलाई)



### Diet Recall

Breakfast : .....  
Lunch : .....  
Total kcal Intake : .....

Snaks : .....  
Dinner : .....  
kcl requirment : .....

### खानपान सूचीका

सेवन करे



- नीबु पानी (बिना शक्कर के), चाय एवं कोफी (बिना दूध एवं शक्कर की), छाछ, सोडा पानी, कच्ची हरी सब्जियों का मलाव, येजीटेबल सूप, अचार (बिना तेल का), टमाटर का जूस
- दूध "ए" (ज्यादा भी खा सकते है) १०० से १५० ग्राम - ५० केलोरी  
पता गोबी, फुल गोबी, ..... करेला, बैंगन, टिन्डा, मूली, टमाटर, पालक, पुदीना, मेथी, ककडी (खीरा), कंदु, मिन्डी, लौकी, शिमला मिर्च
- गुप "बी" कम खाये ४० से ७० ग्राम - ५० केलोरी  
मटर, गाजर, प्याज, आलू, जिमीकन्दा (सूरन), अरबी, शकरकन्द, चुकन्दर

w/o Cabbage, Cauliflower,  
Broccoli, Peasent,  
Soybean & products

### मधुमेहग्रस्त व्यक्ति आहार में "क्या खाएँ" और "क्या न खाएँ"

- इन खाद्य पदार्थों का सेवन न करे। जैसे की शक्कर, आईसक्रीम, होलिक्स, गुड बोनपिटा, शहद, जैली, ड्रिंकिंग चोकलेट, ग्लुकोज, मिठाईयाँ, सोफ्ट ड्रिंक्स, तेलयुक्त अचार, चोकलेट, केन्डी, चटनी, पेस्ट्रीज, केक, वीट वाईन।
- खाना पकाते समय सब्जी व दाल में गुड या शक्कर न डाले।
- भजिया, पकौडे, समोसे, वेफर्स, चकली, चिबडा, फरसाण आदी जैसी तली तीजे न खाएँ।
- अपने आहार में मक्खन / चीज / पनीर आदि शामिल न करे। मुंगफली तेल / शुद्ध घी / नारियल तेल का इस्तेमाल केवलफोडनी वघार / तडका लगाने के लिये ही करे। मधुमेहग्रस्त व्यक्तियों के लिये सरसों का तेल (सफोला) सुरजमुखी के तेल के बदले ज्यादा उत्तम होता है। कोई भी तेल खाने में ले सकते है पर मात्रा ३ चम्मच से ज्यादा नहिं।
- आलू, शकरकन्द, अडवी, सूरन, साबूदाना, बेसी चीजे न खाएँ।
- मटर, या चीकन के बदले सीमित मात्रा में मछली का सेवन ज्यादा उत्तम होता है। लेकिन इसमें नारियल का उपयोग न करे।
- मीठे फल के साथ खट्टे फल भी १ या २ खाएँ वह भी दो भोजन के बीच में लेना अधिक बेहतर है।
- कृत्रिम शर्करा (सेकरीन) का सेवन सीमित मात्रा में करे।
- भोजन को हमेशा पक करके, बोईल करके, ..... देकर या माईक्रोवेव में ही पकाएँ।
- चिप्स, नमकयुक्त पोपकोर्न का रोजाना सेवन न करे।
- चपाती के आटा में सोयाबीन, जव, चना, मिलाके बनाने से फाइबर की मात्रा बढ़ा सकते है।
- ४०० ग्राम गेहूं, २०० ग्राम सोयाबीन, २०० ग्राम जव, १०० ग्राम रागी, १०० ग्राम चना
- एक साथ भरपेट खाने के बदले थोडा थोडा बारबार खाएँ।



*N. N. Parikh*

Dt. NIDHI PARIKH  
M.Sc. Food Science Nutrition  
Diabetes Educator  
Time : 10:30 am to 1:30 pm

Dt. AVANI KHATRI  
M.A. Advance Nutrition  
Gold Medalist  
Time : 5:00 am to 8:00 pm



PATIENT NAME: SEEMA ELINA

AGE/SEX : 36 Years/FEMALE

REF. DOCTOR : HEALTH CHECK UP

DATE : 09/12/2023

### EYE VISION CHECK UP

EYE PARAMETERS	RIGHT EYE	LEFT EYE
DISTANCE VISION	6/6 WITHOUT GLASS	6/6 WITHOUT GLASS
NEAR VISION	N/6 WITHOUT GLASS	N/6 WITHOUT GLASS
COLOUR VISION	NO COLOUR BLINDNESS	NO COLOUR BLINDNESS









PATIENT'S NAME : SEEMA BURH LAB. NO : SY-2778-23  
AGE/SEX : 35 Years/Female SAMPLE NO : 9801  
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED DATE/TIME : 09/12/2023\09:44  
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC PT ID :

**COMPLETE BLOOD COUNT**

**(PERFORM BY FULLY AUTOMATED SYSMAX-XP 100 CELL COUNTER)**

Sample Type: EDTA

Test Name	Result	Units	Biological Reference Interval
<b>Blood Counts</b>			
Haemoglobin :	<b>10.50</b>	Gms%	11.5 - 16.0
Total R.B.C. :	4.61	mill/c.mm	4.2 - 5.4
Total W. B. C. :	6400	/cu mm	4000 - 11000
Platelet Count :	171000	/cu.mm	1,50,000 - 4,50,000
<b>Differential Count</b> % <b>Expected Value</b> (Absolute Count/uL)			
Neutrophils :	58	50 - 60	3712 1600 - 7000
Lymphocytes :	32	20 - 40	2048 1000-4000
Eosinophils :	04	1 - 4	256 40 - 400
Monocytes :	06	2 - 6	384 200 - 1000
Basophils :	00	0 - 01	00 0 - 100
<b>Blood Indices</b>			
P. C. V :	<b>32.80</b>	%	37 - 47
M. C. V. :	<b>71.10</b>	fl	78 - 100
M.C.H :	<b>22.80</b>	pg	27 - 32
M. C. H. C :	32.00	%	32 - 36
R.D.W :	14.00	%	11.5 - 14.0

**Peripheral smear study**

RBC's

**R.B.C -Microcytes+,Hypochromia+,Anisocytosis+,**

WBC's

W.B.C -Normal in Number & DC As Given Above.

Platelets

Platelets are Adequate and Normal in Morphology.

**CONCLUSION:**

**? Iron Deficiency Anemia.Adv: Iron Profile**

**PS FOR MP**

No Any Blood Parasites seen.

..... End Of Report .....

DR. JITENDRA NAYAK  
M.D.(PATH)

DR. JANAK THAKKAR  
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Pathologist

Dr. Jitendra N. Nayak  
(M.D., Pathologist)  
Regd. No. : 051902468

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PATIENT'S NAME : SEEMA BURH  
AGE/SEX : 35 Years/Female  
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED  
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC  
LAB. NO : SY-2778-23  
SAMPLE NO : 9801  
DATE/TIME : 09/12/2023\09:44  
PT ID :

**BIOCHEMISTRY**  
(DONE ON EM 200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample: Serum/Plasma

Test Name	Result	Units	Biological Reference Interval
<b>Urea</b> METHOD: Urease-GLDH	:24.1	mg/dL	12.6 - 42.6
<b>Creatinine</b> METHOD: Jaffe's Bufferw Kinetic	:0.74	mg/dL	0.6 - 1.2
<b>BUN</b> METHOD: UREASE ENZ	:11.26	mg/dL	7.94 - 20.1
<b>S.G.P.T</b> IFCC WITH PYRIDOXAL PHOSPHATE ACTIVATION	:10.0	U/L	0 - 40
<b>S.G.O.T</b> IFCC WITH PYRIDOXAL PHOSPHATE ACTIVATION	:16.2	U/L	0-45
<b>Alkaline Phosphatase</b> METHOD: PNPP-AMP (IFCC), KINETIC ASSAY	:41.3	U/L	30-120
<b>Bilirubin - Total</b> METHOD: DIAZO	:0.85	mg/dL	0.2 - 1.3
<b>Bilirubin - Direct</b> METHOD: DIAZO	:0.44	mg/dL	0 - 0.6
<b>Bilirubin - Indirect</b> METHOD: CALCULATED	: <u>0.41</u>	mg/dL	0.1 - 0.4
<b>Total Protein</b> METHOD: BIURET	:7.01	gm/dL	6.3 - 8.2
<b>Albumin</b> METHOD: BCG	:4.25	gm/dL	3.5 - 5.0
<b>Globulin</b> METHOD: CALCULATED	:2.76	gm/dL	1.9 - 3.5
<b>Albumin/Globulin Ratio</b> METHOD: CALCULATED	:1.54		0.9 - 2.9
<b>ELECTROLYTE</b> METHOD: ISE DIRECT			
<b>Sodium</b>	: <u>136</u>	mmol/L	137 - 145
<b>Pottasium</b>	:4.2	mmol/L	3.5-5.5
<b>Chloride</b>	:101	mmol/L	98 - 107
<b>URIC ACID</b> METHOD: URICASE	:3.5	mg/dL	2.5-6.0

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Dr. Jitendra N. Nayak  
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Dr. Janak M. Thakkar  
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Shreyanta  Pathology  
Laboratory



PATIENT'S NAME	: SEEMA BURH	LAB. NO	: SY-2778-23
AGE/SEX	: 35 Years/Female	SAMPLE NO	: 9801
REFERRED BY	: ARCOFEMI HEALTHCARE LIMITED	DATE/TIME	: 09/12/2023\09:44
LOCATION	: SHREEYANTA DIABETIC & METABOLIC CLINIC	PT ID	:

  
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PATIENT'S NAME	: SEEMA BURH	LAB. NO	: SY-2778-23
AGE/SEX	: 35 Years/Female	SAMPLE NO	: 9801
REFERRED BY	: ARCOFEMI HEALTHCARE LIMITED	DATE\TIME	: 09/12/2023\09:44
LOCATION	: SHREEYANTA DIABETIC & METABOLIC CLINIC	PT ID	:

**BLOOD GROUP**

Sample Type: EDTA

Test Name	Result
ABO SYSTEM :	" A "
RH Typing :	POSITIVE

**E.S.R.( Westergren Method )**

Sample Type: EDTA

Test Name	Result	Units	Biological Reference Interval
After one hour :	11	mm	[M: 1 - 7 / F: 3 - 12]

..... End Of Report .....

  
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Pathologist





PATIENT'S NAME : SEEMA BURH  
AGE/SEX : 35 Years/Female  
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED  
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC  
LAB. NO : SY-2778-23  
SAMPLE NO : 9801  
DATE/TIME : 09/12/2023/09:44  
PT ID :

**HbA1C REPORT**  
**(BY HPLC)**

Test Name	Result	Units	Biological Reference Interval
HbA1C :	5.0	%	Non Diabetic Level : < 5.7 % Pre Diabetic : 5.7-6.4 % Diabetes : > (=)6.5%  ADA Target for Diabetic Patient : 7.0 %
Estimated Average Glucose: (eAG)	96.8	mg/dl	

**LIVER FUNCTION TEST**

Sample Type: Serum

Test Name	Result	Units	Biological Reference Interval
G.G.T :	14.5	U/L	F :5-32 M 10-45

..... End Of Report .....

DR. JITENDRA NAYAK  
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PATIENT'S NAME : SEEMA BURH  
AGE/SEX : 35 Years/Female  
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LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC  
LAB. NO : SY-2778-23  
SAMPLE NO : 9801  
DATE\TIME : 09/12/2023\09:44  
PT ID :


**THYROID FUNCTION**


**(CLIA METHOD)**

Sample Type:SERUM

Test Name	Result	Units	Biological Reference Interval
SERUM T3 :	1.20	ng/ml	0.6-1.81
SERUM T4 :	12.3	ug/dl	3.2-12.6
SERUM TSH :	2.05	μIU/mL	[ 2 to 12 Years 0.64 - 6.27 ] [12 to 18 Years 0.51 - 4.94 ] [> 18 Years 0.35 - 5.5 ]

..... End Of Report .....

  
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PATIENT'S NAME : SEEMA BURH  
AGE/SEX : 35 Years/Female  
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED  
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC  
LAB. NO : SY-2778-23  
SAMPLE NO : 9801  
DATE/TIME : 09/12/2023 10:44  
PT ID :

**LIPID PROFILE**

(DONE ON EM 200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample Type: Serum

Test Name	Result	Units	Biological Reference Interval
S. Cholesterol (CHOD-POD ENZYMATIC METHOD)	: <u>243.3</u>	mg / dl	Desirable level/low risk : < 200 Borderline level/moderate risk : 200-239 Elevated level/ high risk : > 240
S. Triglyceride (GPO/PAP METHOD)	:109.0	mg / dl	Normal : <150 Borderline high :150-199 High : 200-499 Very High: >=500
S. HDL Cholesterol (IMMUNOINHIBITION)	:55.2	mg / dl	Low (High Risk) : <40 High (Low Risk) : >60
S. LDL Cholesterol (CALCULATED)	: <u>166.3</u>	mg / dl	Optimal : <100 Near Optimal : 100-129 Borderline High : 130-159 High :160-189 Very High: > 190
S. VLDL Cholesterol (CALCULATED)	:21.8	mg / dl	Upto 34
Total Lipids (CALCULATED)	:795.6	mg / dl	400 - 1000
Chol./HDL Ratio (CALCULATED)	:4.41		0-5
LDL/HDL Ratio (CALCULATED)	:3.01		1-3.5

..... End Of Report .....

Dr. Jitendra N. Nayak  
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PATIENT'S NAME : SEEMA BURH  
AGE/SEX : 35 Years/Female  
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LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC  
LAB. NO : SY-2778-23  
SAMPLE NO : 9801  
DATE/TIME : 09/12/2023\09:44  
PT ID :

**URINE ANALYSIS**

Sample Type: Urine

Test Name	Result	Units	Biological Reference Interval
<b>Physical Examination</b>			
Colour :	Pale Yellow		
Transparency :	Clear		
<b>Chemical Examination (BY MISSION(ACON) U120 SMART AUTOMATED URINALYSIS)</b>			
Specific Gravity :	1.010		
PH :	6.5		
Protein :	NIL		
Sugar :	NIL		
Ketone :	ABSENT		
Bile Salts :	Absent		
Bile Pigments :	Absent		
Urobilogen :	ABSENT		
Nitrites :	ABSENT		
<b>Microscopic Examination (AFTER CENTRIFUGING AT 2000 RPM FOR 10 MINS)</b>			
Red blood Cells :	NIL	/HPF	
Pus Cells :	3-4	/HPF	
Epithelial Cells :	2-3	/HPF	
Amorphous :	ABSENT		
Bacteria :	ABSENT		
Crystals :	ABSENT		
Casts :	ABSENT	/LPF	
Fungus :	Absent		

..... End Of Report .....

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PATIENT'S NAME : SEEMA BURH LAB. NO : SY-2778-23  
AGE/SEX : 35 Years/Female SAMPLE NO : 9801  
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED DATE/TIME : 09/12/2023\09:44  
LOCATION : SHREEYANTA DIABETIC & METABOLIC CLINIC PT ID :

**BLOOD(PLASMA) GLUCOSE**

**(GOD-POD METHOD)**

(DONE ON EM200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample Type: Serum/Plasma

Test Name	Result	Units	Biological Reference Interval
<b>Fasting(FBS)</b>			
Blood Glucose :	85.3	MG/DL	70 - 110
<b>Post Prandial (PP2BS)</b>			
Post Prandial Blood Glucose After 2HRS. :	87.2	MG/DL	80-140

..... End Of Report .....

  
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Regd. No. : 051902468

Pathologist





dr kinariwala <drmkkinariwala@gmail.com>

(no subject)

1 message

Sat, Dec 9, 2023 at 1:50 PM

Boski Patel <boskipatel@ymail.com>  
Reply-To: Boski Patel <boskipatel@ymail.com>  
To: "drmkkinariwala@gmail.com" <drmkkinariwala@gmail.com>



ଭାରତ ସରକାର

Government of India

ସୀମା ଏଲିନା ବୁର୍ହ

Seema Elina Burh

ପିତା : ଫିଲିପ ବୁର୍ହ

Father : Philip Burh

ଜନ୍ମ ତାରିଖ / DOB : 19/12/1987

ଲିଙ୍ଗ / Female



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ଆଧାର - ସାଧାରଣ ଲୋକର ଆଧାର

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Dr. Manik K. Kinariwala  
(M.D., FRCR, FRCR (UK))  
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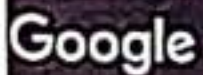
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