

 **बैंक ऑफ़ बड़ोदा**  
**Bank of Baroda**



नाम **उदित कुमार**  
Name **Udit Kumar**

कर्मचारी कुट क.  
E.C. No. **UK160205**

 **उत्पादक प्राधिकारी**  
Issuing Authority

 **धारक के हस्ताक्षर**  
Signature of Holder



**OUT- PATIENT RECORD**

Date : 26/8/23  
MRNO : 58228  
Name : Udit Keemas  
Age/Gender : 37y/M  
Mobile No : 9131015219  
Passport No :  
Aadhar number :

Pulse : 84	B.P : 110/80	Resp : 22	Temp : (N)
Weight : 77.0	Height : 170	BMI : 26.6	Waist Circum : 100 cm

General Examination / Allergies  
History

Clinical Diagnosis & Management Plan

married, Nonveg  
Sleep: (N) B/B (N)  
Ch tobacco ceases 10yrs  
No alcohol/smoking.  
No Allergy.  
Moderately Active

FH: Father: IHD Mother: det

Sugar ↑ sed Lipid ↑ sed EGOT/EGPT ↑ sed

- ① Avoid sugar/sweets/oil/ghee (fats) foods
- ② Monitor walk 45 min daily
- ③ Repeat Sugar (Lipid / LFT) after 2 months



Follow up date:



Doctor Signature

Patient Name	: Mr.UDIT KUMAR	Collected	: 26/Aug/2023 08:35AM
Age/Gender	: 37 Y 7 M 24 D/M	Received	: 26/Aug/2023 10:42AM
UHID/MR No	: STAR.0000058228	Reported	: 26/Aug/2023 01:05PM
Visit ID	: STAROPV62423	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: UK160205		

**DEPARTMENT OF HAEMATOLOGY**

**ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324**

**PERIPHERAL SMEAR , WHOLE BLOOD EDTA**

Methodology : Microscopic  
 RBC : Normocytic normochromic  
 WBC : Normal in number, morphology and distribution. No abnormal cells seen  
 Platelets : Adequate in Number  
 Parasites : No Haemoparasites seen  
 IMPRESSION : Normocytic normochromic blood picture  
 Note/Comment : Please Correlate clinically



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**DEPARTMENT OF HAEMATOLOGY**

**ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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HEMOGRAM , WHOLE BLOOD EDTA				
HAEMOGLOBIN	13.4	g/dL	13-17	CYANIDE FREE COLOURIMETER
PCV	40.60	%	40-50	PULSE HEIGHT AVERAGE
RBC COUNT	<b>4.32</b>	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	94	fL	83-101	Calculated
MCH	31.1	pg	27-32	Calculated
MCHC	33.1	g/dL	31.5-34.5	Calculated
R.D.W	12.4	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	5,290	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYTIC COUNT (DLC)				
NEUTROPHILS	42	%	40-80	Electrical Impedance
LYMPHOCYTES	<b>48</b>	%	20-40	Electrical Impedance
EOSINOPHILS	02	%	1-6	Electrical Impedance
MONOCYTES	08	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	2221.8	Cells/cu.mm	2000-7000	Electrical Impedance
LYMPHOCYTES	2539.2	Cells/cu.mm	1000-3000	Electrical Impedance
EOSINOPHILS	105.8	Cells/cu.mm	20-500	Electrical Impedance
MONOCYTES	423.2	Cells/cu.mm	200-1000	Electrical Impedance
PLATELET COUNT	208000	cells/cu.mm	150000-410000	IMPEDENCE/MICROSCOPY
ERYTHROCYTE SEDIMENTATION RATE (ESR)	<b>25</b>	mm at the end of 1 hour	0-15	Modified Westergren
PERIPHERAL SMEAR				
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Platelets : Adequate in Number				
Parasites : No Haemoparasites seen				
IMPRESSION : Normocytic normochromic blood picture				
Note/Comment : Please Correlate clinically				



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**DEPARTMENT OF HAEMATOLOGY**

**ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA				
BLOOD GROUP TYPE	O			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination



Patient Name : Mr.UDIT KUMAR Age/Gender : 37 Y 7 M 24 D/M UHID/MR No : STAR.0000058228 Visit ID : STAROPV62423 Ref Doctor : Dr.SELF Emp/Auth/TPA ID : UK160205	Collected : 26/Aug/2023 04:09PM Received : 26/Aug/2023 04:50PM Reported : 26/Aug/2023 05:23PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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GLUCOSE, FASTING , NAF PLASMA	113	mg/dL	70-100	GOD - POD
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**Comment:**

As per American Diabetes Guidelines

Fasting Glucose Values in mg/dL	Interpretation
70-100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes
<70 mg/dL	Hypoglycemia

**Note:**

- The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on at least 2 occasions.
- Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	162	mg/dL	70-140	GOD - POD
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**Comment:**

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Ref: Marks medical biochemistry and clinical approach



Patient Name <sup>S</sup> : Mr.UDIT KUMAR	Collected : 26/Aug/2023 08:35AM
Age/Gender : 37 Y 7 M 24 D/M	Received : 26/Aug/2023 03:26PM
UHID/MR No : STAR.0000058228	Reported : 26/Aug/2023 04:26PM
Visit ID : STAROPV62423	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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HBA1C, GLYCATED HEMOGLOBIN , WHOLE BLOOD EDTA	6.5	%		HPLC
ESTIMATED AVERAGE GLUCOSE (eAG) , WHOLE BLOOD EDTA	140	mg/dL		Calculated

**Comment:**

Reference Range as per American Diabetes Association (ADA) 2023 Guidelines:

REFERENCE GROUP	HBA1C %
NON DIABETIC	<5.7
PREDIABETES	5.7 – 6.4
DIABETES	≥ 6.5
DIABETICS	
EXCELLENT CONTROL	6 – 7
FAIR TO GOOD CONTROL	7 – 8
UNSATISFACTORY CONTROL	8 – 10
POOR CONTROL	>10

Note: Dietary preparation or fasting is not required.

- HbA1C is recommended by American Diabetes Association for Diagnosing Diabetes and monitoring Glycemic Control by American Diabetes Association guidelines 2023.
- Trends in HbA1C values is a better indicator of Glycemic control than a single test.
- Low HbA1C in Non-Diabetic patients are associated with Anemia (Iron Deficiency/Hemolytic), Liver Disorders, Chronic Kidney Disease. Clinical Correlation is advised in interpretation of low Values.
- Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect erythrocyte survival are present.
- In cases of Interference of Hemoglobin variants in HbA1C alternative methods (Fructosamine) estimation is recommended for Glycemic Control
  - A: HbF >25%
  - B: Homozygous Hemoglobinopathy.
 (Hb Electrophoresis is recommended method for detection of Hemoglobinopathy)

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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method





TOUCHING LIVES

Patient Name : Mr.UDIT KUMAR Age/Gender : 37 Y 7 M 24 D/M UHID/MR No : STAR.0000058228 Visit ID : STAROPV62423 Ref Doctor : Dr.SELF Emp/Auth/TPA ID : UK160205	Collected : 26/Aug/2023 08:35AM Received : 26/Aug/2023 10:28AM Reported : 26/Aug/2023 12:10PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
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**DEPARTMENT OF BIOCHEMISTRY**

**ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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Patient Name : Mr.UDIT KUMAR	Collected : 26/Aug/2023 08:35AM
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**DEPARTMENT OF BIOCHEMISTRY**

**ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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**LIPID PROFILE , SERUM**

TOTAL CHOLESTEROL	179	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	80	mg/dL	<150	
HDL CHOLESTEROL	33	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	146	mg/dL	<130	Calculated
LDL CHOLESTEROL	130	mg/dL	<100	Calculated
VLDL CHOLESTEROL	16	mg/dL	<30	Calculated
CHOL / HDL RATIO	5.42		0-4.97	Calculated

**Comment:**

Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.

	Desirable	Borderline High	High	Very High
TOTAL CHOLESTEROL	< 200	200 - 239	≥ 240	
TRIGLYCERIDES	<150	150 - 199	200 - 499	≥ 500
LDL	Optimal < 100 Near Optimal 100-129	130 - 159	160 - 189	≥ 190
HDL	≥ 60			
NON-HDL CHOLESTEROL	Optimal <130; Above Optimal 130-159	160-189	190-219	>220

- Measurements in the same patient on different days can show physiological and analytical variations.
- NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.
- Primary prevention algorithm now includes absolute risk estimation and lower LDL Cholesterol target levels to determine eligibility of drug therapy.
- Low HDL levels are associated with Coronary Heart Disease due to insufficient HDL being available to participate in reverse cholesterol transport, the process by which cholesterol is eliminated from peripheral tissues.
- As per NCEP guidelines, all adults above the age of 20 years should be screened for lipid status. Selective screening of children above the age of 2 years with a family history of premature cardiovascular disease or those with at least one parent with high total cholesterol is recommended.
- VLDL, LDL Cholesterol Non HDL Cholesterol, CHOL/HDL RATIO, LDL/HDL RATIO are calculated parameters when Triglycerides are below 350 mg/dl. When Triglycerides are more than 350 mg/dl LDL cholesterol is a direct measurement.

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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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DEPARTMENT OF BIOCHEMISTRY

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Test Name	Result	Unit	Bio. Ref. Range	Method
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LIVER FUNCTION TEST (LFT) , SERUM

BILIRUBIN, TOTAL	0.30	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.10	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.20	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	71	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	40.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	147.00	U/L	32-111	IFCC
PROTEIN, TOTAL	7.60	g/dL	6.7-8.3	BIURET
ALBUMIN	4.40	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	3.20	g/dL	2.0-3.5	Calculated
A/G RATIO	1.38		0.9-2.0	Calculated



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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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RENAL PROFILE/KIDNEY FUNCTION TEST (RFT/KFT) , SERUM				
CREATININE	0.68	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	17.50	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	8.2	mg/dL	8.0 - 23.0	Calculated
URIC ACID	5.20	mg/dL	4.0-7.0	URICASE
CALCIUM	9.10	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	3.90	mg/dL	2.6-4.4	PNP-XOD
SODIUM	142	mmol/L	135-145	Direct ISE
POTASSIUM	4.8	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	101	mmol/L	98-107	Direct ISE



TO UPHOLD OUR PROMISE

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**DEPARTMENT OF BIOCHEMISTRY**

**ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
<b>GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM</b>	<b>96.00</b>	U/L	16-73	Glycylglycine Kinetic method
Kindly correlate clinically				



Patient Name	: Mr.UDIT KUMAR	Collected	: 26/Aug/2023 08:35AM
Age/Gender	: 37 Y 7 M 24 D/M	Received	: 26/Aug/2023 10:15AM
UHID/MR No	: STAR.0000058228	Reported	: 26/Aug/2023 11:47AM
Visit ID	: STAROPV62423	Status	: Final Report
Ref Doctor	: Dr.SELF	Sponsor Name	: ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID	: UK160205		

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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THYROID PROFILE TOTAL (T3, T4, TSH) , SERUM

Test Name	Result	Unit	Bio. Ref. Range	Method
TRI-IODOTHYRONINE (T3, TOTAL)	1.55	ng/mL	0.67-1.81	ELFA
THYROXINE (T4, TOTAL)	7.87	µg/dL	4.66-9.32	ELFA
THYROID STIMULATING HORMONE (TSH)	3.340	µIU/mL	0.25-5.0	ELFA

Comment:

Note:

For pregnant females	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 – 3.0
Third trimester	0.3 – 3.0

TSH is a glycoprotein hormone secreted by the anterior pituitary. TSH activates production of T3 (Triiodothyronine) and its prohormone T4 (Thyroxine). Increased blood level of T3 and T4 inhibit production of TSH.

TSH is elevated in primary hypothyroidism and will be low in primary hyperthyroidism. Elevated or low TSH in the context of normal free thyroxine is often referred to as sub-clinical hypo- or hyperthyroidism respectively.

Both T4 & T3 provides limited clinical information as both are highly bound to proteins in circulation and reflects mostly inactive hormone. Only a very small fraction of circulating hormone is free and biologically active.

Significant variations in TSH can occur with circadian rhythm, hormonal status, stress, sleep deprivation, medication & circulating antibodies.

TSH	T3	T4	FT4	Conditions
High	Low	Low	Low	Primary Hypothyroidism, Post Thyroidectomy, Chronic Autoimmune Thyroiditis
High	N	N	N	Subclinical Hypothyroidism, Autoimmune Thyroiditis, Insufficient Hormone Replacement Therapy.

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DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
N/Low	Low	Low	Low	Secondary and Tertiary Hypothyroidism
Low	High	High	High	Primary Hyperthyroidism, Goitre, Thyroiditis, Drug effects, Early Pregnancy
Low	N	N	N	Subclinical Hyperthyroidism
Low	Low	Low	Low	Central Hypothyroidism, Treatment with Hyperthyroidism
Low	N	High	High	Thyroiditis, Interfering Antibodies
N/Low	High	N	N	T3 Thyrotoxicosis, Non thyroidal causes
High	High	High	High	Pituitary Adenoma; TSHoma/Thyrotropinoma





TOUCHING LIVES

Patient Name : Mr.UDIT KUMAR	Collected : 26/Aug/2023 08:35AM
Age/Gender : 37 Y 7 M 24 D/M	Received : 26/Aug/2023 12:58PM
UHID/MR No : STAR.0000058228	Reported : 26/Aug/2023 02:09PM
Visit ID : STAROPV62423	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : UK160205	

**DEPARTMENT OF CLINICAL PATHOLOGY**

**ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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**COMPLETE URINE EXAMINATION (CUE) , URINE**

**PHYSICAL EXAMINATION**

Test Name	Result	Unit	Bio. Ref. Range	Method
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
pH	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.025		1.002-1.030	Dipstick

**BIOCHEMICAL EXAMINATION**

Test Name	Result	Unit	Bio. Ref. Range	Method
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GOD-POD
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	NITROPRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	EHRlich
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS

**CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY**

Test Name	Result	Unit	Bio. Ref. Range	Method
PUS CELLS	0-1	/hpf	0-5	Microscopy
EPITHELIAL CELLS	0-1	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY


**Comment:**

- Biochemical Examination of urine sample was performed by reflectance photometry and confirmed by alternative methods.
- The samples are assessed for integrity and adequacy before processing.

\*\*\* End Of Report \*\*\*

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DEPARTMENT OF CLINICAL PATHOLOGY				
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324				
Test Name	Result	Unit	Bio. Ref. Range	Method



DR. APEKSHA MADAN  
MBBS, DPB  
PATHOLOGY



Dr.Sandip Kumar Banerjee  
M.B.B.S,M.D(PATHOLOGY),D.P.B  
Consultant Pathologist



*Vedit Kumar*

Measurement Results:

QRS : 86 ms  
 QT/QTcB : 374 / 430 ms  
 PR : 154 ms  
 P : 112 ms  
 RR/PP : 756 / 755 ms  
 P/QRS/T : 15 / 50 / 60 degrees  
 QTd/QTcBD : 36 / 41 ms  
 Sokolow : 2.1 mV  
 NK : 8

Interpretation:

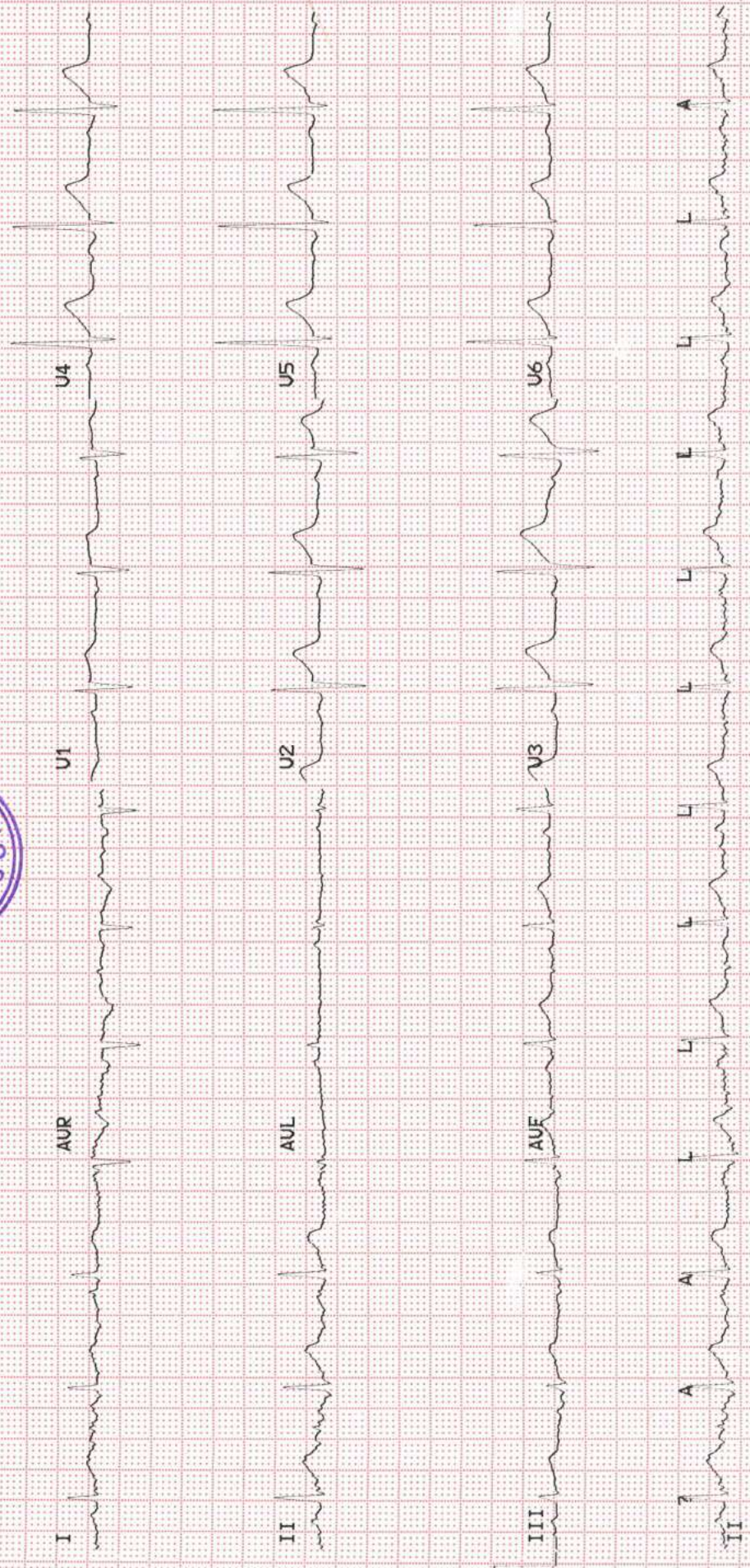
R/S inversion area between U1 and U2 probably normal ECG

*within Normal limits*

Dr. (Mrs.) CHHAYA P. V.A.  
 M. D. (MUM.)  
 Physician & Cardiologist  
 Reg. No. 56842



Unconfirmed report.



Patient Name : Mr. Udit Kumar  
UHID : STAR.0000058228  
Reported on : 26-08-2023 15:14  
Adm/Consult Doctor :

Age : 37 Y M  
OP Visit No : STAROPV62423  
Printed on : 26-08-2023 15:14  
Ref Doctor : SELF

**DEPARTMENT OF RADIOLOGY**

**X-RAY CHEST PA**

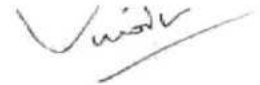
Both lung fields and hila are normal .  
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Both costophrenic and cardiophrenic angles are clear .  
Both diaphragms are normal in position and contour .  
Thoracic wall and soft tissues appear normal.

**CONCLUSION :**

No obvious abnormality seen.

Printed on:26-08-2023 15:14

---End of the Report---



**Dr. VINOD SHETTY**  
Radiology

Name : Mr.Udit Kumar  
Age : 37 Year(s)

Date : 26/08/2023  
Sex : Male  
Visit Type : OPD

**ECHO Cardiography**

**Comments:**

Normal cardiac dimensions.  
Structurally normal valves.  
No evidence of LVH.  
Intact IAS/IVS.  
No evidence of regional wall motion abnormality.  
Normal LV systolic function (LVEF 60%).  
No diastolic dysfunction.  
Normal RV systolic function.  
No intracardiac clots / vegetation/ pericardial effusion.  
No evidence of pulmonary hypertension.PASP=30mmHg.  
IVC 12 mm collapsing with respiration.

**Final Impression:**

NORMAL 2DECHOCARDIOGRAPHY REPORT.



**DR.CHHAYA P.VAJA. M. D.(MUM)**  
**NONINVASIVE CARDIOLOGIST**

Name : Mr.Udit Kumar  
Age : 37 Year(s)

Date : 26/08/2023  
Sex : Male  
Visit Type : OPD

**Dimension:**

EF Slope	130mm/sec
EPSS	05mm
LA	31mm
AO	31mm
LVID (d)	34mm
LVID(s)	19mm
IVS (d)	11mm
LVPW (d)	11mm
LVEF	60% (visual)



**DR.CHHAYA P.VAJA. M. D.(MUM)**  
**NONINVASIVE CARDIOLOGIST**

**APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED**

(Formerly known as Nova Specialty Hospitals Private Limited)

CIN: U85100KA2009PTC049961

Registered Office : #7-1-617/A,615 & 616, Imperial Towers,7th Floor, Opp. Ameerpet Metro Station, Ameerpet, Hyderabad, Telangana, Pin-500038.

**BENGALURU | CHENNAI | DELHI | JAIPUR | KANPUR | MUMBAI | PUNE**

Patient Name : MR.UDIT KUMAR  
Ref. By : HEALTH CHECK UP

Date : 26-08-2023  
Age : 37 years

**SONOGRAPHY OF ABDOMEN AND PELVIS**

**LIVER** : The liver is normal in size & shows diffuse increase in echogenicity with posterior attenuation of echoes – suggestive of fatty changes. No focal mass lesion is seen. The intrahepatic biliary tree & venous radicles appear normal. The portal vein and CBD appear normal.

**GALL BLADDER** : The gall bladder is well distended and reveals normal wall thickness. There is no evidence of calculus seen in it.

**PANCREAS** : The pancreas is normal in size and echotexture. No focal mass lesion is seen.

**SPLEEN** : The spleen is normal in size and echotexture. No focal parenchymal mass lesion is seen. The splenic vein is normal.

**KIDNEYS** : The **RIGHT KIDNEY** measures 11.3 x 4.3 cms and the **LEFT KIDNEY** measures 11.7 x 4.6 cms in size. Both kidneys are normal in size, shape and echotexture. There is no evidence of hydronephrosis or calculi seen on either side.

The para-aortic & iliac fossa regions appears normal. There is no free fluid or any lymphadenopathy seen in the abdomen.

**PROSTATE** : The prostate measures 3.3 x 3.3 x 2.2 cms and weighs 13.18 gms. It is normal in size, shape and echotexture. No prostatic calcification is seen.

**URINARY BLADDER** : The urinary bladder is well distended and is normal in shape and contour. No intrinsic lesion or calculus is seen in it. The bladder wall is normal in thickness.

**IMPRESSION:** The Ultrasound examination reveals fatty changes of the Liver.  
No other significant abnormality is detected.



DR. VIJAY C CHAWDA  
MD, D.M.R.D.  
CONSULTANT SONOLOGIST.


Name : Mr Udit Kumar  
Age : 37yr/M

- For Health Check Up
- Offers no complaints
- Tobacco chewer :: 10yrs

O/E - Oral cavity & Throat - Nicotine stained teeth, poor oral hygiene

Ears -  B/L TM intact, mobile

Nose - Septum central  
Mucosa @

  
**MAJ. (DR.) SHRUTI ANIL SHARMA**  
**M.S. (ENT) PGD HHM, PG DMLS**  
**MMC. 2019096177**



**EYE REPORT**

Name: Mr. Udit Kumar

Date: 26/08/2023

Age / Sex: 37yr / M.

Ref No.:

Complaint: do waly eye  
no m/o 88 / 20A

**Examination**

Spectacle Rx: Ux <sup>6/9</sup> 6/8 Near Ux <sup>1/6</sup>

	Right Eye				Left Eye			
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance								
Read								

Remarks: Colours Ux & near

Medications: As & wn

Trade Name	Frequency	Duration

Follow up: Fundus & wn

Consultant:

ID 0  
Age 37

*Valit*

Height 170cm  
Gender Male

Date 26. 8. 2023  
Time 08:47:03

APOLLO SPECTRA HOSPITAL

## Body Composition

	Under	Normal	Over	UNIT: %	Normal Range
Weight	40 55 70 85 100 115 130 145 160 175 190 205				54.0 ~ 73.1
Muscle Mass Skeletal Muscle Mass	60 70 80 90 100 110 120 130 140 150 160 170				27.1 ~ 33.1
Body Fat Mass	20 40 60 80 100 120 140 160 180 200 220 240 260 280 300 320 340 360 380 400 420 440 460 480 500 520				7.6 ~ 15.3
TBW Total Body Water	36.2 kg (35.8 ~ 43.7)		FFM Fat Free Mass	49.4 kg (46.4 ~ 57.9)	
Protein	9.7 kg (9.6 ~ 11.7)		Mineral*	3.55 kg (3.31 ~ 4.04)	

\* Mineral is estimated.

## Obesity Diagnosis

	Value	Normal Range
BMI Body Mass Index (kg/m <sup>2</sup> )	26.6	18.5 ~ 25.0
PBF Percent Body Fat (%)	35.8	10.0 ~ 20.0
WHR Waist-Hip Ratio	0.98	0.80 ~ 0.90
BMR Basal Metabolic Rate (kcal)	1437	1642 ~ 1925

## Nutritional Evaluation

Protein	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Mineral	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient <input checked="" type="checkbox"/> Excessive

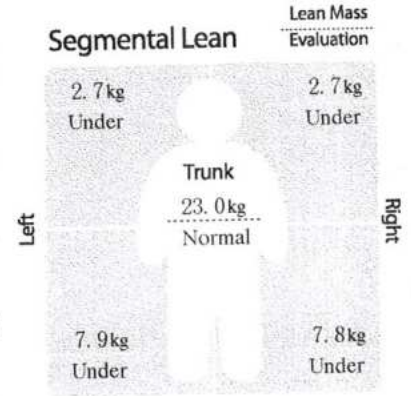
## Weight Management

Weight	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over
SMM	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Strong
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over

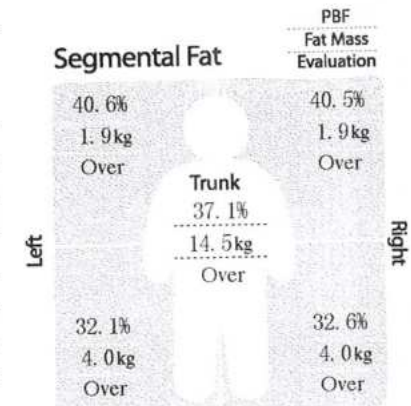
## Obesity Diagnosis

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

## Segmental Lean



## Segmental Fat



\* Segmental Fat is estimated.

## Muscle-Fat Control

Muscle Control	+ 4.6 kg	Fat Control	- 18.0 kg	Fitness Score	57
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## Impedance

Z	RA	LA	TR	RL	LL
20kHz	396.8	398.1	24.8	310.7	293.8
100kHz	351.7	352.9	20.9	277.8	264.6

\* Use your results as reference when consulting with your physician or fitness trainer.

## Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity (base weight: 77.0 kg / Duration: 30min. / unit: kcal)						
Walking	Jogging	Bicycle	Swim	Mountain Climbing	Aerobic	
154	270	231	270	251	270	
Table tennis	Tennis	Football	Oriental Fencing	Gate ball	Badminton	
174	231	270	385	146	174	
Racket ball	Tae-kwon-do	Squash	Basketball	Rope jumping	Golf	
385	385	385	231	270	136	
Push-ups development of upper body	Sit-ups abdominal muscle training	Weight training backache prevention	Dumbbell exercise muscle strength	Elastic band muscle strength	Squats maintenance of lower body muscle	

### • How to do

1. Choose practicable and preferable activities from the left.
2. Choose exercises that you are going to do for 7 days.
3. Calculate the total energy expenditure for a week.
4. Estimate expected total weight loss for a month using the formula shown below.

### • Recommended calorie intake per day

1500 kcal

\* Calculation for expected total weight loss for 4 weeks:  $Total\ energy\ expenditure\ (kcal/week) \times 4weeks \div 7700$

<b>Patient Name</b>	: Mr. Udit Kumar	<b>Age/Gender</b>	: 37 Y/M
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<b>Sample Collected on</b>	:	<b>Reported on</b>	: 26-08-2023 15:14
<b>LRN#</b>	: RAD2082455	<b>Specimen</b>	:
<b>Ref Doctor</b>	: SELF		
<b>Emp/Auth/TPA ID</b>	: UK160205		

**DEPARTMENT OF RADIOLOGY**

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Radiology

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**DEPARTMENT OF RADIOLOGY**

**ULTRASOUND - WHOLE ABDOMEN**

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