

Dr. Vimmi Goel

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

Date : 27-08-22

Name : Ms. Piyush Waghmare

Age : 34y Sex : (M)F Weight : 67.5 kg Height : 165.4 in BMI : 24.7

BP : 110/70 mmHg Pulse : 82 bpm RBS : _____ mg/dl

SpO₂ - 98 %

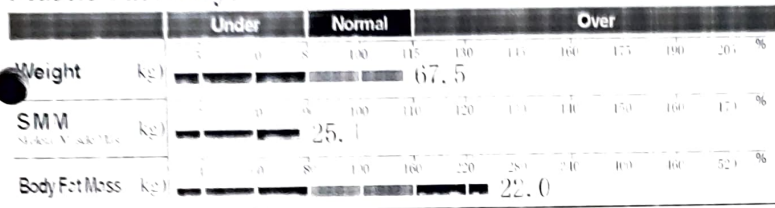


| | | | | |
|-------------|-------------------|-----------|----------------|--------------------------------------|
| ID 11351 | Height 165.4cm | Age 34 | Gender Male | Test Date / Time 27.08.2022 11:56 |
|-------------|-------------------|-----------|----------------|--------------------------------------|

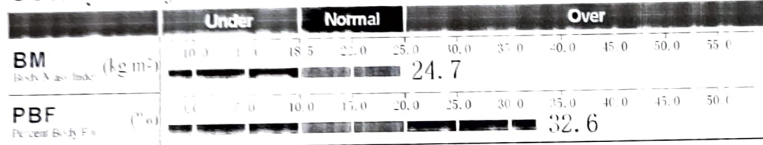
Body Composition Analysis

| | | | |
|----------------------------------|-----------------------------|------|-------------|
| Total amount of water in my body | Total Body Water (L) | 33.5 | (33.8~41.1) |
| What I need to build muscles | Protein (kg) | 8.9 | (9.1~11.1) |
| What I need for strong bones | Mineral (kg) | 3.05 | (3.13~3.83) |
| Where my excess energy is stored | Body Fat Mass (kg) | 22.0 | (7.2~14.1) |
| Sum of the above | Weight (kg) | 67.5 | (61.2~69.2) |

Muscle-Fat Analysis



Obesity Analysis



Segmental Lean Analysis

| | | |
|-------|---------|---------|
| Left | 2.60 kg | 2.70 kg |
| | 88.1% | 91.4% |
| | Normal | Normal |
| Right | 22.2 kg | 22.2 kg |
| | 94.3% | 94.3% |
| | Normal | Normal |
| Left | 6.81 kg | 6.85 kg |
| | 82.9% | 83.3% |
| | Under | Under |
| Right | 2.9 kg | 2.9 kg |
| | 187.5% | 188.7% |
| | Over | Over |

Segmental Fat Analysis

| | | |
|-------|---------|---------|
| Left | 1.5 kg | 1.4 kg |
| | 273.0% | 261.8% |
| | Over | Over |
| Right | 12.1 kg | 12.1 kg |
| | 317.5% | 317.5% |
| | Over | Over |
| Left | 2.9 kg | 2.9 kg |
| | 187.5% | 188.7% |
| | Over | Over |
| Right | 2.9 kg | 2.9 kg |
| | 188.7% | 188.7% |
| | Over | Over |

* Segmental fat is estimated.

Body Composition History

| | | | | | |
|--------------------|----------|-------|--|--|--|
| Weight (kg) | 67.5 | | | | |
| SMM (kg) | 25.1 | | | | |
| PBF (%) | 32.6 | | | | |
| Recent Total | 27.08.22 | 11:56 | | | |

InBody Score

61 / 100 Points

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

Weight Control

| | |
|----------------|----------|
| Target Weight | 60.2 kg |
| Weight Control | -7.3 kg |
| Fat Control | -13.0 kg |
| Muscle Control | +5.7 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



Visceral Fat Level



Research Parameters

| | |
|----------------------------|-----------------------|
| Fat Free Mass | 45.5 kg |
| Basal Metabolic Rate | 1352 kcal (1485~1733) |
| Obesity Degree | 112% (90~110) |
| SMI | 6.9 kg/m ² |
| Recommended calorie intake | 2021 kcal |

Calorie Expenditure of Exercise

| | | | |
|-------------------|-----|--------------|-----|
| Golf | 119 | Gateball | 128 |
| Walking | 135 | Yoga | 135 |
| Badminton | 153 | Table Tennis | 153 |
| Tennis | 207 | Bicycling | 203 |
| Boxing | 207 | Basketball | 203 |
| Mountain Climbing | 221 | Jumping Rope | 236 |
| Aerobics | 236 | Jogging | 236 |
| Soccer | 236 | Swimming | 236 |
| Japanese Fencing | 338 | Racketball | 338 |
| Squash | 338 | Taekwondo | 338 |

* Based on your current weight
* Based on 30 minute duration

Impedance

| | | | | | |
|-----------|-------|-------|-------|-------|-------|
| | RA | LA | TR | RL | LL |
| Z(20 kHz) | 317.4 | 328.9 | 291.0 | 300.8 | 302.7 |
| 100 kHz | 283.8 | 296.6 | 262.2 | 268.7 | 271.6 |

44 KINGSWAY, NEAR KASTURCHAND PARK, NAGPUR.NEAR
KASTURCHAND PARK

Nagpur, Maharashtra

India,

Patient Name: Mr Piyush Waghmare

| | | | |
|------------------|----------------------|----------------|-----------------------------------|
| UHID KH114354 | Age 34 Y | Gender Male | Admission No. OPRI-42852 |
| Speciality - | Certificate No. - | | Created on 27-08-2022 01:17 PM |

OPHTHALMOLOGY - OPTHALMOLOGY (REFRACTION)

RIGHT EYE

| Sph | Cyl | Axis | Visual Acuity |
|-----|-----|------|---------------|
| 00 | 00 | 00 | 6/6 |

LEFT EYE

| Sph | Cyl | Axis | Visual Acuity |
|-----|-----|------|---------------|
| 00 | 00 | 00 | 6/6 |

ear: Addition

RIGHT

N6

LEFT

N6

Remarks:

LACRIMOS-G EYE DROP 4 TIME/DAY

Created By

Ashish Kamble

Print Date & Time

27-08-2022 01:17 PM

RBC Morphology

| | | | |
|-----------------|--------------------|------------------------|---------------------|
| UHID | KH114354 | Order Date & time | 27-08-2022 |
| Patient Name | Mr Piyush Waghmare | Sample Collection Date | 27-08-2022 10:38 AM |
| Age/Gender | 34 Y/Male | Acknowledge Date | 27-08-2022 11:07 AM |
| Patient Type | OP | Visit No | OP-82837 |
| Ordering Doctor | | Refer By | Dr Vimmi Goel |
| Order Id | ODRID-178633 | Accession Number | 0129994 |

Haematology

| Service Name | Result | Unit | Reference Range | Method |
|---------------------------------------------------|------------------|-----------------------|----------------------------------------------------------------|---------------------------|
| Haemogram (CBC with ESR), Whole Blood | | | | |
| Erythrocytes | | | | |
| * Haemoglobin | 13.7 | gm/dl | 13-17 | Photometric Measurement |
| * RBC count | 5.06 | millions/cumm | 4.5-5.5 | Photometric Measurement |
| * Packed Cell Volume (PCV/HCT) | 42.2 | % | 40-50 | Calculated |
| * MCV | 83 | fl | 83-101 | Calculated |
| * MCH | 27.1 | pg | 27-32 | Calculated |
| * MCHC | 32.5 | gm/dl | 31.5-34.5 | Calculated |
| * RDW | 13.1 | % | 11.5-14.0 | Calculated |
| Leucocytes | | | | |
| * TLC (Total Leukocyte Count) | 3500 L | /cumm | 4000-10000 | Flow cytometry |
| * Neutrophils | 44.0 L | % | 50-70 | |
| * Lymphocytes | 48.6 H | % | 25-30 | |
| * Eosinophils | 1.7 | % | 1-5 | |
| * Monocytes | 5.7 | % | 5-10 | |
| * Basophils | 0.0 L | % | 1-2 | |
| * Large Immature Cells | 0.0 | % | | |
| * Absolute Neutrophil Count | 1540.00 L | /cumm | 2000-7000 | Calculated |
| * Absolute Lymphocyte Count | 1701.00 | /cumm | 1000-4800 | Calculated |
| * Absolute Eosinophil Count | 59.50 | /Cumm | 20-500 | Calculated |
| * Absolute Monocyte Count | 199.50 L | /cumm | 200-1000 | Calculated |
| * Absolute Basophil Count | 0.00 L | /cumm | 20-100 | Calculated |
| Platelets | | | | |
| * Platelet Count | 231 | 10 ³ /cumm | 150-450 | Impedance |
| * MPV | 9.9 H | fl | 6.0-9.5 | Calculated |
| * PCT (Platelet Hematocrit) | 0.23 | % | 0.2-0.5 | |
| * PDW (Platelet Distribution Width) | 17.30 H | % | 9-17 | |
| Peripheral Smear Examination | | | | |
| RBC Morphology | | | | |
| * Normochromic Normocytic | Seen. | | | |
| * WBCs | Leukopenia | | | |
| * Platelets | Adequate | | | |
| * ESR (Westergren) | 17 H | mm/hr | <15 | Westergren |
| * Blood Grouping & RH Factor, Whole Blood & Serum | "B" Rh POSITIVE | | | Column agglutination test |
| * HbA1c (Glycosylated Haemoglobin), Blood | 5.2 | % | Non-Diabetic: <=5.6 % Pre-Diabetic: 5.7-6.4 % Diabetic >=6.5 % | HPLC |

| | | | |
|-----------------|--------------------|------------------------|---------------------|
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| Order Id | ODRID-178633 | Accession Number | 0129994 |

Clinical Biochemistry

| Service Name | Result | Unit | Reference Range | Method |
|------------------------------------------|--------|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|
| Fasting Blood Sugar | 89.0 | mg/dL | <100 | GOD/POD, Colorimetric |
| * Post Prandial Blood Sugar, Plasma | 82.0 | mg% | <140 | |
| Lipid Profile, Serum | | | | |
| Cholesterol | 93.00 | mg/dL | <200 | Enzymatic Method |
| Triglyceride | 52.0 | mg/dL | 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) |
| HDL Cholesterol Direct | 32.0 L | mg/dL | Major risk factor for Heart disease <40 mg/dl (Males) Major risk factor for Heart disease <50 mg/dl (Female) Negative risk factor for Heart disease >60 mg/dl | Phosphotungstic acid/mgcl-Enzymatic (microslide) |
| LDL Cholesterol (Calculated) | 39.5 | mg/dL | Optimal <100 mg/dl Near optimal 100 - 129 mg/dl Borderline high 130 - 159 mg/dl High 60 - 189 mg/dl Very High >190 mg/dl | Enzymatic |
| VLDL | 10.00 | mg/dL | <30 | Calculated |
| Cholesterol/HDL Ratio | 3.00 | | 3-5 | Calculated |
| Non HDL | 61.00 | mg/dL | | Calculated |
| Kidney Function Test (KFT), Serum | | | | |
| Blood Urea | 20.00 | mg/dL | 19-43 | Urease with indicator dye |
| Creatinine | 0.87 | mg/dL | 0.66-1.25 | Enzymatic (creatinine amidohydrolase) |
| eGFR | 112.60 | mL/min/1.73m ² | | Calculated |
| Sodium | 142 | mmol/L | 136-145 | Direct ion selective electrode |
| Potassium | 4.61 | mmol/L | 3.5-5.1 | Direct ion selective electrode |
| BUN (Blood Urea Nitrogen), Serum | 9.3 | mg/dL | 9-20 | Urease with indicator dye |
| Liver Function test, Serum | | | | |
| Total Bilirubin | 0.53 | mg/dL | 0.2-1.3 | Azobilirubin/Dyphylline |
| Bilirubin Direct | 0.25 | mg/dL | 0.1-0.3 | Calculated |
| Bilirubin Indirect | 0.28 | mg/dL | 0.1-1.1 | Dual wavelength Spectrophotometric |
| SGOT (AST) | 40 | U/L | 15-40 | Kinetic with pyridoxal 5 phosphate |
| SGPT (ALT) | 68 H | U/L | 10-40 | Kinetic with pyridoxal 5 phosphate |
| Alkaline Phosphatase | 62.00 | U/L | 38-126 | Pnpp/AMP buffer |
| Total Protein | 7.14 | gm/dl | 6.3-8.2 | Biuret(Alkaline cupric Sulfate) |
| Albumin | 3.83 | gm/dl | 3.5-5.0 | Bromocresol green dye binding |
| Globulin | 3.30 | gm/dl | 2-4 | Calculated |
| Albumin/Globulin Ratio | 1.16 | | | Calculated |
| Gamma GT (GGT), Serum | 18.0 | U/L | 15-73 | Kinetic Method |

| | | | |
|-----------------|--------------------|------------------------|---------------------|
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| Order Id | ODRID-178633 | Accession Number | 0129994 |

| Service Name | Result | Unit | Reference Range | Method |
|--------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----------------|-----------------------------------|
| Interpretation: | :A high fat meal may cause decreased bilirubin levels by interfering with the clinical reactions. GT activity is elevated in all forms of liver disease. This test is much more sensitive than either the alkaline phosphatase test or the transaminase test (i.e., SGOT, SGPT) in detecting obstructive jaundice, cholangitis, and cholecystitis. It is also indicated in the differential diagnosis of liver disease in children and pregnant women who have elevated levels of LDH and alkaline phosphatase. | | | |
| * Uric Acid, Serum | 5.05 | mg/dL | 3.5-7.2 | Uricase/Peroxidase (Colorimetric) |
| Thyroid Function Test (T3,FT4,TSH), Serum | | | | |
| * T3 | 3.44 H | ng/mL | 0.55-1.7 | Enhanced chemiluminescence |
| * Free T4 | 5.26 H | ng/dL | 0.8-1.7 | Enhanced chemiluminescence |
| * Thyroid Stimulating Hormone (TSH) | <0.015 | uIU/mL | 0.5-4.8 | Enhanced chemiluminescence |

Clinical Pathology

| Service Name | Result | Unit | Reference Range | Method |
|--------------------------------------------|----------|-------|-----------------|-------------------|
| Urine Routine and Microscopy, Urine | | | | |
| Physical Examination | | | | |
| Volume | 30 ml | | | |
| Appearance | Clear | | | |
| Colour | Yellow | | | |
| PH | 5.0 | NA | 4.6-8.0 | |
| Specific Gravity | 1.020 | NA | 1.016-1.022 | Iodometric method |
| Chemical Examination | | | | |
| Protein | Negative | mg/dL | | |
| Glucose | Negative | | | |
| Ketone | Negative | | | |
| Bilirubin | Negative | | | |
| Urobilinogen | Normal | | | |
| Nitrate | Negative | | | |
| Microscopic Examination | | | | |
| Pus Cells | 5-6 | / hpf | | |
| Epithelial Cells | 0-1 | / hpf | | |
| Red Blood Cells | Absent | / hpf | | |
| Crystal | Absent | | | |
| Cast | Absent | /hpf | | |
| Bacteria | Absent | | | |
| Other | . | | | |
| Urine Sugar Fasting, Urine | Negative | | | GOD/POD |
| Urine Post Prandial Sugar, Urine | Negative | | | GOD/POD |



 Dr Vaidehee Naik
 Consultant Pathologist
 2015/05/2163



 Dr Anuradha Deshmukh
 Senior Consultant Microbiologist
 2003/07/2620

| | | | |
|-----------------|--------------------|------------------------|---------------------|
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| Ordering Doctor | | Refer By | Dr Vimmi Goel |
| Order Id | ODRID-178633 | Accession Number | 0129994 |



| | | | |
|-------------------|---------------------|------------------|---------------------|
| UHID | KHI14354 | Patient Name | Mr Piyush Waghmare |
| Age | 34 Y | Gender | Male |
| Payer Name | Self | Payer Type | cash |
| Order Date & time | 27-08-2022 12:00 AM | Acknowledge Date | 27-08-2022 10:54 AM |
| Refer By | Dr Vimmi Goel | Accession Number | OPRDAC-14389 |
| DOB | | Patient Type | OP |
| Order Id | ODRID-178633 | | |

X-Ray 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 Rajkumar Khandelwal
Senior Consultant
MD
55870

| | | | |
|-------------------|---------------------|------------------|---------------------|
| UHID | KH114354 | Patient Name | Mr Piyush Waghmare |
| Age | 34 Y | Gender | Male |
| Payer Name | Self | Payer Type | cash |
| Order Date & time | 27-08-2022 12:00 AM | Acknowledge Date | 27-08-2022 11:14 AM |
| Refer By | Dr Vimmi Goel | Accession Number | OPRDAC-14398 |
| DOB | | Patient Type | OP |
| Order Id | ODRID-178633 | | |

USG Whole Abdomen

LIVER is normal in size, shape and echotexture. No evidence of any focal lesion seen. 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.

Prostate is normal in size, shape and echotexture.

There is no free fluid or abdominal lymphadenopathy seen.

IMPRESSION:

No significant visceral abnormality seen.

Suggest clinical correlation / further evaluation.



Dr Rajkumar Khandelwal
Senior Consultant
MD
55870

2D ECHOCARDIOGRAPHY AND COLOR DOPPLER REPORT

Patient Name : Mr. Piyush Waghmare
Age : 34 years / Male
UHID : KH114354
Date : 27/08/2022
Done by : Dr. Vimmi Goel
ECG : NSR, WNL

Impression:

Normal 2D Echocardiography Study

Normal chambers dimensions
No RWMA of LV at rest
Good LV systolic function, LVEF 67%
Normal LV diastolic function
E/A is 2.6
E/E' is 6.9 (Normal 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 67%. Normal LV diastolic function. E Velocity is 96 cm/s, A Velocity is 36 cm/s. E/A is 2.6. 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 11.7 cm/sec & at lateral mitral annulus is 16.9 cm/sec.
E/E' is 6.9 (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 | 44 |
| LVIDs | 23-39 | 6-28 | 27 |
| IVS (d) | 6-11 | 4-8 | 09 |
| LVPW (d) | 6-11 | 4-8 | 09 |
| LVEF % | ~ 60% | ~60% | 67% |
| Fractional Shortening | | | 37% |

P.T.O


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



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KH114354
34 Years

MR. PIYUSH WAGHMARE
Male

27-Aug-22 11:43:13 AM

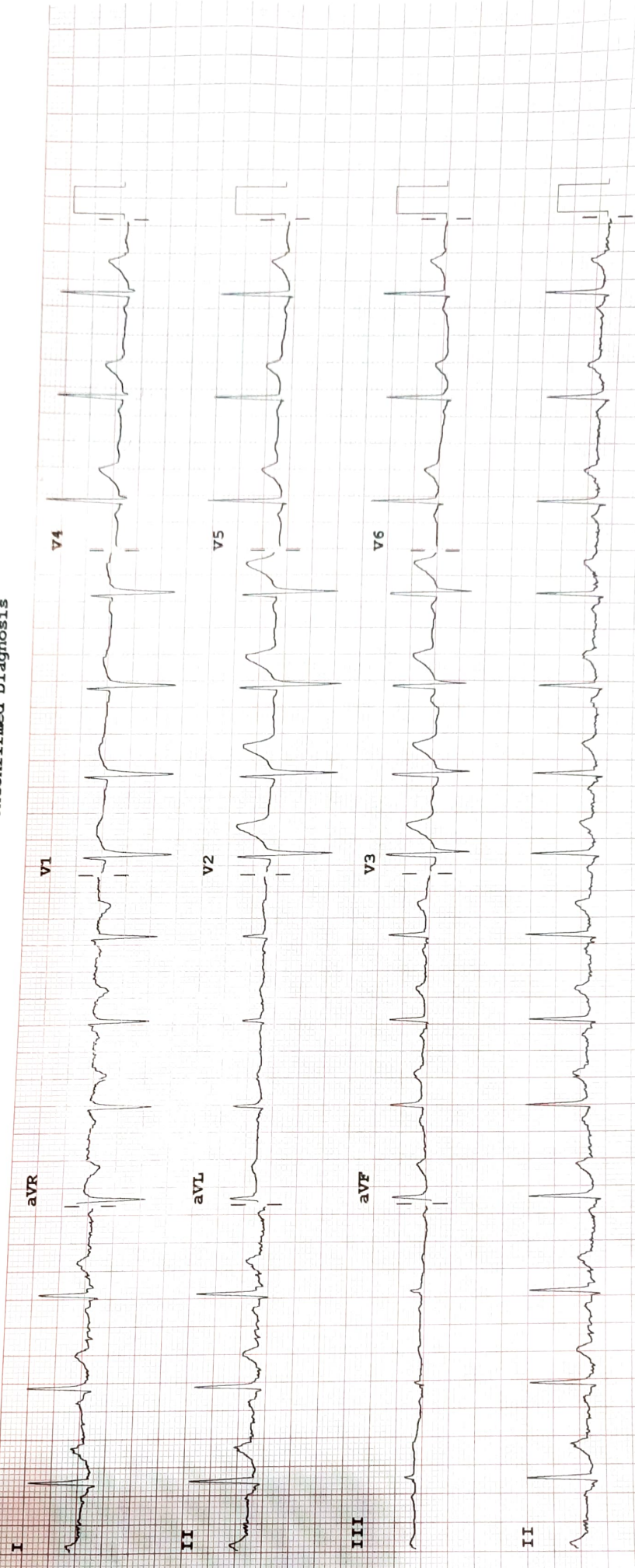
Kingsway Hospital (Cardiology)

Rate 88 Sinus rhythm
PR 134 Baseline wander in lead(s) V3,V6
QRSd 75normal P axis, V-rate 50-99
QT 349
QTc 423

--AXIS--
P 53
QRS 41
T 45
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

P2