

: Mr.LAKKOJU V KIRAN

Age/Gender

: 31 Y 0 M 27 D/M

UHID/MR No

: STAR.0000057638

Visit ID Ref Doctor : STAROPV61574

Emp/Auth/TPA ID

: 455094166039

: Dr.SELF

Collected

: 29/Jul/2023 09:46AM

Received

: 29/Jul/2023 12:00PM

Reported

: 29/Jul/2023 02:00PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

#### **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

Page 1 of 12



**Regd Off:**1-10-62/62 ,5th Floor, Ashoka RaghupathiChambers, Begumpet, Hyderabad, Telangana - 500016



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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

HEMOGRAM , WHOLE BLOOD EDTA				
HAEMOGLOBIN	15.7	g/dL	13-17	Spectrophotometer
PCV	47.10	%	40-50	Electronic pulse & Calculation
RBC COUNT	5.68	Million/cu.mm	4.5-5.5	Electrical Impedence
MCV	83	fL	83-101	Calculated
MCH	27.6	pg	27-32	Calculated
MCHC	33.2	g/dL	31.5-34.5	Calculated
R.D.W	15	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	4,700	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYTIC COUNT (	(DLC)			•
NEUTROPHILS	56	%	40-80	Electrical Impedance
LYMPHOCYTES	38	%	20-40	Electrical Impedance
EOSINOPHILS	02	%	1-6	Electrical Impedance
MONOCYTES	04	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	2632	Cells/cu.mm	2000-7000	Electrical Impedance
LYMPHOCYTES	1786	Cells/cu.mm	1000-3000	Electrical Impedance
EOSINOPHILS	94	Cells/cu.mm	20-500	Electrical Impedance
MONOCYTES	188	Cells/cu.mm	200-1000	Electrical Impedance
PLATELET COUNT	227000	cells/cu.mm	150000-410000	Electrical impedence
ERYTHROCYTE SEDIMENTATION RATE (ESR)	05	mm at the end of 1 hour	0-15	Modified Westergren
PERIPHERAL SMEAR				

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

Page 2 of 12



SIN No:BED230178268

**Apollo Speciality Hospitals Private Limited** 

(Formely known as a Nova Speciality Hospitals Private Limited)
CIN- U85100TG2009PTC099414

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Status

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: ARCOFEMI HEALTHCARE LIMITED

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

BLOOD GROUP ABO AND RH FACTOR, WHOLE BLOOD EDTA				
BLOOD GROUP TYPE	В	Forward & Reverse Grouping with Slide/Tube Aggluti		
Rh TYPE	POSITIVE	Forward & Reverse Grouping with Slide/Tube Agglutination		

Page 3 of 12



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: 29/Jul/2023 12:03PM

Reported

: 29/Jul/2023 12:04PM

Status

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Sponsor Name

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: ARCOFEMI HEALTHCARE LIMITED

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

GLUCOSE, FASTING, SODIUM FLUORIDE	80	mg/dL	70-100	GOD - POD
PLASMA				

#### **Comment:**

#### As per American Diabetes Guidelines

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

Page 4 of 12



Begumpet, Hyderabad, Telangana - 500016



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: 29/Jul/2023 04:35PM

Status

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Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

#### **DEPARTMENT OF BIOCHEMISTRY**

ARCOFEMI - MEDIWHEEL - F	ULL BODY ANNUAL	PLUS MALE -	2D ECHO - PAN INDIA	- FY2324
Test Name	Result	Unit	Bio. Ref. Range	Method

GLUCOSE, POST PRANDIAL (PP), 2 HOURS, SODIUM FLUORIDE PLASMA (2	83	mg/dL	70-140	GOD - POD
HR)				

#### **Comment:**

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

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

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Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

## DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - F	ULL BODY ANNUAL	L PLUS MALE -	2D ECHO - PAN INDIA	- FY2324
Test Name	Result	Unit	Bio. Ref. Range	Method

HBA1C, GLYCATED HEMOGLOBIN , WHOLE BLOOD EDTA	5.3	%	HPLC
ESTIMATED AVERAGE GLUCOSE (eAG) , WHOLE BLOOD EDTA	105	mg/dL	Calculated

#### **Comment:**

Reference Range as per American Diabetes Association (ADA):

REFERENCE GROUP	HBA1C IN %
NON DIABETIC ADULTS >18 YEARS	<5.7
AT RISK (PREDIABETES)	5.7 – 6.4
DIAGNOSING 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.

- 1. A1C test should be performed at least two times a year in patients who are meeting treatment goals (and who have stable glycemic control).
- 2. Lowering A1C to below or around 7% has been shown to reduce microvascular and neuropathic complications of type 1 and type 2 diabetes. When mean annual HbA1c is <1.1 times ULN (upper limit of normal), renal and retinal complications are rare, but complications occur in >70% of cases when HbA1c is >1.7 times ULN.
- 3. 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. Fructosamine may be used as an alternate measurement of glycemic control

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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

LIPID PROFILE , SERUM				
TOTAL CHOLESTEROL	214	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	338	mg/dL	<150	
HDL CHOLESTEROL	34	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	180	mg/dL	<130	Calculated
LDL CHOLESTEROL	112.4	mg/dL	<100	Calculated
VLDL CHOLESTEROL	67.6	mg/dL	<30	Calculated
CHOL / HDL RATIO	6.29		0-4.97	Calculated

Kindly correlate clinically.

#### **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
111 1 11	Optimal < 100 Near Optimal 100-129	130 - 159	160 - 189	≥ 190
HDL	≥ 60			
INCN-HDI CHOLESTEROI	Optimal <130; Above Optimal 130-159	160-189	190-219	>220

Measurements in the same patient can show physiological and analytical variations.

NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.

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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

IVER FUNCTION TEST (LFT) , SERUM					
BILIRUBIN, TOTAL	0.50	mg/dL	0.1-1.2	Azobilirubin	
BILIRUBIN CONJUGATED (DIRECT)	0.10	mg/dL	0.1-0.4	DIAZO DYE	
BILIRUBIN (INDIRECT)	0.40	mg/dL	0.0-1.1	Dual Wavelength	
ALANINE AMINOTRANSFERASE (ALT/SGPT)	31	U/L	4-44	JSCC	
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	20.0	U/L	8-38	JSCC	
ALKALINE PHOSPHATASE	80.00	U/L	32-111	IFCC	
PROTEIN, TOTAL	7.30	g/dL	6.7-8.3	BIURET	
ALBUMIN	5.20	g/dL	3.8-5.0	BROMOCRESOL GREEN	
GLOBULIN	2.10	g/dL	2.0-3.5	Calculated	
A/G RATIO	2.48		0.9-2.0	Calculated	

Page 8 of 12



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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					

RENAL PROFILE/KIDNEY FUNCTION TEST (RFT/KFT), SERUM					
CREATININE	0.68	mg/dL	0.6-1.1	ENZYMATIC METHOD	
UREA	13.50	mg/dL	17-48	Urease	
BLOOD UREA NITROGEN	6.3	mg/dL	8.0 - 23.0	Calculated	
URIC ACID	6.40	mg/dL	4.0-7.0	URICASE	
CALCIUM	10.20	mg/dL	8.4-10.2	CPC	
PHOSPHORUS, INORGANIC	3.70	mg/dL	2.6-4.4	PNP-XOD	
SODIUM	141	mmol/L	135-145	Direct ISE	
POTASSIUM	4.5	mmol/L	3.5-5.1	Direct ISE	
CHLORIDE	103	mmol/L	98-107	Direct ISE	

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(GGT), SERUM

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method

DEPARTMENT OF BIOCHEMISTRY						
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324						
Test Name	Test Name Result Unit Bio. Ref. Range Method					
GAMMA GLUTAMYL TRANSPEPTIDASE 19.00 U/L 16-73 Glycylglycine Kinetic						

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Patient Name : Mr.LAKKOJU V KIRAN

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Collected : 29/Jul/2023 09:46AM

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Status : Final Report

Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

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

THYROID PROFILE TOTAL (T3, T4, TSH), SERUM				
TRI-IODOTHYRONINE (T3, TOTAL)	1.12	ng/mL	0.7-2.04	CLIA
THYROXINE (T4, TOTAL)	7.82	μg/dL	6.09-12.23	CLIA
THYROID STIMULATING HORMONE (TSH)	1.302	μIU/mL	0.34-5.60	CLIA

#### **Comment:**

Serum TSH concentrations exhibit a diurnal variation with the peak occurring during the night and the nadir occurring between 10 a.m. and 4 p.m.In primary hypothyroidism, thyroid-stimulating hormone (TSH) levels will be elevated. In primary hyperthyroidism, TSH levels will be low. Elevated or low TSH in the context of normal free thyroxine is often referred to as subclinical hypo- or hyperthyroid-ism, respectively. Physiological rise in Total T3 / T4 levels is seen in pregnancy and in patients on steroid therapy.

Recommended test for T3 and T4 is unbound fraction or free levels as it is metabolically active.

#### Note:

lkor nregnant temales	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

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Begumpet, Hyderabad, Telangana - 500016



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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				

COMPLETE URINE EXAMINATION (CUE)	, URINE			
PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
рН	6.5		5-7.5	Bromothymol Blue
SP. GRAVITY	1.015		1.002-1.030	Dipstick
BIOCHEMICAL EXAMINATION				
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	27	NORMAL	EHRLICH
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS
CENTRIFUGED SEDIMENT WET MOUNT	T AND MICROSCOPY		•	•
PUS CELLS	1-2	/hpf	0-5	Microscopy
EPITHELIAL CELLS	1-2	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

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

DR. APEKSHA MADAN MBBS, DPB PATHOLOGY

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

Page 12 of 12



SIN No:UR2157424

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# భారత విశిష్ట గుర్తింపు ప్రాధికార సంస్థ భారత ప్రభుత్వం Unique Identification Authority of India Government of India

నమోదు సంఖ్య / Enrollment No. : 1046/10210/08839

Lakkoju Viswa Sai Kiran లక్కడా విశ్వ సాయి కిరణ్ S/O Lakkoju Trinadha Charyulu Gandhí Nagar Raavikamatam Mandalam Ravikamatham Ravikamatham, Visakhapatnam, Andhra Pradesh - 531025



UF204604492IN

20460449



మీ ఆధార్ సంఖ్య / Your Aadhaar No. :

4550 9416 6039

ఆధార్ - సామాన్యుని హక్కు



లక్కోజు విశ్వ సాయి కిరణ్ Lakkoju Viswa Sai Kiran



పుట్టిన సంవత్సరం/Year of Birth: 1992 పురుషుడు / Male

4550 9416 6039



ఆధార్ - సామాన్యుని హక్కు



Apollo Spectra Hospitals 156, Famous Cine Labs, Behind Everest Building, Tardeo, Mumbal, Maharashtra 400034	Apollo Spectra
- Lalekoju	K . Age: 31
Patient Name.	Date: 2-2/74:2022
Address: Tandro	
- scaling 7 h	22501-

Signature Dr. Rinal Modi B.D.S (Mumbai)

Dental Surgeon Reg. No. : A -28591

M: 87792 56365 / 98922 90876 E:doctorrinal@gmail.com





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#### **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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Test Name	Result	Unit	Bio. Ref. Range	Method

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HEMOGRAM, WHOLE BLOOD EDTA				
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MCHC	33.2	g/dL	31.5-34.5	Calculated
R.D.W	15	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	4,700	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYTIC COUNT	(DLC)			
NEUTROPHILS	56	%	40-80	Electrical Impedance
LYMPHOCYTES	38	%	20-40	Electrical Impedance
EOSINOPHILS	02	%	1-6	Electrical Impedance
MONOCYTES	04	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT		•	•	
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EOSINOPHILS	94	Cells/cu.mm	20-500	Electrical Impedance
MONOCYTES	188	Cells/cu.mm	200-1000	Electrical Impedance
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PERIPHERAL SMEAR				

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Platelets : Adequate in Number Parasites : No Haemoparasites seen

IMPRESSION: Normocytic normochromic blood picture

Note/Comment: Please Correlate clinically

Page 2 of 12

SIN No:BED230178268



Ref Doctor

: Dr.SELF



Patient Name : Mr.LAKKOJU V KIRAN Collected : 29/Jul/2023 09:46AM Age/Gender : 31 Y 0 M 27 D/M Received : 29/Jul/2023 12:00PM UHID/MR No : STAR,0000057638 Reported : 29/Jul/2023 03:30PM Visit ID : Final Report : STAROPV61574 Status

Sponsor Name : ARCOFEMI HEALTHCARE LIMITED Emp/Auth/TPA ID : 455094166039

	DEPARTMENT OF HAEMATOLOGY							
ARCOFEMI - MEDIWHE								
Test Name	Test Name Result Unit Bio. Ref. Range Method							

BLOOD GROUP ABO AND RH FAC	T <b>OR</b> , WHOLE BLOOD EDTA	
BLOOD GROUP TYPE	В	Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE	Forward & Reverse Grouping with Slide/Tube Agglutination

Page 3 of 12



SIN No:BED230178268





: Mr.LAKKOJŲ V KIRAN

Age/Gender

: 31 Y 0 M 27 D/M

UHID/MR No

: STAR.0000057638

Visit ID Ref Doctor : STAROPV61574

Emp/Auth/TPA ID

: 455094166039

: Dr.SELF

Collected

: 29/Jul/2023 09:46AM

Received

: 29/Jul/2023 12:03PM

Reported Status

: 29/Jul/2023 12:04PM

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

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

GLUCOSE, FASTING, SODIUM FLUORIDE	l 80	maldl		
The state of the s	00	l mg/dL	70-100	IGOD - POD
PLASMA		1 -		

#### Comment:

#### As per American Diabetes Guidelines

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

Page 4 of 12



SIN No:PLF02007056





: Mr.LAKKOJU V KIRAN

UHID/MR No

: 31 Y 0 M 27 D/M

Visit ID

: STAR.0000057638

Ref Doctor

: STAROPV61574

: Dr.SELF

Emp/Auth/TPA ID

: 455094166039

Collected

: 29/Jul/2023 02:27PM

Received

: 29/Jul/2023 03:11PM

Reported Status : 29/Jul/2023 04:35PM : Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT	OF	BIOCHEMISTRY
------------	----	--------------

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

GLUCOSE, POST PRANDIAL (PP), 2 HOURS, SODIUM FLUORIDE PLASMA (2	83	mg/dL	70-140	GOD - POD
HR)				

#### 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

Page 5 of 12

SIN No:PLP1354283





: Mr.LAKKOJU V KIRAN

UHID/MR No

: 31 Y 0 M 27 D/M : STAR,0000057638

Visit ID

: STAROPV61574

Ref Doctor

: STAROPV615, : Dr.SELF

Emp/Auth/TPA ID

: 455094166039

Collected

: 29/Jul/2023 09:46AM

Received

: 29/Jul/2023 02:55PM

Reported

: 29/Jul/2023 06:20PM

Status Sponsor Name : Final Report

: ARCOFEMI HEALTHCARE LIMITED

DEP	AR	TMENT	OF	BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - F	ULL BODY ANNUAL	L PLUS MALE -	2D ECHO - PAN INDIA	- FY2324
Test Name	Result	Unit	Bio, Ref. Range	Method

HBA1C, GLYCATED HEMOGLOBIN , WHOLE BLOOD EDTA	5.3	%	HPLC	
ESTIMATED AVERAGE GLUCOSE (eAG) , WHOLE BLOOD EDTA	105	mg/dL	Calculat	ted

#### Comment:

Reference Range as per American Diabetes Association (ADA):

REFERENCE GROUP	HBA1C IN %
NON DIABETIC ADULTS > 18 YEARS	<5.7
AT RISK (PREDIABETES)	5.7 – 6.4
DIAGNOSING 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.

- 1. A1C test should be performed at least two times a year in patients who are meeting treatment goals (and who have stable glycemic control).
- 2. Lowering A1C to below or around 7% has been shown to reduce microvascular and neuropathic complications of type 1 and type 2 diabetes. When mean annual HbA1c is <1.1 times ULN (upper limit of normal), renal and retinal complications are rare, but complications occur in >70% of cases when HbA1c is >1.7 times ULN.
- 3. Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean crythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect crythrocyte survival are present. Fructosamine may be used as an alternate measurement of glycemic control

Page 6 of 12

SIN No:EDT230070238





: Mr.LAKKOJŲ V KIRAN

: 31 Y 0 M 27 D/M

UHID/MR No

: STAR.0000057638

Visit ID Ref Doctor

: STAROPV61574

Emp/Auth/TPA ID

: 455094166039

: Dr.SELF

Collected

: 29/Jul/2023 09:46AM

Received

: 29/Jul/2023 12:00PM

Reported

: 29/Jul/2023 02:12PM

Status Sponsor Name

: Final Report

: ARCOFEMI HEALTHCARE LIMITED

#### DEPARTMENT OF BIOCHEMISTRY

		SIGOINGINO III	•	
ARCOFEMI - MEDIWHEEL - F	ULL BODY ANNUAL	PLUS MALE -	2D ECHO - PAN INDIA	- FY2324
Test Name	Result	Unit	Bio. Ref. Range	Method

TOTAL CHOLESTEROL	214	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	338	mg/dL	<150	52.0110/1 08
HDL CHOLESTEROL	34	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	180	mg/dL	<130	Calculated
LDL CHOLESTEROL	112.4	mg/dL	<100	Calculated
VLDL CHOLESTEROL	67.6	mg/dL	<30	Calculated
CHOL / HDL RATIO	6.29	1 3/2-	0-4.97	Calculated

Kindly correlate clinically.

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 can show physiological and analytical variations.

NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.

Page 7 of 12





: Mr.LAKKOJU V KIRAN

Age/Gender UHID/MR No : 31 Y 0 M 27 D/M : \$TAR.0000057638

Visit ID

: STAROPV61574

Ref Doctor

: Dr.SELF

Emp/Auth/TPA ID

: 455094166039

Collected

: 29/Jul/2023 09:46AM

Received

: 29/Jul/2023 12:00PM : 29/Jul/2023 02:12PM

Reported Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

#### DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - F	ULL BODY ANNUAL	PLUS MALE -	2D ECHO - PAN INDIA	- FY2324
Test Name	Result	Unit	Bio. Ref. Range	Method

IVER FUNCTION TEST (LFT) , SERUM				
BILIRUBIN, TOTAL	0.50	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.10	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.40	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	31	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	20.0	U/L.	8-38	JSCC
ALKALINE PHOSPHATASE	80.00	U/L	32-111	IFCC
PROTEIN, TOTAL	7.30	g/dL	6.7-8.3	BIURET
ALBUMIN	5.20	g/dL·	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	2.10	g/dL	2.0-3.5	Calculated
A/G RATIO	2.48		0.9-2,0	Calculated

Page 8 of 12





: Mr.LAKKOJU V KIRAN

Age/Gender

: 31 Y 0 M 27 D/M

UHID/MR No Visit ID

: STAR.0000057638

Ref Doctor

: STAROPV61574

Emp/Auth/TPA ID

: Dr.SELF : 455094166039 Collected

: 29/Jul/2023 09:46AM

Received

: 29/Jul/2023 12:00PM

Reported

: 29/Jul/2023 02:12PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY					
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324					
***					
Test Name	Result	Unit	Bio, Ref. Range	5 K - 4 L I	
	1	J Gill	Dio. Rel. Range	Method	

CREATININE	0.68	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	13.50	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	6.3	mg/dL	8.0 - 23.0	Calculated
URIC ACID	6.40	mg/dL	4.0-7.0	URICASE
CALCIUM	10.20	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	3.70	mg/dL	2,6-4.4	PNP-XOD
SODIUM	141	mmol/L	135-145	Direct ISE
POTASSIUM	4,5	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	103	mmol/L	98-107	Direct ISE

Page 9 of 12





Expertise, Empowering you.

Patient Name

: Mr.LAKKOJU V KIRAN

Age/Gender

: 31 Y 0 M 27 D/M

UHID/MR No

: STAR.0000057638

Visit ID

: STAROPV61574

Ref Doctor Emp/Auth/TPA ID

: Dr.SELF

: 455094166039

Collected

: 29/Jul/2023 09:46AM

Received

: 29/Jul/2023 12:00PM

Reported

: 29/Jul/2023 02:00PM

Status Sponsor Name : Final Report

: ARCOFEMI HEALTHCARE LIMITED

	DEPARTMENT OF	BIOCHEMIST	RY	
ARCOFEMI - MEDIWHEE	L - FULL BODY ANNUA	L PLUS MALE	- 2D ECHO - PAN INDIA -	FY2324
Test Name	Result	Unit	Bio. Ref. Range	Method
GAMMA CHUTANAVI TEANGE			· · · · · · · · · · · · · · · · · · ·	

GAMMA GLUTAMYL TRANSPEPTIDASE 19.00 U/L 16-73 (GGT), SERUM Glycylglycine Kinetic method

Page 10 of 12







: Mr.LAKKOJU V KIRAN

UHID/MR No

: 31 Y 0 M 27 D/M

Visit ID

; STAR.0000057638 : STAROPV61574

Ref Doctor

: Dr.SELF

Emp/Auth/TPA ID

: 455094166039

Collected

: 29/Jul/2023 09:46AM

Received

: 29/Jul/2023 02:55PM

Reported

: 29/Jul/2023 05:38PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

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

THYROID PROFILE TOTAL (T3, T4, TSH),	SERUM			
TRI-IODOTHYRONINE (T3, TOTAL) THYROXINE (T4, TOTAL) THYROID STIMULATING HORMONE (TSH)	1.12 7.82 1.302	ng/mL µg/dL µIU/mL	0.7-2.04 6.09-12.23 0.34-5.60	CLIA CLIA CLIA
(10.1)				1

#### Comment:

Serum TSH concentrations exhibit a diurnal variation with the peak occurring during the night and the nadir occurring between 10 a.m. and 4 p.m.ln primary hypothyroidism, thyroid-stimulating hormone (TSH) levels will be elevated. In primary hyperthyroidism, TSH levels will be low. Elevated or low TSH in the context of normal free thyroxine is often referred to as subclinical hypo- or hyperthyroid-ism, respectively. Physiological rise in Total T3 / T4 levels is seen in pregnancy and in patients on steroid therapy.

Recommended test for T3 and T4 is unbound fraction or free levels as it is metabolically active.

Note:

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

Page 11 of 12



SIN No:SPL23108549



Expertise. Empowering you.

Patient Name

: Mr.LAKKOJU V KIRAN

Age/Gender

: 31 Y 0 M 27 D/M

UHID/MR No Visit ID

: STAR.0000057638

Ref Doctor

: STAROPV61574

Emp/Auth/TPA ID

: Dr.SELF : 455094166039 Collected

: 29/Jul/2023 09:46AM

Received

: 29/Jul/2023 12:11PM

Reported

: 29/Jul/2023 03:29PM

Status

: Final Report

Sponsor Name

: ARCOFEMI HEALTHCARE LIMITED

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

COMPLETE URINE EXAMINATION (CUI	E) . URINE			
PHYSICAL EXAMINATION	-yy or are			
COLOUR	PALE YELLOW			
TRANSPARENCY	CLEAR		PALE YELLOW	Visual
Hq	6.5		CLEAR	Visual
SP. GRAVITY	1.015		5-7.5	Bromothymol Blue
BIOCHEMICAL EXAMINATION	1.015		1.002-1.030	Dipstick
URINE PROTEIN	NECATIVE 1			
GLUCOSE	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
URINE BILIRUBIN	NEGATIVE		NEGATIVE	GOD-POD
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	AZO COUPLING
UROBILINOGEN	NEGATIVE		NEGATIVE	NITROPRUSSIDE
BLOOD	NORMAL		NORMAL	EHRLICH
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	Dipstick
ELUCOCTTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE
CENTRIFUGED SEDIMENT WET MOUN	IT AND MODOS -			HYDROLYSIS
PUS CELLS	I AND MICROSCOPY			
EPITHELIAL CELLS	1-2	/hpf	0-5	Microscopy
RBC	1-2	/hpf	<10	MICROSCOPY
CASTS	ABSENT	/hpf	0-2	MICROSCOPY
CRYSTALS	NIL		0-2 Hyaline Cast	MICROSCOPY
OKTOTALO	ABSENT		ABSENT	MICROSCOPY

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

DR. APEKSHA MADAN MBBS, DPB

PATHOLOGY

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

Consultant Pathologist

Page 12 of 12

SIN No:UR2157424

	Widonfirmed report				
Calley Kroen	Women Li Williams Li Williams Li	\$ ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) (	3		3_F1_R Automatic U6.2 W121
	Interpretation normal ECG \text{NN}C	<b>75</b>	20	En C	50Hz 0.08 - 20Hz
APOLLO SPECTRA HOSPITAL	aUR	Aur	\$		AM ZSmm/s 10mm/mU ADS
GE MAC1200 ST	ement Results. 98 ms 8 394 / 381 ms 128 ms 98 ms 1070 / 1070 ms T 45/ 60/ 60 degree cBD 64 / 62 ms w				29. Jul. 2023 02:09:33
0 8 8	Measurement QRS QT/QTCB PR/PP P/QRS/T QTD/QTCBD Sokolow NK				



#### **OUT- PATIENT RECORD**

Famous Cine Labs, 166, Pt. M.M. Malviya Road, Tardeo, Mumbai- 400 034.Ph. No.: 022 4332 4500

APOLLO SPECTRA HOSPITALS

www.apollospectra.com

Specialists/in-Surgery

Reg. No. Qualification:

Department; Consultant

9951051946 31			ylm		
Pulse .	70	BF: 120/90	Resp: 92	Temp	
Weight:	70-5	Height 120/97	BMI: 24,1	Waist Circum :	

General Examination / Allergies History

Clinical Diagnosis & Management Plan

Marked, Nonrepetanteen Steep: Normal. No addresson Borrel/Bladdu: Normal Moderately Active No Alleyy.

PH: Childhead assama. PH: forther: tet

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Dronorning walk us mindaily 3 Repeat Cipid Offin Imonoh

Follow up date:

Apollo Spectra, Tardeo

Famous Gine Labs 156, behind Everest Building, Tardoo, Milinber, Maharoshtra 400034

#### APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED

(Formerly known as Nova Specialty Hospitals Private Limited) CIN: U85100KA2009PTC049961



Farnous Cine Labs, 156, Pt. M.M. Malviya Road, Tardeo, Mumbai- 400 034.Ph. No.: 022 4332 4500

www.apollospectra.com

Patient Name

: Mr. LAKKOJU V KIRAN

UHID

: STAR,0000057638

Reported on

: 29-07-2023 13:24

Adm/Consult Doctor

Age

:31 Y M

OP Visit No

: STAROPV61574

Printed on

: 29-07-2023 13:25

Ref Doctor

: SELF

#### DEPARTMENT OF RADIOLOGY

#### X-RAY CHEST PA

Both lung fields and hila are normal.

No obvious active pleuro-parenchymal lesion seen.

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:29-07-2023 13:24

---End of the Report---

Dr. VINOD SHETTY
Radiology



Famous Cine Labs, 156, Pt. M.M. Malviya Road, Tardeo, Mumbai- 400 034.Ph. No.: 022 4332 4500 www.apollospectra.com

Patient Name : MR. LAKKOJU KIRAN Date : 29-07-2023
Ref. By : HEALTH CHECKUP Age : 31 years

#### SONOGRAPHY OF ABDOMEN AND PELVIS

**LIVER:** The liver is normal in size, shape & echotexture. No focal mass lesion is seen. The

intrahepatic biliary tree & venous radicles appear normal. The portal vein and CBD

appear normal.

**CALL** : The gall bladder is well distended and reveals normal wall thickness. There is no

**BLADDER** 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.

**<u>KIDNEYS</u>**: The **RIGHT KIDNEY** measures 11.5 x 4.3 cms and the **LEFT KIDNEY** measures

11.2 x 5.3 cms in size. Both kidneys are normal in size, shape and echotexture. There

is no evidence of hydroneprosis 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 3.2 x 2.3 x 2.2 cms and weighs 9.0 gms, It is normal in size.

shape and echotexture. No prostatic calcification is seen.

**URINARY**: The urinary bladder is well distended and is normal in shape and contour.

**BLADDER** No intrinsic lesion or calculus is seen in it. The bladder wall is normal in thickness.

**IMPRESSION**: Normal Ultrasound examination of the Abdomen and Pelvis.

Report with compliments.

DR.VINOD V.SHETTY

MD, D.M.R.D.

CONSULTANT SONOLOGIST.

#### APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED

(Formerly known as Nova Specialty Hospitals Private Limited) CIN: U85100KA2009PTC049961



Famous Cine Labs, 156, Pt. M.M. Malviya Road, Tardeo, Mumbai- 400 034.Ph. No.: 022 4332 4500 www.apollospectra.com

Name: Mr.Lakkoju Kiran Date: 29/07/2023

Age : 31 Year(s) 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



Famous Cine Labs, 156, Pt. M.M. Malviya Road, Tardeo, Mumbai- 400 034.Ph. No.: 022 4332 4500

www.apollospectra.com

Name : Mr.Lakkoju Kiran

Age : 31 Year(s)

Date : 29/07/2023

Sex : Male Visit Type : OPD

#### Dimension:

EF Slope

80mm/sec

**EPSS** 

04mm

LA

33mm

A0

32mm

LVID (d)

40mm

LVID(s)

22mm

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



Famous Cine Labs, 156, Pt. M.M. Malviya Road, Tardeo, Mumbai- 400 034.Ph. No.: 022 4332 4500 www.apoflospectra.com

29/7/2023

Name: Nor Lakkoju V Kiran Age: 314 M

- For health Check up - Offers no complaints

Oft. - Eass



Ble TM intact, mobile

Nost-

Mulosa O

Throat - NAD

Jup: ENT-NAD

MAL (DR.) SHROTH ANIL SHARMA M.S. (ENT) PGD HHM. PG DMLS MMC. 2019096177

#### APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED

(Formerly known as Nova Specialty Hospitals Private Limited) CIN: U85100KA2009PTC049961



	29	1/17	/2009	Š
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Kurus Lakkoju

Date:

Age /Sex:

37/2-1M

Ref No.:

Complaint:

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Examination

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Medications:

Wetpase Papallan Tratile Name

Follow up:

Kunder Ewn

Consultant:

Apollo Spectra Hospitals Famous Cine Labs, 156, Pt. M. M. Malviya Road, Tardeo, Mumbai - 400 034. Tel.: 022 4332 4500 www.apollospectra.com

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Famous Cine Labs, 156, Pt. M.M. Malviya Road, Tardeo, Mumbai- 400 034.Ph. No.: 022 4332 4500 www.apollospectra.com

#### **DIETARY GUIDELINES FOR BALANCED DIET**

Should avoid both fasting and feasting.

A meal pattern should be followed. Have small frequent and regular meal. Do not exceeds the interval between two meals beyond 3 hours.

Exercise regularly for at least 30-45 minutes daily. Brisk walking is a good form of exercise, yoga, cycling, and swimming are.

Keep yourself hydrated by sipping water throughout the day. You can have plain lemon water (without sugar), thin butter milk, vegetable soups, and milk etc.

Fat consumption: - 3 tsp. per day / ½ kg per month per person.

It's a good option to keep changing oils used for cooking to take the benefits of all types of oil.eg: Groundnut oil, mustard oil, olive oil, Sunflower oil, Safflower oil, Sesame oil etc.

#### **FOOD ALLOWED**

FOOD GROUPS	FOOD ITEMS
Cereals	Whole grain product like Whole wheat flour, daliya, rava bajara, jowar, ragi, oats, nachni, barley, rye.etc
pulses	Dal like moong, masoor, tur and pulses Chana, chhole, rajma, etc.
Milk	Prefer low fat cow's milk / skim milk and milk product like curd, buttermilk, paneer etc.
Vegetable	All types of vegetable.
Fruits	All types of Fruits.
Nuts	2 Almonds, 2 walnuts, 1 dry anjeer, dates, pumpkin seeds, flax seeds, niger seeds, garden cress seeds.
Non Veg	2-3 pices of Chicken/fish, (removed skin) twice a week and 2 egg white daily. Should be eat in grill and gravy form.

#### APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED

(Formerly known as Nova Specialty Hospitals Private Limited)
CIN: U85100KA2009PTC049961



Age

31

Height 171 cm

Time

29. 7. 2023

10:06:48

Gender Male Date

APOLLO SPECTRA HOSPITAL

**Body Composition** 

		Over until	Normal Range
Weight	40 55 70 85 100 REFERENCE	115 130 145 160 175 190 265 7(), 5 kg	54. 7 ~ 74. 0
Muscle Mass Skeletal Muscle Mass	60 70 80 90 100	110 120 130 140 150 160 170 6 kg	27. 4~33. 5
Body Fat Mass	20 40 60 80 100	160 220 280 340 460 460 520 23 <b>■</b> 17.6 kg	7. 7 ~ 15. 4
T B W Total Body Water	39. 0 kg (36. 2~44. 2)	FFM 52.9kg	(47. 0~ 58. 5)
Protein	10, 4 kg (9, 7~11, 8)	Mineral * 3.50 kg	(3. 35~4.09)

\* Mineral is estimated.

**Obesity Diagnosis** 

Obesity Diagnosis	5		Nutritiona	l Evaluatio	n	
		Normal Range	Protein	Mormal	☐ Deficient	
0.641			Mineral	MNormal	( ) Deficient	
BMI Body Mass Index (kg/m²)	24. 1	18. 5 <b>~</b> 25. 0	Fat	[_]Normal	□ Deficient	M Excessive
			Weight M	anagemen	t	
PBF (%)	25. 0	10. 0 ~ 20. 0	Weight	MNormal	[] Under	□ Over
Percent Body Fat	20.0	10.0 20.0	SMM	Mormal	🖽 Under	l   Strong
	1, 02 0, 80		Fat	⊞Normal	⊒ Under	M Over
WHR Waist-Hip Ratio		0. 80 ~ 0. 90	Obesity Diagno	iagnosis		
1201			B M I	MNormal	∭ Under ∭ Extremely	⊕Over / Over
BMR (kcal) Basal Metabolic Rate	1513	$1535 \sim 1794$	PBF	□Normal	🖂 Under	✓ Over
Descriptions (1966			WHR	□Normal	□ Under	⊻ Over

#### Muscle-Fat Control

Muscle Control 1.8 kg

Fat Control

 $7.9 \, \mathrm{kg}$ 

Fitness Score

70

	Segmenta	l Lean	Lean Ma Evaluation	
jej	3.3kg Normal	Trunk 25. 8kg Normal	3. 2k Normi	
	7. 7kg Under		7. 6kg Under	

	Segmen	tal Fat	Fat Mass Evaluation
	21.8%		22.1%
	1.0kg	er Kalendaria	1.0kg
ᄩ	Over	Trunk 26. 8% 10. 0kg Over	Over
	21, 4%		21.7%
	2. 2kg		2, 2kg
	Normal		Normal

\* Segmantal Fat is estimated.

#### **Impedance**

Z RA LA TR RL LL 20kHz 308, 1 303, 2 26, 3 327, 7 316, 9 100kHz 273, 0 270, 6 21, 6 292, 7 285, 3

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

ħ	Walking	ni.	Jogging	, mare	Bicycle		5wim	2	in. / unit: Mountain Climbing	<i>`il</i>	Aerobic
Ä	141	P	247		212	2	247	Z.	230	1	247
n.	Table tennis	- A	_ Tennis	· <b>-</b> *⁄	Football	•	Oriental Fencing	ď	Gate ball	4	Badmintor
Λ	159	不。	212	1	247	人	353	$V^{\mathbb{Z}}$	134		159
200	Racket ball	7	Tae- kwon-do		Squash	2/₹⊓	Basketball	(2)	Rope jumping	1	Golf
人	353	T	353	97	353	人	212		247	À	124
	Push-ups	*	Sit-Ups ecdominal muscle faming	<b>P</b>	Weight training backache prevention	K	Dumbbell exercise made strength	_	Elastic band muscle strength	Ļİ	Squats maintenance of lower body music

#### • 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 2000

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

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



Patient Name : Mr. LAKKOJU V KIRAN Age/Gender : 31 Y/M

UHID/MR No.: STAR.0000057638OP Visit No: STAROPV61574Sample Collected on: 29-07-2023 13:25

**Ref Doctor** : SELF

**Emp/Auth/TPA ID** : 455094166039

#### DEPARTMENT OF RADIOLOGY

#### X-RAY CHEST PA

Both lung fields and hila are normal.

No obvious active pleuro-parenchymal lesion seen .

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.

**Dr. VINOD SHETTY**Radiology



Patient Name : Mr. LAKKOJU V KIRAN Age/Gender : 31 Y/M

 UHID/MR No.
 : STAR.0000057638
 OP Visit No
 : STAROPV61574

 Sample Collected on
 : 29-07-2023 12:04

**Ref Doctor** : SELF

Emp/Auth/TPA ID : 455094166039

#### DEPARTMENT OF RADIOLOGY

#### **ULTRASOUND - WHOLE ABDOMEN**

LIVER: The liver is normal in size, shape & echotexture. No focal mass lesion is seen. The

intrahepatic biliary tree & venous radicles appear normal. The portal vein and CBD  $\,$ 

appear normal.

GALL :The gall bladder is well distended and reveals normal wall thickness. There is no

**BLADDER** 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 11.5 x 4.3 cms and the **LEFT KIDNEY** measures

11.2 x 5.3 cms in size. Both kidneys are normal in size, shape and echotexture. There

is no evidence of hydroneprosis 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 3.2 x 2.3 x 2.2 cms and weighs 9.0 gms. It is normal in size,

shape and echotexture. No prostatic calcification is seen.

**URINARY**: The urinary bladder is well distended and is normal in shape and contour.

**BLADDER** No intrinsic lesion or calculus is seen in it. The bladder wall is normal in thickness.

IMPRESSION: Normal Ultrasound examination of the Abdomen and Pelvis.

**Dr. VINOD SHETTY**Radiology