

Dr. Vimmi Goel

Head - Non Invasive Cardiology

Incharge - Preventive Health Care

MBBS, MD (Internal Medicine)

Reg. No: MMC- 2014/01/0113

Date : 24/09/22

Name : Mr. Nitesh Khapekar

Age : 37 Sex : M/F Weight : 74.5 kg Height : 166 in BMI : 27

BP : 130/90 mmHg Pulse : 86 bpm RBS : _____ mg/dl
SpO2 98%



ID	Height	Age	Gender	Test Date / Time
118391	166cm	37	Male	24. 09. 2022 12:06

Body Composition Analysis

Total amount of water in my body	Total Body Water (L)	37.9 (34.1~41.7)
What I need to build muscles	Protein (kg)	10.2 (9.2~11.2)
What I need for strong bones	Mineral (kg)	3.41 (3.15~3.85)
Where my excess energy is stored	Body Fat Mass (kg)	23.0 (7.3~14.6)
Sum of the above	Weight (kg)	74.5 (51.5~69.7)

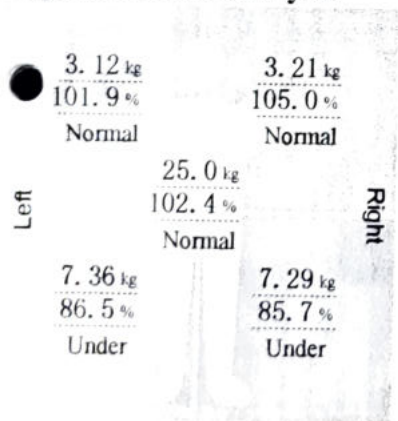
Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	74.5	
SMM (kg) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 %	28.8	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	23.0	

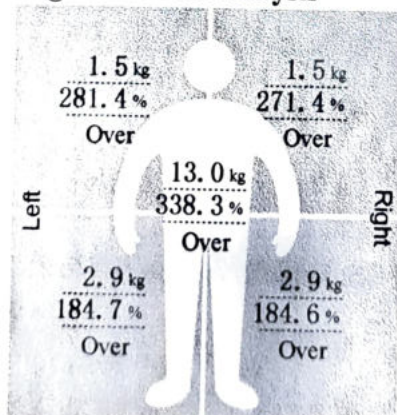
Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²) Body Mass Index	10.0 15.0 18.5 22.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	27.0	
PBF (%) Percent Body Fat	0.0 5.0 10.0 15.0 20.0 25.0 30.0 35.0 40.0 45.0 50.0	30.9	

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

	Weight (kg)	SMM (kg)	PBF (%)
Recent	74.5	28.8	30.9
Total			

24. 09. 22 12:06

InBody Score

66/100 Points

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

Weight Control

Target Weight	60.7 kg
Weight Control	-13.8 kg
Fat Control	-13.9 kg
Muscle Control	+0.1 kg

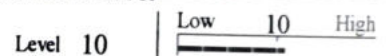
Obesity Evaluation

BMI	<input type="checkbox"/> Normal <input type="checkbox"/> Under <input checked="" 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	51.5 kg
Basal Metabolic Rate	1482 kcal (1601~1875)
Obesity Degree	123% (90~110)
SMI	7.6 kg/m ²
Recommended calorie intake	2119 kcal

Calorie Expenditure of Exercise

Golf	131	Gateball	142
Walking	149	Yoga	149
Badminton	168	Table Tennis	168
Tennis	224	Bicycling	224
Boxing	224	Basketball	224
Mountain Climbing	243	Jumping Rope	261
Aerobics	261	Jogging	261
Soccer	261	Swimming	261
Japanese Fencing	373	Racketball	373
Squash	373	Taekwondo	373

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20kHz	274.2	282.7	24.9	272.9	266.5
100kHz	246.9	256.2	21.5	243.1	237.1

44 KINGSWAY, NEAR KASTURCHAND PARK, NAGPUR, NEAR
KASTURCHAND PARKNagpur, Maharashtra
India.

Patient Name: Mr Nilesh Prabhunath Khapecar

UHID KH118391	Age 37 Y	Gender Male	Admission No. OPRI-53351
Speciality	Certificate No.		Created on 24-09-2022 01:32 PM

OPHTHALMOLOGY - OPHTHALMOLOGY (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

Near: Addition**RIGHT**

N6

LEFT

N6

Created By

Ashish Kamble

Print Date & Time

24-09-2022 01:32 PM

UHID	KH118391	Order Date & time	24-09-2022
Patient Name	Mr Nilesh Prabhunath Khapekar	Sample Collection Date	24-09-2022 10:42 AM
Age/Gender	37 Y/Male	Acknowledge Date	24-09-2022 11:00 AM
Patient Type	OP	Visit No	OP-97979
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-221965	Accession Number	0136867

Haematology

Service Name	Result	Unit	Reference Range	Method
Haemogram (CBC with ESR), Whole Blood				
Erythrocytes				
* Haemoglobin	15.8	gm/dl	13-17	
* RBC count	5.49	millions/cumm	4.5-5.5	Photometric Measurement
* Packed Cell Volume (PCV/HCT)	47.8	%	40-50	Photometric Measurement
* MCV	87	fl	83-101	Calculated
* MCH	28.8	pg	27-32	Calculated
* MCHC	33.0	gm/dl	31.5-34.5	Calculated
* RDW	14.7 H	%	11.5-14.0	Calculated
Leucocytes				
* TLC (Total Leukocyte Count)	6300	/cumm	4000-10000	Flow cytometry
* Neutrophils	50.5	%	50-70	
* Lymphocytes	40.5 H	%	25-30	
* Eosinophils	2.0	%	1-5	
* Monocytes	6.9	%	5-10	
* Basophils	0.1 L	%	1-2	
* Absolute Neutrophil Count	3181.50	/cumm	2000-7000	Calculated
* Absolute Lymphocyte Count	2551.50	/cumm	1000-4800	Calculated
* Absolute Eosinophil Count	126.00	/Cumm	20-500	Calculated
* Absolute Monocyte Count	434.70	/cumm	200-1000	Calculated
* Absolute Basophil Count	6.30 L	/cumm	20-100	Calculated
Platelets				
* Platelet Count	269	10 ³ /cumm	150-450	Impedance
* MPV	8.4	fl	6.0-9.5	Calculated
* PCT (Platelet Hematocrit)	0.23	%	0.2-0.5	
* PDW (Platelet Distribution Width)	14.30	%	9-17	
Peripheral Smear Examination				
RBC Morphology				
* Normochromic Normocytic	+			
* WBCs	As Above			
* Platelets	Adequate			
* ESR (Westergren)	05	mm/hr	<15	Westergren
* Blood Grouping & RH Factor, Whole Blood & Serum	"O" Rh POSITIVE			Column agglutination test
* HbA1c (Glycosylated Haemoglobin), Blood	6.2 H	%	Non-Diabetic: <=5.6 % Pre-Diabetic: 5.7-6.4 % Diabetic >=6.5 %	HPLC

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Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-221965	Accession Number	0136867

Clinical Biochemistry

Service Name	Result	Unit	Reference Range	Method
Lipid Profile, Serum				
Cholesterol	181	mg/dL	<200 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 Method
Triglyceride	117.0	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	Enzymatic(Lipase/GK/GPO /POD)
HDL Cholesterol Direct	34 L	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	Phosphotungstic acid/mgcl-Enzymatic (microslide)
LDL Cholesterol (Calculated)	124.0 H	mg/dL	<30 3-5	Enzymatic
VLDL	23.00	mg/dL		Calculated
Cholesterol/HDL Ratio	5			Calculated
Non HDL	147.00	mg/dL		Calculated
Kidney Function Test (KFT), Serum				
Blood Urea	17.00 L	mg/dL	19-43	Urease with indicator dye
Creatinine	0.8	mg/dL	0.66-1.25	Enzymatic (creatinine amidohydrolase)
eGFR	114.12	mL/min/1.73m ²		Calculated
Sodium	142	mmol/L	136-145	Direct ion selective electrode
Potassium	4.50	mmol/L	3.5-5.1	Direct ion selective electrode
BUN (Blood Urea Nitrogen), Serum	7.9 L	mg/dL	9-20	Urease with indicator dye
Liver Function test, Serum				
Total Bilirubin	0.26	mg/dL	0.2-1.3	Azobilirubin/Dyphylline
Bilirubin Direct	0.12	mg/dL	0.1-0.3	Calculated
Bilirubin Indirect	0.14	mg/dL	0.1-1.1	Dual wavelength Spectrophotometric
SGOT (AST)	35	U/L	15-40	Kinetic with pyridoxal 5 phosphate
SGPT (ALT)	54 H	U/L	10-40	Kinetic with pyridoxal 5 phosphate
Alkaline Phosphatase	86.00	U/L	38-126	Pnpp/AMP buffer
Total Protein	7.63	gm/dl	6.3-8.2	Biuret(Alkaline cupric Sulfate)
Albumin	4.75	gm/dl	3.5-5.0	Bromocresol green dye binding
Globulin	2.88	gm/dl	2-4	Calculated
Albumin/Globulin Ratio	1.65			Calculated
Gamma GT (GGT), Serum	32.0	U/L	15-73	Kinetic Method

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Patient Type	OP	Visit No	OP-97979
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-221965	Accession Number	0136867

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	6.37	mg/dL	3.5-7.2	Uricase/Peroxidase (Colorimetric)
Thyroid Function Test (T3,FT4,TSH), Serum				
* T3	1.63	ng/mL	0.55-1.7	Enhanced chemiluminescence
* Free T4	1.08	ng/dL	0.8-1.7	Enhanced chemiluminescence
* Thyroid Stimulating Hormone (TSH)	2.05	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	20 ml			
Appearance	Clear			
Colour	Pale Yellow			
PH	6.5	NA	4.6-8.0	
Specific Gravity	1.015 L	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	0-1	/ 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



Dr Gauri Hardas
Consultant Pathologist
2011/06/1806



Dr Vaidehee Naik
Consultant Pathologist
2015/05/2163



UHID	KH118391	Patient Name	Mr Nilesh Prabhunath
Age	37 Y	Gender	Male
Payer Name	Self	Payer Type	cash
Order Date & time	24-09-2022 12:00 AM	Acknowledge Date	24-09-2022 12:15 PM
Refer By	Dr Vimmi Goel	Accession Number	OPRDAC-17603
DOB		Patient Type	OP
Order Id	ODRID-221965		

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 Naveen Pugalia
Consultant Radiologist
MBBS,MD
76125

UHID	KH118391	Patient Name	Mr Nilesh Prabhunath Khapekar
Age	37 Y	Gender	Male
Payer Name	Self	Payer Type	cash
Order Date & time	24-09-2022 12:00 AM	Acknowledge Date	24-09-2022 12:26 PM
Refer By	Dr Vimmi Goel	Accession Number	OPRDAC-17612
DOB		Patient Type	OP
Order Id	ODRID-221965		

USG Whole Abdomen

LIVER is mildly enlarged in size and shows increase in 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 shape, size and echotexture. No focal lesion seen.

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. WT - 18.2 gms.

There is no free fluid or abdominal lymphadenopathy seen.

IMPRESSION:

Mild hepatomegaly with fatty infiltration.

No other significant abnormality seen.

Suggest clinical correlation / further evaluation.



Dr Naveen Pugalia
Consultant Radiologist
MBBS,MD
76125

2D ECHOCARDIOGRAPHY AND COLOR DOPPLER REPORT

Patient Name : Mr. Nilesh Prabhunath Khapekar
Age : 37 years / Male
UHID : KH118391
Date : 24/09/2022
Done by : Dr. Vimmi Goel
ECG : NSR, Minor ST-T changes

Impression:

Normal 2D Echocardiography Study

Normal chambers dimensions
No RWMA of LV at rest
Good LV systolic function, LVEF 69%
Normal LV diastolic function
E/A is 1.4
E/E' is 7. (Normal filling pressure)
Valves are normal
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 69%. Normal LV diastolic function. E Velocity is 77 cm/s, A Velocity is 56 cm/s. E/A is 1.4. Valves are normal. 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 9.3 cm/sec & at lateral mitral annulus is 12.2 cm/sec. E/E' is 7.2 (Average).

M Mode echocardiography and dimension:

	Normal range (mm)		Observed (mm)
	(adults)	(children)	
Left atrium	19-40	7-37	34
Aortic root	20-37	7-28	26
LVIDd	35-55	8-47	50
LVIDs	23-39	6-28	35
IVS (d)	6-11	4-8	09
LVPW (d)	6-11	4-8	10
LVEF %	~ 60%	~60%	69%
Fractional Shortening			38%

P.T.O


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



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KH118391
37 Years

MR. NILESH KHAPEKAR
Male

24-Sep-22 11:48:48 AM
KIMS-KINGSWAY HOSPITALS

PBC DEPT.

Rate 79 Sinus arrhythmia.....V-rate 63- 94, variation>10%

Baseline wander in lead(s) V4, V5, V6

PR 132
QRSD 91
QT 347
QTc 398

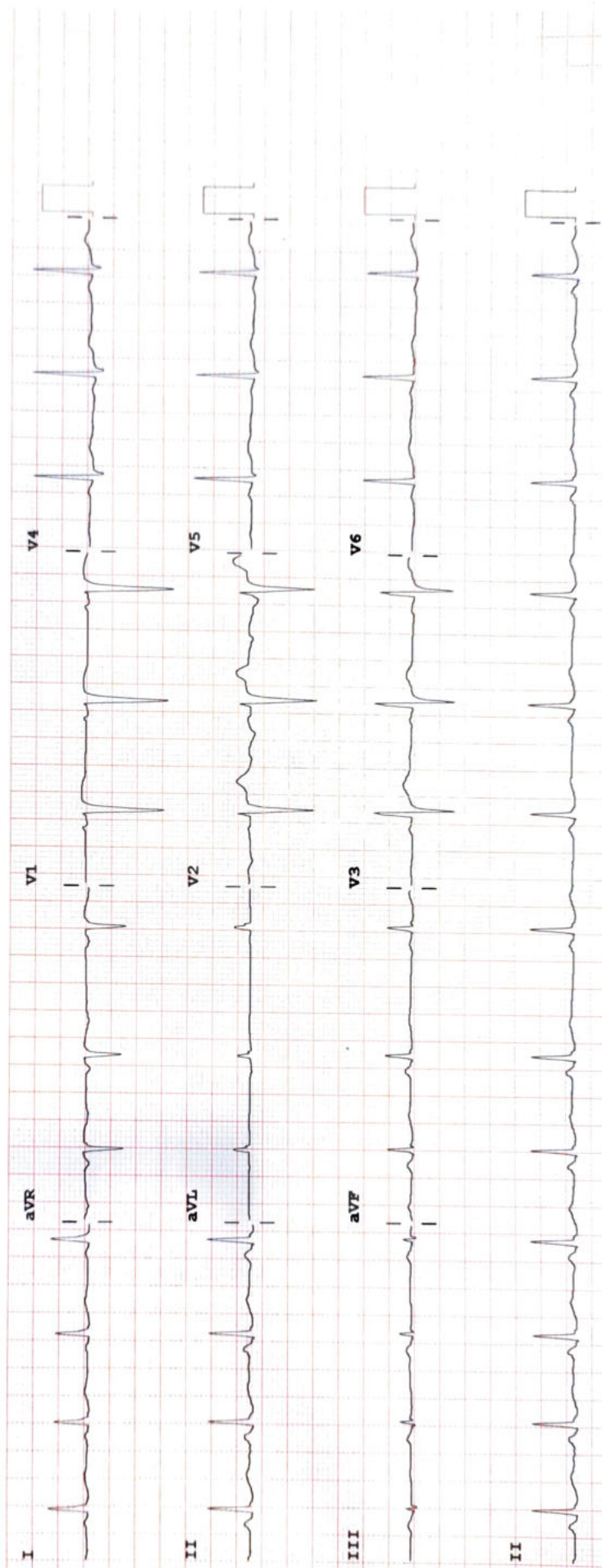
--AXIS--

P 64
QRS 38
T 39

12 Lead; Standard Placement

- OTHERWISE 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

P?