

Medi-wheel

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 : Mrs Snehalata Nandeshwar

Age : 37y Sex : M/F Weight : 50.7 kg Height : 154.6 in BMI : 21.2

BP : 100/70 mmHg Pulse : 82 L bpm RBS : \_\_\_\_\_ mg/dl

SpO2: 100%

LMP 01/09/22

A/O Heavy periods  
Anemia (MCNC)

Non HT  
Non DM

STE  
PT  
Chol  
Lp  
P/A / N

Adv.

T. offer XT 1-2-1  
(After meals)  
x 4 mths

Follow advice of Gynec.

Diet as advised

DM -> noted

Dr. VIMMI GOEL  
MBBS, MD  
Sr. Consultant-Non Invasive Cardiology  
Reg.No.: 2014/01/0113



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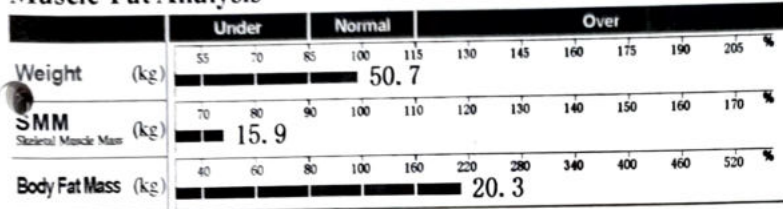


ID	Height	Age	Gender	Test Date / Time
118382	154.6cm	37	Female	24.09.2022 12:27

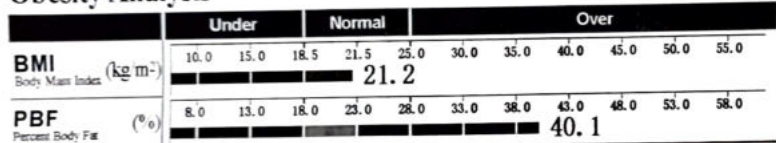
## Body Composition Analysis

Total amount of water in my body	<b>Total Body Water</b> (L)	22.3 (26.2~32.0)
What I need to build muscles	<b>Protein</b> (kg)	5.9 (7.0~8.6)
What I need for strong bones	<b>Mineral</b> (kg)	2.16 (2.42~2.96)
Where my excess energy is stored	<b>Body Fat Mass</b> (kg)	20.3 (10.3~16.5)
Sum of the above	<b>Weight</b> (kg)	50.7 (43.7~59.1)

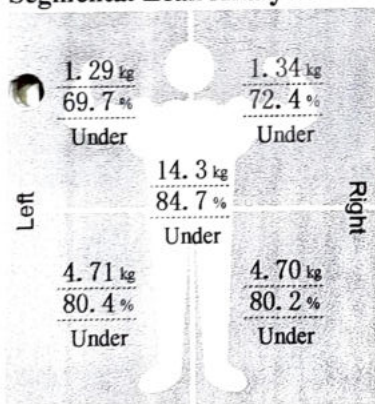
## Muscle-Fat Analysis



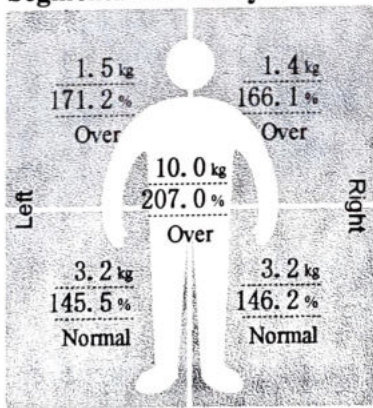
## Obesity Analysis



## Segmental Lean Analysis



## Segmental Fat Analysis



\* Segmental fat is estimated.

## Body Composition History

	24.09.22 12:27				
<b>Weight</b> (kg)	50.7				
<b>SMM</b> (kg)	15.9				
<b>PBF</b> (%)	40.1				
Recent Total	<input checked="" type="checkbox"/>	Total	<input type="checkbox"/>		

## InBody Score

62/100 Points

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

## Weight Control

Target Weight	51.4 kg
Weight Control	+0.7 kg
Fat Control	-8.5 kg
Muscle Control	+9.2 kg

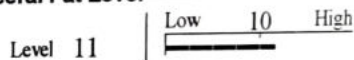
## Obesity Evaluation

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	30.4 kg
Basal Metabolic Rate	1026 kcal (1129~1298)
Obesity Degree	99% (90~110)
SMI	5.0 kg/m <sup>2</sup>
Recommended calorie intake	2137 kcal

## Calorie Expenditure of Exercise

Golf	89	Gateball	96
Walking	101	Yoga	101
Badminton	115	Table Tennis	115
Tennis	152	Bicycling	152
Boxing	152	Basketball	152
Mountain Climbing	165	Jumping Rope	177
Aerobics	177	Jogging	177
Soccer	177	Swimming	177
Japanese Fencing	254	Racketball	254
Squash	254	Taekwondo	254

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

## Impedance

	RA	LA	TR	RL	LL
Z(α) 20kHz	484.2	501.1	34.5	359.3	356.6
100kHz	438.4	457.8	32.9	325.6	326.7

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

Nagpur, Maharashtra

India,

Patient Name: Mrs Snehalata Nandeshwar

UHID KH118382	Age 37 Y	Gender Female	Admission No. OPRI-53359
Speciality	Certificate No.		Created on 24-09-2022 03:09 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

LEFT

N6

Created By

Ashish Kamble

Print Date & Time

24-09-2022 03:09 PM

Date: 24/9/22

Name: Mrs. Sushalata Nandedkar DOB: \_\_\_\_\_

Age: 37 Sex: M/F Weight: \_\_\_\_\_ kg Height: \_\_\_\_\_ in BMI: \_\_\_\_\_

BP: \_\_\_\_\_ mmHg Pulse: \_\_\_\_\_ bpm

For health check up

Cl. Dysmenorrhoea: 3-4 mths

OH: P<sub>1</sub>L<sub>1</sub>A<sub>2</sub> (LSCS) - Eclampsia

MH: LMP: 1/9/22

PMC: 7d/3rd/1 kg/ Heavy flow

PH: No eclampsia in preg.

Sx/H: LSCS, 2 Sbc for Missed Abortion

F/H: Mother - HIV

USS: Ut. (N), E7-24 mm ill defined cystic space seen within it.

Adv: PAP smear Test - Taken on 24/9/22 Not willing

Breast examination: WNL

PIA: Soft NT

PTIS:

PTV:

Miscar Injection  
 counselling done.

Monika



UHID	KH118382	Order Date & time	24-09-2022
Patient Name	Mrs Snehalata Nandeshwar	Sample Collection Date	24-09-2022 11:02 AM
Age/Gender	37 Y/Female	Acknowledge Date	24-09-2022 11:15 AM
Patient Type	OP	Visit No	OP-97990
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-221986	Accession Number	0136878

### Haematology

Service Name	Result	Unit	Reference Range	Method
<b>Haemogram (CBC with ESR), Whole Blood</b>				
<b>Erythrocytes</b>				
* Haemoglobin	<b>8.4 L</b>	gm/dl	12-15	
* RBC count	4.59	millions/cumm	3.8-4.8	Photometric Measurement
* Packed Cell Volume (PCV/HCT)	<b>29.9 L</b>	%	36-46	Photometric Measurement
* MCV	<b>65 L</b>	fl	83-101	Calculated
* MCH	<b>18.3 L</b>	pg	27-32	Calculated
* MCHC	<b>28.1 L</b>	gm/dl	31.5-34.5	Calculated
* RDW	<b>18.1 H</b>	%	11.5-14.0	Calculated
<b>Leucocytes</b>				
* TLC (Total Leukocyte Count)	<b>3600 L</b>	/cumm	4000-10000	
* Neutrophils	55.9	%	50-70	Flow cytometry
* Lymphocytes	<b>38.3 H</b>	%	25-30	
* Eosinophils	<b>0.7 L</b>	%	1-5	
* Monocytes	5.1	%	5-10	
* Basophils	<b>0.0 L</b>	%	1-2	
* Absolute Neutrophil Count	2012.40	/cumm	2000-7000	
* Absolute Lymphocyte Count	1378.80	/cumm	1000-4800	Calculated
* Absolute Eosinophil Count	25.20	/Cumm	20-500	Calculated
* Absolute Monocyte Count	<b>183.60 L</b>	/cumm	200-1000	Calculated
* Absolute Basophil Count	<b>0.00 L</b>	/cumm	20-100	Calculated
<b>Platelets</b>				
* Platelet Count	227	10 <sup>3</sup> /cumm	150-450	
* MPV	9.3	fl	6.0-9.5	
* PCT (Platelet Hematocrit)	0.21	%	0.2-0.5	Impedance
* PDW (Platelet Distribution Width)	<b>21.00 H</b>	%	9-17	Calculated
<b>Peripheral Smear Examination</b>				
<b>RBC Morphology</b>				
* Hypochromia	+ (Few)			
* Microcytosis	+ (Few)			
* WBCs	As Above			
* Platelets	Adequate			
* ESR (Westergren)	09	mm/hr	<20	Westergren
* Blood Grouping & RH Factor, Whole Blood & Serum	"O" Rh POSITIVE			Column agglutination test
* HbA1c (Glycosylated Haemoglobin), Blood	5.0	%	Non-Diabetic: <=5.6 % Pre-Diabetic: 5.7-6.4 % Diabetic >=6.5 %	HPLC

UHID	KH118382	Order Date & time	24-09-2022
Patient Name	Mrs Snehalata Nandeshwar	Sample Collection Date	24-09-2022 11:02 AM
Age/Gender	37 Y/Female	Acknowledge Date	24-09-2022 11:15 AM
Patient Type	OP	Visit No	OP-97990
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-221986	Accession Number	0136878

### Clinical Biochemistry

Service Name	Result	Unit	Reference Range	Method
Fasting Blood Sugar	87.0	mg/dL	<100	GOD/POD, Colorimetric
* Post Prandial Blood Sugar, Plasma	95.0	mg%	<140	GOD/POD, Colorimetric
<b>Lipid Profile, Serum</b>				
Cholesterol	137.00	mg/dL	<200	Enzymatic Method
Triglyceride	41.0	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	<b>44.0 L</b>	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)	85.0	mg/dL	Optimal <100 mg/dl Near optimal 100 - 129 mg/dl Borderline high 130 - 159 mg/dl	Enzymatic
VLDL	8.00	mg/dL	High 60 - 189 mg/dl Very High >190 mg/dl	
Cholesterol/HDL Ratio	3.00		<30	Calculated
Non HDL	93.00	mg/dL	3-5	Calculated
<b>Kidney Function Test (KFT), Serum</b>				
Blood Urea	<b>8.00 L</b>	mg/dL	15-36	Calculated
Creatinine	<b>0.50 L</b>	mg/dL	0.52-1.04	Urease with indicator dye
eGFR	123.64	mL/min/1.73m <sup>2</sup>		Enzymatic (creatinine amidohydrolase)
Sodium	140	mmol/L	136-145	Calculated
Potassium	4.08	mmol/L	3.5-5.1	Direct ion selective electrode
BUN (Blood Urea Nitrogen), Serum	<b>3.7 L</b>	mg/dL	7-17	Direct ion selective electrode
<b>Liver Function test, Serum</b>				
Total Bilirubin	0.46	mg/dL	0.2-1.3	Urease with indicator dye
Bilirubin Direct	<b>0.04 L</b>	mg/dL	0.1-0.3	
Bilirubin Indirect	0.42	mg/dL	0.1-1.1	Azobilirubin/Dyphylline
SGOT (AST)	23	U/L	13-35	Calculated
SGPT (ALT)	<b>9 L</b>	U/L	13-45	Dual wavelength Spectrophotometric
Alkaline Phosphatase	74.00	U/L	38-126	Kinetic with pyridoxal 5 phosphate
Total Protein	7.45	gm/dl	6.3-8.2	Kinetic with pyridoxal 5 phosphate
Albumin	4.17	gm/dl	3.5-5.0	Pnpp/AMP buffer
Globulin	3.28	gm/dl	2-4	Biuret(Alkaline cupric Sulfate)
Albumin/Globulin Ratio	1.30			Bromocresol green dye binding
Gamma GT (GGT), Serum	16.0	U/L	12-43	Calculated
				Calculated
				Kinetic Method

UHID	KH118382	Order Date & time	24-09-2022
Patient Name	Mrs Snehalata Nandeshwar	Sample Collection Date	24-09-2022 11:02 AM
Age/Gender	37 Y/Female	Acknowledge Date	24-09-2022 11:15 AM
Patient Type	OP	Visit No	OP-97990
Ordering Doctor		Refer By	Dr Vimmi Goel
Order Id	ODRID-221986	Accession Number	0136878


Service Name	Result	Unit	Reference Range	Method
<b>Interpretation:</b>				
: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	3.40	mg/dL	2.6-6.0	Uricase/Peroxidase (Colorimetric)
<b>Thyroid Function Test (T3, FT4, TSH), Serum</b>				
* T3	1.21	ng/mL	0.55-1.7	Enhanced chemiluminescence
* Free T4	1.14	ng/dL	0.8-1.7	Enhanced chemiluminescence
* Thyroid Stimulating Hormone (TSH)	1.22	uIU/mL	0.5-4.8	Enhanced chemiluminescence

### Clinical Pathology

Service Name	Result	Unit	Reference Range	Method
<b>Urine Routine and Microscopy, Urine</b>				
<b>Physical Examination</b>				
Volume	20 ml			
Appearance	Clear			
Colour	Pale Yellow			
PH	6.5	NA	4.6-8.0	
Specific Gravity	1.005 L	NA	1.016-1.022	Iodometric method
<b>Chemical Examination</b>				
Protein	Negative	mg/dL		
Glucose	Negative			
Ketone	Negative			
Bilirubin	Negative			
Urobilinogen	Normal			
Nitrate	Negative			
<b>Microscopic Examination</b>				
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
Urine Post Prandial Sugar, Urine	Negative			GOD/POD



Dr Gauri Hardas  
 Consultant Pathologist  
 2011/06/1806



Dr Vaidehee Naik  
 Consultant Pathologist  
 2015/05/2165

UHID	KH118382	Patient Name	Mrs Snehalata Nandeshwar
Age	37 Y	Gender	Female
Payer Name	Self	Payer Type	cash
Order Date & time	24-09-2022 12:00 AM	Acknowledge Date	24-09-2022 12:23 PM
Refer By	Dr Vimmi Goel	Accession Number	OPRDAC-17610
DOB		Patient Type	OP
Order Id	ODRID-221986		

### 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**  
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UHID	KH118382	Patient Name	Mrs Snehalata Nandeshwar
Age	37 Y	Gender	Female
Payer Name	Self	Payer Type	cash
Order Date & time	24-09-2022 12:00 AM	Acknowledge Date	24-09-2022 12:55 PM
Refer By	Dr Vimmi Goel	Accession Number	OPRDAC-17627
DOB		Patient Type	OP
Order Id	ODRID-221986		

## 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.

Uterus is anteverted and normal measures 8.7 x 5.5 x 6.6 cm. No focal myometrial lesion seen.

Endometrial echo-complex appears thickened and measures 24 mm. ill defined cystic space seen within it.

Both ovaries are seen. No adnexal mass lesion seen.

Minimal free fluid seen in POD.

### IMPRESSION:

Thickened endometrium with ill defined cystic space seen within it.

Minimal free fluid in POD.

No other significant visceral abnormality seen.

Suggest clinical correlation / further evaluation.

Dr Naveen Pugalia  
Consultant Radiologist  
MBBS,MD  
76125

Kingsway Hospitals  
44 Kingsway, Mohan Nagar,  
Near Kasturchand Park, Nagpur

Station  
Telephone:

## EXERCISE STRESS TEST REPORT

Patient Name: Mrs. Snehlata, Nandeshwar  
Patient ID: 118382  
Height:  
Weight:  
Study Date: 24.09.2022  
Test Type: Treadmill Stress Test  
Protocol: BRUCE

DOB: 11.03.1985  
Age: 37yrs  
Gender: Female  
Race: Indian  
Referring Physician: Medi Wheel HCU  
Attending Physician: Dr. Vimmi Goel  
Technician: --

### Medications:

### Medical History:

NIL

### Reason for Exercise Test:

Screening for CAD

### Exercise Test Summary:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	01:00	0.00	0.00	84	110/70	
EXERCISE	WARM-UP	00:18	0.00	0.00	86		
	STAGE 1	03:00	1.70	10.00	127		
	STAGE 2	03:00	2.50	12.00	155	110/70	
RECOVERY	STAGE 3	02:33	3.40	14.00	176	120/70	
		01:00	0.00	0.00	134		
		02:00	0.00	0.00	112	120/70	
		00:36	0.00	0.00		120/70	

The patient exercised according to the BRUCE for 8:33 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 89 bpm rose to a maximal heart rate of 176 bpm. This value represents 96% of the maximal, age-predicted heart rate. The resting blood pressure of 110/70 mmHg, rose to a maximum blood pressure of 120/70 mmHg. The exercise test was stopped due to ST-T changes seen.

### Interpretation:

Summary: Resting ECG: normal.

Functional Capacity: normal.

HR Response to Exercise: appropriate.

BP Response to Exercise: normal resting BP - appropriate response.

Chest Pain: none.

Arrhythmias: none.

ST Changes: ST-T changes seen.

Overall impression: Borderline Positive.

### Conclusions:

TMT is borderline positive for inducible ischemia. by ST-T changes seen during peak exercise & recovery.

No angina.

To be correlated clinically.

(False +ve due to anemia)

*Vimmi Goel*  
Dr. VIMMI GOEL  
MBBS, MD  
Sr. Consultant-Non Invasive Cardiology  
Reg. No. 2014101/0113

Rate 79      Sinus rhythm.....Normal P axis, V-rate 50-99  
 . Nonspecific T abnormalities, anterior leads.....T < -0.10mV, V2-V4

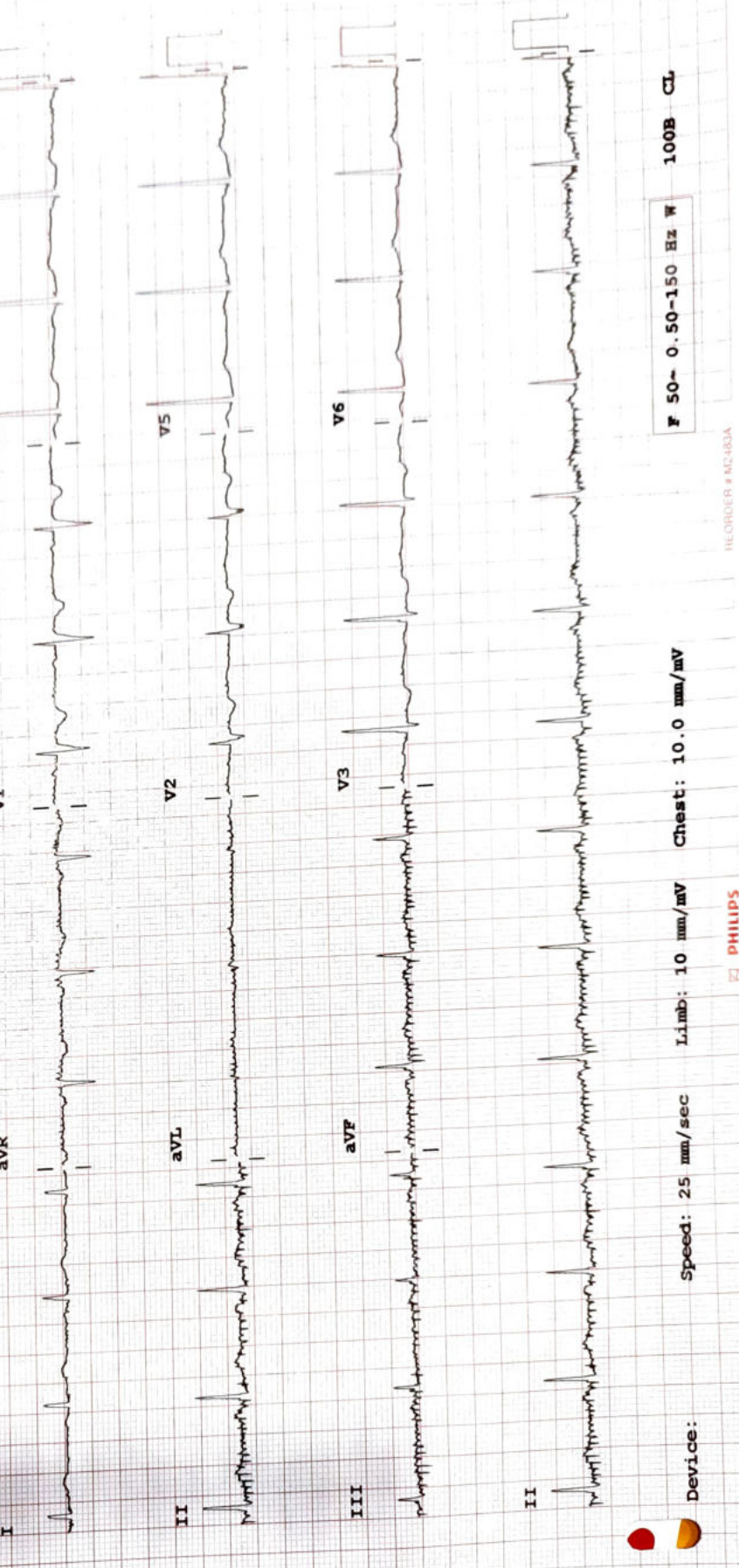
PR 146  
 QRS 93  
 QT 385  
 QTc 442

--AXIS--  
 P 71  
 QRS 41  
 T 24

12 Lead; Standard Placement

Unconfirmed Diagnosis

-- ABNORMAL ECG --



Device:      Speed: 25 mm/sec      Limb: 10 mm/mV      Chest: 10.0 mm/mV      F 50- 0.50-150 Hz W      100B CL      P?