

**OUT- PATIENT RECORD**

Date : 30/3/24  
MRNO : 062305  
Name : MR. Parid M.  
Age/Gender : 29 M / male  
Mobile No :  
Passport No :  
Aadhar number :

Pulse : 52/min	B.P : 120/70	Resp : 24/min	Temp : 37
Weight : 86.6	Height : 178 cm	BMI : 27.3	Waist Circum : 88 cm

General Examination / Allergies  
History

Clinical Diagnosis & Management Plan

Unmarried, Nonvegetarian  
Sleep (B/B) @ Dust Alley  
No addiction  
PH: Father: Ret.  
- Physically fit

**Dr. (Mrs.) CHHAYA P. VAJA**  
M.D. (MUM)  
Physician & Cardiologist  
Reg. No. 56942



*[Handwritten Signature]*

Doctor Signature

Follow up date:

**Apollo Spectra Hospitals:** 156, Famous Cine Labs, Behind Everest Building, Tardeo, Mumbai - 400034  
Ph No: 022 - 4332 4500 | www.apollospectra.com

**Apollo Specialty Hospitals Pvt. Ltd.** (CIN - U85100TG2009PTC099414)  
(Formerly known as Nova Specialty Hospital Pvt. Ltd.)

**Regd. Office:** 7-1-617/A.615 & 616, Imperial Towers, 7<sup>th</sup> Floor, Ameerpet, Hyderabad, Telangana - 500038  
Ph No: 040 - 4904 7777 | www.apolloh1.com

Patient Name : Mr. BARID NAZMUDDIN MAGANAKE  
Age/Gender : 23 Y 5 M 26 D/M  
UHID/MR No : STAR.0000062305  
Visit ID : STAROPV68652  
Ref Doctor : Dr. SELF  
Emp/Auth/TPA ID : 709608727421

Collected : 30/Mar/2024 09:56AM  
Received : 30/Mar/2024 11:45AM  
Reported : 30/Mar/2024 02:48PM  
Status : Final Report  
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY

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 7



DR. APEKSHA MADAN  
MBBS, DPM  
PATHOLOGY

SIN No: BED240089161

Patient Name : Mr. BARID NAZMUDDIN MAGANAKE  
 Age/Gender : 23 Y 5 M 26 D/M  
 UHID/MR No : STAR.0000062305  
 Visit ID : STAROPV68852  
 Ref Doctor : Dr. SELF  
 Empl/Auth/TPA ID : 709609727421

Collected : 30/Mar/2024 09:58AM  
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DEPARTMENT OF HAEMATOLOGY  
 ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
<b>HEMOGRAM , WHOLE BLOOD EDTA</b>				
HAEMOGLOBIN	15.6	g/dL	13-17	CYANIDE FREE COLOUROMETER
PCV	48.60	%	40-50	PULSE HEIGHT AVERAGE
RBC COUNT	4.88	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	103.8	fL	83-101	Calculated
MCH	33.4	pg	27-32	Calculated
MCHC	32.1	g/dL	31.5-34.5	Calculated
R.D.W	12.7	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	5,060	cells/cu.mm	4000-10000	Electrical Impedance
<b>DIFFERENTIAL LEUCOCYTIC COUNT (DLC)</b>				
NEUTROPHILS	46	%	40-80	Electrical Impedance
LYMPHOCYTES	40	%	20-40	Electrical Impedance
EOSINOPHILS	04	%	1-6	Electrical Impedance
MONOCYTES	10	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
<b>ABSOLUTE LEUCOCYTE COUNT</b>				
NEUTROPHILS	2327.6	Cells/cu.mm	2000-7000	Calculated
LYMPHOCYTES	2024	Cells/cu.mm	1000-3000	Calculated
EOSINOPHILS	202.4	Cells/cu.mm	20-500	Calculated
MONOCYTES	506	Cells/cu.mm	200-1000	Calculated
Neutrophil lymphocyte ratio (NLR)	1.15	-	0.78- 3.53	Calculated
PLATELET COUNT	217000	cells/cu.mm	150000-410000	IMPEDENCE/MICROSCOPY
ERYTHROCYTE SEDIMENTATION RATE (ESR)	02	mm at the end of 1 hour	0-15	Modified Westergren

**PERIPHERAL SMEAR**

Methodology : Microscopic

RBC : Normocytic normochromic




DR. APEKSHA MADAN  
 MBBS, DPM  
 PATHOLOGY

SIN No:BED240089161

Patient Name : M.BARID NAZMUDDIN MAGANAKE  
Age/Gender : 23 Y 5 M 26 D/M  
UHID/IMR No : STAR.0000062305  
Visit ID : STAROPV08652  
Ref Doctor : Dr.SELF  
Emp/Auth/TPA ID : 709509727421

Collected : 30/Mar/2024 09:56AM  
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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

WBC : Normal in number, morphology and distribution. No abnormal cells seen

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**IMPRESSION : Normocytic normochromic blood picture**

Note/Comment : Please Correlate clinically

Page 3 of 3



DR. APEKSHA MADAN  
MBBS, DPM  
PATHOLOGY

SIN No:BED240089161

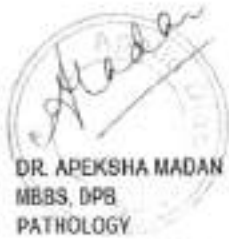


Patient Name : Mr.BARID NAZMUDDIN MAGANAKE  
 Age/Gender : 23 Y 5 M 26 DIM  
 UHID/MR No : STAR.0000062305  
 Visit ID : STAROPV68652  
 Ref Doctor : Dr.SELF  
 Emp/Auth/TPA ID : 709809727421

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DEPARTMENT OF HAEMATOLOGY  
 ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

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



DR. APEKSHA MADAN  
 MBBS, DPM  
 PATHOLOGY

SEN No:BED240089161



Patient Name : Mr. BARID NAZMUDDIN MAGANAKE  
 Age/Gender : 23 Y 5 M 26 D/M  
 UHID/MR No : STAR.0000062305  
 Visit ID : STAROPV68652  
 Ref Doctor : Dr.SELF  
 Emp/Aut/VTPA ID : 709609727421

Collected : 30/Mar/2024 09:58AM  
 Received : 30/Mar/2024 12:25PM  
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DEPARTMENT OF BIOCHEMISTRY  
 ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, FASTING , NAF PLASMA	93	mg/dL	70-100	GOD - POD

**Comment:**

As per American Diabetes Guidelines, 2023

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  $> \text{ or } = 126 \text{ mg/dL}$  and/or a random / 2 hr post glucose value of  $> \text{ or } = 200 \text{ mg/dL}$  on at least 2 occasions.
- Very high glucose levels ( $>450 \text{ mg/dL}$  in adults) may result in Diabetic Ketoacidosis & is considered critical.

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	87	mg/dL	70-140	GOD - POD

**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.

Test Name	Result	Unit	Bio. Ref. Range	Method
ALANINE AMINOTRANSFERASE (ALT/SGPT) , SERUM	21	U/L	4-44	JSCC

**Comment:**

ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes.

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DR. APEKSHA MADAN  
 MBBS, DPB  
 PATHOLOGY

SIN No:SE04682656

Patient Name : Mr.BARID NAZMUDDIN MAGANAKE  
 Age/Gender : 23 Y 5 M 28 DM  
 UHID/MR No : STAR.0000062305  
 Visit ID : STAROPV68652  
 Ref Doctor : Dr.SELF  
 Emp/Auth/TPA ID : 709609727421

Collected : 30/Mar/2024 09:56AM  
 Received : 30/Mar/2024 12:25PM  
 Reported : 30/Mar/2024 02:48PM  
 Status : Final Report  
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY  
 ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

ALT levels are seen to be elevated even before the signs and symptoms of the liver injury appear. The ALT levels remain high longer in blood as compared to AST levels. And though both the enzymes increase in liver injury, the rise in ALT is more compared to AST, thus also altering the ALT:AST ratio.

Test Name	Result	Unit	Bio. Ref. Range	Method
BILIRUBIN, TOTAL , SERUM	0.80	mg/dL	0.1-1.2	Azobillirubin
Test Name	Result	Unit	Bio. Ref. Range	Method
BUN/CREATININE RATIO , SERUM				
BLOOD UREA NITROGEN	12.3	mg/dL	8.0 - 23.0	Calculated
CREATININE	1.08	mg/dL	0.6-1.1	ENZYMATIC METHOD
BUN / CREATININE RATIO	11.38			Calculated
Test Name	Result	Unit	Bio. Ref. Range	Method
CREATININE , SERUM	1.08	mg/dL	0.6-1.1	ENZYMATIC METHOD



  
 DR. APEKSHA MADAN  
 MBBS, DPM  
 PATHOLOGY

SIN No:SB04682656

Patient Name : Mr.BARID NAZMUDDIN MAGANAKE  
 Age/Gender : 23 Y 5 M 26 D/M  
 UHID/MR No : STAR.0000062305  
 Visit ID : STAROPY68852  
 Ref Doctor : Dr.SELF  
 Emp/Autiv/TPA ID : 709609727421

Collected : 30/Mar/2024 09:56AM  
 Received : 30/Mar/2024 02:34PM  
 Reported : 30/Mar/2024 06:26PM  
 Status : Final Report  
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF CLINICAL PATHOLOGY  
 ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
<b>COMPLETE URINE EXAMINATION (CUE) , URINE</b>				
<b>PHYSICAL EXAMINATION</b>				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	SLIGHTLY HAZY		CLEAR	Visual
pH	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.030		1.002-1.030	Dipstick
<b>BIOCHEMICAL EXAMINATION</b>				
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
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS
<b>CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY</b>				
PUS CELLS	2-3	/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 \*\*\*

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DR. APEKSHA MADAN  
 MBBS, DPG  
 PATHOLOGY

SIN No:UR2321736



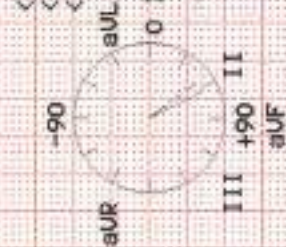
Measurement Results:

QRS : 100 ms  
 QT/QTcB : 432 / 405 ms  
 PR : 132 ms  
 p : 124 ms  
 RR/PP : 1124 / 1130 ms  
 P/QRS/T : 50/ 63/ 53 degrees

< P

< T

< QRS



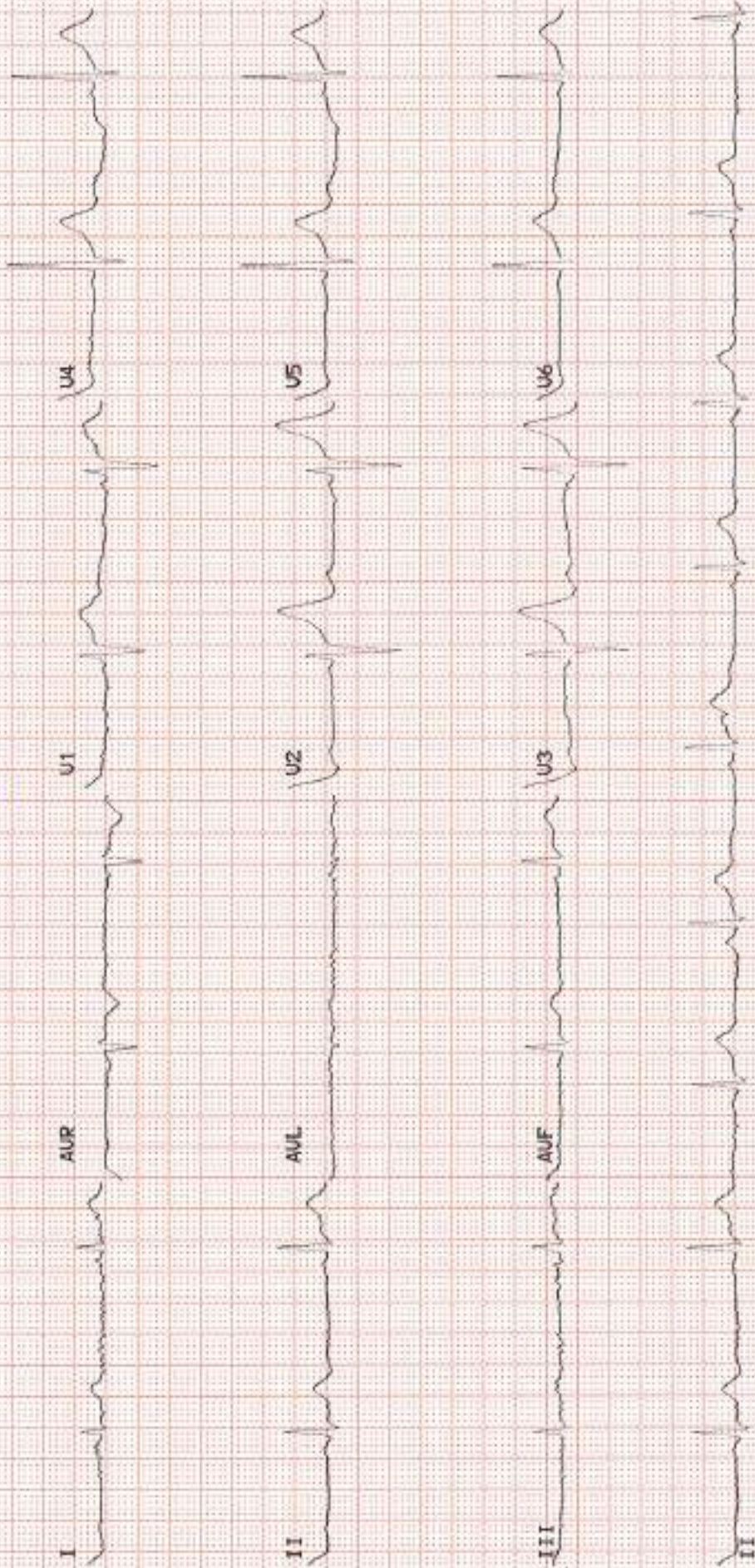
Interpretation:

12SL - Interpretation:  
 Sinus bradycardia  
 Otherwise normal ECG

**Dr. (Mrs.) CHHAYA P. VAJA**  
 M.D. (MUM)  
 Physician & Cardiologist  
 Reg No 56942



Unconfirmed report.





Patient Name	: Mr. BARID NAZMUDDIN MAGANAKE	Age	: 23 Y M
UHID	: STAR.0000062305	OP Visit No	: STAROPV68652
Reported on	: 01-04-2024 11:44	Printed on	: 01-04-2024 11:45
Adm/Consult Doctor	:	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:01-04-2024 11:44

---End of the Report---



**Dr. VINOD SHETTY**  
Radiology

**EYE REPORT**

Name: *Barid Maganake*

Date: *30/3/24*

Age / Sex: *23/M*

Ref No.:

Complaint: *Nil.*

*— shut. leg wnc —  
0.35:1  
FR +*

**Examination**

*Vn 6/9, N6*

**Spectacle Rx**

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

**Remarks:**

**Medications:**

Trade Name	Frequency	Duration

*[Signature]*

**Follow up:**

**Consultant:**

*Dr. Nasrat J. Bukhari (Mistry)*  
M.D., D.O.M.S. (GOLD MEDALIST)  
Reg. No. 2012/10/2914  
Mob:- 8850 1858 73

Mr. Barid  
ID 062305  
Age 23

Height 178cm  
Gender Male

Date 30.3.2024  
Time 11:29:38

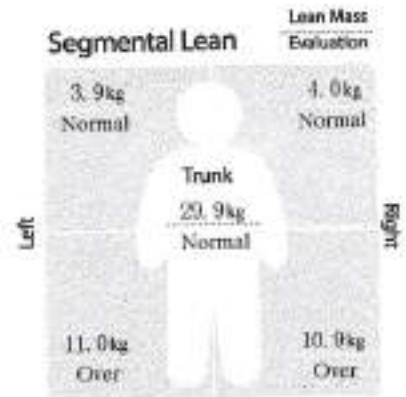
APOLLO SPECTRA HOSPITAL

## Body Composition

	Under	Normal	Over	units	Normal Range
Weight	40 50 60 70 80 90 100 110 120 130 140 150 160 170 180 190 200			kg	59.3 ~ 80.2
Muscle Mass <small>Skeletal Muscle Mass</small>	60 70 80 90 100 110 120 130 140 150 160 170			kg	29.9 ~ 36.5
Body Fat Mass	30 40 50 60 70 80 90 100 110 120 130 140 150 160 170 180 190 200			kg	8.4 ~ 16.7
TBW <small>Total Body Water</small>	51.5 kg (39.2 ~ 47.9)		FFM <small>Fat Free Mass</small>	70.3 kg (50.9 ~ 63.4)	
Protein	14.0 kg (10.5 ~ 12.8)		Mineral*	4.80 kg (3.63 ~ 4.43)	

\* Mineral is estimated.

## Segmental Lean



## Obesity Diagnosis

	Value	Normal Range
BMI <small>Body Mass Index</small> (kg/m <sup>2</sup> )	27.3	18.5 ~ 25.0
PBF <small>Percent Body Fat</small> (%)	18.8	10.0 ~ 20.0
WHR <small>Waist-Hip Ratio</small>	0.84	0.80 ~ 0.90
BMR <small>Basal Metabolic Rate</small> (kcal)	1889	1801 ~ 2119

## Nutritional Evaluation

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

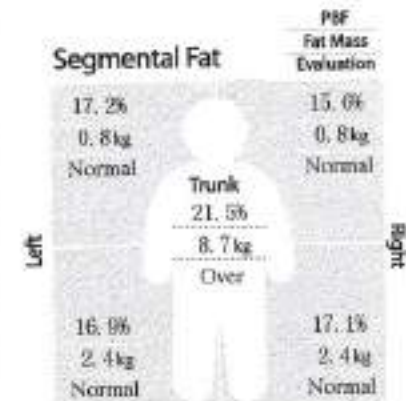
## Weight Management

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

## Segmental Fat



\* Segmental Fat is estimated.

## Muscle-Fat Control

Muscle Control	0.0 kg	Fat Control	- 3.9 kg	Fitness Score	87
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## Impedance

Z	RA	LA	TR	RL	LL
20Hz	268.9	282.4	22.6	218.6	213.9
100Hz	236.5	249.6	18.3	188.7	185.3

\* 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: 86.6 kg / Duration: 30min. / unit: kcal)							
Walking	Jogging	Bicycle	Swim	Mountain Climbing	Aerobic		
173	303	260	303	282	303		
Table tennis	Tennis	Football	Oriental Fencing	Gate ball	Badminton		
196	260	303	433	165	196		
Racket ball	Tae-kwon-do	Squash	Basketball	Rope Jumping	Golf		
433	433	433	260	303	152		
Push-ups <small>(movement of upper body)</small>	Sit-ups <small>(abdominal muscle training)</small>	Weight training <small>(reduce pressure)</small>	Dumbbell exercise <small>(muscle strength)</small>	Elastic band <small>(muscle strength)</small>	Squats <small>(strengthening of lower body muscle)</small>		

### 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

2500 kcal

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