

CONCLUSION OF HEALTH CHECKUP

ECU Number : 8451	MR Number : 23225760	Patient Name: JYOTIPUSPA PUTHAL
Age : 30	Sex : Female	Height : 160
Weight : 64.8	Ideal Weight : 58	BMI : 25.31
Date : 13/01/2024		

Dyslipidemic

*Ans
Lipid Style Modification*



Dr. Manish Mittal

Internal Medicine

Note : General Physical Examination & routine Investigations included in the Health Checkup have certain limitations and may not be able to detect all the latent and asymptomatic diseases.

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Age : 30 Sex : Female Height : 160
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Date : 13/01/2024

Past H/O : NO P/H/O ANY MAJOR ILLNESS

Present H/O : HEADACHE WITH LOW GRADE FEVER SINCE 2 DAYS.

Family H/O : FATHER : DM

Habits : NO HABITS

Gen.Exam. : G.C.GOOD

B.P : 126/80

Pulse : 138

Others : SPO2 98 %

C.V.S : NAD

R.S. : NAD

Abdomen : NP

Spleen : NP

Skin : NAD

C.N.S : NAD

Advice :

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Patient Name: JYOTIPUSPA PUTHAL
Height : 160
BMI : 25.31

Ophthalmic Check Up :

Right

Left

Ext Exam

NIL

Vision Without Glasses

6/6 N.5

6/6 N.5

Vision With Glasses

NA

NA

Final Correction

NA

NA

Fundus

NORMAL

Colour Vision

NORMAL

Advice

NIL

Orthopaedic Check Up :

Ortho Consultation

Ortho Advice

ENT Check Up :

Ear

Nose

Throat

Hearing Test

ENT Advice

General Surgery Check Up :

General Surgery

Abdominal Lump

Hiernia

External Genitals

PVR

Proctoscopy

Any Other

Surgical Advice

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Gynaec Check Up :

OBSTETRIC HISTORY ML-1 YRS
MENSTRUAL HISTORY
PRESENT MENSTRUAL CYCLE LMP-26-12-2023
PAST MENSTRUAL CYCLE REGULAR
CHIEF COMPLAINTS
PA SOFT
PS Cx-(N) Vg-(N)
PV UT NS Fx CLEAR
BREAST EXAMINATION RIGHT NORMAL
BREAST EXAMINATION LEFT NORMAL
PAPSMEAR
BMD
MAMMOGRAPHY
ADVICE FOLLOW UP WITH REPORTS

Dietary Assesment

ECU Number : 8451 MR Number : 23225760 Patient Name: JYOTIPUSPA PUTHAL
Age : 30 Sex : Female Height : 160
Weight : 64.8 Ideal Weight : 58 BMI : 25.31
Date : 13/01/2024

Body Type : Normal / Underwight / Overwight

Diet History : Vegetarian / Eggetarian / Mixed

Frequency of consuming fried food : / Day / Week or occasional

Frequency of consuming Sweets : / Day / or occasional

Frequency of consuming outside food : / Day / Week or occasional

Amount of water consumed / day : Glasses / liters

Life style assessment :

Physical activity : Active / moderate / Sedentary / Nil

Alcohol intake : Yes / No

Smoking : Yes / No

Allergic to any food : Yes / No

Are you stressed out ? : Yes / No

Do you travel a lot ? : Yes / No

General diet instructions :

Have small frequent meals.

Avoid fatty products like oil, ghee, butter, cheese.

Take salt restricted diet and avoid table salt.

Consume fibrous food regularly like whole grains, Daliya, Oats, Bajra, Flex seeds, Pulses, Fruits and Salads.

Keep changing your cooking oil every three months.

Avoid Maida, Starchy foods and Bakery products.

Consume 1-2 servings of all fruits and vegetables, For Diabetic patients avoid Mango, Chikoo, Banana, Grapes and Custurd apple

Dring 3 to 4 liters (12 - 14 glass) of water daily.

Eat Beetroots, Figs, Almond, Walnut, Dates, Leafy vegetables, roasted Channa and Jeggary (Gur) for Heamoglobin in case of diabetic patient avoid Rasins, Dates and Jeggary

Drink green Tea or black Coffee once in a day.

Do brisk walking daily.

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mrs. JYOTIPUSPA PUTHAL
Gender / Age : Female / 30 Years 6 Months 6 Days
MR No / Bill No. : 23225760 / 242072344
Consultant : Dr. Manish Mittal
Location : OPD

Type : OPD
Request No. : 191201
Request Date : 13/01/2024 11:24 AM
Collection Date : 13/01/2024 11:30 AM
Approval Date : 13/01/2024 05:36 PM

Pap Smear

Test	Result	Units	Biological Ref. Range
Pap Smear	Pap Smear Screening Report / Cervico-Vaginal Cytology...		
	Cyto No : P/107/24 Received at 1:30 pm.		
	Clinical Details : No complain P/V findings : Cx.- NAD / Vg. - White discharge. LMP : 20/12/2023		
	TBS Report / Impression : * Satisfactory for evaluation; transformation zone components identified. * Mild acute inflammatory cellularity. No evidence of T. vaginalis / Fungal elements. * No epithelial cell abnormality favouring squamous intraepithelial lesion or frank malignancy (NILM).		

Test Results are dependent on number of variables & technical limitations. Hence, it is advised to correlate with clinical findings and/or retest if necessary before any firm opinion is made. Retest may be requested.

Note / Method :

The material received in LBC container, cytosmear was stained by rapid pap method and reported with due consideration to The Bethesda system (Modified 2014)

---- End of Report ----

Dr. Rakesh Vaidya
MD (Path). DCP.



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 Approval Date : 13/01/2024 03:19 PM

CBC + ESR

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	12.9	gm/dL	12 - 15
Red Blood Cell Count (T-RBC)	4.57	mill/cmm	3.8 - 4.8
Hematocrit (HCT)	41.2	%	36 - 46
Mean Corpuscular Volume (MCV)	90.2	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	28.2	pg	27 - 32
MCH Concentration (MCHC)	31.3	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	13.2	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	43.3	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	9.31	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	68	%	40 - 80
Lymphocytes	26	%	20 - 40
Eosinophils	2	%	1 - 6
Monocytes	4	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	6.30	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	2.43	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.17	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.36	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.05	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.4	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	340	thou/cmm	150 - 410
Remarks	This is cell counter generated CBC report, Smear review is not done		
ESR	15	mm/1 hr	0 - 12

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Gender / Age : Female / 30 Years 6 Months 6 Days
MR No / Bill No. : **23225760 / 242072344**
Consultant : Dr. Manish Mittal
Location : **OPD**

Type : OPD
Request No. : **191201**
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CBC + ESR

Immature Granulocyte (IG) count is a useful early marker of infection or inflammation, even when other markers are normal. It is an early and rapid discrimination of bacterial from viral infections. It is also increased in patients on steroid therapy / chemotherapy or haematological malignancy. High IG is always pathological; except in pregnancy and neonates of < 7 days.
Method : HB by Non-Cyanide Hemoglobin analysis method. HCT by RBC pulse height detection method. RBC, TLC & PLC are by Particle Count by Electrical Impedance in Cell Counter by Fluorescent flow cytometry using a semi-conductor laser and hydrodynamic focusing in dedicated channels. Optical Platelets by Fluorescent + Laser Technology. MCV, MCH, MCHC, RDW (CV & SD) are calculated parameter. DLC by Flowcytometry method using semi-conductor Laser+Smear verification.

SR on ESL-30, comparable to Westergrens method and in accordance to ICSH reference method.

--- End of Report ---

Dr. Ameet Soni
MD (Path)

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Approval Date : 13/01/2024 03:16 PM

Haematology

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
Blood Group			
ABO system	B		
Rh system.	Positive		

By Gel Technology / Tube Agglutination Method

Note :

- This blood group has been done with new sensitive Gel Technology using both Forward and Reverse Grouping Card with Autocont
- This method check's group both on Red blood cells and in Serum for "ABO" group.

---- End of Report ----

Dr. Ameer Soni
MD (Path)

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Fasting Plasma Glucose

Test	Result	Units	Biological Ref. Range
Fasting Plasma Glucose			
Fasting Plasma Glucose	91	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	113	mg/dL	70 - 140

By Hexokinase method on EXL Dade Dimension

---- End of Report ----

Dr. Rakesh Vaidya
MD (Path). DCP.

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Complete Lipid Profile

Test	Result	Units	Biological Ref. Range
Complete Lipid Profile			
Appearance	Clear		
Triglycerides <i>(Done by Lipase /Glycerol kinase on Vitros 5600)</i> < 150 Normal 150-199 Borderline High 200-499 High > 499 Very High	195	mg/dL	1 - 150
Total Cholesterol <i>(Done by Colorimetric - Cholesterol Oxidase, esterase, peroxidase on Vitros 5600.)</i> <200 mg/dL - Desirable 200-239 mg/dL - Borderline High > 239 mg/dL - High	221	mg/dL	1 - 200
HDL Cholesterol <i>(Done by Colorimetric: non HDL precipitation method PTA/MgCl2 on Vitros 5600)</i> < 40 Low > 60 High	51	mg/dL	40 - 60
Non HDL Cholesterol (calculated) <i>(Non- HDL Cholesterol)</i> < 130 Desirable 139-159 Borderline High 160-189 High > 191 Very High	170	mg/dL	1 - 130
LDL Cholesterol <i>(Done by Enzymatic (Two Step CHE/CHO/POD) on Vitros 5600)</i> < 100 Optimal 100-129 Near / above optimal 130-159 Borderline High 160-189 High > 189 Very High	129	mg/dL	1 - 100
VLDL Cholesterol (calculated)	39	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	2.53		2.1 - 3.5
T. Ch./HDL Ch. Ratio <i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>	4.33		3.5 - 5

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--- End of Report ---

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MD (Path), DCP.



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DEPARTMENT OF LABORATORY MEDICINE

Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
Triiodothyronine (T3)	1.20	ng/ml	
<i>(Done by CLIA based method on automated immunoassay Vitros 5600.)</i>			
<i>Reference interval (ng/ml)</i>			
1 - 3 days	: 0.1 - 7.4		
1-11 months	: 0.1 - 2.45		
1-5 years	: 0.1 - 2.7		
6-10 years	: 0.9 - 2.4		
11-15 years	: 0.8 - 2.1		
16-20 years	: 0.8 - 2.1		
Adults (20 - 50 years)	: 0.7 - 2.0		
Adults (> 50 years)	: 0.4 - 1.8		
Pregnancy (in last 5 months)	: 1.2 - 2.5		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroxine (T4)	8.40	mcg/dL	
<i>(Done by CLIA based method on automated immunoassay Vitros 5600.)</i>			
<i>Reference interval (mcg/dL)</i>			
1 - 3 days	: 11.8 - 22.6		
1- 2 weeks	: 9.8 - 16.6		
1 - 4 months	: 7.2 - 14.4		
4 - 12 months	: 7.8 - 16.5		
1-5 years	: 7.3 - 15.0		
5 - 10 years	: 6.4 - 13.3		
10 - 20 years	: 5.6 - 11.7		
Adults / male	: 4.6 - 10.5		
Adults / female	: 5.5 - 11.0		
Adults (> 60 years)	: 5.0 - 10.7		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroid Stimulating Hormone (US-TSH)	1.16	microIU/ml	
<i>(Done by CLIA based method on automated immunoassay Vitros 5600.)</i>			
<i>Reference interval (microIU/ml)</i>			
Infants (1-4 days)	: 1.0 - 39		
2-20 weeks	: 1.7 - 9.1		
5 months - 20 years	: 0.7 - 6.4		
Adults (21 - 54 years)	: 0.4 - 4.2		
Adults (> 55 years)	: 0.5 - 8.9		
Pregnancy :			
1st trimester	: 0.3 - 4.5		
2nd trimester	: 0.5 - 4.6		
3rd trimester	: 0.8 - 5.2		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			

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— End of Report —

Dr. Rakesh Vaidya
MD (Path). DCP.



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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mrs. JYOTIPUSPA PUTHAL Type : OPD
 Gender / Age : Female / 30 Years 6 Months 6 Days Request No. : 191201
 MR No / Bill No. : 23225760 / 242072344 Request Date : 13/01/2024 11:24 AM
 Consultant : Dr. Manish Mittal Collection Date : 13/01/2024 11:30 AM
 Location : OPD Approval Date : 13/01/2024 03:33 PM

HbA1c (Glycosylated Hb)

Test	Result	Units	Biological Ref. Range
HbA1c (Glycosylated Hb)			
Glycosylated Heamoglobin (HbA1c)	5.2	%	
estimated Average Glucose (e AG) *	102.54	mg/dL	

(Method:

By Automated HPLC analyser on D-10 Biorad. NGSP Certified, US-FDA approved, Traceable to IFCC reference method.

* Calculated valued for past 60 days, derived from HbA1c %, based on formula recommended by the A1c - Derived Average Glucose study from ADA and EASD funded The ADAG trial.

Guidelines for Interpretation:

Indicated Glycemic control of previous 2-3 months

HbA1c%	e AG (mg/dl)	Glycemic control
> 8	> 183	Action suggested...High risk of developing long-term complications. Action suggested, depends on individual patient circumstances
7 - 8	154 - 183	Good
< 7	< 154	Goal...Some danger of hypoglycemic reaction in type I Diabetics. Some Glucose intolerant individuals and Sub-Clinical diabetics may demonstrate (elevated) HbA1c in this area.
6 - 7	126 - 154	Near Normal
< 6	< 126	Nondiabetic level)

--- End of Report ---

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MD (Path). DCP.

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MR No / Bill No. : 23225760 / 242072344
Consultant : Dr. Manish Mittal
Location : OPD

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Type : OPD
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Renal Function Test (RFT)

Test	Result	Units	Biological Ref. Range
Urea <i>(Done by Endpoint/Colorimetric - Urease on Vitros 5600)</i>	12	mg/dL	10 - 45
BUN	5.61	mg/dL	5 - 21
Creatinine <i>(By Modified Kinetic Jaffe Technique)</i>	0.53	mg/dL	0.6 - 1.1
Estimate Glomerular Filtration rate <i>(Ref. range : > 60 ml/min for adults between age group of 18 to 70 yrs. eGFR Calculated by IDMS Traceable MDRD Study equation. Reporting of eGFR can help facilitate early detection of CKD. By Modified Kinetic Jaffe Technique)</i>	More than 60		
Uric acid <i>(Done by Colorimetric - Uricase, Peroxidase on Vitros 5600)</i>	3.7	mg/dL	2.2 - 5.8

— End of Report —

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Location : **OPD**

Type : OPD
Request No. : **191201**
Request Date : 13/01/2024 11:24 AM
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Approval Date : 13/01/2024 03:34 PM

Liver Function Test (LFT)

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
Bilirubin			
Bilirubin - Total	0.80	mg/dL	0 - 1
Bilirubin - Direct	0.27	mg/dL	0 - 0.3
Bilirubin - Indirect	0.53	mg/dL	0 - 0.7
<i>(Done by Dual Wavelength - Reflectance Spectrophotometry on Vitros 5600)</i>			
Aspartate Aminotransferase (SGOT/AST)	22	U/L	13 - 35
<i>(Done by Multipoint Rate Colorimetric with P-5-P on Vitros 5600)</i>			
Alanine Aminotransferase (SGPT/ALT)	17	U/L	14 - 59
<i>(Done by Multipoint-Rate/Colorimetric with P-5-P (pyridoxa-5-phosphate) on Vitros 5600)</i>			
Alkaline Phosphatase	92	U/L	42 - 98
<i>(Done by Multipoint-Rate - p-nitrophenyl Phosphate, AMP buffer on Vitros 5600)</i>			
Gamma Glutamyl Transferase (GGT)	12	U/L	5 - 55
<i>(Done by Multipoint Rate - L-γ-glutamyl-p-nitroanilide on Vitros 5600)</i>			
Total Protein			
Total Proteins	8.53	gm/dL	6.4 - 8.2
Albumin	5.27	gm/dL	3.4 - 5
Globulin	3.26	gm/dL	3 - 3.2
A : G Ratio	1.62		1.1 - 1.6
<i>(Done by Biuret endpoint and Bromocresol green method on vitros 5600.)</i>			

--- End of Report ---

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Urine routine analysis (Auto)

Test	Result	Units	Biological Ref. Range
Physical Examination			
Quantity	30	mL	
Colour	Pale Yellow		
Appearance	Clear		
Chemical Examination (By Reagent strip method)			
pH	6.5		
Specific Gravity	1.006		
Protein	Negative	gm/dL	0 - 5
Glucose	Negative	mg/dL	0 - 5
Ketones	Negative		0 - 5
Bilirubin	Negative		Negative
Urobilinogen	Negative		Negative (upto 1)
Blood	Negative		Negative
Leucocytes	Negative		Negative
Nitrite	Negative		Negative
Microscopic Examination (by Microscopy after Centrifugation at 2000 rpm for 10 min or on fully automated Sysmex urine sedimentation analyzer UF4000)			
Red Blood Cells	0 - 1	/hpf	0 - 2
Leucocytes	0 - 1	/hpf	0 - 5
Epithelial Cells	0 - 1	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil	/hpf	Nil
Mucus	Absent	/hpf	Absent
Organism	Absent		

--- End of Report ---

Dr. Ameet Soni
MD (Path)



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Mammography

Interventional Radiology

Digital Subtraction Angiography (DSA)

Foetal Echocardiography

Echocardiography

4D USG & Doppler

DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 23225760 Report Date : 13/01/2024

Request No. : 190097425 13/01/2024 11.24 AM

Patient Name : Mrs. JYOTIPUSPA PUTHAL

Gender / Age : Female / 30 Years 6 Months 6 Days

X-Ray Chest AP

Both lung fields are clear.
Both costophrenic sinuses appear clear.
Heart size is normal.
Hilar shadows show no obvious abnormality.
Aorta is normal.

• ULTRA SONOGRAPHY CANNOT DETECT ALL ABNORMALITIES
• NOT VALID FOR MEDICO-LEGAL PURPOSES
• CLINICAL CORRELATION RECOMMENDED

Dr. Priyanka Patel, MD.

Consultant Radiologist





DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 23225760 Report Date : 13/01/2024
Request No. : 190097430 13/01/2024 11.24 AM
Patient Name : Mrs. JYOTIPUSPA PUTHAL
Gender / Age : Female / 30 Years 6 Months 6 Days

USG : Abdomen (Excluding Pelvis) Or Upper Abdomen

Liver is normal in size and echo pattern. No mass lesion identified. The hepatic veins are clear and patent. PV patent. No dilated IHBR.

Gall bladder is well distended and shows no obvious abnormality. Common bile duct measures 4 mm in diameter.

Pancreas shows no obvious abnormality. Tail obscured.
Spleen is normal size and echo pattern.

Both kidneys are normal in shape and position. Normal echogenicity and cortico medullary differentiation is noted. No hydronephrosis or mass lesion seen.

No ascites.

COMMENT:

- **No obvious abnormality seen.**

Kindly correlate clinically

ULTRA SONOGRAPHY CANNOT DETECT ALL ABNORMALITIES
NOT VALID FOR MEDICO-LEGAL PURPOSES
CLINICAL CORRELATION RECOMMENDED

**Dr. Harsh Sanjay Vyas, D N
B
Consultant Radiologist**



Patient No. : 23225760 Report Date : 13/01/2024
Request No. : 190097417 13/01/2024 11.24 AM
Patient Name : Mrs. JYOTIPUSPA PUTHAL
Gender / Age : Female / 30 Years 6 Months 6 Days

Echo Doppler Screening

MITRAL VALVE : NORMAL
AORTIC VALVE : TRILEAFLET, NORMAL
TRICUSPID VALVE : NORMAL, NO TR, NO PAH
PULMONARY VALVE : NORMAL
LEFT ATRIUM : NORMAL
AORTA : NORMAL
LEFT VENTRICLE : NORMAL, NO REGIONAL WALL MOTION ABNORMALITY,
LVEF=60-65%
RIGHT ATRIUM : NORMAL
RIGHT VENTRICLE : NORMAL
I.V.S. : INTACT
I.A.S. : INTACT
PULMONARY ARTERY : NORMAL
PERICARDIUM : NORMAL

COLOUR/DOPPLER FLOW MAPPING : NO AR, MR, TR, NO PAH

FINAL CONCLUSION:

1. ALL CARDIAC CHAMBERS ARE NORMAL IN DIMENSIONS
2. NO REGIONAL WALL MOTION ABNORMALITY AT REST
3. NORMAL LV SYSTOLIC FUNCTION, LVEF=60-65%
4. NORMAL VALVES
5. NO LV DIASTOLIC DYSFUNCTION
6. NO AR, MR, TR, NO PULMONARY HYPERTENSION , (IVC COLLAPSING)
7. NO PERICARDIAL EFFUSION, CLOT VEGETATION.

Dr. KILLOL KANERIA MD, DM
Consultant Cardiologist

Name **Jyotipuspa puthal**
Patient ID **Ecu/23225760**

13.01.2024 12:16:31
Standard 12-Lead

BHAILAL AMIN GENERAL HOSPITAL

Age **030Y**
Gender **Female**

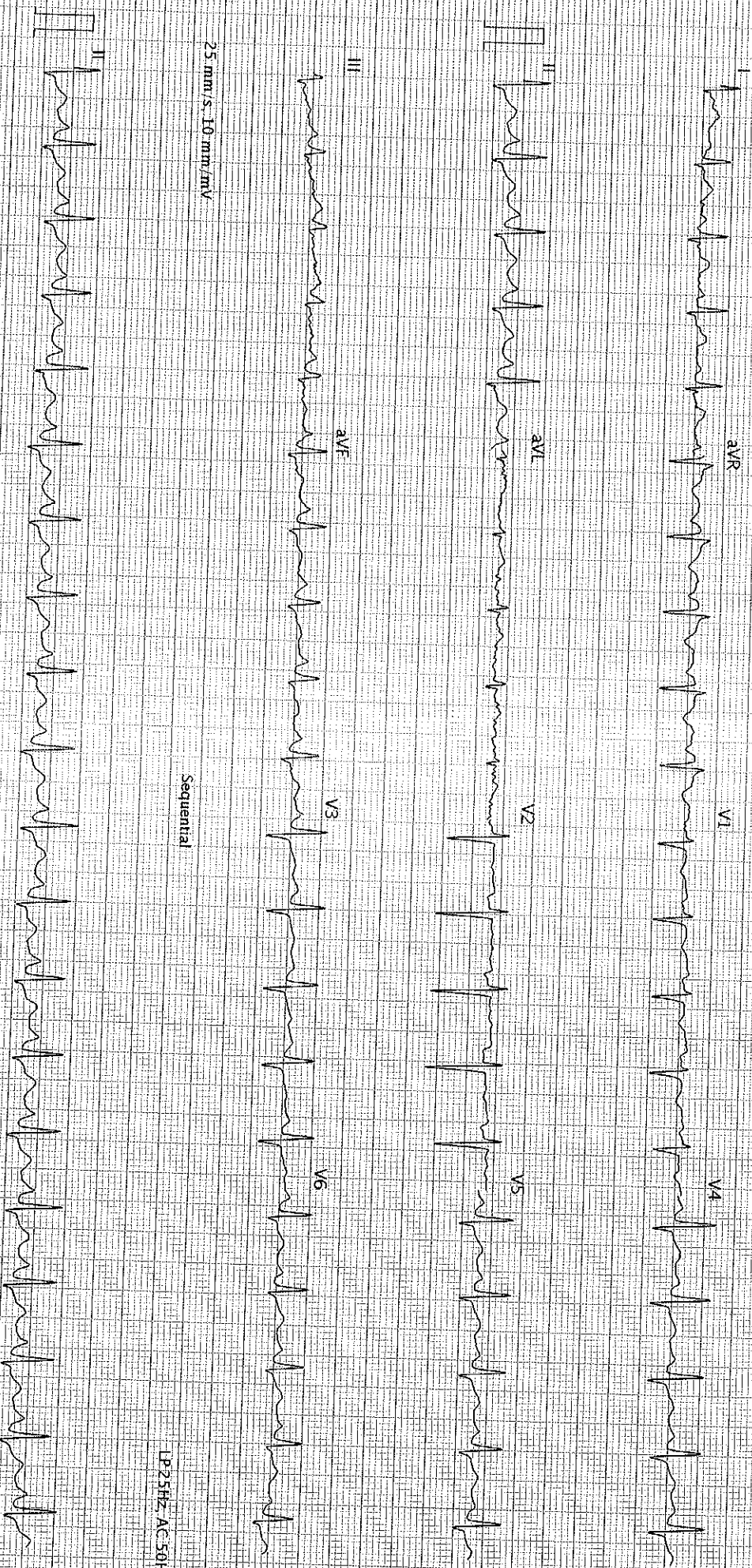
Ref. phys.

Pacemaker **Unknown**

Remark

HR	117 bpm	RR	514 ms
P axis	62°	PR	94 ms
QRS axis	55°	QRS	132 ms
T axis	39°	QT	79 ms
		QTc	305 ms
			425 ms

Unconfirmed report



25 mm/s, 10 mm/mV

Sequential

LP25Hz AC 50Hz

25 mm/s, 10 mm/mV
AI-102 (2.0) (1080 DT1030)

SCHILLER

BHAILAL AMIN GENERAL HOSPITAL - Printed on 13-01-2024 12:16:44

LP25Hz AC 50Hz