


MER- MEDICAL EXAMINATION REPORT

Date of Examination	23/12/23		
NAME	ABHISMA KAWAL		
AGE	31	Gender	F.
HEIGHT(cm)	160	WEIGHT (kg)	57 Bmi: 22.3
B.P.	110/74		
ECG	Normal		
X Ray	Normal		
Vision Checkup	Using Power Glasses for distance vision		
Present Ailments	None		
Details of Past ailments (If Any)	None		
Comments / Advice : She /He is Physically Fit	MEDICALLY FIT		


 Dr. Shikha Rastogi
 MBBS, DCP
 Reg. No. 37370
 Signature with Stamp of Medical Examiner



Dear sir

You have been informed that ent ophthal ,diet consultation facility is not available at our centre.

If you are ready then your test can be start.

2D echo test facility is not available at our centre instead we do TMT test .

Abhishek



CLINIC :

1/4A, Vineet Khand, (Opp Jaipuria Management)
Gomti Nagar, Lucknow - 226 010
Ph.: 0522-4008184, 4308184 • 8112323230
Mob.: 7618884441, 9450389932, 8177063877

Date	: 23-Dec-2023		
Name	: Mrs. ABHISHA KAUSHAL	Age	: 31 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Female

Haemoglobin	14.8	gm%	11 - 14
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Total Leucocyte Count	7600	Cells/cumm.	4000-11000
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Differential Leucocyte Count			
Polymorphs	61	%	45 - 70
Lymphocytes	29	%	20 - 45
Eosinophils	04	%	0 - 6
Monocytes	06	%	0 - 8
Basophils	00	%	0 - 1

Erythrocyte Sedimentation Rate (Wintrobe)			
ESR	06	mm in 1st Hr.	0 - 19
PCV	45.4	cc%	40 - 52
Corrected ESR	02	mm in 1st Hr.	0 - 19

Platelet Count	3.16	lakh/cumm.	1.5 - 4.0
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Red Cells Count	4.58	million/cmm	3.90 to 4.60
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Absolute values			
MCV	96.9	fL	77 - 97
MCH	30.2	pg	27 - 31
MCHC	32.6	gm /dl	31 - 34

Date	: 23-Dec-2023		
Name	: Mrs. ABHISHA KAUSHAL	Age	: 31 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Female

General Blood Picture

RBCs	RBCs are Normocytic & Normochromic. No Normoblasts are seen.
WBCs	TLC is within normal range. DLC shows normal counts. No immature cells of WBC seen.
PLATELETS	Platelets are adequate in number and morphology.
OTHERS	No haemoparasites are seen.
IMPRESSION	Normal GBP

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Date	: 23-Dec-2023		
Name	: Mrs. ABHISHA KAUSHAL	Age	: 31 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Female

Urine Sugar (Fasting)	NIL		
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Urine Sugar (PP)	NIL		
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KFT			
UREA	20.5	mg %	15 - 50
GREATININE	1.02	mg %	0.5 - 1.5
URIC ACID	4.9	mg %	2 - 6
CALCIUM	9.4	mg %	8.8 - 10.0

Plasma Glucose - F GOD-POD Method	97	mg/dl	70 - 110
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Plasma Glucose - PP GOD POD Method	118	mg/dl	110 - 170
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Blood Group & Rh	"O" Negative		
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LFT T&D			
Total Bilirubin	0.57	mg%	0.2 - 1.0
Direct Bilirubin	0.26	mg%	0.0 to 0.40
Indirect Bilirubin	0.31	mg%	0.10 to 0.90
S.G.P.T	53	IU/L	5 - 40
S.G.O.T	44	IU/L	5 - 50
ALP	95	IU/L	35 to 104

Serum Gamma G.T.	22	IU/L	11 - 50
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M.B.B.S., DCP, CRIAT (BARC)

Dr. Smita Rastogi
Contd... M.B.B.S., DCP

Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

SAMPLE COLLECTION FACILITY AVAILABLE

Report needs clinicopathological correlation ♦ Not for Medico Legal Purpose

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Date	: 23-Dec-2023	Age	: 31 Yrs.
Name	: Mrs. ABHISHA KAUSHAL	Sex	: Female
Ref.By	: APOLLO HEALTH		

Urine Examination

PHYSICAL		
Colour	Straw	
Turbidity	Nil	
Deposit	Nil	
Reaction	Acidic	
*Specific Gravity	1.030	
CHEMICAL		
Protein	Nil	
Sugar	Nil	
*Bile Salts	Nil	
*Bile Pigments	Nil	
Phosphate	Nil	
MICROSCOPIC		
Pus Cells	Nil	/hpf
Epithelial Cells	Few	/hpf
Red Blood Cells	Nil	/hpf
Casts	Nil	
Crystals	Nil	
Others	Nil	

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Date	: 23-Dec-2023	Age	: 31 Yrs.
Name	: Mrs. ABHISHA KAUSHAL	Sex	: Female
Ref.By	: APOLLO HEALTH		

LIPID PROFILE

Triglycerids	65	mg%	70 - 190
S. Cholestrol S.	177	mg%	130 - 230
S. HDL Cholestrol	40.6	mg%	35 - 75
S. LDL Cholestrol	123.4	mg%	75 - 150
VLDL	13	mg%	0 - 34
Chol / HDL factor	4.36		
LDL / HDL Factor	3.04		

COMMENTS

- * Triglycerides (TG) are the main dietary lipids. Cholesterol constitutes a small part of the dietary lipids, it is mostly synthesised in the liver. Both TG and Chol. are transported through the plasma by lipoproteins (Chylomicrons, VLDL, LDL, IDL, HDL).
- * LDL is the major cholesterol particle in plasma and high levels are strongly implicated in the formation of atheroma. An increase in the LDL leads to hypercholesterolemia, and therefore a risk factor for IHD. LDL increases with age particularly in females. Oestrogen lower LDL and raise HDL. Raised chol. in females is mostly due to disturbed thyroid function.
- * Increase in VLDL leads to hyperglyceridaemia. Raised TGs are associated with increased risk of CHD. Very high TGs increase the risk of Pancreatitis. Cholesterol is often raised due to Diabetes, Renal disease, Diuretic or Betablocker therapy.

TYPES OF HYPERLIPOPROTEINEMIAS

TYPE 1: Normal cholesterol TG greatly raised	TYPE 3: Cholesterol increased TG increased
TYPE 2a: Cholesterol increased LDL increased TG normal	TYPE 4: Cholesterol normal /increased VLDL increased TG increased
TYPE 2b Chol. increased VLDL raised TG increased LDL increased	TYPE 5: Cholesterol increased LDL reduced VLDL increased TG greatly increased



MODERN PATHOLOGY & DIAGNOSTIC CENTRE

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Date : 23-Dec-2023
Name : **Mrs. ABHISHA KAUSHAL** Age : 31 Yrs.
Ref.By : APOLLO HEALTH Sex : Female

THYROID TEST

Tri-iodothyronine (T3)	1.70	nmol/L	0.50 to 2.50
Thyroxine (T4)	8.30	mcg/dL	5.0 to 12.5
Thyroid Stimulating Hormone (TSH)	3.72	mIU/ ml	0.3 to 6.0

COMMENTS

- 1) Primary hyperthyroidism is accompanied by elevated Serum T3 and T4 values along with depressed TSH levels.
- 2) Primary Hypothyroidism is accompanied by depressed serum T3 and T4 values and elevated serum TSH levels.
- 3) Normal T4 levels accompanied by high T3 levels are seen in patients with T3 thyrotoxicosis.
- 4) Slightly elevated T3 levels may be found in pregnancy and estrogen therapy, while depressed levels maybe encountered in severe illness, malnutrition, renal failure and during therapy with drugs like propranolol and propylthiouracil.
- 5) Elevated TSH levels may also be indicative of TSH secreting Pituitary Tumour.

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Dr. Smriti Rastogi
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Date : 23-Dec-2023
Name : **Mrs. ABHISHA KAUSHAL** Age : 31 Yrs.
Ref.By : APOLLO HEALTH Sex : Female

Glycosylated Haemoglobin

Glycosylated Haemoglobin 5.7 % 4.5 TO 6.0

INTERPRETATION AND COMMENTS

NON DIABETIC : 4.5 to 6.0 %
GOOD CONTROL: 6.0 to 7.0
FAIR CONTROLLED 7.0 AND 8.0
UNCONTROLLED 8.0 AND ABOVE

Glycosylated haemoglobin is the adducted glucose in the haemoglobin of the red blood cells, this adduction is stable for the life time of the RBC (i.e 120 days). There fore the measure of glycosylated haemoglobin reflects the average blood glucose concentration over the preseding several weeks. The sudden change in blood glucose level would not effect the glycosylated haemoglobin level ,which serves as a better marker of long term metabolic control and the efficacy of therapy.

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TEST REQUEST ID :012312230048	SAMPLE DATE	:23/Dec/2023 11:41AM
NAME :Mrs. ABHISHA KAUSHAL	SAMPLE REC. DATE	:23/Dec/2023 11:41AM
AGE/SEX :31 YRS/FEMALE	REPORTED DATE	:23/Dec/2023 02:24PM
REFERRED BY :Apollo Health and Lifestyle Limited,	BARCODE NO	:01230048

XRAY CHEST PA

- Trachea is central in position.
- Bilateral lung fields are normally aerated.
- Both hilar shadows are normal.
- Both C.P. angles are clear.
- Cardiac shadow is within normal limits.
- Bony cage appears normal.

OPINION: NORMAL STUDY.

Please correlate clinically.

*** End Of Report ***

Dr. Sanjay Rastogi
M.B.B.S., DCP, CRIAT (BARC)

DR. PANKAJ UPADHYAYA

Dr. Smita Rastogi
M.B.B.S., DCP

Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

SAMPLES FOR ANALYSIS AVAILABLE

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TEST REQUEST ID :012312230048	SAMPLE DATE	:23/Dec/2023 11:41AM
NAME :Mrs. ABHISHA KAUSHAL	SAMPLE REC. DATE	:23/Dec/2023 11:41AM
AGE/SEX :31 YRS/FEMALE	REPORTED DATE	:23/Dec/2023 01:29PM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01230048

USG WHOLE ABDOMEN-FEMALE

Liver: is normal in size (143 mm). **Parenchymal echogenicity is increased.** No focal echovariant lesion is seen. Intrahepatic biliary radicles are not dilated.

Gall Bladder: is well distended. **Single echogenic calculus with dense distal shadowing is seen in lumen, 16 mm in size.** Wall is of normal thickness.

CBD: is normal in diameter 2.5 mm. Portal vein is normal in diameter.

Pancreas: is normal in size, shape and echotexture. No focal echovariant lesion is seen. Pancreatic duct is not dilated.

Spleen: is normal in size (88 mm), shape and echotexture. No focal echovariant lesion is seen. Splenic vein is normal.

Both Kidneys: are normal in size (RK- 98 x 43 mm & LK – 105 x 45 mm), shape, position, excursion. Parenchymal echogenicity and echotexture is normal with maintained corticomedullary differentiation. No mass, cyst, or calculi is seen. Pelvicalyceal systems are not dilated. Ureters are not dilated.

Urinary bladder: is well distended. Lumen is anechoic. Wall is of normal thickness. No mass or calculus is seen. Bilateral VUJ are clear.

Uterus is normal in size (61 x 42 x 40 mms), shape and echotexture. It is anteverted.

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Consultant Radiologist

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TEST REQUEST ID :012312230048	SAMPLE DATE	:23/Dec/2023 11:41AM
NAME :Mrs. ABHISHA KAUSHAL	SAMPLE REC. DATE	:23/Dec/2023 11:41AM
AGE/SEX :31 YRS/FEMALE	REPORTED DATE	:23/Dec/2023 01:29PM
REFERRED BY : Apollo Health and Lifestyle Limited.	BARCODE NO	:01230048

Myometrium is homogenous. No focal mass is seen. Endometrial thickness is normal 11.9 mm. There is no evidence of gestational sac. Cervix appears normal in size, shape and echotexture. No evidence of collection in cervical canal.

Bilateral Ovaries and adnexae Both ovaries are normal in size (RO - 28 x 28 mms & LO - 26 x 25 mms) shape and echotexture. No adnexal solid or cystic mass lesion is seen.


Both iliac fossae are clear. No obvious bowel pathology is noted. There is no free fluid in peritoneal cavity.

OPINION:-

- GRADE-II FATTY LIVER
- CHOLELITHIASIS.

*** End Of Report ***

Dr. Sanjay Rastogi
M.B.B.S., DCP, CRIAT (BARC)


DR. PANKAJ UPADHYAYA
Consultant Radiologist

Dr. Smita Rastogi
M.B.B.S., DCP

Printed Results adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

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SAMPLE DATE : 24/12/2023
NAME : Mrs Abhisha Kushal
AGE/SEX : 31/YRS/FEMALE
REFERRED BY : Apollo Health

Test Name	Result	Bio. Ref. Range	Unit
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CLINICAL PATHOLOGY TEST REPORT

PAP

GROSS:

Smears collected from the ecto and the endo cervix. Slides prepared and stained with PAP stain.

MICROSCOPIC:

Smears studied show adequate representing material, comprising mainly of squamous epithelial cells. These cells have abundant pale pink eosinophilic cytoplasm and normal appearing round to oval nuclei. Smears from the endocervix show fair number of "stripped nuclei" of the endometrial cells. Occasional small cluster of the endometrial cells are seen. These cells have indistinct cellular borders, scanty basophilic cytoplasm and oval nuclei with clumped chromatin. Smears from both the sites are mildly infiltrated with inflammatory cells, mostly polymorphs

**IMPRESSION: SMEARS SUGGESTIVE OF NORMAL PAP SMEAR
WITH MODERATE INFLAMMATION**

*** End Of Report ***

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Patient name: Mrs Abhisha kaushal
Ref By. Apollo Health

Age/Sex 31/F
23/12/2023


E.C.G. REPORT

1. Rhythm	:	Sinus, Regular
2. Atrial Rate	:	94/mt
3. Ventricular Rate	:	94/mt
4. P – Wave	:	Normal
5. P R Interval	:	Normal
6. Q R S	:	
Axis	:	Normal
R/S Ratio	:	Normal
Configuration	:	Normal
7. Q T c Interval	:	Normal
8. S-T Segment	:	Normal
9. T-Wave	:	Normal

FINAL IMPRESSION

E.C.G. is within normal limits.

Dr. Sanjay Rastogi
M.B.B.S., DCP, CRIAT (BARC)


Signature of Doctor MD
Reg. No. 44559

Dr. Smita Rastogi
M.B.B.S., DCP

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Name ABHISHA KAUSHAL

Age Yrs M/F

10mm/mV

25mm/s

0.1-05 Hz BLD



Chitika




 Dr. AMIT SINGH
 MD
 Reg. No. 44559

MODERN PATHOLOGY AND DIAGNOSTIC CENTER

Gomti Nagar Lucknow

Report



ABHISHA KAUSHAL / 31 Yrs / F / 160 Cms / 57 Kg

Date: 23 - 12 - 2023 Refd By : APOLLO HEALTH Examined By:

Stage	Time	Duration	Speed(Kmph)	Elevation	METs	Rate	% THR	BP	RPP	PVC	Comments
Supine	00:03	0:03	00.0	00.0	01.0	091	48 %	110/74	100	00	
Standing	00:09	0:06	00.0	00.0	01.0	091	48 %	110/74	100	00	
HV	00:16	0:07	00.0	00.0	01.0	091	48 %	110/74	100	00	
ExStart	00:58	0:42	00.0	00.0	01.0	108	57 %	110/74	118	00	
BRUCE Stage 1	03:58	3:00	02.7	10.0	04.7	151	80 %	110/74	166	00	
BRUCE Stage 2	06:58	3:00	04.0	12.0	07.1	176	93 %	126/80	221	00	
PeakEx	07:05	0:07	00.0	00.0	07.2	183	97 %	138/92	252	00	
Recovery	08:05	1:00	00.0	00.0	01.1	151	80 %	134/90	202	00	
Recovery	09:05	2:00	00.0	00.0	01.0	135	71 %	130/86	175	00	
Recovery	10:05	3:00	00.0	00.0	01.0	129	68 %	124/82	159	00	
Recovery	10:14	3:10	00.0	00.0	01.0	130	69 %	122/80	158	00	

FINDINGS :

Exercise Time : 06:07
Max HR Attained : 183 bpm 97% of Target 189
Max BP Attained : 138/92 (mm/Hg)
Max WorkLoad Attained : 7.2 Fair response to induced stress
Test End Reasons : Test Complete

REPORT :

CONCLUSIONS:

1. STRESS TEST IS NEGATIVE FOR EXERCISE INDUCED ISCHAEMIC HEART DISEASE.


 Dr. AMIT KUMAR
 Reg. No. 41559

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BRUCE: Standing(0:07)

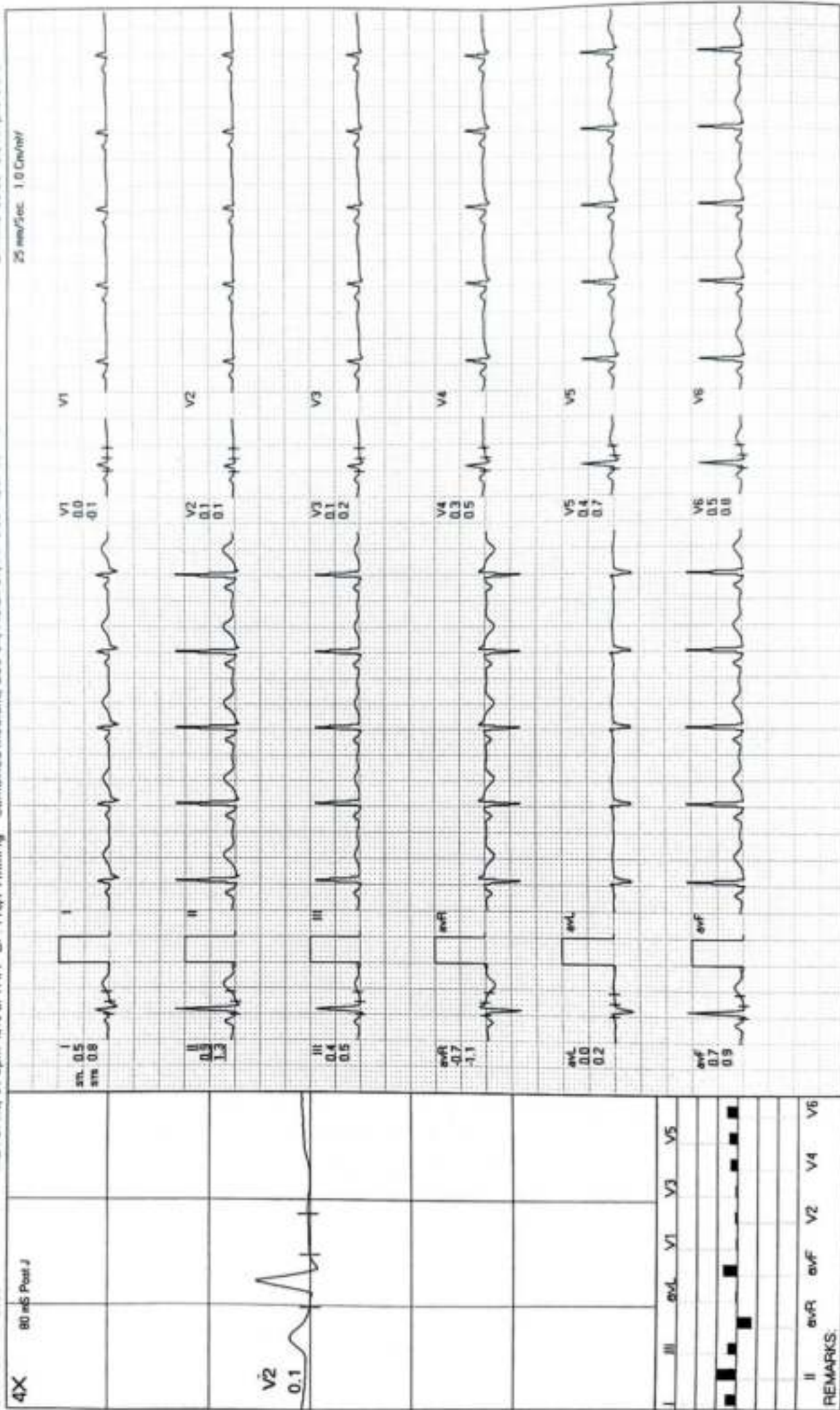


ABHISHA KAUSHAL / 31 Yrs / F / 160 Cms / 57 Kg / HR : 91

Date: 23-12-2023

METS: 1.0/91 bpm 48% of THR BP: 110/74 mmHg Combined Medications/BLK On/Noch On/HF 0.05 Hz/LF 35 Hz

ExTime 00:00 0.0 Km/Ph. 0.0%



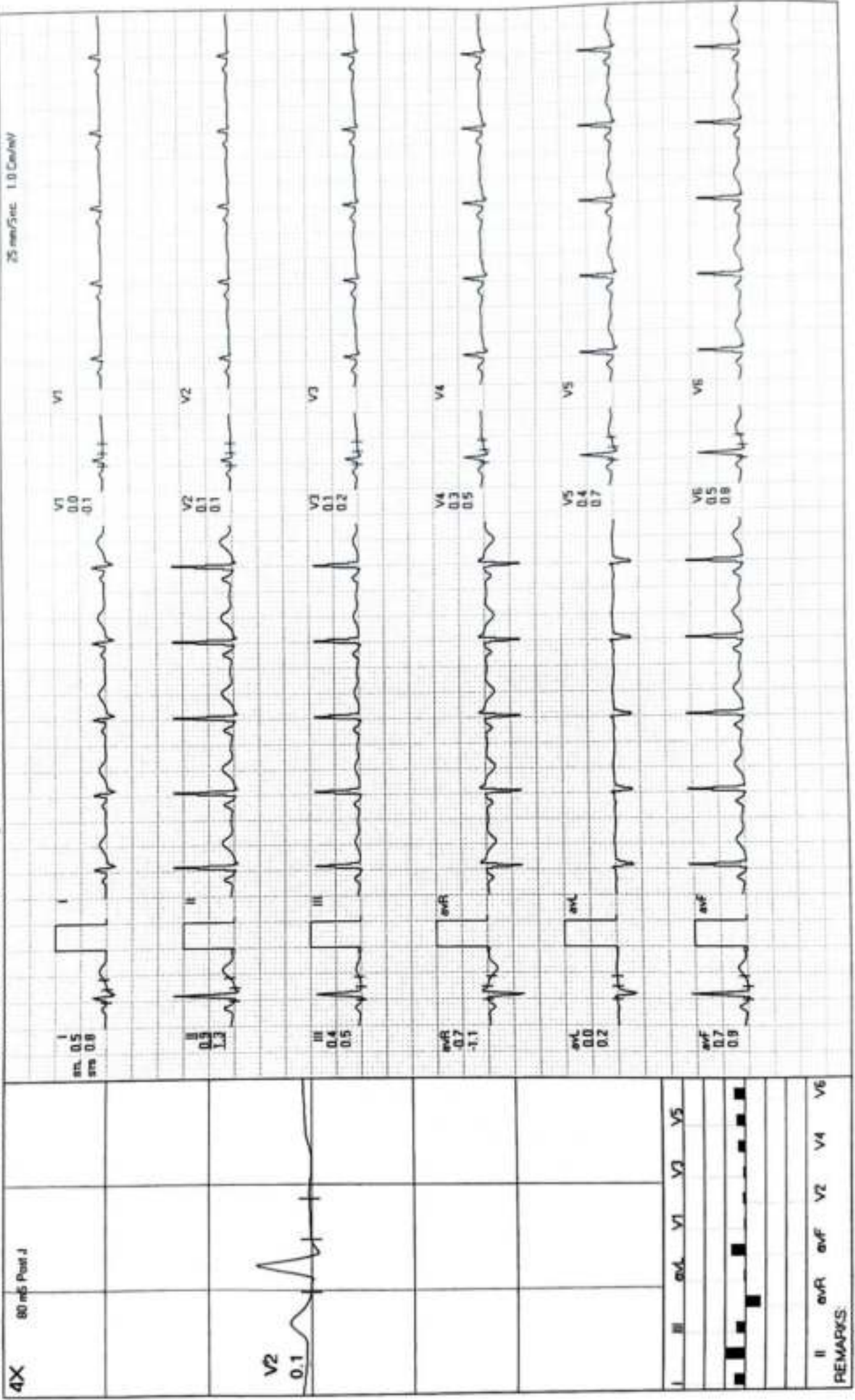
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BRUCE:HV(0:08)



ABHISHA KAUSHAL / 31 Yrs / F / 160 Cms / 57 Kg / HR : 91

Date 23-12-2023 METS 1.0/91 bpm 48% of THR BP 110/74 mmHg Combined Medians/BLC On/ HF 0.05 Hz/LF 35 Hz ExTime 00:00 0.0 Kmph. 0.0%



II	aVR	aVL	aVF	V1	V2	V3	V4	V5	V6
REMARKS									

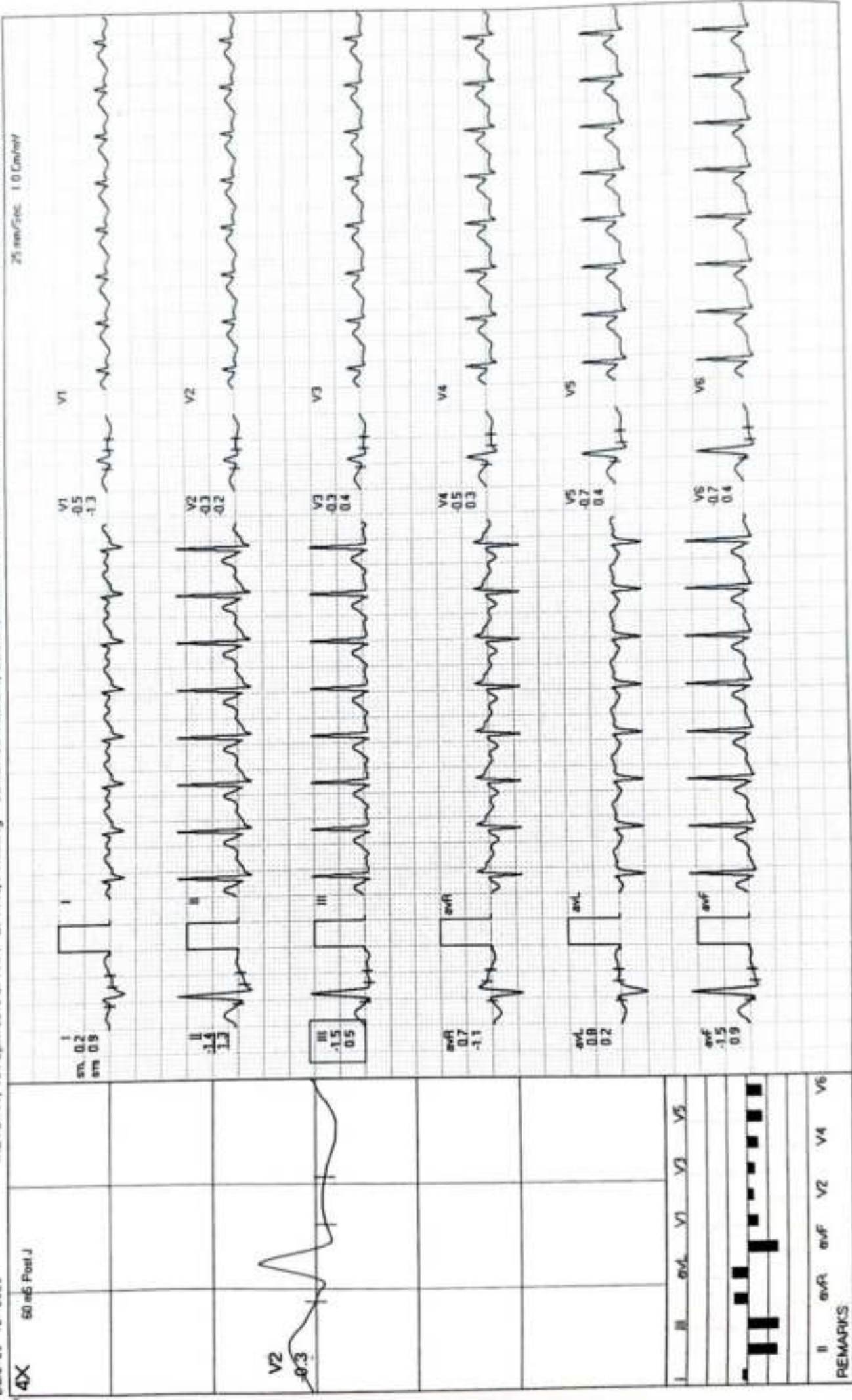


ABHISHA KAUSHAL / 31 Yrs / F / 160 Cms / 57 Kg / HR : 151

Date 23-12-2023

METS: 4.7/151 bpm 80% of TH-R BP: 110/74 mmHg Combined Mediants/ BLC Ov/ Notch Ov/ +F 0.05 Hz/LF 35 Hz

ExTime: 03:00 2.7 Km/Ph 10.0%
25 mm/Sec 1.0 Cm/mV



REMARKS

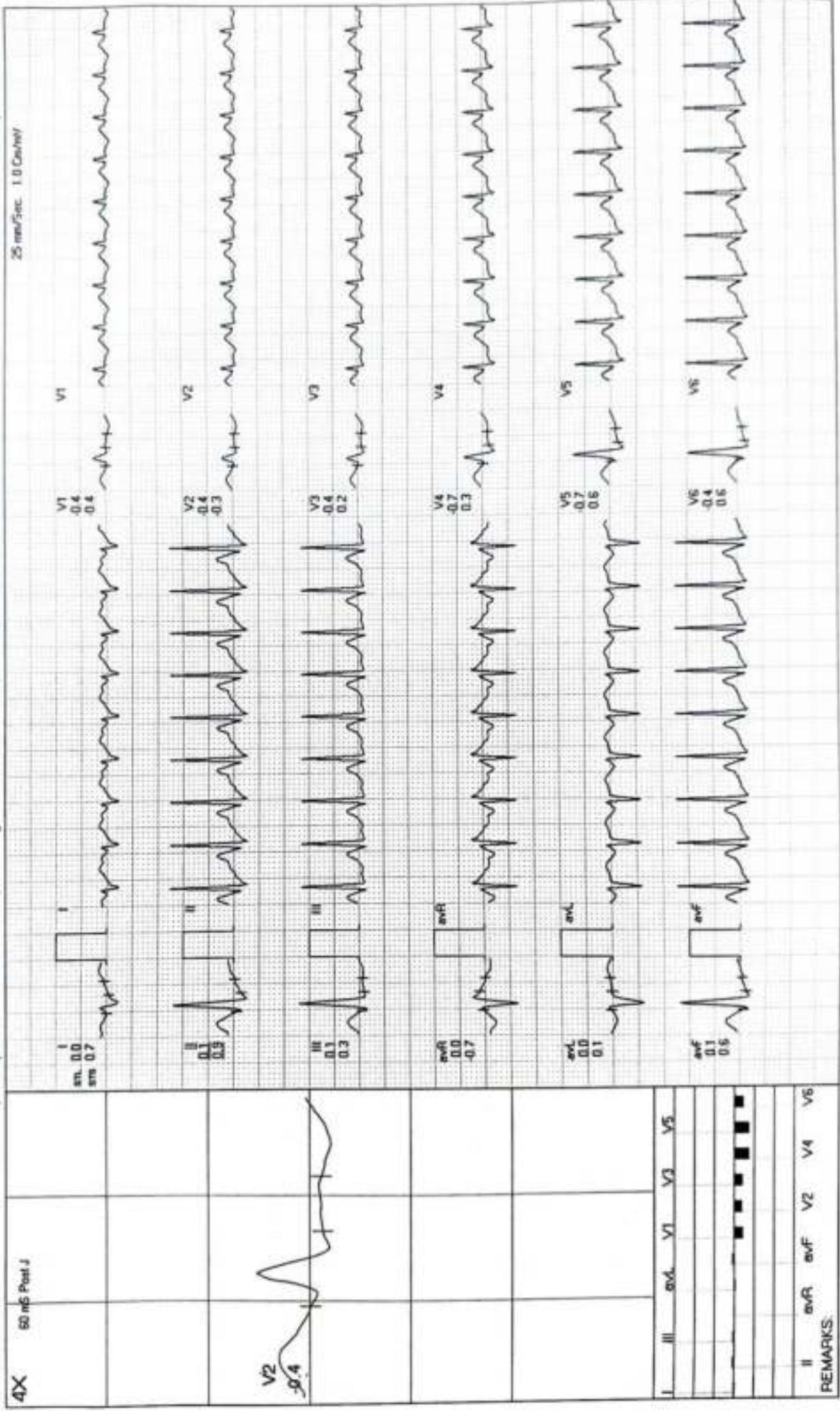
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BRUCE: Stage 2(3:00)



ABHISHA KAUSHAL / 31 Yrs / F / 160 Cms / 57 Kg / HR : 176

Date: 23 - 12 - 2023 METS: 7.1/176 bpm 93% of THR BP: 126/80 mmHg Combined Medians/ BLC Ony/Notch Ony/HF 0.05 Hz/LF 35 Hz ExTime 06:00 4.0 Kmph 12.0%
 25 mm/Sec. 1.0 Cm/mV



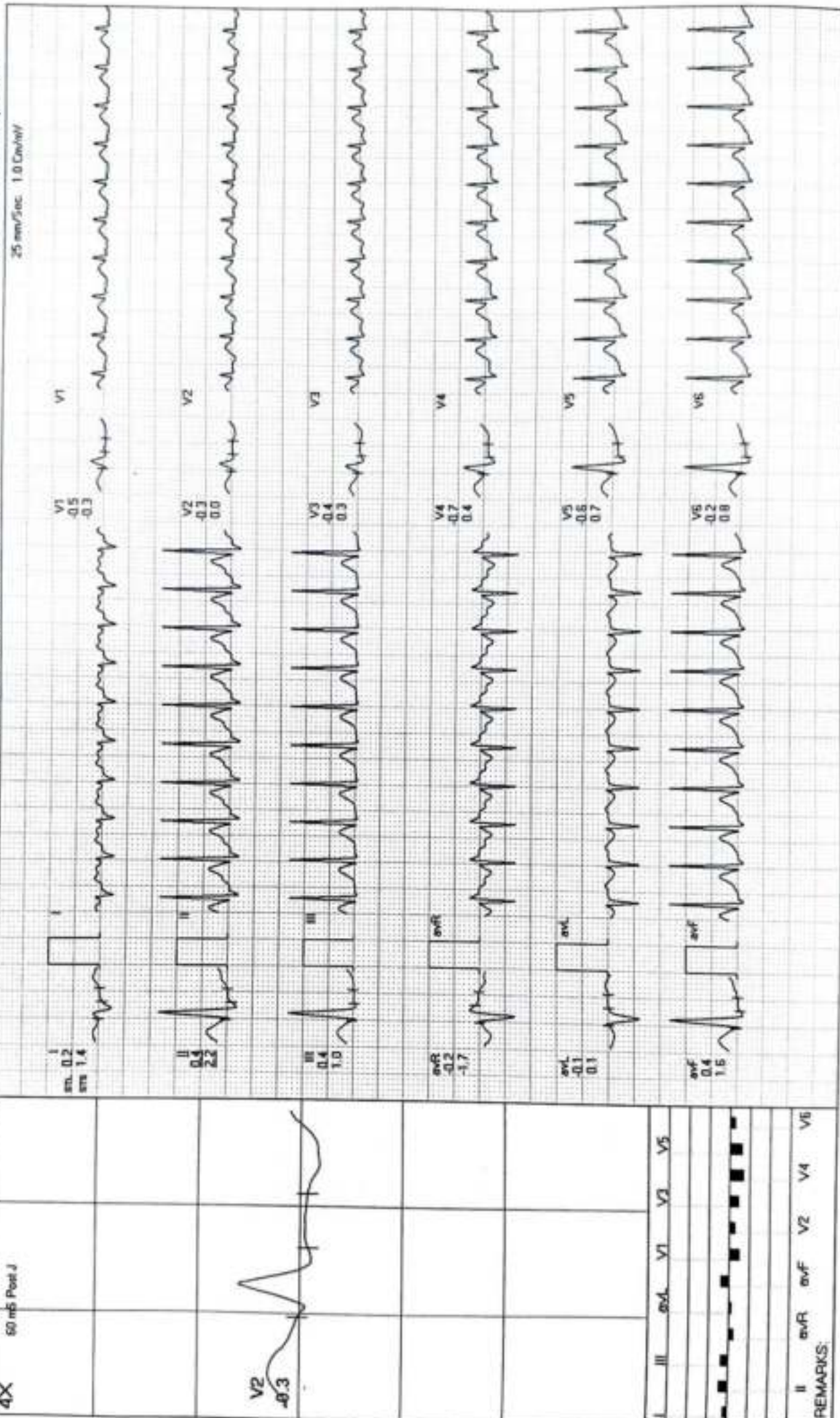
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ABHISHA KAUSHAL / 31 Yrs / F / 160 Cms / 57 Kg / HR : 183

PeakEx



Date: 23-12-2023 METS 7.2/183 bpm 97% of THR BP: 138/92 mmHg Combined Medians/ BLC On/ HATCH On/ HF 0.05 Hz/LF 35 Hz



REMARKS: II aVR aVF V2 V4 V6

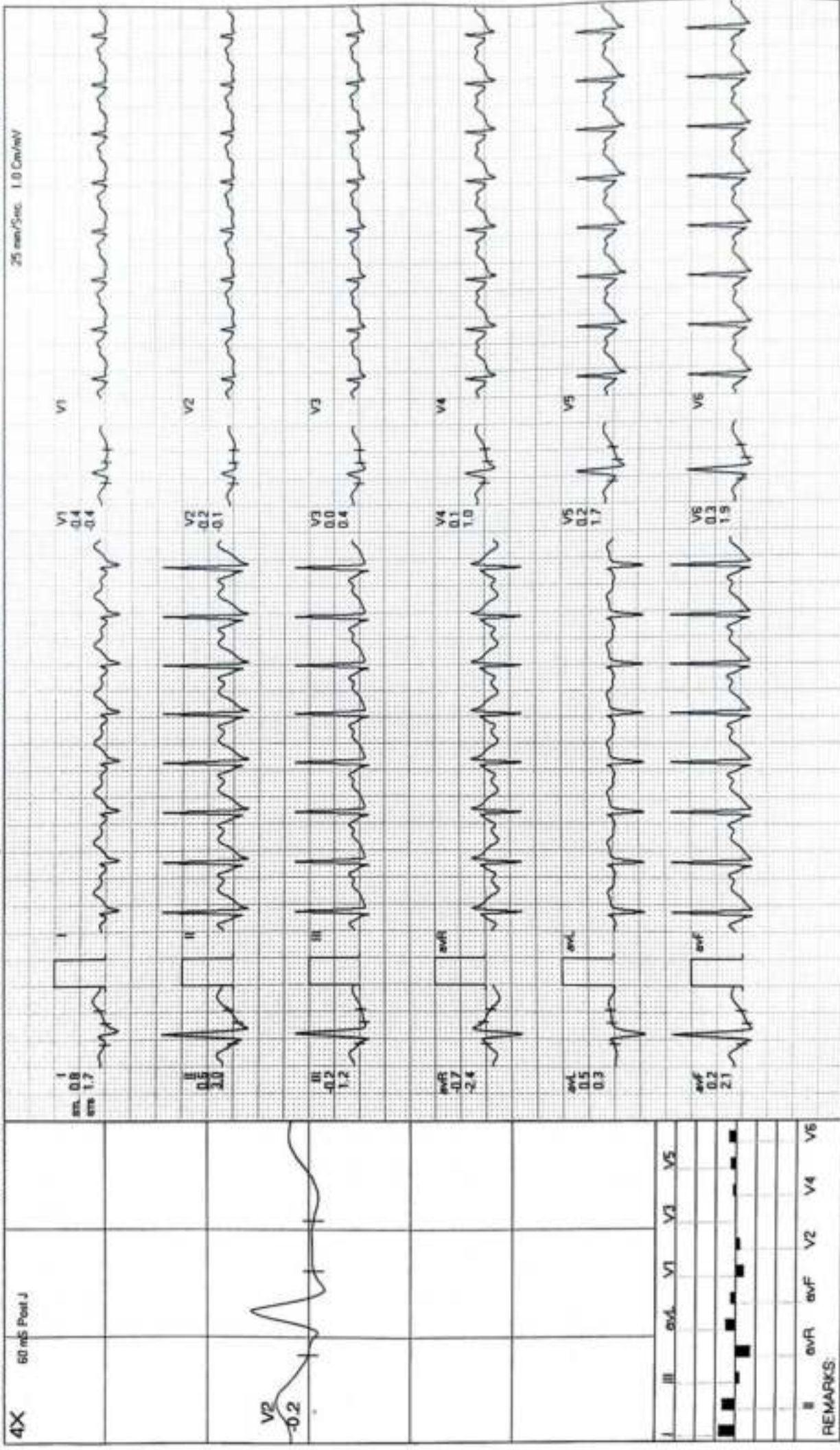
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ABHISHA KAUSHAL / 31 Yrs / F / 160 Cms / 57 Kg / HR : 151

Recovery(1:00)



Date: 23-12-2023 METS: 1.1/151 bpm 80% of THR BP: 134/90 mmHg Combined Medians/ BLC On/ Natch On/ HF 0.05 Hz/LF 35 Hz ExTime 06:07 0.0 Kmph. 0.0%
 25 mm/Sec. 1.0 Cm/Div



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ABHISHA KAUSHAL / 31 Yrs / F / 160 Cms / 57 Kg / HR : 135

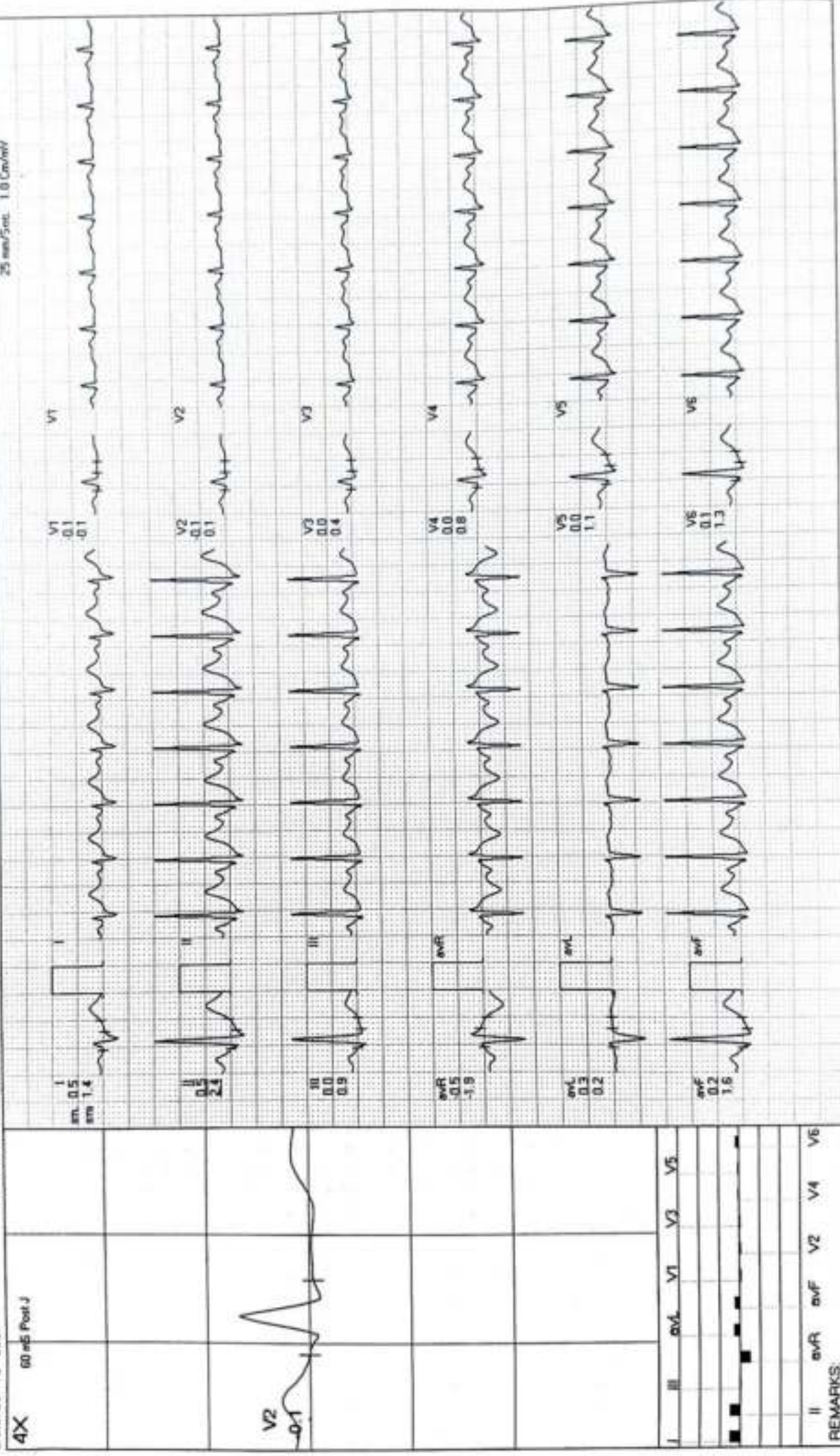
Recovery(2:00)



ExTime 06:07 0.0 Kmph 0.0%

METS 1.0/135 bpm 71% of THR BP: 130/86 mmHg Combined Medians/BLC On/ HF 0.05 Hz/LF 35 Hz

Date: 23-12-2023



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ABHISHA KAUSHAL / 31 Yrs / F / 160 Cms / 57 Kg / HR : 129

Recovery(3:00)

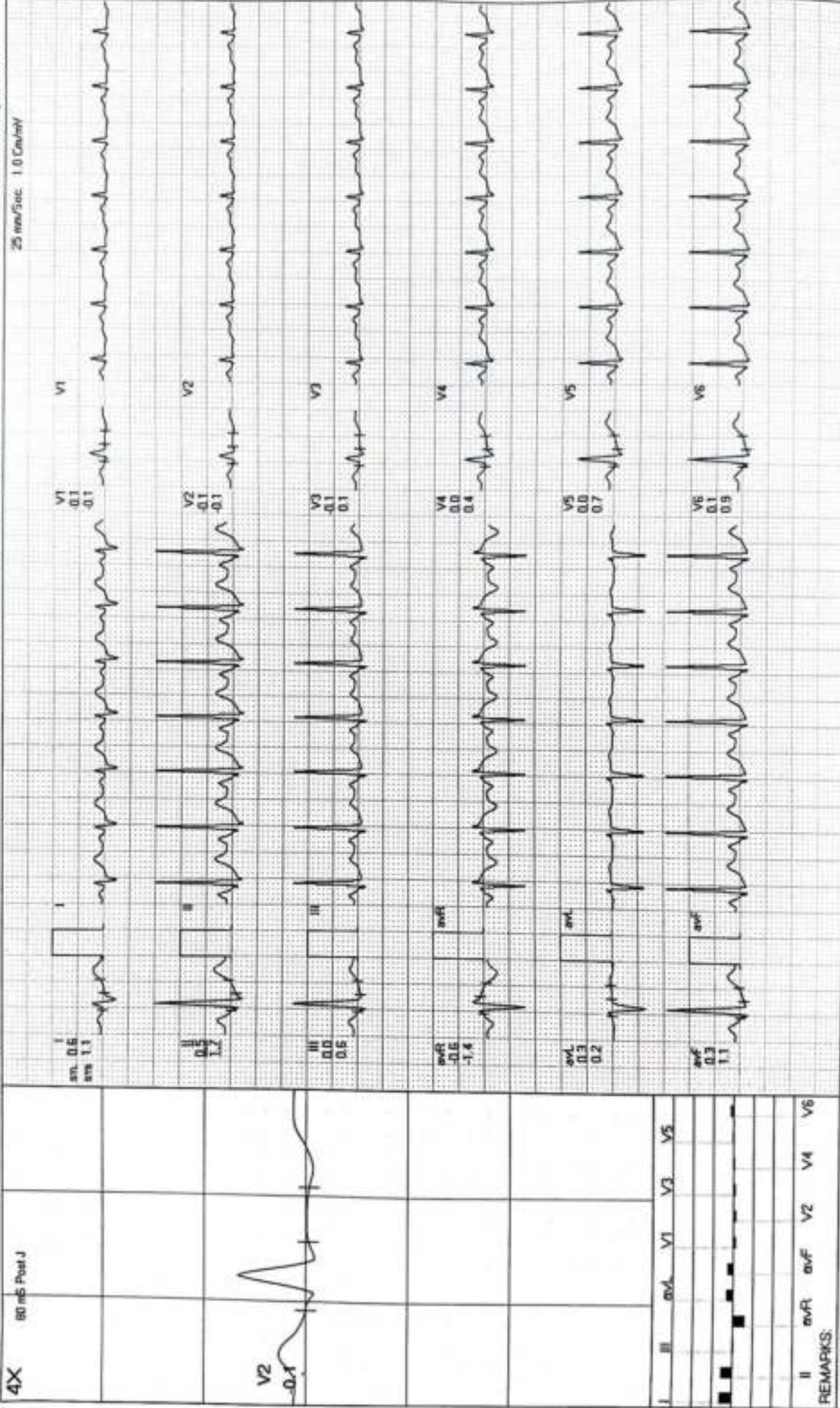


Date: 23-12-2023

METS: 1.0 / 129 bpm 68% of THR BP: 124/82 mmHg Combined Medians/BLC On/ Notch On/ HF: 0.05 Hz/LF: 35 Hz

ExTime: 05:07 0.0 Kmph, 0.0%

25 mm/Sec 1.0 Cm/mV



REMARKS:

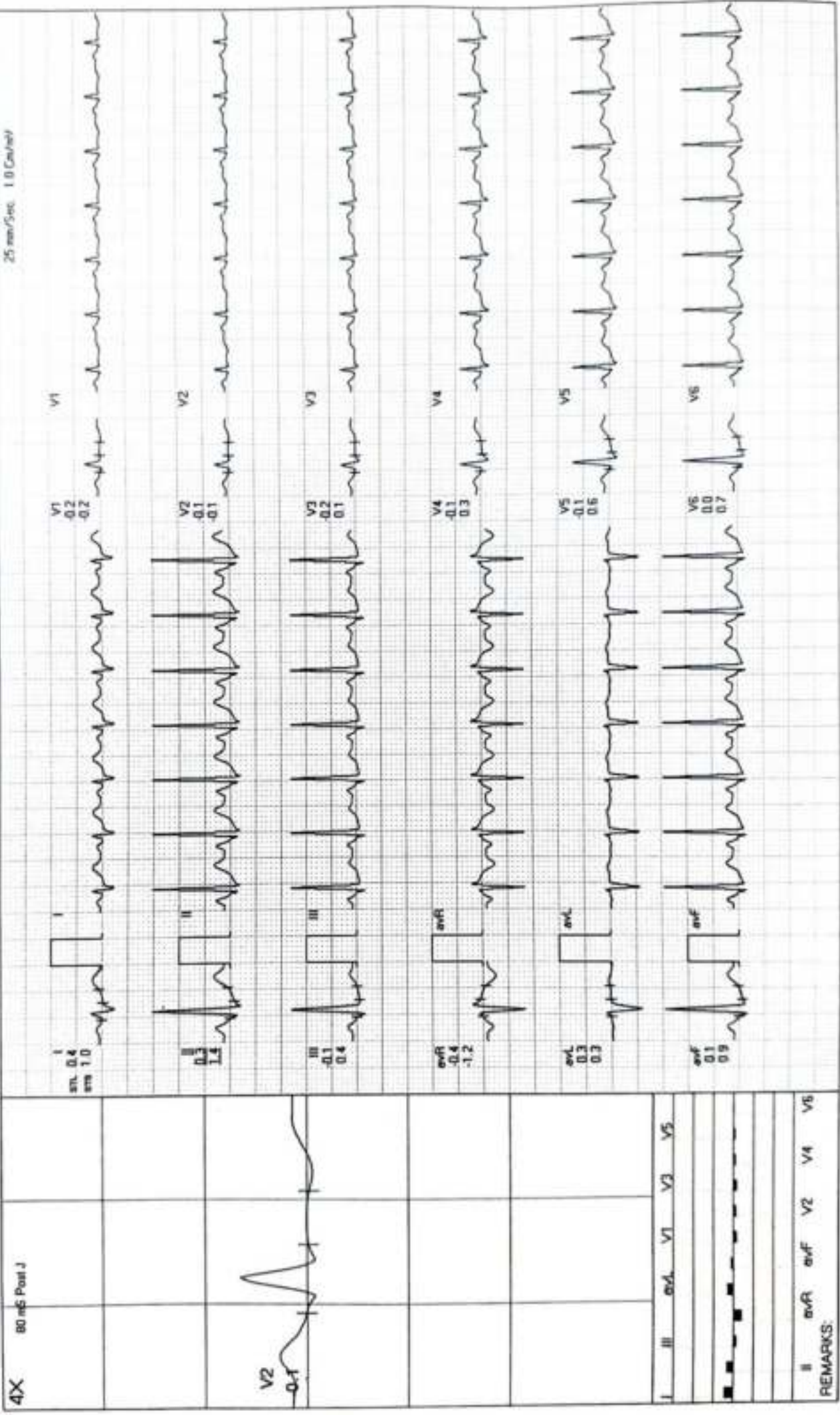
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Recovery(3:10)

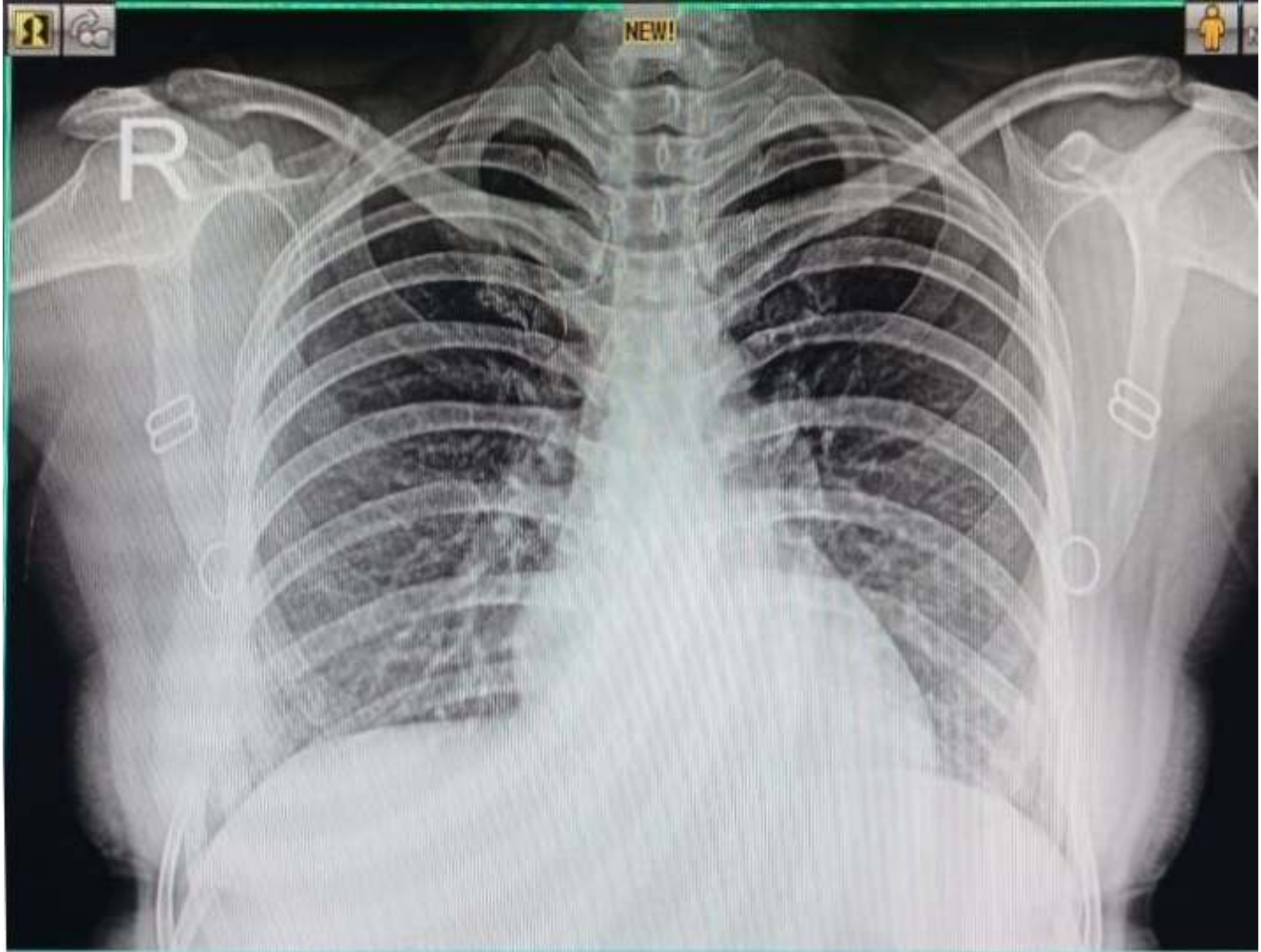


ABHISHA KAUSHAL / 31 Yrs / F / 160 Cms / 57 Kg / HR : 130

Date: 23-12-2023 METS: 1.0 / 130 bpm 69% of THR BP: 122/80 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz ExTime 06:07 0.0 Km/Ph. 0.0%



REMARKS:



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