



NABL



BHAILAL AMIN
GENERAL HOSPITAL

CONCLUSION OF HEALTH CHECKUP

ECU Ref. No : MH/22/000586 Patient No : 21040551 Date : 26/03/2022
Name : **ALOK L BAKSHI** Sex / Age : M 62
Height / Weight : 162 Cms 86 Kgs Ideal Weight 61 Kgs BMI : 32.8

Dr. Manish Mittal
Physician

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.

Page 1 of 5



Name : ALOK L BAKSHI

Sex / Age : M 62

Present History

NO MEDICAL COMPLAINTS AT PRESENT

Past History

K/C/O DIABETES - 7 YRS.
K/C/O HYPERTENSION - 7 YRS.
OPERATED FOR GLUCOMA.

Family History

NO F/H/O ANY MAJOR ILLNESS.

Personal History

VEG DIET.

Clinical Examination

B.P. 140/86 mm Hg

Pulse 78/MIN REG.

Others -

Respiratory System

CLINICALLY NAD

Cardio Vascular System

CLINICALLY NAD

Abdominal System

CLINICALLY NAD

Neurological System

CLINICALLY NAD



Name : ALOK L BAKSHI

Sex / Age : M 62

Eye Checkup

Doctor Name DR.SIDDHARTH DUA

	Right	Left
History	H/O DIABETES & GLUCOMA	
Uncorrected vision	-	-
Corrected vision	-	-
IOP	-	-
Fundus	-	-
Any other	RETINA SURGERY GLUCOMA TO BE DC	
Advice	NIL	



Dietary Assessment

Name : **ALOK L BAKSHI** Sex / Age : M 62
Height : 162 Cms Weight : 86 Kgs Ideal Weight : 61 Kgs BMI : 32.8

Body Type : Normal / Underweight / Over weight

Diet History

Diet preference : Vegetarian / Eggeterian / Mixed
Frequency of consuming fried food : / day / week or occasional
Frequency of consuming sweets : / day or occasional
Frequency of consuming outside food : / 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.

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

Eat Beetroot, 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.

Dietitian



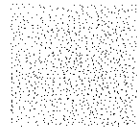
Patient Name : Mr. ALOK L BAKSHI
 Gender / Age : Male / 62 Years 5 Months 27 Days
 MR No / Bill No. : 21040551 / 221033875
 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 35004
 Request Date : 26/03/2022 08:47 AM
 Collection Date : 26/03/2022 09:22 AM
 Approval Date : 26/03/2022 12:13 PM

CBC + ESR

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	15.8	gm/dL	13 - 17
Red Blood Cell Count (T-RBC)	5.16	mill/cmm	4.5 - 5.5
Hematocrit (HCT)	43.6	%	40 - 50
Mean Corpuscular Volume (MCV)	84.5	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	30.6	pg	27 - 32
MCH Concentration (MCHC)	36.2	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	12.2	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	37.8	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	7.43	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	56	%	40 - 80
Lymphocytes	34	%	20 - 40
Eosinophils	3	%	1 - 6
Monocytes	7	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	4.12	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	2.54	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.24	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.48	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.05	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.3	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	201	thou/cmm	150 - 410
Smear evaluation	Adequate		
ESR	17	mm/1 hr	0 - 14

Test results are dependent on a number of variables & technical limitations. Hence, it is advised to correlate with clinical findings and other related investigations before any firm opinion is made. Recheck / retest may be requested.



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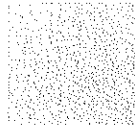
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CBC + ESR

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. 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. ESR on Ves metic 20, comparable to Westergrens method and in accordance to ICSH reference method.

---- End of Report ----

Dr. Nikunj V. Mehta
MD (Path.)



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 Approval Date : 26/03/2022 01:13 PM

Haematology

Test	Result	Units	Biological Ref. Range
Blood Group			
ABO system	A		
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 Autocontrol.
- This method check's group both on Red blood cells and in Serum for "ABO" group.

---- End of Report ----

Dr. Nikunj V. Mehta
MD (Path.)

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(Mon To Sat 8:00 am to 5:00 pm)



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GENERAL HOSPITAL

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mr. ALOK L BAKSHI
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MR No / Bill No. : 21040551 / 221033875
Consultant : Dr. Manish Mittal
Location : OPD

Type : OPD
Request No. : 35004
Request Date : 26/03/2022 08:47 AM
Collection Date : 26/03/2022 09:22 AM
Approval Date : 26/03/2022 03:31 PM

Clinical Biochemistry

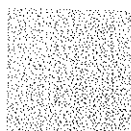
Test	Result	Units	Biological Ref. Range
Fasting Plasma Glucose	253	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	321	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimension

--- End of Report ---

Dr. Rakesh Vaidya
Approved By Dr. Sejal Odedra

Test Results are dependent on a number of variables & technical limitations. Hence, it is advised to correlate with clinical findings and other related investigations before any firm opinion is made. Recheck / retest may be requested.



DEPARTMENT OF LABORATORY MEDICINE

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 Request Date : 26/03/2022 08:47 AM
 Collection Date : 26/03/2022 09:22 AM
 Approval Date : 26/03/2022 02:50 PM

Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Glycosylated Heamoglobin (HbA1c)	10.6	%	
estimated Average Glucose (e AG) *	257.52	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 —


 Dr. Nikunj V. Mehta
 MD (Path.)



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Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Total PSA	0.218	ng/ml	0 - 4

(Method : Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)

Remark :

Age related reference range for interpretation :

< 40 yrs : 0.21 - 1.72

40 - 49 yrs : 0.27 - 2.19

50 - 59 yrs : 0.27 - 3.42

60 - 69 yrs : 0.27 - 6.16

>69 yrs : 0.21 - 6.77

TPSA may be raised usually mildly in benign prostatic conditions like hyperplasia. Typically 30 % of BPH may show values between 4-10 and 7 % between 10-40.

In Prostatic Malignancy 43 % show values below 4

21 % between 4 to 10

20 % between 10 to 40 &

16 % above 40)

— End of Report —

Dr. Rakesh Vaidya
 Approved By Dr. Sejal Odedra



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Type : OPD
 Request No. : 35004
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 Approval Date : 26/03/2022 02:33 PM

Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
Triiodothyronine (T3)	1.58	ng/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</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)	10.80	mcg/dL	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</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)	3.46	microIU/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</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		
<i>Pregnancy :</i>			
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>			

--- End of Report ---

Dr. Rakesh Vaidya
 Approved By Dr. Sejal Odedra



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 Approval Date : 26/03/2022 11:47 AM

Urine Routine

Test	Result	Units	Biological Ref. Range
Physical Examination			
Quantity	30	mL	
Colour	Pale Yellow		
Appearance	Clear		
Chemical Examination (By Reagent strip method)			
pH	6.0		
Specific Gravity	1.015		
Protein	Negative	gm/dL	Negative
Glucose	Negative	mg/dL	Negative
Ketones	Negative		Negative
Bilirubin	Negative		Negative (upto 1)
Urobilinogen	Negative		Negative
Blood	Negative		Absent
Bile Salt	Absent		Negative
Leucocytes	Negative		Absent
Bile Pigments	Absent		Negative
Nitrite	Negative		
Microscopic Examination (After Centrifugation at 2000 rpm for 10 min)			
Red Blood Cells	Nil	/hpf	0 - 2
Leucocytes	Present (0-2)	/hpf	0 - 5
Epithelial Cells	Present (0-2)	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil		Nil
Mucus	Absent		Absent
Organism	Absent		

---- End of Report ----

Dr. Rakesh Vaidya
 Approved By Dr. Sejal Odedra



DEPARTMENT OF DIAGNOSTIC RADIOLOGY

ADVANCED DIGITAL SOLUTIONS

- Computer Radiography
- Ultra Sensitive Colour Doppler
- Ultra High Resolution Sonography
- Multi-Detector CT Scan
- Mammography
- Interventional Radiology
- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

Patient No. : 21040551 Report Date : 26/03/2022
Request No. : 190014876 26/03/2022 8.47 AM
Patient Name : **ALOK L BAKSHI**
Gender / Age : Male / 62 Years 5 Months 27 Days

USG : Screening for Abdomen (excluding Pelvis) Or Upper Abdomen

Liver is normal in size and increased in echopattern. 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 echopattern.

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

Prostate appears normal in size and volume is ~ 15 cc. Prostate measures 26mm x 34mm x 32mm.

Urinary bladder is well distended and appears normal.

No ascites.

COMMENT:

Fatty liver.

Kindly correlate clinically

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

Hasani

Dr. Prerna C Hasani, MD
Consultant Radiologist





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DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 21040551 Report Date : 26/03/2022
Request No. : 190014868 26/03/2022 8.47 AM
Patient Name : **ALOK L BAKSHI**
Gender / Age : Male / 62 Years 5 Months 27 Days

ADVANCED DIGITAL SOLUTIONS

- Computer Radiography
- Ultra Sensitive Colour Doppler
- Ultra High Resolution Sonography
- Multi-Detector CT Scan
- Mammography
- Interventional Radiology
- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

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

Prerna C Hasani

Dr. Prerna C Hasani, MD
Consultant Radiologist





ECC



BHAILAL AMIN
GENERAL HOSPITAL

ESTD. 1964

Patient No. : 21040551 Report Date : 26/03/2022
Request No. : 190014918 26/03/2022 8.47 AM
Patient Name : ALOK L BAKSHI
Gender / Age : Male / 62 Years 5 Months 27 Days

Echo Color Doppler

MITRAL VALVE : NORMAL, NO MS, TRIVIAL MR
AORTIC VALVE : TRILEAFLET, NO AS, NO AR
TRICUSPID VALVE : NORMAL, TRIVIAL TR, NO PAH
PULMONARY VALVE : NORMAL, NO PR, NO PS
LEFT ATRIUM : NORMAL SIZE
AORTA : NORMAL
LEFT VENTRICLE : NORMAL LVEF - 60%, NO RWMA AT REST
RIGHT ATRIUM : NORMAL SIZE
RIGHT VENTRICLE : NORMAL SIZE
I.V.S. : INTACT
I.A.S. : INTACT
PULMONARY ARTERY : NORMAL
PERICARDIUM : NO EFFUSION
COLOUR/DOPPLER FLOW MAPPING : TRIVIAL MR, TR NO PAH

FINAL CONCLUSION:

1. NORMAL SIZED ALL CARDIAC CHAMBERS
2. NORMAL LV SYSTOLIC FUNCTION LVEF -60%
3. NO RESTING RWMA
4. GRADE I LV DIASTOLIC DYSFUNCTION
5. NORMAL VALVES, NO MITRAL / AORTIC STENOSIS
6. NORMAL RIGHT HEART SIZE AND RV PRESSURE
7. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.

DR. KILLOL KANERIA MD, DM
INTERVENTIONAL CARDIOLOGIST

ECU/21040551
62 Years

26-Mar-22

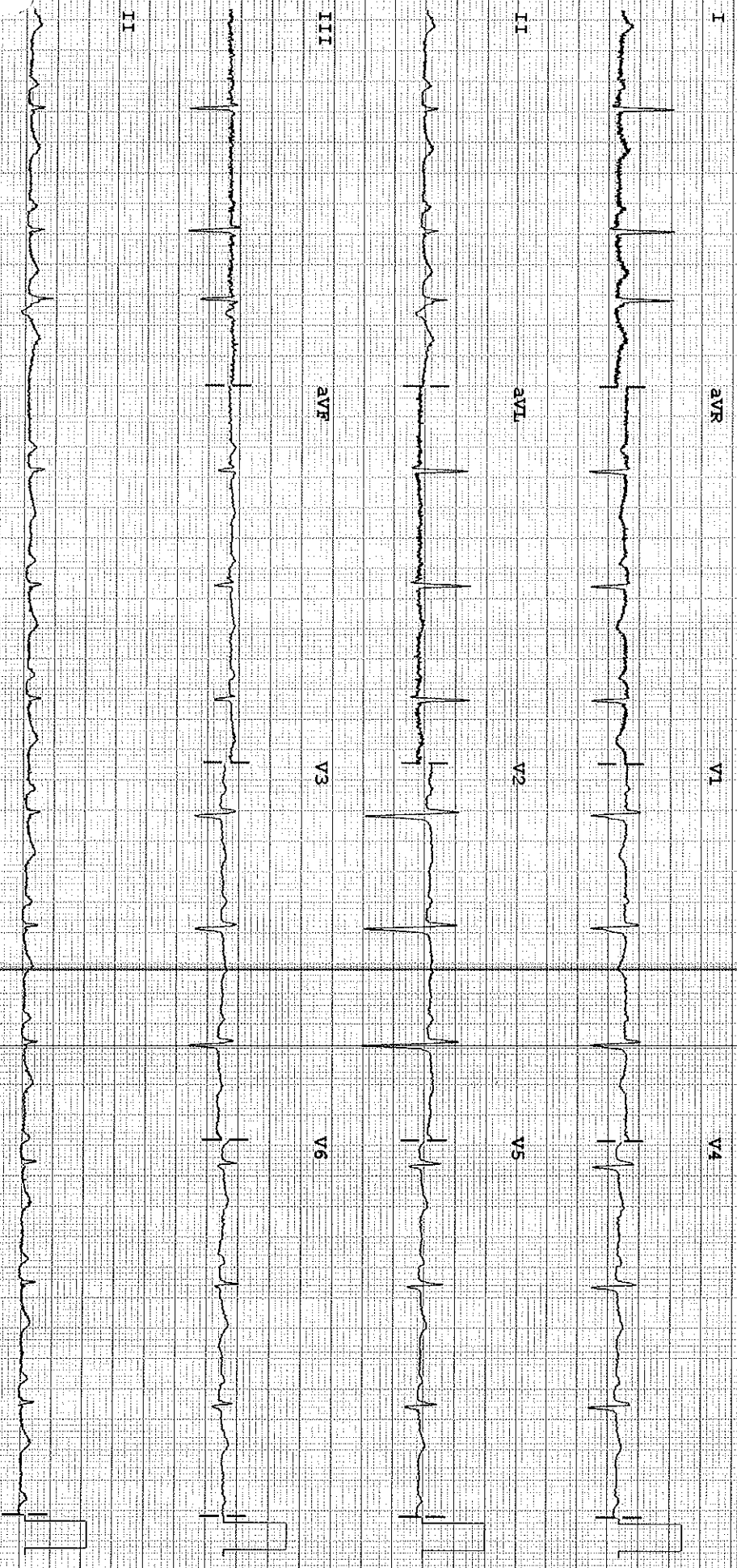
10:07:16 AM MR. ALOK L. BAKSHI
Male



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Doctor MANISH MITTAL

Rate 77
PR 168
QRSD 86
QT 392
QTc 444
--AXIS--
P 51
QRS -10
T 30



Dev: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10 mm/mV

50 ~ 0.15-150 Hz

PH08

P2

Dr. Sonica Peshin

Cosmetic Dentist & Implantologist

Reg. No. : 6966-A

M. : 9586867301



BHAILAL AMIN
GENERAL HOSPITAL

Dental assessment form

26/03/2022

Name: Alok Bakshi

Age/ Sex: 62 years/Male

Patient has come for a regular check up

On Examination:

- Calculus+
- Deep decayed tooth with respect to 26
- History of horizontal brushing
- Generalised moderate to severe attrition
- Generalised recession

Provisional diagnosis:


- Chronic generalised gingivitis

Treatment plan:

- Restoration or Crown with respect to 26

Advised:

- Brush your teeth twice daily
- Salt water gargle twice daily
- Clean your tongue and floss in between everyday.
- Follow vertical brushing technique.


Dr Sonica Peshin

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