



BHAILAL AMIN
GENERAL HOSPITAL



CONCLUSION OF HEALTH CHECKUP

ECU Number : 169	MR Number : 21371969	Patient Name: GAURAV VERMA
Age : 37	Sex : Male	Height : 183
Weight : 93	Ideal Weight : 77	BMI : 27.77
Date : 12/11/2022		

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.



BHAILAL AMIN GENERAL HOSPITAL



ECU Number : 169 MR Number : 21371969 Patient Name: GAURAV VERMA
Age : 37 Sex : Male Height : 183
Weight : 93 Ideal Weight : 77 BMI : 27.77
Date : 12/11/2022

Past H/O : COVID-19 2021

Present H/O : K/C/O HYPERTENSION, DIABETES, CHOLESTEROL;--->ON MEDICATION

Family H/O : MOTHER: HYPERTENSION AND DIABETES

Habits : NO HABITS
Gen.Exam. : G.C.GOOD
B.P : 132/76 mm HG
Pulse : 92/MIN REG
Others : SPO2-98%
C.V.S : CLINICALLY NAD
R.S. : CLINICALLY NAD
Abdomen : NP
Spleen : NP
Skin : NAD
C.N.S : NAD
Advice :



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Patient Name: GAURAV VERMA
Height : 183
BMI : 27.77

Ophthalmic Check Up :

Right

Left

Ext Exam
Vision Without Glasses : 6/6 N.5
Vision With Glasses : .
Final Correction : .
Fundus : NORMAL
Colour Vision : NORMAL
Advice : NIL

NORMAL
6/6 N.5

Orthopedic Check Up :

Ortho Consultation

Ortho Advice

ENT Check Up :

Ear

Nose

Throat

Hearing Test

ENT Advice

General Surgery Check Up :

General Surgery

Abdominal Lump

Hernia

External Genitals

PVR

Proctoscopy

Any Other

Surgical Advice

Dietary Assesment

ECU Number : 169 MR Number : 21371969 Patient Name: GAURAV VERMA
Age : 37 Sex : Male Height : 183
Weight : 93 Ideal Weight : 77 BMI : 27.77
Date : 12/11/2022

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 seervings 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.



Patient Name : Mr. GAURAV VERMA
 Gender / Age : Male / 37 Years 8 Months 21 Days
 MR No / Bill No. : 21371969 / 231046808
 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 85559
 Request Date : 12/11/2022 10:13 AM
 Collection Date : 12/11/2022 10:17 AM
 Approval Date : 12/11/2022 01:56 PM

CBC + ESR

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	13.1	gm/dL	13 - 17
Red Blood Cell Count (T-RBC)	5.00	mill/cmm	4.5 - 5.5
Hematocrit (HCT)	41.5	%	40 - 50
Mean Corpuscular Volume (MCV)	83.0	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	26.2	pg	27 - 32
MCH Concentration (MCHC)	31.6	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	12.3	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	37.9	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	7.82	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	66	%	40 - 80
Lymphocytes	28	%	20 - 40
Eosinophils	2	%	1 - 6
Monocytes	4	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	5.15	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	2.25	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.11	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.26	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.05	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.6	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	209	thou/cmm	150 - 410
Smear evaluation	Adequate		
PBS Overview	Hypochromia (+), Microcytosis (+)		
ESR	6	mm/1 hr	0 - 10

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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DEPARTMENT OF LABORATORY MEDICINE

Patient Name	: Mr. GAURAV VERMA	Type	: OPD
Gender / Age	: Male / 37 Years 8 Months 21 Days	Request No.	: 85559
MR No / Bill No.	: 21371969 / 231046808	Request Date	: 12/11/2022 10:13 AM
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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. Rakesh Vaidya
MD (Path). DCP.

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Gender / Age	: Male / 37 Years 8 Months 21 Days	Request No.	: 85559
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Location	: OPD	Approval Date	: 12/11/2022 03:04 PM

Haematology

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
<i>Blood Group</i>			
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 ----

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Fasting Plasma Glucose

Test	Result	Units	Biological Ref. Range
<i>Fasting Plasma Glucose</i>			
Fasting Plasma Glucose	108	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	185	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimesion

---- End of Report ----

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HbA1c (Glycosylated Hb)

Test	Result	Units	Biological Ref. Range
<i>HbA1c (Glycosylated Hb)</i>			
Glycosylated Hemoglobin (HbA1c)	6.5	%	
estimated Average Glucose (e AG) *	139.85	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)

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Renal Function Test (RFT)

Test	Result	Units	Biological Ref. Range
Urea <i>(By Urease Kinetic method on RXL Dade Dimension)</i>	17	mg/dL	10 - 45
Creatinine <i>(By Modified Kinetic Jaffe Technique)</i>	1.14	mg/dL	0.9 - 1.3
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>(By Uricase / Catalase method on RXL Siemens)</i>	5.2	mg/dL	3.4 - 7.2

--- End of Report ---

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Location : OPD

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Liver Function Test (LFT)

Test	Result	Units	Biological Ref. Range
Bilirubin			
Bilirubin - Total	0.31	mg/dL	0 - 1
Bilirubin - Direct	0.11	mg/dL	0 - 0.3
Bilirubin - Indirect	0.2	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	22	U/L	15 - 40
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	49	U/L	16 - 63
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	52	U/L	53 - 128
<i>(By PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	31	U/L	15 - 85
<i>(By IFCC method on RXL Dade Dimension.)</i>			
Total Protein			
Total Proteins	7.77	gm/dL	6.4 - 8.2
Albumin	4.28	gm/dL	3.4 - 5
Globulin	3.49	gm/dL	3 - 3.2
A : G Ratio	1.23		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

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--- End of Report ---

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Patient Name : Mr. GAURAV VERMA

Gender / Age : Male / 37 Years 8 Months 21 Days

MR No / Bill No. : 21371969 / 231046808

Consultant : Dr. Manish Mittal

Location : OPD

Type : OPD

Request No. : 85559

Request Date : 12/11/2022 10:13 AM

Collection Date : 12/11/2022 10:17 AM

Approval Date : 12/11/2022 12:50 PM

Complete Lipid Profile

Test	Result	Units	Biological Ref. Range
Complete Lipid Profile			
Appearance	Clear		
Triglycerides (By Lipase / Glycerol dehydrogenase on RXL Dade Dimension < 150 Normal 150-199 Borderline High 200-499 High > 499 Very High)	88	mg/dL	1 - 150
Total Cholesterol (By enzymatic colorimetric method on RXL Dade Dimension <200 mg/dL - Desirable 200-239 mg/dL - Borderline High > 239 mg/dL - High)	114	mg/dL	1 - 200
HDL Cholesterol (By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension < 40 Low > 60 High)	27	mg/dL	40 - 60
Non HDL Cholesterol (calculated) (Non- HDL Cholesterol < 130 Desirable 139-159 Borderline High 160-189 High > 191 Very High)	87	mg/dL	1 - 130
LDL Cholesterol (By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension < 100 Optimal 100-129 Near / above optimal 130-159 Borderline High 160-189 High > 189 Very High)	75	mg/dL	1 - 100
VLDL Cholesterol (calculated)	17.6	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	2.78		2.1 - 3.5
T. Ch./HDL Ch. Ratio	4.22		3.5 - 5
(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)			

--- End of Report ---

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Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
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Triiodothyronine (T3)	0.940	ng/ml	
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(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)

Reference interval (ng/ml)

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

(Reference : Tietz - Clinical guide to laboratory test, 4th edition))

Thyroxine (T4)	7.37	mcg/dL	
----------------	------	--------	--

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

Reference interval (mcg/dL)

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

(Reference : Tietz - Clinical guide to laboratory test, 4th edition))

Thyroid Stimulating Hormone (US-TSH)	3.22	microIU/ml	
--------------------------------------	------	------------	--

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

Reference interval (microIU/ml)

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

(Reference : Tietz - Clinical guide to laboratory test, 4th edition))

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--- End of Report ---

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MD (Path). DCP.



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 Gender / Age : Male / 37 Years 8 Months 21 Days Request No. : 85559
 MR No / Bill No. : 21371969 / 231046808 Request Date : 12/11/2022 10:13 AM
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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	7.5		
Specific Gravity	1.015		
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
Bile Salt	Absent		Absent
Leucocytes	Negative		Negative
Bile Pigments	Absent		Absent
Nitrite	Negative		Negative

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.

Microscopic Examination (by Microscopy after Centrifugation at 2000 rpm for 10 min or on fully automated Sysmex urine sedimentation analyzer UF4000)

Red Blood Cells	0.0 - 1.0	/hpf	0 - 2
Leucocytes	1.0 - 5.0	/hpf	0 - 5
Epithelial Cells	0.0 - 1.0	/hpf	0 - 5
Casts	Nil	/hpf	Nil
Crystals	Nil	/hpf	Nil
Mucus	Absent	/hpf	Absent
Organism	Absent		

---- End of Report ----

Dr. Rakesh Vaidya
MD (Path). DCP.



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- Ultra High Resolution Sonography
- Multi-Detector CT Scan
- Mammography
- Interventional Radiology
- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

Patient No. : 21371969 Report Date : 12/11/2022
 Request No. : 190041326 12/11/2022 10.13 AM
 Patient Name : Mr. GAURAV VERMA
 Gender / Age : Male / 37 Years 8 Months 21 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



H-2015-0297

MC-3004

E-2021-0037



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

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DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 21371969 Report Date : 12/11/2022
Request No. : 190041302 12/11/2022 10.13 AM
Patient Name : **Mr. GAURAV VERMA**
Gender / Age : Male / 37 Years 8 Months 21 Days

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

Liver is normal in size and shows increased in 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 tiny GB polyp—3 mm. Common bile duct measures 4 mm in diameter.

Pancreas shows no obvious abnormality. Tail obscured.
Spleen is normal in 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.

	RIGHT	LEFT
Renal length :	100 mm.	99 mm.
A.P. :	50 mm.	52 mm.

No ascites.

COMMENT:

**Fatty Liver.
Tiny GB polyp.**

Kindly correlate clinically

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

Dr. Patel

Dr. Priyanka Patel, MD
Consultant Radiologist



Patient No. : 21371969 Report Date : 12/11/2022
Request No. : 190041343 12/11/2022 10.13 AM
Patient Name : **Mr. GAURAV VERMA**
Gender / Age : Male / 37 Years 8 Months 21 Days

Echo Color Doppler

MITRAL VALVE : NORMAL, NO MS, NO MR
AORTIC VALVE : TRIFLE LEFT, NO AS, NO AR
TRICUSPID VALVE : NORMAL, NO TR, NO PAH
PULMONARY VALVE : NORMAL, NO PR, NO PS
LEFT ATRIUM : NORMAL SIZE
AORTA : NORMAL
LEFT VENTRICLE : NORMAL LVEF – 65%, 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 : NO MR // AR // TR, NO PAH

FINAL CONCLUSION:

1. NORMAL SIZED ALL CARDIAC CHAMBERS, NO LVH
2. NORMAL LV SYSTOLIC FUNCTION LVEF – 65%
3. NO RESTING REGIONAL WALL MOTION ABNORMALITY
4. NORMAL ALL CARDIAC VALVES STRUCTURALLY AND FUNCTION
5. NO MITRAL / AORTIC STENOSIS INTACT IAS // IVS
6. NORMAL RIGHT HEART SIZE AND RV PRESSURES
7. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SINUS TACHYCARDIA NOTED DURING STUDY.


DR. K. L. KANERIA, M.D., D.M., CARD.

ECU/21/371969
37 Years

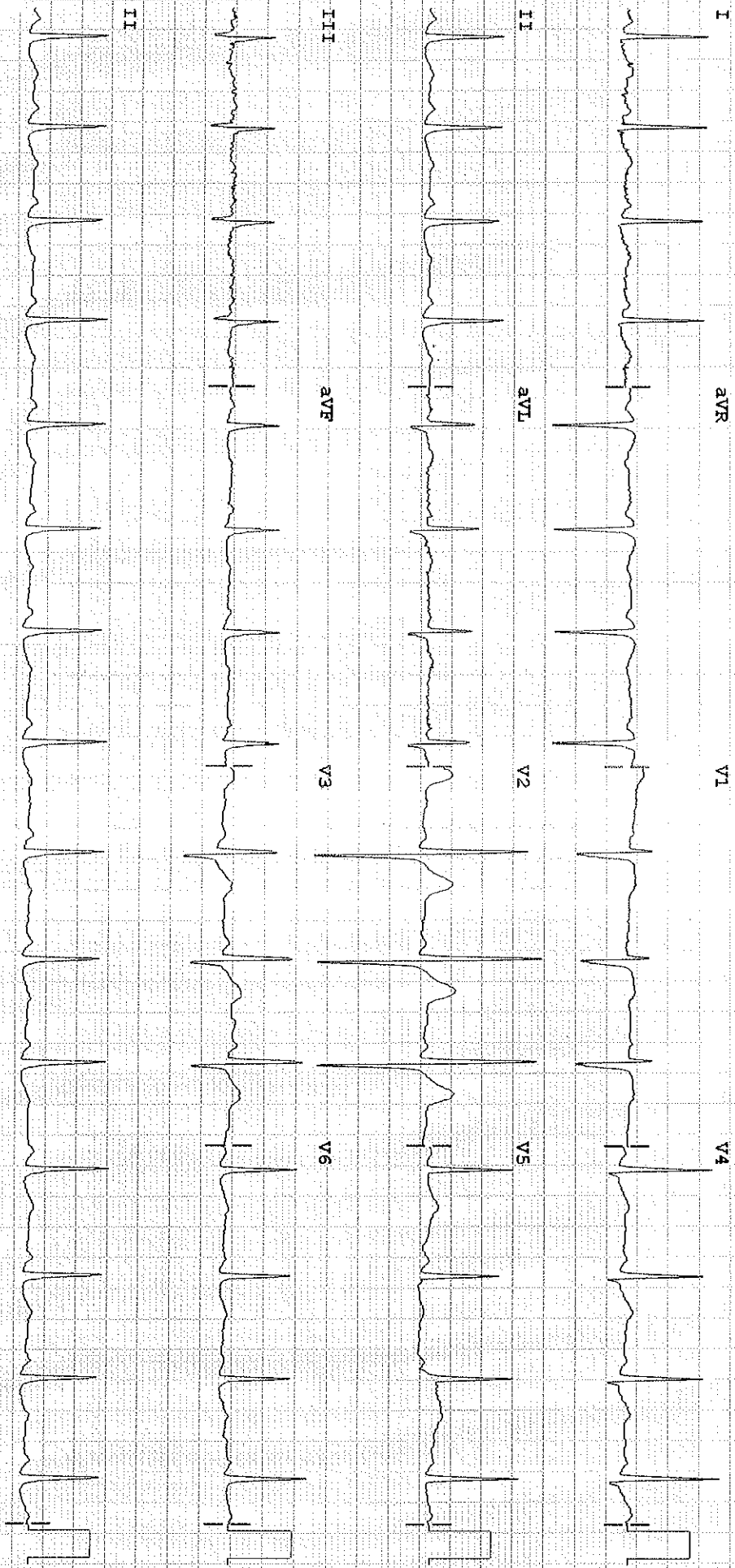
12-NOV-22

12:44:02 PM MR. GAURAV VERMA
Male

Doctor MANISH MITTAL

Rate 89
PR 136
QRSD 85
QT 340
QTc 414

--AXIS--
P 37
QRS 42
T 5



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

F 50~ 0.5-150 Hz W

PH08

P2