



Balaji Medical Centre

An ISO 9001:2015 Accredited Organization
info@balajimedicalcentre.com, dr@balajimedicalcentre.com



- CHENNAI : No.5 (3/2), Jagadeeswaran Street,T.Nagar,Chennai-600 017. INDIA ☎ : 044-24364651 / 52 / 53
No.38, Manikodi Srinivasan Nagar Main Road, Rajiv Gandhi Salai, Perungudi, Chennai-600 096. INDIA ☎ : 044-29865513 / 14
- TUTICORIN : Plot No.51, Door No.20/10, Roche Colony, South Beach Road,Tuticorin - 628 001.INDIA ☎ : 0461-2332719 / 20
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- VIZAG : Door No.39-11- 63/4-1, Murali Nagar, Visakhapatnam,Andhra Pradesh-530 007. INDIA ☎ : 0891-2710299 / 399
- MANGALORE : Shop No.5, Door No.1-65/31, Kulur-Kavoor Airport Road, Vivek Nagar, Panjimogaru, Mangalore-575 013.INDIA ☎ : 0824-2972719 / 20.
- KAKINADA : 70-17-15/1,RR Nagar,Road No.2, Kakinada, Andhra Pradesh -533003.INDIA ☎ : 0884-2345555, 0884-3500132.

REG. NO: MA23080000328

DATE:26/08/2023

MEDICAL FITNESS CERTIFICATE

This is to certify that I have examined Ms. BIDYA BHARATI SAHU (30/F)

Who is found to be Medically **FIT**.

She is not found to be suffering from any contagious Disease or Ailment.

She is FIT to perform her duty.

Dietary Counseling was provided from our end.


Dr. VIDYA KUMARI
Reg.No. : 3306
DGS Approval No. KA/MG/08/2

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



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PHYSICAL EXAMINATION

Date Of Exam : 26/08/2023 Reg. No:MA23080000328
Name : Ms. BIDYA BHARATI SAHU (30/Female)
Type Of Exam : Physical
Reference : Apollo Health and Lifestyle Limited

The doctor has examined this client at Balaji Medical Centre Mangalore for updated Physical examination and found the following.

Temperature	:	36.0C
Blood Pressure	:	110/80mmHg
Pulse	:	96/min
Respiration Rate	:	16/min
Waist (cm)	:	85Cms
Height	:	160Cms
Weight	:	72.2Kgs
BMI	:	28.2 kg/m ²


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Name: MS.BIDYA BHARATI SAHU

Date: 26/08/2023

Reg. No : MA23080000328

Ref : Dr. A.H.Balaji

OPHTHALMIC REPORT

	RIGHT	LEFT
Distant:	6/6	6/6
Near:	N/5	N/5
Colour:	Normal	Normal
Anterior Segment:	Normal	Normal
Intra Ocular Pressure:	Normal	Normal
Fundus:	Normal	Normal


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LABORATORY REPORT

DATE : 26/08/2023 REG. NO : MA23080000328

NAME : Ms. BIDYA BHARATI SAHU

AGE : 30YRS SEX : FEMALE

REF BY : DR.A.H.BALAJI

COMPLETE BLOOD COUNT (CBC)

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ERYTHROCYTE (RBC) COUNT	5.0	mill/cu.mm	4.7-6.0
HAEMOGLOBIN (Hb)	14.0	gm/dl	13.5-18
PCV (PACKED CELL VOLUME)	42.0	%	42-52
MCV (MEAN CORPUSCULAR VOLUME)	91.6	fl	78-100
MCH (MEAN CORPUSCULAR HAEMOGLOBIN)	28.1	pg	27-31
MCHC (MEAN CORPUSCULAR Hb CONCN.)	32.2	g/dl	32-36
RDW (RED CELL DISTRIBUTION WIDTH)	13.7	%	11.5-14.0
TOTAL LEUCOCYTES (WBC) COUNT	10200	Cells /cu.mm	4000-10500
ABSOLUTE NEUTROPHILS COUNT	6500	/c.mm	2000-7000
ABSOLUTE LYMPHOCYTE COUNT	3000	/c.mm	1000-3000
ABSOLUTE MONOCYTE COUNT	410	/c.mm	200-1000
ABSOLUTE EOSINOPHIL COUNT	200	/c.mm	20-500
ABSOLUTE BASOPHIL COUNT	90	/c.mm	20-100
NEUTROPHILS	64.0	%	40-80
LYMPHOCYTES	29.0	%	20-40
MONOCYTES	4.0	%	2-10
EOSINOPHILS	2.0	%	1-6
BASOPHILS	1.0	%	0-2
PLATELET COUNT	1.8	10 ³ /μl	1.50-4.50
MPV (MEAN PLATELET VOLUME)	7.5	fL	6-9.5
PCT (PLATELET HAEMATOCRIT)	0.2	%	0.2-0.5
PDW (PLATELET DISTRIBUTION WIDTH)	16.9	%	9-17

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LABORATORY REPORT

DATE : 26/08/2023 REG. NO :MA23080000328

NAME : Ms. BIDYA BHARATI SAHU

AGE : 30YRS SEX : FEMALE

REF BY : DR.A.H.BALAJI

ROUTINE EXAMINATION URINE

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
<u>GENERAL EXAMINATION:</u>			
COLOUR	PALE YELLOW		PALE YELLOW
APPEARANCE	CLEAR		CLEAR
REACTION (pH)	5.5		4.5 - 8
SPECIFIC GRAVITY	1.025		1.010 - 1.030
<u>CHEMICAL EXAMINATION (AUTOMATED DIPSTICK METHOD):</u>			
URINE PROTEIN(ALBUMIN)	ABSENT		ABSENT
URINE GLUCOSE(SUGAR)	ABSENT		ABSENT
URINE KETONES(ACETONE)	ABSENT		ABSENT
BILE SALTS	ABSENT		ABSENT
BILE PIGMENTS	ABSENT		ABSENT
UROBILINOGEN	NORMAL		NORMAL
NITRITE	NEGATIVE		NEGATIVE
<u>MICROSCOPIC EXAMINATION</u>			
RED BLOOD CELLS	NIL	/hpf	0 - 2
PUS CELLS (WBCs)	3-5	/hpf	0 - 5
EPITHELIAL CELLS	2-3	/hpf	0 - 5
CRYSTALS	ABSENT	/hpf	ABSENT
CAST	ABSENT	/hpf	ABSENT
AMORPHOUS DEPOSITS	ABSENT	/hpf	ABSENT
BACTERIA	ABSENT	/hpf	ABSENT

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LABORATORY REPORT

Date : 26/08/2023 Reg. No : MA23080000328
Name : Ms. BIDYA BHARATI SAHU
Age : 30Yrs Sex : Female
Ref By : DR.A.H.BALAJI

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ESR – Erythrocyte Sedimentation Rate (EDTA Whole Blood, Automated-Capillary photometry aggregation/ Manual – Westergrens method)	07	mm/hr	0-15

Method: Automated Westergren

Interpretation;

1. It indicates presence and intensity of an inflammatory process, never diagnosis of a specific disease, Change are more significant than a single abnormal test.
2. It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis, polymyalgia rheumatica.
3. It is also increased in pregnancy, multiple myeloma, menstruation and hypothyroidism.

Remark: ESR Performed using capillary photometric aggregation (for automated analysis) & westergrens (for manual testing).


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Name : Ms. BIDYA BHARATI SAHU

Age : 30Yrs Sex : Female

Ref By : DR.A.H.BALAJI

BIOCHEMISTRY

<u>Investigation</u>	<u>Observed value</u>	<u>unit</u>	<u>biological reference interval</u>
HbA1C-Glycated Haemoglobin (HPLC)	4.4	%	non-diabetic: <= 5.6 pre- diabetic: 5.7-6.4 Diabetic : > = 6.5
Estimated Average glucose (e AG)	79.58	mg/dl	

INTERPRETATION & REMARK:

- HbA1c is used for monitoring diabetic control.it reflects the estimated average glucose. (eAG)
- HbA1c has been endorsed by clinical group & ADA (American Diabetes Association) guidelines 2017, for diagnosis of diabetes using a cut-off point of 6.5%.
- Trends in HbA1Care a better indicator of diabetic control than a solitary test.
- Low glycated haemoglobin (below 4%) in a non-diabetic individual are often associated with systemic inflammatory diseases, chronic anemia (especially severe iron deficiency & haemolytic), chronic renal failure and liver diseases.clinical correlation suggested.
- To estimate the eAG from the HbA1C value, the following equation is used:
 $eAG(mg/dl) = 28.7 * A1c - 46.7$
- Interference of heamogoblinopathies in HbA1c estimation.
 - for HbF >25%, an alternate platform (Fructosamine) is recommended for testing of HbA1c
 - Homozygous hemoglobinopathy is detected, fructosamine is recommended for monitoring Diabetic status.
 - Heterozygous state detected (D10/turbo is corrected for HbS & HbC trait)
- In known diabetic patients, following values can be considered as a tool for monitoring the glycemic control. Excellent control-6 to 7%, fair to good control -7 to 8%, unsatisfactory control -8 to 10 % and poor control -More than 10%

NOTE: Hemoglobin electrophoresis (HPLC method) is recommended for detecting hemoglobinopathy.

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Name : Ms. BIDYA BHARATI SAHU

Age : 30yrs Sex : Female

Reference : APOLLO HEALTH AND LIFESTYLE LIMITED

Ref By : DR.A.H. BALAJI

Test Name	Result	Units	Ref.Interval
LIPID SCREEN, SERUM (Spectrophotometry)			
Cholesterol	181.00	mg/dL	(<200.00)
Triglycerides	136.00	mg/dL	(<150.00)
HDL Cholesterol	33.8	mg/dL	(<40.00)
LDL Cholesterol, Calculated	94.7	mg/dL	(<100.00)
VLDL Cholesterol, Calculated	27.2	mg/dL	(<30.00)

Note:

- Measurements in the same patient can show physiological & analytical variations. Three serial samples 1 week apart are recommended for Total cholesterol, Triglycerides, HDL & LDL Cholesterol.
- ATP III recommends a complete lipoprotein profile as the initial test for evaluating cholesterol.
- Friedewald equation to calculate LDL cholesterol is most accurate when Triglyceride level is <400 mg/dL. Measurement of Direct LDL cholesterol is recommended when Triglyceride level is >400 mg/dL.

INTERPRETATION	TOTAL CHOLESTEROL in mg/dL	Triglyceride in mg/dL	LDL CHOLESTEROL in mg/dL
Optimal	< 200	<150	<100
Above Optimal	-	-	100-129
Boderline High	200-239	150-199	130-159
High	>=240	200-499	160-189
Very High	-	>=500	>=190

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Age : 30yrs Sex : Female

Reference : Apollo Health and Lifestyle Limited

Ref By : DR. A.H. BALAJI

LIVER FUNCTION TEST

TEST	PATIENT'S VALUES	UNITS	NORMAL RANGE	
			FROM	TO
Serum Bilirubin (Total)	0.6	mg/dl	0.1	1.2
Serum Bilirubin (Direct)	0.1	mg/dl	-	<0.3
Serum Bilirubin (Indirect)	0.5	mg/dl	0.1	1
S. Alkaline Phosphatase	72.0	U/L	-	<150
Serum Gamma G.T.	15.0	U/L	4	40
Serum G. P. T.	18.0	U/L	10	40
Serum G. O. T.	16.0	U/L	10	42
Serum Total Proteins	7.1	gm/dl	6.0	7.8
Albumin	4.0	gm/dl	3.5	5.0
Globulin	3.1	gm/dl	2.6	3.5
Albumin: Globulin Ratio	1.2	-	-	-

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- KAKINADA** : 70-17-15/1,RR Nagar,Road No.2, Kakinada, Andhra Pradesh -533003.INDIA ☎ : 0884-2345555, 0884-3500132.

LABORATORY REPORT

Reg. No : MA23080000328

Name : Ms. BIDYA BHARATI SAHU (30/Female)

Reference : Apollo Health and Lifestyle Limited

Ref. By : DR.A.H.BALAJI

Reported On : 26/08/2023

<u>TEST</u>	<u>Value/Results</u>	<u>Units</u>	<u>REFERENCE INTERVAL</u>
-------------	----------------------	--------------	---------------------------

RENAL FUNCTION TEST

Urea	:	18	mg/dL	15-40
Creatinine	:	0.7	mg/dL	0.2-1.2
BUN	:	8	mg/dL	6-21
Blood Uric Acid	:	5.3	mg/dL	4.7-6.1


Dr. VIDYA KUMARI
Reg.No. : 3306
DGS Approval No. KAMG/08/2



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LABORATORY REPORT

Date : 26/08/2023 Reg. No : MA23080000328
Name : Ms. BIDYA BHARATI SAHU
Age : 30Yrs Sex : Female
Reference : Apollo Health and Lifestyle Limited
Ref By : DR. A.H. BALAJI

<u>Tests</u>	<u>Value/Results</u>	<u>Units</u>	<u>Reference Interval</u>
<u>BIO-CHEMISTRY</u>			
Blood Sugar (F)	: 90	mg/dl	70-110
Blood Sugar (PPBS)	: 125	mg/dl	120-140


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LABORATORY REPORT

Reg. No : MA23080000328 Date: 26/08/2023
Name : Ms. BIDYA BHARATI SAHU
Age : 30Yrs Sex: Female
Reference : Apollo Health and Lifestyle Limited
Ref By : DR. A.H. BALAJI

HAEMATOLOGY

Blood Group & Rh Type : "B" POSITIVE

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Date: 26/08/2023

Reg. No : MA23080000328

TO WHOMSOEVER IT MAY CONCERN

This is to certify that I have examined **Ms. BIDYA BHARATI SAHU (30/F)**

for her Dental condition. No dental issues, Her Dental condition and oral hygiene are good.

Dr. S. Naresht
BDS
Reg. No.: 11291

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LABORATORY REPORT

Reg. No : MA23080000328 Date : 26/08/2023

Name : Ms. BIDYA BHARATI SAHU

Age : 30yrs Sex : Female

Ref By : DR.A.H. BALAJI

Test Name	Result	Units	Ref.Range
THYROID PROFILE,TOTAL,SERUM (CLIA)			
T3>Total	156.0	ng/dl	(70-204)
T4>Total	8.10	ug/dL	(5.0-12.5)
TSH	2.3	uIU/ml	(0.45-4.5)

Reference Range for pregnancy:

TSH	REFERENCE RANGE IN Uiu/mL
Pregnancy	
1 st Trimester	0.30-4.50
2 nd Trimester	0.50-4.60
3 rd Trimester	0.80-5.20

Note:1 TSH levels are subject to circadian variation, reaching peak levels between 2-4.a.m. and at a Minimum between 6-10pm. The variation is of the order of 50%, hence time of the day has Influence on the measured serum TSH concentrations.

2 Recommended test for T3 and T4 is unbound fraction or free levels as it is metabolically active.

3 Physiological rise in Total T3 /T4 levels is seen in pregnancy and in patients on steroid therapy.

Clinical Use

- Primary Hypothyroidism
- Hyperthyroidism
- Hypothalamic-Pituitary hypothyroidism
- Inappropriate TSH secretion
- Non thyroidal illness
- Autoimmune thyroid disease
- Pregnancy associated thyroid disorders
- Thyroid dysfunction in infancy and early childhood


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LABORATORY REPORT

Reg No : MA23080000328

Name : Ms. BIDYA BHARATI SAHU Date : 26/08/2023

Age : 30 yrs Sex : Female

Reference : Apollo Health and Lifestyle Limited.

Ref By : DR. A.H. BALAJI

PERIPHERAL SMEAR EXAMINATION

RED BLOOD CELL MORPHOLOGY : **NORMAL**

W B C MORPHOLOGY : **NORMAL**

PLATELET MORPHOLOGY : **NORMAL**


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DIGITAL RADIOGRAPH – CHEST PA- VIEW

Date : 26/08/2023 Reg. No : MA23080000328
Name : Ms. BIDYA BHARATI SAHU
Age : 30 yrs
Sex : Female
Ref By : DR.A.H.BALAJI

The cardio mediastinal silhouette is normal.

The lungs are well inflated. No focal mass lesion, lobar collapse or consolidation is seen.

No pleural effusion is detected.

The soft tissues and bones appear unremarkable.

Conclusion:

- Normal chest radiograph.


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ECG REPORT

Date : 26/08/2023 Reg. No :MA23080000328

Name : Ms. BIDYA BHARATI SAHU

Age : 30 yrs

Sex : Female

Ref By : DR. A. H. BALAJI

Impression : Normal Sinus Rhythm.


Dr. VIDYA KUMARI
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NAME : Ms. BIDYA BHARATI SAHU **AGE/SEX** : 30YRS /FEMALE

STUDY DATE : 26/08/2023 **PATIENT ID** : MA23080000328

Description: Female-Whole Abdomen **REF. DOCTOR** : DR.A.H. BALAJI

Real time B-mode ultrasonography of abdomen, KUB, Uterus and Ovaries Done.

Abdomen

Liver Filled with homogeneous parenchymal echoes. No abscess or mass lesion in the liver.
Gallbladder walls appeared normal. No calculi seen in the gallbladder.
Common duct appeared normal. No calculi seen in the common duct.
Pancreas appeared normal.
Spleen appeared normal.
No free fluid in the peritoneal cavity.
No Para aortic lymphadenopathy.
Adrenal glands appeared normal.

KUB


Cortex and collecting system of both kidneys appeared normal. No calculi seen.
Right Kidney measured 8.5x4.2cms.
Left Kidney measured 8.8x4.5cms.
Both Ureters appeared normal. No dilatation seen.
Bladder appeared normal.

Pelvis

Normal appearing uterus with homogenous myometrial echoes. Cavity echo appeared normal.
Right Ovary appeared normal. Left Ovary appeared normal. Both adnexae appeared normal.

Impression

- **NORMAL APPEARING LIVER, GALL BLADDER, COMMON DUCT, PANCREAS, SPLEEN, BOTH KIDNEYS, BLADDER, UTERUS BOTH OVARIES.**

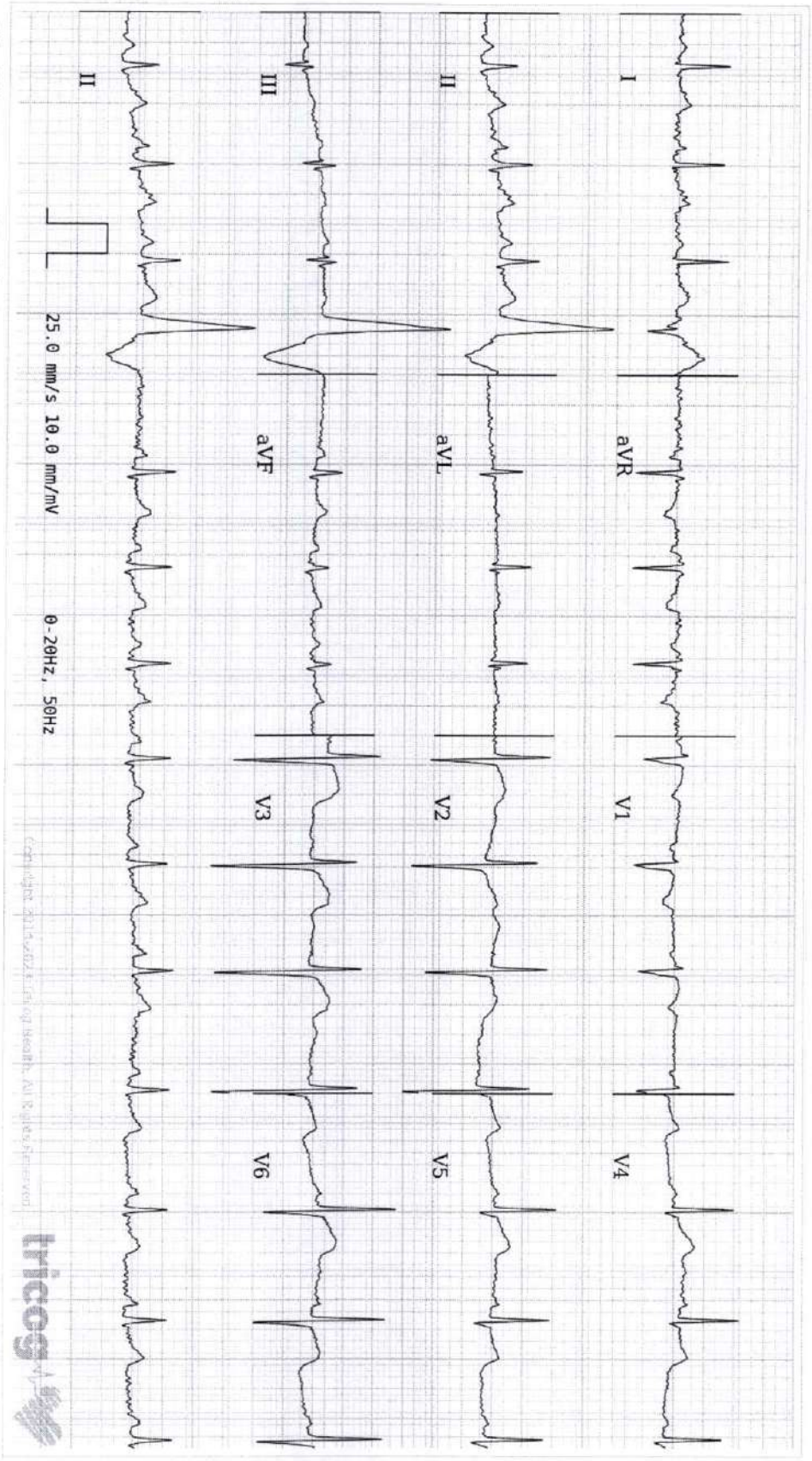

Dr. VIDYA KUMARI
Reg.No. 13306
DGS Approval No. KAMG/08/

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



Age / Gender: 30/Female
Patient ID: MA23080000328

Date and Time: 26th Aug 23 2:59 PM



Sinus Rhythm, Please correlate clinically.

Disclaimer: Analysis in this report is based on ECG alone and should only be used as an adjunct to clinical history, symptoms and results of other invasive and non-invasive tests and must be interpreted by a qualified physician.

REPORTED BY

Dr. Nehra



 ଗଭିର ସରକାର
 Government of India




ବିଦ୍ୟା ଭାରତୀ ସାହୁ
BIDYA BHARATI SAHU
 ପିତା : ପ୍ରତାପ କୁମାର ସାହୁ
 Father : PRATAP KUMAR SAHU
 ଜନ୍ମ ତାରିଖ / DOB : 17/02/1993
 ମହିଳା / Female



7345 8824 2506

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 Unique Identification Authority of India


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Echocardiography Report

PATIENT NAME	AGE	HEIGHT	WEIGHT	BSA	DATE TIME
SAHU BIDYA BHARATI	30 yrs	160 cm	72 kg	1.75 m ²	2023/08/26 17:36
PATIENT ID	GENDER	REFERRING PHYSICIAN	REPORTED BY		
MA23080000328	Female	DR.VIDYA KUMARI	DR. JEEVARATHINAM. N		

PROCEDURE

An ECHO exam was performed including 2D, M-mode, Spectral, Color-flow.

SUMMARY

Normal cardiac chamber size
Normal LV systolic function EF- 63%
No regional wall motion abnormality
LV diastolic function - indeterminate
Normal valves
IAS intact , thinned and Aneurismal

LEFT VENTRICLE

Measurement	Value	Reference	Measurement	Value	Reference
Systolic Function			Dimensions		
LVEF MOD BP (%)	63.16	(74-54)	LVIDd (cm)	4.20	(3.8-5.2)
SV MOD BP (ml)	38.44	(14-42)	LVIDd Index (cm/m ²)	2.40	(2.3-3.1)
SI MOD BP (ml/m ²)	21.97	(38-66)	LVIDs (cm)	2.83	(2.2-3.5)
LVEDV MOD BP (ml)	60.86	(46-106)	LVIDs Index (cm/m ²)	1.62	(1.3-2.1)
LVEDVInd MOD BP (ml/m ²)	34.78	(29-61)	IVSd (cm)	0.92	(0.6-0.9)
LVESV MOD BP (ml)	22.42	(14-42)	LVPWd (cm)	1.06	(0.6-0.9)
LVESVInd MOD BP (ml/m ²)	12.81	(8-24)	LVd Mass (g)	135.33	(67-162)
Diastolic Function			LVd Mass Index (g/m ²)	77.33	(43-95)
MV E Vel (m/s)	0.58	(0.6-0.8)	RWT	0.50	(0.22-0.42)
MV A Vel (m/s)	0.43	(0.2-0.35)	LV Area		
MV E/A Ratio	1.35	(>=0.8)	LV FAC A4C (%)	48.17	(>25)
			LVAd A4C (cm ²)	21.61	(-)
			LVAs A4C (cm ²)	11.20	(-)
			LV FAC A2C (%)	53.44	(-)
			LVAd A2C (cm ²)	20.92	(-)
			LVAs A2C (cm ²)	9.74	(-)

LEFT ATRIUM

Measurement	Value	Reference	Measurement	Value	Reference
LA Diam (cm)	2.98	(2.7-3.8)	LAESV MOD BP (ml)	29.29	(38-46)
LA/Ao	1.19	(<1.3)	LAESVInd MOD BP (ml/m ²)	16.74	(16-34)

RIGHT ATRIUM

Measurement	Value	Reference
RAAs A4C (cm ²)	10.43	(<=18)
RALs A4C (cm)	3.64	(-)

AORTIC VALVE & AORTA

Measurement	Value	Reference
-------------	-------	-----------

LVOT/ Aorta

Ao Diam (cm)	2.51	(<3.7)
--------------	------	--------

Ao/LA	0.74	(-)
-------	------	-----

TRICUSPID VALVE

Measurement	Value	Reference
-------------	-------	-----------

TR Vmax (m/s)	1.09	(<2.8)
---------------	------	--------

TR maxPG (mmHg)	4.75	(<35)
-----------------	------	-------

PULMONARY VALVE AND PULMONARY ARTERY

Measurement	Value	Reference
-------------	-------	-----------

Pulmonary Outflow

PV Vmax (m/s)	0.84	(-)
---------------	------	-----

PV maxPG (mmHg)	2.82	(<36)
-----------------	------	-------

OBSERVATIONS :

Left Ventricle	Size - Left ventricle normal in size LV geometry - Normal LV geometry Systolic function - LV systolic function - normal Diastolic function - LV diastolic function - indeterminate
Left Atrium	Size - Normal left atrium size
Right Atrium	Size - Normal right atrium size
Right Ventricle	Size - Normal right ventricular size
Aortic Valve	Structure and function - Normal trileaflet aortic valve
Mitral Valve	Structure and function - Normal mitral valve
Tricuspid Valve	Regurgitation - Trivial tricuspid regurgitation
Pulmonic Valve	Structure and function - Normal pulmonic valve
Pericardium	Effusion - No pericardial effusion
Aorta	Size - Normal aorta
Pulmonary Hypertension	Probability - Low probability of pulmonary hypertension
Heart Failure	HF Category - No evidence of heart failure with preserved ejection fraction

Disclaimer: This report is generated based on the review of Echocardiography images transmitted and does not consider the patient's current symptoms or medical history. The quality or accuracy of the report is dependent on the quality and accuracy of the Echo images transmitted. The report is not meant or valid for any medico legal purposes



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