



BHAILAL AMIN
GENERAL HOSPITAL

ESTD. 1964

CONCLUSION OF HEALTH CHECKUP

ECU Ref. No : MH/22/000584 Patient No : 21040547 Date : 26/03/2022
Name : **MR. ATMAJIT SINGH** Sex / Age : MALE 32
Height / Weight : 164 Cms 67 Kgs Ideal Weight 62 Kgs BMI : 24.9

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 : MR. ATMAJIT SINGH

Sex / Age : MALE 32

Present History

NO ANY MAJOR ILLNESS AT PRESENT

Past History

H/O RENAL STONE IN PAST

Family History

MOTHER - HYPERTENSION

FATHER- HYPERTENSION AND DIABETE MELLITUS

Personal History

VEG DIET; NO SMOKING OR ALCOHOL

Clinical Examination

B.P. 110/70 MMHG

Pulse 78/MIN; REG

Others NAD

Respiratory System

CLINICALLY NAD

Cardio Vascular System

CLINICALLY NAD

Abdominal System

CLINICALLY NAD

Neurological System

CLINICALLY NAD



Name : MR. ATMAJIT SINGH

Sex / Age : MALE 32

Eye Checkup

Doctor Name DR.SIDDHARTH DUA

| | Right | Left |
|--------------------|---------------------|------|
| History | NIL | NIL |
| Uncorrected vision | - | - |
| Corrected vision | 6/6 | 6/6 |
| IOP | - | - |
| Fundus | RETINA TO BE ASSESS | - |
| Any other | - | - |
| Advice | - | - |



Dietary Assessment

Name : **MR. ATMAJIT SINGH** Sex / Age : MALE 32
Height : 164 Cms Weight : 67 Kgs Ideal Weight : 62 Kgs BMI : 24.9

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.

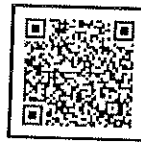
Drink 3 to 4 liters (12 - 14 glass) of water daily.

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. ATAMJIT SINGH
 Gender / Age : Male / 32 Years 6 Months 9 Days
 MR No / Bill No. : 21040547 / 221033871
 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 34986
 Request Date : 26/03/2022 08:38 AM
 Collection Date : 26/03/2022 09:05 AM
 Approval Date : 26/03/2022 01:17 PM

CBC + ESR

| Test | Result | Units | Biological Ref. Range |
|---|-----------------------|----------|---|
| Haemoglobin. | | | |
| Haemoglobin | 15.2 | gm/dL | 13 - 17 |
| Red Blood Cell Count (T-RBC) | 4.99 | mill/cmm | 4.5 - 5.5 |
| Hematocrit (HCT) | 42.9 | % | 40 - 50 |
| Mean Corpuscular Volume (MCV) | 86.0 | fl | 83 - 101 |
| Mean Corpuscular Haemoglobin (MCH) | 30.5 | pg | 27 - 32 |
| MCH Concentration (MCHC) | 35.4 | % | 31.5 - 34.5 |
| Red Cell Distribution Width (RDW-CV) | 12.9 | % | 11.6 - 14 |
| Red Cell Distribution Width (RDW-SD) | 40.2 | fl | 39 - 46 |
| Total Leucocyte Count (TLC) | | | |
| Total Leucocyte Count (TLC) | 7.13 | thou/cmm | 4 - 10 |
| Differential Leucocyte Count | | | |
| Polymorphs | 59 | % | 40 - 80 |
| Lymphocytes | 33 | % | 20 - 40 |
| Eosinophils | 3 | % | 1 - 6 |
| Monocytes | 5 | % | 2 - 10 |
| Basophils | 0 | % | 0 - 2 |
| Polymorphs (Abs. Value) | 4.21 | thou/cmm | 2 - 7 |
| Lymphocytes (Abs. Value) | 2.34 | thou/cmm | 1 - 3 |
| Eosinophils (Abs. Value) | 0.19 | thou/cmm | 0.2 - 0.5 |
| Monocytes (Abs. Value) | 0.34 | 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 | 121 | thou/cmm | 150 - 410 |
| Smear evaluation | Adequate | | |
| Estimated Platelet count (Smear evaluation) | 150 | thou/cmm | |
| Remarks | Large platelets seen. | | |
| ESR | 1 | 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. Retest / retest may be requested.

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mr. ATAMJIT SINGH
Gender / Age : Male / 32 Years 6 Months 9 Days
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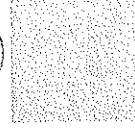
CBC + ESR

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 | 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 Autocontro
- This method check's group both on Red blood cells and in Serum for "ABO" group.

---- End of Report ----

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MD (Path.)

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DEPARTMENT OF LABORATORY MEDICINE

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Clinical Biochemistry

| Test | Result | Units | Biological Ref. Range |
|------------------------|--------|-------|-----------------------|
| Fasting Plasma Glucose | 79 | mg/dL | 70 - 110 |

---- End of Report ----

Dr. Rakesh Vaidya
Approved By Dr. Sejal Odedra

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Clinical Biochemistry

| Test | Result | Units | Biological Ref. Range |
|------------------------------------|--------|-------|-----------------------|
| Glycosylated Hemoglobin (HbA1c) | 5.3 | % | |
| estimated Average Glucose (e AG) * | 105.41 | 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. Rakesh Vaidya
Approved By Dr. Sejal Odedra



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Type : OPD
 Request No. : 34986
 Request Date : 26/03/2022 08:38 AM
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 Approval Date : 26/03/2022 02:47 PM

Renal Function Test (RFT)

| Test | Result | Units | Biological Ref. Range |
|---|--------------|-------|-----------------------|
| Urea (By Urease Kinetic method on RXL Dade Dimension) | 19 | mg/dL | 10 - 45 |
| Creatinine (By Modified Kinetic Jaffe Technique) | 0.88 | mg/dL | 0.9 - 1.3 |
| Estimate Glomerular Filtration rate (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) | More than 60 | | |
| Uric acid (By Uricase / Catalase method on RXL Siemens) | 6.9 | mg/dL | 3.4 - 7.2 |

---- End of Report ----

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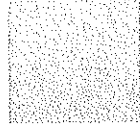
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Complete Lipid Profile

| Test | Result | Units | Biological Ref. Range |
|--|------------|-------|-----------------------|
| Complete Lipid Profile | | | |
| Appearance | Clear | | |
| Triglycerides | 247 | mg/dL | 1 - 150 |
| <i>(By Lipase / Glycerol dehydrogenase on RXL Dade Dimension)</i> | | | |
| <i>< 150 Normal</i> | | | |
| <i>150-199 Borderline High</i> | | | |
| <i>200-499 High</i> | | | |
| <i>> 499 Very High)</i> | | | |
| Total Cholesterol | 191 | mg/dL | 1 - 200 |
| <i>(By enzymatic colorimetric method on RXL Dade Dimension)</i> | | | |
| <i><200 mg/dL - Desirable</i> | | | |
| <i>200-239 mg/dL - Borderline High</i> | | | |
| <i>> 239 mg/dL - High)</i> | | | |
| HDL Cholesterol | 36 | mg/dL | 40 - 60 |
| <i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i> | | | |
| <i>< 40 Low</i> | | | |
| <i>> 60 High)</i> | | | |
| Non HDL Cholesterol (calculated) | 155 | mg/dL | 1 - 130 |
| <i>(Non- HDL Cholesterol)</i> | | | |
| <i>< 130 Desirable</i> | | | |
| <i>139-159 Borderline High</i> | | | |
| <i>160-189 High</i> | | | |
| <i>> 191 Very High)</i> | | | |
| LDL Cholesterol | 117 | mg/dL | 1 - 100 |
| <i>(By Direct homogenous-technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i> | | | |
| <i>< 100 Optimal</i> | | | |
| <i>100-129 Near / above optimal</i> | | | |
| <i>130-159 Borderline High</i> | | | |
| <i>160-189 High</i> | | | |
| <i>> 189 Very High)</i> | | | |
| VLDL Cholesterol | 49.4 | mg/dL | 12 - 30 |
| LDL Ch. / HDL Ch. Ratio | 3.25 | | 2.1 - 3.5 |
| T. Ch./HDL Ch. Ratio | 5.31 | | 3.5 - 5 |
| <i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i> | | | |

---- End of Report ----

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Liver Function Test (LFT)

| Test | Result | Units | Biological Ref. Range |
|--|------------|-------|-----------------------|
| Bilirubin | | | |
| Bilirubin - Total | 0.82 | mg/dL | 0 - 1 |
| Bilirubin - Direct | 0.19 | mg/dL | 0 - 0.3 |
| Bilirubin - Indirect | 0.63 | mg/dL | 0 - 0.7 |
| <i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i> | | | |
| Aspartate Aminotransferase (SGOT/AST) | 38 | U/L | 15 - 40 |
| <i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i> | | | |
| Alanine Aminotransferase (SGPT/ALT) | 101 | U/L | 10 - 40 |
| <i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i> | | | |
| Alkaline Phosphatase | 100 | U/L | 53 - 128 |
| <i>(BY PNPP AMP method on RXL Dade Dimension.)</i> | | | |
| Gamma Glutamyl Transferase (GGT) | 48 | U/L | 15 - 85 |
| <i>(By IFCC method on RXL Dade Dimension.)</i> | | | |
| Total Protein | | | |
| Total Proteins | 7.42 | gm/dL | 6.4 - 8.2 |
| Albumin | 4.44 | gm/dL | 3.4 - 5 |
| Globulin | 2.98 | gm/dL | 3 - 3.2 |
| A : G Ratio | 1.49 | | 1.1 - 1.6 |
| <i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i> | | | |

---- End of Report ----

Dr. Rakesh Vaidya
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 Approval Date : 26/03/2022 02:47 PM

Thyroid Hormone Study

| Test | Result | Units | Biological Ref. Range |
|------|--------|-------|-----------------------|
|------|--------|-------|-----------------------|

| | | | |
|-----------------------|------|-------|--|
| Triiodothyronine (T3) | 1.00 | ng/ml | |
|-----------------------|------|-------|--|

(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) | 6.97 | 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) | 2.34 | 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

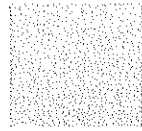
Pregnancy :

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))

--- End of Report ---

Dr. Rakesh Vaidya
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 Request Date : 26/03/2022 08:38 AM
 Collection Date : 26/03/2022 09:05 AM
 Approval Date : 26/03/2022 11:55 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 | 7.0 | | |
| Specific Gravity | 1.025 | | |
| Protein | 1+ R/C | gm/dL | Negative |
| Glucose | Negative | mg/dL | Negative |
| Ketones | Negative | | Negative |
| Bilirubin | Negative | | Negative |
| Urobilinogen | Negative | | Negative (upto 1) |
| Blood | 1+ | | Negative |
| Bile Salt | Absent | | Absent |
| Leucocytes | Negative | | Negative |
| Bile Pigments | Absent | | Absent |
| Nitrite | Negative | | Negative |
| Microscopic Examination (After Centrifugation at 2000 rpm for 10 min) | | | |
| Red Blood Cells | Present (2-5) | /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 | | Absent |

--- End of Report ---

Dr. Nikunj V. Mehta
MD (Path.)Dr. Rakesh Vaidya
Approved By Dr. Sejal Odedra

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Clinical Biochemistry

| Test | Result | Units | Biological Ref. Range |
|------------------------------------|--------|-------|-----------------------|
| Fasting Plasma Glucose | 79 | mg/dL | 70 - 110 |
| Post Prandial 2 Hr. Plasma Glucose | 89 | mg/dL | 70 - 140 |

By Hexokinase method on RXL Dade Dimension

--- End of Report ---

Dr. Rakesh Vaidya
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Foetal Echocardiography

Echocardiography

Patient No. : 21040547 Report Date : 26/03/2022
Request No. : 190014874 26/03/2022 8.38 AM
Patient Name : **ATAMJIT SINGH**
Gender / Age : Male / 32 Years 6 Months 9 Days

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

Liver is normal in size and 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. **7mm calculus is seen in pelvis of right kidney, no e/o hydronephrosis.** Left renal concretion is seen.

Prostate appears normal in size and volume is ~ 17 cc.
Prostate measures 27mm x 38mm x 31mm.

Urinary bladder is well distended and appears normal.

No ascites.

COMMENT:

Right renal pelvic calculus. Left renal concretion

Kindly correlate clinically

Prerna C Hasani

Dr. Prerna C Hasani, MD
Consultant Radiologist



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



ECU



BHAILAL AMIN
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ESTD. 1964

Patient No. : 21040547 Report Date : 26/03/2022

Request No. : 190014882 26/03/2022 8.38 AM

Patient Name : ATAMJIT SINGH

Gender / Age : Male / 32 Years 6 Months 9 Days

Echo Color Doppler

MITRAL VALVE : NORMAL, NO MS, NO MR
AORTIC VALVE : TRILEAFLET, 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
2. NORMAL LV SYSTOLIC FUNCTION LVEF - 65%
3. NO RESTING REGIONAL WALL MOTION ABNORMALITY
4. NORMAL VALVES, NO MITRAL / AORTIC STENOSIS
5. NORMAL RIGHT HEART SIZE AND RV PRESSURES
6. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.

DR. KILLOL KANERIA, M.D., D.M., CARD.





BHAILAL AMIN
GENERAL HOSPITAL

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DEPARTMENT OF DIAGNOSTIC RADIOLOGY

ADVANCED DIGITAL SOLUTIONS

Computer Radiography

Ultra Sensitive Colour Doppler

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Multi-Detector CT Scan

Mammography

Interventional Radiology

Digital Subtraction Angiography

Foetal Echocardiography

Echocardiography

Patient No. : 21040547 Report Date : 26/03/2022
Request No. : 190014860 26/03/2022 8.38 AM
Patient Name : **ATAMJIT SINGH**
Gender / Age : Male / 32 Years 6 Months 9 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

Prerna C Hasani

Dr. Prerna C Hasani, MD
Consultant Radiologist



26-03-2022 09:39:32 AM

ID: 21040547

MR. ATAMJIT SINGH

Male 32 Years

HR

62 bpm

Diagnosis Information

Sinus Rhythm

Normal ECG

P

97 ms

PR

125 ms

QRS

74 ms

QT/QTc

380/389 ms

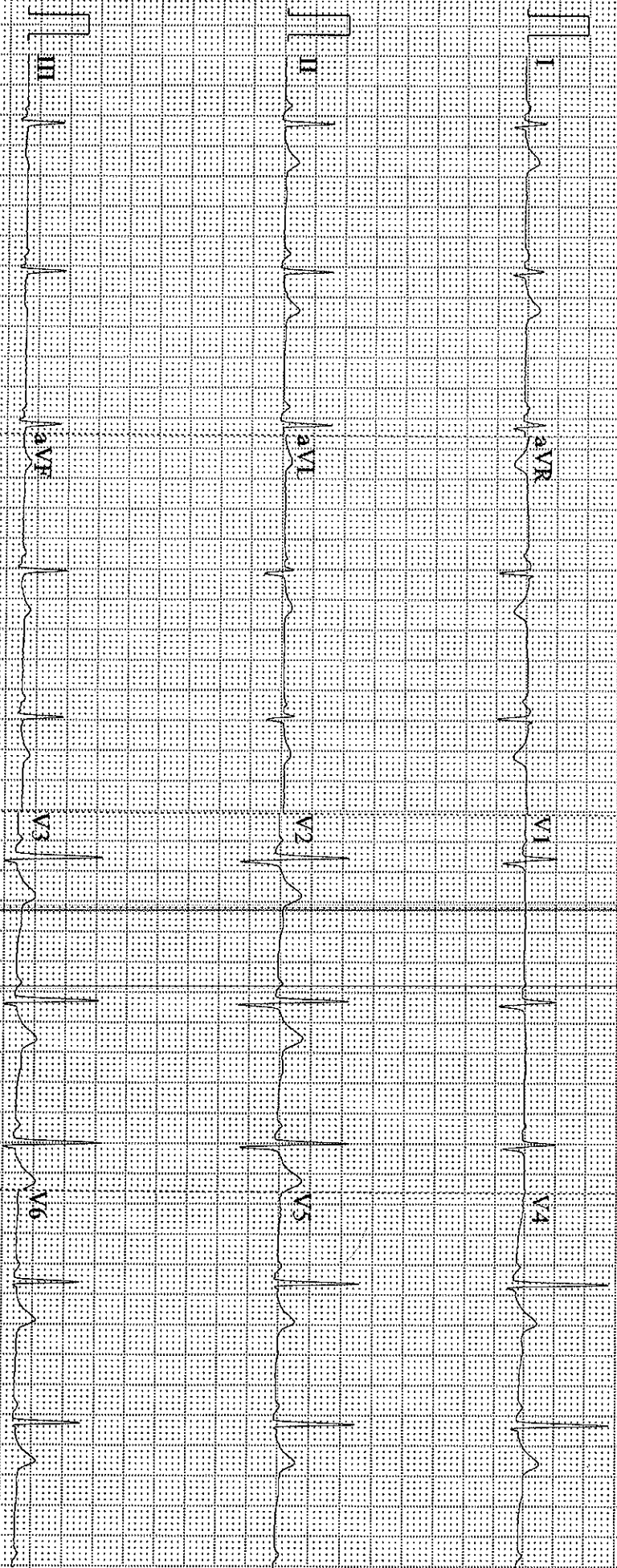
P/QRST

41/74/34 °

RV5/SV1

1.254/0.378 mV

Report Confirmed by



0.67-25Hz AC50 25mm/s 10mm/mV 4x2.5s V62 V2-02 SEMIP V1-7 BHAIJI AMIN GENERAL HOSPITAL (ECG)

Bob

Dental assessment form

26/03/2022

Name: Atamjit Singh
Age/ Sex: 32 years/Male

Patient has come for a regular check up

On Examination:

- Calculus++ stains++
- History of horizontal brushing
- Mild attrition, recession
- Initial caries with respect to 36, 37, 46, 47, 14, 16, 26

Provisional diagnosis:

- Chronic generalised gingivitis

Treatment plan:

- Scaling and polishing

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

