

Dr. Vimmi Goel  
MBBS, MD (Internal Medicine)  
Sr. Consultant Non Invasive Cardiology  
Reg. No: MMC- 2014/01/0113



Name: Mr. Ashish Nitnaware Date: 24/03/23

Age: 40y Sex:  M  F Weight: 77.1 kg Height: 178.3 Inc BMI: 21.3

BP: 130/80 mmHg Pulse: 78 bpm RBS: \_\_\_\_\_ mg/dl

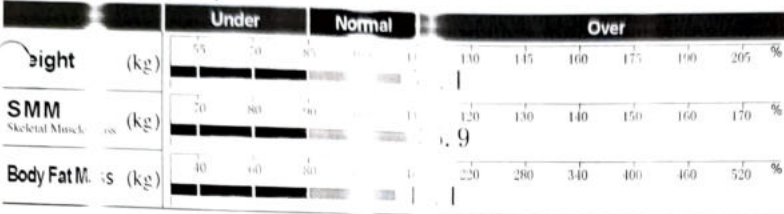
SPO<sub>2</sub> - 97%

ID	Height	Age	Gender	Test Date / Time
2223130883	178.3cm	40	Male	24.03.2023 12:35

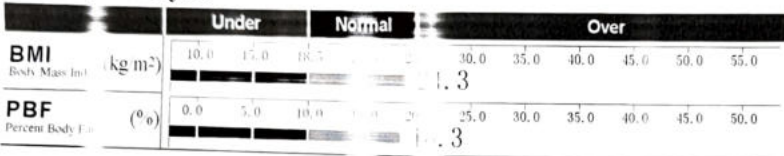
## Body Composition Analysis

Total amount of water in my body	Total Body Water (L)	46.1	(39.3~48.1)
What I need to build muscles	Protein (kg)	12.6	(10.5~12.9)
What I need for strong bones	Minerals (kg)	4.26	(3.61~4.44)
Where my excess energy is stored	Body Fat Mass (kg)	14.1	(8.1~16.8)
Sum of the above	Weight (kg)	77.1	(59.1~80.4)

## Muscle-Fat Analysis



## Obesity Analysis



## Segmental Lean Analysis

Left	3.19 kg	104.9%	Normal
	28.2 kg	103.4%	Normal
Right	3.62 kg	106.0%	Normal
	9.61 kg	101.1%	Normal

## Segmental Fat Analysis

Left	0.7 kg	104.1%	Normal
	7.6 kg	171.4%	Over
Right	0.7 kg	104.6%	Normal
	2.0 kg	112.5%	Normal

\* Segmental fat is estimated.

## Body Composition History

Weight (kg)	77.1				
SMM (kg)	35.9				
PBF (%)	18.3				
Recent Total	24.03.2023 12:35				

## InBody Score

81 / 100 Points

\* Total score that reflects the evaluation of body composition. A normal person may score 100 points.

## Weight Control

Target Weight	74.1 kg
Weight Control	-3.0 kg
Fat Control	-3.0 kg
Muscle Control	0.0 kg

## Obesity Evaluation

BMI	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Slightly Over	<input type="checkbox"/> Over
PBF	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Slightly Over	<input type="checkbox"/> Over	

## Waist-Hip Ratio

0.89

## Visceral Fat Level

Level 6

## Research Parameters

Fat Free Mass	63.0 kg
Basal Metabolic Rate	1731 kcal (1000~1900)
Obesity Degree	110% (100~140)
SMI	8.3 kg/m²
Recommended calorie intake	2710 kcal

## Calorie Expenditure of Exercise

Golf	36	Gateball	
Walking	54	Yoga	
Badminton	74	Table Tennis	
Tennis	31	Bicycling	
Boxing	31	Basketball	
Mountain Climbing	51	Jumping Rope	
Aerobics	70	Jogging	
Soccer	70	Swimming	
Japanese Fencing	86	Racketball	
Squash	86	Taekwondo	

\* Based on your current weight  
 \* Based on 30 minute duration

## Impedance

	RA	LA	TR	RL	TL
Z(Ω) 20 kHz	308.9	111.2	23.7	279.1	21.1
100 kHz	273.7	75.5	19.7	245.1	17.1



MC-4807

**DEPARTMENT OF PATHOLOGY**

<b>Patient Name</b> : Mr. ASHISH NITNAWARE	<b>Age /Gender</b> : 40 Y(s)/Male
<b>Bill No/ UMR No</b> : BIL2223024678/UMR2223138883	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 24-Mar-23 10:43 am	<b>Report Date</b> : 24-Mar-23 12:12 pm

**HAEMOGRAM**

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Haemoglobin	Blood	16.7	13.0 - 17.0 gm%	Photometric
Haematocrit(PCV)		48.9	40.0 - 50.0 Vol%	Calculated
RBC Count		<b>5.88</b>	4.5 - 5.5 Millions/cumm	Photometric
Mean Cell Volume (MCV)		83	83 - 101 fl	Calculated
Mean Cell Haemoglobin (MCH)		28.4	27 - 32 pg	Calculated
Mean Cell Haemoglobin Concentration (MCHC)		34.2	31.5 - 35.0 g/l	Calculated
RDW		<b>15.6</b>	11.5 - 14.0 %	Calculated
Platelet count		267	150 - 450 10 <sup>3</sup> /cumm	Impedance
WBC Count		6600	4000 - 11000 cells/cumm	Impedance

**DIFFERENTIAL COUNT**

Neutrophils	<b>49.0</b>	50 - 70 %	Flow Cytometry/Light microscopy
Lymphocytes	<b>47.0</b>	20 - 40 %	Flow Cytometry/Light microscopy
Eosinophils	1.4	1 - 6 %	Flow Cytometry/Light microscopy
Monocytes	2.6	2 - 10 %	Flow Cytometry/Light microscopy
Basophils	0.0	0 - 1 %	Flow Cytometry/Light microscopy
Absolute Neutrophil Count	3234	2000 - 7000 /cumm	Calculated
Absolute Lymphocyte Count	3102	1000 - 4800 /cumm	Calculated
Absolute Eosinophil Count	92.4	20 - 500 /cumm	Calculated
Absolute Monocyte Count	<b>171.6</b>	200 - 1000 /cumm	Calculated



MC-4807



**DEPARTMENT OF PATHOLOGY**

<b>Patient Name</b> : Mr. ASHISH NITNAWARE	<b>Age / Gender</b> : 40 Y(s)/Male
<b>Bill No/ UMR No</b> : BIL2223024678/UMR2223138883	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 24-Mar-23 10:43 am	<b>Report Date</b> : 24-Mar-23 12:12 pm

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Absolute Basophil Count		0	0 - 100 /cumm	Calculated
<b><u>PERIPHERAL SMEAR</u></b>				
RBC		Normochromic Normocytic		
Anisocytosis		Anisocytosis +(Few)		
WBC		As Above		
Platelets		Adequate		
<b>ESR</b>		02	0 - 15 mm/hr	Automated Westergren's Method
*** End Of Report ***				

Suggested Clinical Correlation \* If necessary, Please discuss

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Test results related only to the item tested.

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**Dr. VAIDEHEE NAIK, MBBS,MD**

**CONSULTANT PATHOLOGIST**



**CLINICAL DIAGNOSTIC LABORATORY  
DEPARTMENT OF BIOCHEMISTRY**

<b>Patient Name</b> : Mr. ASHISH NITNAWARE	<b>Age /Gender</b> : 40 Y(s)/Male
<b>Bill No/ UMR No</b> : BIL2223024678/UMR2223138883	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 24-Mar-23 10:42 am	<b>Report Date</b> : 24-Mar-23 12:09 pm

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Fasting Plasma Glucose	Plasma	83	< 100 mg/dl	GOD/POD,Colorimetric

**Interpretation:**

Clinical Decision Value as per ADA Guidelines 2021

- Diabetes Mellites If,
- Fasting  $\geq$  126 mg/dl
- Random/2Hrs.OGTT  $\geq$  200 mg/dl
- Impaired Fasting = 100-125 mg/dl
- Impaired Glucose Tolerance = 140-199 mg/dl

**GLYCOSYLATED HAEMOGLOBIN (HBA1C)**

<b>HbA1c</b>	<b>5.8</b>	Non-Diabetic : $\leq$ 5.6 %	HPLC
		Pre-Diabetic : 5.7 - 6.4 %	
		Diabetic : $\geq$ 6.5 %	

\*\*\* End Of Report \*\*\*

Suggested Clinical Correlation \* If necessary, Please discuss

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**Dr. VAIDEHEE NATK MBBS MD**



## DEPARTMENT OF BIOCHEMISTRY

**Patient Name** : Mr. ASHISH NITNAWARE  
**Age / Gender** : 40 Y(s)/Male  
**Bill No/ UMR No** : BIL2223024678/UMR2223138883  
**Referred By** : Dr. Vimmi Goel MBBS,MD  
**Received Dt** : 24-Mar-23 10:43 am  
**Report Date** : 24-Mar-23 12:45 pm

### LIPID PROFILE

Parameter	Specimen	Results	Method
Total Cholesterol	Serum	221 < 200 mg/dl	Enzymatic(CHE/CHO/POD)
Triglycerides		126 < 150 mg/dl	Enzymatic
HDL Cholesterol Direct		42 > 40 mg/dl	(Lipase/GK/GPO/POD)
LDL Cholesterol Direct		150.05 < 100 mg/dl	Phosphotungstic acid/mgcl-Enzymatic (microslide)
VLDL Cholesterol		25 < 30 mg/dl	Enzymatic
Tot Chol/HDL Ratio		5 3 - 5	Calculated
			Calculation

Intiate therapeutic	Consider Drug therapy	LDC-C
CHD OR CHD risk equivalent	>100	>130, optional at 100-129
Multiple major risk factors conferring 10 yrs CHD risk >20%		<100
Two or more additional major risk factors, 10 yrs CHD risk <20%	>130	10 yrs risk 10-20 % >130
No additional major risk or one additional major risk factor	>160	10 yrs risk <10% >160
		>190, optional at 160-189
		<160

\*\*\* End Of Report \*\*\*

Suggested Clinical Correlation \* If necessary, Please discuss

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**Dr. Anuradha Deshmukh, MBBS,MD**

**CONSULTANT MICROBIOLOGIST**



MC-4807

**CLINICAL DIAGNOSTIC LABORATORY**  
**DEPARTMENT OF BIOCHEMISTRY**

**Patient Name** : Mr. ASHISH NITNAWARE  
**Age / Gender** : 40 Y(s)/Male  
**Bill No/ UMR No** : BIL2223024678/UMR2223138883  
**Received Dt** : 24-Mar-23 10:43 am  
**Referred By** : Dr. Vimmi Goel MBBS,MD  
**Report Date** : 24-Mar-23 12:45 pm

<u>Parameter</u>	<u>Specimen</u>	<u>Result Values</u>	<u>Biological Reference</u>	<u>Method</u>
<b>RFT</b>				
Blood Urea	Serum	27	19.0 - 43.0 mg/dl	Urease with indicator dye
Creatinine		1.07	0.66 - 1.25 mg/dl	Enzymatic ( creatinine amidohydrolase)
GFR		90.0		Calculation by CKD-EPI 2021
Sodium		144	136 - 145 mmol/L	Direct ion selective electrode
Potassium		4.81	3.5 - 5.1 mmol/L	Direct ion selective electrode
<b>LIVER FUNCTION TEST(LFT)</b>				
Total Bilirubin		0.76	0.2 - 1.3 mg/dl	Azobilirubin/Dyphylline
Direct Bilirubin		0.28	0.1 - 0.3 mg/dl	Calculated
Indirect Bilirubin		0.48	0.1 - 1.1 mg/dl	Duel wavelength spectrophotometric
Alkaline Phosphatase		71	38 - 126 U/L	pNPP/AMP buffer
SGPT/ALT		24	10 - 40 U/L	Kinetic with pyridoxal 5 phosphate
SGOT/AST		24	15 - 40 U/L	Kinetic with pyridoxal 5 phosphate
Serum Total Protein		8.02	6.3 - 8.2 gm/dl	Biuret (Alkaline cupric sulphate)
Albumin Serum		4.42	3.5 - 5.0 gm/dl	Bromocresol green Dye Binding
Globulin		3.60	2.0 - 4.0 gm/	Calculated
A/G Ratio		1.23		
<b>THYROID PROFILE</b>				
<b>T3</b>		1.21	0.55 - 1.70 ng/ml	Enhanced chemiluminescence
<b>Free T4</b>		0.95	0.80 - 1.70 ng/dl	Enhanced Chemiluminescence
<b>TSH</b>		1.25	0.50 - 4.80 uIU/ml	Enhanced chemiluminescence



MC-4807

**DEPARTMENT OF PATHOLOGY**

**Patient Name** : Mr. ASHISH NITNAWARE **Age /Gender** : 40 Y(s)/Male  
**Bill No/ UMR No** : BIL2223024678/UMR2223138883 **Referred By** : Dr. Vimmi Goel MBBS,MD  
**Received Dt** : 24-Mar-23 11:24 am **Report Date** : 24-Mar-23 11:59 am

**URINE MICROSCOPY**

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Method</u>
<b><u>PHYSICAL EXAMINATION</u></b>			
Volume	Urine	30 ml	
Colour.		Pale yellow	
Appearance		Clear	
<b><u>CHEMICAL EXAMINATION</u></b>			
Reaction (pH)		5.0	4.6 - 8.0
Specific gravity		1.020	1.005 - 1.025
Urine Protein		Negative	Indicators ion concentration protein error of pH indicator
Sugar		Negative	GOD/POD
Bilirubin		Negative	Diazonium
Ketone Bodies		Negative	Legal's est Principle
Nitrate		Negative	
Urobilinogen		Normal	Ehrlich's Reaction
<b><u>MICROSCOPIC EXAMINATION</u></b>			
Epithelial Cells		0-1	0 - 4 /hpf
R.B.C.		Absent	0 - 4 /hpf
Pus Cells		0-1	0 - 4 /hpf
Casts		Absent	Manual
Crystals		Absent	Manual
Others		.	Manual

\*\*\* End Of Report \*\*\*

Suggested Clinical Correlation \* If necessary, Please discuss

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**Dr. Anuradha Deshmukh, MBBS,MD****CONSULTANT MICROBIOLOGIST**





MC-4807



**DEPARTMENT OF IMMUNO HAEMATOLOGY**

<b>Patient Name</b> : Mr. ASHISH NITNAWARE	<b>Age /Gender</b> : 40 Y(s)/Male
<b>Bill No/ UMR No</b> : BIL2223024678/UMR2223138883	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 24-Mar-23 10:43 am	<b>Report Date</b> : 24-Mar-23 12:45 pm

**BLOOD GROUPING AND RH**

Parameter

Specimen Results

**BLOOD GROUP.**

EDTA Whole " O "  
Blood &  
Plasma/  
Serum

Gel Card Method

**Rh (D) Typing.**

" Positive "(+Ve)

\*\*\* End Of Report \*\*\*

Suggested Clinical Correlation \* If necessary, Please discuss

Verified By : : 11100245

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**Dr. VAIDEHEE NAIK, MBBS,MD**

**CONSULTANT PATHOLOGIST**



**DEPARTMENT OF PATHOLOGY**

<b>Patient Name</b> : Mr. ASHISH NITNAWARE	<b>Age / Gender</b> : 40 Y(s)/Male
<b>Bill No/ UMR No</b> : BIL2223024678/UMR2223138883	<b>Referred By</b> : Dr. Vimmi Goel MBBS,MD
<b>Received Dt</b> : 24-Mar-23 11:24 am	<b>Report Date</b> : 24-Mar-23 02:09 pm

**USF(URINE SUGAR FASTING)**

<u>Parameter</u>	<u>Specimen</u>	<u>Result Values</u>	<u>Biological Reference</u>	<u>Method</u>
Urine Glucose	Urine	Negative		GOD/POD
*** End Of Report ***				

Suggested Clinical Correlation \* If necessary, Please discuss

Verified By : : 11100400

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**Dr. Anuradha Deshmukh, MBBS,MD**

**CONSULTANT MICROBIOLOGIST**

DEPARTMENT OF RADIOLOGY & IMAGING SCIENCE

NAME	ASHISH NINAWARE	STUDY DATE	24-03-2023 11:18:13
AGE/ SEX	40Y 3M 18D / M	HOSPITAL NO.	UMR2223138883
ACCESSION NO.	BIL2223024678-9	MODALITY	DX
REPORTED ON	24-03-2023 11:35	REFERRED BY	Dr. Vimmi Goel

**X-RAY CHEST PA VIEW**

Rotated film.

Visualized lung fields are clear.

Heart and Aorta are normal.

Both hilar shadows appear normal.

Diaphragm domes and CP angles are clear.

Bony cage is normal.

**IMPRESSION -**

No pleuro-parenchymal abnormality seen.



DR. MILI PARIKH

MD, DNB

CONSULTANT RADIOLOGIST

PATIENT NAME:	MR. ASHISH NITNAWARE	AGE /SEX:	40 YRS/M
REFERRED BY:	DR. VIMMI GOEL	REPORT DATE:	24/03/2023
REG NO:	2223138883	BILL NO:	2223024678

**USG WHOLE ABDOMEN**

LIVER is normal in size (12.2 cm), shape and echotexture.  
No evidence of any focal lesion seen. Intrahepatic billiary radicals are not dilated.  
PORTAL VEIN and CBD are normal in course and caliber.

GALL BLADDER is physiologically distended. No stones or sludge seen within it.  
Wall thickness is within normal limits.

PANCREAS is normal in shape, size and echotexture.

SPLEEN is normal in shape (9.7 cm), size and echotexture. No focal lesion seen.

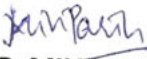
Right kidney measures 8.6 x 4.2 cm. Left kidney measures 9.4 x 4.2 cm.  
Both KIDNEYS are normal in shape, size and echotexture.  
No evidence of calculus or hydronephrosis seen.  
URETERS are not dilated.

BLADDER is partially distended. No calculus or mass lesion seen.

Prostate is normal in size, shape and echotexture (volume -15 cc).

There is no free fluid or abdominal lymphadenopathy seen.

**IMPRESSION -**  
No significant abnormality seen.

  
**DR. MILTPARIKH**  
**MD, DNB (RADIOLOGIST)**  
**REG NO. 2017083895**

**2D ECHOCARDIOGRAPHY AND COLOR DOPPLER REPORT**

Patient Name : Mr. Ashish Nitnaware  
Age : 40 years / Male  
UMR : UMR2223138883  
Date : 24/03/2023  
Done by : Dr. Vimmi Goel  
ECG : NSR, WNL

**Impression:** Normal 2D Echocardiography Study

**Normal chambers dimensions**  
**No RWMA of LV at rest**  
**Good LV systolic function, LVEF 70%**  
**Normal LV diastolic function**  
**E/A is 1.8**  
**E/E' is 7.2 (Normal filling pressure)**  
**Valves are normal**  
**No pulmonary hypertension**  
**IVC is normal in size and collapsing well with respiration**  
**No clots or pericardial effusion**

**Comments:**

Sector echocardiography was performed in various conventional views (PLAX, SSAX, AP4 CH and 5 CH views). LV size normal. There is no RWMA of LV seen at rest. Good LV systolic function. LVEF 70%. Normal LV diastolic function. E Velocity is 95 cm/s, A Velocity is 52 cm/s. E/A is 1.8. Valves are normal. No Pulmonary Hypertension. IVC normal in size and collapsing well with respiration. Pericardium is normal. No clots or pericardial effusion seen. E' at medial mitral annulus is 11.7 cm/sec & at lateral mitral annulus is 15.3 cm/sec. E/E' is 7.2 (Average).

**M Mode echocardiography and dimension:**

	Normal range (mm)		Observed (mm)
	(adults)	(children)	
Left atrium	19-40	7-37	36
Aortic root	20-37	7-28	26
LVIDd	35-55	8-47	48
LVIDs	23-39	6-28	28
IVS (d)	6-11	4-8	09
LVPW (d)	6-11	4-8	10
LVEF %	~ 60%	~60%	70%
Fractional Shortening			40%

  
**Dr. Vimmi Goel**  
**MD, Sr. Consultant**  
**Non-invasive Cardiology**

P.T.O

24-Mar-23 12:05:00 PM

KIMS-KINGSWAY HOSPITALS

PHC DEPT.

MR. ASHISH NITNAWA

Male

40 Years

Rate 67 . Sinus rhythm.....normal P axis, V-rate 50-99  
 . RSR' in V1 or V2, right VCD or RVH.....QRS area positive & R' V1/V2  
 . Baseline wander in lead(s) V1, V2

PR 151  
 QRSD 109  
 QT 394  
 QTc 416

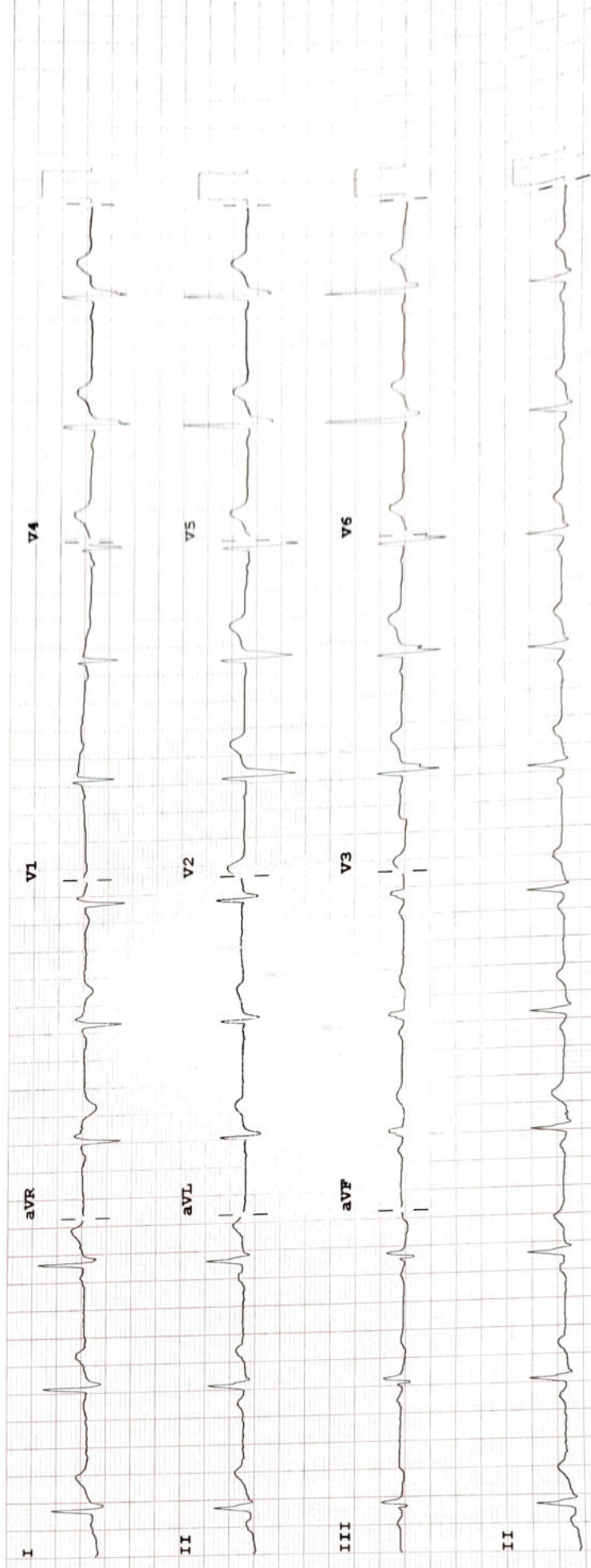
--AXIS--

P 64  
 QRS 61  
 T 20

12 Lead; Standard Placement

- OTHERWISE NORMAL ECG -

Unconfirmed Diagnosis



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 50~ 0.50-150 Hz W 100B CL P?

PHILIPS

REORDER # M2483A