

Date: 01/11/2024
 MRNO: 82325
 Name: Mrs. Zabo
 Age/Gender: 30yrs / Female
 Mobile No:
 Passport No:
 Aadhar number:

OUT-PATIENT RECORD

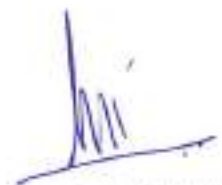
| | | | |
|---------------|-------------|--------------|-------------------|
| Pulse: 70 | B.P: 110/70 | Resp: 22/min | Temp: 37.2 |
| Weight: 105.2 | Height: 167 | BMI: 37.7 | Waist Circum: 104 |

General Examination / Allergies / History

Clinical Diagnosis & Management Plan

Married, Nonvegetarian
 sleep BFB mc: 4-5 / 35 days
 No Allergy.
 No addiction
 FH: Mother: Hypertension.
 Normal Reports
 Physically fit

Follow up date:



Doctor Signature

Apollo Spectra Hospitals: 156, Famous Cine Labs, Behind Everest Building, Tardeo, Mumbai - 400034
 Ph No: 022 - 4332 4500 | www.apollospectra.com

Apollo Specialty Hospitals Pvt. Ltd. (CIN - U85100TG2009PTC099414)
 (Formerly known as Nova Specialty Hospital Pvt. Ltd.)

Regd. Office: 7-1-617/A, 615 & 616, Imperial Towers, 7th Floor, Ameerpet, Hyderabad, Telangana - 500038
 Ph No: 040 - 4904 7777 | www.apollohl.com

Patient Name : Mrs.ZEBA
Age/Gender : 30 Y B M 24 D/F
UHID/MR No : STAR.0000062325
Visit ID : STAROPV68674
Ref Doctor : Dr.SELF
Empl/Auth/TPA ID : 9606196826

Collected : 01/Apr/2024 09:47AM
Received : 01/Apr/2024 10:42AM
Reported : 01/Apr/2024 01:33PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

Methodology : Microscopic

RBC : Normocytic normochromic

WBC : Normal in number, morphology and distribution. No abnormal cells seen

Platelets : Adequate in Number

Parasites : No Haemoparasites seen

IMPRESSION : Normocytic normochromic blood picture

Note/Comment : Please Correlate clinically

Page 1 of 8



DR. APEKSHA MADAN
MBBS, DPM
PATHOLOGY
SIN No: BED240090968

Patient Name : Mrs.ZEBA
Age/Gender : 30 Y 8 M 24 D/F
UHID/MR No : STAR.0000082325
Visit ID : STAROPV68674
Ref Doctor : Dr.SELF
Emp/Aut/VTPA ID : 9606198826

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Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

| Test Name | Result | Unit | Bio. Ref. Range | Method |
|---|---------------|-------------------------|-----------------|---------------------------|
| HEMOGRAM , WHOLE BLOOD EDTA | | | | |
| HAEMOGLOBIN | 15.1 | g/dL | 12-15 | CYANIDE FREE COLOUROMETER |
| PCV | 47.10 | % | 40-50 | PULSE HEIGHT AVERAGE |
| RBC COUNT | 4.96 | Million/cu.mm | 3.8-4.8 | Electrical Impedance |
| MCV | 94.9 | fL | 83-101 | Calculated |
| MCH | 30.5 | pg | 27-32 | Calculated |
| MCHC | 32.1 | g/dL | 31.5-34.5 | Calculated |
| R.D.W | 12 | % | 11.6-14 | Calculated |
| TOTAL LEUCOCYTE COUNT (TLC) | 6,740 | cells/cu.mm | 4000-10000 | Electrical Impedance |
| DIFFERENTIAL LEUCOCYTIC COUNT (DLC) | | | | |
| NEUTROPHILS | 55 | % | 40-80 | Electrical Impedance |
| LYMPHOCYTES | 32 | % | 20-40 | Electrical Impedance |
| EOSINOPHILS | 05 | % | 1-6 | Electrical Impedance |
| MONOCYTES | 08 | % | 2-10 | Electrical Impedance |
| BASOPHILS | 00 | % | <1-2 | Electrical Impedance |
| ABSOLUTE LEUCOCYTE COUNT | | | | |
| NEUTROPHILS | 3707 | Cells/cu.mm | 2000-7000 | Calculated |
| LYMPHOCYTES | 2156.8 | Cells/cu.mm | 1000-3000 | Calculated |
| EOSINOPHILS | 337 | Cells/cu.mm | 20-500 | Calculated |
| MONOCYTES | 539.2 | Cells/cu.mm | 200-1000 | Calculated |
| Neutrophil lymphocyte ratio (NLR) | 1.72 | | 0.78- 3.53 | Calculated |
| PLATELET COUNT | 289000 | cells/cu.mm | 150000-410000 | IMPEDENCE/MICROSCOPY |
| ERYTHROCYTE SEDIMENTATION RATE (ESR) | 10 | mm at the end of 1 hour | 0-20 | Modified Westergren |

PERIPHERAL SMEAR

Methodology : Microscopic

RBC : Normocytic normochromic

Page 2 of 8




DR. APEKSHA MADAN
MBBS, DPM
PATHOLOGY

SIN No: BED24009068

Patient Name : Mrs.ZEBA
Age/Gender : 30 Y B M 24 D/F
UHIDMR No : STAR.0000062325
Visit ID : STAROPV68674
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 9608196826

Collected : 01/Apr/2024 09:47AM
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Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

WBC : Normal in number, morphology and distribution. No abnormal cells seen


Platelets : Adequate in Number

Parasites : No Haemoparasites seen

IMPRESSION : Normocytic normochromic blood picture

Note/Comment : Please Correlate clinically

Page 3 of 8



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY
SIN No:BED240090968


Parent Name : Mrs.ZEBA
 Age/Gender : 30 Y 8 M 24 D/F
 UHID/MR No. : STAR.0000062325
 Visit ID : STAROPV68674
 Ref Doctor : Dr.SELF
 EmplAuth/TPA ID : 9606196826

Collected : 01/Apr/2024 09:47AM
 Received : 01/Apr/2024 10:42AM
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DEPARTMENT OF HAEMATOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

| Test Name | Result | Unit | Bio. Ref. Range | Method |
|--|----------|------|-----------------|--|
| BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA | | | | |
| BLOOD GROUP TYPE | B | | | Forward & Reverse Grouping with Slide/Tube Aggluti |
| Rh TYPE | POSITIVE | | | Forward & Reverse Grouping with Slide/Tube Agglutination |

Page 4 of 8

DR. APEKSHA MADAN
 MBBS, DPM
 PATHOLOGY
 SIN No:BED240050968

| | |
|---|--|
| Patient Name : Mrs.ZEBA Age/Gender : 30 Y 8 M 24 D/F UHID/MR No : STAR.0000062325 Visit ID : STAROPV68674 Ref Doctor : Dr. SELF Emp/Auth/TPA ID : 9606196826 | Collected : 01/Apr/2024 09:47AM Received : 01/Apr/2024 10:44AM Reported : 01/Apr/2024 01:34PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED |
|---|--|

DEPARTMENT OF BIOCHEMISTRY
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

| Test Name | Result | Unit | Bio. Ref. Range | Method |
|-------------------------------|--------|-------|-----------------|-----------|
| GLUCOSE, FASTING , NAF PLASMA | 111 | mg/dL | 70-100 | GOD - POD |

Comment:

As per American Diabetes Guidelines, 2023

| Fasting Glucose Values in mg/dL | Interpretation |
|---------------------------------|----------------|
| 70-100 mg/dL | Normal |
| 100-125 mg/dL | Prediabetes |
| ≥126 mg/dL | Diabetes |
| <70 mg/dL | Hypoglycemia |

Note:

- The diagnosis of Diabetes requires a fasting plasma glucose of ≥ 126 mg/dL and/or a random / 2 hr post glucose value of ≥ 200 mg/dL on at least 2 occasions.
- Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

| Test Name | Result | Unit | Bio. Ref. Range | Method |
|--|--------|-------|-----------------|-----------|
| GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR) | 105 | mg/dL | 70-140 | GOD - POD |

Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

| Test Name | Result | Unit | Bio. Ref. Range | Method |
|---|--------|------|-----------------|--------|
| ALANINE AMINOTRANSFERASE (ALT/SGPT) , SERUM | 33 | U/L | 4-44 | JSCC |

Comment:

ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes.

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DR. APEKSHA MADAN
MBBS, DPE
PATHOLOGY

SIN No:SE04684572




Patient Name : Mrs.ZEBA
Age/Gender : 30 Y 8 M 24 D/F
UHID/MR No : STAR.0000062325
Visit ID : STAROPV68674
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 9606196826

Collected : 01/Apr/2024 09:47AM
Received : 01/Apr/2024 10:44AM
Reported : 01/Apr/2024 01:34PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

ALT levels are seen to be elevated even before the signs and symptoms of the liver injury appear. The ALT levels remain high longer in blood as compared to AST levels. And though both the enzymes increase in liver injury, the rise in ALT is more compared to AST, thus also altering the ALT:AST ratio.

| Test Name | Result | Unit | Bio. Ref. Range | Method |
|-----------------------------|--------|-------|-----------------|------------------|
| BILIRUBIN, TOTAL, SERUM | 0.70 | mg/dL | 0.1-1.2 | Azobilirubin |
| Test Name | Result | Unit | Bio. Ref. Range | Method |
| BUN/CREATININE RATIO, SERUM | | | | |
| BLOOD UREA NITROGEN | 11.8 | mg/dL | 8.0 - 23.0 | Calculated |
| CREATININE | 0.75 | mg/dL | 0.4-1.1 | ENZYMATIC METHOD |
| BUN / CREATININE RATIO | 15.76 | | | Calculated |

DR. APEKSHA MADAN
MBBS, DPG
PATHOLOGY
SIN No:SE04684572

Patient Name : Mrs.ZEBA
Age/Gender : 30 Y B M 24 DiF
UHID/MR No : STAR.0000062325
Visit ID : STAROPV68674
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 9606196826

Collected : 01/Apr/2024 09:47AM
Received : 01/Apr/2024 10:44AM
Reported : 01/Apr/2024 11:27AM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

| Test Name | Result | Unit | Bio. Ref. Range | Method |
|--------------------|--------|-------|-----------------|------------------|
| CREATININE , SERUM | 0.75 | mg/dL | 0.4-1.1 | ENZYMATIC METHOD |

Page 7 of 8



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY
SIN No:SE04684572

Patient Name : Mrs.ZEBA
 Age/Gender : 30 Y 8 M 24 D/F
 UHID/MR No : STAR.0000082325
 Visit ID : STAROPV68874
 Ref Doctor : Dr.SELF
 Emp/Auth/TPA ID : 9806196526

Collected : 01/Apr/2024 09:47AM
 Received : 01/Apr/2024 01:12PM
 Reported : 01/Apr/2024 01:31PM
 Status : Final Report
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF CLINICAL PATHOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK I - PAN INDIA - FY2324

| Test Name | Result | Unit | Bio. Ref. Range | Method |
|--|--------------------|------|------------------|----------------------------|
| COMPLETE URINE EXAMINATION (CUE) , URINE | | | | |
| PHYSICAL EXAMINATION | | | | |
| COLOUR | PALE YELLOW | | PALE YELLOW | Visual |
| TRANSPARENCY | SLIGHTLY HAZY | | CLEAR | Visual |
| pH | 6.0 | | 5-7.5 | Bromothymol Blue |
| SP. GRAVITY | 1.020 | | 1.002-1.030 | Dipstick |
| BIOCHEMICAL EXAMINATION | | | | |
| URINE PROTEIN | NEGATIVE | | NEGATIVE | PROTEIN ERROR OF INDICATOR |
| GLUCOSE | NEGATIVE | | NEGATIVE | GOD-POD |
| URINE BILIRUBIN | NEGATIVE | | NEGATIVE | AZO COUPLING |
| URINE KETONES (RANDOM) | NEGATIVE | | NEGATIVE | NITROPRUSSIDE |
| UROBILINOGEN | NORMAL | | NORMAL | EHRlich |
| NITRITE | NEGATIVE | | NEGATIVE | Dipstick |
| LEUCOCYTE ESTERASE | NEGATIVE | | NEGATIVE | PYRROLE HYDROLYSIS |
| CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY | | | | |
| PUS CELLS | 2-3 | /hpf | 0-5 | Microscopy |
| EPITHELIAL CELLS | 10-12 | /hpf | <10 | MICROSCOPY |
| RBC | 2-3 | /hpf | 0-2 | MICROSCOPY |
| CASTS | NIL | | 0-2 Hyaline Cast | MICROSCOPY |
| CRYSTALS | ABSENT | | ABSENT | MICROSCOPY |
| OTHERS | Few Bacteria seen. | | | MICROSCOPY |

*** End Of Report ***

Page 3 of 3




DR. APEKSHA MADAN
 MBBS, DPG
 PATHOLOGY

SIN No:UR2323051

Measurement Results:

QRS : 92 ms
 QT/QTcB : 394 / 428 ms
 PR : 160 ms
 P : 118 ms
 PR/PP : 846 / 845 ms
 P/QRS/T : 30/ 9/ 2 degrees

< P

< T

< QRS

aVL

0 I

-90

aVR

III +90 II

aVF

Interpretation:

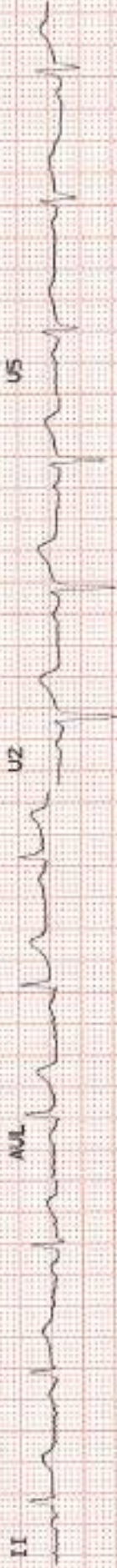
12SL - Interpretation:
 Normal sinus rhythm
 Normal ECG

within normal limits

Dr. (Mrs.) CHHAYA P VAJA
 M.D. (MUM)
 Physician & Cardiologist
 Reg. No. 56942

Unconfirmed report.

APOLLO HOSPITALS



| | | | |
|--------------------|--------------------|-------------|--------------------|
| Patient Name | : Mrs. ZEBA | Age | : 30 Y F |
| UHID | : STAR.0000062325 | OP Visit No | : STAROPV68674 |
| Reported on | : 01-04-2024 12:01 | Printed on | : 01-04-2024 12:02 |
| Adm/Consult Doctor | : | Ref Doctor | : SELF |

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .
No obvious active pleuro-parenchymal lesion seen .
Both costophrenic and cardiophrenic angles are clear .
Both diaphragms are normal in position and contour .
Thoracic wall and soft tissues appear normal.

CONCLUSION :

No obvious abnormality seen

Printed on:01-04-2024 12:01

---End of the Report---



Dr. VINOD SHETTY
Radiology

EYE REPORT

Name: Zeba

Date: 1/4/2024

Age / Sex: 30 / F

Ref No.:

Complaint: No. detection of ref. error; doesn't use glasses.
No surface complaints.

Examination — Ant. Seg: wnc —
— 0.4:1 —
FR+

Spectacle Rx

| | Right Eye | | | | | | | |
|----------|-----------|--------|------|------|--------|--------|------|------|
| | Vision | Sphere | Cyl. | Axis | Vision | Sphere | Cyl. | Axis |
| Distance | 6/9 | + | -1.5 | 10° | 6/9 | + | -2.0 | 170° |
| Read | N6 | - | | | N6 | - | | |

Remarks:

Medications:

| Trade Name | Frequency | Duration |
|------------|-----------|----------|
| | | |
| | | |
| | | |

Follow up:



Consultant:

Dr. Nasrat J. Bakhari (Mistry)
M.D., D.O.M.S. (GOLD MEDALIST)
Reg. No. 2012/10/2914
Mob:- 8850 1858 73

Apollo Spectra Hospitals
Famous Cine Labs, 156, Pt. M. M. !
Malviya Road, Tardeo, Mumbai - 400 034.
Tel.: 022 4332 4500 www.apollospectra.com

Mrs Zeha

30 yrs

1/4/24.

No Gynae Complaints

Ms 1 month, UPT Negative.

M/H - $\frac{3-4}{30d}$ / Reg
- mod
- PLL
Cmp. 10/2/24

P/H - No major past med illness.
No Sx in past.

F/H - ~~BA~~ Mother - Hypothyroid, lung TB.
No w/o cancer in family.

O/E

Wt - 105 kg.

Adx - ~~Reproductive~~ ~~system~~ ~~examined~~
↓
- ~~Reproductive~~ ~~system~~ ~~examined~~
X 2 days

ID 0 *Leba*
Age 30

Height 167cm
Gender Female

Date 1. 4. 2024
Time 10:21:31

APOLLO SPECTRA HOSPITAL

Body Composition

| | Under | Normal | Over | Normal Range |
|---|--|--------|--|-----------------------|
| Weight | 40 55 70 85 100 115 130 145 160 175 190 205 | | | 49.8 ~ 67.4 |
| Muscle Mass <small>Skeletal Muscle Mass</small> | 60 70 80 90 100 110 120 130 140 150 160 170 | | | 22.3 ~ 27.3 |
| Body Fat Mass | 20 40 60 80 100 120 140 160 180 200 220 240 260 280 300 320 340 360 380 400 420 440 460 480 500 520 540 560 580 600 620 640 660 680 700 720 740 760 780 800 820 840 860 880 900 920 940 960 980 1000 | | | 11.7 ~ 18.8 |
| TBW <small>Total Body Water</small> | 38.4 kg (29.8 ~ 36.5) | | FFM <small>Fat Free Mass</small> | 52.4 kg (38.1 ~ 48.6) |
| Protein | 10.2 kg (8.0 ~ 9.8) | | Mineral* | 3.75 kg (2.76 ~ 3.37) |

*Mineral is estimated.

Segmental Lean



Segmental Fat



*Segmental Fat is estimated.

Obesity Diagnosis

| | Value | Normal Range |
|---|-------|--------------|
| BMI <small>Body Mass Index</small> (kg/m ²) | 37.7 | 18.5 ~ 25.0 |
| PBF <small>Percent Body Fat</small> (%) | 50.1 | 18.0 ~ 28.0 |
| WHR <small>Waist-Hip Ratio</small> | 1.09 | 0.75 ~ 0.85 |
| BMR <small>Basal Metabolic Rate</small> (kcal) | 1503 | 1945 ~ 2295 |

Nutritional Evaluation

| | | |
|---------|--|---|
| Protein | <input checked="" type="checkbox"/> Normal | <input type="checkbox"/> Deficient |
| Mineral | <input checked="" type="checkbox"/> Normal | <input type="checkbox"/> Deficient |
| Fat | <input type="checkbox"/> Normal | <input type="checkbox"/> Deficient |
| | <input type="checkbox"/> Normal | <input checked="" type="checkbox"/> Excessive |

Weight Management

| | | | |
|--------|---------------------------------|--------------------------------|--|
| Weight | <input type="checkbox"/> Normal | <input type="checkbox"/> Under | <input checked="" type="checkbox"/> Over |
| SMM | <input type="checkbox"/> Normal | <input type="checkbox"/> Under | <input checked="" type="checkbox"/> Strong |
| Fat | <input type="checkbox"/> Normal | <input type="checkbox"/> Under | <input checked="" type="checkbox"/> Over |

Obesity Diagnosis

| | | | | |
|-----|---------------------------------|--------------------------------|--|--|
| BMI | <input type="checkbox"/> Normal | <input type="checkbox"/> Under | <input type="checkbox"/> Over | <input checked="" type="checkbox"/> Extremely Over |
| PBF | <input type="checkbox"/> Normal | <input type="checkbox"/> Under | <input checked="" type="checkbox"/> Over | |
| WHR | <input type="checkbox"/> Normal | <input type="checkbox"/> Under | <input checked="" type="checkbox"/> Over | |

Muscle-Fat Control

| | | | | | |
|----------------|--------|-------------|-----------|---------------|----|
| Muscle Control | 0.0 kg | Fat Control | - 37.1 kg | Fitness Score | 50 |
|----------------|--------|-------------|-----------|---------------|----|

Impedance

| Z | RA | LA | TR | RL | LL |
|-------|-------|-------|------|-------|-------|
| 20Hz | 330.2 | 327.2 | 22.9 | 239.5 | 240.0 |
| 100Hz | 303.1 | 301.3 | 20.0 | 216.1 | 218.9 |

* Use your results as reference when consulting with your physician or fitness trainer.

Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities.

| Energy expenditure of each activity (base weight: 105.2 kg / Duration: 30min. / unit: kcal) | | | | | | | |
|---|---------------------------|----------------------|-------------------|-------------------|----------------------------------|--|--|
| Walking | Jogging | Bicycle | Swim | Mountain Climbing | Aerobic | | |
| 210 | 368 | 316 | 368 | 343 | 368 | | |
| Table tennis | Tennis | Football | Oriental Fencing | Gate ball | Bedminton | | |
| 238 | 316 | 368 | 526 | 200 | 238 | | |
| Racket ball | Tae-kwon-do | Squash | Basketball | Rope Jumping | Golf | | |
| 526 | 526 | 526 | 316 | 368 | 185 | | |
| Push-ups | Sit-ups | Weight training | Dumbbell exercise | Elastic band | Squats | | |
| development of upper body | abdominal muscle training | balance preservation | muscle strength | muscle strength | maintenance of lower body muscle | | |

How to do

1. Choose practicable and preferable activities from the left.
2. Choose exercises that you are going to do for 7 days.
3. Calculate the total energy expenditure for a week.
4. Estimate expected total weight loss for a month using the formula shown below.

Recommended calorie intake per day

1600 kcal

*Calculation for expected total weight loss for 4 weeks: **Total energy expenditure (kcal/week) X 4weeks ÷ 7700**