

Dr. Vimmi Goel
MBBS, MD (Internal Medicine)
Sr. Consultant Non Invasive Cardiology
Reg. No: MMC-2014/01/0113
CN 7499913052



Name: Mrs. Monali Helande Date: 9/12/23

Age: 36y Sex: MF Weight: 48.9 kg Height: 158.2 inc BMI: 19.5

BP: 104/60 mmHg Pulse: 80/m bpm RBS: mg/dl
SP02: 100% LMP-25/11/23.

- 36/F
- F/H - Father DM Hypothyroidism
- Mother - 1 chd., Maternal uncles - all IMD
- Dyslipidemia (LDL-211)

O/C
JVP°
Lm
Lm
PIA | N.

Adv.
S. Wit B12
S. Wit D3

T. Roseday EZ 20 x → 1
(90) A/D

Diet + walking

TMT - Neg.

Review 3mths = FLP

Dr. VIMMI GOEL
MBBS, MD
Sr. Consultant-Non Invasive Cardiology
Reg. No.: 2014/01/0113

Dk. Rita Bang

KIMS
CUDDLERS™
MOTHER & CHILD CENTRE

9/12/23

Mrs Manali Helande | 36 Yrs

36 Yrs / P/L | FTUSC.

for PHP. LMP - 24/11/23.

o/e - vitals stable

P/A Soft NT

P/S - Cx } (H)
vg }

Adv

Pap's Smear

- T. Folvite

1 -> x Bang

months prior to

planning pregnancy

Name: Mrs. Monali Meloude Date: 9/12/23

Age: 36 Sex: M/F ✓ Weight: _____ kg Height: _____ inc BMI: _____

BP: _____ mmHg Pulse: _____ bpm RBS: _____ mg/dl

Routine dental check up.

O/E:

Impacted 8.1

Sharp crest w.r.t. 7.1

Adv: Extraction of 8.1 (S-O-S).

1/0 cusp grinding done: 7.1

Dr. Rahul

DEPARTMENT OF OPHTHALMOLOGY
OUT PATIENT ASSESSMENT RECORD

MONALI BHIMRAO HELONDE 36Y(S) 5M(S) 10(S)F KH92101 9960816328 MARRIED	CONSULT DATE : 09-12-2023 CONSULT ID : OPC2324090216 CONSULT TYPE : VISIT TYPE : NORMAL TRANSACTION TYPE :	DR. ASHISH PRAKASHCHANDRA KAMBLE MBBS,MS, FVRS,FICO CONSULTANT DEPT OPHTHALMOLOGY
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VITALS

Temp : Pulse : BP (mmHg) : spO2 : Pain Score : Height :
- °F - /min - %RA - /10 - cms

Weight : BMI :
- kgs -

CHIEF COMPLAINTS

ROUTINE CHECK UP

NOTES

GLASS PRESCRIPTION :-

DISTANCE VISION

EYE	SPH	CYL	AXIS	VISION
RIGHT EYE	-1.75	00	00	6/6
LEFT EYE	-1.75	00	00	6/6

NEAR ADDITION

RIGHT EYE			00	N6
LEFT EYE			00	N6

REMARK- OLD GLASS

REVIEW

Follow up Date :09-06-2024

Ashish Kamble

Dr. Ashish Prakashchandra Kamble
MBBS,MS, FVRS,FICO
Consultant

Printed On :09-12-2023 11:43:13



**CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF PATHOLOGY**

Patient Name : Mrs. Monali Bhimrao Helonde	Age / Gender : 36 Y(s)/Female
Bill No/ UMR No : BIL2324061305/KH92101	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 09-Dec-23 09:20 am	Report Date : 09-Dec-23 12:09 pm

HAEMOGRAM

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Haemoglobin	Blood	15.0	12.0 - 15.0 gm%	Photometric
Haematocrit(PCV)		43.0	36.0 - 46.0 %	Calculated
RBC Count		4.90	3.8 - 4.8 Millions/cumm	Photometric
Mean Cell Volume (MCV)		88	83 - 101 fl	Calculated
Mean Cell Haemoglobin (MCH)		30.5	27 - 32 pg	Calculated
Mean Cell Haemoglobin Concentration (MCHC)		34.8	31.5 - 35.0 g/l	Calculated
RDW		13.9	11.5 - 14.0 %	Calculated
Platelet count		201	150 - 450 10^3 /cumm	Impedance
WBC Count		5200	4000 - 11000 cells/cumm	Impedance
<u>DIFFERENTIAL COUNT</u>				
Neutrophils		57.7	50 - 70 %	Flow Cytometry/Light microscopy
Lymphocytes		32.6	20 - 40 %	Flow Cytometry/Light microscopy
Eosinophils		3.4	1 - 6 %	Flow Cytometry/Light microscopy
Monocytes		6.2	2 - 10 %	Flow Cytometry/Light microscopy
Basophils		0.1	0 - 1 %	Flow Cytometry/Light microscopy
Absolute Neutrophil Count		3000.4	2000 - 7000 /cumm	Calculated


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<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Absolute Lymphocyte Count		1695.2	1000 - 4800 /cumm	Calculated
Absolute Eosinophil Count		176.8	20 - 500 /cumm	Calculated
Absolute Monocyte Count		322.4	200 - 1000 /cumm	Calculated
Absolute Basophil Count		5.2	0 - 100 /cumm	Calculated

PERIPHERAL SMEAR

RBC		Normochromic		
WBC		Normocytic		
Platelets		As Above		
ESR		Adequate		
		06	0 - 20 mm/hr	Automated Westergren's Method

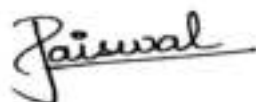
*** End Of Report ***

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : : 11100245

Test results related only to the item tested.

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Dr. PURVA JAISWAL, MBBS,MD,DNB
CONSULTANT PATHOLOGIST



**CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY**

Patient Name : Mrs. Monali Bhimrao Helonde	Age / Gender : 36 Y(s)/Female
Bill No/ UMR No : BIL2324061305/KH92101	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 09-Dec-23 09:19 am	Report Date : 09-Dec-23 11:06 am

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Fasting Plasma Glucose	Plasma	88	< 100 mg/dl	GOD/POD, Colorimetric
Post Prandial Plasma Glucose		86	< 140 mg/dl	GOD/POD, Colorimetric
GLYCOSYLATED HAEMOGLOBIN (HBA1C)				
HbA1c		4.8	Non-Diabetic : <= 5.6 % Pre-Diabetic : 5.7 - 6.4 % Diabetic : >= 6.5 %	HPLC

*** End Of Report ***

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Dr. PURVA JAISWAL, MBBS,MD,DNB

SPANV Medicines Pvt. Ltd. Private Limited
CONSULTANT-PATHOLOGIST

44, Parwana Bhawan, Kingsway, Nagpur - 440 001, Maharashtra, India.

Phone: +91 0712 6789100

CIN: U74999MH2018PTC303510



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY

Patient Name : Mrs. Monali Bhimrao Helonde
Age / Gender : 36 Y(s)/Female
Bill No/ UMR No : BIL2324061305/KH92101
Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 09-Dec-23 09:20 am
Report Date : 09-Dec-23 11:06 am

LIPID PROFILE

Parameter	Specimen	Results	Method
Total Cholesterol	Serum	302	Enzymatic(CHE/CHO/POD)
Triglycerides		< 200 mg/dl	Enzymatic (Lipase/GK/GPO/POD)
HDL Cholesterol Direct		< 150 mg/dl	Phosphotungstic acid/mgcl-Enzymatic (microslide)
LDL Cholesterol Direct		> 50 mg/dl	Enzymatic
VLDL Cholesterol		< 100 mg/dl	Calculated
Tot Chol/HDL Ratio		< 30 mg/dl	Calculation
		3 - 5	

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

*** End Of Report ***

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Jaiswal
Dr. PURVA JAISWAL, MBBS,MD,DNB
CONSULTANT PATHOLOGIST



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY

Patient Name : Mrs. Monali Bhimrao Helonde	Age / Gender : 36 Y(s)/Female
Bill No/ UMR No : BIL2324061305/KH92101	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 09-Dec-23 09:20 am	Report Date : 09-Dec-23 11:06 am

THYROID PROFILE

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
T3	Serum	1.61	0.55 - 1.70 ng/ml	Enhanced chemiluminescence
Free T4		1.48	0.80 - 1.70 ng/dl	Enhanced Chemiluminescence
TSH		0.659	0.50 - 4.80 uIU/ml	Enhanced chemiluminescence

*** End Of Report ***

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CONSULTANT PATHOLOGIST



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY

Patient Name : Mrs. Monali Bhimrao Helonde	Age / Gender : 36 Y(s)/Female
Bill No/ UMR No : BIL2324061305/KH92101	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 09-Dec-23 09:20 am	Report Date : 09-Dec-23 11:06 am

Parameter	Specimen	Result Values	Biological Reference	Method
RFT				
Blood Urea	Serum	17	15.0 - 36.0 mg/dl	Urease with indicator dye
Creatinine		0.67	0.52 - 1.04 mg/dl	Enzymatic (creatinine amidohydrolase)
GFR		116.1		Calculation by CKD-EPI 2021
Sodium		138	136 - 145 mmol/L	Direct ion selective electrode
Potassium		4.47	3.5 - 5.1 mmol/L	Direct ion selective electrode
LIVER FUNCTION TEST(LFT)				
Total Bilirubin		0.60	0.2 - 1.3 mg/dl	Azobilirubin/Dyphylline
Direct Bilirubin		0.20	0.1 - 0.3 mg/dl	Calculated
Indirect Bilirubin		0.40	0.1 - 1.1 mg/dl	Duel wavelength spectrophotometric
Alkaline Phosphatase		69	38 - 126 U/L	pNPP/AMP buffer
SGPT/ALT		14	13 - 45 U/L	Kinetic with pyridoxal 5 phosphate
SGOT/AST		20	13 - 35 U/L	Kinetic with pyridoxal 5 phosphate
Serum Total Protein		7.46	6.3 - 8.2 gm/dl	Biuret (Alkaline cupric sulphate)
Albumin Serum		4.22	3.5 - 5.0 gm/dl	Bromocresol green Dye Binding
Globulin		3.24	2.0 - 4.0 gm/dl	Calculated
A/G Ratio		1.30		

*** End Of Report ***

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Jaiswal

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SPANV Medinorh Lifesciences Private Limited
CONSULTANT PATHOLOGIST
44, Parwana Bhawan, Kingsway, Nagpur - 440 001, Maharashtra, India.
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CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF PATHOLOGY

Patient Name : Mrs. Monali Bhimrao Helonde	Age / Gender : 36 Y(s)/Female
Bill No/ UMR No : BIL2324061305/KH92101	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 09-Dec-23 09:12 am	Report Date : 09-Dec-23 12:19 pm

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Method</u>
URINE MICROSCOPY			
<u>PHYSICAL EXAMINATION</u>			
Volume	Urine	30 ml	
Colour.		Pale yellow	
Appearance		Clear	
<u>CHEMICAL EXAMINATION</u>			
Reaction (pH)	Urine	6.0	4.6 - 8.0
Specific gravity		1.015	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	Ehrlich's Reaction
Urobilinogen		Normal	
<u>MICROSCOPIC EXAMINATION</u>			
Epithelial Cells	Urine	0-1	0 - 4 /hpf
R.B.C.		0-1	0 - 4 /hpf
Pus Cells		1-2	0 - 4 /hpf
Casts		Absent	
Crystals		Absent	
<u>USF(URINE SUGAR FASTING)</u>			
Urine Glucose	Urine	Negative	GOD/POD

*** End Of Report ***

Suggested Clinical Correlation * If necessary, Please discuss

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**CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF IMMUNO HAEMATOLOGY**

Patient Name : Mrs. Monali Bhimrao Helonde	Age / Gender : 36 Y(s)/Female
Bill No/ UMR No : BIL2324061305/KH92101	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 09-Dec-23 09:20 am	Report Date : 09-Dec-23 12:28 pm

BLOOD GROUPING AND RH

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>
BLOOD GROUP.	EDTA Whole Blood & Plasma/ Serum	* O *

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. PURVA JAISWAL, MBBS,MD,DNB
CONSULTANT PATHOLOGIST**

DEPARTMENT OF RADIOLOGY & IMAGING SCIENCE

NAME	Monali Bhimrao Helonde	STUDY DATE	09-12-2023 11:06:09
AGE/ SEX	1Y8D / F	HOSPITAL NO.	K3B2101
ACCESSION NO.	BIL2324061305-10	MODALITY	DX
REPORTED ON	09-12-2023 13:46	REFERRED BY	Dr. Vimmi Goel

X-RAY CHEST PA VIEW

Both the 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 R.R KHANDELWAL

SENIOR CONSULTANT

MD, RADIODIAGNOSIS [MMC-55870]

PATIENT NAME:	MRS. MONALI HELONDE	AGE /SEX:	36 YRS/FEMALE
UMR NO:	KH92101	BILL NO:	2324061305
REF BY	DR. VIMMI GOEL	DATE:	09/12/2023

USG WHOLE ABDOMEN

LIVER is normal in size, shape and shows normal echotexture.
No evidence of any focal lesion seen. Intrahepatic biliary radicals are not dilated.
PORTAL VEIN and CBD are normal in course and caliber.

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

PANCREAS is normal in shape, size and echotexture.

SPLEEN is normal in shape, size and echotexture. No focal lesion seen.

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.

Uterus is anteverted and normal.
No focal myometrial lesion seen.
Endometrial echo-complex appear normal.
Both ovaries are normal. No adnexal mass lesion seen.

There is no free fluid or abdominal lymphadenopathy seen.

IMPRESSION -

No significant abnormality seen.
Suggest clinical correlation / further evaluation.


DR. R.R. KHANDELWAL
SENIOR CONSULTANT
MD RADIO DIAGNOSIS [MMC-55870]

Kingsway Hospitals
44 Kingsway, Mohan Nagar,
Near Kasturchand Park, Nagpur

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: Mrs. Monali, Helonde
Patient ID: 92101
Height:
Weight:
Study Date: 09.12.2023
Test Type: Treadmill Stress Test
Protocol: BRUCE

DOB: 01.07.1987
Age: 36yrs
Gender: Female
Race: Indian
Referring Physician: Mediwheel HCU
Attending Physician: Dr. Vimmi Goel
Technician: --

Medications:

--

Medical History:

NIL

Reason for Exercise Test:

Screening for CAD

Exercise Test Summary:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:14	0.00	0.00	88	110/70	
	WARM-UP	00:23	1.00	0.00	82		
EXERCISE	STAGE 1	03:00	1.70	10.00	116	110/70	
	STAGE 2	03:00	2.50	12.00	127	110/70	
	STAGE 3	02:00	3.40	14.00	157		
RECOVERY		01:00	0.00	0.00	118	120/70	
		02:00	0.00	0.00	105	120/70	
		00:22	0.00	0.00			

The patient exercised according to the BRUCE for 7:59 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 97 bpm rose to a maximal heart rate of 157 bpm. This value represents 85 % of the maximal, age-predicted heart rate. The resting blood pressure of 110/70 mmHg, rose to a maximum blood pressure of 120/70 mmHg. The exercise test was stopped due to Target heart rate achieved.

Interpretation:

Summary: Resting ECG: VPC,s seen.

Functional Capacity: normal.

HR Response to Exercise: appropriate.

BP Response to Exercise: normal resting BP - appropriate response.

Chest Pain: none.

Arrhythmias: VPC,s seen.

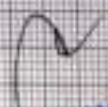
ST Changes: Insignificant ST-T changes seen..

Overall impression: Normal stress test.

Conclusions:

TMT is negative for inducible ischemia.

VPC,s seen during test.


Dr. VIMMI GOEL
MBBS, MD
Sr. Consultant-Non Invasive Cardiology
Reg. No. 2014091/0113

36 Years

MRS MONALI HELONDE
Female

09-Dec-23 9:44:49 AM
KIMS-KINGSWAY HOSPITALS

FBC DEPT.

Rate 76 - Sinus rhythm.....normal P axis, V-rate 50-99
PR 155 - Baseline wander in lead(s) V2,V5,V6

QRSD 79
QT 385
QTc 433

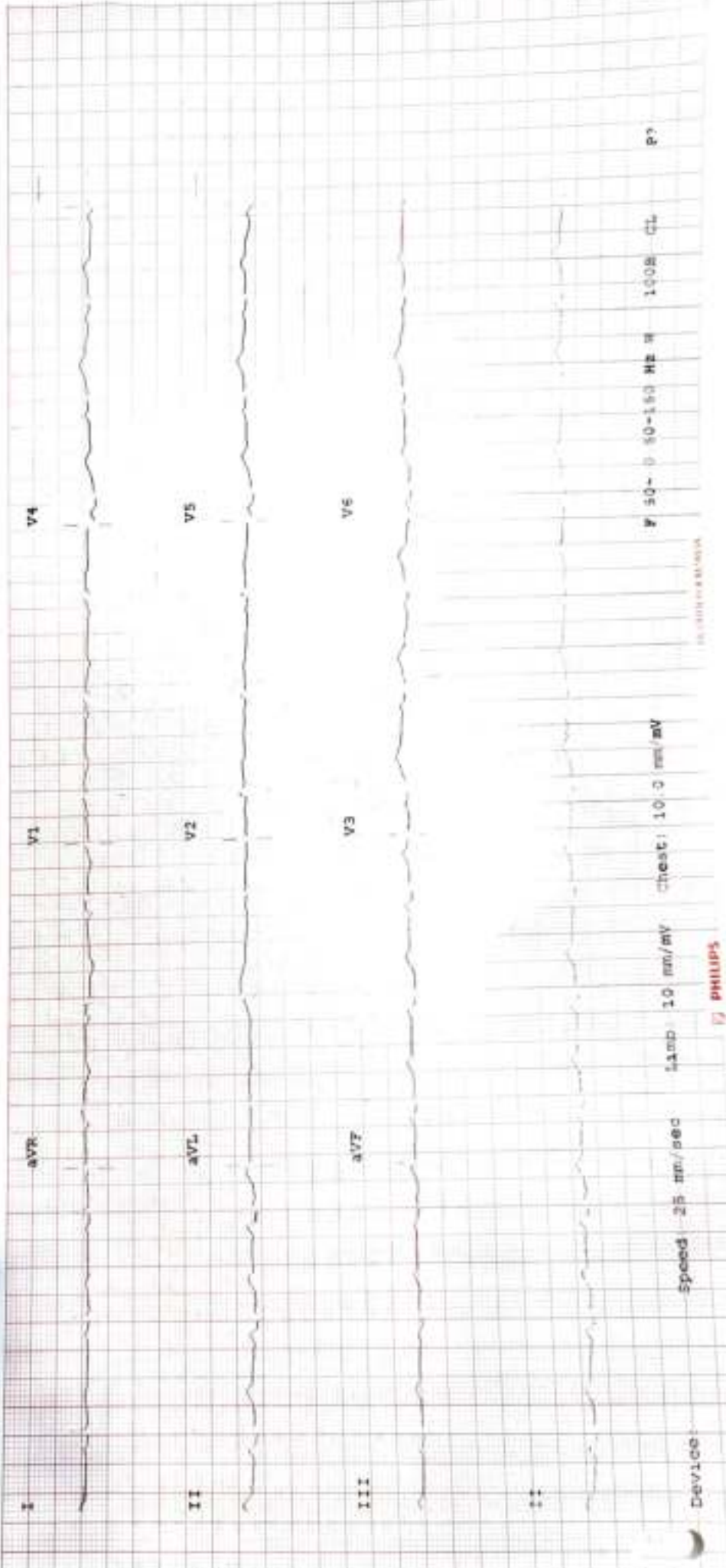
--AXIS--

P 60
QRS 71
T 60

12 Lead; Standard Placement

- NORMAL ECG -

Unconfirmed Diagnosis



Speed 25 mm/sec Lamp 10 mm/mV Chest: 10.0 mm/mV

F 50-0 50-150 Hz 100B CL P>

Device:

PHILIPS

DELTA 1108 881003A