



Token No. ....

Name: <u>Mr. Abhishek Kumar</u>	Age: <u>37</u>	Sex: <input checked="" type="checkbox"/> Male <input type="checkbox"/> Female
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BMI: <u>32.2</u>	Height: <u>160 cm</u>	Weight: <u>82.4 kg</u>
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fasting RBS 123 mg/dl

Required Initial Assessment:

Date: 24/02/2024 Time: ..... am/pm

Pulse <u>105</u>	B.P. <u>140/90</u>	Temp. <u>97.6 F</u>	Resp.	SPO2 <u>98%</u>	Significant Past History	Drug Allergy (If Any)
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Pain Grade	Provisional Diagnosis <ul style="list-style-type: none"> <li>- Transaminitis - ? Alcoholic</li> <li>- HTN / Hypertension</li> <li>- Dyslipidemia</li> </ul>
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Symptoms / History / Examination

(Include Gynae/Obs. / Vaccination History)

Treatment Advised (Medicine / Dose / Frequency / Instructions)

Investigations Advised / Assessed :

HBSAg  
HCV  
ECH/EMO

Special Instructions :

ECH  
S. Trachycardia

Nutritional Assessment:

Name / Signature of Doctor

Regd. No.



Follow up on \_\_\_\_\_ at \_\_\_\_\_ am/pm in OPD No. \_\_\_\_\_ Sign. \_\_\_\_\_ Out Time: .....

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Multispeciality Hospital 1C-76 & 53, NIT Faridabad	Orthopaedic & IVF Hospital NH Site-2, Sector-46, Faridabad	Medicheck Clinics & Diagnostics Charmwood Village, Faridabad	Heart & Superspeciality Hospital Omaxe City, Palwal (Upcoming)
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# MEDICHECK HOSPITAL

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Abhishek Kumar  
37M

Pt desires filling w/ tooth in lower  $\odot$  jaw  
region.

M/K not sig.

de - temporary filling w/  $\odot$   
pit caries w/  $\odot$   
grossly carious  $\odot$

dev - Restoration w/  $\odot$

Extraction w/  $\odot$

Cur



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Height - 160 cm

Weight - 82.4 kg

BMI - 32.2

Mr. Abhishek Kumar

Age - 37 years | Male

RDA  $\Rightarrow$  1800 kcal / Day's

Early Morning  $\Rightarrow$  3-5 ग्लास पानी 500ml.  
6:00

Breakfast  $\Rightarrow$  Dalia/Oats. Milk - Plant Milk  
8:00

Midmeal  $\Rightarrow$  अंकुरित / sprouts / Lassi / salu  
11:30  
Drin.

Lunch  $\Rightarrow$  Dal + veg - salad.  
Roti/Rice



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OPD NO:- 2024/0256

DATE:-24/02/2024

NAME:- MR. ABHISHEK

AGE:37YRS/MALE

## Ultra Sound Whole Abdomen

**Liver** is **enlarged** in size, shape, position and echo texture. There is no dilatation of the intra hepatic biliary radicals seen. The hepatic veins are normal. No focal lesion is seen. CBD and portal vein are normal in caliber.

**GB** is not distended.

**Pancreas** is normal in size, shape and echo texture.

**Spleen** is normal in shape and echotexture. The splenic vein is normal.

**Kidneys** are normal in size, shape, position and echotexture. The cortico-medullary is maintained. No hydronephrosis.No Calculus.

### **Small gut loops prominent.**

There is no free fluid/ lymphadenopathy seen.  
The Aorta and IVC are Normal.

Urinary bladder is **partially distended. Bladder wall thickness increased.**


**Impression: HEPATOMEGALY  
CYSTITIS**

ADV: CECT/NCCT W/A.

Suggest: Clinico – pathological correlation.

**In case of any discrepancy due to typing error, kindly get it rectified immediately.**

**Dr Ranjeeta Gupta.**  
Consultant OBS & GYN Ultrasonologist  
Diploma in Reproductive Medicine &  
Embryology Advance Fertility & IVF Training  
From U.K & Germany  
HN: 3365

  
**Dr Rakhi Mehta**  
MBBS,MD,DNB  
Sr. Consultant Obs,Gyn.,IVF,reproductive  
Medicine  
Advanced diploma in art and  
reproductive medicine;kiel germany  
Fellowship in gynae endoscopy,london,uk  
HMC:3905



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LAB REPORT

Date	24/02/2024	IPD	
Name	Mr. ABHISHEK KUMAR	Srl No.	4
Ref. By	MEDICHECK HOSPITAL	Age	37 Yrs.
Sample	EDTA Blood	Gender	Male

## HAEMATOLOGY

Test Name	Result	Unit	Normal Value
<u>COMPLETE BLOOD COUNT (CBC)</u>			
HAEMOGLOBIN (Hb)	18.7	gm/dl	12.5 - 17.0
TOTAL LEUCOCYTE COUNT (TLC)	5,900	/cumm	4000 - 11000
<u>DIFFERENTIAL LEUCOCYTE COUNT (DLC)</u>			
NEUTROPHIL	72	%	40 - 70
LYMPHOCYTE	20	%	20 - 45
EOSINOPHIL	03	%	0 - 06
MONOCYTE	05	%	0 - 10
BASOPHIL	00	%	0 - 02
ESR (WESTEGREN'S METHOD)	12	mm/1st hr.	0 - 10
R B C COUNT	5.53	Millions/cmm	4.5 - 5.5
P.C.V / HAEMATOCRIT	54.6	%	40 - 54
M C V	98.6	fl.	80 - 100
M C H	33.8	Picogram	27.0 - 31.0
M C H C	34.3	gm/dl	33 - 37
PLATELET COUNT	2.58	Lac/Cmm	1.50 - 4.50

A complete blood count (CBC) is a blood test used to evaluate your overall health and detect a wide range of disorders, including anemia, infection and leukemia. A complete blood count test measures several components and features of your blood, including: Red blood cells, which carry oxygen

BLOOD GROUP ABO	"B"
RH TYPING	POSITIVE



*Dr. B C Gupta*  
Dr. B C Gupta  
MBBS, MD (Pathology)  
Medicheck Hospital, FBD  
Reg. No.: HMC 3218

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### Facilities:

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Date	24/02/2024	IPD	
Name	Mr. ABHISHEK KUMAR	Srl No.	4
Ref. By	MEDICHECK HOSPITAL	Age	37 Yrs.
Sample	EDTA Blood	Gender	Male

HB A1C 6.1 %

### EXPECTED VALUES :-

Metabolically healthy patients	=	4.8 - 5.5 % HbA1C
Good Control	=	5.5 - 6.8 % HbA1C
Fair Control	=	6.8-8.2 % HbA1C
Poor Control	=	>8.2 % HbA1C

### REMARKS:-

In vitro quantitative determination of **HbA1C** in whole blood is utilized in long term monitoring of glycemia . The **HbA1C** level correlates with the mean glucose concentration prevailing in the course of the patient's recent history (approx - 8-12 weeks) and therefore provides much more reliable information for glycemia monitoring than do determinations of blood glucose or urinary glucose.

It is recommended that the determination of **HbA1C** be performed at intervals of 8-12 weeks during Diabetes Mellitus therapy.

Results of **HbA1C** should be assessed in conjunction with the patient's medical history, clinical examinations and other findings.

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

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MBBS, MD (Pathology)  
Medicheck Hospital, FBE  
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LAB REPORT

Date 24/02/2024  
Name Mr. ABHISHEK KUMAR  
Ref. By MEDICHECK HOSPITAL  
Sample Serum

IPD  
Srl No. 4  
Age 37 Yrs.  
Gender Male

## LIPID PROFILE

Test Name	Result	Unit	Normal Value
TRIGLYCERIDES	221.0	mg/dL	40.0 - 150.0
TOTAL CHOLESTEROL	208.0	mg/dL	123.0 - 200.0
H D L CHOLESTEROL DIRECT	56.8	mg/dL	30.0 - 90.0
V L D L	44.2	mg/dL	30.0 - 50.0
L D L CHOLESTEROL DIRECT	107	mg/dL	63.4 - 100.0
TOTAL CHOLESTEROL/HDL RATIO	3.662		0.0 - 4.00
LDL / HDL CHOLESTEROL RATIO	1.884		0.00 - 3.55

## KIDNEY FUNCTION TEST (KFT)

BLOOD UREA	20.7	mg /dl	10.0 - 40.0
SERUM CREATININE	1.0	mg%	0.5 - 1.4
SERUM URIC ACID	7.32	mg%	3.5 - 7.2
SODIUM	137.0	mmol/L	130.0 - 145.0
POTASSIUM	4.0	mmol/L	3.5 - 5.5

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



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LAB REPORT

Date	24/02/2024	IPD	
Name	Mr. ABHISHEK KUMAR	Srl No.	4
Ref. By	MEDICHECK HOSPITAL	Age	37 Yrs.
Sample	Serum	Gender	Male


## LIVER FUNCTION TEST (LFT)

Test Name	Result	Unit	Normal Value
BILIRUBIN TOTAL	1.0	mg/dl	0 - 1.0
CONJUGATED (D. Bilirubin)	0.6	mg/dl	0.00 - 0.40
UNCONJUGATED (I.D. Bilirubin)	0.4	mg/dl	0.00 - 0.60
TOTAL PROTEIN	7.8	gm/dl	6.2 - 8.2
ALBUMIN	4.7	gm/dl	3.5 - 5.5
GLOBULIN	3.1	gm/dl	1.8 - 3.6
A/G RATIO	1.5		
SGOT	160.8	IU/L	10 - 40
SGPT	272.3	IU/L	10.0 - 40.0
ALKALINE PHOSPHATASE IFCC Method	134.3	U/L	56.0 - 119.0

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

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Name	Mr. ABHISHEK KUMAR	Sri No.	4
Ref. By	MEDICHECK HOSPITAL	Age	37 Yrs.
Sample	Serum	Gender	Male

## IMMUNOLOGY

Test Name	Result	Unit	Normal Value
FT3 Chemiluminescence	5.09	pmol/l	4.0 - 8.3
FT4 Chemiluminescence	17.84	pmol/l	10.6 - 19.4
TSH Chemiluminescence	1.14	uIU/ml	0.35 - 5.50

### REFERENCE RANGE

### PAEDIATRIC AGE GROUP

### BIOLOGICAL REFERENCE VALUE FOR TSH

0-3 DAYS	1-20	ulu/ ml
3-30 DAYS	0.5 - 6.5	ulu/ml
1 MONTH -5 MONTHS	0.5 - 6.0	ulu/ml
6 MONTHS- 18 YEARS	0.5 - 4.5	ulu/ml
<b>ADULTS</b>	<b>0.35 - 5.50</b>	<b>ulu/ml</b>

**Note:** TSH levels are subject to circadian variation, rising several hours before the onset of sleep, reaching peak levels between 11 pm to 6 am. Nadir concentrations are observed during the afternoon. Diurnal variation in TSH level approximates  $\pm 50\%$ , hence time of the day has influence on the measured serum TSH concentration.

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



*Dr. B C Gupta*

Dr. B C Gupta  
MBBS, MD (Pathology)  
Medicheck Hospital, FBD  
Reg. No. : HMC 32

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LAB REPORT

Date	24/02/2024	IPD	
Name	Mr. ABHISHEK KUMAR	Sri No.	4
Ref. By	MEDICHECK HOSPITAL	Age	37 Yrs.
Sample	Urine	Gender	Male

## URINE EXAMINATION TEST

Test Name	Result	Unit	Normal Value
URINE EXAMINATION			
<b>PHYSICAL EXAMINATION</b>			
QUANTITY	10	ml.	
COLOUR	PALE YELLOW		
TRANSPARENCY	CLEAR		
SPECIFIC GRAVITY	1.020		
PH	6.0		
<b>CHEMICAL EXAMINATION</b>			
ALBUMIN	NIL		
REDUCING SUGAR	NIL		
<b>MICROSCOPIC EXAMINATION</b>			
PUS CELLS	1-2	/HPF	
RBC'S	NIL	/HPF	
CASTS	NIL		
CRYSTALS	NIL		
EPITHELIAL CELLS	2-4	/HPF	
BACTERIA	NIL		
OTHERS	NIL		

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



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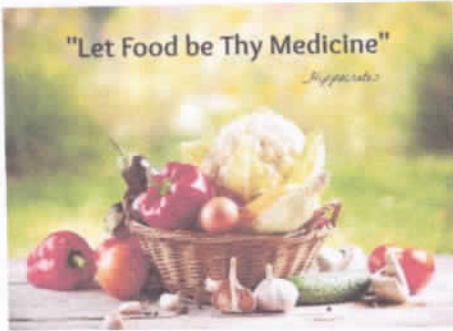




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## BALANCED DIET



### GENERAL RECOMMENDATIONS

- Avoid overeating or binging in between meals.
- Eat your food slowly in peaceful environment.
- Choose whole grains
- Add besan, chana, jowar, ragi, jau, soyabean with wheat flour to add protein, fiber .
- Add raw salads for fiber intake in your diet
- Drink 2-3 liters of water or as advice by doctor.
- Have early & lite dinner. It should be taken 2 hours before sleeping.
- Use multigrain or wheat made products like pasta, pizza, vermicelli, breads.
- Add milk and its products and milk preparations to add calcium in your diet
- Take whole egg with yolk to add vitamin d and iron in your diet
- Add green leafy vegetables to add minerals and iron in your diet
- Avoid too much coffee & tea.
- Do not take tea and coffee just after meals it will make your nutrition loss
- Add whole fruits to add vitamins and fiber in your diet instead of juices
- Use fresh juices and coconut water instead of packed
- Use desi ghee for food preparations to add good fatty acids in your diet
- Use makhana, roasted chana, mix seeds and nuts like flaxseeds , pumpkin seeds, sesame and sunflower seeds, almonds, walnuts, rice flakes roasted , pistachios, cashews as a snack instead of packed chips and namkeens .

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**Reduce the intake of packed foods which have high content of salt, sugar & fat.**

- **Avoid too much of sugary beverages like milk shakes, aerated drinks, ice tea, cold coffee( canned)**
- **Avoid too much of bakery items and refined flours like- cakes , pastries, patty, pastas, pizzas.**
- **For sugar cravings add jaggery and dates in your diet**
- **Take hand full of nuts and seeds daily**
- **Take fennel seed water and zeera water in the morning to reduce gastritis**
- **Do yoga/ running/ brisk walk regularly to maintain ideal body weight.**
- **Avoid alcohol & smoking (active& passive both).**
- **Most important be good, positive, and healthy .keep smiling and glowing.**



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