

CONCLUSION OF HEALTH CHECKUP

ECU Number : 6526
Age : 29
Weight : 77.8
Date : 14/10/2023

MR Number : 23216716
Sex : Female
Ideal Weight : 59

Patient Name: ANITA
Height : 160
BMI : 30.39

*Dyslipidemia
Fatty Liver*

*Az
Fibrosis
Life Style Modified*


Dr. Manish Mittal

Internal Medicine

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.



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ECU Number : 6526

Age : 29

Weight : 77.8

Date : 14/10/2023

MR Number : 23216716

Sex : Female

Ideal Weight : 59

Patient Name : ANITA

Height : 160

BMI : 30.39

Ophthalmic Check Up :

Right

Left

Ext Exam

Vision Without Glasses

Vision With Glasses

Final Correction

Fundus

Colour Vision

Advice

Orthopaedic Check Up :

Ortho Consultation

Ortho Advice

ENT Check Up :

Ear

Nose

Throat

Hearing Test

ENT Advice

General Surgery Check Up :

General Surgery

Abdominal Lump

Hernia

External Genitals

PVR

Proctoscopy

Any Other

Surgical Advice





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ECU Number : 6526

MR Number : 23216716

Patient Name : ANITA

Age : 29

Sex : Female

Height : 160

Weight : 77.8

Ideal Weight : 59

BMI : 30.39

Date : 14/10/2023

Gynaec Check Up :

OBSTETRIC HISTORY

FTLSCS - F- 5 YRS

MENSTRUAL HISTORY

PRESENT MENSTRUAL CYCLE

LMP-AUG 2023

PAST MENSTRUAL CYCLE

IRREGULAR CYCLE

CHIEF COMPLAINTS

NIL

PA

SOFT

PS

Cx-(N) Vg-(N)

PV

UT BULKY Fx CLEAR

BREAST EXAMINATION RIGHT

NORMAL

BREAST EXAMINATION LEFT

NORMAL

PAPSMEAR

TAKEN

BMD

MAMMOGRAPHY

ADVICE

FOLLOW UP WITH REPORTS



Dietary Assessment

ECU Number : 6526 MR Number : 23216716 Patient Name : ANITA
Age : 29 Sex : Female Height : 160
Weight : 77.8 Ideal Weight : 59 BMI : 30.39
Date : 14/10/2023

Body Type : Normal / Underweight / Overweight
Diet History : Vegetarian / Eggetarian / Mixed
Frequency of consuming fried food : / Day / Week or occasional
Frequency of consuming Sweets : / Day / or occasional
Frequency of consuming outside food : / Day / 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 seervings of all fruits and vegetables, For Diabetic patients avoid Mango, Chikoo, Banana, Grapes and Custurd apple

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

Eat Beetroots, 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.



Patient Name : Mrs. ANITA
 Gender / Age : Female / 29 Years 9 Months 14 Days
 MR No / Bill No. : 23216716 / 242031836
 Consultant : Dr. Manish Mittal
 Location : OPD

Type : OPD
 Request No. : 166771
 Request Date : 14/10/2023 08:16 AM
 Collection Date : 14/10/2023 09:33 AM
 Approval Date : 14/10/2023 02:49 PM

CBC + ESR

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	13.2	gm/dL	12 - 15
Red Blood Cell Count (T-RBC)	4.74	mill/cmm	3.8 - 4.8
Hematocrit (HCT)	41.6	%	36 - 46
Mean Corpuscular Volume (MCV)	87.8	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	27.8	pg	27 - 32
MCH Concentration (MCHC)	31.7	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	13.4	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	43.8	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	8.33	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	48	%	40 - 80
Lymphocytes	<u>44</u>	%	20 - 40
Eosinophils	04	%	1 - 6
Monocytes	04	%	2 - 10
Basophils	00	%	0 - 2
Polymorphs (Abs. Value)	4.05	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	<u>3.60</u>	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.33	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.28	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.07	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.4	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	<u>456</u>	thou/cmm	150 - 410
Remarks	This is counter generated CBC Report, smear review is not done		
ESR	<u>23</u>	mm/1 hr	0 - 12

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. Recheck / Retest may be requested.

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mrs. ANITA
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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. Ameer Soni
MD (Path)

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Haematology

Test	Result	Units	Biological Ref. Range
Blood Group			
ABO system	O		
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 Autocontrol.
- This method checks group both on Red blood cells and in Serum for "ABO" group.

---- End of Report ----

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Fasting Plasma Glucose

Test	Result	Units	Biological Ref. Range
<i>Fasting Plasma Glucose</i>			
Fasting Plasma Glucose	85	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	88	mg/dL	70 - 140

Ry Hexokinase method on RXL Dade Dimesion

---- End of Report ----

Dr. Rakesh Vaidya
MD (Path). DCP.

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Patient Name	: Mrs. ANITA	Type	: OPD
Gender / Age	: Female / 29 Years 9 Months 14 Days	Request No.	: 166771
MR No / Bill No.	: 23216716 / 242031836	Request Date	: 14/10/2023 08:16 AM
Consultant	: Dr. Manish Mittal	Collection Date	: 14/10/2023 09:33 AM
Location	: OPD	Approval Date	: 14/10/2023 12:55 PM

Complete Lipid Profile

Test	Result	Units	Biological Ref. Range
Complete Lipid Profile			
Appearance	Clear		
Triglycerides	107	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	204	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	44	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)	160	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	154	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 (calculated)	21.4	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	3.5		2.1 - 3.5
T. Ch./HDL Ch. Ratio	4.64		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

---- End of Report ----

Dr. Rakesh Vaidya
MD (Path). DCP.



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Liver Function Test (LFT)

Test	Result	Units	Biological Ref. Range
Bilirubin			
Bilirubin - Total	0.86	mg/dL	0 - 1
Bilirubin - Direct	0.18	mg/dL	0 - 0.3
Bilirubin - Indirect	0.68	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	59	U/L	13 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	117	U/L	14 - 59
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	96	U/L	12 - 98
<i>(BY PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	41	U/L	5 - 55
<i>(By IFCC method on RXL Dade Dimension.)</i>			
Total Protein			
Total Proteins	7.82	gm/dL	6.4 - 8.2
Albumin	3.90	gm/dL	3.4 - 5
Globulin	3.92	gm/dL	3 - 3.2
A : G Ratio	0.99		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

--- End of Report ---

Dr. Rakesh Vaidya
MD (Path). DCP.

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Renal Function Test (RFT)

Test	Result	Units	Biological Ref. Range
Urea <i>(By Urease Kinetic method on RXL Dade Dimension)</i>	14	mg/dL	10 - 45
Creatinine <i>(By Modified Kinetic Jaffe Technique)</i>	0.67	mg/dL	0.6 - 1.1
Estimate Glomerular Filtration rate <i>(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)</i>	More than 60		
Uric acid <i>(By Uricase / Catalase method on RXL Siemens)</i>	5.9	mg/dL	2.2 - 5.8

--- End of Report ---

Dr. Rakesh Vaidya
MD (Path). JCP.

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 Approval Date : 14/10/2023 12:37 PM

HbA1c (Glycosylated Hb)

Test	Result	Units	Biological Ref. Range
HbA1c (Glycosylated Hb)			
Glycosylated Hemoglobin (HbA1c)	5.7	%	
estimated Average Glucose (e AG) *	116.89	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
MD (Path). DCP.



Patient Name : Mrs. ANITA
 Gender / Age : Female / 29 Years 9 Months 14 Days
 MR No / Bill No. : 23216716 / 242031836
 Consultant : Dr. Manish Mittal
 Location : OPD

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Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
Triiodothyronine (T3)	1.30	ng/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.</i>			
<i>Reference interval (ng/ml)</i>			
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		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroxine (T4)	8.01	mcg/dL	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.</i>			
<i>Reference interval (mcg/dL)</i>			
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		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroid Stimulating Hormone (US-TSH)	1.6	microlU/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.</i>			
<i>Reference interval (microlU/ml)</i>			
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		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			

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— End of Report —

Dr. Rakesh Vaidya
MD (Path). DCP.



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Urine routine analysis (Auto)

Test	Result	Units	Biological Ref. Range
Physical Examination			
Quantity	30	mL	
Colour	Pale Yellow		
Appearance	Clear		
Chemical Examination (By Reagent strip method)			
pH	6.0		
Specific Gravity	<=1.005		
Protein	Negative	gm/dL	0 - 5
Glucose	Negative	mg/dL	0 - 5
Ketones	Negative		0 - 5
Bilirubin	Negative		Negative
Urobilinogen	Negative		Negative (upto 1)
Blood	Negative		Negative
Leucocytes	Negative		Negative
Nitrite	Negative		Negative
Microscopic Examination (by Microscopy after Centrifugation at 2000 rpm for 10 min or on fully automated Cysmex urine sedimentation analyzer UF4000)			
Red Blood Cells	0 - 1	/hpf	0 - 2
Leucocytes	0 - 1	/hpf	0 - 5
Epithelial Cells	1 - 5	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil	/hpf	Nil
Mucus	Absent	/hpf	Absent
Organism	Absent		

---- End of Report ----

Dr. Ameet Soni
MD (Path)

Patient No. : 23216716 Report Date : 14/10/2023
Request No. : 190085138 14/10/2023 8.16 AM
Patient Name : Mrs. ANITA
Gender / Age : Female / 29 Years 9 Months 14 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.



Dr. Priyanka Patel, MD.
Consultant Radiologist





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- Ultra Sensitive Colour Doppler
- Ultra High Resolution Sonography
- Multi-Detector CT Scan
- Mammigraphy
- Interventional Radiology
- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

Patient No. : 23216716 Report Date : 14/10/2023
Request No. : 190085151 14/10/2023 8.16 AM
Patient Name : Mrs. ANITA
Gender / Age : Female / 29 Years 9 Months 14 Days

USG : Abdomen (Excluding Pelvis) Or Upper Abdomen

Liver is normal in size and increased in echopattern. No mass lesion is seen. The hepaticveins 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.

No ascites.

COMMENT:

• **Fatty liver.**

Kindly correlate clinically

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

Dr.Priyanka Patel, MD.
Consultant Radiologist



Patient No. : 23216716 Report Date : 14/10/2023
Request No. : 190085215 14/10/2023 8.16 AM
Patient Name : **Mrs. ANITA**
Gender / Age : Female / 29 Years 9 Months 14 Days

Echo Color Doppler

MITRAL VALVE : NORMAL, NO MR, NO MS
AORTIC VALVE : TRILEAFLET, NO AR, NO AS
TRICUSPID VALVE : NORMAL, NO TR, NO PAH
PULMONARY VALVE : NORMAL
LEFT ATRIUM : NORMAL
AORTA : NORMAL
LEFT VENTRICLE : NORMAL LV SIZE AND SYSTOLIC FUNCTION LVEF -- 65%, NO
RESTING REGIONAL WALL MOTION ABNORMALITY
RIGHT ATRIUM : NORMAL
RIGHT VENTRICLE : NORMAL
I.V.S. : INTACT
I.A.S. : INTACT
PULMONARY ARTERY : NORMAL
PERICARDIUM : NORMAL
COLOUR/DOPPLER FLOW MAPPING : NO MR, NO AR // TR, NO PAH

FINAL CONCLUSION:

1. NORMAL SIZED ALL CARDIAC CHAMBERS, NO LVH
2. NORMAL LV SYSTOLIC FUNCTION, LVEF -- 65%
3. NO RESTING REGIONAL WALL MOTION ABNORMALITY
4. NORMAL ALL CARDIAC VALVES, NO MITRAL // AORTIC STENOSIS
5. NORMAL DIASTOLIC FUNCTION
6. NORMAL RIGHT HEART SIZE AND RV PRESSURES
7. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.


Dr. KILLIL KANERIA, D.M., CARD.

BHALLAL AMIN GENERAL HOSPITAL
 BHALLAL AMIN MARG
 VADODARA-3, PH-(0265) 3956222

Station
 Telephone: 0265-3956222,3956024

EXERCISE STRESS TEST REPORT

Patient Name: ANITA
 Patient ID: 01621
 Height:
 Weight:

DOB: 01.01.1994
 Age: 29yrs
 Gender: Female
 Race: Indian

Study Date: 14.10.2023
 Test Type: Treadmill Stress Test
 Protocol: BRUCE

Referring Physician: ECU
 Attending Physician: DR. KILLOL KANERIA
 Technician: PRATAP RATHVA

Medications:
 Medical History:

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
PRE TEST	SUPINE	00:06	0.00	0.00	81		
	WARM UP	00:18	1.00	0.00	90	120/80	
EXERCISE	STAGE 1	01:01	1.70	10.00	113	120/80	
	STAGE 2	02:01	2.50	12.00	137	120/80	
	STAGE 3	02:31	3.40	14.00	173	130/80	
RECOVERY		02:10	0.00	0.00	118	170/100	

The patient exercised according to the BRUCE for 5:30 min's, achieving a work level of Max. METS: 10.10. The resting heart rate of 81 bpm rose to a maximal heart rate of 173 bpm. This value represents 90% of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 170/100 mmHg. The exercise test was stopped due to Target heart rate achieved.

Interpretation

Summary: Resting ECG: normal.
 Functional Capacity: normal.
 HR Response to Exercise: appropriate.
 BP Response to Exercise: normal resting BP - appropriate response.
 Chest Pain: none.
 Arrhythmias: none.
 ST Changes: none.
 Overall impression: Normal stress test.

Conclusions

Good effort tolerance, Normal HR and BP response. No ANGINA // ARRYTHMIAS noted during test. No significant ST-T changes noted during peak Exercise and Recovery Stress test **NEGATIVE** for Inducible myocardial Ischemia

CONFIRMED BY : DR. KILLOL KANERIA

Name Mrs. Anita -
Patient ID ECU/23216716

14.10.2023 13:21:51
Standard 12-lead

BHAILAL AMIN GENERAL HOSPITAL

Age 029Y
Gender Female
Pacemaker Unknown

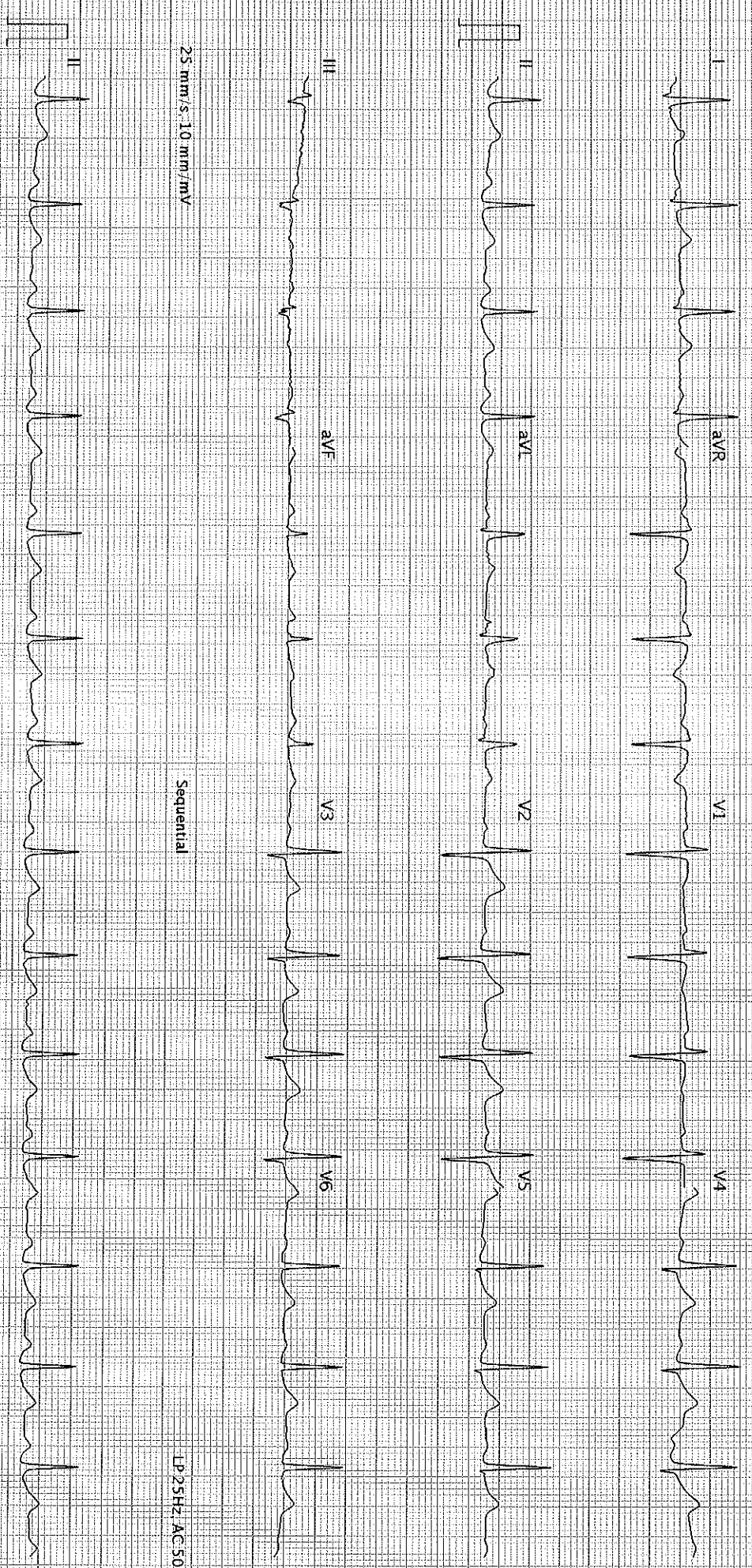
Ref: phys

HR 85 bpm RR 709 ms
P 110 ms
PR 164 ms
P axis 51°
QRS axis 29°
T axis 26°

Unconfirmed report

Remark

✓



25 mm/s, 10 mm/mV

Sequential

LP 25Hz AC 50Hz

25 mm/s, 10 mm/mV

LP 25Hz AC 50Hz

AT 102 62 1.2.0 (1080.011030)

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