

Patient Name : Mrs.SAHANA V GAONKAR	Collected : 08/Jul/2023 09:49AM
Age/Gender : 31 Y 5 M 9 D/F	Received : 08/Jul/2023 10:41AM
UHID/MR No : CMYS.0000057121	Reported : 08/Jul/2023 12:15PM
Visit ID : CMYSOPV115264	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 174511	

**DEPARTMENT OF HAEMATOLOGY**

**ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324**

**PERIPHERAL SMEAR , WHOLE BLOOD-EDTA**

-



SIN No:BED230157931

**APOLLO CLINICS NETWORK**

Patient Name : Mrs.SAHANA V GAONKAR	Collected : 08/Jul/2023 09:49AM
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**HEMOGRAM , WHOLE BLOOD-EDTA**

<b>HAEMOGLOBIN</b>	12.7	g/dL	12-15	Spectrophotometer
PCV	39.00	%	36-46	Electronic pulse & Calculation
RBC COUNT	<b>4.87</b>	Million/cu.mm	3.8-4.8	Electrical Impedence
MCV	<b>80</b>	fL	83-101	Calculated
MCH	<b>26.1</b>	pg	27-32	Calculated
MCHC	32.5	g/dL	31.5-34.5	Calculated
R.D.W	<b>14.2</b>	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	<b>10,500</b>	cells/cu.mm	4000-10000	Electrical Impedence

**DIFFERENTIAL LEUCOCYTIC COUNT (DLC)**

NEUTROPHILS	59.9	%	40-80	Electrical Impedence
LYMPHOCYTES	30.5	%	20-40	Electrical Impedence
EOSINOPHILS	2.9	%	1-6	Electrical Impedence
MONOCYTES	6.2	%	2-10	Electrical Impedence
BASOPHILS	0.5	%	<1-2	Electrical Impedence

**ABSOLUTE LEUCOCYTE COUNT**

NEUTROPHILS	6289.5	Cells/cu.mm	2000-7000	Electrical Impedence
LYMPHOCYTES	<b>3202.5</b>	Cells/cu.mm	1000-3000	Electrical Impedence
EOSINOPHILS	304.5	Cells/cu.mm	20-500	
MONOCYTES	651	Cells/cu.mm	200-1000	Electrical Impedence
BASOPHILS	52.5	Cells/cu.mm	0-100	Electrical Impedence

**PLATELET COUNT**

PLATELET COUNT	332000	cells/cu.mm	150000-410000	Electrical impedence
<b>ERYTHROCYTE SEDIMENTATION RATE (ESR)</b>	14	mm at the end of 1 hour	0-20	Modified Westergren

**PERIPHERAL SMEAR**

**R.B.C:** Majority are normocytic normochromic. Also normocytic hypochromic RBCs.

**W.B.C:** Are normal in number,morphology and distribution.

**Platelets:** Adequate and are seen in singles and clumps.

**Hemoparasites:** Not seen.

**IMPRESSION: NORMOCYTIC NORMOCHROMIC BLOOD PICTURE.**

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**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



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**DEPARTMENT OF BIOCHEMISTRY**

**ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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<b>GLUCOSE, FASTING , NAF PLASMA</b>	<b>110</b>	mg/dL	70-100	GOD - POD
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**Comment:**

As per American Diabetes Guidelines

Fasting Glucose Values in mg/d L	Interpretation
<100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes

<b>GLUCOSE, POST PRANDIAL (PP), 2 HOURS , NAF PLASMA</b>	<b>97</b>	mg/dL	70-140	GOD - POD
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Result is rechecked. Kindly correlate clinically

**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.

Ref: Marks medical biochemistry and clinical approach



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**DEPARTMENT OF BIOCHEMISTRY**

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Test Name	Result	Unit	Bio. Ref. Range	Method
<b>HBA1C, GLYCATED HEMOGLOBIN ,</b> WHOLE BLOOD-EDTA	5.3	%		HPLC
<b>ESTIMATED AVERAGE GLUCOSE (eAG) ,</b> WHOLE BLOOD-EDTA	105	mg/dL		Calculated

**Comment:**

Reference Range as per American Diabetes Association (ADA):

REFERENCE GROUP	HBA1C IN %
NON DIABETIC ADULTS >18 YEARS	<5.7
AT RISK (PREDIABETES)	5.7 – 6.4
DIAGNOSING DIABETES	≥ 6.5
DIABETICS	
· EXCELLENT CONTROL	6 – 7
· FAIR TO GOOD CONTROL	7 – 8
· UNSATISFACTORY CONTROL	8 – 10
· POOR CONTROL	>10

Note: Dietary preparation or fasting is not required.

1. A1C test should be performed at least two times a year in patients who are meeting treatment goals (and who have stable glycemic control).
2. Lowering A1C to below or around 7% has been shown to reduce microvascular and neuropathic complications of type 1 and type 2 diabetes. When mean annual HbA1c is <1.1 times ULN (upper limit of normal), renal and retinal complications are rare, but complications occur in >70% of cases when HbA1c is >1.7 times ULN.
3. Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect erythrocyte survival are present. Fructosamine may be used as an alternate measurement of glycemic control



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LIPID PROFILE , SERUM

TOTAL CHOLESTEROL	160	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	59	mg/dL	<150	Enzymatic
HDL CHOLESTEROL	39	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	121	mg/dL	<130	Calculated
LDL CHOLESTEROL	109.2	mg/dL	<100	Calculated
VLDL CHOLESTEROL	11.8	mg/dL	<30	Calculated
CHOL / HDL RATIO	4.10		0-4.97	Calculated

Comment:

Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.

	Desirable	Borderline High	High	Very High
TOTAL CHOLESTEROL	< 200	200 - 239	≥ 240	
TRIGLYCERIDES	<150	150 - 199	200 - 499	≥ 500
LDL	Optimal < 100 Near Optimal 100-129	130 - 159	160 - 189	≥ 190
HDL	≥ 60			
NON-HDL CHOLESTEROL	Optimal <130; Above Optimal 130-159	160-189	190-219	>220

Measurements in the same patient can show physiological and analytical variations.

NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.



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**LIVER FUNCTION TEST (LFT) , SERUM**

BILIRUBIN, TOTAL	0.90	mg/dL	0.20-1.20	DIAZO METHOD
BILIRUBIN CONJUGATED (DIRECT)	0.20	mg/dL	0.0-0.3	Calculated
BILIRUBIN (INDIRECT)	0.70	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	18	U/L	<35	Visible with P-5-P
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	18.0	U/L	14-36	UV with P-5-P
ALKALINE PHOSPHATASE	49.00	U/L	38-126	p-nitrophenyl phosphate
PROTEIN, TOTAL	6.70	g/dL	6.3-8.2	Biuret
ALBUMIN	4.00	g/dL	3.5 - 5	Bromocresol Green
GLOBULIN	2.70	g/dL	2.0-3.5	Calculated
A/G RATIO	1.48		0.9-2.0	Calculated





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**RENAL PROFILE/KIDNEY FUNCTION TEST (RFT/KFT) , SERUM**

CREATININE	0.60	mg/dL	0.5-1.04	Creatinine amidohydrolase
UREA	<b>13.00</b>	mg/dL	15-36	Urease
BLOOD UREA NITROGEN	<b>6.1</b>	mg/dL	8.0 - 23.0	Calculated
URIC ACID	3.80	mg/dL	2.5-6.2	Uricase
CALCIUM	8.60	mg/dL	8.4 - 10.2	Arsenazo-III
PHOSPHORUS, INORGANIC	3.20	mg/dL	2.5-4.5	PMA Phenol
SODIUM	139	mmol/L	135-145	Direct ISE
POTASSIUM	4.8	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	105	mmol/L	98 - 107	Direct ISE



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Test Name	Result	Unit	Bio. Ref. Range	Method
<b>GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM</b>	17.00	U/L	12-43	Glycylcysteine Nitoranalide



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**DEPARTMENT OF IMMUNOLOGY**

**ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324**

Test Name	Result	Unit	Bio. Ref. Range	Method
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**THYROID PROFILE TOTAL (T3, T4, TSH) , SERUM**

TRI-IODOTHYRONINE (T3, TOTAL)	1.19	ng/mL	0.64-1.52	CMIA
THYROXINE (T4, TOTAL)	9.98	µg/dL	4.87-11.72	CMIA
THYROID STIMULATING HORMONE (TSH)	2.630	µIU/mL	0.35-4.94	CMIA

**Comment:**

Serum TSH concentrations exhibit a diurnal variation with the peak occurring during the night and the nadir occurring between 10 a.m. and 4 p.m. In primary hypothyroidism, thyroid-stimulating hormone (TSH) levels will be elevated. In primary hyperthyroidism, TSH levels will be low. Elevated or low TSH in the context of normal free thyroxine is often referred to as subclinical hypo- or hyperthyroid-ism, respectively. Physiological rise in Total T3 / T4 levels is seen in pregnancy and in patients on steroid therapy.

Recommended test for T3 and T4 is unbound fraction or free levels as it is metabolically active.

**Note:**

For pregnant females	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 - 3.0
Third trimester	0.3 - 3.0



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DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

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COMPLETE URINE EXAMINATION (CUE) , URINE

PHYSICAL EXAMINATION

COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
pH	6.5		5-7.5	Bromothymol Blue
SP. GRAVITY	1.025		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
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS

CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY

PUS CELLS	3 - 4	/hpf	0-5	Microscopy
EPITHELIAL CELLS	1 - 2	/hpf	<10	MICROSCOPY
RBC	NIL	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY



SIN No:UR2143260



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**DEPARTMENT OF CLINICAL PATHOLOGY**

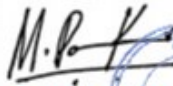
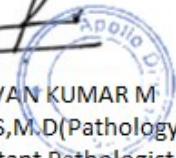
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URINE GLUCOSE(POST PRANDIAL)	NEGATIVE		NEGATIVE	Dipstick
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URINE GLUCOSE(FASTING)	NEGATIVE		NEGATIVE	Dipstick
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\*\*\* End Of Report \*\*\*

  
  
 Dr. PAVAN KUMAR M  
 M.B.B.S,M.D(Pathology)  
 Consultant Pathologist



Date : 08-07-2023  
MR NO : CMYS.0000057121

Department : GENERAL  
Doctor : ROHITH. H.K.

Name : Mrs. SAHANA V GAONKAR

Registration No :

Age/ Gender : 31 Y / Female

Qualification :


Consultation Timing: 09:45

Height : 1.58	Weight : 85.4	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/80

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

Pt. came for Annual Health checkup  
No fresh complaints  
No H/O DM, HTN.

  
08/07.

Apollo Clinic  
Apollo Health & Lifestyle Ltd.  
1 Floor, 23, Kalidasa Road  
MYSORE-570 002

Follow up date :

Doctor Signature

Date : 08-07-2023  
MR NO : CMYS.0000057121

Department : GENERAL Dietetics  
Doctor : Kadhura . B. P

Name : Mrs. SAHANA V GAONKAR  
Age/ Gender : 31 Y / Female

Registration No :  
Qualification : M.Sc Nutrition & Dietetics  
PHD\*

Consultation Timing: 09:45

TBW - 5.5kg

Height: 158	Weight: 85.4	BMI: 34 kg/m <sup>2</sup>	Waist Circum:
Temp:	Pulse:	Resp:	B.P: 110/80

General Examination /  
Allergies History

HDL - 39  
LDL - 109.2  
Urea - 13 ↓  
BUN - 6.1 ↓

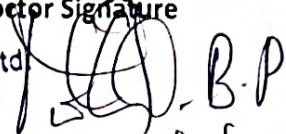
Clinical Diagnosis & Management Plan

- ⇒ \* Advised fiber rich diet.
- ⇒ Take small frequent meals. Do not skip meals.
- ⇒ Include all variety of seasonal fruits, vegetables and green leafy vegetables regularly.
- ⇒ Include nuts like Almonds & walnuts regularly.
- ⇒ Include dry-fruits like dried dates and raisins regularly.
- ⇒ Include seeds like Flax seeds, Pumpkin seeds, Sesame seeds, sunflower seeds, watermelon seeds - 1 teaspoon each [dry roasted].
- ⇒ Use whole cereals & pulses.
- ⇒ Use steamed or toned milk regularly.

Follow up date :

Doctor Signature

Apollo Clinic  
Apollo Health & Lifestyle Ltd  
1 Floor, 23, Kalidasa Road  
MYSORE-570 002

  
8/7/2023

Date : 08-07-2023  
 MR NO : CMYS.0000057121  
 Name : Mrs. SAHANA V GAONKAR  
 Age/ Gender : 31 Y / Female

Department : GENERAL  
 Doctor :  
 Registration No :  
 Qualification :

Consultation Timing: 09:45

Height : 158	Weight : 85.4	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/80

General Examination /  
 Allergies History

Clinical Diagnosis & Management Plan

	<u>Rt eye</u>	<u>Lt eye</u>
Distance	6/6 <sup>p</sup>	6/6
Near un	N6	N6
Color un	Normal	Normal

Follow up date :

*[Signature]*  
 Apollo Clinic  
 Apollo Health & Lifestyle Ltd.  
 1 Floor, 23, Kalidasa Road  
 MYSORE-570 002

Doctor Signature



**Informed Consent/Declaration For Test Exclusion**

Patient Name: Mr Sahana V Gowthar Kad Age: 31yrs

UHID Number: 57121

Please tick and sign the relevant part

I certify that I will skip LBC after 15 days. Test from my own.

No refund is provided for the above excluded test and i have been informed about the same.

Patient signature L. Gowthar Kad Date 8/7/23

Witness signature: Sujeer Date: 8/7/23

Apollo Clinic  
Apollo Health & Lifestyle Ltd.  
1 Floor, 23, Kalidasa Road  
MYSORE-570 002

Date : 08-07-2023  
MR NO : CMYS.0000057121  
Name : Mrs. SAHANA V GAONKAR  
Age/ Gender : 31 Y / Female

Department : GENERAL  
Doctor :  
Registration No : Dr. Praveen Kumar R  
Qualification : MS ENT

Consultation Timing: 09:45

Height : 158	Weight : 85.4	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/80

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

Case for severe breath choker

Eor - Bicaudal 7m - normal

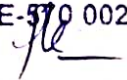
NOSE - Normal mucosa @

oral cavity a erythema @

throat @

Dr received

Apollo Clinic  
Apollo Health & Lifestyle Ltd.  
1 Floor, 23, Kalidasa Road  
MYSORE-570 002



Follow up date :

Doctor Signature

Date : 08-07-2023  
MR NO : CMYS.0000057121  
Name : Mrs. SAHANA V GAONKAR  
Age/ Gender : 31 Y / Female

Department : GENERAL Dental  
Doctor : Dr. Jyothishree  
Registration No :  
Qualification :

Consultation Timing: 09:45

Height : 158	Weight : 85.4	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/80

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

O/E

CUA, ST-T

17 decayed?

ADU, - old prophylosis

Apollo Clinic  
Apollo Health & Lifestyle Ltd.  
1 Floor, 23, Kalidasa Road  
MYSORE-570 002

Jyothishree

Follow up date :

Doctor Signature

<b>Patient Name: Mrs Sahana V Gaonkar</b>	<b>Date :8.07.2023</b>	<b>Referring Doctor: Dr .Self</b>
<b>Age / Sex: 31rs/Female</b>	<b>UHID No :57121</b>	<b>Location : OP</b>
<b>ULTRASONOGRAPHY- ABDOMEN &amp; PELVIS</b>		

**LIVER:** It is normal in size and in echotexture. No focal lesions seen. IHBR are not dilated. CBD and Portal vein are normal.

**GALL BLADDER:** It is well distended and normal. No calculi seen.

**SPLEEN:** It is normal in size, outline and echopattern. No e/o focal lesions.

**PANCREAS:** It is normal.

**RIGHT KIDNEY:** It measures 10.6x4.6 cm with parenchymal thickness of 1.6 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

**LEFT KIDNEY:** It measures 10.9x4.4 cm with parenchymal thickness of 1.6 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

**URINARY BLADDER:** It is well distended. The UB wall is normal. No calculi seen.


**UTERUS:** It is anteverted and measures 7.6x4.3x4.4 cm with ET=12.5 mm. It is normal in size, outline and echotexture. No mass lesion.

**Rt. OVARY:** It measures 3.1x1.9 cm. It is normal. No mass lesion seen.

**Lt. OVARY:** It measures 2.7x1.9 cm. It is normal. No mass lesion seen.

**OTHERS:** No e/o free fluid in the abdomen. No e/o lymphadenopathy. No e/o gut wall thickening. No mass lesion seen in the abdomen.

**IMPRESSION: NORMAL STUDY .**

  
**Dr. Chetan H, DNB**  
Consultant Radiologist.

**Apollo Health and Lifestyle Limited**

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Online appointment: www.apollohospitals.com

TO BOOK AN APPOINTMENT

 **1860 500 7788**



Patient Name	: Mrs. SAHANA V GAONKAR	Age	: 31 Y F
UHID	: CMYS.0000057121	OP Visit No	: CMYSOPV115264
Reported on	: 08-07-2023 13:32	Printed on	: 08-07-2023 13:32
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.

**IMPRESSION : NORMAL STUDY.**

Printed on:08-07-2023 13:32

---End of the Report---

*Pradeep*

**Dr. PRADEEP KUMAR C N**  
**MBBS DNB( RADIOLOGY)**  
Radiology

**Apollo Health and Lifestyle Limited**

CIN : U65110TG20KPLC115819

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TO BOOK AN APPOINTMENT

 **1860/500 7788**

Page 1 of 1

<b>Patient's Name : Mrs Sahana V Gaonkar</b>	<b>Age &amp; Sex : 31 Yrs /Female</b>
<b>Date :08.07.2023</b>	<b>UHID No:57121</b>

## 2D ECHOCARDIOGRAPHY STUDY

### Impression:

- Normal chamber volumes and valves
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 65 %
- No clots. No pericardial effusion

### Findings

Left Ventricle:	Normal
Right Ventricle	Normal
Left Atrium	Normal
Right Atrium	Normal
Aorta	Normal
Pulmonary Artery	Normal
IAS	Intact
IVS	Intact
Valves	Normal
Pericardium	Normal
Doppler	Normal

Apollo Health and Lifestyle Limited

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<b>Patient's Name : Mrs Sahana V Gaonkar</b>	<b>Age &amp; Sex : 31 Yrs /Female</b>
<b>Date :08.07.2023</b>	<b>UHID No:57121</b>

Measurement

AO : 2.3 cm  
 LA : 3.0 cm  
  
 RV : 2.3 cm  
 LVIDd : 4.19 cm  
 LVIDs : 2.70 cm  
 IVSd : 0.89 cm  
 IVSs : 1.46 cm  
 PWd : 1.08 cm  
 PWs : 1.25 cm  
 EF : 65.0 %  
 FS : 35.0 %

Doppler

MV	TV	AV	PV
E: 1.03 m/s	E --- m/s	V max 1.52 m/s	V max 1.17 m/s
A: 0.72 m/s	A --- m/s		
MR Nil	TR Nil	AR Nil	PR Nil

**Dr. GURU PRASAD. B. V, MBBS, PGDCC**  
**CONSULTANT – NON-INVASIVE CARDIOLOGY**

**Apollo Health and Lifestyle Limited**

Regd. Office: 1107/2/100/11/15/19  
 Regd. Office: 1107/2/100/11/15/19  
 Head Office: 1107/2/100/11/15/19  
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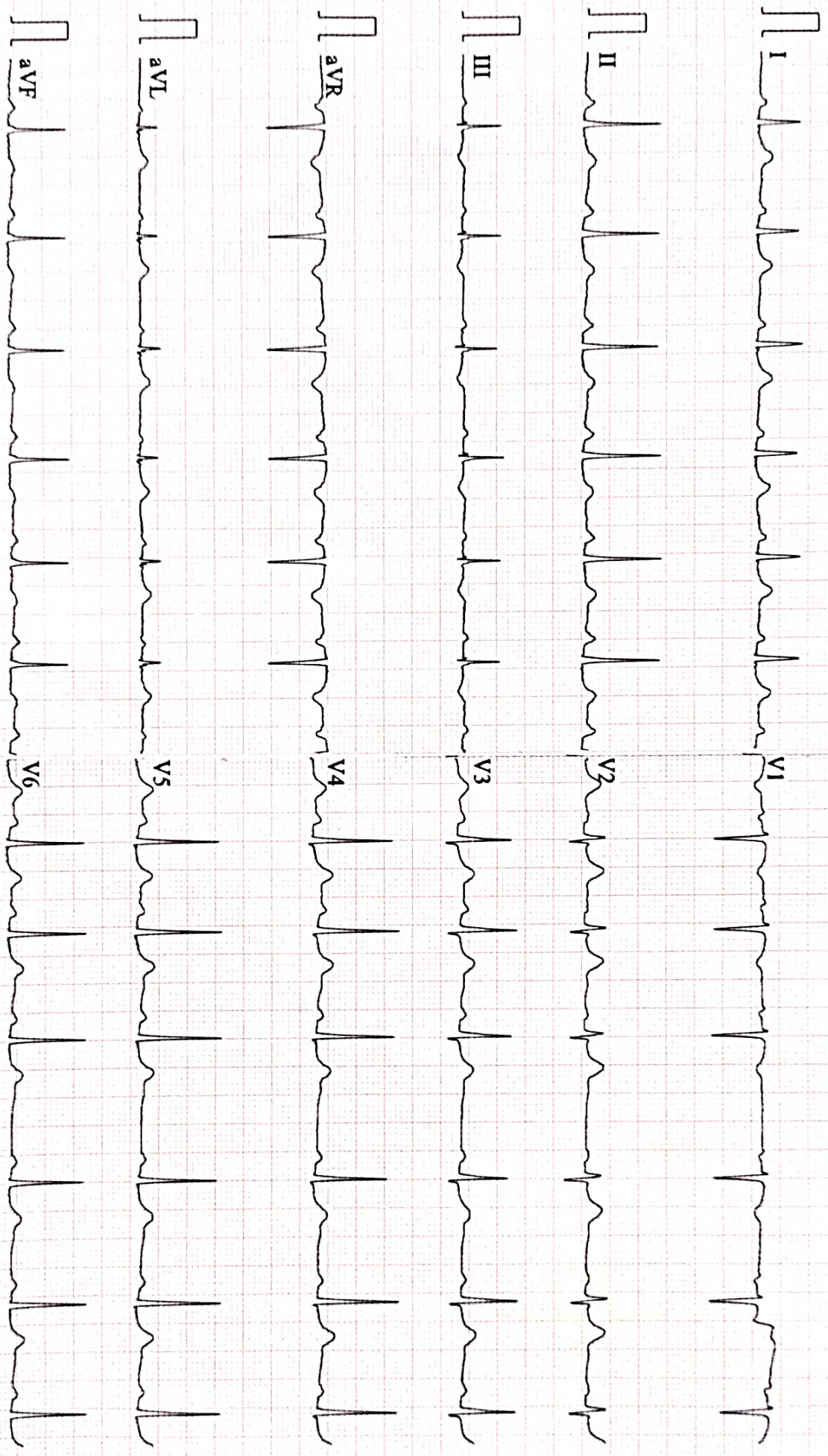
ID: 57121  
MRS SAHANA V GAONKAR  
Female 31Years  
158cm 85kg 110/80 mmHg

08-07-2023 12:17:22 PM

Diagnosis Information:

Apollo Clinic  
Apollo Health & Lifestyle Ltd.  
1 Floor, 23, Kaldasa Road  
MYSORE-570 002

Unconfirmed Report.



0.5-45Hz AC50 25mm/s 10mm/mV 2\*5.0s 77 CARDIART 9 D VI.43 Glasgow V28.6.0 APOLLO CLINIC MYSURU