



ZENA
Healthcare Services
Professional | Accuracy | Precision

Professional Accuracy Precision

Regd. No. : 1834

ZENA HEALTHCARE SERVICES

(A Unit of Zena Enterprises)

NAME: BICHITRA HOTA
AGE: -41 YRS
Patient ID: -4

REFERRAL: MEDIWHEEL
DATE: -11.03.2023
SEX: -FEMALE

CHEST X-RAY PA VIEW SHOWS.

- Both side lung fields are clear.
- Trachea within normal limit.
- Both costophrenic cardiophrenic angle are clear.
- Cardiac shadow within normal limit.
- Media stinum in position

IMPRESSION: -NORMAL STUDY.

B. Pradhan

Dr. Bhagaban Pradhan
M.D. (Radio diagnosis)
Consultant Radiologist

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Zena Healthcare Services

Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07
Ph. : 0674-2549902, 9692276908, 8337964922, E-mail : zenahealthcare@gmail.com

Website : www.zenacare.in

Wishing Good Health

MEDICAL CERTIFICATE

Date :- 11.03.2023

NAME

Mrs.BICHITRA HOTA

MEDICAL INFORMATION

| | |
|-----------------------------|---------------|
| Height:- 159cm | Age:-41yrs |
| Weight:- 78kg | Sex:- FEMALE |
| Blood Pressure:- 120/76mmhg | Pulse:-76/min |

Body Mass Index(BMI)

30.9

Physical Fitness certificate

This is to certify that Mrs.BICHITRA HOTA, aged 41yrs, reports is Normal and I have found her FIT.

Signature



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ZENA HEALTHCARE
SAHIDNAGAR, BHUBANESWAR

506 / BICCHITRA HOTA / 41 Yrs / M / 159 Cms / 78 Kg Date: 11-Mar-2023 Refd By : MEDIWHEEL Examined By:



Report



| Stage | Time | Duration | Speed(mph) | Elevation | MEts | Rate | %THR | BP | Rpp | PVC | Comments |
|---------------|-------|----------|------------|-----------|------|------|------|--------|-----|-----|----------|
| Supine | 00:52 | 0:52 | 00.0 | 00.0 | 01.0 | 096 | 54 % | 119/83 | 000 | 00 | |
| Standing | 01:13 | 0:21 | 00.0 | 00.0 | 01.0 | 099 | 55 % | 120/84 | 000 | 00 | |
| HV | 01:32 | 0:19 | 00.0 | 00.0 | 01.0 | 095 | 53 % | 121/85 | 000 | 00 | |
| ExStart | 01:48 | 0:16 | 00.0 | 00.0 | 01.0 | 095 | 53 % | 122/85 | 000 | 00 | |
| BRUCE Stage 1 | 04:48 | 3:00 | 01.7 | 10.0 | 04.7 | 157 | 88 % | 122/75 | 191 | 00 | |
| BRUCE Stage 2 | 07:48 | 3:00 | 02.5 | 12.0 | 07.1 | 166 | 93 % | 124/77 | 205 | 00 | |
| PeakEx | 08:49 | 1:01 | 03.4 | 14.0 | 08.2 | 176 | 98 % | 124/77 | 218 | 00 | |
| Recovery | 09:19 | 0:30 | 01.1 | 00.0 | 04.2 | 170 | 95 % | 124/77 | 210 | 00 | |
| Recovery | 09:49 | 1:00 | 01.1 | 00.0 | 01.2 | 160 | 89 % | 122/75 | 195 | 00 | |
| Recovery | 09:58 | 1:09 | 00.0 | 00.0 | 01.0 | 155 | 87 % | 122/75 | 189 | 00 | |

FINDINGS :

Exercise Time : 07:01
 Max HR Attained : 176 bpm 98% of Target 179
 Max BP Attained : 124/77
 Max Workload Attained : 8.2 Fair response to induced stress
 Test End Reasons : Test Complete

REPORT :

ZENA HEALTHCARE

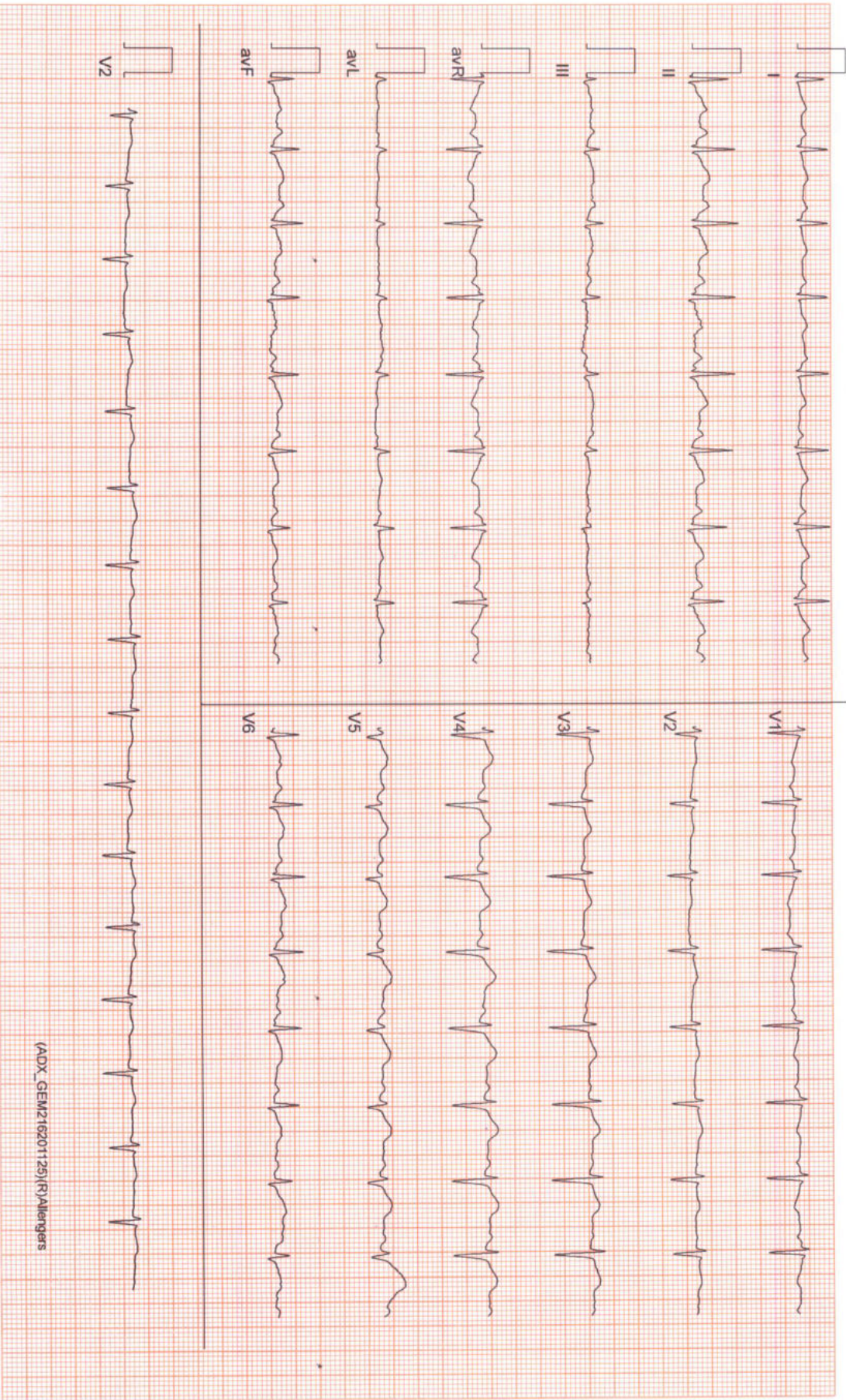
SAHIDNAGAR, BHUBANESWAR
506 / BICHITRA HOTA / 41 Yrs / Male / 159 Cm / 78 Kg

6 x 2 + Rhythm
BRUCE:Supine(0:52)



Date: 11 - 03 - 2023 10:56:42 AM METS : 1.0 HR : 96 Target HR : 54% of 179 BP : 0/0

ExTime : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



(ADX_GEM216201125)(R)Allergens

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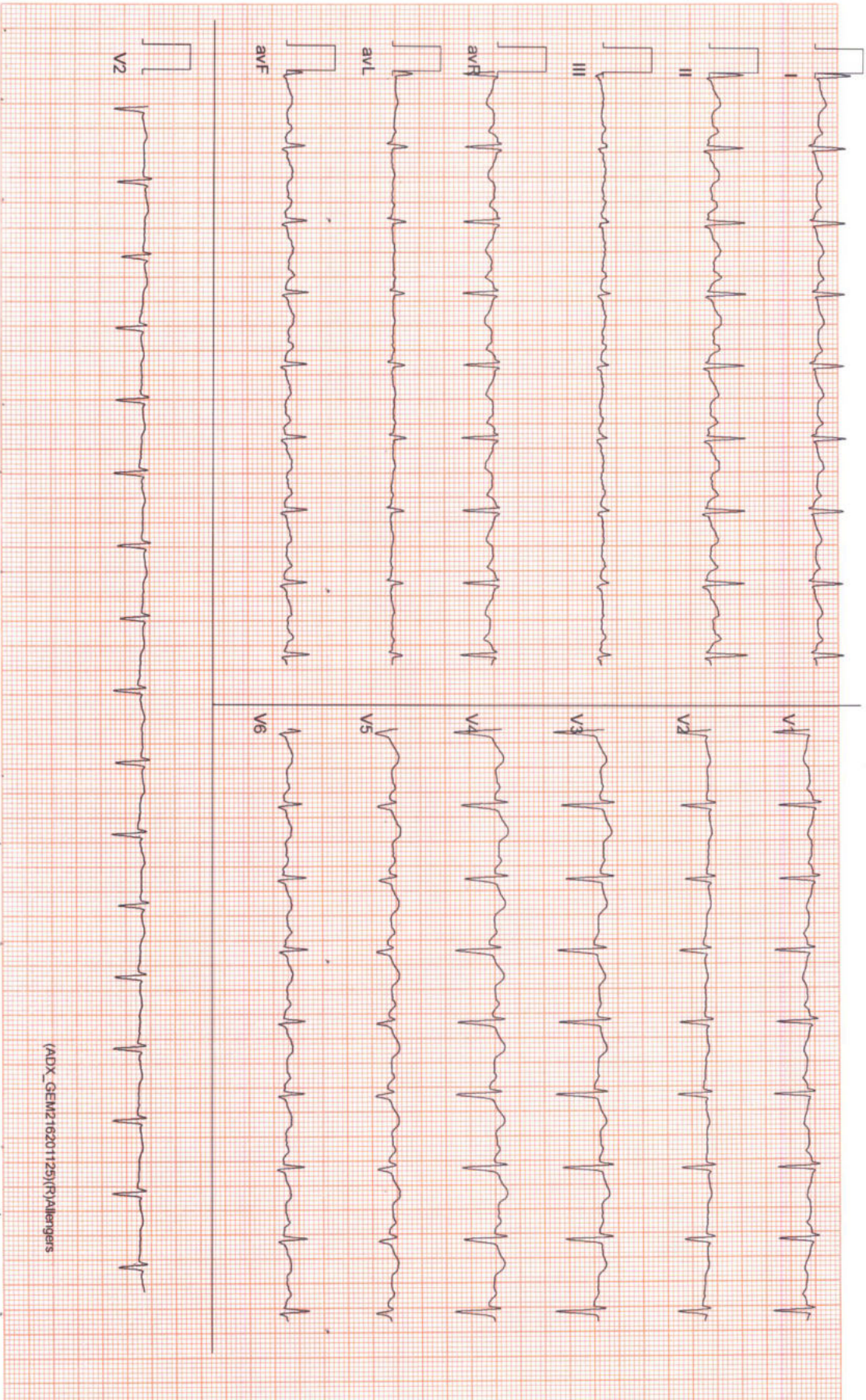
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506 / BICHITRA HOTA / 41 Yrs / Male / 159 Cm / 78 Kg

6 x 2 + Rhythm
BRUCE: Standing(0:21)



Date: 11 - 03 - 2023 10:56:42 AM METs : 1.0 HR : 99 Target HR : 55% of 179 BP : 0/0

ExTime : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



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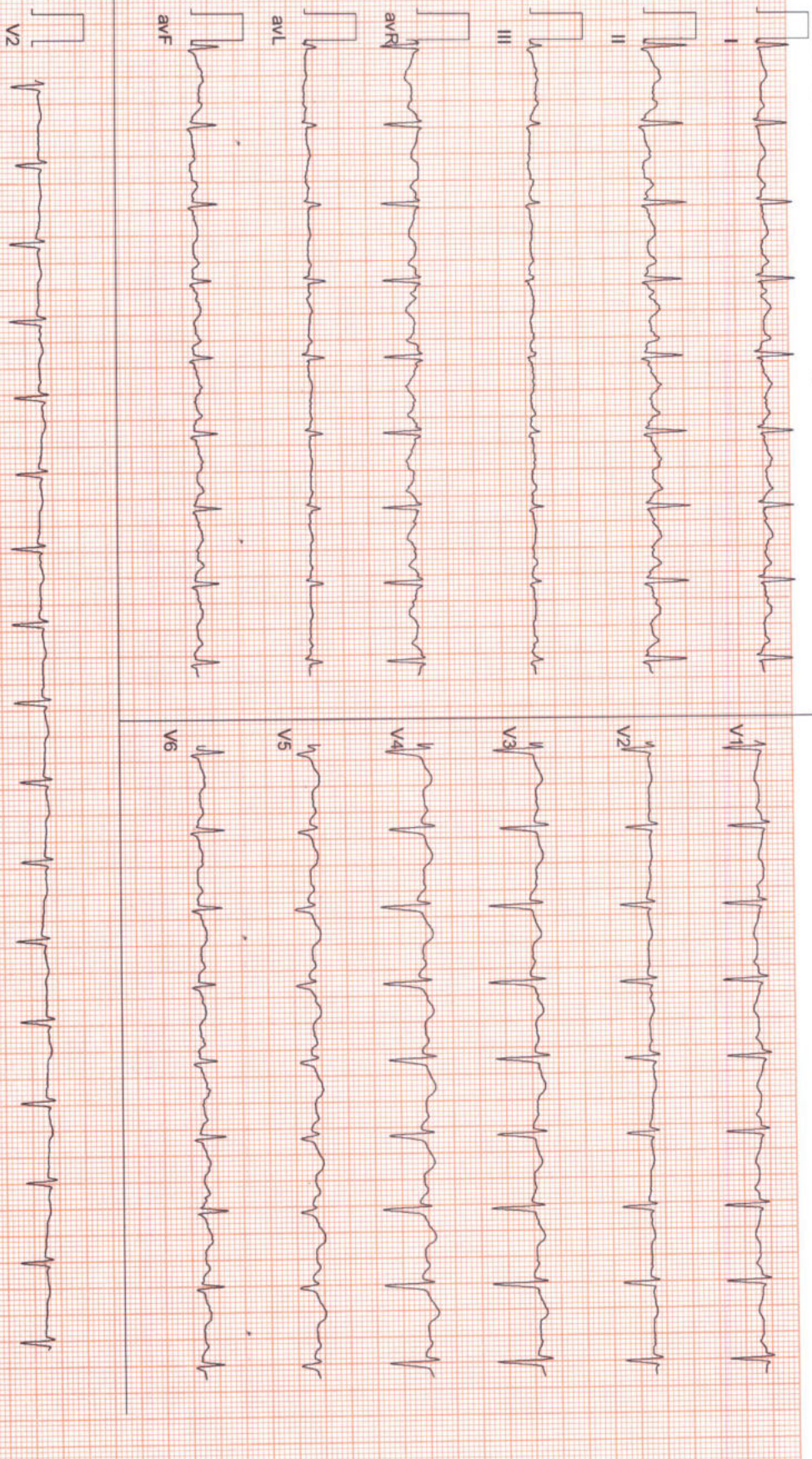
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506 / BICHITRA HOTA / 41 Yrs / Male / 159 Cm / 78 Kg

6 x 2 + Rhythm
BRUCE:HV(0:19)



Date: 11 - 03 - 2023 10:56:42 AM METs : 1.0 HR : 95 Target HR : 53% of 179 BP : 0/0

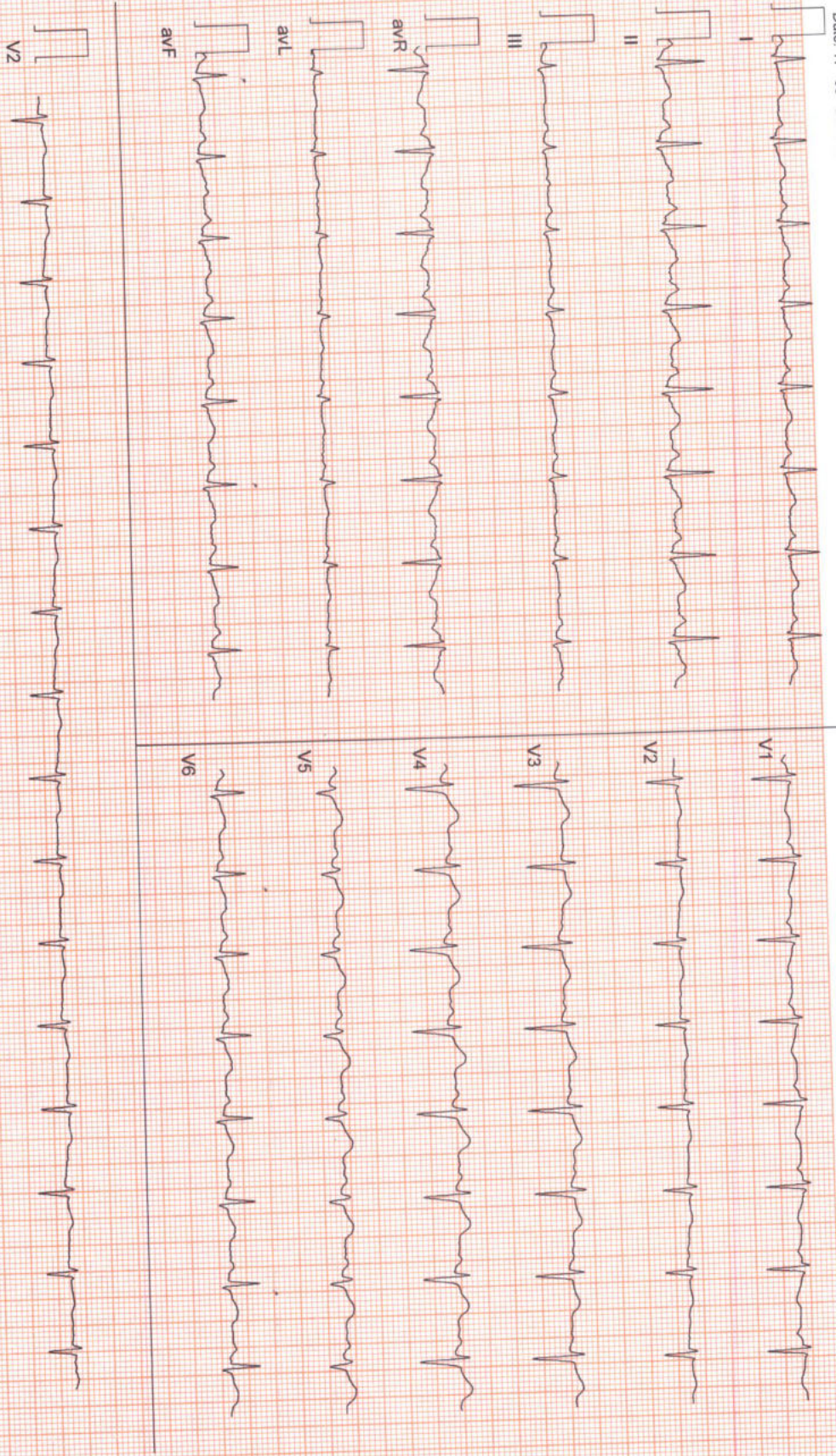
ExTime : 00:00 0.0 mph/0.0 % 25 mm/Sec: 1.0 Cm/mV BLC On/ Notch On/HF 0.05 Hz/LF 35 Hz





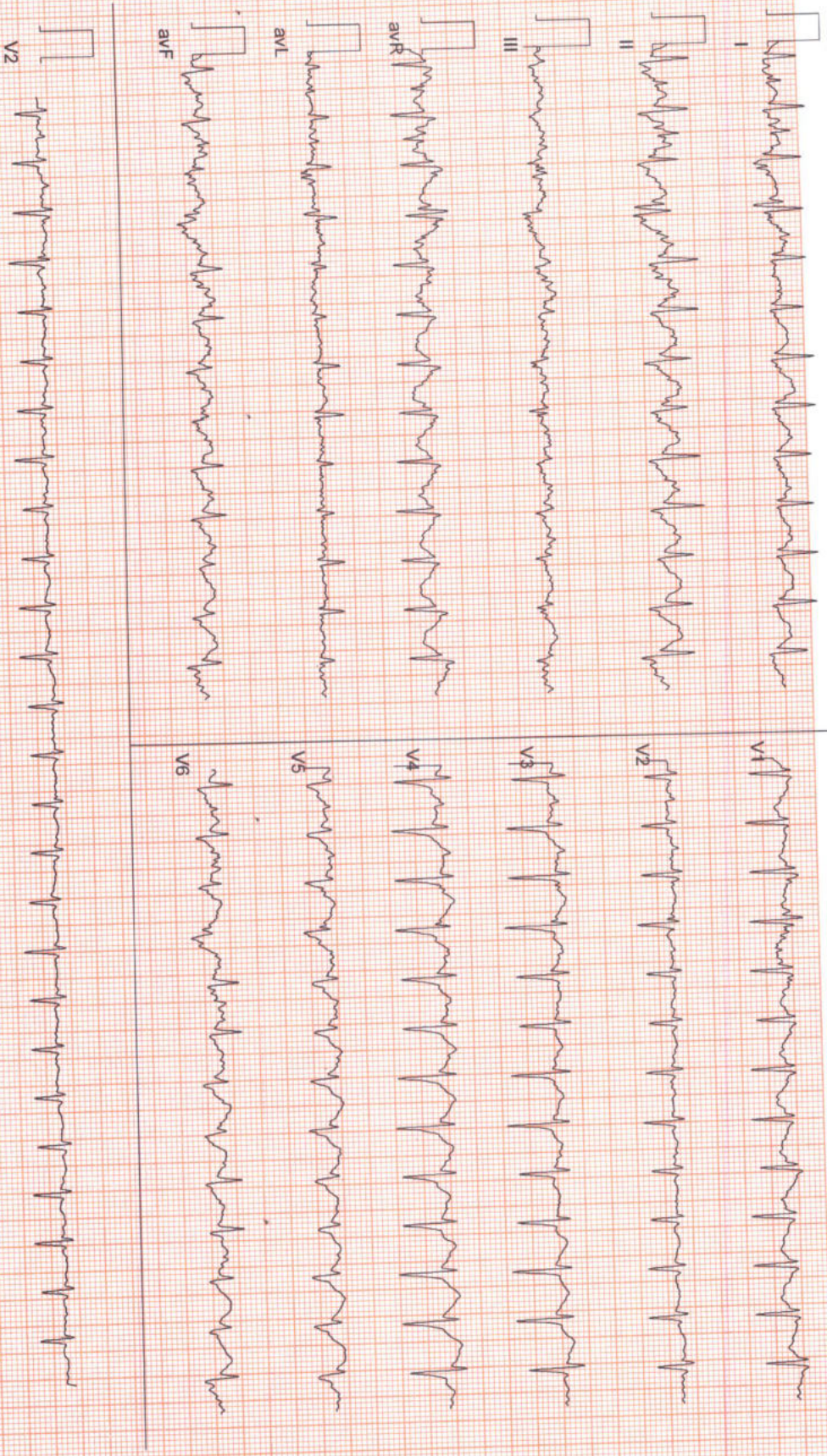
Date: 11-03-2023 10:56:42 AM METS : 1.0 HR : 95 Target HR : 53% of 179 BP : 00

ExTime : 00:00 0.0 mph 0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





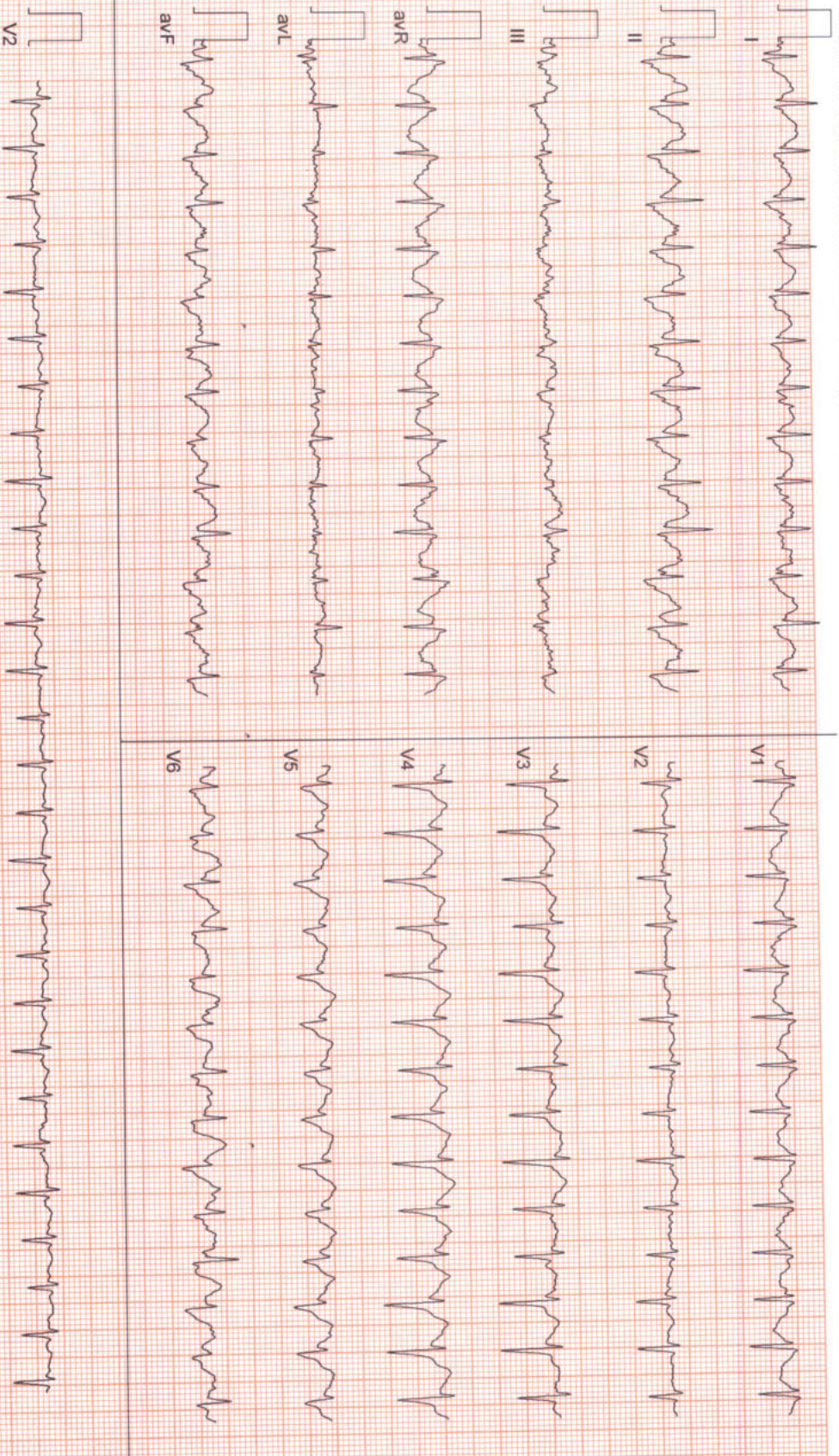
Date: 11 - 03 - 2023 10:56:42 AM METS : 4.7 HR : 157 Target HR : 88% of 179 BP : 122/75
EXTime : 03:00 1.7 mph 10.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Natch On/ HF 0.05 Hz/LF 35 Hz





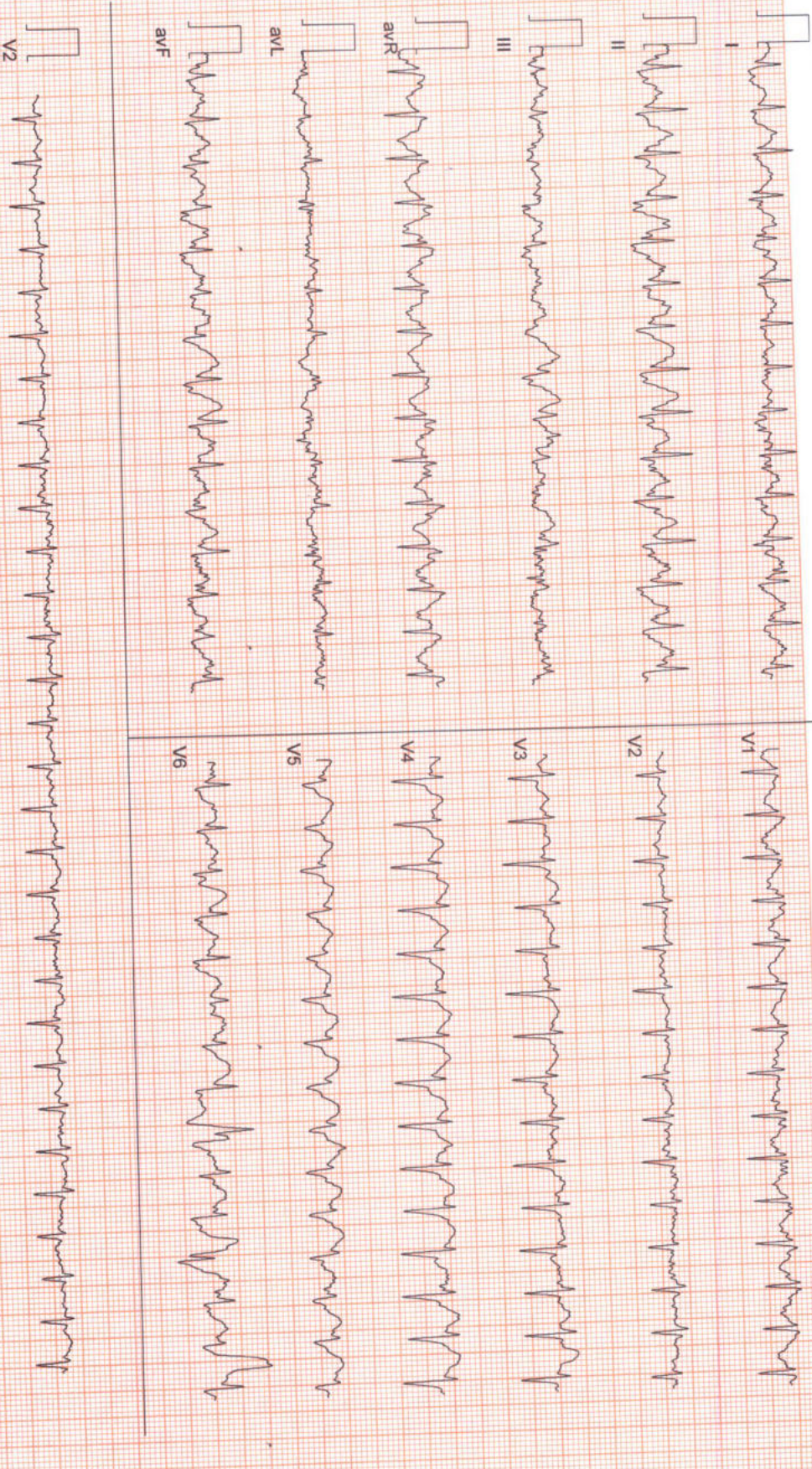
Date: 11 - 03 - 2023 10:56:42 AM METs : 7.1 HR : 166 Target HR : 93% of 179 BP : 124/77

EXTime : 06:00 2.5 mph/12.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





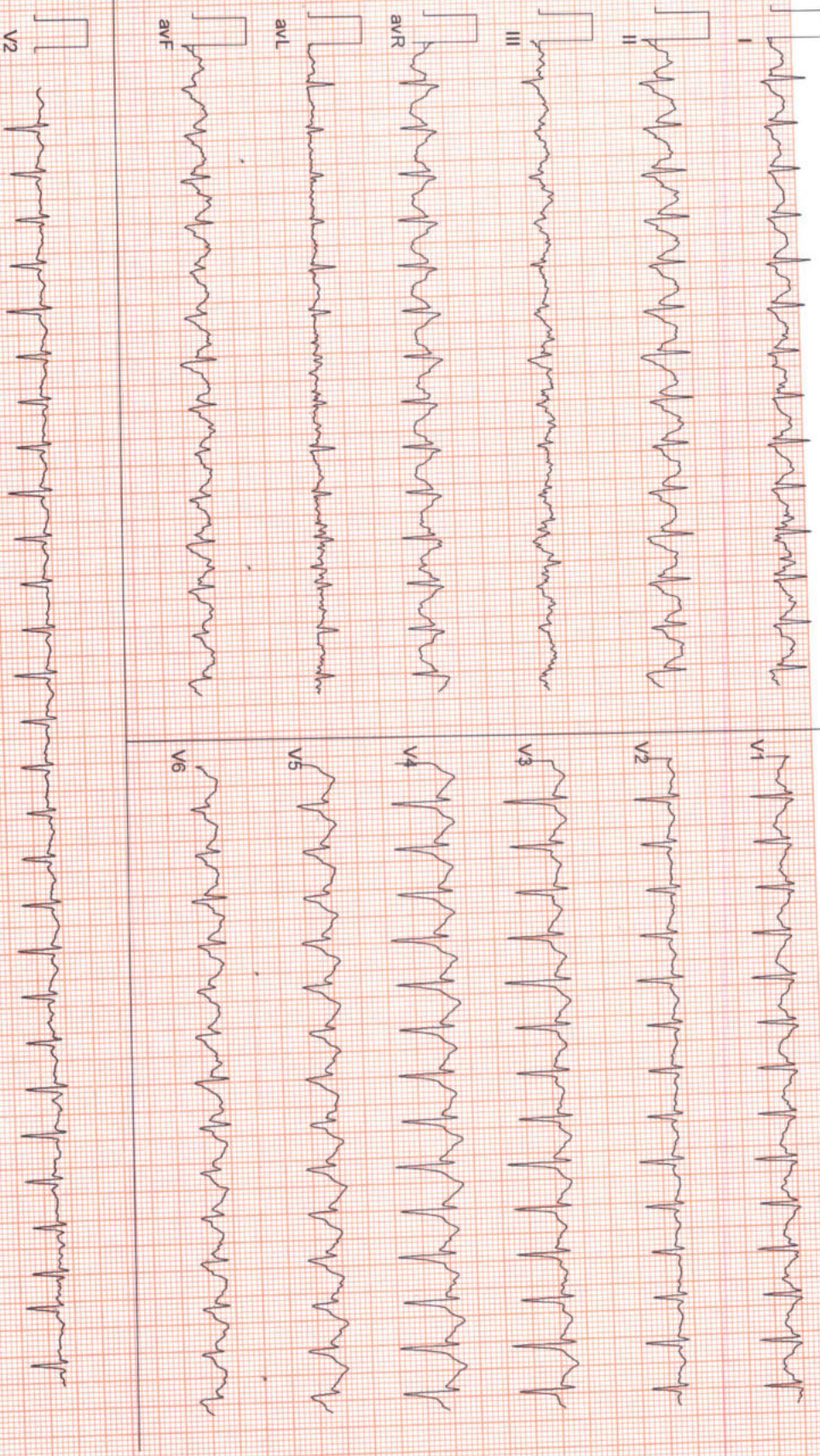
Date: 11 - 03 - 2023 10:56:42 AM METs : 8.2 HR : 176 Target HR : 98% of 179 BP : 124/77
ExTime : 07:01 3.4 mph 14.0 % 25 mm/Sec. 1.0 Cm/InV BLC On/ Natch On/ HF 0.05 Hz LFL 35 Hz





Date: 11 - 03 - 2023 10:56:42 AM METS : 4.2 HR : 170 Target HR : 95% of 179 BP : 124/77

EXTime : 07:01 1.1 mph 0 % 25 mm/Sec 1.0 Cm/mV BLC ON/ Natch ON/ HF 0.05 Hz LF 35 Hz



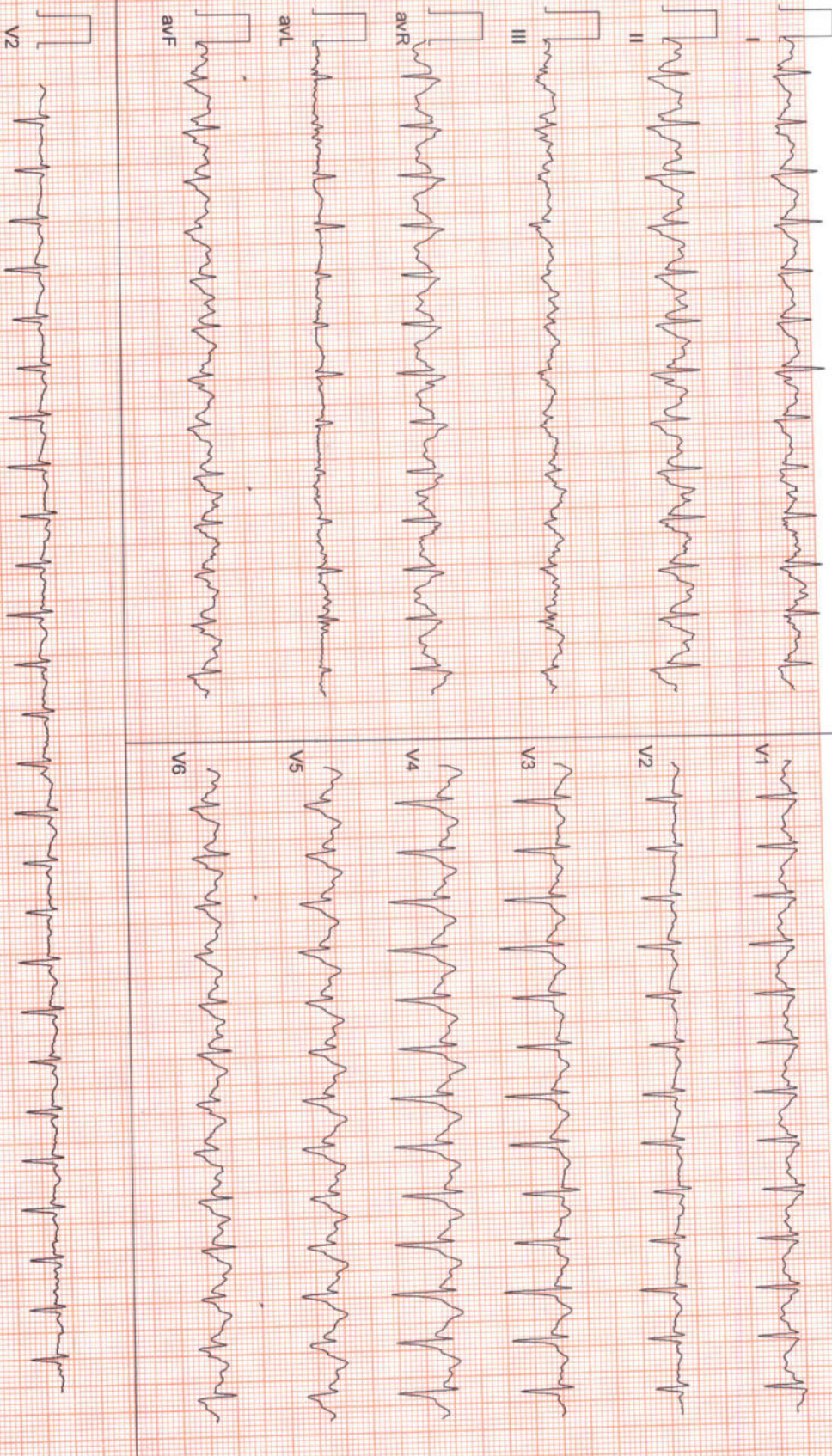
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SAHIDNAGAR, BHUBANESWAR
506 / BICHITRA HOTA / 41 Yrs / Male / 159 Cm / 78 Kg

Date: 11 - 03 - 2023 10:56:42 AM METs : 1.2 HR : 160 Target HR : 89% of 179 BP : 122/75

ExTime : 07:01 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

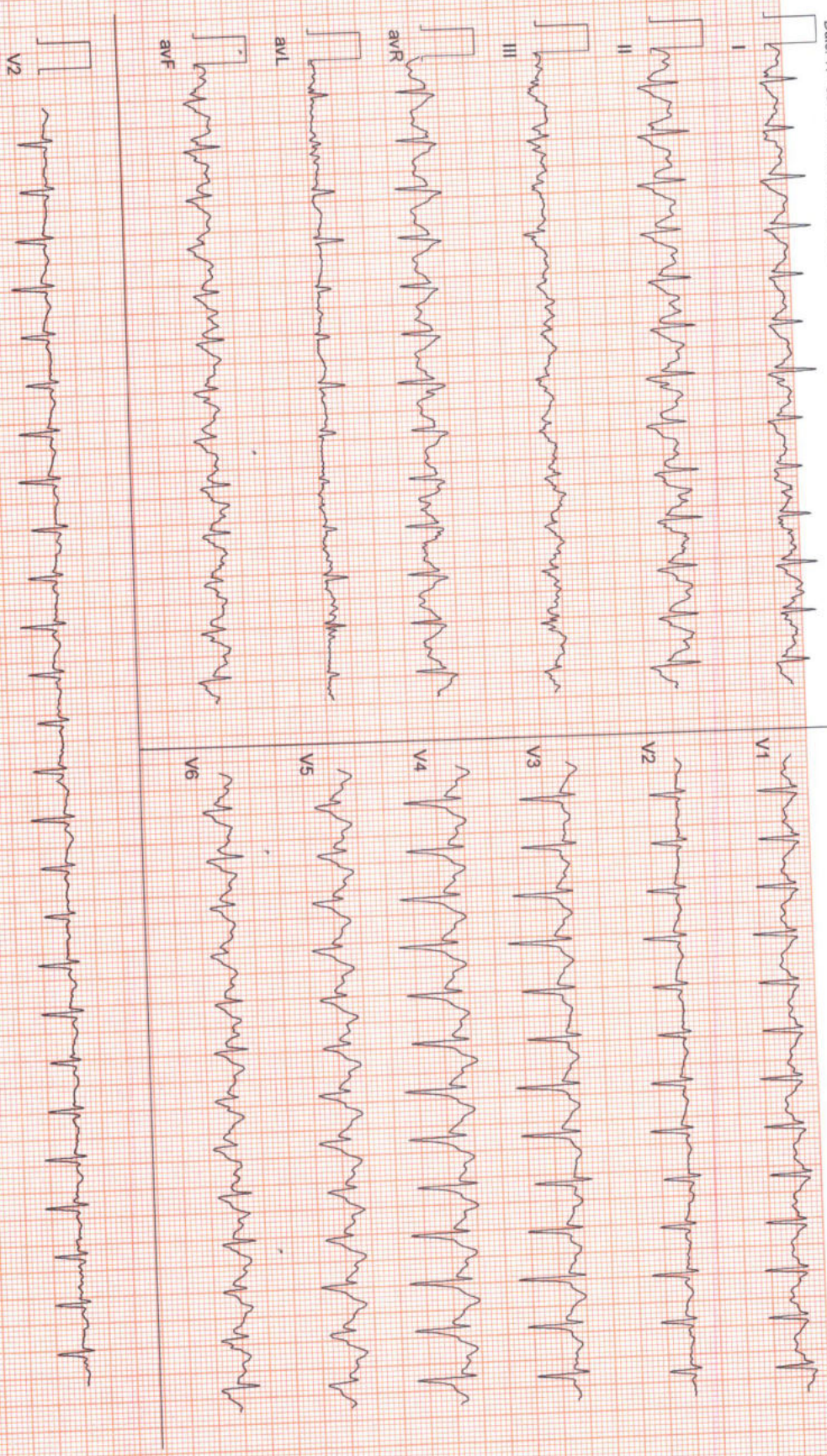
6 x 2 + Rhythm
Recovery(1:00)





Date: 11 - 03 - 2023 10:56:42 AM METS : 1.0 HR : 155 Target HR : 87% of 179 BP : 122/75

EX Time : 07:01 0.0 mph 0.0 % 25 mm/Sec. 1.0 cm/mv BLC On/ Notch On/ HF 0.05 HZ/LF 35 Hz





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Patient Name : MRS. BICHITRA HOTA

Age / Gender : 41 years / Female

Patient ID : 15477

Referral : MEDI WHEEL

Collection Time : 11/03/2023, 12:47 PM

Reporting Time : 11/03/2023, 06:35 PM

Sample ID :



| Test Description | Value(s) | Reference Range | Unit |
|---|----------|-----------------|-------|
| <u>Glucose, Fasting (FBS)</u> | | | |
| Glucose fasting Method : Fluoride Plasma-F, Hexokinase | 89.3 | 75 - 115 | mg/dL |
| <u>Glucose, Post Prandial (PP)</u> | | | |
| Blood Glucose-Post Prandial Method : Hexokinase | 112.3 | 70 - 140 | mg/dL |
| <u>Uric acid, Serum</u> | | | |
| Uric Acid Method : Uricase, Colorimetric | 3.6 | 3.4 - 7.0 | mg/dL |
| <u>Creatinine</u> | | | |
| Creatinine Method : Serum, Jaffe | 0.95 | 0.60 - 1.30 | mg/dL |
| <u>BUN, Serum</u> | | | |
| BUN-Blood Urea Nitroge Method : Serum, Urease | 16.3 | 10 - 50 | mg/dL |

END OF REPORT


Lab technician


Dr. Kundan Kumar Sahoo
CONSULTANT PATHOLOGIST /
MICROBIOLOGIST

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Page 1 of 1



Patient Name : MRS. BICITRA HOTA

Age / Gender : 41 years / Female

Patient ID : 15477

Referral : MEDI WHEEL

Collection Time : 11/03/2023, 12:47 PM

Reporting Time : 11/03/2023, 06:33 PM

Sample ID :



17810

| Test Description | Value(s) | Reference Range | Unit |
|------------------|----------|-----------------|------|
|------------------|----------|-----------------|------|

ESR, Erythrocyte Sedimentation Rate

ESR - Erythrocyte Sedimentation Rate 6 0 - 20 mm/hr

Method : EDTA Whole Blood, Manual Westergren

Interpretation:

- It indicates presence and intensity of an inflammatory process. It does not diagnose a specific disease. Changes in the ESR are more significant than the abnormal results of a single test.
- It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis and polymyalgia rheumatica.
- It is also increased in pregnancy, multiple myeloma, menstruation, and hypothyroidism.

Blood Group ABO & Rh Typing, Blood

Blood Group (ABO typing) "O"

Method : Manual-Hemagglutination

RhD Factor (Rh Typing) Positive

Method : Manual hemagglutination

END OF REPORT

Lab technician

K. Sahoo
Dr. Kundan Kumar Sahoo
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Age / Gender : 41 years / Female
Patient ID : 15477

Referral : MEDI WHEEL
Collection Time : 11/03/2023, 12:47 PM
Reporting Time : 11/03/2023, 06:32 PM
Sample ID : 
17810

| Test Description | Value(s) | Reference Range | Unit |
|--|----------|---|-------|
| Lipid Profile | | | |
| Cholesterol-Total Method : Spectrophotometry | 178 | Desirable level < 200 Borderline High 200-239 High >or = 240 | mg/dL |
| Triglycerides Method : Serum, Enzymatic, endpoint | 89 | Normal: < 150 Borderline High: 150-199 High: 200-499 Very High: >= 500 | mg/dL |
| HDL Cholesterol Method : Serum, Direct measure-PEG | 42 | Normal: > 40 Major Risk for Heart: < 40 | mg/dL |
| LDL Cholesterol Method : Enzymatic selective protection | 118.20 | Optimal < 100 Near / Above Optimal 100-129 Borderline High 130-159 High 160-189 Very High >or = 190 | mg/dL |
| VLDL Cholesterol Method : Serum, Enzymatic | 17.80 | 6 - 38 | mg/dL |
| CHOL/HDL Ratio Method : Serum, Enzymatic | 4.24 | 3.5 - 5.0 | |
| LDL/HDL Ratio Method : Serum, Enzymatic | 2.81 | 2.5 - 3.5 | |

Note:

8-10 hours fasting sample is required.

END OF REPORT


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Referral : MEDI WHEEL

Collection Time : 11/03/2023, 12:47 PM

Reporting Time : 11/03/2023, 06:33 PM

Sample ID :



17810

| Test Description | Value(s) | Reference Range | Unit |
|--|----------|--|--------|
| Thyroid Profile (T3, T4, TSH) | | | |
| T3-Total Method : CLIA | 0.95 | 0.87 - 2.73 | ng/dL |
| T4-Total Method : CLIA | 6.33 | 6.09 - 12.23 | ug/dL |
| TSH-Ultrasensitive Method : CLIA | 0.49 | 0.45 - 4.5 First Trimester : 0.1-2.5 Second Trimester : 0.2-3.0 Third trimester : 0.3-3.0 | uIU/mL |

Interpretation

| TSH | T3 | T4 | Suggested Interpretation for the Thyroid Function Tests Pattern |
|------------------------|------------------------|------------------------|--|
| Raised | Within range | Within range | Raised Within Range Within Range .Isolated High TSH especially in the range of 4.7 to 15 mIU/ml is commonly associated with Physiological & Biological TSH Variability. Subclinical Autoimmune Hypothyroidism. Intermittent 14 therapy for hypothyroidism .Recovery phase after Non-Thyroidal illness* |
| Raised | Decreased | Decreased | Chronic Autoimmune Thyroiditis Post thyroidectomy. Post radioiodine Hypothyroid phase of transient thyroiditis* |
| Raised or within range | Raised | Raised or within range | Interfering antibodies to thyroid hormones (anti-TPO antibodies) Intermittent 14 therapy or T4 overdose •Drug interference- Amiodarone, Heparin, Beta blockers, steroids, anti-epileptics. |
| Decreased | Raised or within range | Raised or within range | Isolated Low TSH -especially in the range of 0.1 to 0.4 often seen in elderly & Range Range associated with Non-Thyroidal illness .Subclinical Hyperthyroidism .Thyroxine ingestion* |
| Decreased | Decreased | Decreased | Central Hypothyroidism .Non-Thyroidal illness .Recent treatment for Hyperthyroidism (TSH remains suppressed)* |
| Decreased | Raised | Raised | Primary Hyperthyroidism (Graves' disease). Multinodular goitre, Toxic nodule •Transient thyroiditis: Postpartum, Silent (lymphocytic), Postviral (granulomatous, subacute, DeQuervain's), Gestational thyrotoxicosis with hyperemesis gravidarum* |
| Decreased Within Rang | Raised | Within range | T3 toxicosis •Non-Thyroidal illness |
| Within range | Decreased | Within range | Isolated Low T3 -often seen in elderly & associated Non-Thyroidal illness In elderly the drop in T3 level can be upto 25%. |

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17810

| Test Description | Value(s) | Reference Range | Unit |
|------------------|----------|-----------------|------|
|------------------|----------|-----------------|------|


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|------------------|----------|-----------------|------|
|------------------|----------|-----------------|------|

Urine(R/M) Routine Examination of Urine

General Examination

| | | | |
|---------------------------|-------------|---------------|--|
| Colour | PALE YELLOW | Pale Yellow | |
| Transparency (Appearance) | CLEAR | Clear | |
| Deposit | Absent | Absent | |
| Reaction (pH) | Acidic 6.0 | 4.5 - 7.0 | |
| Specific gravity | 1.015 | 1.005 - 1.030 | |

Chemical Examination

| | | | |
|-------------------------|--------|--------|--|
| Urine Protein (Albumin) | Absent | Absent | |
| Urine Glucose (Sugar) | Absent | Absent | |

Microscopic Examination

| | | | |
|-----------------------|------------|--------|------|
| Red blood cells | Absent | 0-4 | /hpf |
| Pus cells (WBCs) | 2 - 4 /HPF | 0-9 | /hpf |
| Epithelial cells | 1 - 2 /HPF | 0-4 | /hpf |
| Crystals | Absent | Absent | |
| Cast | Absent | Absent | |
| Amorphous deposits | Absent | Absent | |
| Bacteria | Absent | Absent | |
| Trichomonas Vaginalis | Absent | Absent | |
| Yeast cells | Absent | Absent | |

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Sample ID : 
17810

| Test Description | Value(s) | Reference Range | Unit |
|-----------------------------------|--------------|-----------------|---------------------|
| Complete Blood Count | | | |
| Hemoglobin (Hb) | 15.0 | 12.0 - 15.0 | gm/dL |
| Erythrocyte (RBC) Count | 3.95 | 3.8 - 4.8 | mil/cu.mm |
| Packed Cell Volume (PCV) | 38.2 | 36 - 46 | % |
| Mean Cell Volume (MCV) | 96.71 | 83 - 101 | fL |
| Mean Cell Haemoglobin (MCH) | 37.97 | 27 - 32 | pg |
| Mean Corpuscular Hb Conc. (MCHC) | 39.27 | 31.5 - 34.5 | g/dL |
| Red Cell Distribution Width (RDW) | 12.3 | 11.6 - 14.0 | % |
| Total Leucocytes (WBC) Count | 9200 | 4000-10000 | cell/cu.mm |
| Neutrophils | 62 | 40 - 80 | % |
| Lymphocytes | 30 | 20 - 40 | % |
| Monocytes | 02 | 2 - 10 | % |
| Eosinophils | 06 | 1 - 6 | % |
| Basophils | 00 | 1-2 | % |
| Platelet Count | 326 | 150 - 410 | 10 ³ /ul |
| Mean Platelet Volume (MPV) | 10.2 | 7.2 - 11.7 | fL |
| PCT | 0.33 | 0.2 - 0.5 | % |
| PDW | 15.2 | 9.0 - 17.0 | % |

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Sample ID :



| Test Description | Value(s) | Reference Range | Unit |
|---|----------|-----------------|-------|
| HbA1c, Glycosylated Hemoglobin | | | |
| HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD | 6.35 | | % |
| Method : (HPLC, NGSP certified) | | | |
| Estimated Average Glucose : | 135.54 | - | mg/dL |

Interpretation

| 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 |
| Therapeutic goals for glycemic control | Age > 19 years Goal of therapy: < 7.0 Action suggested: > 8.0 Age < 19 years Goal of therapy: <7.5 |

Note:

- Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled .
- Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate.

Comments

HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations.

ADA criteria for correlation between HbA1c & Mean plasma glucose levels.

| HbA1c(%) | Mean Plasma Glucose (mg/dL) |
|----------|-----------------------------|
| 6 | 126 |
| 7 | 154 |
| 8 | 183 |
| 9 | 212 |

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17810

| Test Description | Value(s) | Reference Range | Unit |
|------------------|----------|-----------------|------|
| 10 | 240 | | |
| 11 | 269 | | |
| 12 | 298 | | |

END OF REPORT


Lab technician


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| Test Description | Value(s) | Reference Range | Unit |
|--|----------|-----------------|-------|
| <u>LFT, Liver Function Test</u> | | | |
| Bilirubin - Total Method : Serum, Jendrassik Grof | 0.68 | 0.00 - 1.00 | mg/dL |
| Bilirubin - Direct Method : Serum, Diazotization | 0.15 | 0.00 - 0.20 | mg/dL |
| Bilirubin - Indirect Method : Serum, Calculated | 0.53 | 0.10 - 0.80 | mg/dL |
| SGOT Method : Serum, UV with P5P, IFCC 37 degree | 22.3 | 8 - 33 | U/L |
| SGPT Method : Serum, UV with P5P, IFCC 37 degree | 28.4 | 3 - 35 | U/L |
| GGT-Gamma Glutamyl Transpeptidase Method : Serum, G-glutamyl-carboxy-nitroanilide | 6.58 | < 38 | U/L |
| Alkaline Phosphatase Method : PNPP-AMP Buffer/Kinetic | 114.2 | 42-141 | U/L |
| Total Protein Method : Serum, Biuret, reagent blank end point | 6.95 | 6.60 - 8.70 | g/dL |
| Albumin Method : Serum, Bromocresol green | 3.57 | 3.50 - 5.30 | g/dL |
| Globulin Method : Serum, EIA | 3.38 | 2.00-3.50 | g/dL |
| A/G Ratio Method : Serum, EIA | 1.06 | 1.2 - 2.2 | |

END OF REPORT

Lab technician

K. Sahoo
Dr. Kundan Kumar Sahoo
CONSULTANT PATHOLOGIST /
MICROBIOLOGIST

For Home Collection Please Call at Number :

Zena Healthcare Services

Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07
Ph. : 0674-2549902, 9692276908, 8337964922, E-mail : zenahealthcare@gmail.com

Website : www.zenacare.in

Wishing Good Health

Page 1 of 1

MATERNITY CARE HOSPITAL

NAME: BICHITRA HOTA

SONOGRAPHER : DR. MAYURI MOHAPATRA

AGE-41Y/F

DATE-11/03/2023

USG OF WHOLE ABDOMEN

LIVER: normal in size, shape and parenchymal echotexture. No. SOL seen. Intrahepatic biliary channels normal in caliber and contains no echogenic structure. Portal and hepatic vascular systems within normal limits. P. V. measures 8.4 mm.

Gall bladder- normal cavity

SPLEEN : Normal in size, shape and parenchymal echotexture. Spleen measures 11.9cm.

PANCREAS: Normal in size, shape and parenchymal echotexture. Pancreatic duct not dilated.

KIDNEYS: Both the kidneys normal in size, shape and position. Renal cortical echotexture is within normal limits. Cortico medullary differentiation maintained. No evidence of any calculus or hydronephrosis on both sides. Pelvi-calyceal systems appear normal. No focal lesion seen.

- Left kidney measures: 9.7x 3.8cms.
- Right kidney measures: 9.8 x 3.7cms.

URETERS: Both ureters not visualized (normal).

Appendix- not visualized.

uterus : *uterus is normal in size shape 76.81 X48.28X42.17MM size, and normal endometrium in cavity.*

Ovary- both ovary normal in echopattern

Cervix- cervical canal normal , cervix normal

POD- is free of fluid or sol

Impression: Normal Study of abdomen


Dr. Mayuri Mohapatra
Regd. No.-16891
MATERNITY CARE HOSPITAL
Bhubaneswar

ID: 146 CASE: BICHITRA HOTA 11/03/2023 10:41:52
 AGE: 41 Y M D FEMALE ZENA HEAL TH CARE
 Cms Kg PLOT -119, SAHIDNAGAR, BHUBANESWAR

RATE : 78 bpm SINUS RHYTHM
 R-R : 762 ms
 P-R : 160 ms
 QRS : 88 ms
 QT : 394 ms
 QTc : 426 ms
 --AXIS--
 P : 27°
 QRS : - 07°
 T : 25°
 NORMAL ECG

