



भारत सरकार

Government of India



किमया निलेश बोराटे  
Kimaya Nilesh Borate  
जन्म तारीख/DOB: 12/07/1988  
महिला/ FEMALE



9431 5332 9256

VID : 9162 2897 6166 0504

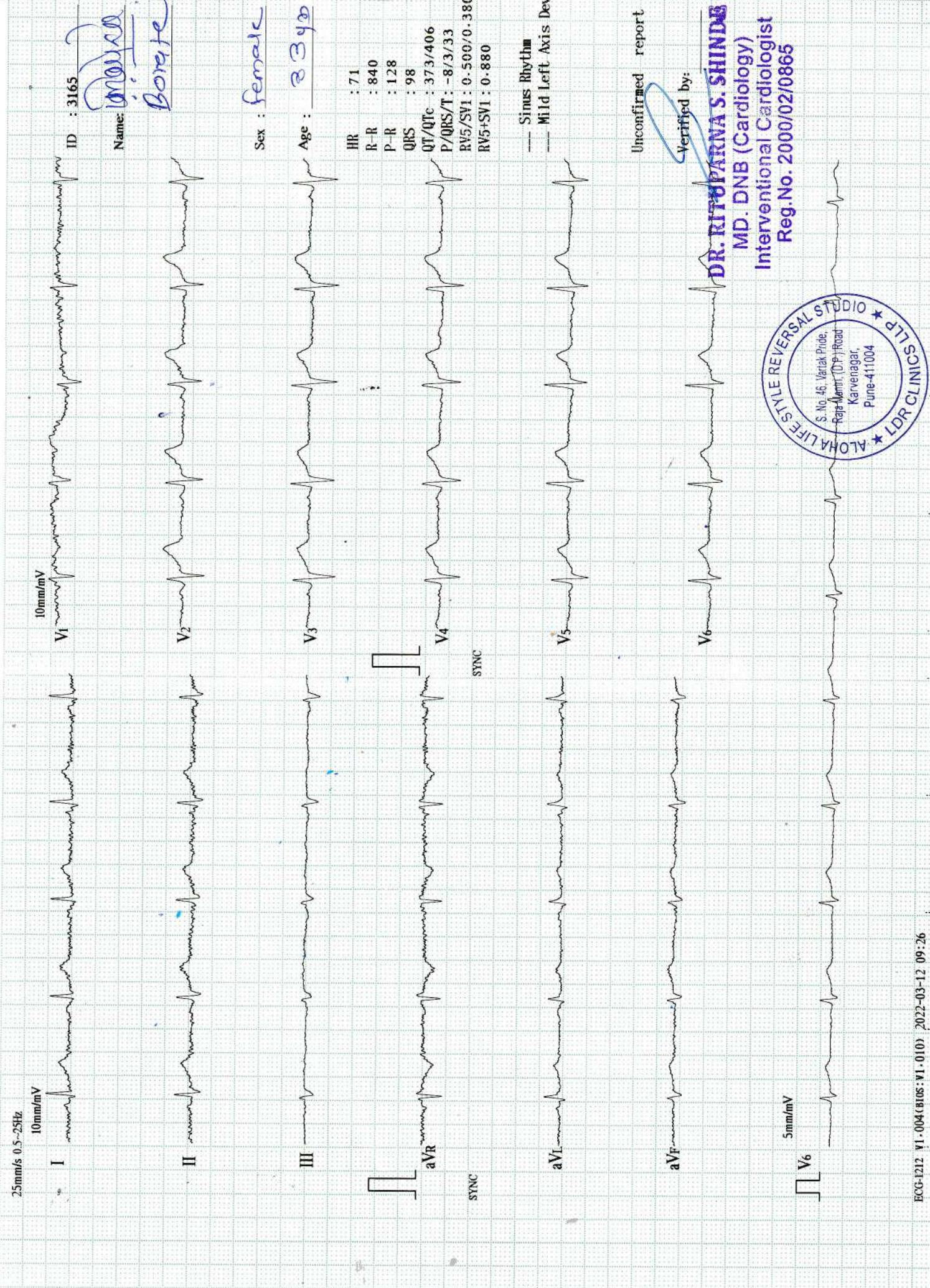
माझे आधार, माझी ओळख

Drinking Water  
पिण्याचे पाणी



REDMI NOTE 9S  
AS USED CAMERA

2022/3/12 12:55



Patient Name: Mrs. Kinnaya Borate

Age: 33yrs/ Female.

Ref By: - Mediwheel

Date: 12/03/2022

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RADIOGRAPH OF CHEST – PA VIEW

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- Observation : Both the lungs are clear and the hila appear normal.  
No obvious parenchymal lung lesion seen in either side.  
Both costophrenic angles are clear.  
Cardio-aortic silhouette has normal appearance.  
Bony thorax and soft tissues appear normal.
- Impression : No significant abnormality noted.

Dr. Devashree Gadgil - Joshi  
MBBS, DNB (Radiology)  
Consultant Radiologist



R

5cm

**LDR Clinics LLP**

S. NO. 46, VARTAK PRIDE, OPP. GHARKUL LAWNS, RAJA MANTRI ROAD, (D. P. ROAD) KARVENAGAR, PUNE 04

PATIENT ID : L  
PATIENT NAME : KIMAYA BORATE 33/F**Summary Report**Report time : 11:38 pm  
March 12, 2022 11:26 pm

PROTOCOL	: BRUCE	PATIENT HEIGHT : 0 Cm	PATIENT WEIGHT : 0.00 Kg
PATIENT ADD. :			
OBJECT OF TEST		: Routine check up	
RISK FACTOR			
ACTIVITY		: Very active	
MEDICATION			
BRIEF HISTORY			
OTHER INVESTIGATION			
REASON FOR TERMINATION		: Max HR	
EXERCISE TOLERANCE		: Good	
EXERCISE INDUCED ARRHYTHMIA			
HAEMO RESPONSE			
CHRONO RESPONSE		: Normal	
FINAL IMPRESSION			

Good effort tolerance  
No angina / dyspnoea  
No significant ST - T Changes Seen  
Stress Test Negative for stress induced ischemia.

  
**Dr. RITUPARNA SHINDE****MD, DNB (CARDIOLOGIST)**  
**DR. RITUPARNA S. SHINDE****MD, DNB (Cardiologist)**

**LDR Clinics LLP**

S. NO. 46, VARTAK PRIDE, OPP. GHARKUL LAWNS, RAJA MANTRI ROAD, (D. P. ROAD) KARVENAGAR, PUNE 04

PATIENT ID : L  
PATIENT NAME : KIMAYA BORATE 33/F

**Summary Report**

Report time : 11:38 pm  
March 12, 2022

11:26 pm

PROTOCOL : BRUCE  
PATIENT HEIGHT : 0 Cm  
PATIENT ADD. :

Ref. By : Not Applicable  
( Not Applicable )

Stage	Stage Speed (Kmph) / Time Grade ( % )	HR bpm	BP mmHg	R.P.P. X 1000	METS	ST Level I	Stage Comments
Pre-Test	00:13 0.00 / 0.00	88	130 / 80	11	1.00	0.74	
Supine	00:05 0.00 / 0.00	85	130 / 80	11	1.00	0.71	
Standing	00:05 0.00 / 0.00	81	130 / 80	10	1.00	0.71	
Wait For Exercise	00:05 0.00 / 0.00	77	130 / 80	10	1.00	0.64	
Exercise Stage 1	03:00 2.70 / 10.00	110	130 / 80	14	5.70	0.32	
Exercise Stage 2	03:00 4.00 / 12.00	117	130 / 80	15	8.00	0.48	
Peak Exercise	02:58 5.50 / 14.00	158	150 / 90	23	10.00	0.48	
Recovery 1	01:00 0.00 / 0.00	127	150 / 90	19	1.00	1.22	
Recovery 3	03:00 0.00 / 0.00	100	150 / 90	15	1.00	0.68	
<b>TOTAL EXER TIME :</b>	<b>8 : 58 min</b>				<b>MAX HR :</b>	<b>159 bpm (85.03 % of 187 bpm)</b>	<b>MAX BP :</b>
<b>MAX WORKLOAD :</b>	<b>10.00</b>				<b>DISTANCE COVERED :</b>	<b>0.61 Km</b>	<b>DOUBLE PRODUCT :</b>
							<b>23850.00</b>

Dr. RITUPARNA SHINDE  
MD, DNB (CARDIOLOGIST)

**LDR Clinics LLP****PATIENT ID : L HEIGHT : 0 Cm WEIGHT : 0.00 Kg****PATIENT NAME : KIMAYA BORATE 33/F**PROTOCOL : BRUCE  
STAGE : Pre-Test

ST Levels (mm) / ST Slope (mV/s) measured at 80 ms Post J

**Linked Median Report**

March 12, 2022                    11:26 pm  
Report time                    11:26 pm  
  
PHASE TIME : 00:08                    SPEED: 0.0 kmph  
STAGE DURATION : 00:00                    GRADE: 0.0  
HR : 88 bpm                    BP : 130 / 80 mmHg  
QRS Lead : V5                    METS : 1.00



10mm/mv, 25mm/sec

100 Hz

NASAN (C) ST-Win Standard BL 6.91, Unit Ver 4.20

**LDR Clinics LLP****PATIENT ID : L HEIGHT : 0 Cm WEIGHT : 0.00 Kg****PATIENT NAME : KIMAYA BORATE 33/F**

PROTOCOL : BRUCE

STAGE : Supine

ST Levels (mm) / ST Slope (mV/s) measured at 80 ms Post J

PHASE TIME : 00:16  
STAGE DURATION : 00:00  
HR : 85 bpm  
QRS Lead : V5  
SPEED: 0.0 kmph  
GRADE: 0.0  
BP : 130 / 80 mmHg  
METS : 1.00

# LDR Clinics LLP

PATIENT ID : L HEIGHT : 0 Cm WEIGHT : 0.00 Kg

PATIENT NAME : KIMAYA BORATE 33/F

PROTOCOL : BRUCE

STAGE : Standing

ST Levels (mm) / ST Slope (mV/s) measured at 80 ms Post J

March 12, 2022 11:26 pm  
Report time 11:26 pm  
PHASE TIME : 00:24 SPEED: 0.0 kmph  
STAGE DURATION : 00:00 GRADE: 0.0  
HR : 81 bpm BP : 130 / 80 mmHg  
QRS Lead : V5 METs : 1.00



10mm/mv,25mm/sec

100 Hz

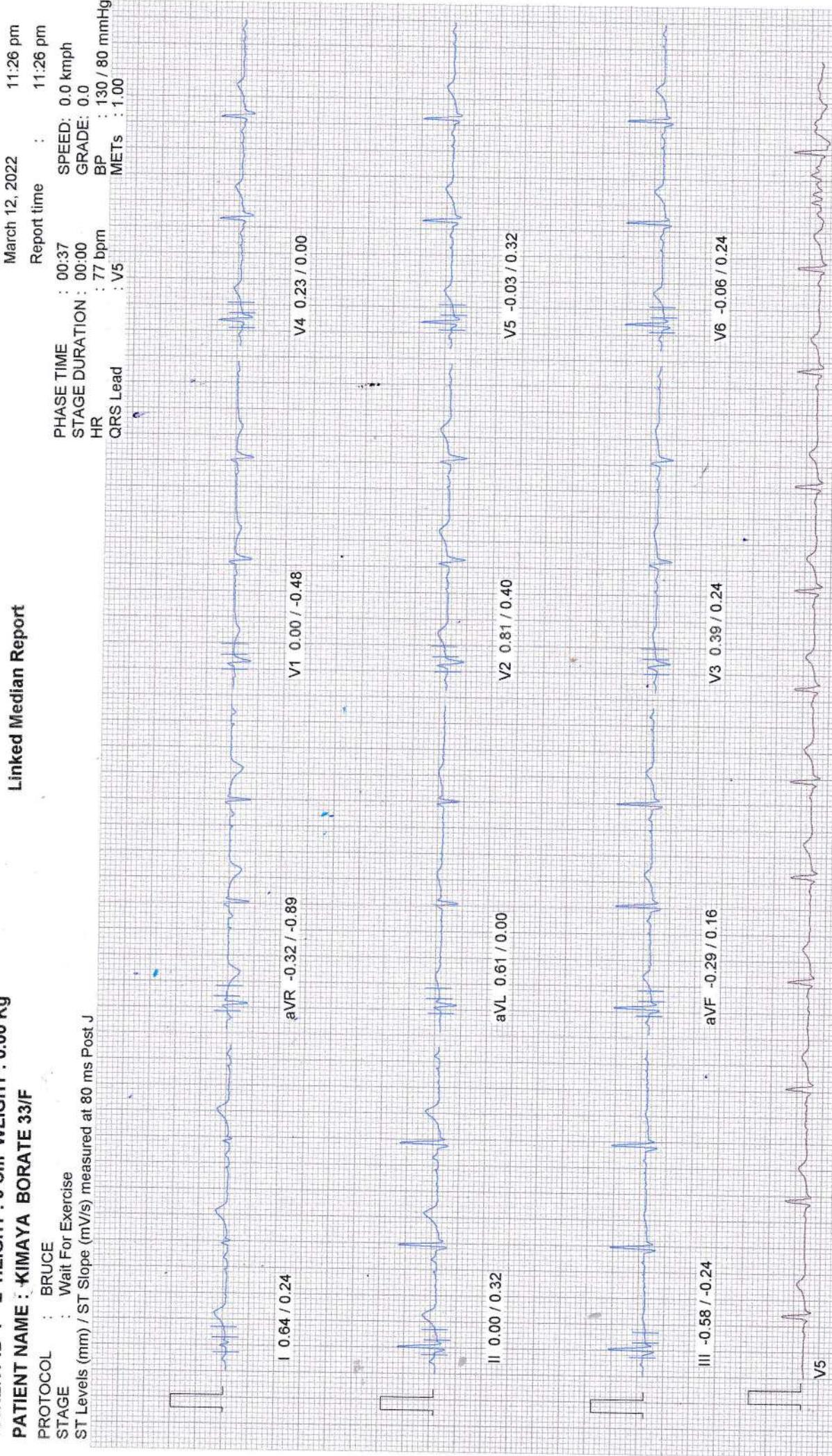
NASAN (C) ST-Win Standard BL 6.91, Unit Ver 4.20

**LDR Clinics LLP**

PATIENT ID : L HEIGHT : 0 Cm WEIGHT : 0.00 Kg  
PATIENT NAME : KIMAYA BORATE 33/F

PROTOCOL : BRUCE  
STAGE : Wait For Exercise

ST Levels (mm) / ST Slope (mV/s) measured at 80 ms Post J



10mm/mv, 25mm/sec

100 Hz

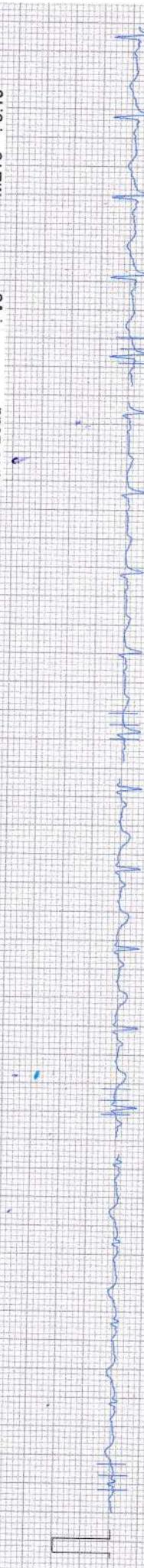
**LDR Clinics LLP**

PATIENT ID : L HEIGHT : 0 Cm WEIGHT : 0.00 Kg  
PATIENT NAME : KIMAYA BORATE 33/F

PROTOCOL : BRUCE  
STAGE : Exercise Stage 1

ST Levels (mm) / ST Slope (mV/s) measured at 80 ms Post J

PHASE TIME : 03:00  
STAGE DURATION : 03:04  
HR : 110 bpm  
QRS Lead : V5  
METS : 5.10



I 0.32 / 0.24

aVR -0.03 / -0.40

V1 0.39 / 0.16

V4 0.61 / 0.89

V5 0.39 / 0.40

V2 0.90 / 1.05

V3 0.74 / 0.81

V6 0.58 / 0.73

V5

II -0.55 / -0.32

aVL 0.61 / -0.08

V7

V8

V9

V10

V11

V12

V13

V14

V15

V16

V17

V18

V19

V20

V21

V22

V23

V24

V25

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V86

V87

V88

V89

V90

V91

V92

V93

V94

V95

V96

V97

V98

V99

V100

**Linked Median Report**

March 12, 2022 11:26 pm  
Report time : 11:29 pm

SPEED: 2.7 kmph  
GRADE: 10.0  
BP : 130 / 80 mmHg  
METS : 5.10

10mm/mv, 25mm/sec

NASAN (C) ST-Win Standard BL 6.91, Unit Ver 4.20  
100 Hz

**LDR Clinics LLP****PATIENT ID : L HEIGHT : 0 Cm WEIGHT : 0.00 Kg****PATIENT NAME : KIMAYA BORATE 33/F**

PROTOCOL : BRUCE

STAGE : Exercise Stage 2

ST Levels (mm) / ST Slope (mV/s) measured at 80 ms Post J

March 12, 2022	11:26 pm
Report time	11:32 pm
PHASE TIME	06:00
STAGE DURATION	02:56
HR	117 bpm
QRS Lead	V5
SPEED:	4.0 kmph
GRADE:	12.0
BP	130 / 80 mmHg
METS	7.10



10mm/mv.25mm/sec

NASAN (C) ST-Win Standard BL 6.91, Unit Ver 4.20

100 Hz

**LDR Clinics LLP**

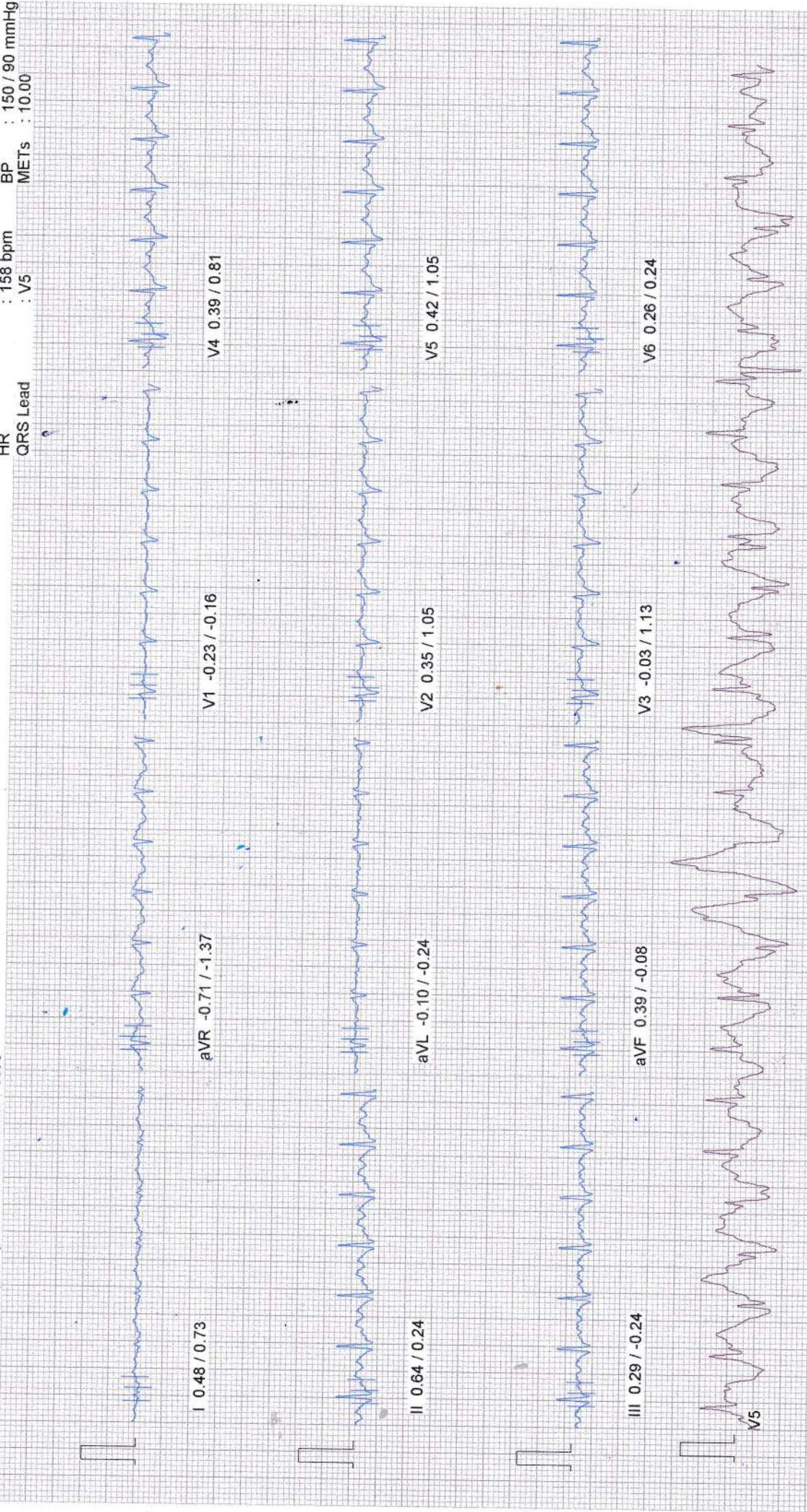
PATIENT ID : L HEIGHT : 0 Cm WEIGHT : 0.00 Kg  
PATIENT NAME : KIMAYA BORATE 33/F

PROTOCOL : BRUCE  
STAGE : Peak Exercise

ST Levels (mm) / ST Slope (mV/s) measured at 80 ms Post J

**Linked Median Report**

March 12, 2022	11:26 pm
Report time	11:35 pm
PHASE TIME	08:59
STAGE DURATION	02:56
HR	158 bpm
QRS Lead	V5
SPEED:	5.5 kmph
GRADE:	14.0
BP	150 / 90 mmHg
METS	10.00



10mm/mv,25mm/sec

100 Hz

NASAN (C) ST-Win Standard Bl. 6.91, Unit Ver 4.20

**LDR Clinics LLP****PATIENT ID : L HEIGHT : 0 Cm WEIGHT : 0.00 Kg****PATIENT NAME : "KIMAYA BORATE 33/F**

PROTOCOL : BRUCE

STAGE : Recovery 1

ST Levels (mm) / ST Slope (mV/s) measured at 80 ms Post J

**Linked Median Report**

March 12, 2022

Report time : 11:36 pm

SPEED: 0.0 kmph

GRADE: 0.0

BP : 150 / 90 mmHg

METS : 1.00

PHASE TIME : 08:59  
STAGE DURATION : 01:04  
HR : 127 bpm  
QRS Lead : V5

Comments :

10mm/mv,25mm/sec

100 Hz

NASA(NC) ST-Win Standard BL 6.9!, Unit Ver 4.20

**LDR Clinics LLP****PATIENT ID : L HEIGHT : 0 Cm WEIGHT : 0.00 Kg****PATIENT NAME : "KIMAYA BORATE 33/F  
PROTOCOL : BRUCE  
STAGE : Recovery 3**

ST Levels (mm) / ST Slope (mV/s) measured at 80 ms Post J

**Linked Median Report**

March 12, 2022                    11:26 pm  
Report time                    11:38 pm  
  
PHASE TIME : 08:59                    SPEED: 0.0 kmph  
STAGE DURATION : 03:04                    GRADE: 0.0  
HR : 100 bpm                    BP : 150 / 90 mmHg  
QRS Lead : V5                    METS : 1.00



Comments :

10mm/mv,25mm/sec

NASA(NC) ST-Win Standard BL 6.91, Unit Ver 4.20

100 Hz

Patient Name: MRS.KIMAYA BORATE  
Age: 33/F

Referred By : MEDI WHEEL  
Date: 12/03/2022

### 2D ECHOCARDIOGRAPHY / DOPPLER REPORT

Parameter	Value	Parameter	Value
LA	32mm	LVPWd	11mm
AO	26mm	LVIDs	23mm
IVSd	9mm	LVEF	60%
LVIDd	42mm	IVC	Normal

**LEFT VENTRICLE:** Normal LV dimension  
Normal LV systolic function. LVEF = 60%  
No RWMA.  
Normal diastolic function.

**RIGHT VENTRICLE:** Normal in size and function.  
Left atrium and right atrium is normal.

**AV VALVES:** Mitral valve normal structure,  
Acceptable gradients across Mitral valves and Tricuspid Valves.  
Tricuspid valve regurgitation gradient is normal.  
Estimated PA pressure is normal.

**SL VALVES:** Acceptable gradients across Aortic Valve and pulmonary valves.

**IVS & IAS :** Intact  
No Pericardial effusion, thrombus, Vegetation  
**IVC:** IVC not dilated and shows near total collapse.  
Normal RA Pressure.

**IMPRESSION :** Normal LV dimension  
Normal LV systolic and diastolic function. LVEF = 60%  
No RWMA.  
Normal PA & RA pressure.

  
**DR. RITUPARNA S. SHINDE**  
MD. DNB (Cardiology)  
Interventional Cardiologist  
Reg.No. 2000/02/0865



Patient Name: Mrs. Kimaya Borate

Age: 33yrs/ Female.

Ref By: Mediwheel

Date: 12-03-2022.

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### ULTRASOUND EXAMINATION OF ABDOMEN AND PELVIS

---

Liver it is normal size and shows bright echo texture. Hepatic and portal veins are normal in calibre and show normal flow. No focal lesion is noted.

Gall bladder is minimally distended. CBD is normal. No intrahepatic biliary dilatation.

Pancreas is normal in size and texture.

Spleen is normal in size and texture.

Both kidneys are normal in size and texture. Cortico-medullary differentiation is well maintained. No hydronephrosis or calculus seen on right side.

RK: 10.1 x 4.1 cm.

LK: 11.8 x 4.5 cm.

Visualized bowel loops are normal in calibre and peristalsis.

Urinary Bladder is well distended. No intrinsic pathology seen.

Uterus is normal in size and texture. ET is 6.2mm.

Both ovaries are bulky with multiple tiny peripherally arranged follicles. No adnexal mass seen.

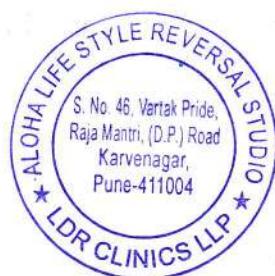
RO: 9 cc      LO: 10 cc.

No free fluid in pouch of Douglas.

#### Impression-

- Grade I fatty changes in liver.
- Polycystic changes in both ovaries.

  
Dr. Devashree Gadgil - Joshi  
MBBS,DNB,(RADIO-DIAG)CONSULTANT RADIOLOGIST  
Reg No. 2007/04/0958





Registration Date : 12-03-2022  
 Patient Name : MRS BORATE KIMAYA  
 Age / Gender : 33 Yrs / Female  
 Reference (Dr.) : ALOHA LIFESTYLE REVERSAL STUDIO  
 Sample Collected : From Ldr Clinics Llp (Aloha Lifestyle Reversal Studio)

Patient ID No. : 1011552  
 Reg Date/Time : 12-03-2022 05:01pm  
 Sample Coll.Date/Time : 12-03-2022 05:01pm  
 Report Date/Time : 12-03-2022 06:37pm

### T3 (TOTAL), T4 (TOTAL) & TSH

Investigation	Result	Units	Reference Range
T3 (Total), Serum (Method: CLIA)	: 1.13	ng/mL	0.70 - 2.04 Pregnancy: 1st Trimester : 0.81 - 1.90 2nd Trimester: 1.00 - 2.60 3rd Trimester : 1.00 - 2.60
T4 (Total), Serum (Method: CLIA)	: 11.41	ug/dL	5.5 - 12.5
Ultra TSH, Serum (Method: ECLIA/ CLIA)	: 3.078	uIU/mL	0.35 - 5.50 Pregnancy: 1st Trimester : 0.10 - 2.50 2nd Trimester: 0.20 - 3.00 3rd Trimester : 0.30 - 3.00

#### NOTE :

- 1) The TSH levels are subject to diurnal/circadian variation, reaching to peak levels between 2-4 a.m. and at a minimum between 6-10 p.m. The variation is to the order of 50%, hence the time when sample is collected has influence on the levels of TSH.
- 2) Many substances produced in central nervous system, even in healthy euthyroid individuals, may enhance or suppress TSH production in addition to the feedback effect of thyroid hormone.
- 3) Further more although TSH levels rise and fall in response to changes in the concentration of Free T4, individuals appear to have their own setpoints and factors such as race and age also contribute to variability in TSH levels.
- 4) Alterations of normal pituitary response are also common in patients with a variety of illnesses which can affect the levels of TSH.
- 5) Inter-assay variations are possible on different immunoassay platforms.

#### CLINICAL USE:

- 1) Diagnose Hypothyroidism and Hyperthyroidism.
- 2) Monitor T4 replacement or T4 suppressive therapy.
- 3) Quantify TSH levels in the subnormal range.
- 4) Increased levels of TSH are found in Primary hypothyroidism, Subclinical hypothyroidism, TSH dependent Hyperthyroidism, Thyroid hormone resistance.
- 5) Decreased levels of TSH are found in Grave's disease, Autoimmune thyroid hormone secretion, TSH deficiency.

(R = Rechecked, H = High, L = Low.)

--End Of Report--



Dr.Saurabh Gujrathi  
M.D.(Path.)

Dr.Ashish N. Dhande  
M.D.(Path.)

Dr.Nitin L. Dhande  
M.D.(Path.)

Print Date : 12-03-2022 06:49PM

Dhande Pathlab Diagnostics Pvt. Ltd

Dhande Pathlab Diagnostics Pvt. Ltd

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[www.alohaclinics.in](http://www.alohaclinics.in)



ALOHA LIFESTYLE REVERSAL STUDIO

S.No.46, Vartak Pride, D.P Road, Karvenagar,  
Pune INDIA 411004.

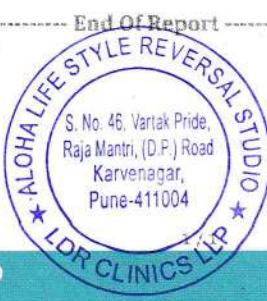


Name Mrs. Kimya Borate  
 Age/Gender 33 Years / FEMALE  
 PRN ALRS/123/2021-2022/3918  
 Lab ID ALRS/D/21-22/3902  
 Ref Doctor

Health Matters!  
 Collected Time 12-03-2022 10:54 AM  
 Received Time 12-03-2022 10:54 AM  
 Reported Time 12-03-2022 03:53 PM

Test Name	Result	Unit	Bio. Ref. Range
<b>Hemogram</b>			
Hemoglobin	13.4	gm%	12.0 - 16.0
<b>WBC Count</b>			
Total WBC Count	6600	/cmm	4000 - 11000
<b>Differential count</b>			
Neutrophil	56	%	40 - 75 /
Lymphocytes	35	%	20 - 45
Eosinophil	03	%	Below 6
Monocytes	06	%	Below 8
<b>RBC Indices</b>			
Haematocrit	38.3	%	37 - 48
R.B.C Count	4.70	mil./cmm	3.8 - 5.2
M.C.V	81.5	fL	76 - 96
M.C.H	28.5	PG	27 - 32
M.C.H.C	35.0	gm/dl	32 - 36
RDW-CV	12.5	%	11.5 - 14.5
Platelet Count	398000	/cmm	150000 - 450000
<b>Comments on P.B.S</b>			
R.B.C Morphology	Normocytic Normochromic		
W.B.C	No abnormal cells seen.		
Platelet	Adequate.		

Dr. Simi Athavale  
 MBBS,(DCP) CONSULTANT PATHOLOGIST (Reg. No. 84648)



NOTE: \*A (Abnormal), \*C (Abnormal & Critical)

Report Generated by: Niramay Solutions

14-03-2022

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Test Name	Result	Unit	Bio. Ref. Range
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#### Blood Group

ABO Type B  
 Rh (D) Type Positive

#### Blood Sugar F and PP

##### Blood Sugar Fasting and Post Prandial

Blood Sugar Fasting	79.8	mg/dl	70 - 110
Blood Sugar Post Prandial	133.0	mg/dl	70 - 140

Method GOD-POD

Instrument Used ERBA EM-200 Fully automatic random access biochemistry analyzer.

#### Glycosylated Hb / HbA1c

HbA1c	5.4	%	Below 6 (Normal) 6 - 7 (Good Control) 7 - 8 (Fair Control) 8 - 10 (Unsatisfactory Control) Above 10 (Poor Control)
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Method BORONATE AFFINITY

Instrument Used Abott-Affinion

#### ESR

ESR 17 Below 20

Unit mm at the end of 1 hour

Method Modified Westergrens Method

Dr. Simi Athavale  
 MBBS,(DCP) CONSULTANT PATHOLOGIST (Reg. No. 84648)

NOTE : \*A (Abnormal), \*C (Abnormal & Critical)

Report Generated by: Miramay Solutions

14-03-2022

ALOHA LIFESTYLE REVERSAL STUDIO  
 S.No.46, Vartak Pride, D.P Road, Karvenagar,  
 Pune INDIA 411004.



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 Ref Doctor

Health Matters!  
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 Received Time 12-03-2022 10:54 AM  
 Reported Time 12-03-2022 03:54 PM

Test Name	Result	Unit	Bio. Ref. Range
<b>Liver Function Test</b>			
Sr Total Bilirubin	0.29	mg/dl	0.1 - 1.2
Sr Direct Bilirubin	0.13	mg/dl	0.0 - 0.4
Sr Indirect Bilirubin	0.16	mg/dl	0.1 - 1.2
Alkaline Phosphatase	52.0	IU/L	50 - 140
S.G.P.T	14.9	IU/L	Below 40
S.G.O.T	14.7	IU/L	Below 40
Sr Total Protein	6.17	mg/dl	6.0 - 8.0
Sr Albumin	3.75	mg/dl	3.7 - 5.3
Sr Globulin	2.42	mg/dl	2.3 - 3.6
A:G ratio	1.55	%	1.2:1 - 2:1
INSTRUMENT USED	Erba EM 200- Fully Automatic Random Access Chemistry Analyzer		

#### Lipid Profile

S.Cholesterol	150.0	mg/dl	Below 200
S.Triglycerides	62.1	mg/dl	40 - 160
HDL Cholesterol	36.9	mg/dl	35.3 - 79.5
VLDL Cholesterol	12.42	mg/dl	Below 41 (Desirable)
LDL Cholesterol Direct	70.4	mg/dl	0.0 - 130
LDLC/HDLC Ratio	1.91		Below 3.4
S.Cholesterol/HDLC Ratio	4.07		Below 4.5

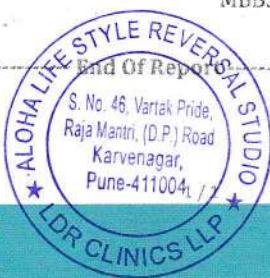
Instrument Used ERBA EM-200 Fully automatic random access biochemistry analyzer.

Dr. Simi Athavale  
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14-03-2022

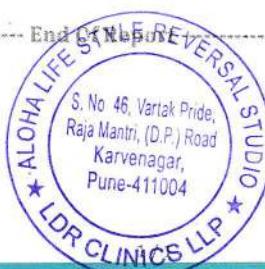


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Test Name	Result	Unit	Bio. Ref. Range
Uric acid			
Serum Uric Acid			
Sr.Uric Acid	5.3	mg/dl	2.5 - 6.2
Creatinine			
Serum Creatinine	0.61	mg/dl	0.6 - 1.1
Method	Enzymatic		
Instrument Used	ERBA EM-200 Fully automatic random access biochemistry analyzer.		
BUN			
Blood Urea Nitrogen			
Blood Urea Nitrogen	9.72	mg/dl	5.0 - 21.0
BLOOD UREA			
Blood Urea			
Blood Urea	21.4	mg/dl	10 - 45
Method	GLDH urease		
Instrument Used	ERBA EM-200 Fully automatic random access biochemistry analyzer.		
GGTP			
Gamma GT ( GGTP )	21.0	U/L	7 - 32

Dr. Simi Athavale  
 MBBS,(DCP) CONSULTANT PATHOLOGIST (Reg. No. 84648)



NOTE: \*A (Abnormal), \*C (Abnormal & Critical)

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14-03-2022

ALOHA LIFESTYLE REVERSAL STUDIO  
 S.No.46, Vartak Pride, D.P Road, Karvenagar,  
 Pune INDIA 411004.

94 22 33 44 22  
[www.alohaclinics.in](http://www.alohaclinics.in)





Name Mrs. Kimya Borate  
 Age/Gender 33 Years / FEMALE  
 PRN ALRS/123/2021-2022/3918  
 Lab ID ALRS/D/21-22/3902  
 Ref Doctor

Health Matters!  
 Collected Time 12-03-2022 10:54 AM  
 Received Time 12-03-2022 10:54 AM  
 Reported Time 12-03-2022 04:15 PM

Test Name	Result	Unit	Bio. Ref. Range
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#### Urine Analysis

##### Physical Examination

Quantity	30	ml
Colour	Pale Yellow	
Appearance	Slightly hazy.	
Specific gravity	1.020	1 - 1.03

##### Chemical Examination

Reaction (pH)	Acidic
Proteins	Absent
Glucose	Absent
Ketone Bodies	Absent
Bile Salts	Absent
Bile Pigments	Absent
Urobilinogen	Normal

##### Microscopic Examination

Pus Cells	Occasional	/hpf
Epithelial Cells	8 - 10 *A	/hpf
RBC	Absent	/hpf
Casts	Absent	
Crystals	Absent	

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-----End Of Report-----



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