

OUT- PATIENT RECORD

Date : 12/8/23
MRNO : 57948
Name : Manoj Ga
Age/Gender :
Mobile No : 8097387449
Passport No :
Aadhar number :

50 y/M

Pulse : 90	B.P : 150/110	Resp : 22	Temp :
Weight : 81.8	Height : 170	BMI : 28.3	Waist Circum : 98cm

General Examination / Allergies
History

Clinical Diagnosis & Management Plan

Married, Non-smoker
Sleep : Normal
BIB : Normal
No addiction
No Allergy
Keto diet on Rx.
FH : mother : ulcer : father : Heart Attack
both exposed.

- T. glycerol GP, IBD
- T. Omelbak 40 IHS.
- T. metx L50 100.



Dr. (Mrs.) CHHAYA P. VAJA
M. D. (MUM)
Physician & Cardiologist
Reg. No. 56842

Doctor Signature

Follow up date: **APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED**

(Formerly known as Nova Specialty Hospitals Private Limited)
CIN: U85100KA2009PTC049961

Registered Office : #7-1-617/A, 615 & 616, Imperial Towers, 7th Floor, Opp. Ameerpet Metro Station, Ameerpet, Hyderabad, Telangana, Pin-500038.

Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 12:19PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 02:18PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

Methodology : Microscopic
RBC : Mild Hypochromasia, Mild Anisocyte
WBC : Normal in number, morphology and distribution. No abnormal cells seen
Platelets : Adequate in Number
Parasites : No Haemoparasites seen
IMPRESSION : Mild Hypochromasia, Mild Anisocyte blood picture
Note/Comment : Please Correlate clinically



Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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HEMOGRAM , WHOLE BLOOD EDTA

HAEMOGLOBIN	11.2	g/dL	13-17	Spectrophotometer
PCV	33.60	%	40-50	Electronic pulse & Calculation
RBC COUNT	4.12	Million/cu.mm	4.5-5.5	Electrical Impedence
MCV	82	fL	83-101	Calculated
MCH	27.1	pg	27-32	Calculated
MCHC	33.2	g/dL	31.5-34.5	Calculated
R.D.W	14.5	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	6,000	cells/cu.mm	4000-10000	Electrical Impedence

DIFFERENTIAL LEUCOCYTIC COUNT (DLC)

NEUTROPHILS	68	%	40-80	Electrical Impedence
LYMPHOCYTES	25	%	20-40	Electrical Impedence
EOSINOPHILS	02	%	1-6	Electrical Impedence
MONOCYTES	05	%	2-10	Electrical Impedence
BASOPHILS	00	%	<1-2	Electrical Impedence

ABSOLUTE LEUCOCYTE COUNT

NEUTROPHILS	4080	Cells/cu.mm	2000-7000	Electrical Impedence
LYMPHOCYTES	1500	Cells/cu.mm	1000-3000	Electrical Impedence
EOSINOPHILS	120	Cells/cu.mm	20-500	Electrical Impedence
MONOCYTES	300	Cells/cu.mm	200-1000	Electrical Impedence
PLATELET COUNT	265000	cells/cu.mm	150000-410000	Electrical impedence

ERYTHROCYTE SEDIMENTATION RATE (ESR)

ERYTHROCYTE SEDIMENTATION RATE (ESR)	20	mm at the end of 1 hour	0-15	Modified Westergren
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PERIPHERAL SMEAR

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Platelets : Adequate in Number

Parasites : No Haemoparasites seen

IMPRESSION : Mild Hypochromasia, Mild Anisocyte blood picture

Note/Comment : Please Correlate clinically



TOUCHING LIVES

Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 12:19PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 03:20PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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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



TOUCHING LIVES

Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 03:22PM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 03:59PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 04:46PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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GLUCOSE, FASTING , NAF PLASMA	257	mg/dL	70-100	GOD - POD
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Kindly correlate clinically

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

GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	309	mg/dL	70-140	GOD - POD
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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



Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 04:04PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 06:24PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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HBA1C, GLYCATED HEMOGLOBIN , WHOLE BLOOD EDTA	10.7	%		HPLC
ESTIMATED AVERAGE GLUCOSE (eAG) , WHOLE BLOOD EDTA	260	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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Collected : 12/Aug/2023 09:43AM
 Received : 12/Aug/2023 12:11PM
 Reported : 12/Aug/2023 08:31PM
 Status : Final Report
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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LIPID PROFILE , SERUM

TOTAL CHOLESTEROL	166	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	421	mg/dL	<150	
HDL CHOLESTEROL	38	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	128	mg/dL	<130	Calculated
VLDL CHOLESTEROL	84.2	mg/dL	<30	Calculated
CHOL / HDL RATIO	4.37		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.



Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 02:15PM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 04:04PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 07:51PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF BIOCHEMISTRY

Test Name	Result	Unit	Bio. Ref. Range	Method
LDL CHOLESTEROL - (DIRECT LDL)	62.54	mg/dL	<100	CHE/CHO/POD & Catalase



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Visit ID : STAROPV62044	Status : Final Report
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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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LIVER FUNCTION TEST (LFT) , SERUM

BILIRUBIN, TOTAL	0.20	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.10	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.10	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	17	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	17.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	93.00	U/L	32-111	IFCC
PROTEIN, TOTAL	6.90	g/dL	6.7-8.3	BIURET
ALBUMIN	4.40	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	2.50	g/dL	2.0-3.5	Calculated
A/G RATIO	1.76		0.9-2.0	Calculated



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Collected : 12/Aug/2023 09:43AM
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 Status : Final Report
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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RENAL PROFILE/KIDNEY FUNCTION TEST (RFT/KFT) , SERUM

CREATININE	0.79	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	21.00	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	9.8	mg/dL	8.0 - 23.0	Calculated
URIC ACID	7.70	mg/dL	4.0-7.0	URICASE
CALCIUM	9.50	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	4.10	mg/dL	2.6-4.4	PNP-XOD
SODIUM	137	mmol/L	135-145	Direct ISE
POTASSIUM	4.6	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	97	mmol/L	98-107	Direct ISE



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Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM	41.00	U/L	16-73	Glycylglycine Kinetic method



Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 11:14AM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 01:44PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 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)	0.8	ng/mL	0.67-1.81	ELFA
THYROXINE (T4, TOTAL)	6.48	µg/dL	4.66-9.32	ELFA
THYROID STIMULATING HORMONE (TSH)	2.860	µIU/mL	0.25-5.0	ELFA

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



TOUCHING LIVES

Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 11:14AM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 03:29PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
TOTAL PROSTATIC SPECIFIC ANTIGEN (tPSA) , SERUM	0.490	ng/mL	0-4	ELFA



SIN No:SPL23115015

Patient Name : Mr.MANOJ VITHAL GURAV GA
Age/Gender : 50 Y 8 M 11 D/M
UHID/MR No : STAR.0000057948
Visit ID : STAROPV62044
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 762303183148

Collected : 12/Aug/2023 09:43AM
Received : 12/Aug/2023 02:13PM
Reported : 12/Aug/2023 04:35PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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COMPLETE URINE EXAMINATION (CUE) , URINE

PHYSICAL EXAMINATION

COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	SLIGHTLY HAZY		CLEAR	Visual
pH	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.015		1.002-1.030	Dipstick

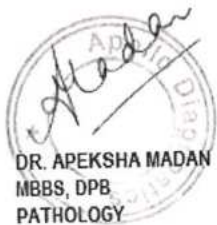
BIOCHEMICAL EXAMINATION

URINE PROTEIN	TRACE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	POSITIVE (+++)		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	3-5	/hpf	0-5	Microscopy
EPITHELIAL CELLS	2-3	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

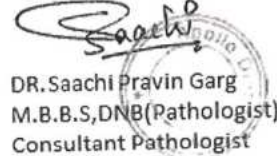
*** End Of Report ***



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY



Dr. Sandip Kumar Banerjee
M.B.B.S, M.D (PATHOLOGY), D.P.B
Consultant Pathologist



DR. Saachi Pravin Garg
M.B.B.S, DNB (Pathologist)
Consultant Pathologist

Page 13 of 13



SIN No:UR2165283

Manoj G

Measurement Results:

QRS : 100 ms
 QT/QTcB : 392 / 458 ms
 PR : 166 ms
 P : 126 ms
 RR/PP : 732 / 730 ms
 P/QRS/T : 55 / -15 / 45 degrees
 QTd/QTcBD : 66 / 77 ms
 Sokolow : 1.9 mV
 NK : 11

Interpretation:

suspected left ventr. hypertrophy
 minor left axis deviation
 S waves up to U6
 probably abnormal ECG



Dr. (Mrs.) CHHAYA P. VAJJA
 M.D. (MDM)
 Physician & Cardiologist
 Reg. No. 56942

Unconfirmed report.



Specialists in Surgery

Patient Name : Mr. Manoj Vithal Gurav Ga
UHID : STAR.0000057948
Reported on : 12-08-2023 13:31
Adm/Consult Doctor :

Age : 50 Y M
OP Visit No : STAROPV62044
Printed on : 12-08-2023 13:31
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 .

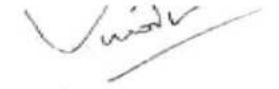
Thoracic wall and soft tissues appear normal.

CONCLUSION :

No obvious abnormality seen.

Printed on: 12-08-2023 13:31

---End of the Report---



Dr. VINOD SHETTY
Radiology

Name : Mr. Manoj Gurav
Age : 50 Year(s)

Date : 12/08/2023
Sex : Male
Visit Type : OPD

ECHO Cardiography

Comments:

Normal cardiac dimensions.
Structurally normal valves.
No evidence of LVH.
Intact IAS/IVS.
No evidence of regional wall motion abnormality.
Normal LV systolic function (LVEF 60%).
Grade I diastolic dysfunction. Trivial MR/TR/AR.
Normal RV systolic function.
No intracardiac clots / vegetation/ pericardial effusion.
No evidence of pulmonary hypertension. PASP=30mmHg.
IVC 12 mm collapsing with respiration.

Final Impression:

NORMAL 2DECHOCARDIOGRAPHY REPORT WITH GRADE I DD.


DR. CHHAYA P. VAJA. M. D. (MUM)
NONINVASIVE CARDIOLOGIST

Name : Mr. Manoj Gurav
Age : 50 Year(s)

Date : 12/08/2023
Sex : Male
Visit Type : OPD

Dimension:

EF Slope	80mm/sec
EPSS	04mm
LA	29mm
AO	34mm
LVID (d)	50mm
LVID(s)	33mm
IVS (d)	11mm
LVPW (d)	11mm
LVEF	60% (visual)



DR. CHHAYA P. VAJA. M. D. (MUM)
NONINVASIVE CARDIOLOGIST

Patient Name : MR.MANOJ GURAV
Ref. By : HEALTH CHECK UP

Date : 12-08-2023
Age : 50 years

SONOGRAPHY OF ABDOMEN AND PELVIS

LIVER : The liver is normal in size but shows mild diffuse increased echotexture suggestive of fatty infiltration (Grade I). No focal mass lesion is seen. The intrahepatic biliary tree & venous radicles appear normal. The portal vein and CBD appear normal.

GALL BLADDER : The gall bladder is well distended and reveals normal wall thickness. There is no evidence of calculus seen in it.

PANCREAS : The pancreas is normal in size and echotexture. No focal mass lesion is seen.

SPLEEN : The spleen is normal in size and echotexture. No focal parenchymal mass lesion is seen. The splenic vein is normal.

KIDNEYS : The **RIGHT KIDNEY** measures 11.1 x 4.9 cms and the **LEFT KIDNEY** measures 10.9 x 5.0 cms in size. Both kidneys are normal in size, shape and echotexture. There is no evidence of hydronephrosis or calculi seen on either side.

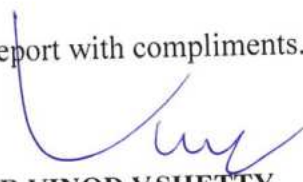
The para-aortic & iliac fossa regions appears normal. There is no free fluid or any lymphadenopathy seen in the abdomen.

PROSTATE : The prostate measures 3.0 x 2.3 x 2.4 cms and weighs 9.0 gms. It is normal in size, shape and echotexture. No prostatic calcification is seen.

URINARY BLADDER : The urinary bladder is well distended and is normal in shape and contour. No intrinsic lesion or calculus is seen in it. The bladder wall is normal in thickness.

IMPRESSION: The Ultrasound examination reveals mild fatty infiltration of the Liver. No other significant abnormality is detected.

Report with compliments.



DR. VINOD V. SHETTY
MD, D.M.R.D.
CONSULTANT SONOLOGIST.

EYE REPORT

Name: Mr. Manoj Vilhal Gyroca Ga

Date: 12/08/2013

Age / Sex: 50yr / M

Ref No.:

Complaint: No ocular do
No K/ds DM & HT.

Examination

6/9
6/12

Near V₂ & N₆

Spectacle Rx

	Right Eye							
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance								
Read								

Remarks: Color V₂ & W₂

Medications: As & FLLC.

Trade Name	Frequency	Duration

Follow up: 2 weeks & W₂

Consultant:

ID 0
Age 50

Manoj

Height 170cm
Gender Male

Date 12. 8. 2023
Time 10:00:43

Body Composition

	Under	Normal	Over	UNIT%	Normal Range
Weight	40 55 70 85 100 115 130 145 160 175 190 205	81.8 kg			54.0 ~ 73.1
Muscle Mass <small>Skeletal Muscle Mass</small>	60 70 80 90 100 110 120 130 140 150 160 170	29.2 kg			27.1 ~ 33.1
Body Fat Mass	20 40 60 80 100 160 220 280 340 400 460 520	29.0 kg			7.6 ~ 15.3
TBW <small>Total Body Water</small>	38.9 kg (35.8 ~ 43.7)		FFM <small>Fat Free Mass</small>	52.8 kg (46.4 ~ 57.9)	
Protein	10.4 kg (9.6 ~ 11.7)		Mineral*	3.55 kg (3.31 ~ 4.04)	

*Mineral is estimated.

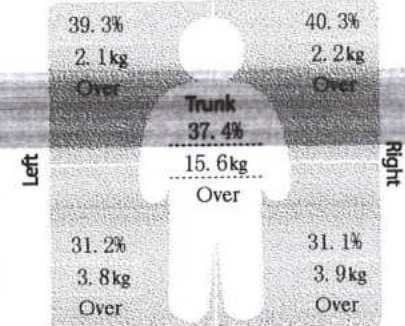
Segmental Lean

Lean Mass Evaluation



Segmental Fat

PBF Fat Mass Evaluation



*Segmental Fat is estimated.

Obesity Diagnosis

	Value	Normal Range
BMI <small>Body Mass Index (kg/m²)</small>	28.3	18.5 ~ 25.0
PBF <small>Percent Body Fat (%)</small>	35.4	10.0 ~ 20.0
WHR <small>Waist-Hip Ratio</small>	1.02	0.80 ~ 0.90
BMR <small>Basal Metabolic Rate (kcal)</small>	1511	1722 ~ 2022

Nutritional Evaluation

Protein	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Mineral	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient <input checked="" type="checkbox"/> Excessive

Weight Management

Weight	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over
SMM	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Strong
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over

Obesity Diagnosis

BMI	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	<input type="checkbox"/> Extremely Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	
WHR	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	

Impedance

Z	RA	LA	TR	RL	LL
20kHz	300.7	292.0	25.0	235.2	243.8
100kHz	271.5	264.3	21.4	216.0	225.9

Muscle-Fat Control

Muscle Control	+ 1.2 kg	Fat Control	- 19.4 kg	Fitness Score	59
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* Use your results as reference when consulting with your physician or fitness trainer.

Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity (base weight: 81.8 kg / Duration: 30min. / unit: kcal)						
Walking	Jogging	Bicycle	Swim	Mountain Climbing	Aerobic	
164	286	245	286	267	286	
Table tennis	Tennis	Football	Oriental Fencing	Gate ball	Badminton	
185	245	286	409	155	185	
Racket ball	Tae-kwon-do	Squash	Basketball	Rope Jumping	Golf	
409	409	409	245	286	144	
Push-ups	Sit-ups	Weight training	Dumbbell exercise	Elastic band	Squats	
development of upper body	abdominal muscle training	backache prevention	muscle strength	muscle strength	maintenance of lower body muscle	

• How to do

1. Choose practicable and preferable activities from the left.
2. Choose exercises that you are going to do for 7 days.
3. Calculate the total energy expenditure for a week.
4. Estimate expected total weight loss for a month using the formula shown below.

• Recommended calorie intake per day

1600 kcal

-Calculation for expected total weight loss for 4 weeks: **Total energy expenditure (kcal/week) X 4weeks ÷ 7700**

OUT- PATIENT RECORD

Date : 12/8/23
MRNO : 57948
Name : Manoj Ga
Age/Gender :
Mobile No : 8097387449
Passport No :
Aadhar number :

50 y/M.

Pulse : 90	B.P : 150/110	Resp : 22	Temp :
Weight : 81.8	Height : 170	BMI : 28.3	Waist Circum : 98cm

General Examination / Allergies
History

Clinical Diagnosis & Management Plan

Married, Non-smoker
Sleep : Normal
BIB : Normal
No addiction
No Allergy
Keto diet on Rx.
FH: mother: ulcer: father: Heart Attack
both exposed.

- T. glycerol GP, IBD
- T. Omelbak 40 JHS.
- T. metxL 50 100.



Dr. (Mrs.) CHHAYA P. VAJA
M. D. (MUM)
Physician & Cardiologist
Reg. No. 56842

Doctor Signature

Follow up date: **APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED**

(Formerly known as Nova Specialty Hospitals Private Limited)
CIN: U85100KA2009PTC049961

Registered Office : #7-1-617/A,615 & 616, Imperial Towers,7th Floor, Opp. Ameerpet Metro Station, Ameerpet, Hyderabad, Telangana, Pin-500038.

Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 12:19PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 02:18PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

Methodology : Microscopic
RBC : Mild Hypochromasia, Mild Anisocyte
WBC : Normal in number, morphology and distribution. No abnormal cells seen
Platelets : Adequate in Number
Parasites : No Haemoparasites seen
IMPRESSION : Mild Hypochromasia, Mild Anisocyte blood picture
Note/Comment : Please Correlate clinically



Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 12:19PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 02:18PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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HEMOGRAM , WHOLE BLOOD EDTA

HAEMOGLOBIN	11.2	g/dL	13-17	Spectrophotometer
PCV	33.60	%	40-50	Electronic pulse & Calculation
RBC COUNT	4.12	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	82	fL	83-101	Calculated
MCH	27.1	pg	27-32	Calculated
MCHC	33.2	g/dL	31.5-34.5	Calculated
R.D.W	14.5	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	6,000	cells/cu.mm	4000-10000	Electrical Impedance

DIFFERENTIAL LEUCOCYTIC COUNT (DLC)

NEUTROPHILS	68	%	40-80	Electrical Impedance
LYMPHOCYTES	25	%	20-40	Electrical Impedance
EOSINOPHILS	02	%	1-6	Electrical Impedance
MONOCYTES	05	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance

ABSOLUTE LEUCOCYTE COUNT

NEUTROPHILS	4080	Cells/cu.mm	2000-7000	Electrical Impedance
LYMPHOCYTES	1500	Cells/cu.mm	1000-3000	Electrical Impedance
EOSINOPHILS	120	Cells/cu.mm	20-500	Electrical Impedance
MONOCYTES	300	Cells/cu.mm	200-1000	Electrical Impedance
PLATELET COUNT	265000	cells/cu.mm	150000-410000	Electrical impedance

ERYTHROCYTE SEDIMENTATION RATE (ESR)

ERYTHROCYTE SEDIMENTATION RATE (ESR)	20	mm at the end of 1 hour	0-15	Modified Westergren
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PERIPHERAL SMEAR

Methodology : Microscopic

RBC : Mild Hypochromasia, Mild Anisocyte

WBC : Normal in number, morphology and distribution. No abnormal cells seen

Platelets : Adequate in Number

Parasites : No Haemoparasites seen

IMPRESSION : Mild Hypochromasia, Mild Anisocyte blood picture

Note/Comment : Please Correlate clinically



TOUCHING LIVES

Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 12:19PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 03:20PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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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



TOUCHING LIVES

Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 03:22PM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 03:59PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 04:46PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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GLUCOSE, FASTING , NAF PLASMA	257	mg/dL	70-100	GOD - POD
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Kindly correlate clinically

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

GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	309	mg/dL	70-140	GOD - POD
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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



Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 04:04PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 06:24PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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HBA1C, GLYCATED HEMOGLOBIN , WHOLE BLOOD EDTA	10.7	%		HPLC
ESTIMATED AVERAGE GLUCOSE (eAG) , WHOLE BLOOD EDTA	260	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



Patient Name : Mr.MANOJ VITHAL GURAV GA
 Age/Gender : 50 Y 8 M 11 D/M
 UHID/MR No : STAR.0000057948
 Visit ID : STAROPV62044
 Ref Doctor : Dr.SELF
 Emp/Auth/TPA ID : 762303183148

Collected : 12/Aug/2023 09:43AM
 Received : 12/Aug/2023 12:11PM
 Reported : 12/Aug/2023 08:31PM
 Status : Final Report
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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LIPID PROFILE , SERUM

TOTAL CHOLESTEROL	166	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	421	mg/dL	<150	
HDL CHOLESTEROL	38	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	128	mg/dL	<130	Calculated
VLDL CHOLESTEROL	84.2	mg/dL	<30	Calculated
CHOL / HDL RATIO	4.37		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.



Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 02:15PM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 04:04PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 07:51PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF BIOCHEMISTRY

Test Name	Result	Unit	Bio. Ref. Range	Method
LDL CHOLESTEROL - (DIRECT LDL)	62.54	mg/dL	<100	CHE/CHO/POD & Catalase



Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 12:11PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 02:19PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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LIVER FUNCTION TEST (LFT) , SERUM

BILIRUBIN, TOTAL	0.20	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.10	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.10	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	17	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	17.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	93.00	U/L	32-111	IFCC
PROTEIN, TOTAL	6.90	g/dL	6.7-8.3	BIURET
ALBUMIN	4.40	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	2.50	g/dL	2.0-3.5	Calculated
A/G RATIO	1.76		0.9-2.0	Calculated



Patient Name : Mr.MANOJ VITHAL GURAV GA
 Age/Gender : 50 Y 8 M 11 D/M
 UHID/MR No : STAR.0000057948
 Visit ID : STAROPV62044
 Ref Doctor : Dr.SELF
 Emp/Auth/TPA ID : 762303183148

Collected : 12/Aug/2023 09:43AM
 Received : 12/Aug/2023 12:11PM
 Reported : 12/Aug/2023 02:19PM
 Status : Final Report
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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RENAL PROFILE/KIDNEY FUNCTION TEST (RFT/KFT) , SERUM

CREATININE	0.79	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	21.00	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	9.8	mg/dL	8.0 - 23.0	Calculated
URIC ACID	7.70	mg/dL	4.0-7.0	URICASE
CALCIUM	9.50	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	4.10	mg/dL	2.6-4.4	PNP-XOD
SODIUM	137	mmol/L	135-145	Direct ISE
POTASSIUM	4.6	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	97	mmol/L	98-107	Direct ISE



TOUCHING LIVES

Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 12:11PM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 02:19PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM	41.00	U/L	16-73	Glycylglycine Kinetic method



SIN No:SE04450259

Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 11:14AM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 01:44PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 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)	0.8	ng/mL	0.67-1.81	ELFA
THYROXINE (T4, TOTAL)	6.48	µg/dL	4.66-9.32	ELFA
THYROID STIMULATING HORMONE (TSH)	2.860	µIU/mL	0.25-5.0	ELFA

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



TOUCHING LIVES

Patient Name : Mr.MANOJ VITHAL GURAV GA	Collected : 12/Aug/2023 09:43AM
Age/Gender : 50 Y 8 M 11 D/M	Received : 12/Aug/2023 11:14AM
UHID/MR No : STAR.0000057948	Reported : 12/Aug/2023 03:29PM
Visit ID : STAROPV62044	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 762303183148	

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
TOTAL PROSTATIC SPECIFIC ANTIGEN (tPSA) , SERUM	0.490	ng/mL	0-4	ELFA



SIN No:SPL23115015

Patient Name : Mr.MANOJ VITHAL GURAV GA
Age/Gender : 50 Y 8 M 11 D/M
UHID/MR No : STAR.0000057948
Visit ID : STAROPV62044
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 762303183148

Collected : 12/Aug/2023 09:43AM
Received : 12/Aug/2023 02:13PM
Reported : 12/Aug/2023 04:35PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50Y MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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COMPLETE URINE EXAMINATION (CUE) , URINE

PHYSICAL EXAMINATION

COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	SLIGHTLY HAZY		CLEAR	Visual
pH	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.015		1.002-1.030	Dipstick

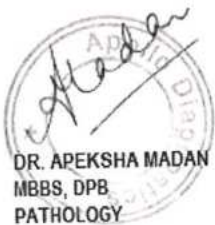
BIOCHEMICAL EXAMINATION

URINE PROTEIN	TRACE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	POSITIVE (+++)		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	3-5	/hpf	0-5	Microscopy
EPITHELIAL CELLS	2-3	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

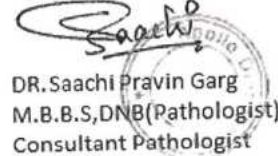
*** End Of Report ***



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY



Dr. Sandip Kumar Banerjee
M.B.B.S, M.D (PATHOLOGY), D.P.B
Consultant Pathologist



DR. Saachi Pravin Garg
M.B.B.S, DNB (Pathologist)
Consultant Pathologist

Page 13 of 13



SIN No:UR2165283

Manoj G

Measurement Results:

QRS : 100 ms
 QT/QTcB : 392 / 458 ms
 PR : 166 ms
 P : 126 ms
 RR/PP : 732 / 730 ms
 P/QRS/T : 55 / -15 / 45 degrees
 QTd/QTcBd : 66 / 77 ms
 Sokolow : 1.9 mV
 NK : 11

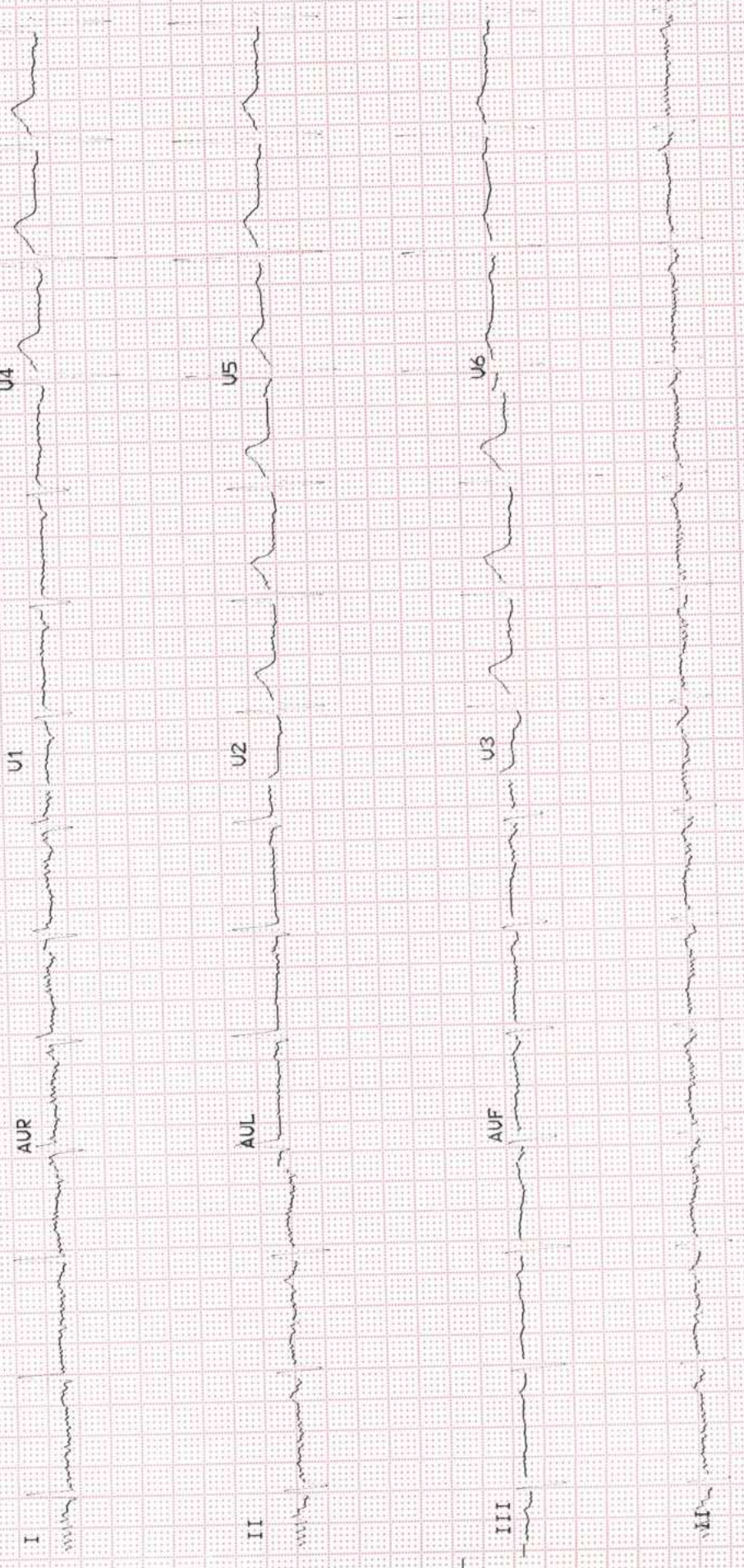
Interpretation:

suspected left ventr. hypertrophy
 minor left axis deviation
 S waves up to U6
 probably abnormal ECG



Dr. (Mrs.) CHHAYA P. VAJA
 M.D. (MDM)
 Physician & Cardiologist
 Reg. No. 56942

Unconfirmed report.



Patient Name : Mr. Manoj Vithal Gurav Ga
UHID : STAR.0000057948
Reported on : 12-08-2023 13:31
Adm/Consult Doctor :

Age : 50 Y M
OP Visit No : STAROPV62044
Printed on : 12-08-2023 13:31
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.

CONCLUSION :

No obvious abnormality seen.

Printed on: 12-08-2023 13:31

---End of the Report---



Dr. VINOD SHETTY
Radiology

Name : Mr. Manoj Gurav
Age : 50 Year(s)

Date : 12/08/2023
Sex : Male
Visit Type : OPD

ECHO Cardiography

Comments:

Normal cardiac dimensions.
Structurally normal valves.
No evidence of LVH.
Intact IAS/IVS.
No evidence of regional wall motion abnormality.
Normal LV systolic function (LVEF 60%).
Grade I diastolic dysfunction. Trivial MR/TR/AR.
Normal RV systolic function.
No intracardiac clots / vegetation/ pericardial effusion.
No evidence of pulmonary hypertension. PASP=30mmHg.
IVC 12 mm collapsing with respiration.

Final Impression:

NORMAL 2DECHOCARDIOGRAPHY REPORT WITH GRADE I DD.


DR. CHHAYA P. VAJA. M. D. (MUM)
NONINVASIVE CARDIOLOGIST

Name : Mr. Manoj Gurav
Age : 50 Year(s)

Date : 12/08/2023
Sex : Male
Visit Type : OPD

Dimension:

EF Slope	80mm/sec
EPSS	04mm
LA	29mm
AO	34mm
LVID (d)	50mm
LVID(s)	33mm
IVS (d)	11mm
LVPW (d)	11mm
LVEF	60% (visual)



DR. CHHAYA P. VAJA. M. D. (MUM)
NONINVASIVE CARDIOLOGIST

Patient Name : MR.MANOJ GURAV
Ref. By : HEALTH CHECK UP

Date : 12-08-2023
Age : 50 years

SONOGRAPHY OF ABDOMEN AND PELVIS

LIVER : The liver is normal in size but shows mild diffuse increased echotexture suggestive of fatty infiltration (Grade I). No focal mass lesion is seen. The intrahepatic biliary tree & venous radicles appear normal. The portal vein and CBD appear normal.

GALL BLADDER : The gall bladder is well distended and reveals normal wall thickness. There is no evidence of calculus seen in it.

PANCREAS : The pancreas is normal in size and echotexture. No focal mass lesion is seen.

SPLEEN : The spleen is normal in size and echotexture. No focal parenchymal mass lesion is seen. The splenic vein is normal.

KIDNEYS : The **RIGHT KIDNEY** measures 11.1 x 4.9 cms and the **LEFT KIDNEY** measures 10.9 x 5.0 cms in size. Both kidneys are normal in size, shape and echotexture. There is no evidence of hydronephrosis or calculi seen on either side.

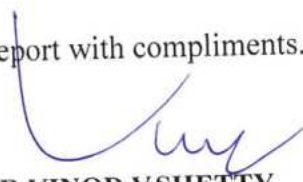
The para-aortic & iliac fossa regions appears normal. There is no free fluid or any lymphadenopathy seen in the abdomen.

PROSTATE : The prostate measures 3.0 x 2.3 x 2.4 cms and weighs 9.0 gms. It is normal in size, shape and echotexture. No prostatic calcification is seen.

URINARY BLADDER : The urinary bladder is well distended and is normal in shape and contour. No intrinsic lesion or calculus is seen in it. The bladder wall is normal in thickness.

IMPRESSION: The Ultrasound examination reveals mild fatty infiltration of the Liver. No other significant abnormality is detected.

Report with compliments.


DR. VINOD V. SHETTY
MD, D.M.R.D.
CONSULTANT SONOLOGIST.

EYE REPORT

Name: Mr. Manoj Vilhal Gyrao Ga

Date: 12/08/2013

Age / Sex: 50yr / M

Ref No.:

Complaint: No ocular do
No K/ds DM & HT.

Examination

6/9
6/12

Near V₂ & N₆

Spectacle Rx

	Right Eye							
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance								
Read								

Remarks: Color V₂ & W₂

Medications: As & FLLC.

Trade Name	Frequency	Duration

Follow up: 2 weeks & W₂

Consultant:

ID 0
Age 50

Manoj

Height 170cm
Gender Male

Date 12. 8. 2023
Time 10:00:43

Body Composition

	Under	Normal	Over	UNIT%	Normal Range
Weight	40 55 70 85 100 115 130 145 160 175 190 205	81.8 kg			54.0 ~ 73.1
Muscle Mass <small>Skeletal Muscle Mass</small>	60 70 80 90 100 110 120 130 140 150 160 170	29.2 kg			27.1 ~ 33.1
Body Fat Mass	20 40 60 80 100 160 220 280 340 400 460 520	29.0 kg			7.6 ~ 15.3
TBW <small>Total Body Water</small>	38.9 kg (35.8 ~ 43.7)		FFM <small>Fat Free Mass</small>	52.8 kg (46.4 ~ 57.9)	
Protein	10.4 kg (9.6 ~ 11.7)		Mineral*	3.55 kg (3.31 ~ 4.04)	

*Mineral is estimated.

Segmental Lean

Lean Mass Evaluation



Obesity Diagnosis

	Value	Normal Range
BMI <small>Body Mass Index (kg/m²)</small>	28.3	18.5 ~ 25.0
PBF <small>Percent Body Fat (%)</small>	35.4	10.0 ~ 20.0
WHR <small>Waist-Hip Ratio</small>	1.02	0.80 ~ 0.90
BMR <small>Basal Metabolic Rate (kcal)</small>	1511	1722 ~ 2022

Nutritional Evaluation

Protein	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Mineral	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient <input checked="" type="checkbox"/> Excessive

Weight Management

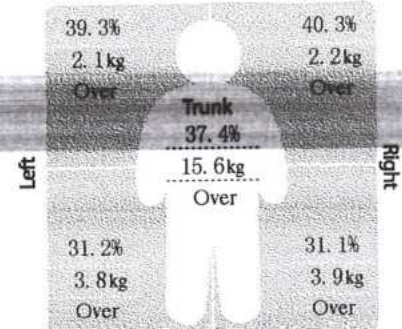
Weight	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over
SMM	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Strong
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over

Obesity Diagnosis

BMI	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	<input type="checkbox"/> Extremely Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	
WHR	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	

Segmental Fat

PBF Fat Mass Evaluation



*Segmental Fat is estimated.

Muscle-Fat Control

Muscle Control	+ 1.2 kg	Fat Control	- 19.4 kg	Fitness Score	59
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Impedance

Z	RA	LA	TR	RL	LL
20kHz	300.7	292.0	25.0	235.2	243.8
100kHz	271.5	264.3	21.4	216.0	225.9

* Use your results as reference when consulting with your physician or fitness trainer.

Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity (base weight: 81.8 kg / Duration: 30min. / unit: kcal)						
Walking 164	Jogging 286	Bicycle 245	Swim 286	Mountain Climbing 267	Aerobic 286	
Table tennis 185	Tennis 245	Football 286	Oriental Fencing 409	Gate ball 155	Badminton 185	
Racket ball 409	Tae-kwon-do 409	Squash 409	Basketball 245	Rope Jumping 286	Golf 144	
Push-ups development of upper body	Sit-ups abdominal muscle training	Weight training backache prevention	Dumbbell exercise muscle strength	Elastic band muscle strength	Squats maintenance of lower body muscle	

• How to do

1. Choose practicable and preferable activities from the left.
2. Choose exercises that you are going to do for 7 days.
3. Calculate the total energy expenditure for a week.
4. Estimate expected total weight loss for a month using the formula shown below.

• Recommended calorie intake per day

1600 kcal

• Calculation for expected total weight loss for 4 weeks: **Total energy expenditure (kcal/week) X 4weeks ÷ 7700**

Patient Name	: Mr. Manoj Vithal Gurav Ga	Age/Gender	: 50 Y/M
UHID/MR No.	: STAR.0000057948	OP Visit No	: STAROPV62044
Sample Collected on	:	Reported on	: 12-08-2023 13:31
LRN#	: RAD2071694	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: 762303183148		

DEPARTMENT OF RADIOLOGY

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CONCLUSION :

No obvious abnormality seen.



Dr. VINOD SHETTY
Radiology

Patient Name	: Mr. Manoj Vithal Gurav Ga	Age/Gender	: 50 Y/M
UHID/MR No.	: STAR.0000057948	OP Visit No	: STAROPV62044
Sample Collected on	:	Reported on	: 12-08-2023 12:54
LRN#	: RAD2071694	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: 762303183148		

DEPARTMENT OF RADIOLOGY

ULTRASOUND - WHOLE ABDOMEN

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URINARY BLADDER : The urinary bladder is well distended and is normal in shape and contour.

BLADDER : No intrinsic lesion or calculus is seen in it. The bladder wall is normal in thickness.

IMPRESSION: The Ultrasound examination reveals mild fatty infiltration of the Liver. No other significant abnormality is detected.



Dr. VINOD SHETTY
Radiology

Customer Pending Tests

ENT and Diet consultation pending as doctor was on emergency leave, scheduled for 16th August 2023.

16/08/2023 - pending investigations were scheduled for today, but customer was unable to visit.

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