



CONCLUSION OF HEALTH CHECKUP

ECU Ref. No : MH/22/001391 Patient No : 21044777 Date : 11/06/2022
Name : HENAXI A HATHILA Sex / Age : F 35
Height / Weight : 156 Cms 66 Kgs Ideal Weight 56 Kgs BMI : 27.1

Dr. Manish Mittal
Physician

Note: General Physical Examination & Routine Investigations included in the Health Checkup have certain limitations and may not be able to detect all the latent and asymptomatic diseases.



Name : **HENAXI A HATHILA**

Sex / Age : F 35

Present History

FATIGUE OFF & ON.

Past History

K/C/O DIABETES - 1 YR.

Family History

NO F/H/O ANY MAJOR ILLNESS.

Personal History

NON-VEG DIET.

Clinical Examination

B.P. 110/70 mm Hg

Pulse 84/MIN REG.

Others -

Respiratory System

CLINICALLY NAD

Cardio Vascular System

CLINICALLY NAD

Abdominal System

CLINICALLY NAD

Neurological System

CLINICALLY NAD

Name : HENAXI A HATHILA

Sex / Age : F 35

Eye Checkup

Doctor Name

Dr. Ketan J. Patel

Right

Left

History BE : LASIK DONE - 7 YRS.

Uncorrected vision 6/6

6/6

Corrected vision N.6

N.6

IOP -

-

Fundus NORMAL

NORMAL

Any other NIL

NIL

Advice NIL

Name : HENAXI A HATHILA

Sex / Age : F 35

Height / Weight : 156 Cms 66 Kgs

Ideal Weight : 56 Kgs

BMI : 27.1

Obstetric History G3 P2 - 2 MISSED ABORTIONS ; 3rd LSCS TWIN DELIVERY - 1 MALE / 1 FEMALE - L & W

Menstrual History -

Present Menstrual Cycle REGULAR CYCLES

Past Menstrual Cycle LMP : 27/05/22

Chief Complaints -

Gynac Examination

PIA OBESITY / LSCS SCAR

P/S NORMAL

P/V NORMAL

Breast examination - Right NORMAL

Breast examination - Left NORMAL

PAP Smear

BMD

Mammography

Advice REGULAR BSE.

Dr. Monika Jani
Gynecologist

Dietary Assessment

Name : **HENAXI A HATHILA**

Sex / Age : F 35

Height : 156 Cms Weight : 66 Kgs

Ideal Weight : 56 Kgs BMI : 27.1

Body Type : Normal / Underweight / Over weight

Diet History

Diet preference : Vegetarian / Eggeterian / Mixed

Frequency of consuming fried food : / day / week or occasional

Frequency of consuming sweets : / day or occasional

Frequency of consuming outside food : / week or occasional

Amount of water consumed / day : glasses / liters

Life style assessment

Physical activity : Active / moderate / Sedentary / Nil

Alcohol intake : Yes / No

Smoking : Yes / No

Allergic to any food : Yes / No

Are you stressed out ? : Yes / No

Do you travel a lot ? : Yes / No

General diet instructions :

Have small frequent meals.

Avoid fatty products like oil, ghee, butter, cheese.

Take salt restricted diet and avoid table salt.

Consume fibrous food regularly like whole grains, Daliya, Oats, Bajra, Flex seeds, Pulses, Fruits and Salads.

Keep changing your cooking oil every three months.

Avoid Maida, Starchy foods and Bakery products.

Consume 1-2 servings of all fruits and vegetables, For Diabetic patients avoid Mango, Chikoo, Banana, Grapes and Custurd Apple.

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

Eat Beetroot, Figs, Almond, Walnut, Dates, leafy vegetables, roasted Channa and Jeggary (Gur) for Heamoglobin. In case of diabetic patient avoid Rasins, Dates and Jeggary.

Drink green Tea or black Coffee once in a day.

Do brisk walking daily.

Dietitian

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mrs. HENAXI A HATHILA
Gender / Age : Female / 35 Years 8 Months 12 Days
MR No / Bill No. : 21044777 / 231012035
Consultant : Dr. Manish Mittal
Location : OPD

Type : OPD
Request No. : 48922
Request Date : 11/06/2022 09:03 AM
Collection Date : 11/06/2022 10:10 AM
Approval Date : 11/06/2022 02:14 PM

CBC + ESR

Test Results are dependent on a number of variables & technical limitations. Hence, it is advised to correlate with clinical findings and other related investigations before any firm opinion is made. Recheck/retest may be requested.

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	13.0	gm/dL	12 - 15
Red Blood Cell Count (T-RBC)	6.59	mill/cmm	3.8 - 4.8
Hematocrit (HCT)	42.4	%	36 - 46
Mean Corpuscular Volume (MCV)	64.3	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	19.7	pg	27 - 32
MCH Concentration (MCHC)	30.7	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	15.4	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	33.4	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	7.48	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	64	%	40 - 80
Lymphocytes	30	%	20 - 40
Eosinophils	02	%	1 - 6
Monocytes	04	%	2 - 10
Basophils	00	%	0 - 2
Polymorphs (Abs. Value)	4.79	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	2.25	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.15	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.25	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.04	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.7	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	268	thou/cmm	150 - 410
Smear evaluation	Adequate		
PBS Overview	Hypochromia (+), Microcytosis (+), Few target cells. May do abnormal Hb study to R/O BTT.		
ESR	12	mm/1 hr	0 - 12

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CBC + ESR

Immature Granulocyte (IG) count is a useful early marker of infection or inflammation, even when other markers are normal. It is an early and rapid discrimination of bacterial from viral infections. It is also increased in patients on steroid therapy / chemotherapy or haematological malignancy. High IG is always pathological; except in pregnancy and neonates of < 7 days.

Method : HB by Non-Cyanide Hemoglobin analysis method. HCT by RBC pulse height detection method. RBC, TLC & PLC are by Particle Count by Electrical Impedance in Cell Counter. Optical Platelets by Fluorescent + Laser Technology. MCV, MCH, MCHC, RDW (CV & SD) are calculated parameter. DLC by Flowcytometry method using semi-conductor Laser+Smear verification. ESR on Ves metic 20, comparable to Westergrens method and in accordance to ICSH reference method.

---- End of Report ----

Dr. Rakesh Vaidya
MD (Path). DCP.

it is advised to correlate with clinical findings and other related investigations where any firm opinion is made. Recheck / retest may be requested.



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Haematology

Test	Result	Units	Biological Ref. Range
Blood Group			
ABO system	B		
Rh system.	Positive		

By Gel Technology / Tube Agglutination Method

Note :

- This blood group has been done with new sensitive Gel Technology using both Forward and Reverse Grouping Card with Autocontro
This method check's group both on Red blood cells and in Serum for "ABO" group.

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Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Fasting Plasma Glucose	132	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	183	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimesion

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 Approval Date : 11/06/2022 12:42 PM

Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Glycosylated Hemoglobin (HbA1c)	7.9	%	
estimated Average Glucose (e AG) *	180.03	mg/dL	

(Method:

By Automated HPLC analyser on D-10 Biorad. NGSP Certified, US-FDA approved, Traceable to IFCC reference method.

* Calculated valued for past 60 days, derived from HbA1c %, based on formula recommended by the A1c - Derived Average Glucose study from ADA and EASD funded The ADAG trial.

Guidelines for Interpretation:

Indicated Glycemic control of previous 2-3 months

HbA1c%	e AG (mg/dl)	Glycemic control
> 8	> 183	Action suggested...High risk of developing long-term complications. Action suggested, depends on individual patient circumstances
7 - 8	154 - 183	Good
< 7	< 154	Goal...Some danger of hypoglycemic reaction in type I Diabetics. Some Glucose intolerant individuals and Sub-Clinical diabetics may demonstrate (elevated) HbA1c in this area.
6 - 7	126 - 154	Near Normal
< 6	< 126	Nondiabetic level)

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Renal Function Test (RFT)

Test	Result	Units	Biological Ref. Range
Urea <i>(By Urease Kinetic method on RXL Dade Dimension)</i>	18	mg/dL	10 - 45
Creatinine <i>(By Modified Kinetic Jaffe Technique)</i>	0.70	mg/dL	0.6 - 1.1
Estimate Glomerular Filtration rate <i>(Ref. range : > 60 ml/min for adults between age group of 18 to 70 yrs. EGFR Calculated by IDMS Traceable MDRD Study equation. Reporting of eGFR can help facilitate early detection of CKD. By Modified Kinetic Jaffe Technique)</i>	More than 60		
Uric acid <i>(By Uricase / Catalase method on RXL Siemens)</i>	5.2	mg/dL	2.2 - 5.8

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Liver Function Test (LFT)

Test	Result	Units	Biological Ref. Range
Bilirubin			
Bilirubin - Total	0.28	mg/dL	0 - 1
Bilirubin - Direct	0.08	mg/dL	0 - 0.3
Bilirubin - Indirect	0.2	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	28	U/L	13 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	53	U/L	7 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	67	U/L	42 - 98
<i>(By PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	28	U/L	5 - 55
<i>(By IFCC method on RXL Dade Dimension.)</i>			
Total Protein			
Total Proteins	8.00	gm/dL	6.4 - 8.2
Albumin	3.69	gm/dL	3.4 - 5
Globulin	4.31	gm/dL	3 - 3.2
A : G Ratio	0.86		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

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Complete Lipid Profile

Test	Result	Units	Biological Ref. Range
Complete Lipid Profile			
Appearance	Clear		
Triglycerides	262	mg/dL	1 - 150
<i>(By Lipase / Glycerol dehydrogenase on RXL Dade Dimension</i>			
<i>< 150 Normal</i>			
<i>150-199 Borderline High</i>			
<i>200-499 High</i>			
<i>> 499 Very High)</i>			
Total Cholesterol	159	mg/dL	1 - 200
<i>(By enzymatic colorimetric method on RXL Dade Dimension</i>			
<i><200 mg/dL - Desirable</i>			
<i>200-239 mg/dL - Borderline High</i>			
<i>> 239 mg/dL - High)</i>			
HDL Cholesterol	27	mg/dL	40 - 60
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension</i>			
<i>< 40 Low</i>			
<i>> 60 High)</i>			
Non HDL Cholesterol (calculated)	132	mg/dL	1 - 130
<i>Non- HDL Cholesterol</i>			
<i>< 130 Desirable</i>			
<i>139-159 Borderline High</i>			
<i>160-189 High</i>			
<i>> 191 Very High)</i>			
LDL Cholesterol	86	mg/dL	1 - 100
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension</i>			
<i>< 100 Optimal</i>			
<i>100-129 Near / above optimal</i>			
<i>130-159 Borderline High</i>			
<i>160-189 High</i>			
<i>> 189 Very High)</i>			
VLDL Cholesterol (calculated)	52.4	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	3.19		2.1 - 3.5
T. Ch./HDL Ch. Ratio	5.89		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

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Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
Triiodothyronine (T3)	1.36	ng/ml	

(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)

Reference interval (ng/ml)

1 - 3 days : 0.1 - 7.4
 1-11 months : 0.1 - 2.45
 1-5 years : 0.1 - 2.7
 6-10 years : 0.9 - 2.4
 11-15 years : 0.8 - 2.1
 16-20 years : 0.8 - 2.1
 Adults (20 - 50 years) : 0.7 - 2.0
 Adults (> 50 years) : 0.4 - 1.8
 Pregnancy (in last 5 months) : 1.2 - 2.5

(Reference : Tietz - Clinical guide to laboratory test, 4th edition))

Thyroxine (T4)	11.14	mcg/dL	
----------------	-------	--------	--

(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)

Reference interval (mcg/dL)

1 - 3 days : 11.8 - 22.6
 1 - 2 weeks : 9.8 - 16.6
 1 - 4 months : 7.2 - 14.4
 4 - 12 months : 7.8 - 16.5
 1-5 years : 7.3 - 15.0
 5 - 10 years : 6.4 - 13.3
 10 - 20 years : 5.6 - 11.7
 Adults / male : 4.6 - 10.5
 Adults / female : 5.5 - 11.0
 Adults (> 60 years) : 5.0 - 10.7

(Reference : Tietz - Clinical guide to laboratory test, 4th edition))

Thyroid Stimulating Hormone (US-TSH)	1.26	microIU/ml	
--------------------------------------	------	------------	--

(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)

Reference interval (microIU/ml)

Infants (1-4 days) : 1.0 - 39
 2-20 weeks : 1.7 - 9.1
 5 months - 20 years : 0.7 - 6.4
 Adults (21 - 54 years) : 0.4 - 4.2
 Adults (> 55 years) : 0.5 - 8.9

Pregnancy :

1st trimester : 0.3 - 4.5
 2nd trimester : 0.5 - 4.6
 3rd trimester : 0.8 - 5.2

(Reference : Tietz - Clinical guide to laboratory test, 4th edition))

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Urine Routine

Test Results are dependent on a number of variables & technical limitations. Hence, it is advised to correlate with clinical findings and other related investigations before any firm opinion is made. Recheck / repeat may be requested.

Test	Result	Units	Biological Ref. Range
Physical Examination			
Quantity	30	mL	
Colour	Pale Yellow		
Appearance	Turbid (Slight)		
Chemical Examination (By Reagent strip method)			
pH	6.0		
Specific Gravity	1.015		
Protein	Negative	gm/dL	Negative
Glucose	2+ (R/C)	mg/dL	Negative
Ketones	Negative		Negative
Bilirubin	Negative		Negative
Urobilinogen	Negative		Negative (upto 1)
Blood	1+		Negative
Bile Salt	Absent		Absent
Leucocytes	1+		Negative
Bile Pigments	Absent		Absent
Nitrite	Positive		Negative
Microscopic Examination (After Centrifugation at 2000 rpm for 10 min)			
Red Blood Cells	Present (0-2)	/hpf	0 - 2
Leucocytes	Present (5-10)	/hpf	0 - 5
Epithelial Cells	Present (0-2)	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil		Nil
Mucus	Absent		Absent
Organism	Bacteria ++		

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DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 21044777 Report Date : 11/06/2022
Request No. : 190022964 11/06/2022 9.03 AM
Patient Name : HENAXI A HATHILA
Gender / Age : Female / 35 Years 8 Months 12 Days

X-Ray Chest AP

Both lung fields are clear.
Both costophrenic sinuses appear clear.
Heart size is normal.
Hilar shadows show no obvious abnormality.
Aorta is normal.

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

Dr. Priyanka Patel, MD
Consultant Radiologist

ADVANCED DIGITAL SOLUTIONS

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





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Patient No. : 21044777 Report Date : 11/06/2022
Request No. : 190022959 11/06/2022 9.03 AM
Patient Name : HENAXI A HATHILA
Gender / Age : Female / 35 Years 8 Months 12 Days

ADVANCED DIGITAL SOLUTIONS

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

USG : Abdomen (Excluding Pelvis) Or Upper Abdomen

Liver is normal in size and increased in echopattern. No mass lesion identified. The hepaticveins are clear and patent. PV patent. No dilated IHBR.

Gall bladder is well distended and shows no obvious abnormality. Common bile duct measures 4 mm in diameter.

Pancreas shows no obvious abnormality. Tail obscured.
Spleen is mild enlarged size (12.5cm) and normal in echopattern.

Both kidneys are normal in shape and position. Normal echogenicity and cortico medullary differentiation is noted. No hydronephrosis or mass lesion seen.

Uterus is anteverted, normal in size and echo pattern. Endometrium thickness is about 5 mm. No obvious mass lesion seen. IUCD noted.

Uterine length : 71 mm.
A.P. : 41 mm.

Both ovaries reveal small follicles.

Urinary bladder is well distended and appears normal.

No ascites.

COMMENT:

Fatty liver.

Kindly correlate clinically

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

Hasani

Dr. Perna C Hasani, MD
Consultant Radiologist



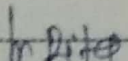
Patient No. : 21044777 Report Date : 11/06/2022
Request No. : 190023030 11/06/2022 9.03 AM
Patient Name : HENAXI A HATHILA
Gender / Age : Female / 35 Years 8 Months 12 Days

Echo Color Doppler

MITRAL VALVE : NORMAL, NO MS, NO MR
AORTIC VALVE : TRILEALFT, NO AS, NO AR
TRICUSPID VALVE : NORMAL, NO TR, NO PAH
PULMONARY VALVE : NORMAL, NO PR, NO PS
LEFT ATRIUM : NORMAL SIZE
AORTA : NORMAL
LEFT VENTRICLE : NORMAL LVEF - 60%, NO RWMA AT REST
RIGHT ATRIUM : NORMAL SIZE
RIGHT VENTRICLE : NORMAL SIZE
I.V.S. : INTACT
I.A.S. : INTACT
PULMONARY ARTERY : NORMAL
PERICARDIUM : NO EFFUSION
COLOUR/DOPPLER FLOW MAPPING : NO MR // AR // TR, NO PAH

FINAL CONCLUSION:

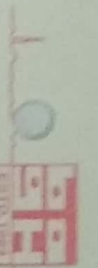
1. NORMAL SIZED ALL CARDIAC CHAMBERS, NO LVH
2. NORMAL LV SYSTOLIC FUNCTION LVEF - 60%
3. NO RESTING REGIONAL WALL MOTION ABNORMALITY
4. NORMAL VALVES, NO MITRAL / AORTIC STENOSIS
5. NORMAL RIGHT HEART SIZE AND RV PRESSURES
6. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.


DR. KILLOLE KANERIA, M.D., D.M., CARD.

SRV/2104777
35 YEARS

11-JUN-22

10:53:35 AM NRS HEMAKI HATHILA
Female

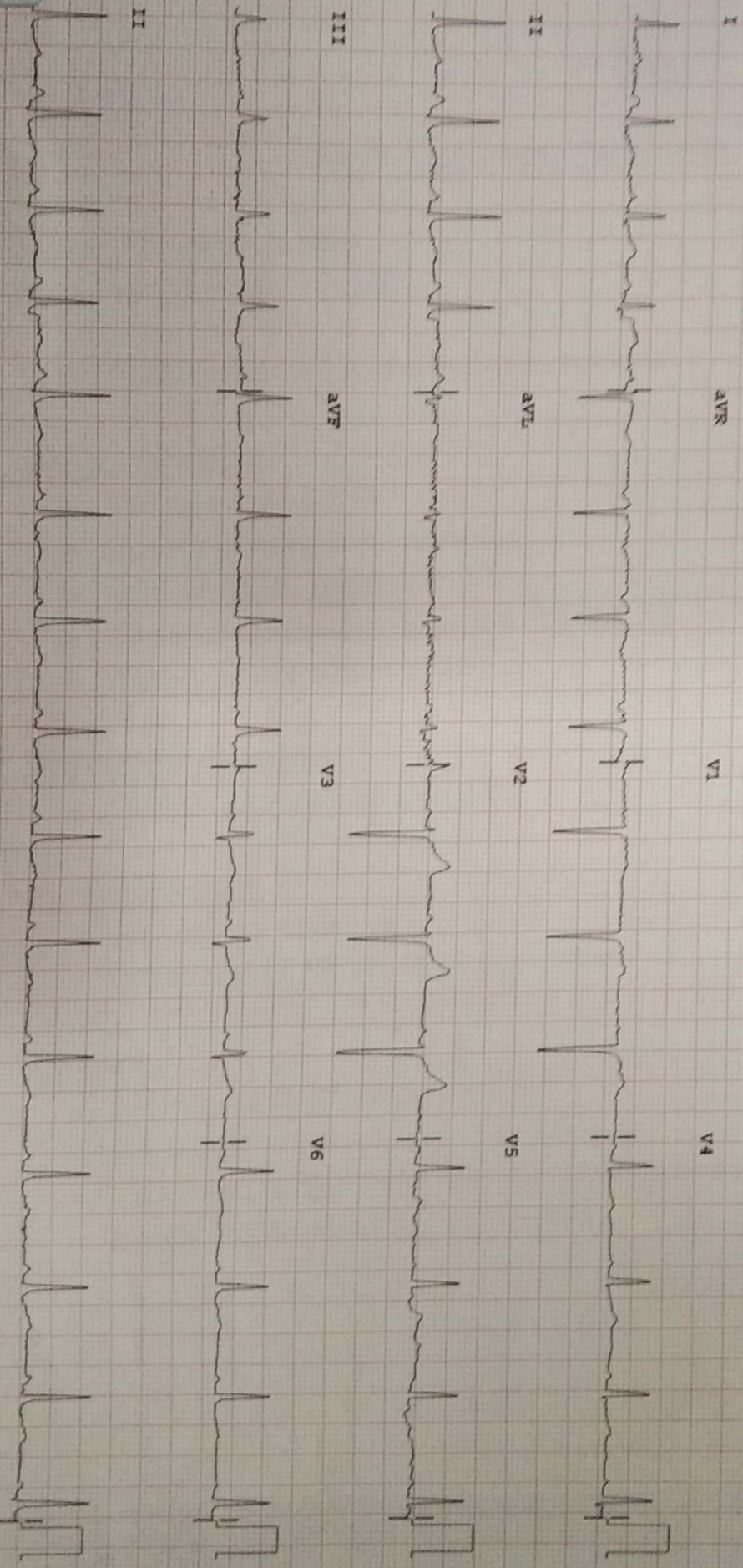


BHAILAL AMIN GENERAL HOSPITAL
AN NABH NABL & ISO Accredited Institute

DOCTOR DR NANISH MITTAL

Rate 88
PR 140
QRS 74
QT 340
QTc 407

---AXIS---
P 21
QRS 55
T 17



Or. S

Dev: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10 mm/mV F 50~0.5-150 Hz W PH08 P?

Dr. Sonica Peshin

Cosmetic Dentist & Implantologist

Reg. No. : 6966-A

M. : 9586867301



**BHAILAL AMIN
GENERAL HOSPITAL**

Dental assessment form

11/06/2022

Name: Henaxi A Hathila

Age/ Sex: 35 years/Female

Patient has come for an oral hygiene check up

On Examination:

- Stains++ Calculus++
- History of horizontal brushing
- Mild attrition, recession
- Decayed teeth with respect to 18, 28, 38
- History of extraction of 48

Provisional diagnosis:

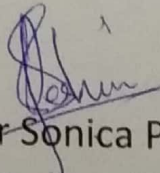
- Chronic generalised gingivitis

Treatment plan:

- Scaling and polishing
- Extraction of 18, 28, 38, if pain arises

Advised:

- Brush your teeth twice daily
- Salt water rinses atleast once a day.
- Clean your tongue and floss in between everyday.
- Follow vertical brushing technique.


Dr Sonica Peshin

ITEM CODE:SMD066

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