

CONCLUSION OF HEALTH CHECKUP

ECU Number : 6881	MR Number : 23218371	Patient Name : CHIRAG BALAVANTRAI JOSHI
Age : 38	Sex : Male	Height : 166
Weight : 75	Ideal Weight : 63	BMI : 27.22
Date : 31/10/2023		

Dr. Manish Mittal

Internal Medicine

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.



BHAILAL AMIN GENERAL HOSPITAL



ECU Number : 6881 MR Number : 23218371 Patient Name: CHIRAG BALAVANTRAI JOSHI
Age : 38 Sex : Male Height : 166
Weight : 75 Ideal Weight : 63 BMI : 27.22
Date : 31/10/2023

Past H/O : K/C/O DISLIPIDAEMIA BUT CURRENTLY NOT TAKING ANY MEDICATIONS SINCE 20 DAYS.

Present H/O : NO PRESENT COMPLAINTS.

Family H/O : FATHER : HTN , ALIVE
MOTHER : DM , CA BREAST , ALIVE

Habits : NIL
Gen.Exam. : NONE
B.P : 120/80
Pulse : 90
Others : SPO2 97 %
C.V.S : NAD
R.S. : NAD
Abdomen : NP
Spleen : NP
Skin : NAD
C.N.S : NAD
Advice :





BHAILAL AMIN GENERAL HOSPITAL



ECU Number : 6881
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Weight : 75
Date : 31/10/2023

MR Number : 23218371
Sex : Male
Ideal Weight : 63

Patient Name: CHIRAG BALAVANTRAI JOSHI
Height : 166
BMI : 27.22

Ophthalmic Check Up :

Right

Left

Ext Exam

NORMAL

Vision Without Glasses

6/6

6/6

Vision With Glasses

N.6

N.6

Final Correction

14.6

14.6

Fundus

NORMAL

Colour Vision

NORMAL

Advice

NIL

Orthopaedic Check Up :

Ortho Consultation

Ortho Advice

ENT Check Up :

Ear

Nose

Throat

Hearing Test

ENT Advice

General Surgery Check Up :

General Surgery

Abdominal Lump

Hernia

External Genitals

PVR

Proctoscopy

Any Other

Surgical Advice



Dietary Assessment

ECU Number : 6881 MR Number : 23218371 Patient Name: CHIRAG BALAVANTRAI JOSHI
Age : 38 Sex : Male Height : 166
Weight : 75 Ideal Weight : 63 BMI : 27.22
Date : 31/10/2023

Body Type : Normal / Underweight / Overweight
Diet History : Vegetarian / Eggetarian / Mixed

Frequency of consuming fried food : / Day / Week or occasional
Frequency of consuming Sweets : / Day / or occasional
Frequency of consuming outside food : / Day / 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

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

Eat Beetroots, 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.

Patient No. : 23218371 Report Date : 31/10/2023
Request No. : 190087177 31/10/2023 9.18 AM
Patient Name : Mr. CHIRAG BALAVANTRAI JOSHI
Gender / Age : Male / 38 Years 11 Months 26 Days

USG : Screening for Abdomen (excluding Pelvis) Or Upper Abdomen

Liver is normal in size and shows increased in echo pattern. No mass lesion identified. The hepatic veins 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 normal size and echo pattern.

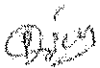
Both kidneys are normal in shape and position. Normal echogenicity and cortico medullary differentiation is noted. No hydronephrosis. **Tiny echogenic calculi measuring around 4mm is seen in mid pole of right kidney.**

No ascites.

COMMENT:

- **Tiny echogenic calculi in mid pole of right kidney.**
- **Fatty liver.**

Kindly correlate clinically



Dr. Priyanka Patel, MD.
Consultant Radiologist



Patient No. : 23218371 Report Date : 31/10/2023
Request No. : 190087341 31/10/2023 9.18 AM
Patient Name : Mr. CHIRAG BALAVANTRAI JOSHI
Gender / Age : Male / 38 Years 11 Months 26 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.



Dr. Ravij Patel, M.D
Consultant Radiologist



Patient No. : 23218371 Report Date : 31/10/2023
Request No. : 190087291 31/10/2023 9.18 AM
Patient Name : Mr. CHIRAG BALAVANTRAI JOSHI
Gender / Age : Male / 38 Years 11 Months 26 Days

Echo Color Doppler

MITRAL VALVE : NORMAL, NO MR, NO MS
AORTIC VALVE : TRILEAFLET, NO AR, NO AS
TRICUSPID VALVE : NORMAL, NO TR, NO PAH
PULMONARY VALVE : NORMAL
LEFT ATRIUM : NORMAL
AORTA : NORMAL
LEFT VENTRICLE : NORMAL LV SIZE AND SYSTOLIC FUNCTION LVEF -- 65%, NO
REGIONAL WALL MOTION ABNORMALITY
RIGHT ATRIUM : NORMAL
RIGHT VENTRICLE : NORMAL
I.V.S. : INTACT
I.A.S. : INTACT
PULMONARY ARTERY : NORMAL
PERICARDIUM : NORMAL
COLOUR/DOPPLER FLOW MAPPING : NO MR // AR // TR, NO PAH

-
1. NORMAL SIZED ALL CARDIAC CHAMBERS, NO LVH
 2. NORMAL LV SYSTOLIC FUNCTION, LVEF -- 65%
 3. NO RESTING REGIONAL WALL MOTION ABNORMALITY
 4. NORMAL ALL CARDIAC VALVES, NO MITRAL // AORTIC STENOSIS
 5. NORMAL DIASTOLIC FUNCTION
 6. NORMAL RIGHT HEART SIZE AND RV PRESSURES
 7. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+

Dr. V.C.CHAUHAN, M.D.,CARD.

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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : **Mr. CHIRAG BALAVANTRAI JOSHI**
Gender / Age : Male / 38 Years 11 Months 26 Days
MR No / Bill No. : **23218371 / 242036860**
Consultant : Dr. Manish Mittal
Location : **OPD**

Type : OPD
Request No. : **171476**
Request Date : 31/10/2023 09:18 AM
Collection Date : 31/10/2023 10:00 AM
Approval Date : 31/10/2023 06:13 PM

Renal Function Test (RFT)

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
Urea <i>(By Urease Kinetic method on EXL Dade Dimension)</i>	18	mg/dL	10 - 45
Creatinine <i>(By Modified Kinetic Jaffe Technique)</i>	1.09	mg/dL	0.9 - 1.3
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 EXL Siemens)</i>	7.3	mg/dL	3.4 - 7.2

— End of Report —

Dr. Ameet Soni
MD (Path)

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Fasting Plasma Glucose

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
<i>Fasting Plasma Glucose</i>			
Fasting Plasma Glucose	102	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	142	mg/dL	70 - 140

By Hexokinase method on EXL Dade Dimension

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CBC + ESR

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	15.3	gm/dL	13 - 17
Red Blood Cell Count (T-RBC)	5.40	mill/cmm	4.5 - 5.5
Hematocrit (HCT)	45.8	%	40 - 50
Mean Corpuscular Volume (MCV)	84.8	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	28.3	pg	27 - 32
MCH Concentration (MCHC)	33.4	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	12.9	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	40.3	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	6.01	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	57	%	40 - 80
Lymphocytes	38	%	20 - 40
Eosinophils	1	%	1 - 6
Monocytes	4	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	3.40	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	2.27	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.07	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.26	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.01	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.8	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	403	thou/cmm	150 - 410
Remarks	This is cell counter generated CBC report, Smear review is not done.		
ESR	12	mm/1 hr	0 - 10



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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.

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HbA1c (Glycosylated Hb)

Test	Result	Units	Biological Ref. Range
HbA1c (Glycosylated Hb)			
Glycosylated Hemoglobin (HbA1c)	5.5	%	
estimated Average Glucose (e AG) *	111.15	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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Haematology

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
Blood Group			
ABO system	O		
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 Autocontrol.			
- This method check`s group both on Red blood cells and in Serum for "ABO" group.			

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Urine routine analysis (Auto)

Test	Result	Units	Biological Ref. Range
Physical Examination			
Quantity	30	mL	
Colour	Pale Yellow		
Appearance	Clear		
Chemical Examination (By Reagent strip method)			
pH	5.5		
Specific Gravity	>=1.030		
Protein	Negative	gm/dL	0 - 5
Glucose	Negative	mg/dL	0 - 5
Ketones	Negative		0 - 5
Bilirubin	Negative		Negative
Urobilinogen	Negative		Negative (upto 1)
Blood	Negative		Negative
Leucocytes	Negative		Negative
Nitrite	Negative		Negative
Microscopic Examination (by Microscopy after Centrifugation at 2000 rpm for 10 min or on fully automated Sysmex urine sedimentation analyzer UF4000)			
Red Blood Cells	0 - 1	/hpf	0 - 2
Leucocytes	0 - 1	/hpf	0 - 5
Epithelial Cells	0 - 1	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil	/hpf	Nil
Mucus	Absent	/hpf	Absent
Organism	Absent		

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Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
Triiodothyronine (T3)	1.33	ng/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
<i>Reference interval (ng/ml)</i>			
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		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroxine (T4)	7.05	mcg/dL	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
<i>Reference interval (mcg/dL)</i>			
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		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroid Stimulating Hormone (US-TSH)	1.29	microIU/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)</i>			
<i>Reference interval (microIU/ml)</i>			
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		
<i>Pregnancy :</i>			
1st trimester	: 0.3 - 4.5		
2nd trimester	: 0.5 - 4.6		
3rd trimester	: 0.8 - 5.2		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			

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Dr. Ameer Soni
MD (Path)



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Liver Function Test (LFT)

Test	Result	Units	Biological Ref. Range
Bilirubin			
Bilirubin - Total	0.46	mg/dL	0 - 1
Bilirubin - Direct	0.11	mg/dL	0 - 0.3
Bilirubin - Indirect	0.35	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on EXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	42	U/L	15 - 40
<i>(By IFCC UV kinetic method on EXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	91	U/L	16 - 63
<i>(By IFCC UV kinetic method on EXL Dade Dimension.)</i>			
Alkaline Phosphatase	71	U/L	53 - 128
<i>(BY PNPP AMP method on EXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	49	U/L	15 - 85
<i>(By IFCC method on EXL Dade Dimension.)</i>			
Total Protein			
Total Proteins	7.45	gm/dL	6.4 - 8.2
Albumin	3.81	gm/dL	3.4 - 5
Globulin	3.64	gm/dL	3 - 3.2
A : G Ratio	1.05		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on EXL Dade Dimesion.)</i>			

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Complete Lipid Profile

Test	Result	Units	Biological Ref. Range
Complete Lipid Profile			
Appearance	Clear		
Triglycerides	274	mg/dL	1 - 150
<i>(By Lipase / Glycerol dehydrogenase on EXL Dade Dimension < 150 Normal 150-199 Borderline High 200-499 High > 499 Very High)</i>			
Total Cholesterol	205	mg/dL	1 - 200
<i>(By enzymatic colorimetric method on EXL Dade Dimension <200 mg/dL - Desirable 200-239 mg/dL - Borderline High > 239 mg/dL - High)</i>			
HDL Cholesterol	35	mg/dL	40 - 60
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on EXL Dade Dimension < 40 Low > 60 High)</i>			
Non HDL Cholesterol (calculated)	170	mg/dL	1 - 130
<i>(Non- HDL Cholesterol < 130 Desirable 139-159 Borderline High 160-189 High > 191 Very High)</i>			
LDL Cholesterol	133	mg/dL	1 - 100
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on EXL Dade Dimension < 100 Optimal 100-129 Near / above optimal 130-159 Borderline High 160-189 High > 189 Very High)</i>			
VLDL Cholesterol (calculated)	54.8	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	3.8		2.1 - 3.5
T. Ch./HDL Ch. Ratio	5.86		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

--- End of Report ---



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