

ZENA HEALTHCARE

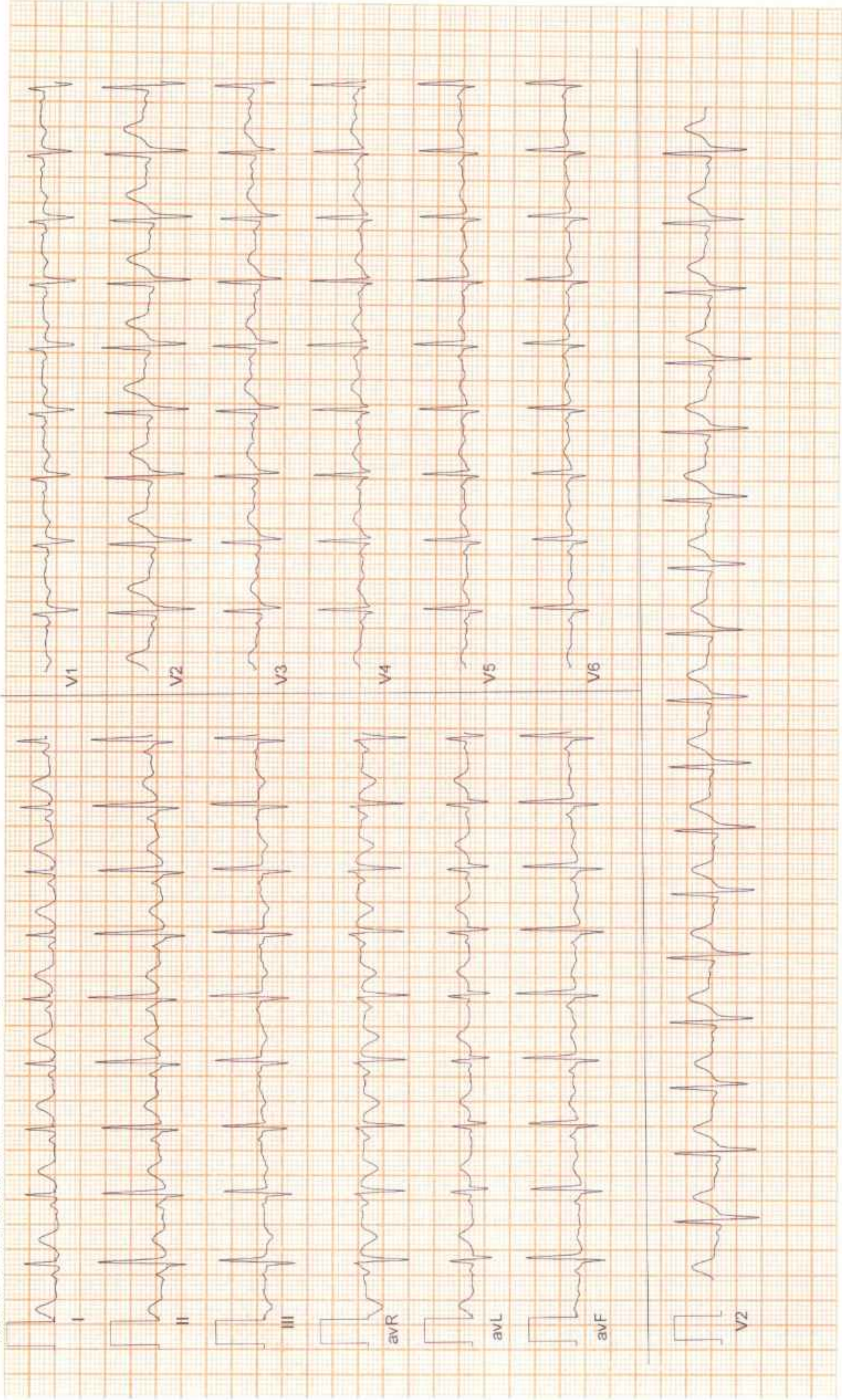
SAHIDNAGAR, BHUBANESWAR

957 / GOPAL CHANDRA SAHU / 31 Yrs / Male / 169 Cm / 85 Kg

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



Date: 13 - 04 - 2024 03:06:30 PM METS: 1.0 HR: 105 Target HR: 56% of 189 BP: 131/80
Ex Time: 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV ELC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



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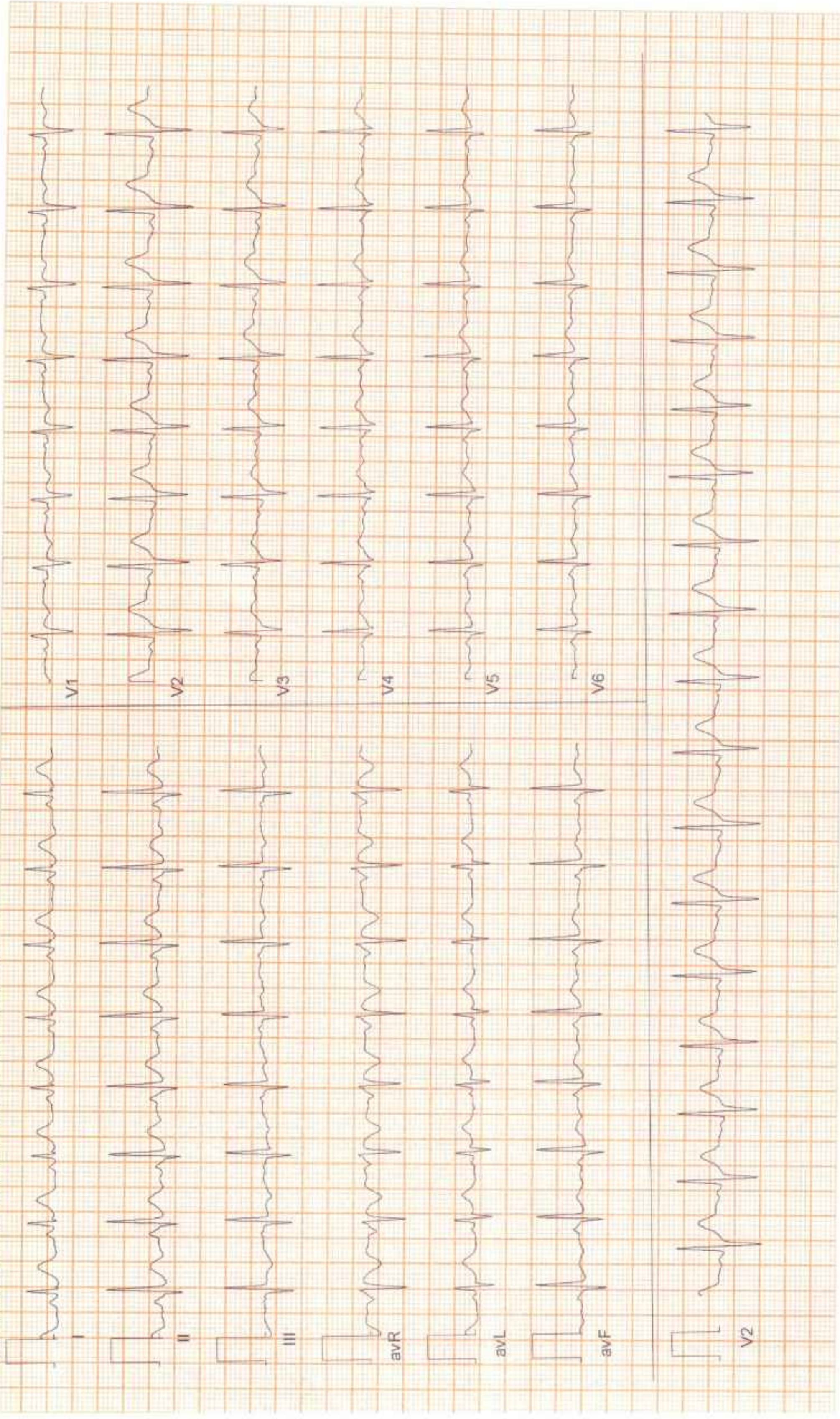
957 / GOPAL CHANDRA SAHU / 31 Yrs / Male / 169 Cm / 85 Kg

6 x 2 + Rhythm
BRUCE: Standing(0:17)



Date: 13-04-2024 03:06:30 PM METs: 1.0 HR: 100 Target HR: 53% of 169 BP: 131/80

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



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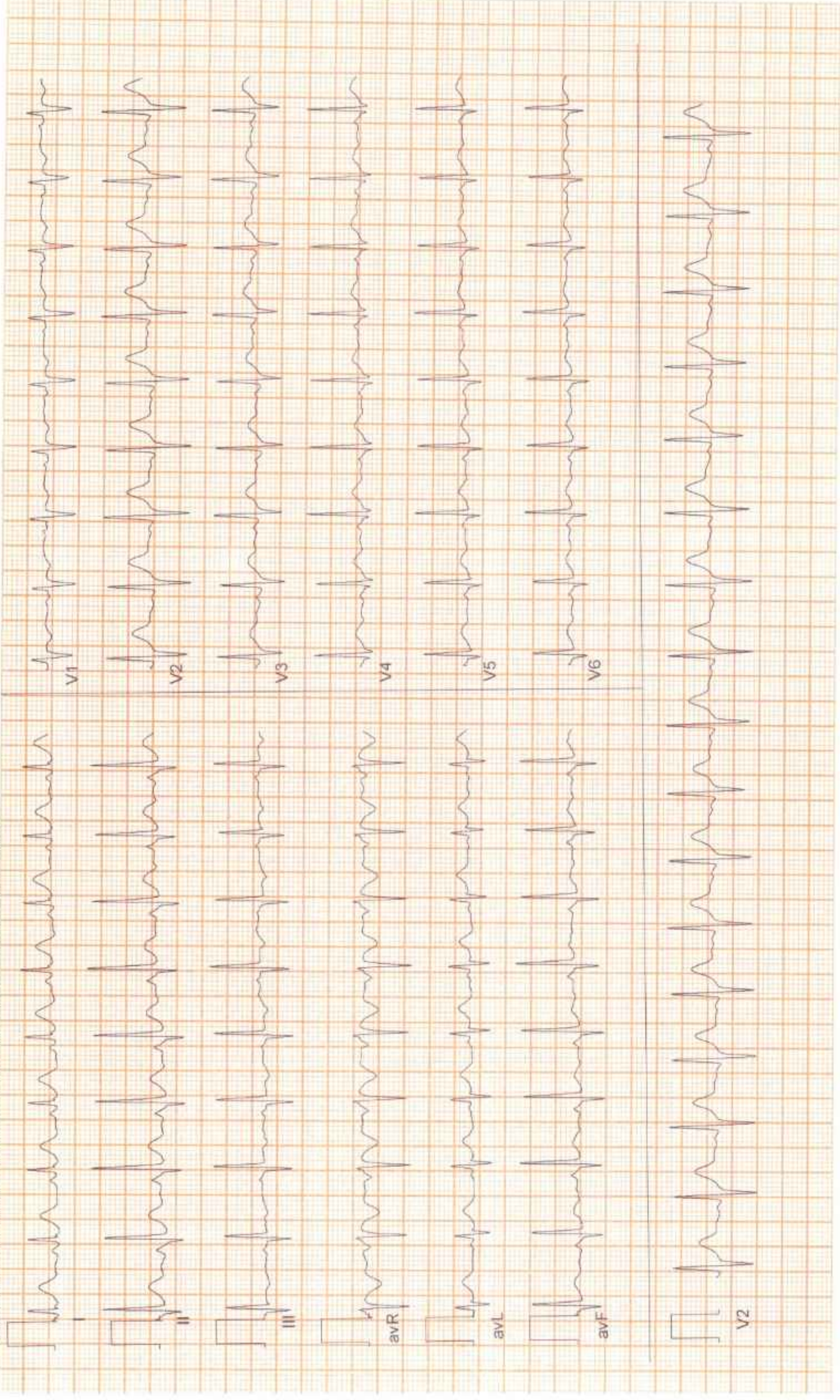
957 / GOPAL CHANDRA SAHU / 31 Yrs / Male / 169 Cm / 85 Kg

6 x 2 + Rhythm
BRUCE:HV(0:17)



Date: 13-04-2024 03:06:30 PM METs: 1.0 HR: 106 Target HR: 56% of 189 BP: 131/80

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



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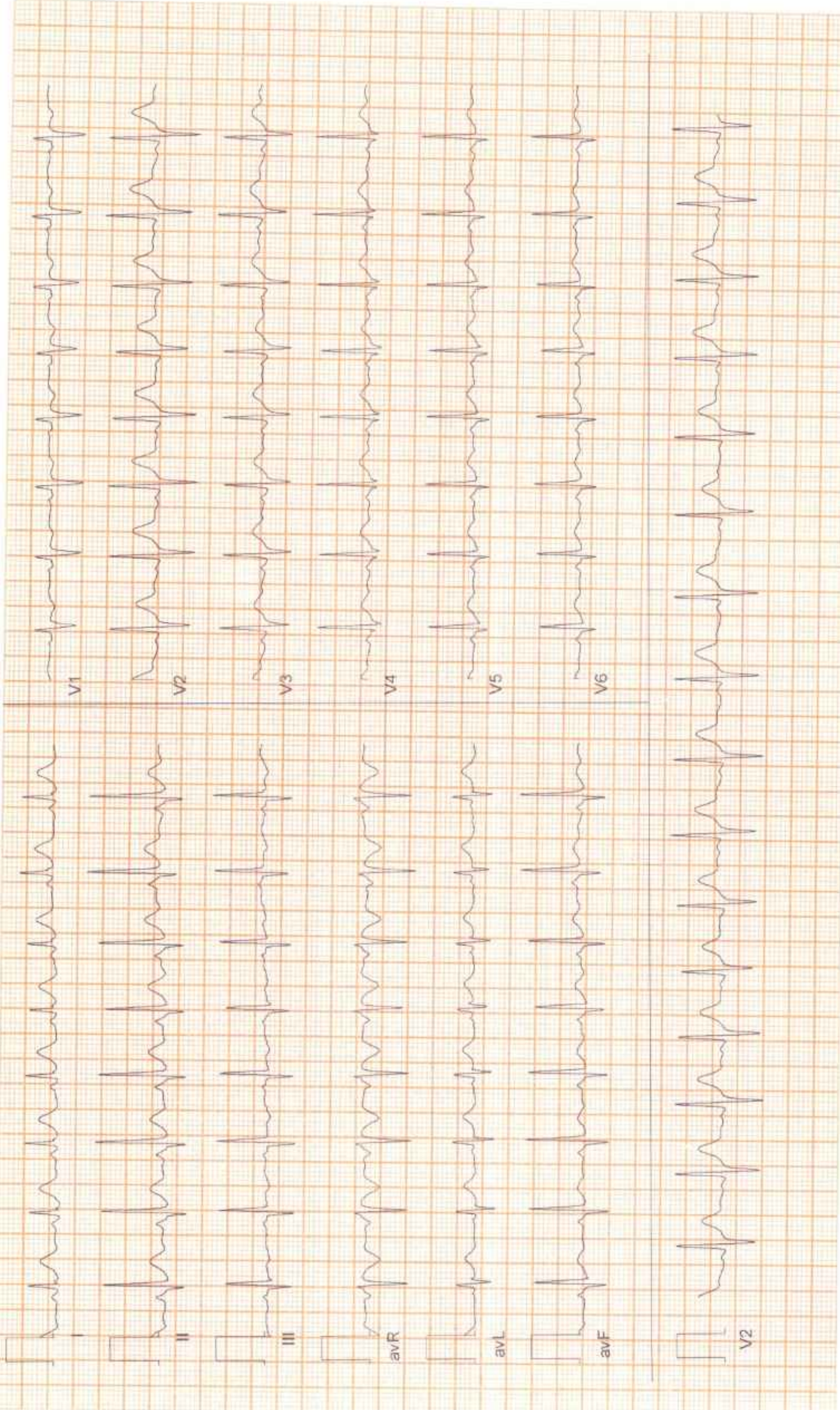
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957 / GOPAL CHANDRA SAHU / 31 Yrs / Male / 169 Cm / 85 Kg

6 x 2 + Rhythm
ExStart

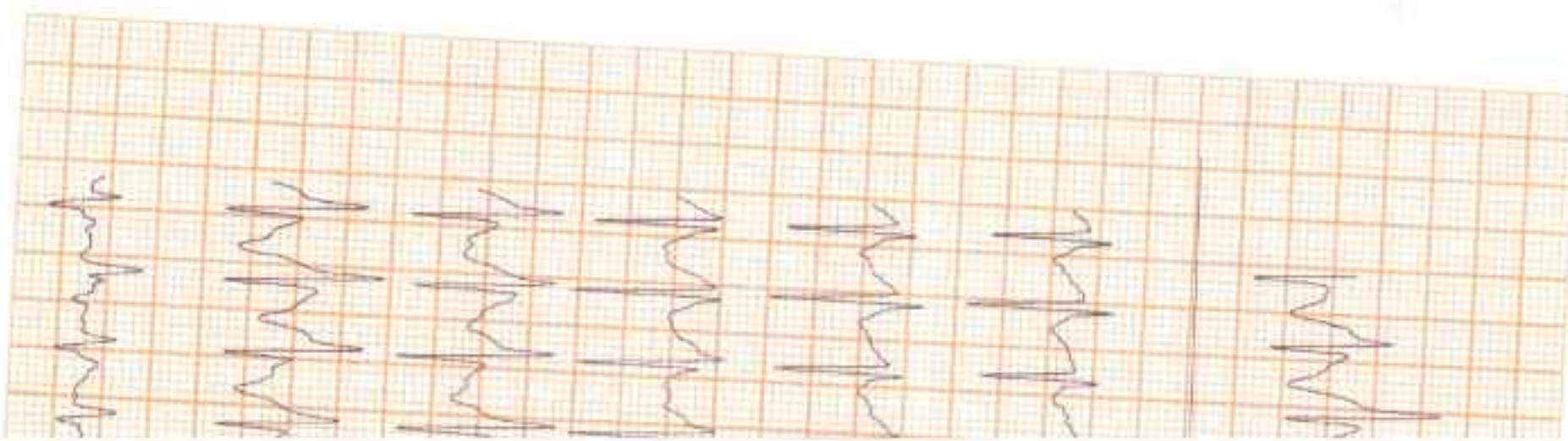


Date: 13 - 04 - 2024 03:06:30 PM METs: 1.0 HR: 90 Target HR: 48% of 169 BP: 131/80 Ex Time: 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





1 Hz/1F 35 Hz



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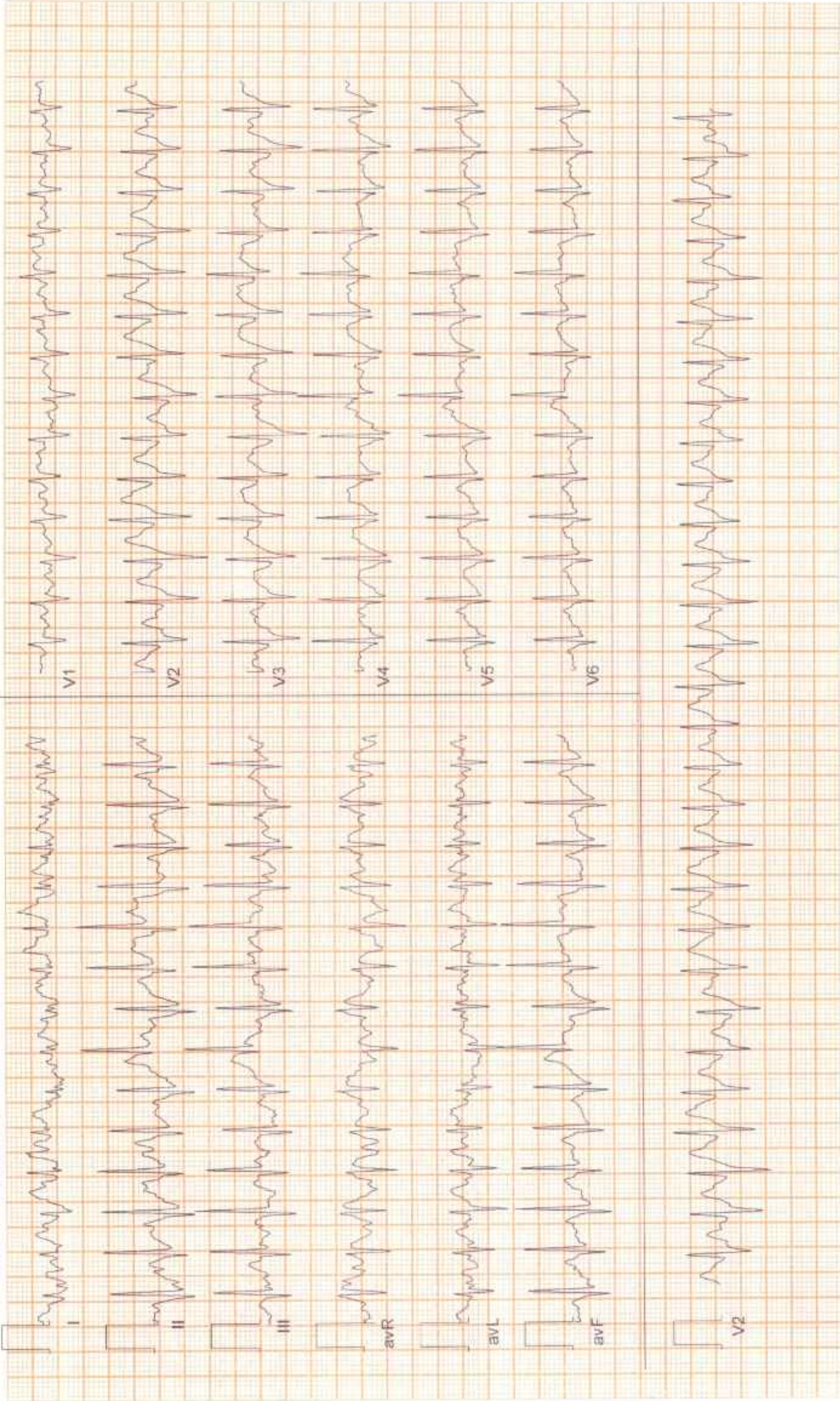
957 / GOPAL CHANDRA SAHU / 31 Yrs / Male / 169 Cm / 85 Kg

6 x 2 + Rhythm
BRUCE: Stage 1 (3:00)



Date: 13-04-2024 03:06:30 PM METs: 4.7 HR: 176 Target HR: 93% of 189 BP: 132/81

Ex Time: 03:00 1.7 mph 10.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Natch On/ HF 0.05 Hz/LF 35 Hz





Patient Name

Date (OP NO): 13-04-2024 (OBW0116873)



MRD No.

Name: Mr GOPAL CHANDRA SAHU

Age (Gender): 31Y | 00M | 00D (Male)

Consultant: Dr. SAMARTH MISHRA

Add: Baripada, Odisha, India

MRD: BBSR60194

MOB: 8876533022

ge

Sex M F

IOP

Right Eye 14mmHg

Left Eye 14mmHg

Right Eye 6/6 (D), ND

VISION 20

Left Eye 6/6; ND

Diagnosis

(w) A/S wmr / - Mild Congestion (w)
- Papilloe (+) (w)

(w) fundus: wmr (v10)

(w) Allergic Conj

- (1) S/S Symplo - TOS x 2 months
- (2) S/S diplopia - TOS x 2 months
- (3) S/S Tiredness - Q10 x 1 week

free 30 S

DR. SAMARTH MISHRA
MBBS, MS, FMRF (FVRS)
RETINA AND UVEA
Regd. No.-18893/2013

Seal and Signature of the treating Doctor

REGISTER NOW

NOT VALID FOR MEDICO-LEGAL PURPOSE

1800 1200 111

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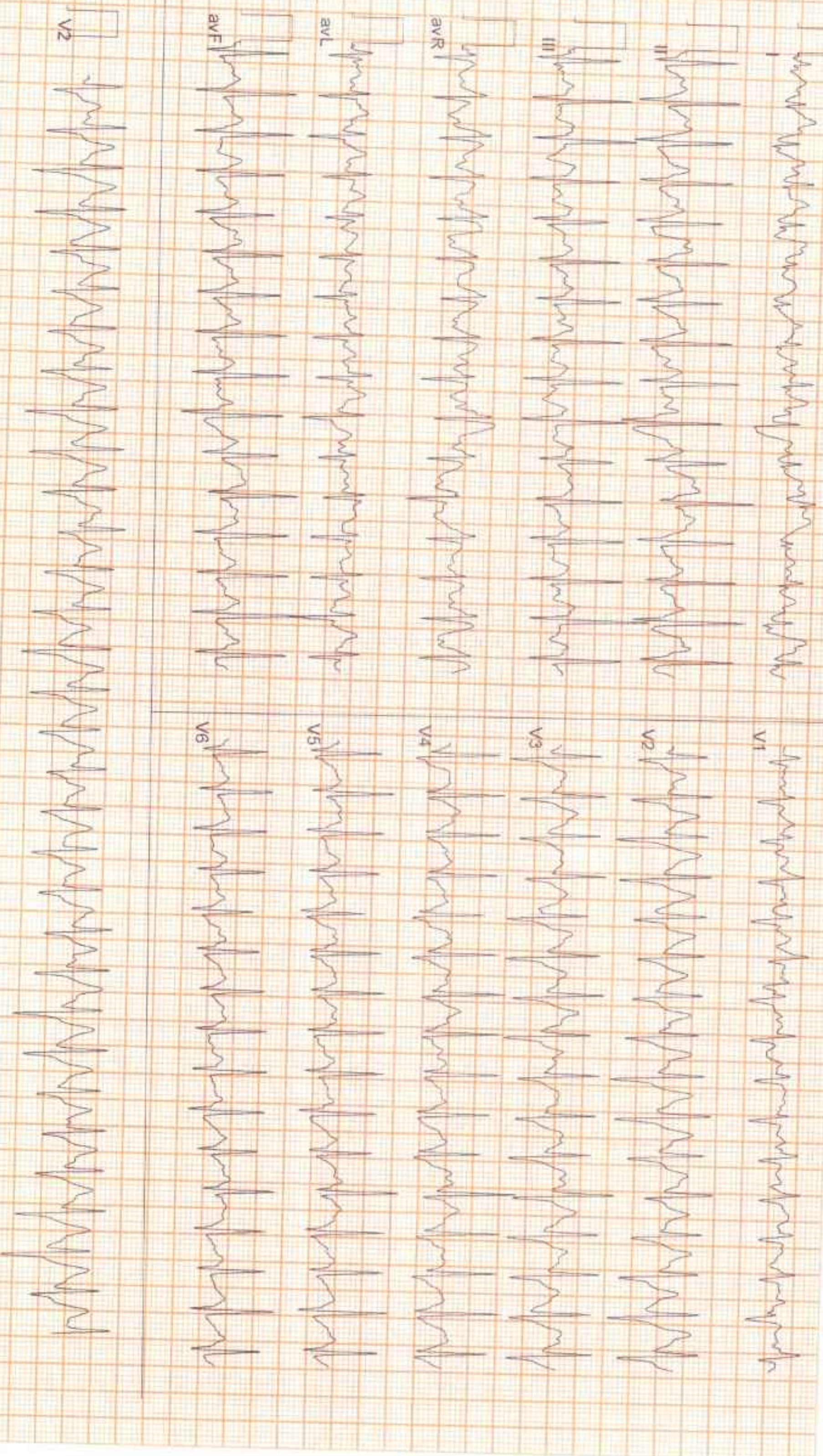
SAHIDNAGAR, BHUBANESWAR
957 / GOPAL CHANDRA SAHU / 31 Yrs / Male / 169 Cm / 85 Kg

6 x 2 + Rhythm
BRUCE: Stage 2(3:00)



Date: 13-04-2024 03:06:30 PM METS: 7.1 HR: 181 Target HR: 96% of 189 BP: 134/83

Ex Time: 06:00 2.5 mph/2.0 % 25 mm/Sec 1.0 Cm/mV BLC On/ Natch On/HF 0.05 Hz/LF 35 Hz



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SAHIDNAGAR, BHUBANESWAR

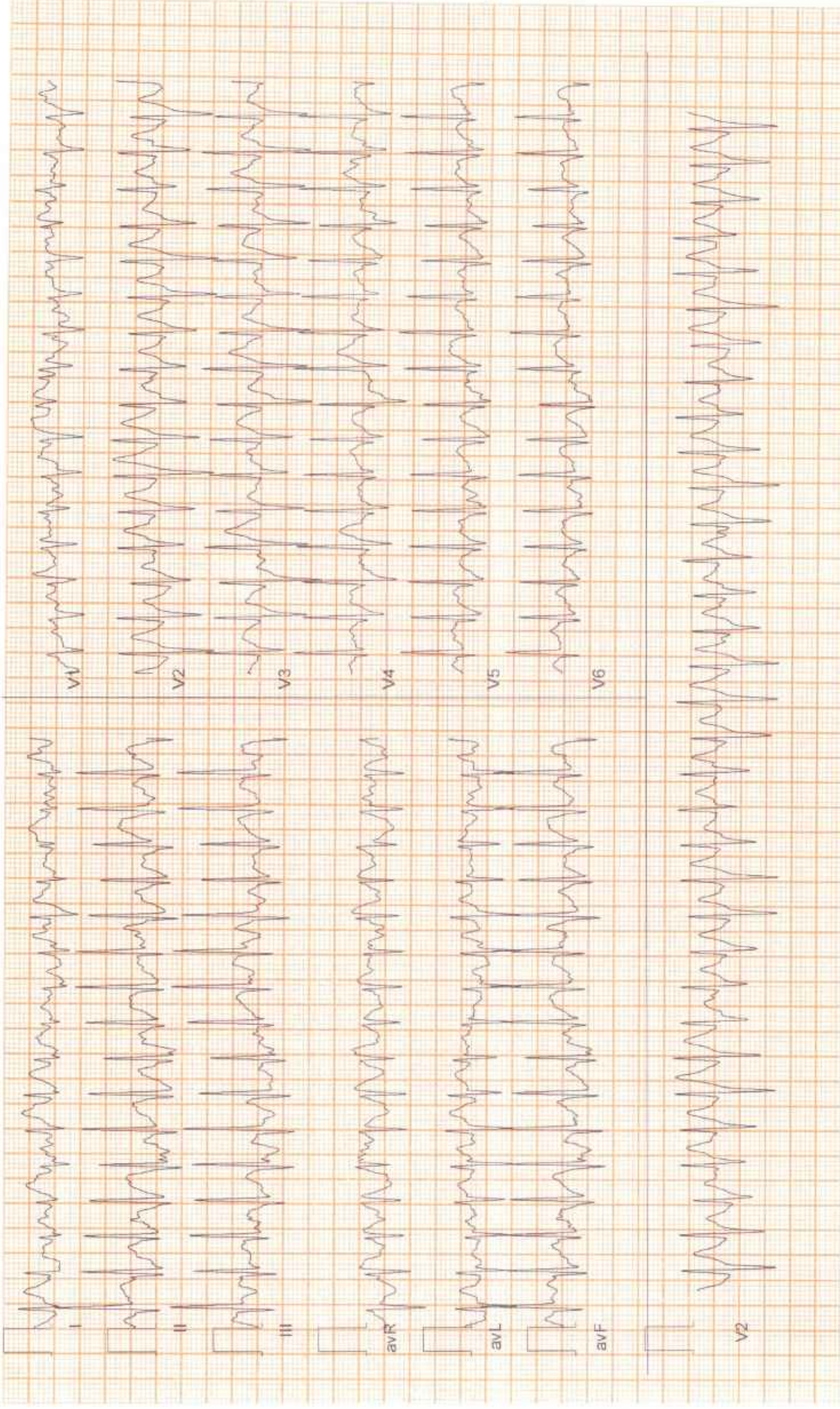
957 / GOPAL CHANDRA SAHU / 31 Yrs / Male / 169 Cm / 85 Kg

6 x 2 + Rhythm
PeakEx



Date: 13 - 04 - 2024 03:06:30 PM METs : 9.3 HR : 198 Target HR : 105% of 189 BP : 135/84

ExTime : 08:04 3.4 mph/14.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Natch On/ HF 0.05 Hz/LF 35 Hz



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SAHIDNAGAR, BHUBANESWAR

957 / GOPAL CHANDRA SAHU / 31 Yrs / Male / 169 Cm / 85 Kg

**6 x 2 + Rhythm
Recovery(0:30)**



Date: 13-04-2024 03:06:30 PM METs : 4.2 HR : 195 Target HR : 103% of 189 BP : 135/84

Ex Time : 08:04 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



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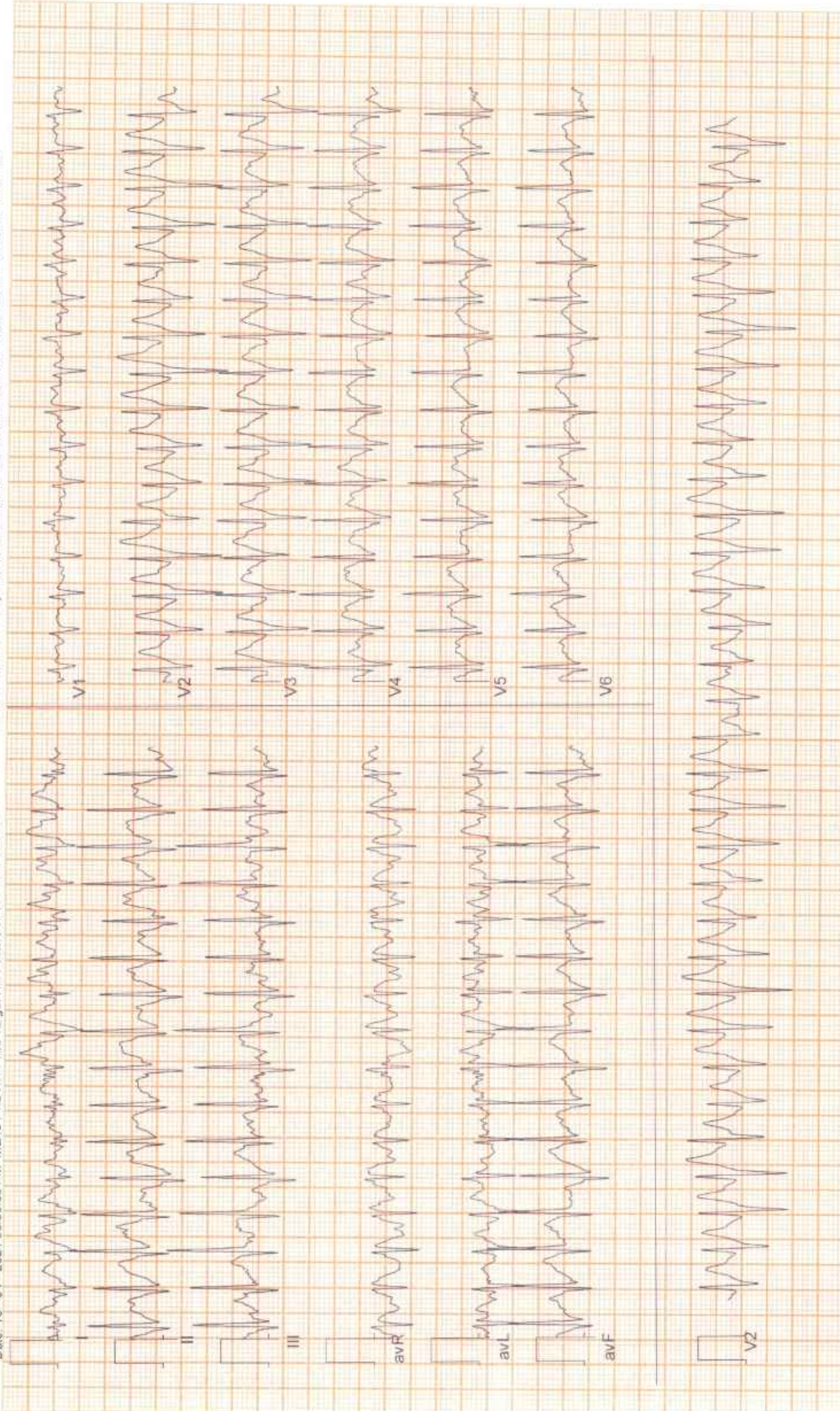
957 / GOPAL CHANDRA SAHU / 31 Yrs / Male / 169 Cm / 85 Kg

**6 x 2 + Rhythm
Recovery(1:00)**



Date: 13-04-2024 03:06:30 PM METs: 1.2 HR: 193 Target HR: 102% of 189 BP: 134/84

Ex Time: 08:04 1.1 mph 0.0 % 25 mm/Sec 1.0 Cm/mV BLC On/ Natch On/ HF 0.05 Hz/LF 35 Hz



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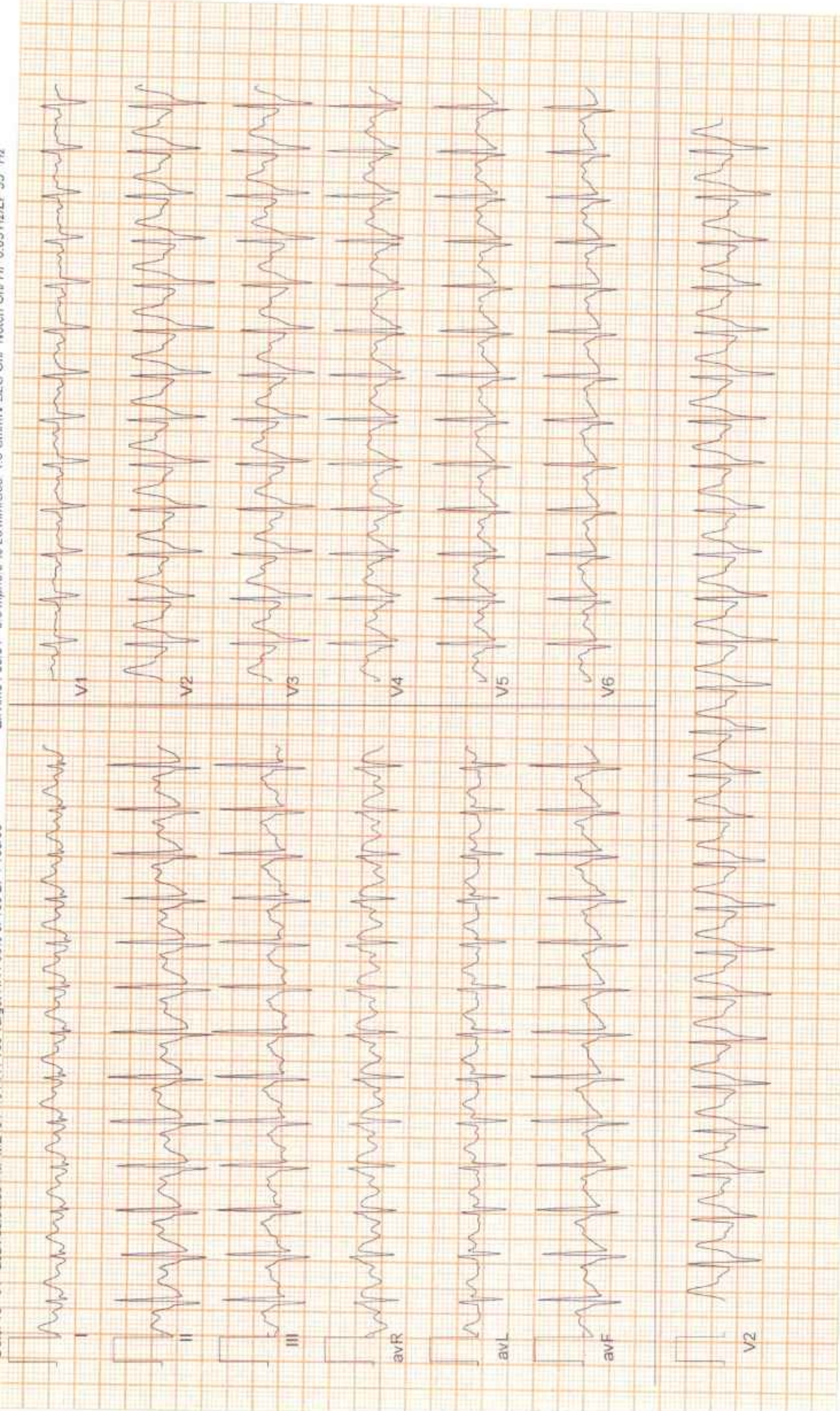
6 x 2 + Rhythm

Recovery(3:00)



Date: 13-04-2024 03:06:30 PM METs: 1.0 HR: 160 Target HR: 85% of 189 BP: 133/83

ExTime: 08:04 0.0 mph 0.0 % 25 mm/Sec 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

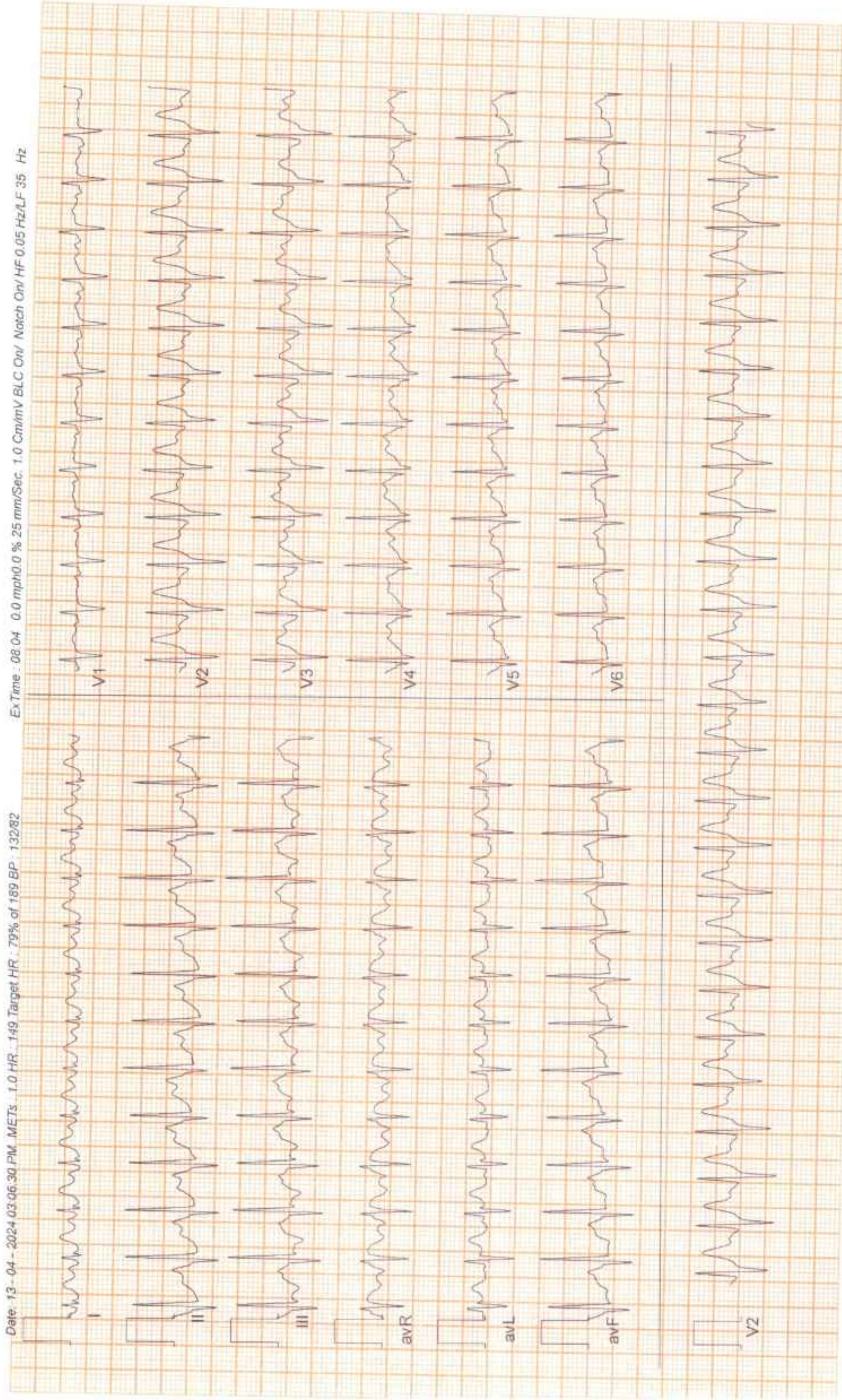


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SAHIDNAGAR, BHUBANESWAR

957 / GOPAL CHANDRA SAHU / 31 Yrs / Male / 169 Cm / 85 Kg

6 x 2 + Rhythm
Recovery(5:09)





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Regd. No. : 1834

ZENA HEALTHCARE SERVICES

(A Unit of Zena Enterprises)

NAME:-GOPAL CHANDRA SAHU
AGE:-31YRS
Patient ID:-1

REFERRAL:-MEDI-WHEEL
DATE:-13.04.2024
SEX:-MALE

CHEST X-RAY PA VIEW SHOWS.

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

IMPRESSION:-NORMAL STUDY.

B. Pradhan

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

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Website : www.zenacare.in

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MATERNITY CARE HOPITAL

NAME : GOPAL CHANDRA SAHU

DATE : 13-04-2024

AGE-31Y/M

SONOGRAPHER : DR. PARUL PATI

USG OF WHOLE ABDOMEN

LIVER: Normal in size, shape and parenchymal echotexture. No. SOL seen. Intrahepatic biliary channels normal in caliber and contains no echogenic structure. Portal and hepatic vascular systems within normal limits. P. V. measures 7.0 mm, liver.

GALL BLADDER: normal in shape and size no sol, no calculi seen.

C.B.D.: Common bile duct normal in calibre (3.2 mms).

SPLEEN : Normal in size, shape and parenchymal echotexture.

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

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

- Right kidney measures :8.9 x 6.4cms.
- Left kidney measures: 8.7 x 5.6cms.

URETERS: Both ureters not visualized (normal).

URINARY BLADDER: Symmetrical and normal in outline. Lumen clear. Walls normal in thickness

Prostrate-normal in size shape and echo structure .

Impression: Normal study of abdomen

Parul Pati
DR. PARUL PATI (O&G MD)
Regd. No: 5569

MATERNITY CARE HOSPITAL & IVF CENTRE
A-142/A-143, Sahid Nagar, Bhubaneswar

ID: 1981 CASE:
AGE: 31 Y M D
CMS KG

GOPAL CHANDRA SAHU
MALE

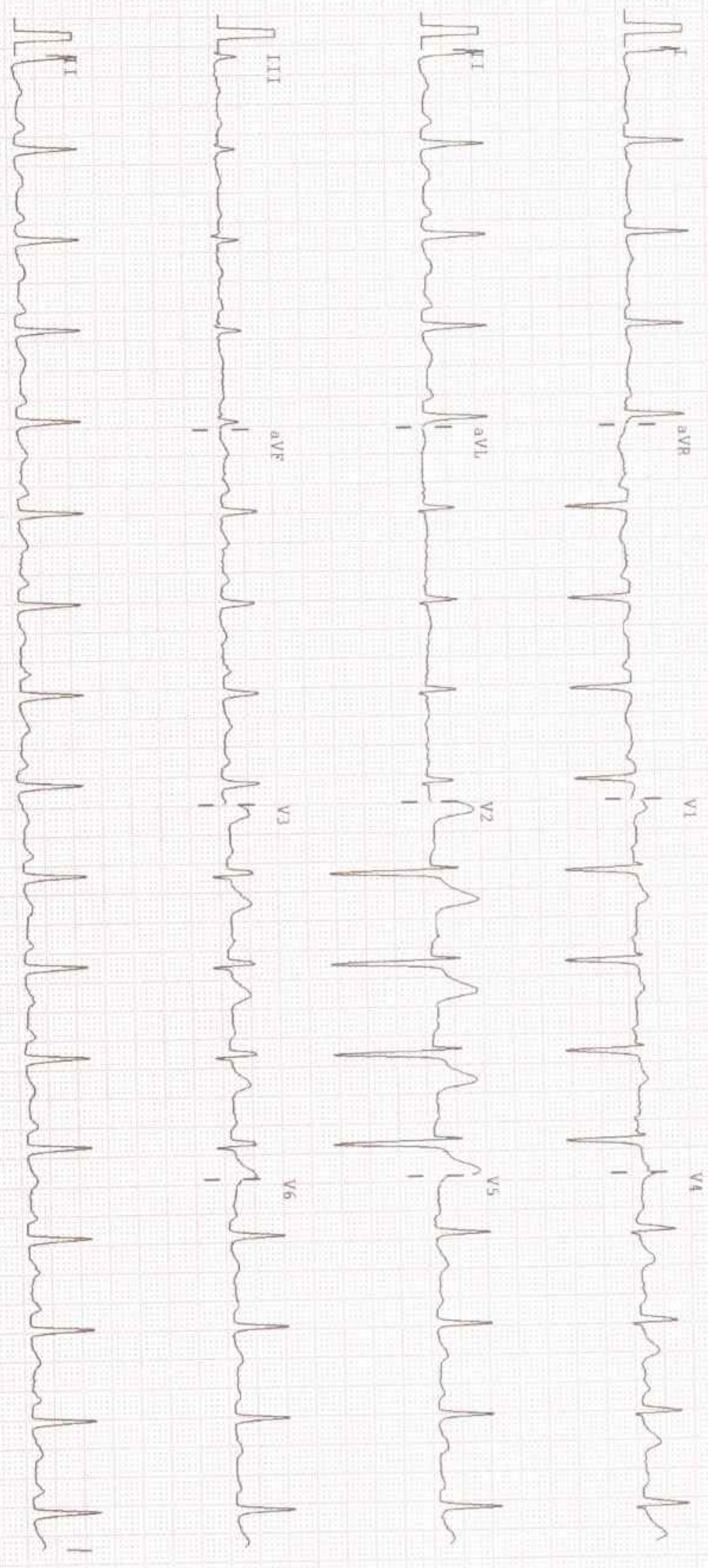
13/04/2024 10:16:26
ZENA HEALTHCARE
PLOT-119, SAHIDNAGAR, BHUBANESWAR

HR/TE	98 bpm	SINUS RHYTHM
R-R	610 ms	
P-R	162 ms	
QRS	78 ms	
QT	324 ms	
QTc	391 ms	
--AXIS--		
P	58°	
QRS	42°	NORMAL ECG
T	48°	

12 SL: REPORT FORMAT: 3x4+1L 50

REF:

Dr.



25mm/sec 10mm/mV Watch ON REC ON 0.05-35Hz ALLMEERS PISCES 1012/VER-1 91CLINITIALLY CORRELATE THE FINDINGS



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Regd. No. : 1834

Patient Name : MR. GOPAL CHANDRA SAHU

Age / Gender : 31 years / Male

Patient ID : 20852

Referral : MEDI WHEEL

Collection Time : 13/04/2024, 09:16 AM

Reporting Time : 13/04/2024, 08:14 PM

Sample ID :



Test Description	Value(s)	Reference Range	Unit
Glucose, Fasting (FBS)			
Glucose fasting Method : Fluoride Plasma-F, Hexokinase	177.06	75 - 115	mg/dL
Glucose, Post Prandial (PP)			
Blood Glucose-Post Prandial Method : Hexokinase	275.22	70 - 140	mg/dL
BUN, Serum			
BUN-Blood Urea Nitroge Method : Serum, Urease	16.7	10 - 50	mg/dL
Creatinine			
Creatinine Method : Serum, Jaffe	0.87	0.60 - 1.30	mg/dL
Uric acid, Serum			
Uric Acid Method : Uricase, Colorimetric	3.78	3.4 - 7.0	mg/dL

END OF REPORT

Lab technician

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

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Regd. No. : 1834

Patient Name : MR. GOPAL CHANDRA SAHU

Age / Gender : 31 years / Male

Patient ID : 20852

Referral : MEDI WHEEL

Collection Time : 13/04/2024, 09:16 AM

Reporting Time : 13/04/2024, 08:18 PM

Sample ID :



Test Description	Value(s)	Reference Range	Unit
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Blood Group ABO & Rh Typing, Blood

Blood Group (ABO typing)
Method : Manual-Hemagglutination

"B"

RhD Factor (Rh Typing)
Method : Manual hemagglutination

Positive

Complete Blood Count

Test Description	Value(s)	Reference Range	Unit
Hemoglobin (Hb)	11.6	13.5 - 18.0	gm/dL
Erythrocyte (RBC) Count	4.64	4.7 - 6.0	mil/cu.mm
Packed Cell Volume (PCV)	38.3	42 - 52	%
Mean Cell Volume (MCV)	82.54	78 - 100	fL
Mean Cell Haemoglobin (MCH)	25	27 - 31	pg
Mean Corpuscular Hb Conc. (MCHC)	30.29	32 - 36	g/dL
Red Cell Distribution Width (RDW)	14.0	11.5 - 14.0	%
Total Leucocytes (WBC) Count	8200	4000-10000	cell/cu.mm
Neutrophils	62	40 - 80	%
Lymphocytes	33	20 - 40	%
Monocytes	02	2 - 10	%
Eosinophils	03	1 - 6	%
Basophils	00	1-2	%
Platelet Count	263	150 - 450	10 ³ /ul
Mean Platelet Volume (MPV)	11.1	7.2 - 11.7	fL
PCT	0.29	0.2 - 0.5	%
PDW	18.7	9.0 - 17.0	%

END OF REPORT

Lab technician

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

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Regd. No. : 1834

Patient Name : MR. GOPAL CHANDRA SAHU

Age / Gender : 31 years / Male

Patient ID : 20852

Referral : MEDI WHEEL

Collection Time : 13/04/2024, 09:16 AM

Reporting Time : 13/04/2024, 08:17 PM

Sample ID :



23846

Test Description	Value(s)	Reference Range	Unit
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HbA1c, Glycosylated Hemoglobin

HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD	7.23		%
<small>Method : (HPLC, NGSP certified)</small>			
Estimated Average Glucose :	160.80	-	mg/dL

Interpretation

As per American Diabetes Association (ADA)	
Reference Group	HbA1c in %
Non diabetic adults >=18 years	<5.7
At risk (Prediabetes)	5.7 - 6.4
Diagnosing Diabetes	>= 6.5
Therapeutic goals for glycemic control	Age > 19 years Goal of therapy: < 7.0 Action suggested: > 8.0 Age < 19 years Goal of therapy: <7.5

Note:

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

Comments

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

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

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

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Patient Name : MR. GOPAL CHANDRA SAHU

Age / Gender : 31 years / Male

Patient ID : 20852

Referral : MEDI WHEEL

Collection Time : 13/04/2024, 09:16 AM

Reporting Time : 13/04/2024, 08:17 PM

Sample ID :



23846

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

ESR, Erythrocyte Sedimentation Rate

ESR - Erythrocyte Sedimentation Rate 8 0 - 15 mm/hr
Method : EDTA Whole Blood, Manual Westergren

Interpretation:

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

END OF REPORT

Lab technician

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Regd. No. : 1834

Patient Name : MR. GOPAL CHANDRA SAHU

Age / Gender : 31 years / Male

Patient ID : 20852

Referral : MEDI WHEEL

Collection Time : 13/04/2024, 09:16 AM

Reporting Time : 13/04/2024, 08:14 PM

Sample ID :



Test Description	Value(s)	Reference Range	Unit
Lipid Profile			
Cholesterol-Total Method : Spectrophotometry	175.14	Desirable level < 200 Borderline High 200-239 High >or = 240	mg/dL
Triglycerides Method : Serum, Enzymatic, endpoint	327.42	Normal: < 150 Borderline High: 150-199 High: 200-499 Very High: >= 500	mg/dL
HDL Cholesterol Method : Serum, Direct measure-PEG	44.25	Normal: > 40 Major Risk for Heart: < 40	mg/dL
LDL Cholesterol Method : Enzymatic selective protection	65.41	Optimal < 100 Near / Above Optimal 100-129 Borderline High 130-159 High 160-189 Very High >or = 190	mg/dL
VLDL Cholesterol Method : Serum, Enzymatic	65.48	6 - 38	mg/dL
CHOL/HDL Ratio Method : Serum, Enzymatic	3.96	3.5 - 5.0	
LDL/HDL Ratio Method : Serum, Enzymatic	1.48	2.5 - 3.5	

Note:

8-10 hours fasting sample is required.

END OF REPORT

Lab technician

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Age / Gender : 31 years / Male

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Reporting Time : 13/04/2024, 08:16 PM

Sample ID :



Test Description	Value(s)	Reference Range	Unit
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Urine(R/M) Routine Examination of Urine

General Examination

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

Chemical Examination

Urine Protein (Albumin)	Absent	Absent	
Urine Glucose (Sugar)	Present	Absent	

Microscopic Examination

Red blood cells	Absent	0-4	/hpf
Pus cells (WBCs)	2 - 4 /HPF	0-9	/hpf
Epithelial cells	1 - 2 /HPF	0-4	/hpf
Crystals	Absent	Absent	
Cast	Absent	Absent	
Bacteria	Absent	Absent	

END OF REPORT

Lab technician

K. Sahoo
Dr. Kundan Kumar Sahoo
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Referral : MEDI WHEEL

Collection Time : 13/04/2024, 09:16 AM

Reporting Time : 13/04/2024, 08:16 PM

Sample ID :



Test Description	Value(s)	Reference Range	Unit
LFT, Liver Function Test			
Bilirubin - Total Method : Serum, Jendrassik Grof	0.56	0.00 - 1.00	mg/dL
Bilirubin - Direct Method : Serum, Diazotization	0.16	0.00 - 0.20	mg/dL
Bilirubin - Indirect Method : Serum, Calculated	0.40	0.10 - 0.80	mg/dL
SGOT Method : Serum, UV with P5P, IFCC 37 degree	26.3	8 - 33	U/L
SGPT Method : Serum, UV with P5P, IFCC 37 degree	33.4	3 - 35	U/L
GGT-Gamma Glutamyl Transpeptidase Method : Serum, G-glutamyl-carboxy-nitroanilide	8.95	< 55	U/L
Alkaline Phosphatase Method : PNPP-AMP Buffer/Kinetic	118.3	53-128	U/L
Total Protein Method : Serum, Biuret, reagent blank end point	7.23	6.60 - 8.70	g/dL
Albumin Method : Serum, Bromocresol green	3.95	3.50 - 5.30	g/dL
Globulin Method : Serum, EIA	3.28	2.00-3.50	g/dL
A/G Ratio Method : Serum, EIA	1.20	1.2 - 2.2	

END OF REPORT

Lab technician


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Patient Name : MR. GOPAL CHANDRA SAHU

Age / Gender : 31 years / Male

Patient ID : 20852

Referral : MEDI WHEEL

Collection Time : 13/04/2024, 09:16 AM

Reporting Time : 13/04/2024, 08:19 PM

Sample ID :



Test Description	Value(s)	Reference Range	Unit
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Thyroid Profile (T3, T4, TSH)

T3-Total Method : CLIA	0.98	0.87 - 2.73	ng/dL
T4-Total Method : CLIA	7.95	6.09 - 12.23	ug/dL
TSH-Ultrasensitive Method : CLIA	0.59	0.45 - 4.50	uIU/mL

Interpretation

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

****END OF REPORT****

Lab technician

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

For Home Collection Please Call at Number :

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

Wishing Good Health
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957 / GOPAL CHANDRA SAHU / 31 Yrs / M / 169 Cms / 85 Kg Date: 13-Apr-2024 Refd By : MEDI-WHEEL Examined By:

Stage	Time	Duration	Speed(mph)	Elevation	METs	Rate	%THR	BP	RPP	PVC	Comments
Supine	00:19	0:19	00.0	00.0	01.0	105	56 %	131/80	137	00	
Standing	00:36	0:17	00.0	00.0	01.0	100	53 %	131/80	131	00	
HV	00:53	0:17	00.0	00.0	01.0	106	56 %	131/80	138	00	
ExStart	01:10	0:17	00.0	00.0	01.0	090	48 %	131/80	117	00	
BRUCE Stage 1	04:10	3:00	01.7	10.0	04.7	176	93 %	132/81	232	00	
BRUCE Stage 2	07:10	3:00	02.5	12.0	07.1	181	96 %	134/83	242	00	
PeakEx	09:14	2:04	03.4	14.0	09.3	198	105 %	135/84	267	00	
Recovery	09:44	0:30	01.1	00.0	04.2	195	103 %	135/84	263	00	
Recovery	10:14	1:00	01.1	00.0	01.2	193	102 %	134/84	258	00	
Recovery	12:14	3:00	00.0	00.0	01.0	160	85 %	133/83	212	00	
Recovery	14:23	5:09	00.0	00.0	01.0	149	79 %	132/82	196	00	

FINDINGS :

Exercise Time : 08:04
 Initial HR (ExSirt) : 90 bpm 48% of Target 189
 Initial BP (ExSirt) : 131/80
 Max WorkLoad Attained : 9.3 Good response to induced stress
 Test End Reasons : Test Complete

Max HR Attained : 198 bpm 105% of Target 189
 Max BP Attained : 135/84

REPORT :

