


MER- MEDICAL EXAMINATION REPORT

Date of Examination	26/8/23		
NAME	PANKAJ KUMAR BORA		
AGE	35	Gender	M
HEIGHT(cm)	167	WEIGHT (kg)	77
B.P.	128/84		
ECCG	Normal		
X Ray	Normal		
Vision Checkup	-		
Present Ailments	No		
Details of Past ailments (If Any)	None		
Comments / Advice : She /He is Physically Fit	Medicines Pip		




 Signature with Stamp of Medical Examiner
 Dr. Smita Kastoogi
 MBBS, DCP
 Reg. No. 37570

भारत सरकार
GOVERNMENT OF INDIA

पंकज कुमार भारती
Pankaj Kumar Bharti
जन्म तिथि/ DOB: 05/07/1988
पुरुष / MALE

8183 5900 9350

मेरा आधार, मेरी पहचान

भारतीय विशिष्ट पहचान प्राधिकरण
UNIQUE IDENTIFICATION AUTHORITY OF INDIA

पता:
आत्मज: जगन्नाथ राम,
सूअरबोझ, पिपरी, मऊ,
उत्तर प्रदेश - 275101

Address:
S/O: Jagannath Ram, suarabojh,
Pipri, Mau,
Uttar Pradesh - 275101

8183 5900 9350

MERA AADHAAR, MERI PEHACHAN



Pankaj Kumar

To,

The Modern Pathology
& Diagnostic Centre

Date: 26-08-2023

Re: Annual Health Checkup

Dear Sir,

I have been informed by pathology that there is not available some test such as diet consultation, ~~dental~~, eye optical and 2D echo instead of TMT.

Hence I request you to kindly provide all test instead above mentioned.

Thanks & Regards

(Pankaj Kumar)

Pankaj Kumar Bhatti

Officer

Bank of Baroda





MODERN PATHOLOGY & DIAGNOSTIC CENTRE

Dr. R. P. Rastogi
M.B.B.S., M.D. (Path & Bact)



CLINIC :
1/4A, Vineet Khand, (Opp Jaipuria Management)
Gomti Nagar, Lucknow - 226 010
Ph.: 0522-4008184, 4308184 • 8112323230
Mob.: 7618884441, 9450389932, 8177063877

Date : 26-Aug-2023
Name : **Mr. PANKAJ BHARTI** Age : 35 Yrs.
Ref.By : APOLLO HEALTH Sex : Male

KFT			
UREA	19.2	mg %	15 - 50
CREATININE	0.89	mg %	0.5 - 1.5
URIC ACID	5.4	mg %	2 - 7
CALCIUM	9.8	mg %	8.8 - 10.0

Blood Group & Rh "A" Positive

Urine Sugar (Fasting) NIL

Urine Sugar (PP) NIL

Serum Gamma G.T. 39 IU/L 11 - 50

Plasma Glucose - F
GOD-POD Method 119 mg/dl 70 - 110

Plasma Glucose - PP
GOD POD Method 250 mg/dl 110 - 170

LFT T&D			
Total Bilirubin	0.68	mg%	0.2 - 1.0
Direct Bilirubin	0.29	mg%	0.0 to 0.40
Indirect Bilirubin	0.39	mg%	0.10 to 0.90
S.G.P.T	36	IU/L	5 - 40
S.G.O.T	31	IU/L	5 - 50
ALP	86	IU/L	40 to 129

Haemoglobin 14.9 gm% 14 - 17

Total Leucocyte Count 9500 Cells/cumm. 4000-11000

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Dr. Smita Rastogi
Contd... M.B.B.S., DCP

Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

SAMPLE COLLECTION FACILITY AVAILABLE

Report needs clinicopathological correlation ♦ Not for Medico Legal Purpose

e-mail : mpdcgn@gmail.com ♦ For online reports - www.modernpath.in

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Date : 26-Aug-2023
Name : **Mr. PANKAJ BHARTI** Age : 35 Yrs.
Ref.By : APOLLO HEALTH Sex : Male

Differential Leucocyte Count

Polymorphs	57	%	45 - 70
Lymphocytes	34	%	20 - 45
Eosinophils	04	%	0 - 6
Monocytes	05	%	0 - 8
Basophils	00	%	0 - 1

Erythrocyte Sedimentation Rate (Wintrobe)

ESR	08	mm in 1st Hr.	0 - 9
PCV	38.2	cc%	40 - 52
Corrected ESR	02	mm in 1st Hr.	0 - 9

Platelet Count 1.79 lakh/cumm. 1.5 - 4.0

Red Cells Count 5.20 million/cmm 3.90 to 5.80

Absolute values

MCV	91.3	fL	77 - 97
MCH	28.6	pg	27 - 31
MCHC	31.3	gm /dl	31 - 34

General Blood Picture

RBCs RBCs are Normocytic & Normochromic.
No Normoblasts are seen.

WBCs TLC is within normal range.
DLC shows normal counts.
No immature cells of WBC seen.

PLATELETS Platelets are adequate in number and morphology.

OTHERS No haemoparasites are seen.

IMPRESSION Normal GBP

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Date	: 26-Aug-2023	Age	: 35 Yrs.
Name	: Mr. PANKAJ BHARTI	Sex	: Male
Ref.By	: APOLLO HEALTH		

LIPID PROFILE

Triglycerids	124	mg%	70 - 190
S. Cholestrol S.	151	mg%	130 - 230
S. HDL Cholestrol	42.1	mg%	35 - 75
S. LDL Cholestrol	84.1	mg%	75 - 150
VLDL	24.8	mg%	0 - 34
Chol / HDL factor	3.59		
LDL / HDL Factor	2		

COMMENTS

* Triglycerides (TG) are the main dietary lipids. Cholesterol constitutes a small part of the dietary lipids, it is mostly synthesised in the liver. Both TG and Chol. are transported through the plasma by lipoproteins (Chylomicrons, VLDL, LDL, IDL, HDL).

* LDL is the major cholesterol particle in plasma and high levels are strongly implicated in the formation of atheroma. An increase in the LDL leads to hypercholesterolemia, and therefore a risk factor for IHD. LDL increases with age particularly in females. Oestrogen lower LDL and raise HDL. Raised chol. in females is mostly due to disturbed thyroid function.

* Increase in VLDL leads to hyperglyceridaemia. Raised TGs are associated with increased risk of CHD. Very high TGs increase the risk of Pancreatitis. Cholesterol is often raised due to Diabetes, Renal disease, Diuretic or Betablocker therapy.

TYPES OF HYPERLIPOPROTEINEMIAS

TYPE 1: Normal cholesterol TG greatly raised	TYPE 3: Cholesterol increased TG increased
TYPE 2a: Cholesterol increased LDL increased TG normal	TYPE 4: Cholesterol normal /increased VLDL increased TG increased
TYPE 2b Chol. increased VLDL raised TG increased LDL increased	TYPE 5: Cholesterol increased LDL reduced VLDL increased TG greatly increased

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Date : 26-Aug-2023

Name : **Mr. PANKAJ BHARTI**

Age : 35 Yrs.

Ref.By : APOLLO HEALTH

Sex : Male

Urine Examination

PHYSICAL

Colour	Straw
Turbidity	Nil
Deposit	Nil
Reaction	Acidic
*Specific Gravity	1.030

CHEMICAL

Protein	Nil
Sugar	Nil
*Bile Salts	Nil
*Bile Pigments	Nil
Phosphate	Nil

MICROSCOPIC

Pus Cells	Nil	/hpf
Epithelial Cells	Occasional	/hpf
Red Blood Cells	Nil	/hpf
Casts	Nil	
Crystals	Nil	
Others	Nil	

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Date	: 26-Aug-2023	Age	: 35 Yrs.
Name	: Mr. PANKAJ BHARTI	Sex	: Male
Ref.By	: APOLLO HEALTH		

THYROID TEST

Tri-iodothyronine (T3)	1.80	nmol/L	0.50 to 2.50
Thyroxine (T4)	9.40	mcg/dL	5.0 to 12.5
Thyroid Stimulating Hormone (TSH)	3.12	mIU/ ml	0.3 to 6.0

COMMENTS

- 1) Primary hyperthyroidism is accompanied by elevated Serum T3 and T4 values along with depressed TSH levels.
- 2) Primary Hypothyroidism is accompanied by depressed serum T3 and T4 values and elevated serum TSH levels.
- 3) Normal T4 levels accompanied by high T3 levels are seen in patients with T3 thyrotoxicosis.
- 4) Slightly elevated T3 levels may be found in pregnancy and estrogen therapy, while depressed levels maybe encountered in severe illness, malnutrition, renal failure and during therapy with drugs like propranolol and propylthiouracil.
- 5) Elevated TSH levels may also be indicative of TSH secreting Pituitary Tumour.

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Date	: 26-Aug-2023	Age	: 35 Yrs.
Name	: Mr. PANKAJ BHARTI	Sex	: Male
Ref.By	: APOLLO HEALTH		

Glycosylated Haemoglobin

Glycosylated Haemoglobin	9.0	%	4.5 TO 6.0
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INTERPRETATION AND COMMENTS

NON DIABETIC : 4.5 to 6.0 %
GOOD CONTROL: 6.0 to 7.0
FAIR CONTROLLED 7.0 AND 8.0
UNCONTROLLED 8.0 AND ABOVE

Glycosylated haemoglobin is the adducted glucose in the haemoglobin of the red blood cells, this adduction is stable for the life time of the RBC (i.e 120 days). There fore the measure of glycosylated haemoglobin reflects the average blood glucose concentration over the preseding several weeks. The sudden change in blood glucose level would not effect the glycosylated haemoglobin level ,which serves as a better marker of long term metabolic control and the efficacy of therapy.

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Patient name: Mr Pankaj Bharti
Ref By. : Apollo Health

Age/Sex 35/M
26/08/2023

E.C.G. REPORT

1. Rhythm	:	Sinus, Regular
2. Atrial Rate	:	68/mt
3. Ventricular Rate	:	68/mt
4. P – Wave	:	Normal
5. P R Interval	:	Normal
6. Q R S	:	
Axis	:	Normal
R/S Ratio	:	Normal
Configuration	:	Normal
7. Q T c Interval	:	Normal
8. S-T Segment	:	Normal
9. T-Wave	:	Normal

FINAL IMPRESSION

E.C.G. is within normal limits.

Signature of Doctor

DR. SANJAY RASTOGI MD
Reg. No. 44559

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M.B.B.S., DCP, CRIAT (BARC)

Dr. Smita Rastogi
M.B.B.S., DCP

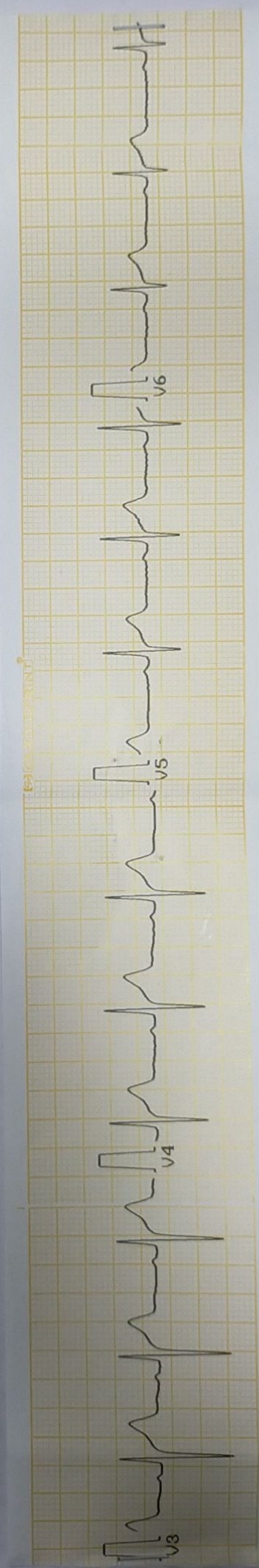
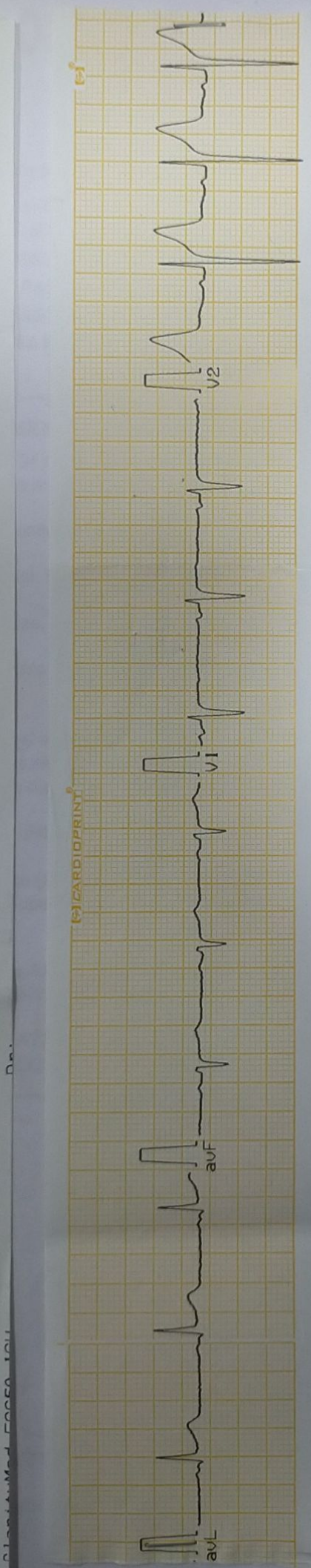
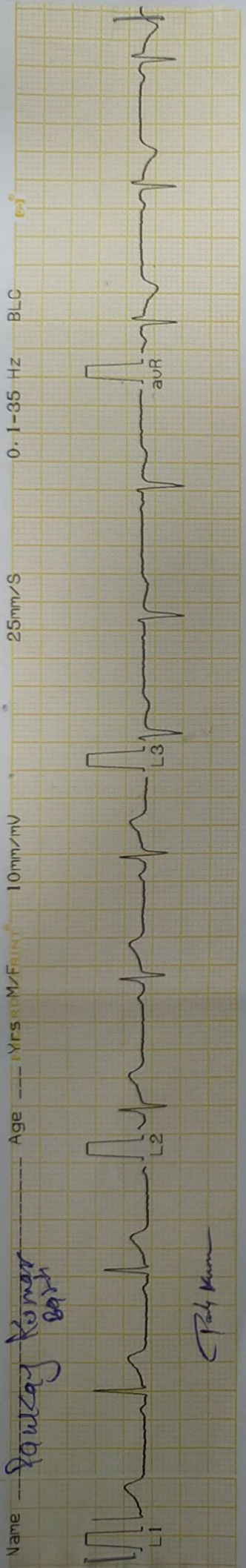
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DR. AMIT K. KHAN MD
Reg. No. 44559



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Ph.: 0522-4008184, 4308184 • 8112323230
Mob.: 7618884441, 9450389932, 8177063877



TEST REQUEST ID :012308260012	SAMPLE DATE	:26/Aug/2023 08:26AM
NAME :Mr. PANKAJ BHARTI	SAMPLE REC. DATE	:26/Aug/2023 08:26AM
AGE/SEX :35 YRS/MALE	REPORTED DATE	:26/Aug/2023 12:36PM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01260012

USG WHOLE ABDOMEN-MALE

Liver: is normal in size (134 mm). **Parenchymal echogenicity is increased.** No focal echovariant lesion is seen. Intrahepatic biliary radicles are not dilated.

Gall Bladder: is well distended. Lumen is anechoic. Wall is of normal thickness.

CBD: is normal in diameter. Portal vein is normal in diameter.

Pancreas: is normal in size, shape and echotexture. No focal echovariant lesion is seen. Pancreatic duct is not dilated.

Spleen: is enlarged in size (129 mm), shape and echotexture. No focal echovariant lesion is seen. Splenic vein is normal.

Both Kidneys: are normal in size (RK- 103 x 51 mm & LK -113 x 41 mm), shape, position and excursion. Parenchymal echogenicity and echotexture is normal with maintained corticomedullary differentiation. No mass, cyst or calculi is seen. Pelvicalyceal systems are not dilated. Ureters are not dilated.

Urinary bladder: is well distended. Lumen is anechoic. Wall is of normal thickness. No mass or calculus is seen.


Prostate: is normal in size (24 x 35 x 27 mms, wt = 12.8 gms), shape and echotexture. No focal echovariant lesion is seen. Prostatic capsule appears to be intact. Median lobe is not projecting in UB lumen. Both seminal vesicles appear normal.

Both iliac fossae are clear. No obvious bowel pathology is noted.
There is no free fluid in peritoneal cavity.

OPINION: - GRADE-I FATTY LIVER.
- SPLEENOMEGALY

*** End Of Report ***

Dr. Sanjay Rastogi
M.B.B.S., DCP, CRIAT (BARC)


DR. PANKAJ UPADHYAYA
Consultant Radiologist

Dr. Smita Rastogi
M.B.B.S., DCP

Print Results adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

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NAME :Mr. PANKAJ BHARTI	SAMPLE REC. DATE	:26/Aug/2023 08:26AM
AGE/SEX :35 YRS/MALE	REPORTED DATE	:26/Aug/2023 02:26PM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01260012

XRAY CHEST PA

- Trachea is central in position.
- Bilateral lung fields are normally aerated.
- Both hilar shadows are normal.
- Both C.P. angles are clear.
- Cardiac shadow is within normal limits.
- Bony cage appears normal.

OPINION: NORMAL STUDY.

Please correlate clinically.

*** End Of Report ***

DR. PANKAJ UPADHYAYA
DMRD
Consultant Radiologist

Dr. Sanjay Rastogi
M.B.B.S., DCP, CRIAT (BARC)

Dr. Smita Rastogi
M.B.B.S., DCP

Print Date: 26/08/2023 08:26 AM
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Page 1 of 1

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MODERN PATHOLOGY AND DIAGNOSTIC CENTER

Gómti Nagar Lucknow



Report

PANKAJ KUMAR BHARTI / 35 Yrs / M / 167 Cms / 77 Kg

Date: 26 - 08 - 2023 Refd By : APOLLO HEALTH Examined By:

Stage	Time	Duration	Speed(Kmph)	Elevation	METs	Rate	% THR	BP	RPP	PVC	Comments
Supine	00:04	0:04	00.0	00.0	01.0	096	52 %	128/84	122	00	
Standing	00:08	0:04	00.0	00.0	01.0	096	52 %	128/84	122	00	
HV	00:12	0:04	00.0	00.0	01.0	093	50 %	128/84	119	00	
ExStart	00:25	0:13	00.0	00.0	01.0	093	50 %	128/84	119	00	
BRUCE Stage 1	03:25	3:00	02.7	10.0	04.7	149	81 %	128/84	190	00	
BRUCE Stage 2	06:25	3:00	04.0	12.0	07.1	169	91 %	136/90	229	00	
PeakEx	06:39	0:14	05.5	14.0	07.4	173	94 %	140/94	242	00	
Recovery	07:39	1:00	00.0	00.0	01.1	130	70 %	138/92	179	00	
Recovery	08:39	2:00	00.0	00.0	01.0	124	67 %	130/86	161	00	
Recovery	09:39	3:00	00.0	00.0	01.0	111	60 %	130/86	144	00	
Recovery	09:45	3:05	00.0	00.0	01.0	111	60 %	130/86	144	00	

FINDINGS :

Exercise Time : 06:14
 Max HR Attained : 173 bpm 94% of Target 185
 Max BP Attained : 142/96 (mm/Hg)
 Max WorkLoad Attained : 7.4 Fair response to induced stress
 Test End Reasons : Test Complete , Fatigue

REPORT :

CONCLUSIONS:

1. STRESS TEST IS NEGATIVE FOR EXERCISE INDUCED ISCHAEMIC HEART DISEASE.

Dr. AMIT MOHAN MD
 Reg. No. 44559

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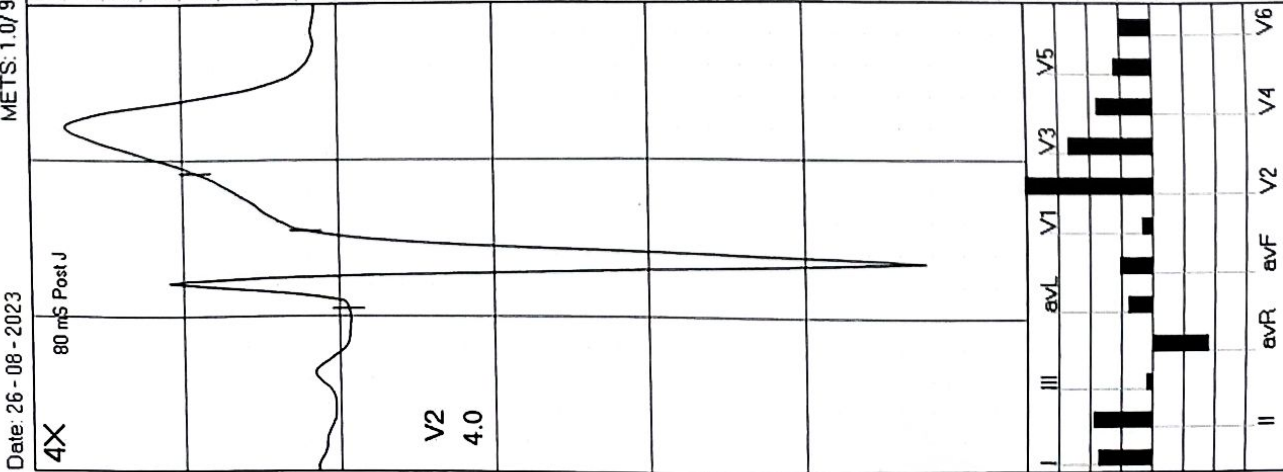
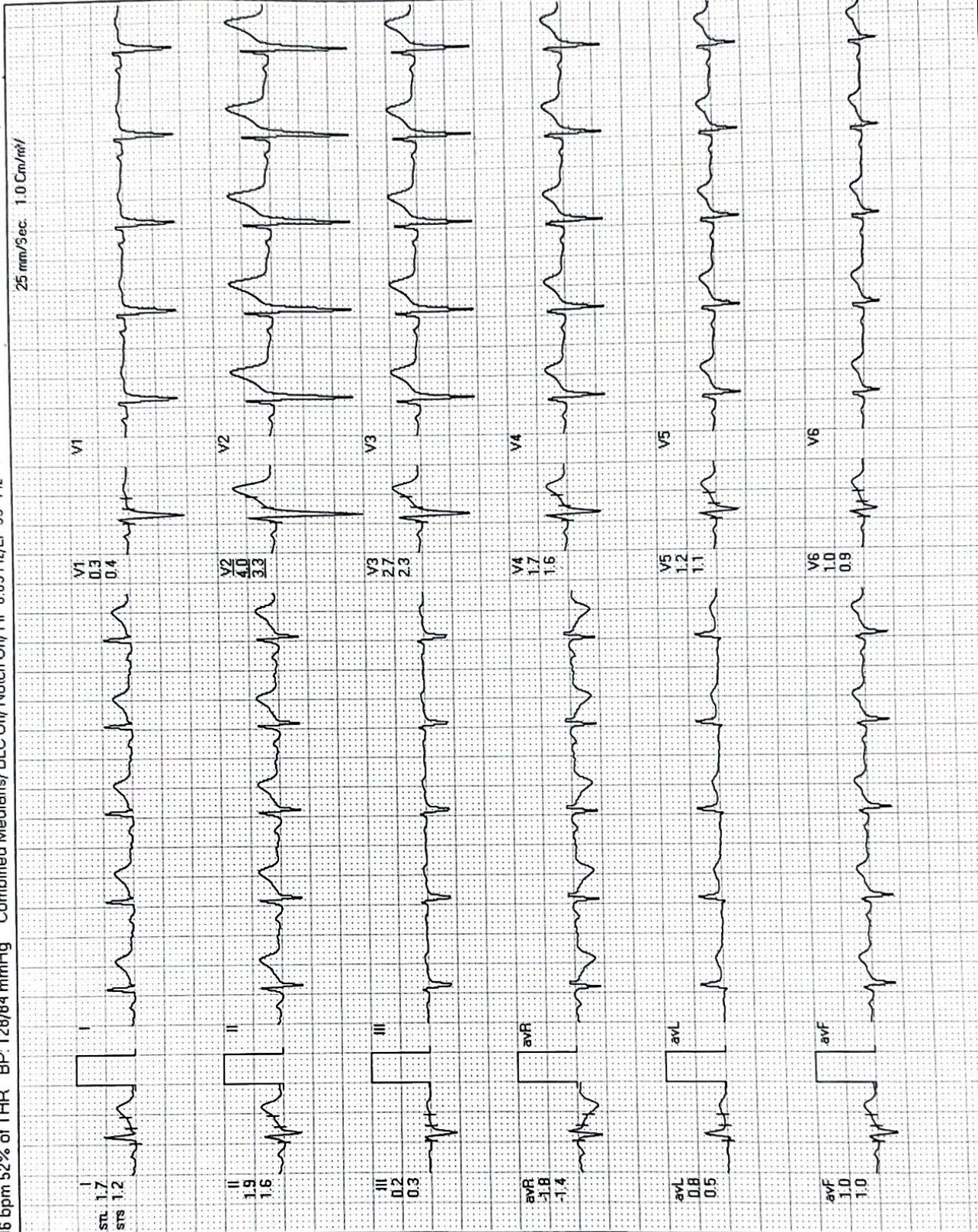
PANKAJ KUMAR BHARTI / 35 Yrs / M / 167 Cms / 77 Kg / HR : 96

BRUCE:Supine(0:05)



ExTime: 00:00 0.0 Kmph. 0.0%

METS: 1.07 96 bpm 52% of THR BP: 128/84 mmHg Combined Medisns/BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



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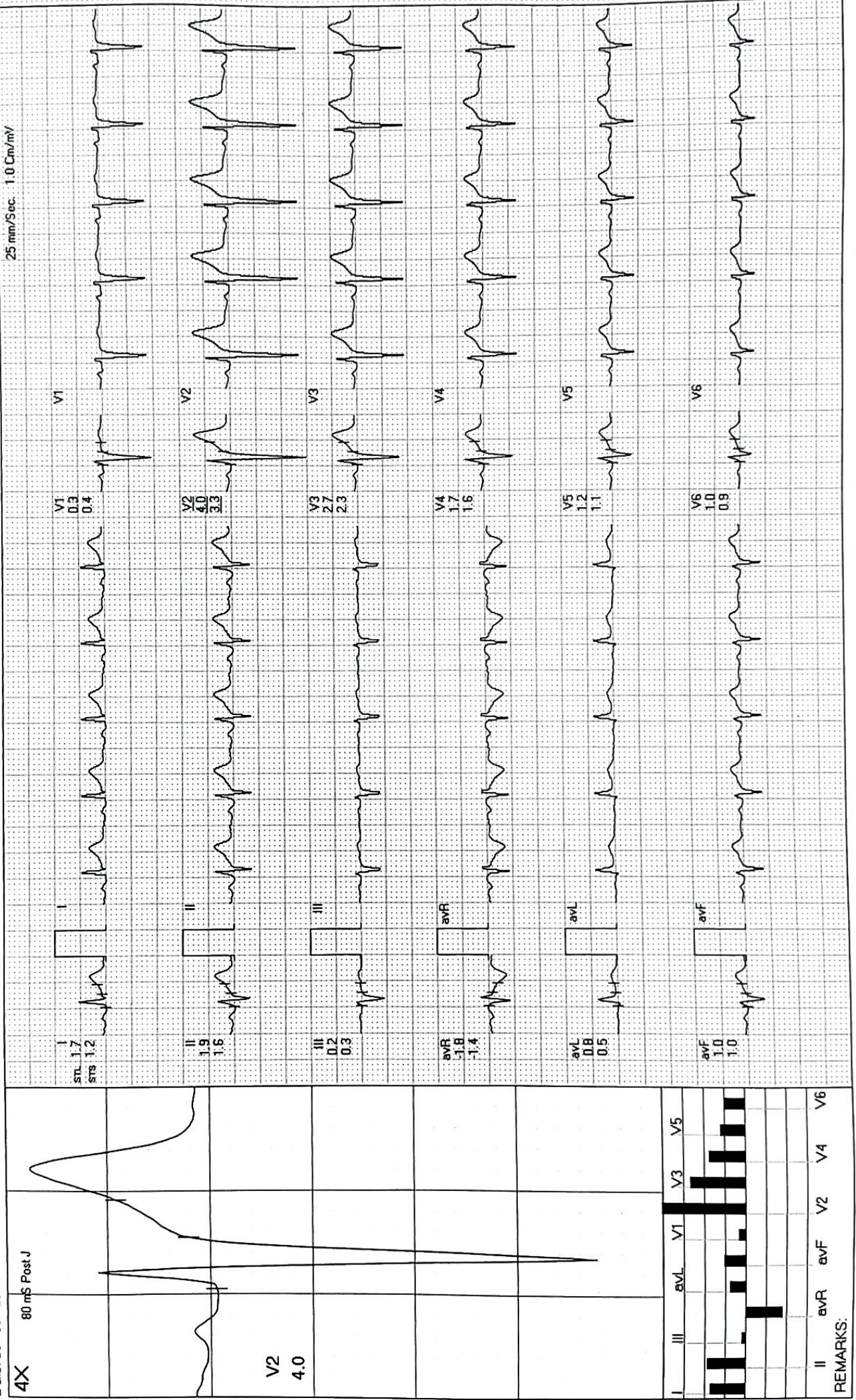
PANKAJ KUMAR BHARTI / 35 Yrs / M / 167 Cms / 77 Kg / HR : 96

BRUCE:Standing(0:04)



ExTime: 00:00 0.0 Km/h, 0.0%

METS: 1.0/ 96 bpm 52% of THR BP: 128/84 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/ LF 35 Hz





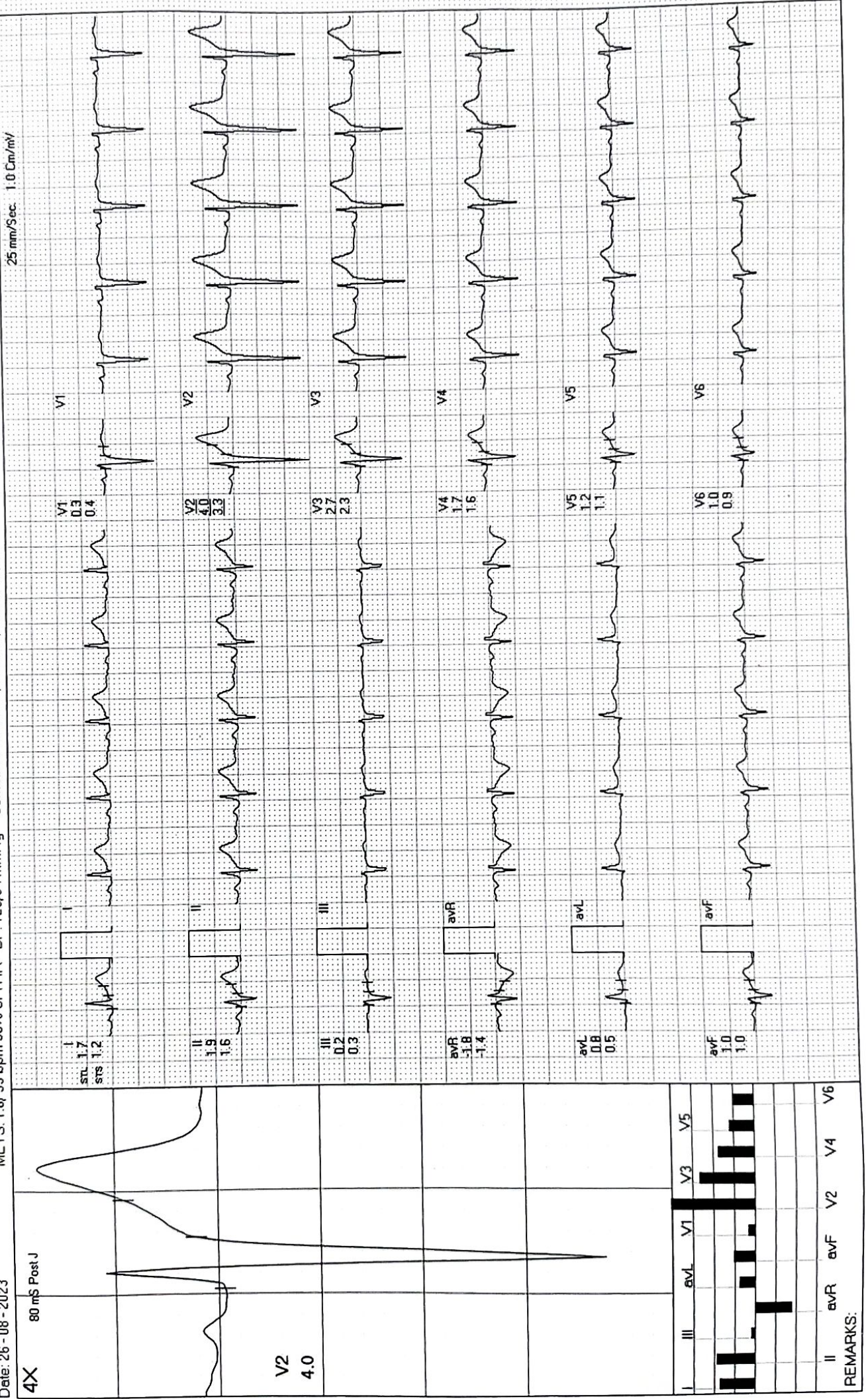
BRUCE:HV(0:07)

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PANKAJ KUMAR BHARTI / 35 Yrs / M / 167 Cms / 77 Kg / HR : 93

ExTime: 00:00 0.0 Kmph. 0.0%

METS: 1.0/ 93 bpm 50% of THR BP: 128/84 mmHg Combined Medians/ BLC On/ Natch On/ HF 0.05 Hz/LF 35 Hz



4X 80 mS Post J

V2 4.0

Lead	III	aVL	V1	V3	V5
II	avR	avF	V2	V4	V6

REMARKS:



ExStart

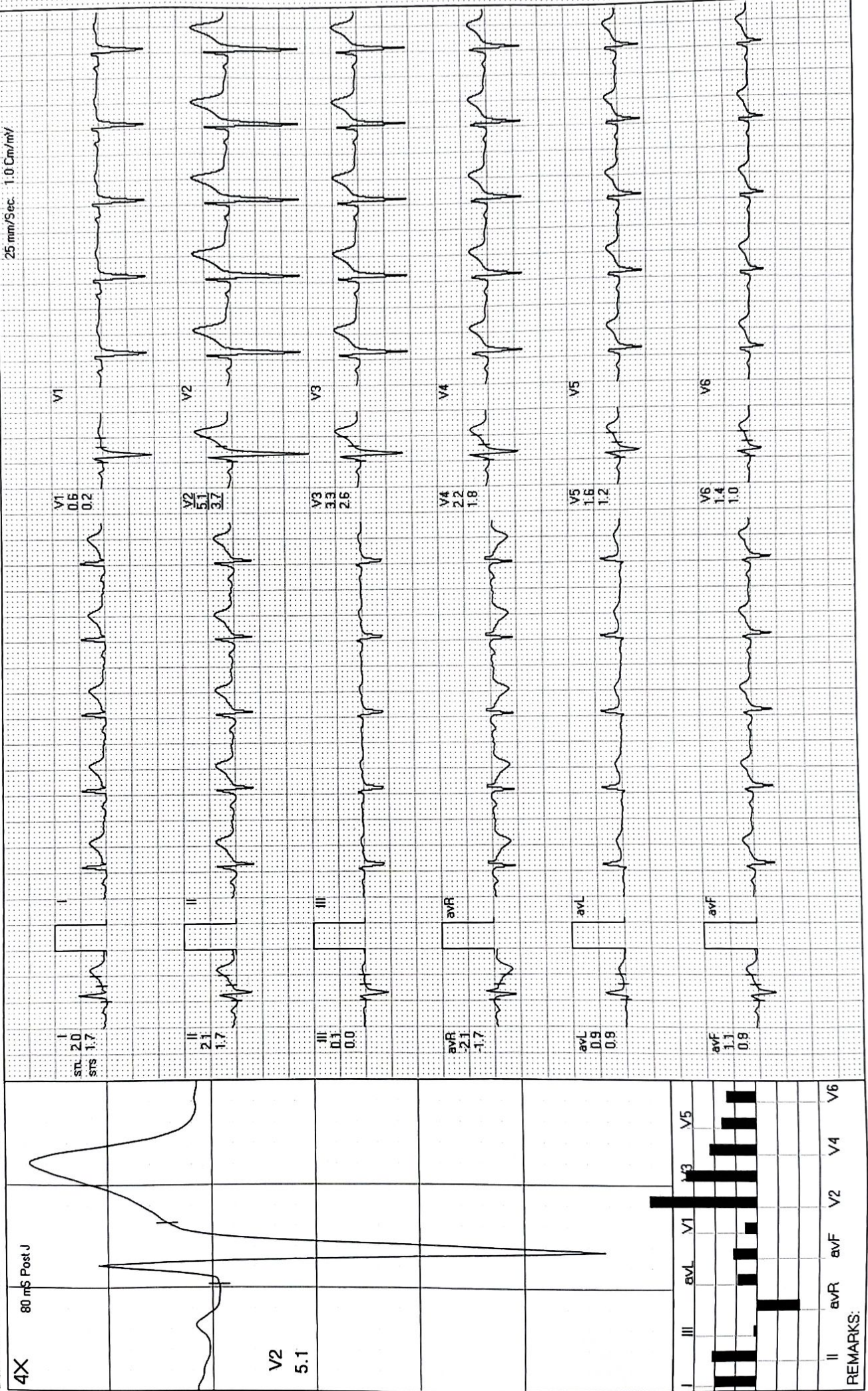
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PANKAJ KUMAR BHARTI / 35 Yrs / M / 167 Cms / 77 Kg / HR : 93

Date: 26 - 08 - 2023

METS: 1.07 93 bpm 50% of THR BP: 128/84 mmHg Combined Medians/BLC On/ HF 0.05 Hz/LF 35 Hz

ExTime: 00:00 0.0 KmPh. 0.0%



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PANKAJ KUMAR BHARTI / 35 Yrs / M / 167 Cms / 77 Kg / HR : 149

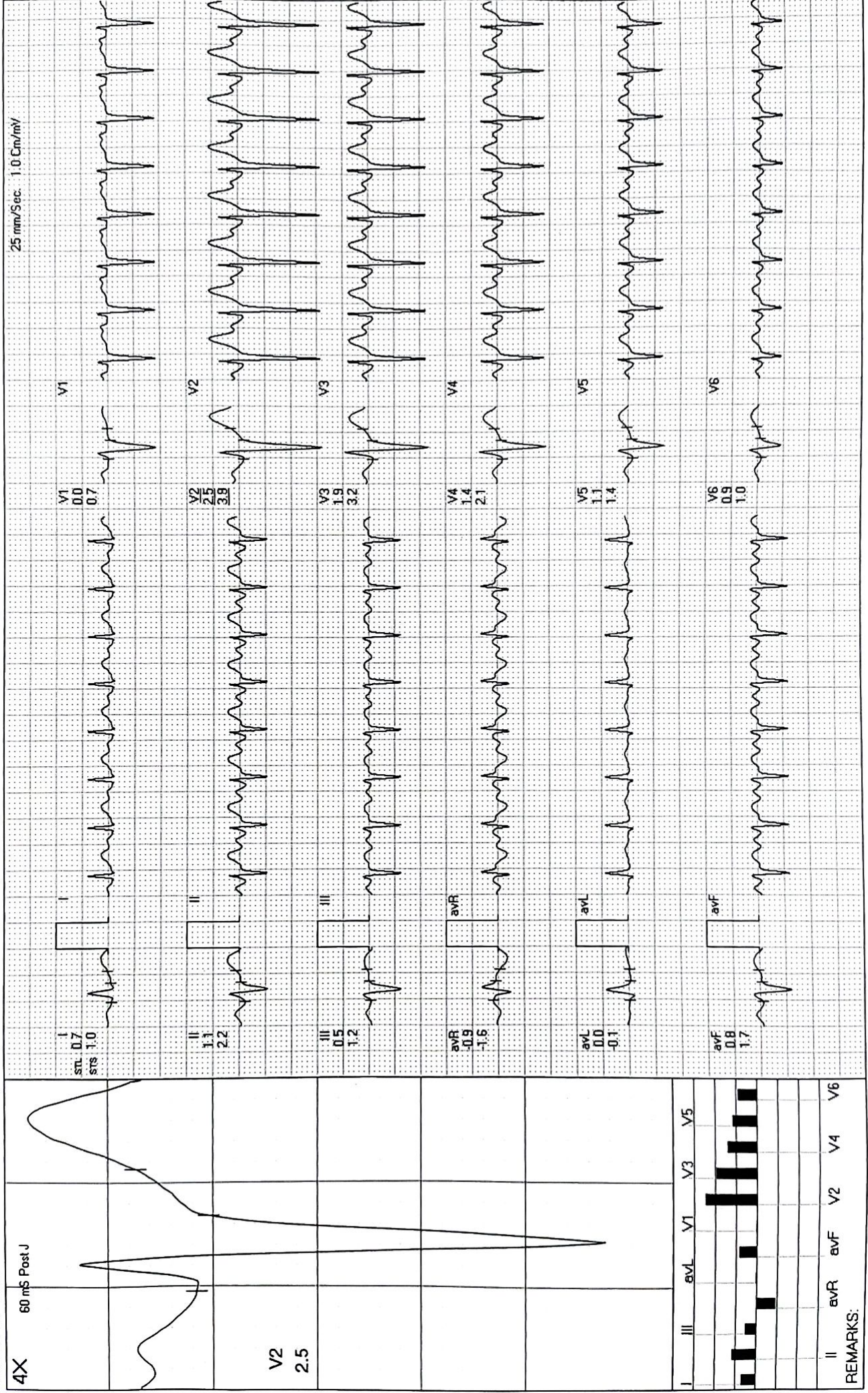
BRUCE: Stage 1(3:00)



Date: 26 - 08 - 2023

METS: 4.7 / 149 bpm 81% of THR BP: 128/84 mmHg Combined Medians/ BLC On/ HF 0.05 Hz/LF 35 Hz

ExTime: 03:00 2.7 Kmph. 10.0%



REMARKS:

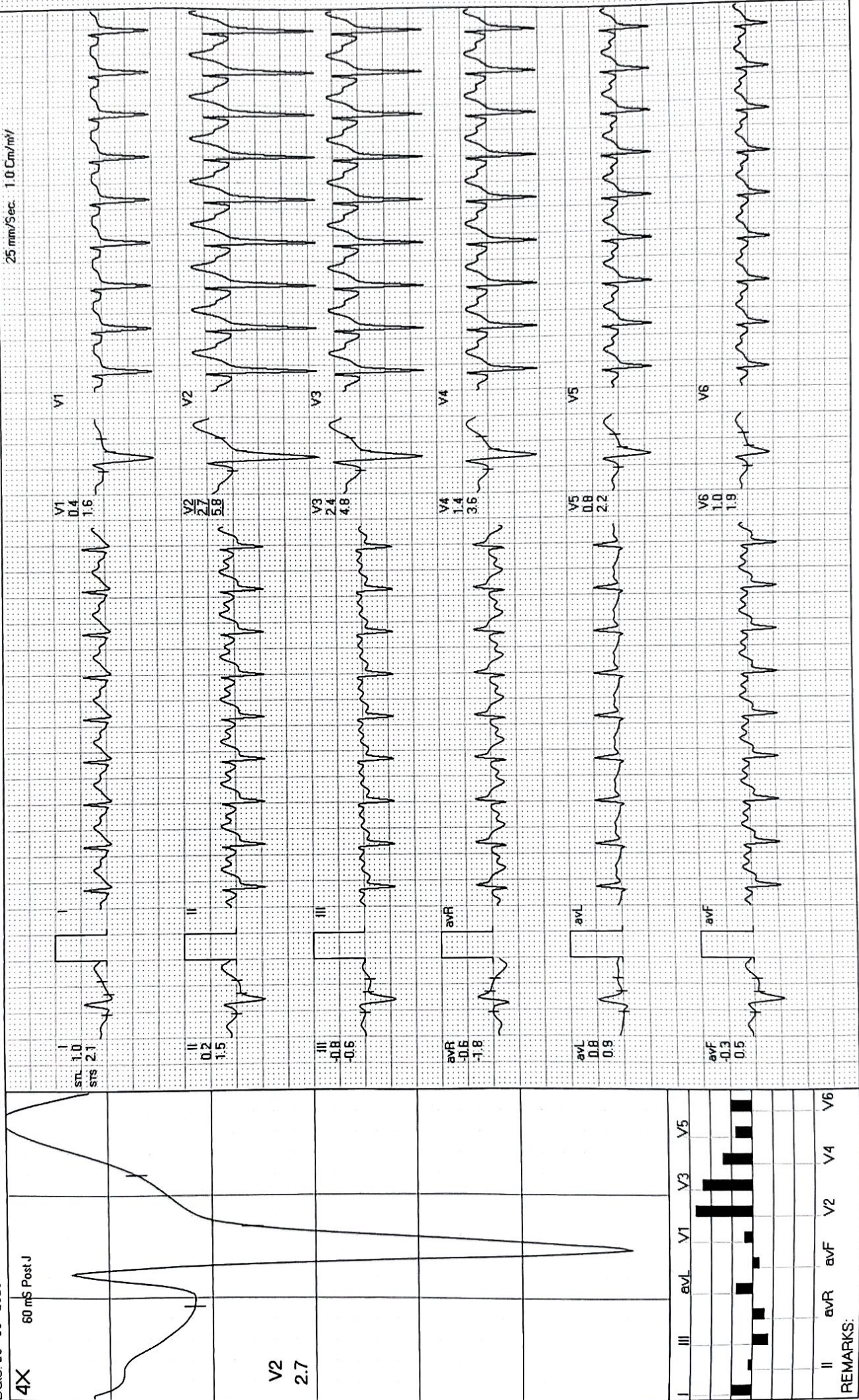


BRUCE: Stage 2(3:00)

MODERN PATHOLOGY AND DIAGNOSTIC CENTER

PANKAJ KUMAR BHARTI / 35 Yrs / M / 167 Cms / 77 Kg / HR : 169

Date: 26-08-2023 METS: 7.1/169 bpm 91% of THR BP: 136/90 mmHg Combined Medians/ BLC Or/ Natch Or/ HF 0.05 Hz/LF 35 Hz ExTime: 06:00 4.0 Kmph. 12.0%



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PANKAJ KUMAR BHARTI / 35 Yrs / M / 167 Cms / 77 Kg / HR : 173

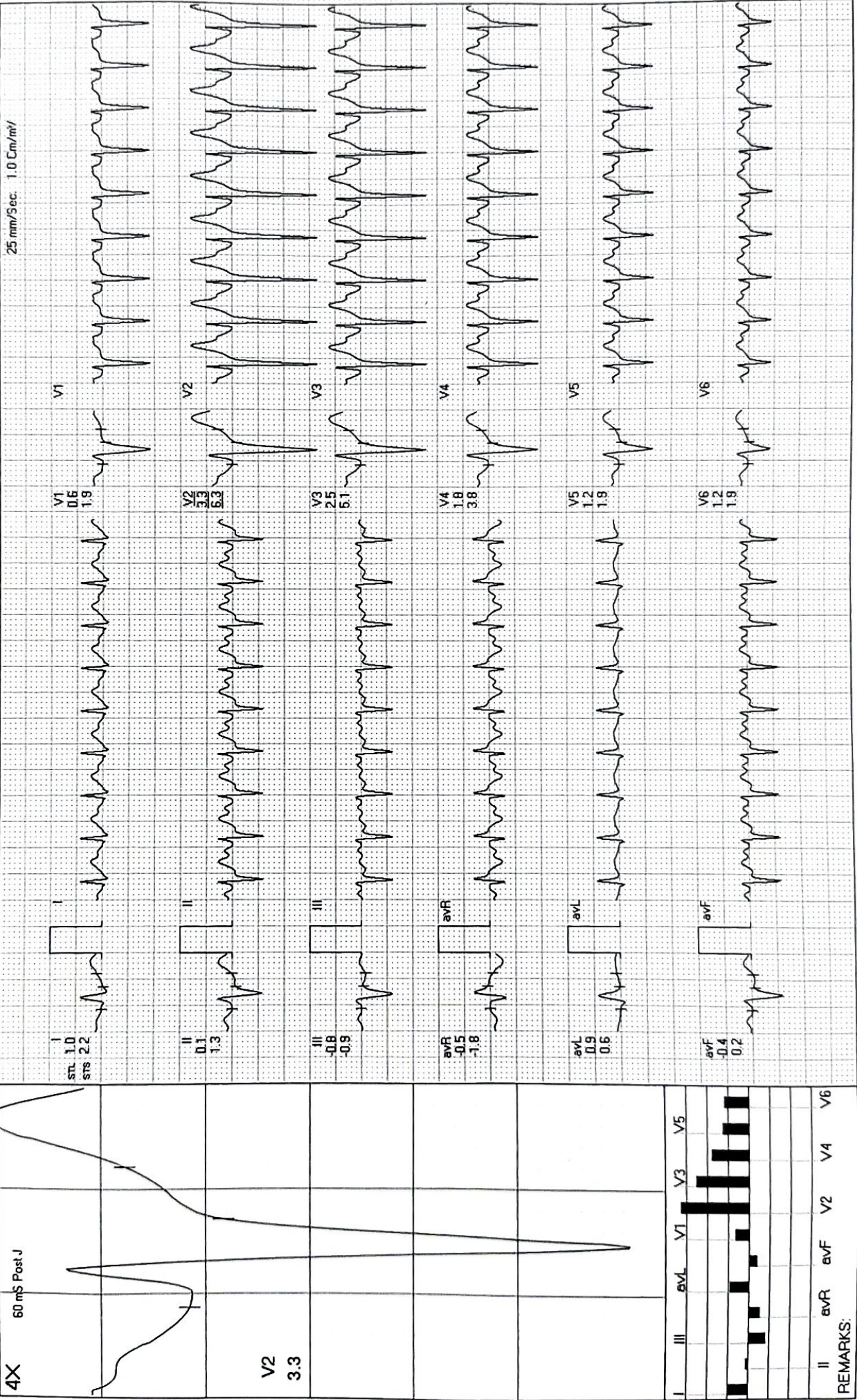
PeakEx



Date: 26-08-2023

METS: 7.4/173 bpm 94% of THR BP: 140/94 mmHg Combined Medians/ BLC On/ Natch On/ HF 0.05 Hz/LF 35 Hz

ExTime: 06:14 5.5 Kmph, 14.0%





Recovery(1:00)

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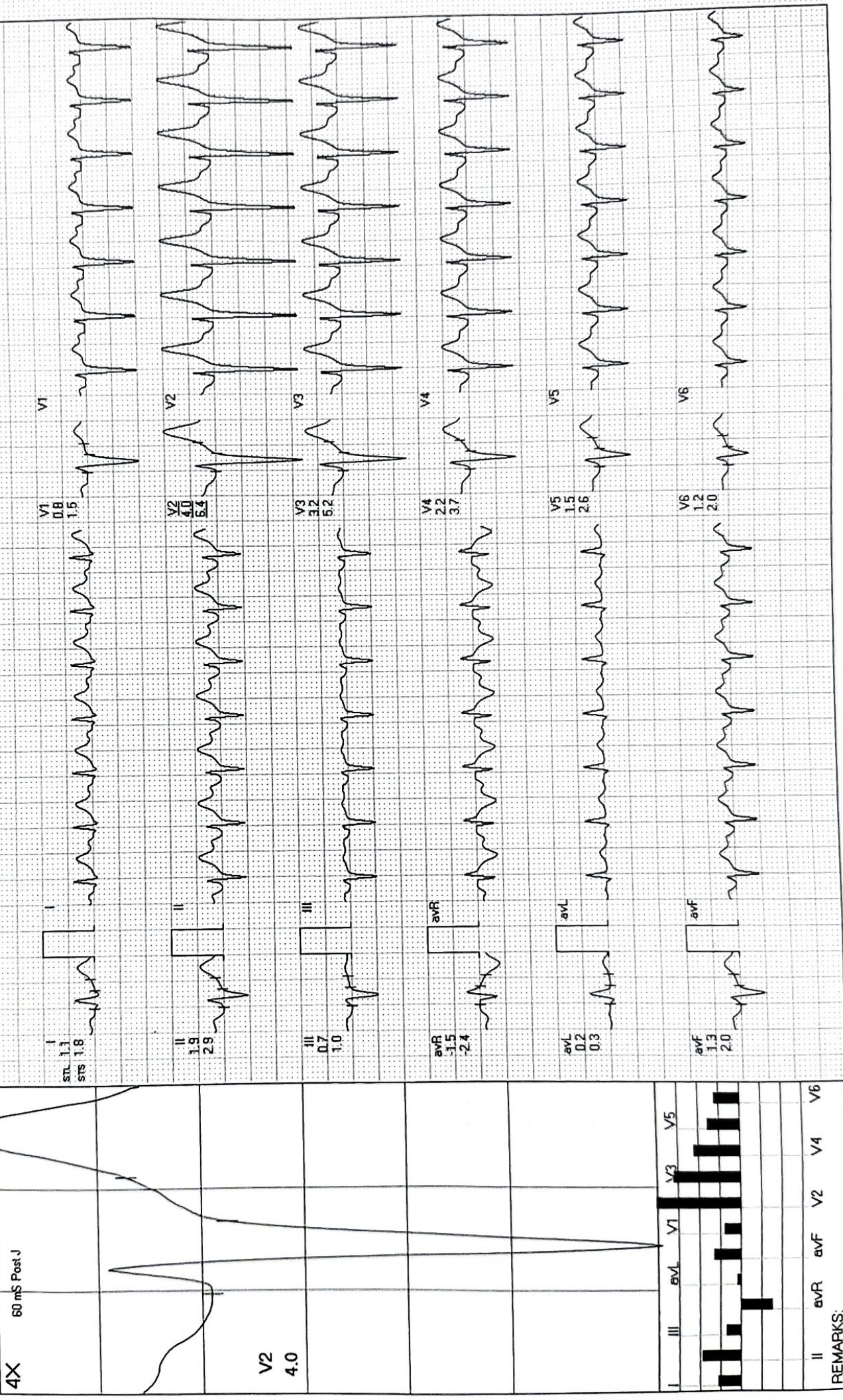
PANKAJ KUMAR BHARTI / 35 Yrs / M / 167 Cms / 77 Kg / HR : 130

ExTime: 06:14 0.0 Kmph. 0.0%

METS: 1.1/130 bpm 70% of THR BP: 138/92 mmHg Combined Medians/BLC On/ HF 0.05 Hz/LF 35 Hz

Date: 26-08-2023

25 mm/Sec. 1.0 Cm/mV



4X 60 mS Post J

V2 4.0

I	II	III	avL	avF	V1	V2	V3	V4	V5	V6

REMARKS:



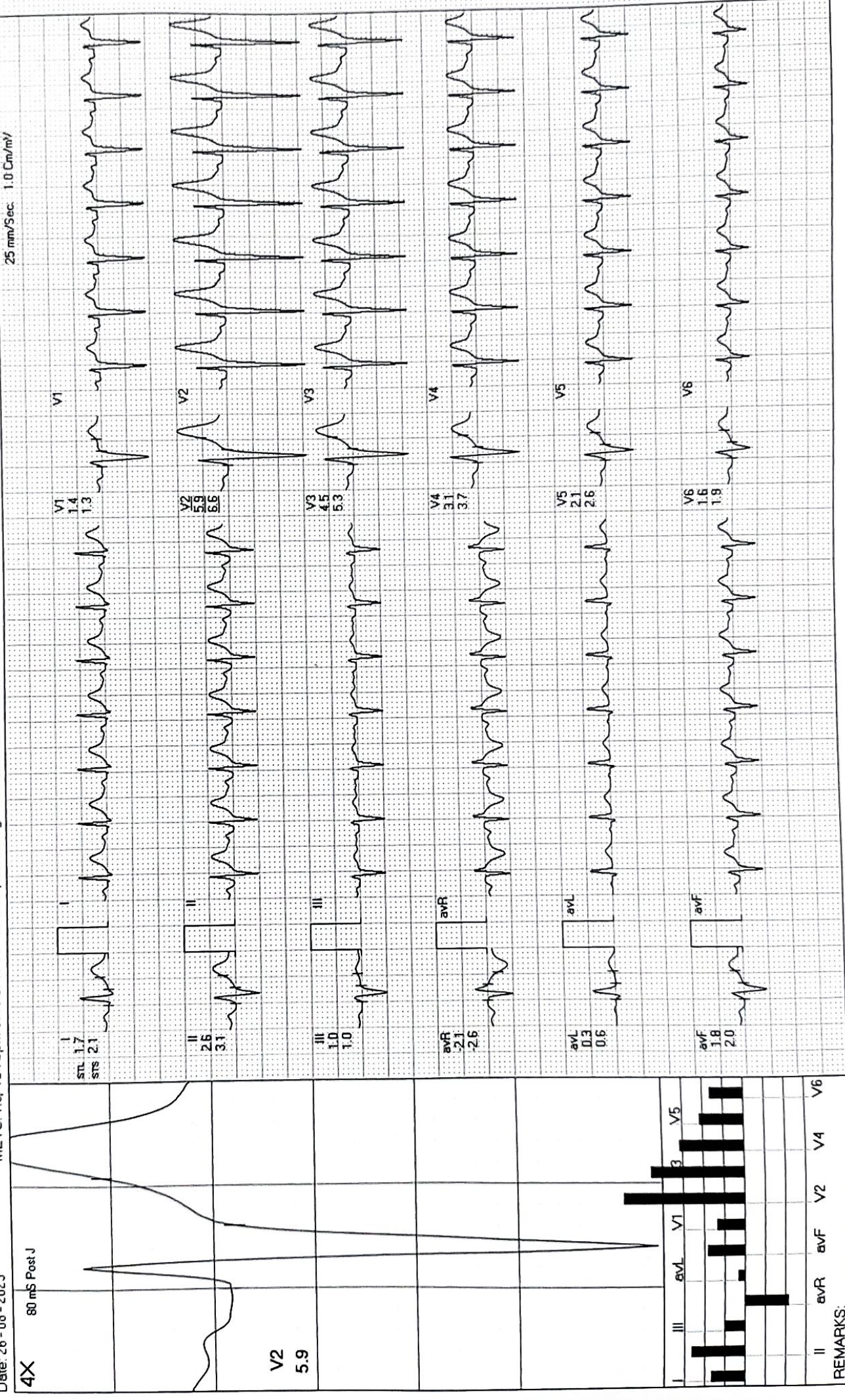
Recovery(2:00)

MODERN PATHOLOGY AND DIAGNOSTIC CENTER

PANKAJ KUMAR BHARTI / 35 Yrs / M / 167 Cms / 77 Kg / HR : 124

ExTime: 06:14 0.0 Kmph. 0.0%

Date: 26 - 08 - 2023 METS: 1.07 124 bpm 67% of THR BP: 130/86 mmHg Combined Medians/BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



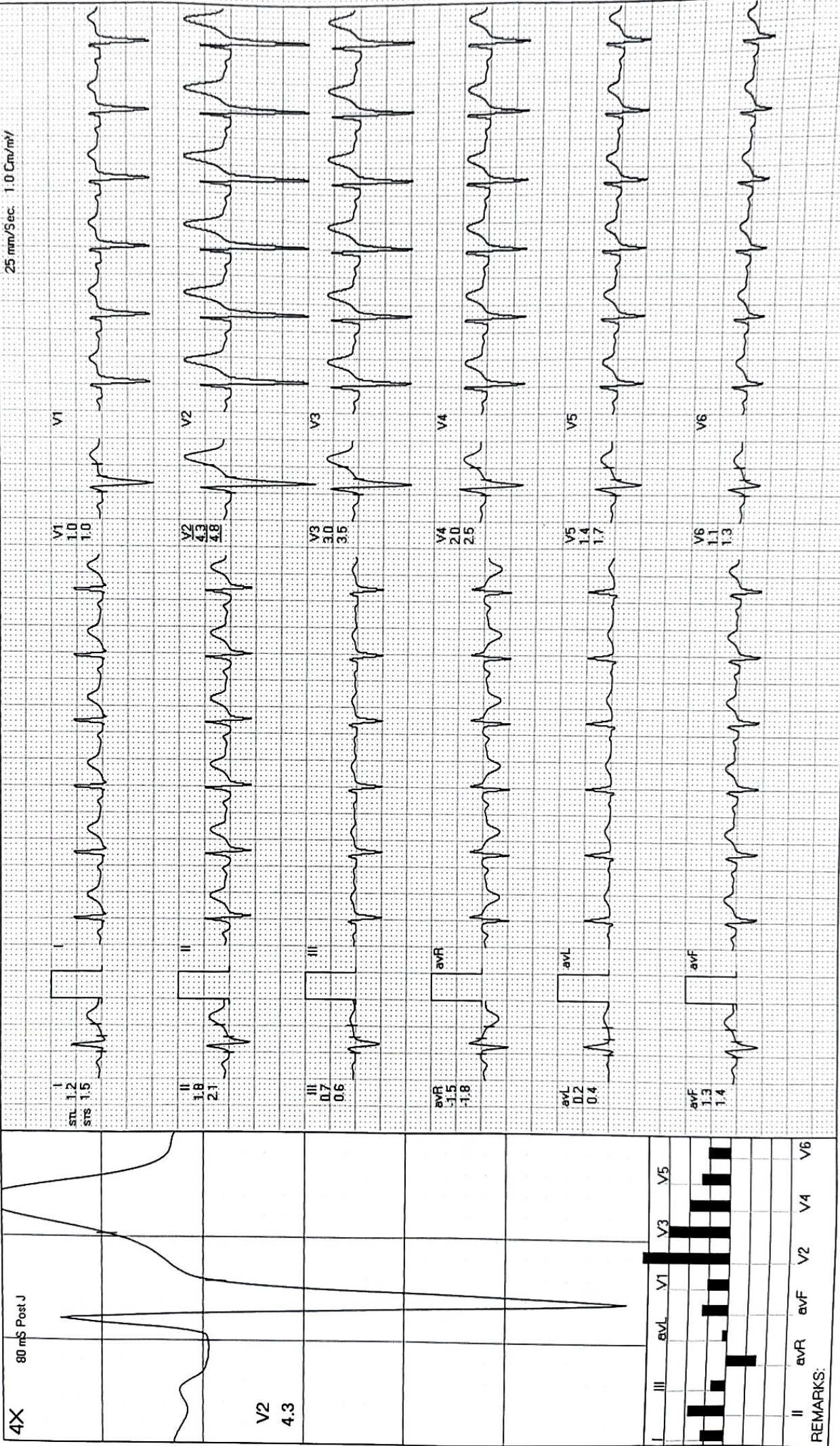
MODERN PATHOLOGY AND DIAGNOSTIC CENTER

PANKAJ KUMAR BHARTI / 35 Yrs / M / 167 Cms / 77 Kg / HR : 111

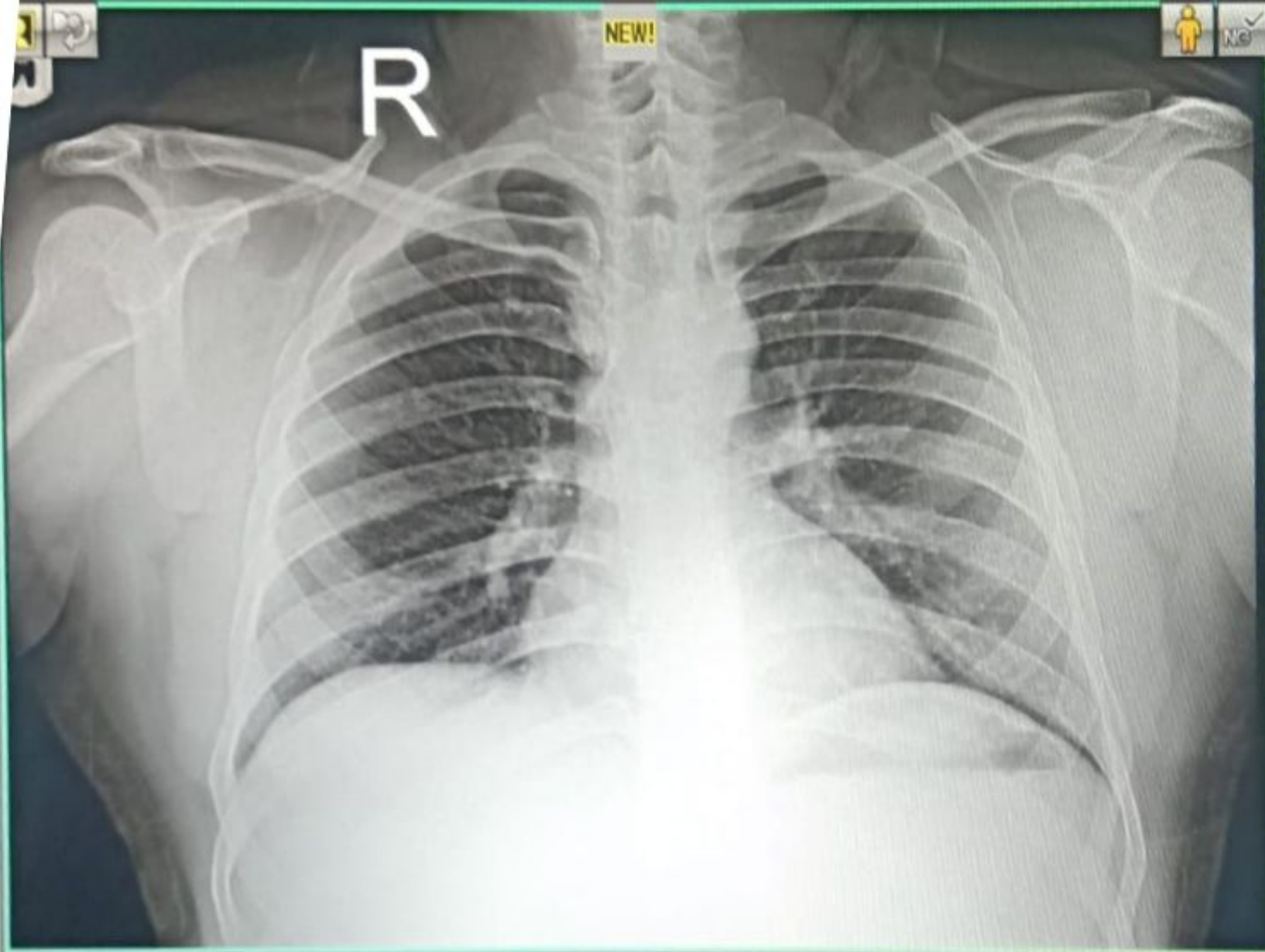
Recovery(3:00)



Date: 26-08-2023 METS: 1.0/111 bpm 60% of THR BP: 130/86 mmHg Combined Mediens/BLC On/ HF 0.05 Hz/LF 35 Hz ExTime: 06:14 0.0 Kmph. 0.0%



4X	80 mS Post J				
V2	4.3				
I	II	III	aVL	aVR	V5
V1	V2	V3	V4	V6	
REMARKS:					



23082601578 MR PANKAJ BHARTI 35 YRS M SELF CHEST PA
08/26/2023 MODERN PATHOLOGY & DIAGNOSTIC CENTRE GOMTI NAGAR LUCKNOW

MODERN DENTAL CLINIC

NAME

Mr. Parkaj. K. Bharti

ADDRESS

Mushti Pulia

DATE

26.8.23

DIAGNOSIS

Bleeding from gums.
- Sensitivity to cold.

Rx

Oral Prophylaxis done x Rs 2000

- Thermo seal RA toothpaste
- Hexidine mouthwash
- Hexigel + Mucopain gel.
- Tab theonase x 1 month
- Warm saline rinses x 2 times daily.

CLINIC

1/4 A, VINEET KHAND,
OPPOSITE JAIPURIA
MANAGEMENT COLLEGE,
GOMTI NAGAR, LUCKNOW

CONTACT

Phone 09415067894
09305995399

Timing 10:00 AM TO 08:00 PM