



Balaji Medical Centre

An ISO 9001:2015 Accredited Organization
info@balajimedicalcentre.com, dr@balajimedicalcentre.com



CHENNAI : No.5 (3/2), Jagadeeswaran Street,T.Nagar,Chennai-600 017. INDIA ☎ : 044-24364651 / 52 / 53
No.38, Manikodi Srinivasan Nagar Main Road, Rajiv Gandhi Salai, Perungudi, Chennai-600 096. INDIA ☎ : 044-29865513 / 14
TUTICORIN : Plot No.51, Door No.20/10, Roche Colony, South Beach Road,Tuticorin - 628 001.INDIA ☎ : 0461-2332719 / 20
CUDDALORE : No.26, Dowlath Nagar, Semmandalam, Cuddalore - 607001.INDIA ☎ : 04142-202150,203150
KOCHI : No.66/2345A, Veekshnam Road, Ernakulam,Kochi-682018 . INDIA ☎ : 0484-2395006 / 07 / 08
VIZAG : Door No.39-11- 63/4-1, Murali Nagar, Visakhapatnam,Andhra Pradesh-530 007. INDIA ☎ : 0891-2710299 / 399
MANGALORE : Shop No.5, Door No.1-65/31, Kulur-Kavoor Airport Road, Vivek Nagar, Panjimogaru, Mangalore-575 013.INDIA ☎ : 0824-2972719 / 20.
KAKINADA : 70-17-15/1,RR Nagar,Road No.2, Kakinada, Andhra Pradesh -533003.INDIA ☎ : 0884-2345555, 0884-3500132.

REG. NO: MA23070000352

DATE:29/07/2023

MEDICAL FITNESS CERTIFICATE

This is to certify that I have examined **Ms. MANJULA (39/F)**

Who is found to be Medically **FIT**.

She is not found to be suffering from any contagious Disease or Ailment.

She is FIT to perform her duty.

Dietary Counseling was provided from our end.


Dr. VIDYA KUMARI
Reg.No. 10306

DGS Approval No. KA/MG/08/2022

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



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PHYSICAL EXAMINATION

Date Of Exam : 29/07/2023 Reg. No:MA23070000352
Name : Ms. MANJULA (39/Female)
Type Of Exam : Physical
Reference : Apollo Health and Lifestyle Limited

The doctor has examined this client at Balaji Medical Centre Mangalore for updated Physical examination and found the following.

Temperature : 36.0C
Blood Pressure : 140/90mmHg
Pulse : 90/min
Respiration Rate : 17/min
Waist (cm) : 85Cms
Height : 146Cms
Weight : 60.8Kgs
BMI : 28.5 kg/m2


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Name: Ms. MANJULA

Date:29/07/2023

Reg. No :MA23070000352

Ref : Dr. A . H. Balaji

OPHTHALMIC REPORT

	RIGHT	LEFT
Distant:	6/6	6/6
Near:	N/5	N/5
Colour:	Normal	Normal
Anterior Segment:	Normal	Normal
Intra Ocular Pressure:	Normal	Normal
Fundus:	Normal	Normal

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LABORATORY REPORT

DATE : 29/07/2023 REG. NO : MA23070000352

NAME : Ms. MANJULA

AGE : 39YRS SEX : FEMALE

REF BY : DR.A.H.BALAJI

COMPLETE BLOOD COUNT (CBC)

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ERYTHROCYTE (RBC) COUNT	4.7	mill/cu.mm	4.7-6.0
HAEMOGLOBIN (Hb)	10.5	gm/dl	13.5-18
PCV (PACKED CELL VOLUME)	33.8	%	42-52
MCV (MEAN CORPUSCULAR VOLUME)	78.3	fl	78-100
MCH (MEAN CORPUSCULAR HAEMOGLOBIN)	27.9	pg	27-31
MCHC (MEAN CORPUSCULAR Hb CONCN.)	33.5	g/dl	32-36
RDW (RED CELL DISTRIBUTION WIDTH)	13.5	%	11.5-14.0
TOTAL LEUCOCYTES (WBC) COUNT	6700	Cells /cu.mm	4000-10500
ABSOLUTE NEUTROPHILS COUNT	4100	/c.mm	2000-7000
ABSOLUTE LYMPHOCYTE COUNT	1900	/c.mm	1000-3000
ABSOLUTE MONOCYTE COUNT	480	/c.mm	200-1000
ABSOLUTE EOSINOPHIL COUNT	170	/c.mm	20-500
ABSOLUTE BASOPHIL COUNT	40	/c.mm	20-100
NEUTROPHILS	63.0	%	40-80
LYMPHOCYTES	29.0	%	20-40
MONOCYTES	4.0	%	2-10
EOSINOPHILS	3.0	%	1-6
BASOPHILS	1.0	%	0-2
PLATELET COUNT	2.0	10 ³ /μl	1.50-4.50
MPV (MEAN PLATELET VOLUME)	7.5	fl	6-9.5
PCT (PLATELET HAEMATOCRIT)	0.2	%	0.2-0.5
PDW (PLATELET DISTRIBUTION WIDTH)	15.7	%	9-17


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DATE : 29/07/2023 REG. NO : MA23070000352
 NAME : Ms. MANJULA
 AGE : 39YRS SEX : FEMALE
 REF BY : DR.A.H.BALAJI

ROUTINE EXAMINATION URINE

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
<u>GENERAL EXAMINATION:</u>			
COLOUR	PALE YELLOW		PALE YELLOW
APPEARANCE	CLEAR		CLEAR
REACTION (pH)	5.5		4.5 - 8
SPECIFIC GRAVITY	1.020		1.010 - 1.030
<u>CHEMICAL EXAMINATION (AUTOMATED DIPSTICK METHOD):</u>			
URINE PROTEIN(ALBUMIN)	ABSENT		ABSENT
URINE GLUCOSE(SUGAR)	ABSENT		ABSENT
URINE KETONES(ACETONE)	ABSENT		ABSENT
BILE SALTS	ABSENT		ABSENT
BILE PIGMENTS	ABSENT		ABSENT
UROBILINOGEN	NORMAL		NORMAL
NITRITE	NEGATIVE		NEGATIVE
<u>MICROSCOPIC EXAMINATION</u>			
RED BLOOD CELLS	NIL	/hpf	0 - 2
PUS CELLS (WBCs)	2-3	/hpf	0 - 5
EPITHELIAL CELLS	2-4	/hpf	0 - 5
CRYSTALS	ABSENT	/hpf	ABSENT
CAST	ABSENT	/hpf	ABSENT
AMORPHOUS DEPOSITS	ABSENT	/hpf	ABSENT
BACTERIA	ABSENT	/hpf	ABSENT

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Date : 29/07/2023 Reg. No :MA23070000352
Name : Ms. MANJULA
Age : 39Yrs Sex : Female
Ref By : DR.A.H.BALAJI

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ESR – Erythrocyte Sedimentation Rate (EDTA Whole Blood, Automated-Capillary photometry aggregation/ Manual – Westergrens method)	05	mm/hr	0-15

Method: Automated Westergren

Interpretation;

1. It indicates presence and intensity of an inflammatory process, never diagnosis of a specific disease, Chance are more significant than a single abnormal test.
2. 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, polymyalgia rheumatica.
3. It is also increased in pregnancy, multiple myeloma, menstruation and hypothyroidism.

Remark: ESR Performed using capillary photometric aggregation (for automated analysis) & westergrens (for manual testing).

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Name : Ms. MANJULA

Age : 39Yrs Sex : Female

Ref By : DR.A.H.BALAJI

BIOCHEMISTRY

<u>Investigation</u>	<u>Observed value</u>	<u>unit</u>	<u>biological reference interval</u>
HbA1C-Glycated Haemoglobin (HPLC)	4.8	%	non-diabetic: <= 5.6 pre- diabetic: 5.7-6.4 Diabetic : >= 6.5
Estimated Average glucose (e AG)	91.6	mg/dl	

INTERPRETATION & REMARK:

- HbA1c is used for monitoring diabetic control.it reflects the estimated average glucose. (eAG)
 - HbA1c has been endorsed by clinical group & ADA (American Diabetes Association) guidelines 2017, for diagnosis of diabetes using a cut-off point of 6.5%.
 - Trends in HbA1Care a better indicator of diabetic control than a solitary test.
 - Low glycated haemoglobin (below 4%) in a non-diabetic individual are often associated with systemic inflammatory diseases, chronic anemia (especially severe iron deficiency & haemolytic), chronic renal failure and liver diseases.clinical correlation suggested.
 - To estimate the eAG from the HbA1C value, the following equation is used:
 $eAG(mg/dl) = 28.7 * A1c - 46.7$
 - Interference of heamogloblinopathies in HbA1c estimation.
 - for HbF >25%, an alternate platform (Fructosamine) is recommended for testing of HbA1c
 - Homozygous hemoglobinopathy is detected, fructosamine is recommended for monitoring Diabetic status.
 - Heterozygous state detected (D10/turbo is corrected for HbS & HbC trait)
 - In known diabetic patients, following values can be considered as a tool for monitoring the glycemic control. Excellent control-6 to 7%, fair to good control -7 to 8%, unsatisfactory control -8 to 10 % and poor control -More than 10%
- NOTE: Hemoglobin electrophoresis (HPLC method) is recommended for detecting hemoglobinopathy.

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Name : Ms. MANJULA

Age : 39yrs Sex : Female

Reference : APOLLO HEALTH AND LIFESTYLE LIMITED

Ref By : DRA.H. BALAJI

Test Name	Result	Units	Ref.Interval
LIPID SCREEN, SERUM (Spectrophotometry)			
Cholesterol	188.00	mg/dL	(<200.00)
Triglycerides	173.00	mg/dL	(<150.00)
HDL Cholesterol	35.8	mg/dL	(<40.00)
LDL Cholesterol, Calculated	93.7	mg/dL	(<100.00)
VLDL Cholesterol, Calculated	34.6	mg/dL	(<30.00)

Note:

- Measurements in the same patient can show physiological & analytical variations. Three serial samples 1 week apart are recommended for Total cholesterol, Triglycerides, HDL & LDL Cholesterol.
- ATP III recommends a complete lipoprotein profile as the initial test for evaluating cholesterol.
- Friedewald equation to calculate LDL cholesterol is most accurate when Triglyceride level is <400 mg/dL. Measurement of Direct LDL cholesterol is recommended when Triglyceride level is >400 mg/dL.

INTERPRETATION	TOTAL CHOLESTEROL in mg/dL	Triglyceride in mg/dL	LDL CHOLESTEROL in mg/dL
Optimal	< 200	<150	<100
Above Optimal	-	-	100-129
Boderline High	200-239	150-199	130-159
High	>=240	200-499	160-189
Very High	-	>=500	>=190

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Age : 39yrs Sex : Female

Reference : Apollo Health and Lifestyle Limited

Ref By : DR. A.H. BALAJI

LIVER FUNCTION TEST

TEST	PATIENT'S VALUES	UNITS	NORMAL RANGE	
			FROM	TO
Serum Bilirubin (Total)	0.5	mg/dl	0.1	1.2
Serum Bilirubin (Direct)	0.1	mg/dl	-	<0.3
Serum Bilirubin (Indirect)	0.5	mg/dl	0.1	1
S. Alkaline Phosphatase	71.0	U/L	-	<150
Serum Gamma G.T.	14.0	U/L	4	40
Serum G. P. T.	25.0	U/L	10	40
Serum G. O. T.	26.0	U/L	10	42
Serum Total Proteins	6.8	gm/dl	6.0	7.8
Albumin	4.0	gm/dl	3.5	5.0
Globulin	2.8	gm/dl	2.6	3.5
Albumin: Globulin Ratio	1.4	-	-	-


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Date : 29/07/2023 Reg. No : MA23070000352
Name : Ms.MANJULA
Age : 39Yrs Sex : Female
Reference : Apollo Health and Lifestyle Limited
Ref By : DR. A.H. BALAJI

<u>Tests</u>	<u>Value/Results</u>	<u>Units</u>	<u>Reference Interval</u>
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BIO-CHEMISTRY

Blood Sugar (F)	: 96	mg/dl	70-110
Blood Sugar (PPBS)	: 134	mg/dl	120-140


Dr. VIDYA KUMARI
Reg.No. 10306
DGS Approval No. KA/MG/08/2022



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LABORATORY REPORT

Reg. No : MA23070000352
Name : Ms. MANJULA (39/Female)
Reference : Apollo Health and Lifestyle Limited
Ref. By : DR.A.H.BALAJI
Reported On : 29/07/2023

<u>TEST</u>	<u>Value/Results</u>	<u>Units</u>	<u>REFERENCE INTERVAL</u>
-------------	----------------------	--------------	---------------------------

RENAL FUNCTION TEST

Urea	:	23	mg/dL	15-40
Creatinine	:	0.8	mg/dL	0.2-1.2
BUN	:	10	mg/dL	6-21
Blood Uric Acid	:	4.7	mg/dL	4.7-6.1


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LABORATORY REPORT

Reg. No : MA23070000352 Date: 29/07/2023

Name : Ms. MANJULA

Age : 39Yrs Sex: Female

Reference : Apollo Health and Lifestyle Limited

Ref By : DR. A.H. BALAJI

HAEMATOLOGY

Blood Group & Rh Type : "B" POSITIVE


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Date: 29/07/2023


Reg. No : MA23070000352

TO WHOMSOEVER IT MAY CONCERN

This is to certify that I have examined Ms. MANJULA (39/F)

-ARMED GUARD for his Dental condition.

No dental issues, His Dental condition and oral hygiene are good.


Dr. S. Naresht
BDS
Reg. No.: 11291

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LABORATORY REPORT

Reg. No : MA23070000352 Date : 29/07/2023
Name : Ms. MANJULA
Age : 39yrs Sex : Female
Ref By : DR.A.H. BALAJI

Test Name	Result	Units	Ref.Range
THYROID PROFILE,TOTAL,SERUM (CLIA)			
T3,Total	156.0	ng/dl	(70-204)
T4,Total	8.10	ug/dL	(5.0-12.5)
TSH	2.3	uIU/ml	(0.45-4.5)

Reference Range for pregnancy:

TSH	REFERENCE RANGE IN Uiu/mL
Pregnancy	
1 st Trimester	0.30-4.50
2 nd Trimester	0.50-4.60
3 rd Trimester	0.80-5.20

Note:1 TSH levels are subject to circadian variation,reaching peak levels between 2-4.a.m.and at a Minimum between 6-10pm.The variation is of the order of 50%,hence time of the day has Influence on the measured serum TSH concentrations.

2 Recommended test for T3 and T4 is unbound fraction or free levels as it is metabolically active.

3 Physiological rise in Total T3 /T4 levels is seen in pregnancy and in patients on steroid therapy.

Clinical Use

- Primary Hypothyroidism
- Hyperthyroidism
- Hypothalamic-Pituitary hypothyroidism
- Inappropriate TSH secretion
- Non thyroidal illness
- Autoimmune thyroid disease
- Pregnancy associated thyroid disorders
- Thyroid dysfunction in infancy and early childhood


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LABORATORY REPORT

Reg No : MA23070000352
Name : Ms. MANJULA Date : 29/07/2023
Age : 39yrs Sex : Female
Reference : Apollo Health and Lifestyle Limited.
Ref By : DR. A.H. BALAJI

PERIPHERAL SMEAR EXAMINATION

RED BLOOD CELL MORPHOLOGY : **NORMAL**
W B C MORPHOLOGY : **NORMAL**
PLATELET MORPHOLOGY : **NORMAL**


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DIGITAL RADIOGRAPH – CHEST PA- VIEW

Date : 29/07/2023 Reg. No : MA23070000352
Name : Ms. MANJULA
Age : 39 yrs
Sex : Female
Ref By : DR.A.H.BALAJI

The cardio mediastinal silhouette is normal.

The lungs are well inflated. No focal mass lesion, lobar collapse or consolidation is seen.

No pleural effusion is detected.

The soft tissues and bones appear unremarkable.

Conclusion:

- Normal chest radiograph.

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ECG REPORT

Date : 29/07/2023 Reg. No :MA23070000352

Name : Ms. MANJULA

Age : 39 yrs

Sex : Female

Ref By : DR. A. H. BALAJI

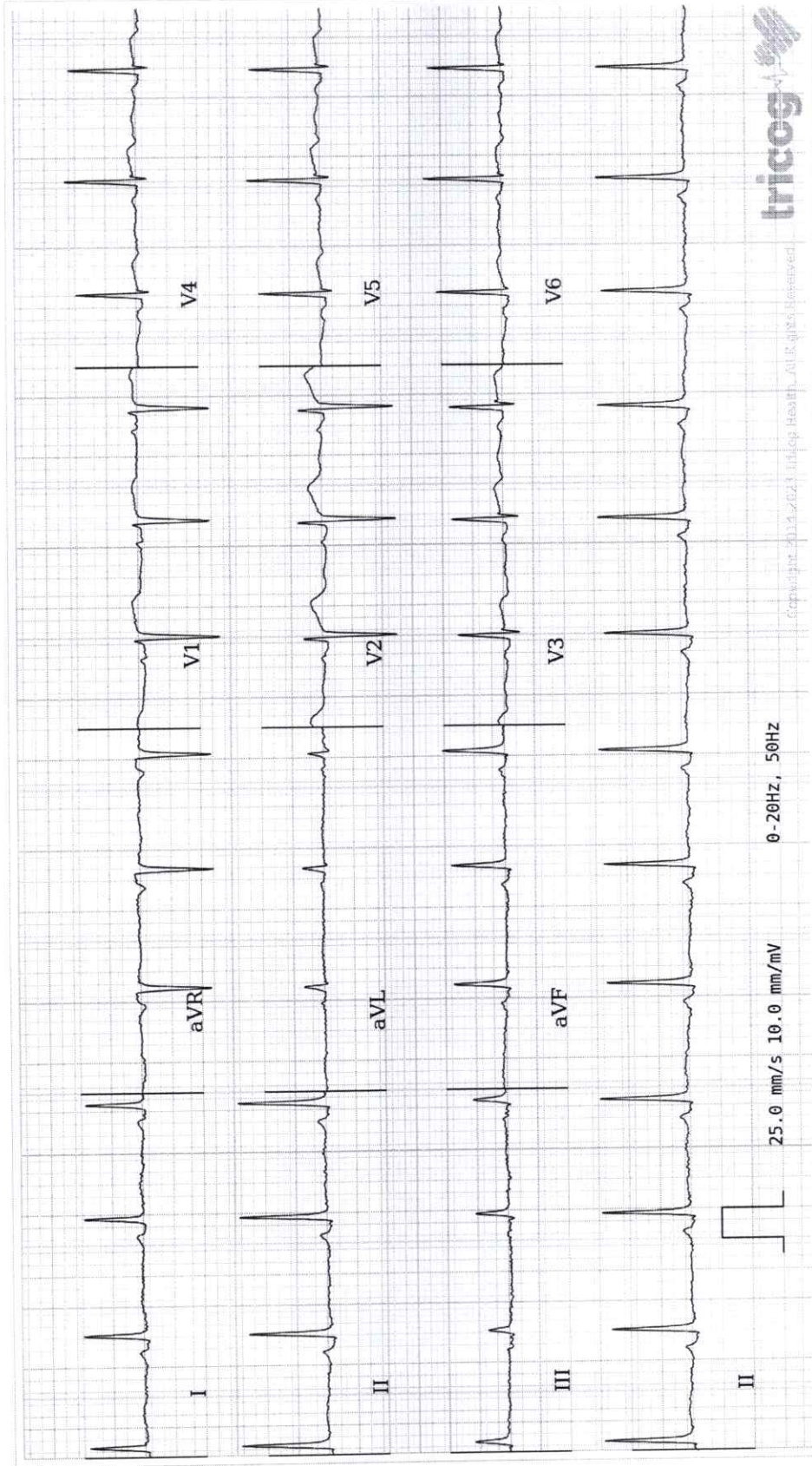
Impression : Normal Sinus Rhythm.


Dr. VIDYA KUMARI
Reg.No. 10306
DGS Approval No. KA/MG/08/2022



Balaji Medical Centre Mangalore

Age / Gender: 39/Female
Date and Time: 29th Jul 23 11:46 AM
Patient ID: MA23070000352



AR: 79bpm VR: 79bpm QRSD: 66ms QT: 378ms QTcB: 433ms PRI: 146ms P-R-T: 46° 48° 33°

Sinus Rhythm, Please correlate clinically.

REPORTED BY

Dr. Velmurugan J
122015

Disclaimer: Analysis in this report is based on ECG alone and should only be used as an adjunct to clinical history, symptoms and results of other invasive and non-invasive tests and must be interpreted by a qualified physician.



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NAME : Ms. MANJULA

AGE/SEX : 39YRS /FEMALE

STUDY DATE : 29/07/2023

PATIENT ID : MA23070000352

Description: Female-Whole Abdomen

REF. DOCTOR : DR.A.H. BALAJI

Real time B-mode ultrasonography of abdomen, KUB, Uterus and Ovaries Done.

Abdomen

Liver Filled with homogeneous parenchymal echoes. No abscess or mass lesion in the liver.
Gallbladder walls appeared normal. No calculi seen in the gallbladder.
Common duct appeared normal. No calculi seen in the common duct.
Pancreas appeared normal.
Spleen appeared normal.
No free fluid in the peritoneal cavity.
No Para aortic lymphadenopathy.
Adrenal glands appeared normal.

KUB

Cortex and collecting system of both kidneys appeared normal. No calculi seen.
Right Kidney measured 8.0x4.0cms.
Left Kidney measured 8.5x4.2cms.
Both Ureters appeared normal. No dilatation seen.
Bladder appeared normal.

Pelvis

Normal appearing uterus with homogenous myometrial echoes. Cavity echo appeared normal.
Right Ovary appeared normal. Left Ovary appeared normal. Both adnexae appeared normal.

Impression


- **NORMAL APPEARING LIVER, GALL BLADDER, COMMON DUCT, PANCREAS, SPLEEN, BOTH KIDNEYS, BLADDER, UTERUS BOTH OVARIES.**



Dr. VIDYA KUMARI


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“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION” !



ಭಾರತ ಸರ್ಕಾರ
Government of India


ಮಂಜುಳ
MANJULA
ತಂದೆ : ಪಿ ಕೆ ನಾಗರಾಜ್
Father : P K NAGARAJ
ಜನ್ಮ ದಿನಾಂಕ / DOB : 12/04/1984
ಸ್ತ್ರೀ / Female



2638 5754 3070


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ದಕ್ಷಿಣ ಕನ್ನಡ, ಕರ್ನಾಟಕ, 574230

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Manjula

Balaji Medical Centre Mangalore

Address: shree Heights building ,Shop no 5, Door no 1-65/31,Kulur-Kavoor,Airport Road Vivek Nagar Panjimogaru, Mangaluru 575013 Karnataka India

Echocardiography Report

PATIENT NAME MANJULA	AGE 39 yrs	HEIGHT 146 cm	WEIGHT 61 kg	BSA 1.53 m ²	DATE TIME 2023/07/29 14:57
PATIENT ID MA23070000352	GENDER Female	REFERRING PHYSICIAN DR.VIDYA KUMARI	REPORTED BY DR. JEEVARATHINAM. N		

PROCEDURE

An ECHO exam was performed including 2D, M-mode, Spectral, Color-flow.

SUMMARY

Normal chamber size and shape
Normal LV systolic function, EF-63%
No regional wall motion abnormality
LV diastolic function- impaired relaxation
Normal valves

LEFT VENTRICLE

Measurement	Value	Reference	Measurement	Value	Reference
Systolic Function			Dimensions		
LVEF MOD A4C (%)	63.42	(74-54)	LVIDd (cm)	3.72	(3.8-5.2)
%FS (%)	33.33	(>25)	LVIDd Index (cm/m ²)	2.43	(2.3-3.1)
SV MOD A4C (ml)	46.93	(57-117)	LVIDs (cm)	2.48	(2.2-3.5)
SI MOD A4C (ml/m ²)	30.67	(38-66)	LVIDs Index (cm/m ²)	1.62	(1.3-2.1)
LVEDV MOD A4C (ml)	74.00	(46-106)	IVSd (cm)	0.93	(0.6-0.9)
LVESV MOD A4C (ml)	27.07	(14-42)	LVPWd (cm)	0.76	(0.6-0.9)
LVEDVInd MOD A4C (ml/m ²)	48.37	(29-61)	LVd Mass (g)	89.51	(67-162)
LVESVInd MOD A4C (ml/m ²)	17.69	(8-24)	LVd Mass Index (g/m ²)	58.50	(43-95)
Diastolic Function			LV Area		
MV E Vel (m/s)	0.58	(0.6-0.8)	LV FAC A4C (%)	46.35	(>25)
MV A Vel (m/s)	0.69	(0.2-0.35)	LVAd A4C (cm ²)	25.24	(-)
MV E/A Ratio	0.84	(>=0.8)	LVAs A4C (cm ²)	13.54	(-)

LEFT ATRIUM

Measurement	Value	Reference	Measurement	Value	Reference
LA Diam (cm)	3.74	(2.7-3.8)	LAESV MOD BP (ml)	36.27	(38-46)
LA/Ao	1.59	(<1.3)	LAESVInd MOD BP (ml/m ²)	23.71	(16-34)

RIGHT ATRIUM

Measurement	Value	Reference
RAAs A4C (cm ²)	9.56	(<=18)
RAAs A4C (cm)	4.17	(-)

AORTIC VALVE & AORTA

Measurement	Value	Reference
AV Outflow		
AV Vmax (m/s)	0.64	(<2.6)

AV maxPG (mmHg)	1.64	(<30)
-----------------	------	-------

LVOT/ Aorta

Ao Diam (cm)	2.35	(<3.7)
--------------	------	--------

Ao/LA	0.67	(-)
-------	------	-----

PULMONARY VALVE AND PULMONARY ARTERY

Measurement	Value	Reference
-------------	-------	-----------

Pulmonary Outflow

PV Vmax (m/s)	0.96	(-)
---------------	------	-----

PV maxPG (mmHg)	3.69	(<36)
-----------------	------	-------

OBSERVATIONS :

Left Ventricle	Size - Left ventricle normal in size LV geometry - Normal LV geometry Systolic function - LV systolic function - normal Regional wall motion - No regional wall motion abnormality Diastolic function - LV diastolic function - impaired relaxation
Left Atrium	Size - Normal left atrium size
Right Atrium	Size - Normal right atrium size
Right Ventricle	Size - Normal right ventricular size Systolic function - Right ventricular systolic function - normal
Aortic Valve	Structure and function - Normal trileaflet aortic valve Regurgitation - No aortic regurgitation
Mitral Valve	Regurgitation - Trivial mitral regurgitation
Tricuspid Valve	Regurgitation - Trivial tricuspid regurgitation
Pulmonic Valve	Structure and function - Normal pulmonic valve Regurgitation - No pulmonic regurgitation
Pericardium	Effusion - No pericardial effusion
Aorta	Size - Normal aorta
Pulmonary Artery	Size - Normal pulmonary artery size
Pulmonary Hypertension	Probability - Low probability of pulmonary hypertension
Heart Failure	HF Category - No evidence of heart failure with preserved ejection fraction

Disclaimer: This report is generated based on the review of Echocardiography images transmitted and does not consider the patient's current symptoms or medical history. The quality or accuracy of the report is dependent on the quality and accuracy of the Echo images transmitted. The report is not meant or valid for any medico legal purposes



Reported By:
DR. JEEVARATHINAM. N
Clinical Cardiologist

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