

Specialists in Surgery

Date : 9/9/2023 **OUT- PATIENT RECORD**
MRNO :
Name : Mr. Partha Nath
Age/Gender : 35 yrs male
Mobile No : 8638573655
Passport No :
Aadhar number :

Pulse : 92/m ⁿ	B.P : 120/90	Resp : 16/m ⁿ	Temp : (n)
Weight : 73.2	Height : 159cm	BMI : 29.0	Waist Circum : 94

General Examination / Allergies
History

Clinical Diagnosis & Management Plan Sp2 = 99%
Married, Nonvegetarian
Sleep: (n) BFB: (n) No allergy.
No addiction. Moderately Active
RH: Fcrlus: PH
UA 7.10
① Avoid high protein diet
② Repeat UA after 2 months.
③ Morning walk 45 min daily

Follow up date:



Dr. (Mrs.) CHHAYA P. VAJA
M. D. (MUM)
Physician & Cardiologist
Reg. No. 56542

Doctor Signature

APOLLO SPECIALTY HOSPITALS PRIVATE LIMITED

(Formerly known as Nova Specialty Hospitals Private Limited)

CIN: U85100KA2009PTC049961

Registered Office : #7-1-617/A, 615 & 616, Imperial Towers, 7th Floor, Opp. Ameerpet Metro Station, Ameerpet, Hyderabad, Telangana, Pin-500038.

BENGALURU | CHENNAI | DELHI | JAIPUR | KANPUR | MUMBAI | PUNE

Apollo Spectra Hospitals

156, Famous Cine Labs, Behind
Everest Building, Tardeo,
Mumbai, Maharashtra 400034



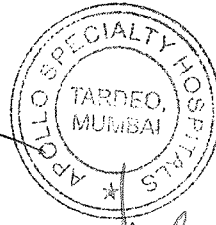
Patient Name: Parth Nath Age: 35

Address: Mumbai Date: 9/9/2023

ly

- Scaling

- x-ray = 14



Signature

Dr. Rinal Modi B.D.S (Mumbai)

Dental Surgeon

Reg. No. : A -28591

M: 87792 56365 / 98922 90876

E:doctorrinal@gmail.com

EYE REPORT

Name: *Pankaj Ashw Patel Nalkar*

Date: *09/09/2013*

Age / Sex: *35 / M*

Ref No.:

Complaint: *no ocular dx
no vfo 85/20*

Examination

Spectacle Rx *U/L 0/6* *Near Vof 2/6*

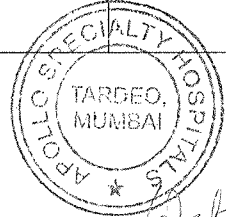
	Right Eye							
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance								
Read								

Remarks: *Chrom U/L Defecture*

Medications: *As 1/2*

Trade Name	Frequency	Duration

Follow up: *findus 1/2*



Ado
Retained
Chrom Ch. 2/2/13

Consultant:

Specialists in Surgery

9/9/2023

Name: Partha P. Nath
Age: 35yr/M

- For Health Check up
- Offers no complaints

O/E - Ears -



B/L TM intact, mobile

Nose -

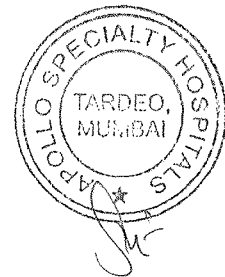


Septum deviated to (R)
c caudal dislocation (L)

Mucosa ⊕

Throat - NAD

Imp: ENT - NAD



DIETARY GUIDELINES FOR BALANCED DIET

Should avoid both fasting and feasting.

A meal pattern should be followed. Have small frequent and regular meal. Do not exceeds the interval between two meals beyond 3 hours.

Exercise regularly for at least 30-45 minutes daily. Walking briskly is a good form of exercise, yoga, gym, cycling, and swimming.

Keep yourself hydrating by sipping water throughout the day. You can have plain lemon water (without sugar), thin butter milk, vegetable soups, and milk etc.

Fat consumption: - 3 tsp. per day / ½ kg per month per person.

It's a good option to keep changing oils used for cooking to take the benefits of all types of oil.eg: Groundnut oil, mustard oil, olive oil, Sunflower oil, Safflower oil, Sesame oil etc.

FOOD ALLOWED

FOOD GROUPS	FOOD ITEMS
Cereals	Whole Wheat and Wheat product like daliya, rava ,bajara, jowar, ragi, oats, nachni etc.
pulses	Dal like moong, masoor, tur and pulses Chana, chhole, rajma , etc.
Milk	Prefer low fat cow's milk / skim milk and milk product like curd, buttermilk, paneer etc.
Vegetable	All types of vegetable.
Fruits	All types of Fruits.
Nuts	2 Almonds, 2 walnuts, 1 dry anjeer, dates, pumpkin seeds, flax seeds, niger seeds, garden cress seeds.
Non Veg	2-3 pices of Chicken/fish, (removed skin) twice a week and 2 egg white daily. Should be eat in grill and gravy form.

FOODS TO AVOID

Maida and bakery product like Khari, toast, butter, pav, white bread, cake, nankhatai, pastry etc.

Fried sev, fried moong, fried dal, farsan, fafda etc.

Condense milk, concentrated milk sweets, butter, cheese, cream.

Groundnut, Coconut (Dry and fresh), Cashew nut, pista.

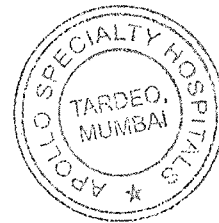
Dry fish, egg yolk, prawns, mutton, beef, lobster, pork, sausages, and organ meat like kidney, liver.

Hydrogenated fat like dalda, salted butter, ready to eat items, fast food, processed, preserves and canned food.

Carbonated beverages (soft drink), excess amount of tea and coffee, alcohol.

Papad, pickles, chutney.

Alcohol, smoking and Tabaco should be strictly avoided.



Fauziya Ansari
Clinical Nutritionist/ Dietician
E: diet.cbr@apollospectra.com
Cont: 8452884100

Patient Name : Mr.PARTHA PRATIM NATH Age/Gender : 35 Y 4 M 12 D/M UHID/MR No : STAR.0000058526 Visit ID : STAROPV62972 Ref Doctor : Dr.SELF Emp/Auth/TPA ID : 186696	Collected : 09/Sep/2023 10:02AM Received : 09/Sep/2023 11:00AM Reported : 09/Sep/2023 12:25PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
---	---

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

Methodology : Microscopic
 RBC : Normocytic normochromic
 WBC : Normal in number, morphology and distribution. No abnormal cells seen
 Platelets : Slightly reduced in smear
 Parasites : No Haemoparasites seen
IMPRESSION : Normocytic normochromic blood picture, Slightly reduced in smear
 Note/Comment : Please Correlate clinically



TOUCHING LIVES

Expertise. Empowering you.

Patient Name : Mr.PARTHA PRATIM NATH	Collected : 09/Sep/2023 10:02AM
Age/Gender : 35 Y 4 M 12 D/M	Received : 09/Sep/2023 11:00AM
UHID/MR No : STAR.0000058526	Reported : 09/Sep/2023 12:25PM
Visit ID : STAROPV62972	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 186696	

DEPARTMENT OF HAEMATOLOGY				
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324				
Test Name	Result	Unit	Bio. Ref. Range	Method

HEMOGRAM , WHOLE BLOOD EDTA				
HAEMOGLOBIN	14.8	g/dL	13-17	CYANIDE FREE COLOURIMETER
PCV	46.40	%	40-50	PULSE HEIGHT AVERAGE
RBC COUNT	5.1	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	91	fL	83-101	Calculated
MCH	29	pg	27-32	Calculated
MCHC	31.9	g/dL	31.5-34.5	Calculated
R.D.W	12.4	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	4,540	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYTIC COUNT (DLC)				
NEUTROPHILS	64	%	40-80	Electrical Impedance
LYMPHOCYTES	27	%	20-40	Electrical Impedance
EOSINOPHILS	03	%	1-6	Electrical Impedance
MONOCYTES	06	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	2905.6	Cells/cu.mm	2000-7000	Electrical Impedance
LYMPHOCYTES	1225.8	Cells/cu.mm	1000-3000	Electrical Impedance
EOSINOPHILS	136.2	Cells/cu.mm	20-500	Electrical Impedance
MONOCYTES	272.4	Cells/cu.mm	200-1000	Electrical Impedance
PLATELET COUNT	138000	cells/cu.mm	150000-410000	IMPEDENCE/MICROSCOPY
ERYTHROCYTE SEDIMENTATION RATE (ESR)	02	mm at the end of 1 hour	0-15	Modified Westergren
PERIPHERAL SMEAR				
Methodology : Microscopic				
RBC : Normocytic normochromic				
WBC : Normal in number, morphology and distribution. No abnormal cells seen				
Platelets : Slightly reduced in smear				
Parasites : No Haemoparasites seen				
IMPRESSION : Normocytic normochromic blood picture, Slightly reduced in smear				
Note/Comment : Please Correlate clinically				



TOUCHING LIVES

Patient Name : Mr.PARTHA PRATIM NATH	Collected : 09/Sep/2023 10:02AM
Age/Gender : 35 Y 4 M 12 D/M	Received : 09/Sep/2023 11:00AM
UHID/MR No : STAR.0000058526	Reported : 09/Sep/2023 12:22PM
Visit ID : STAROPV62972	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 186696	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA				
BLOOD GROUP TYPE	B			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination



Patient Name : Mr.PARTHA PRATIM NATH Age/Gender : 35 Y 4 M 12 D/M UHID/MR No : STAR.0000058526 Visit ID : STAROPV62972 Ref Doctor : Dr.SELF Emp/Auth/TPA ID : 186696	Collected : 09/Sep/2023 01:42PM Received : 09/Sep/2023 02:12PM Reported : 09/Sep/2023 03:15PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
---	---

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

GLUCOSE, FASTING , NAF PLASMA	78	mg/dL	70-100	GOD - POD
--------------------------------------	----	-------	--------	-----------

Comment:

As per American Diabetes Guidelines, 2023

Fasting Glucose Values in mg/dL	Interpretation
70-100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes
<70 mg/dL	Hypoglycemia

Note:

- The diagnosis of Diabetes requires a fasting plasma glucose of $>$ or $=$ 126 mg/dL and/or a random / 2 hr post glucose value of $>$ or $=$ 200 mg/dL on at least 2 occasions.
- Very high glucose levels ($>$ 450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.

GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	74	mg/dL	70-140	GOD - POD
---	----	-------	--------	-----------

Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Ref: Marks medical biochemistry and clinical approach



Patient Name : Mr.PARTHA PRATIM NATH	Collected : 09/Sep/2023 10:02AM
Age/Gender : 35 Y 4 M 12 D/M	Received : 09/Sep/2023 03:49PM
UHID/MR No : STAR.0000058526	Reported : 09/Sep/2023 05:25PM
Visit ID : STAROPV62972	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 186696	

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
HBA1C, GLYCATED HEMOGLOBIN , WHOLE BLOOD EDTA	4.5	%		HPLC
ESTIMATED AVERAGE GLUCOSE (eAG) , WHOLE BLOOD EDTA	82	mg/dL		Calculated

Comment:

Reference Range as per American Diabetes Association (ADA) 2023 Guidelines:

REFERENCE GROUP	HBA1C %
NON DIABETIC	<5.7
PREDIABETES	5.7 – 6.4
DIABETES	≥ 6.5
DIABETICS	
EXCELLENT CONTROL	6 – 7
FAIR TO GOOD CONTROL	7 – 8
UNSATISFACTORY CONTROL	8 – 10
POOR CONTROL	>10

Note: Dietary preparation or fasting is not required.

- HbA1C is recommended by American Diabetes Association for Diagnosing Diabetes and monitoring Glycemic Control by American Diabetes Association guidelines 2023.
- Trends in HbA1C values is a better indicator of Glycemic control than a single test.
- Low HbA1C in Non-Diabetic patients are associated with Anemia (Iron Deficiency/Hemolytic), Liver Disorders, Chronic Kidney Disease. Clinical Correlation is advised in interpretation of low Values.
- Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect erythrocyte survival are present.
- In cases of Interference of Hemoglobin variants in HbA1C, alternative methods (Fructosamine) estimation is recommended for Glycemic Control
 - A: HbF >25%
 - B: Homozygous Hemoglobinopathy.
 (Hb Electrophoresis is recommended method for detection of Hemoglobinopathy)

TOUCHING LIVES

Patient Name : Mr.PARTHA PRATIM NATH Age/Gender : 35 Y 4 M 12 D/M UHID/MR No : STAR.0000058526 Visit ID : STAROPV62972 Ref Doctor : Dr.SELF Emp/Auth/TPA ID : 186696	Collected : 09/Sep/2023 10:02AM Received : 09/Sep/2023 03:49PM Reported : 09/Sep/2023 05:25PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
---	--

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method



Patient Name : Mr.PARTHA PRATIM NATH Age/Gender : 35 Y 4 M 12 D/M UHID/MR No : STAR.0000058526 Visit ID : STAROPV62972 Ref Doctor : Dr.SELF Emp/Auth/TPA ID : 186696	Collected : 09/Sep/2023 10:02AM Received : 09/Sep/2023 10:57AM Reported : 09/Sep/2023 02:56PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
---	---

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

LIPID PROFILE , SERUM				
TOTAL CHOLESTEROL	177	mg/dL	<200	CHE/CHO/POD
TRIGLYCERIDES	113	mg/dL	<150	
HDL CHOLESTEROL	36	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	141	mg/dL	<130	Calculated
LDL CHOLESTEROL	118.4	mg/dL	<100	Calculated
VLDL CHOLESTEROL	22.6	mg/dL	<30	Calculated
CHOL / HDL RATIO	4.92		0-4.97	Calculated

Kindly Correlate Clinically.

Comment:

Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.

	Desirable	Borderline High	High	Very High
TOTAL CHOLESTEROL	< 200	200 - 239	≥ 240	
TRIGLYCERIDES	<150	150 - 199	200 - 499	≥ 500
LDL	Optimal < 100 Near Optimal 100-129	130 - 159	160 - 189	≥ 190
HDL	≥ 60			
NON-HDL CHOLESTEROL	Optimal <130; Above Optimal 130-159	160-189	190-219	>220

- Measurements in the same patient on different days can show physiological and analytical variations.
- NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.
- Primary prevention algorithm now includes absolute risk estimation and lower LDL Cholesterol target levels to determine eligibility of drug therapy.
- Low HDL levels are associated with Coronary Heart Disease due to insufficient HDL being available to participate in reverse cholesterol transport, the process by which cholesterol is eliminated from peripheral tissues.
- As per NCEP guidelines, all adults above the age of 20 years should be screened for lipid status. Selective screening of children above the age of 2 years with a family history of premature cardiovascular disease or those with at least one parent with high total cholesterol is recommended.
- VLDL, LDL Cholesterol Non HDL Cholesterol, CHOL/HDL RATIO, LDL/HDL RATIO are calculated parameters when

Patient Name : Mr.PARTHA PRATIM NATH Age/Gender : 35 Y 4 M 12 D/M UHID/MR No : STAR.0000058526 Visit ID : STAROPV62972 Ref Doctor : Dr.SELF Emp/Auth/TPA ID : 186696	Collected : 09/Sep/2023 10:02AM Received : 09/Sep/2023 10:57AM Reported : 09/Sep/2023 02:56PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
---	--

DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

Triglycerides are below 350 mg/dl. When Triglycerides are more than 350 mg/dl LDL cholesterol is a direct measurement.



TOUCHING LIVES

Expertise. Empowering you.

Patient Name : Mr.PARTHA PRATIM NATH	Collected : 09/Sep/2023 10:02AM
Age/Gender : 35 Y 4 M 12 D/M	Received : 09/Sep/2023 10:57AM
UHID/MR No : STAR.0000058526	Reported : 09/Sep/2023 02:56PM
Visit ID : STAROPV62972	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 186696	

DEPARTMENT OF BIOCHEMISTRY				
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324				
Test Name	Result	Unit	Bio. Ref. Range	Method

LIVER FUNCTION TEST (LFT) , SERUM				
Test Name	Result	Unit	Bio. Ref. Range	Method
BILIRUBIN, TOTAL	1.00	mg/dL	0.1-1.2	Azobilirubin
BILIRUBIN CONJUGATED (DIRECT)	0.30	mg/dL	0.1-0.4	DIAZO DYE
BILIRUBIN (INDIRECT)	0.70	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	29	U/L	4-44	JSCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	24.0	U/L	8-38	JSCC
ALKALINE PHOSPHATASE	101.00	U/L	32-111	IFCC
PROTEIN, TOTAL	7.40	g/dL	6.7-8.3	BIURET
ALBUMIN	5.00	g/dL	3.8-5.0	BROMOCRESOL GREEN
GLOBULIN	2.40	g/dL	2.0-3.5	Calculated
A/G RATIO	2.08		0.9-2.0	Calculated



TOUCH THE POSSIBLE

Expertise. Empowering you.

Patient Name : Mr.PARTHA PRATIM NATH Age/Gender : 35 Y 4 M 12 D/M UHID/MR No : STAR.0000058526 Visit ID : STAROPV62972 Ref Doctor : Dr.SELF Emp/Auth/TPA ID : 186696	Collected : 09/Sep/2023 10:02AM Received : 09/Sep/2023 10:57AM Reported : 09/Sep/2023 02:56PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
---	--

DEPARTMENT OF BIOCHEMISTRY				
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324				
Test Name	Result	Unit	Bio. Ref. Range	Method

RENAL PROFILE/KIDNEY FUNCTION TEST (RFT/KFT) , SERUM				
CREATININE	0.86	mg/dL	0.6-1.1	ENZYMATIC METHOD
UREA	22.70	mg/dL	17-48	Urease
BLOOD UREA NITROGEN	10.6	mg/dL	8.0 - 23.0	Calculated
URIC ACID	7.10	mg/dL	4.0-7.0	URICASE
CALCIUM	9.60	mg/dL	8.4-10.2	CPC
PHOSPHORUS, INORGANIC	3.40	mg/dL	2.6-4.4	PNP-XOD
SODIUM	140	mmol/L	135-145	Direct ISE
POTASSIUM	4.4	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	102	mmol/L	98-107	Direct ISE

Kindly Correlate Clinically.



TOUCHING LIVES

Patient Name : Mr.PARTHA PRATIM NATH	Collected : 09/Sep/2023 10:02AM
Age/Gender : 35 Y 4 M 12 D/M	Received : 09/Sep/2023 10:57AM
UHID/MR No : STAR.0000058526	Reported : 09/Sep/2023 02:56PM
Visit ID : STAROPV62972	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 186696	

DEPARTMENT OF BIOCHEMISTRY				
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324				
Test Name	Result	Unit	Bio. Ref. Range	Method

GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM	16.00	U/L	16-73	Glycylglycine Kinetic method
---	-------	-----	-------	------------------------------



Patient Name : Mr.PARTHA PRATIM NATH	Collected : 09/Sep/2023 10:02AM	Received : 09/Sep/2023 10:57AM	Reported : 09/Sep/2023 01:26PM	Status : Final Report	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Age/Gender : 35 Y 4 M 12 D/M					
UHID/MR No : STAR.0000058526					
Visit ID : STAROPV62972					
Ref Doctor : Dr.SELF					
Emp/Auth/TPA ID : 186696					

DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

THYROID PROFILE TOTAL (T3, T4, TSH) , SERUM				
TRI-iodothyronine (T3, TOTAL)	0.83	ng/mL	0.67-1.81	ELFA
THYROXINE (T4, TOTAL)	8.09	µg/dL	4.66-9.32	ELFA
THYROID STIMULATING HORMONE (TSH)	1.900	µIU/mL	0.25-5.0	ELFA

Comment:

Note:

For pregnant females	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 – 3.0
Third trimester	0.3 – 3.0

- TSH is a glycoprotein hormone secreted by the anterior pituitary. TSH activates production of T3 (Triiodothyronine) and its prohormone T4 (Thyroxine). Increased blood level of T3 and T4 inhibit production of TSH.
- TSH is elevated in primary hypothyroidism and will be low in primary hyperthyroidism. Elevated or low TSH in the context of normal free thyroxine is often referred to as sub-clinical hypo- or hyperthyroidism respectively.
- Both T4 & T3 provides limited clinical information as both are highly bound to proteins in circulation and reflects mostly inactive hormone. Only a very small fraction of circulating hormone is free and biologically active.
- Significant variations in TSH can occur with circadian rhythm, hormonal status, stress, sleep deprivation, medication & circulating antibodies.

TSH	T3	T4	FT4	Conditions
High	Low	Low	Low	Primary Hypothyroidism, Post Thyroidectomy, Chronic Autoimmune Thyroiditis
High	N	N	N	Subclinical Hypothyroidism, Autoimmune Thyroiditis, Insufficient Hormone Replacement Therapy.
N/Low	Low	Low	Low	Secondary and Tertiary Hypothyroidism
Low	High	High	High	Primary Hyperthyroidism, Goitre, Thyroiditis, Drug effects, Early Pregnancy
Low	N	N	N	Subclinical Hyperthyroidism
Low	Low	Low	Low	Central Hypothyroidism, Treatment with Hyperthyroidism
Low	N	High	High	Thyroiditis, Interfering Antibodies
N/Low	High	N	N	T3 Thyrotoxicosis, Non thyroidal causes

TOUCHING LIVES

Patient Name : Mr.PARTHA PRATIM NATH Age/Gender : 35 Y 4 M 12 D/M UHID/MR No : STAR.0000058526 Visit ID : STAROPV62972 Ref Doctor : Dr.SELF Emp/Auth/TPA ID : 186696	Collected : 09/Sep/2023 10:02AM Received : 09/Sep/2023 10:57AM Reported : 09/Sep/2023 01:26PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
---	---

DEPARTMENT OF IMMUNOLOGY				
ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324				
Test Name	Result	Unit	Bio. Ref. Range	Method

High	High	High	High	Pituitary Adenoma; TSHoma/Thyrotropinoma
------	------	------	------	--



Patient Name : Mr.PARTHA PRATIM NATH	Collected : 09/Sep/2023 10:02AM
Age/Gender : 35 Y 4 M 12 D/M	Received : 09/Sep/2023 01:22PM
UHID/MR No : STAR.0000058526	Reported : 09/Sep/2023 02:41PM
Visit ID : STAROPV62972	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 186696	

DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
-----------	--------	------	-----------------	--------

COMPLETE URINE EXAMINATION (CUE) , URINE

PHYSICAL EXAMINATION

COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
pH	6.5		5-7.5	Bromothymol Blue
SP. GRAVITY	1.005		1.002-1.030	Dipstick


BIOCHEMICAL EXAMINATION

URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GOD-POD
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	NITROPRUSSIDE
UROBILINOGEN	NEGATIVE		NORMAL	EHRlich
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS


CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY

PUS CELLS	1-2	/hpf	0-5	Microscopy
EPITHELIAL CELLS	0-1	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

*** End Of Report ***



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY



Dr.Sandip Kumar Banerjee
M.B.B.S,M.D(PATHOLOGY),D.P.B
Consultant Pathologist



Name : Mr. Parth Nath
Age : 35 Year(s)

Date : 09/09/2023
Sex : Male
Visit Type : OPD

ECHO Cardiography

Comments:

Normal cardiac dimensions.
Structurally normal valves.
No evidence of LVH.
Intact IAS/IVS.
No evidence of regional wall motion abnormality.
Normal LV systolic function (LVEF 60%).
No diastolic dysfunction.
Normal RV systolic function.
No intracardiac clots / vegetation/ pericardial effusion.
No evidence of pulmonary hypertension.PASP=30mmHg.
IVC 12 mm collapsing with respiration.

Final Impression:

NORMAL 2DECHOCARDIOGRAPHY REPORT.


DR. CHHAYA P. VAJA. M. D. (MUM)
NONINVASIVE CARDIOLOGIST

Apollo Spectra Hospitals: 156, Famous Cine Labs, Behind Everest Building, Tardeo, Mumbai - 400034
Ph No: 022 - 4332 4500 | www.apollospectra.com

Apollo Specialty Hospitals Pvt. Ltd. (CIN - U85100TG2009PTC099414)
(Formerly known as Nova Specialty Hospital Pvt. Ltd.)

Regd. Office: 7-1-617/A, 615 & 616, Imperial Towers, 7th Floor, Ameerpet, Hyderabad, Telangana - 500038
Ph No: 040 - 4904 7777 | www.apollohl.com

Name : Mr. Parth Nath
Age : 35 Year(s)

Date : 09/09/2023
Sex : Male
Visit Type : OPD

Dimension:

EF Slope	140mm/sec
EPSS	04mm
LA	27mm
AO	26mm
LVID (d)	40mm
LVID(s)	21mm
IVS (d)	11mm
LVPW (d)	11mm
LVEF	60% (visual)


DR. CHHAYA P. VAJA. M. D. (MUM)
NONINVASIVE CARDIOLOGIST

Apollo Spectra Hospitals: 156, Famous Cine Labs, Behind Everest Building, Tardeo, Mumbai - 400034
Ph No: 022 - 4332 4500 | www.apollospectra.com

Apollo Specialty Hospitals Pvt. Ltd. (CIN - U85100TG2009PTC099414)
(Formerly known as Nova Specialty Hospital Pvt. Ltd.)

Regd. Office: 7-1-617/A, 615 & 616, Imperial Towers, 7th Floor, Ameerpet, Hyderabad, Telangana - 500038
Ph No: 040 - 4904 7777 | www.apollohl.com

Patient Name : MR.PARTHA NATH
Ref. By : HEALTH CHECK UP

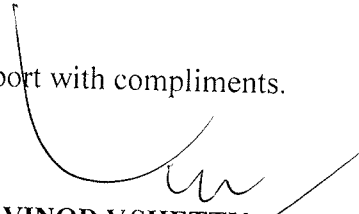
Date : 09-09-2023
Age : 35 years

SONOGRAPHY OF ABDOMEN AND PELVIS

- LIVER** : The liver is normal in size but shows mild diffuse increased echotexture suggestive of fatty infiltration (Grade I). No focal mass lesion is seen. The intrahepatic biliary tree & venous radicles appear normal. The portal vein and CBD appear normal.
- GALL BLADDER** : The gall bladder is well distended and reveals normal wall thickness. There is no evidence of calculus seen in it.
- PANCREAS** : The pancreas is normal in size and echotexture. No focal mass lesion is seen.
- SPLEEN** : The spleen is normal in size and echotexture. No focal parenchymal mass lesion is seen. The splenic vein is normal.
- KIDNEYS** : The **RIGHT KIDNEY** measures 10.1 x 4.0 cms and the **LEFT KIDNEY** measures 10.4 x 4.2 cms in size. Both kidneys are normal in size, shape and echotexture. There is no evidence of hydronephrosis or calculi seen on either side.
- The para-aortic & iliac fossa regions appears normal. There is no free fluid or any lymphadenopathy seen in the abdomen.
- PROSTATE** : The prostate measures 3.3 x 2.8 x 2.7 cms and weighs 13.6 gms. It is normal in size, shape and echotexture. No prostatic calcification is seen.
- URINARY BLADDER** : The urinary bladder is well distended and is normal in shape and contour. No intrinsic lesion or calculus is seen in it. The bladder wall is normal in thickness.

IMPRESSION: The Ultrasound examination reveals mild fatty infiltration of the Liver.
No other significant abnormality is detected.

Report with compliments.


DR. VINOD V.SHETTY
MD, D.M.R.D.
CONSULTANT SONOLOGIST.

Apollo Spectra Hospitals: 156, Famous Cine Labs, Behind Everest Building, Tardeo, Mumbai - 400034
Ph No: 022 - 4332 4500 | www.apollospectra.com

Apollo Specialty Hospitals Pvt. Ltd. (CIN - U85100TG2009PTC099414)
(Formerly known as Nova Specialty Hospital Pvt. Ltd.)

Regd. Office: 7-1-617/A, 615 & 616, Imperial Towers, 7th Floor, Ameerpet, Hyderabad, Telangana - 500038
Ph No: 040 - 4904 7777 | www.apollohl.com

Patient Name : Mr. PARTHA PRATIM NATH Age : 35 Y M
UHID : STAR.0000058526 OP Visit No : STAROPV62972
Reported on : 11-09-2023 08:39 Printed on : 11-09-2023 08:39
Adm/Consult Doctor : Ref Doctor : SELF

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .
No obvious active pleuro-parenchymal lesion seen .
Both costophrenic and cardiophrenic angles are clear .
Both diaphragms are normal in position and contour .
Thoracic wall and soft tissues appear normal.

CONCLUSION :

No obvious abnormality seen

Printed on: 11-09-2023 08:39

---End of the Report---



Dr. VINOD SHETTY
Radiology

MR. Partha Nath

ID Partha
Age 35

Height 159cm
Gender Male

Date 9.9.2023
Time 10:19:57

APOLLO SPECTRA HOSPITAL

Spz - 99.1

Body Composition

	Normal	Over	UNITED	Normal Range
Weight	40 55 70 85 100 115 130 145 160 175 190 205			47.3 ~ 64.0
Muscle Mass Skeletal Muscle Mass	60 70 80 90 100 110 120 130 140 150 160 170			23.5 ~ 28.7
Body Fat Mass	20 40 60 80 100 160 220 280 340 400 460 520			6.7 ~ 13.4
TBW Total Body Water	34.7 kg (31.3 ~ 38.2)		FFM Fat Free Mass	47.3 kg (40.6 ~ 50.6)
Protein	9.5 kg (8.4 ~ 10.2)		Mineral*	3.08 kg (2.89 ~ 3.54)

Segmental Lean	Lean Mass Evaluation
2.9kg Normal	2.9kg Normal
Trunk 23.4kg Normal	
6.9kg Under	7.1kg Under

Obesity Diagnosis

	UNITED	Normal Range
BMI Body Mass Index (kg/m ²)	29.0	18.5 ~ 25.0
PBF Percent Body Fat (%)	35.4	10.0 ~ 20.0
WHR Waist-Hip Ratio	0.99	0.80 ~ 0.90
BMR Basal Metabolic Rate (kcal)	1391	1580 ~ 1848

Nutritional Evaluation

Protein	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient	
Mineral	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient	
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient	<input checked="" type="checkbox"/> Excessive

Weight Management

Weight	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over
SMM	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Strong
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over

Obesity Diagnosis

BMI	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	<input type="checkbox"/> Extremely Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	
WHR	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	

Segmental Fat

	PBF Fat Mass Evaluation
37.2% 1.8kg Over	36.8% 1.8kg Over
Trunk 36.5% 14.2kg Over	
31.8% 3.4kg Over	31.6% 3.5kg Over

* Segmental Fat is estimated.

Muscle-Fat Control

Muscle Control 0.0 kg Fat Control - 17.6 kg Fitness Score 62

Impedance

Z	RA	LA	TR	RL	LL
20kHz	283.8	288.8	27.4	255.1	265.3
100kHz	253.0	257.6	23.5	222.7	232.9

* Use your results as reference when consulting with your physician or fitness trainer.

Exercise Planner Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity (base weight: 73.2 kg / Duration: 30min. / unit: kcal)

Walking 146	Jogging 256	Bicycle 220	Swim 256	Mountain Climbing 239	Aerobic 256
Table tennis 165	Tennis 220	Football 256	Oriental Fencing 366	Gate ball 139	Badminton 165
Racket ball 366	Tae-kwon-do 366	Squash 366	Basketball 220	Rope jumping 256	Golf 129
Push-ups development of upper body	Sit-ups abdominal muscle training	Weight training backache prevention	Dumbbell exercise muscle strength	Elastic band muscle strength	Squats maintenance of lower body muscle

How to do

1. Choose practicable and preferable activities from the left.
2. Choose exercises that you are going to do for 7 days.
3. Calculate the total energy expenditure for a week.
4. Estimate expected total weight loss for a month using the formula shown below.

Recommended calorie intake per day

1400 kcal

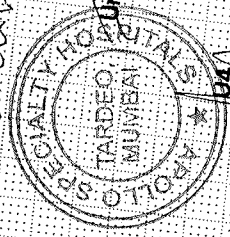
* Calculation for expected total weight loss for 4 weeks: **Total energy expenditure (kcal/week) X 4 weeks ÷ 7700**

HR 73bpm

Dr. (Mrs.) CHHAYA P. VAJJA
M.D. (MUM)
Physician & Cardiologist
Reg. No. 56542

Interpretation:
12SL - Interpretation:
Normal sinus rhythm
Early repolarization
Normal ECG

Unkles Normal limits



Unconfirmed report.

