

OUT-PATIENT RECORD

Date : 17/12/24
 MRNO :
 Name : 064218
 Age/Gender : MR Shalin Choksy
 Mobile No :
 Passport No : 25m/made
 Aadhar number :

Pulse : 70/min	B.P : 120/80	Resp : 18/min	Temp : (N)
Weight : 80-3kg	Height : 178cm.	BMI : 25.3	Waist Circum : 36"

General Examination / Allergies
History

Clinical Diagnosis & Management Plan

mfus - 02

Unmarried, Vegetarian
 sleep: (N) No Allergy.
 No addiction
 FH: Nil.

Normal Reports.

Physically fit

Dr. (Mrs.) CHHAYA P. VAJA
 M.D. (MUM)
 Physician & Cardiologist
 Reg. No. 56942



[Handwritten Signature]

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

Doctor Signature

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.SHALIN P CHOKSY
Age/Gender : 25 Y 0 M 14 D/M
UHID/MR No : STAR.0000064218
Visit ID : STAROPV71597
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 894210388106

Collected : 17/Jul/2024 09:09AM
Received : 17/Jul/2024 10:37AM
Reported : 17/Jul/2024 01:22PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

Methodology : Microscopic

RBC : Normocytic normochromic

WBC : Normal in number, morphology and distribution. No abnormal cells seen

Platelets : Adequate in Number

Parasites : No Haemoparasites seen

IMPRESSION : Normocytic normochromic blood picture

Note/Comment : Please Correlate clinically



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:BED240186854



Patient Name : Mr. SHALIN P CHOKSY
 Age/Gender : 25 Y 0 M 14 D/M
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DEPARTMENT OF HAEMATOLOGY
 ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324


Test Name	Result	Unit	Bio. Ref. Range	Method
HEMOGRAM , WHOLE BLOOD EDTA				
HAEMOGLOBIN	14.9	g/dL	13-17	CYANIDE FREE COLOUROMETER
PCV	45.00	%	40-50	PULSE HEIGHT AVERAGE
RBC COUNT	5.06	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	89	fL	83-101	Calculated
MCH	29.5	pg	27-32	Calculated
MCHC	33.2	g/dL	31.5-34.5	Calculated
R.D.W	12.2	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	6,460	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYtic COUNT (DLC)				
NEUTROPHILS	58	%	40-80	Electrical Impedance
LYMPHOCYTES	33	%	20-40	Electrical Impedance
EOSINOPHILS	02	%	1-6	Electrical Impedance
MONOCYTES	07	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	3746.8	Cells/cu.mm	2000-7000	Calculated
LYMPHOCYTES	2131.8	Cells/cu.mm	1000-3000	Calculated
EOSINOPHILS	129.2	Cells/cu.mm	20-500	Calculated
MONOCYTES	452.2	Cells/cu.mm	200-1000	Calculated
Neutrophil lymphocyte ratio (NLR)	1.76		0.78- 3.53	Calculated
PLATELET COUNT	326000	cells/cu.mm	150000-410000	IMPEDENCE/MICROSCOPY
ERYTHROCYTE SEDIMENTATION RATE (ESR)	07	mm at the end of 1 hour	0-15	Modified Westergren

PERIPHERAL SMEAR

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Note/Comment : Please Correlate clinically



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PATHOLOGY

SIN No:BED240186854





TOUCHING LIVES
 Patient Name : Mr.SHALIN P CHOKSY
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DEPARTMENT OF HAEMATOLOGY
 ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA				
BLOOD GROUP TYPE	O			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination



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Collected : 17/Jul/2024 09:09AM
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DEPARTMENT OF BIOCHEMISTRY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, FASTING , NAF PLASMA	76	mg/dL	70-100	GOD - POD

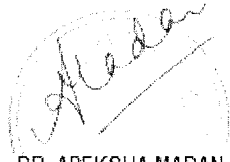
Comment:

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:

- 1.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.
2. Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.



DR. APEKSHA MADAN
 MBBS, DPB
 PATHOLOGY

SIN No:PLF02189716



Patient Name : Mr.SHALIN P CHOKSY
 Age/Gender : 25 Y 0 M 14 D/M
 UHID/MR No : STAR.0000064218
 Visit ID : STAROPV71597
 Ref Doctor : Dr.SELF
 Emp/Auth/TPA ID : 894210388106

Collected : 17/Jul/2024 11:45AM
 Received : 17/Jul/2024 12:55PM
 Reported : 17/Jul/2024 01:08PM
 Status : Final Report
 Sponsor Name : ARCOFEMI HEALTHCARE LIMITED


DEPARTMENT OF BIOCHEMISTRY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	93	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.



DR. APEKSHA MADAN
 MBBS, DPB
 PATHOLOGY

SIN No:PLP1474334



Patient Name : Mr.SHALIN P CHOKSY
Age/Gender : 25 Y 0 M 14 D/M
UHID/MR No : STAR.0000064218
Visit ID : STAROPV71597
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 894210388106

Collected : 17/Jul/2024 09:09AM
Received : 17/Jul/2024 10:35AM
Reported : 17/Jul/2024 01:24PM
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DEPARTMENT OF BIOCHEMISTRY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
ALANINE AMINOTRANSFERASE (ALT/SGPT) , SERUM	14	U/L	4-44	JSCC

Comment:

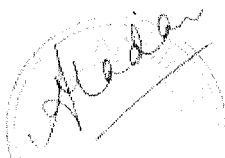
ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes. ALT levels are seen to be elevated even before the signs and symptoms of the liver injury appear. The ALT levels remain high longer in blood as compared to AST levels. And though both the enzymes increase in liver injury, the rise in ALT is more compared to AST, thus also altering the ALT:AST ratio.

Test Name	Result	Unit	Bio. Ref. Range	Method
BILIRUBIN, TOTAL , SERUM	1.50	mg/dL	0.1-1.2	Azobilirubin

Test Name	Result	Unit	Bio. Ref. Range	Method
BUN/CREATININE RATIO , SERUM				
BLOOD UREA NITROGEN	9.2	mg/dL	8.0 - 23.0	Calculated
CREATININE	0.76	mg/dL	0.6-1.1	ENZYMATIC METHOD
BUN / CREATININE RATIO	12.12			Calculated

Test Name	Result	Unit	Bio. Ref. Range	Method
CREATININE , SERUM	0.76	mg/dL	0.6-1.1	ENZYMATIC METHOD




DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:SE04783297

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Visit ID : STAROPV71597
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 894210388106

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DEPARTMENT OF CLINICAL PATHOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK H - 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	Physical measurement
pH	6.5		5-7.5	DOUBLE INDICATOR
SP. GRAVITY	1.010		1.002-1.030	Dipstick
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GLUCOSE OXIDASE
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING REACTION
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	SODIUM NITRO PRUSSIDE
UROBILINOGEN	NEGATIVE		NORMAL	MODIFIED EHRlich REACTION
NITRITE	NEGATIVE		NEGATIVE	Griess reaction
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	Diazonium salt
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

Comment:

All urine samples are checked for adequacy and suitability before examination. Microscopy findings are reported as an average of 10 high power fields.

Page 8 of 9



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:UR2388292





TOUCHING LIVES

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UHID/MR No : STAR.0000064218
Visit ID : STAROPV71597
Ref Doctor : Dr.SELF
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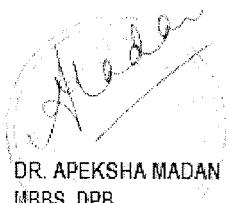


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DEPARTMENT OF CLINICAL PATHOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

*** End Of Report ***

Page 9 of 9



DR. APEKSHA MADAN
MBBS, DPB
PATHOLOGY

SIN No:UR2388292

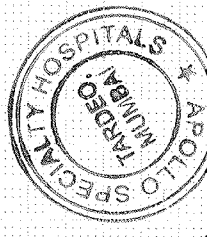
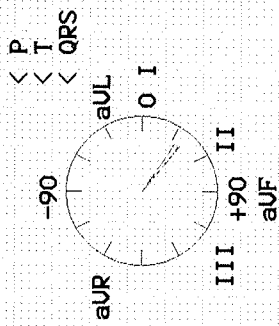


Measurement Results:

QRS : 106 ms
 QT/QTcB : 384 / 417 ms
 PR : 120 ms
 P : 102 ms
 RR/PP : 834 / 845 ms
 P/QRS/T : 39/ 40/ 35 degrees

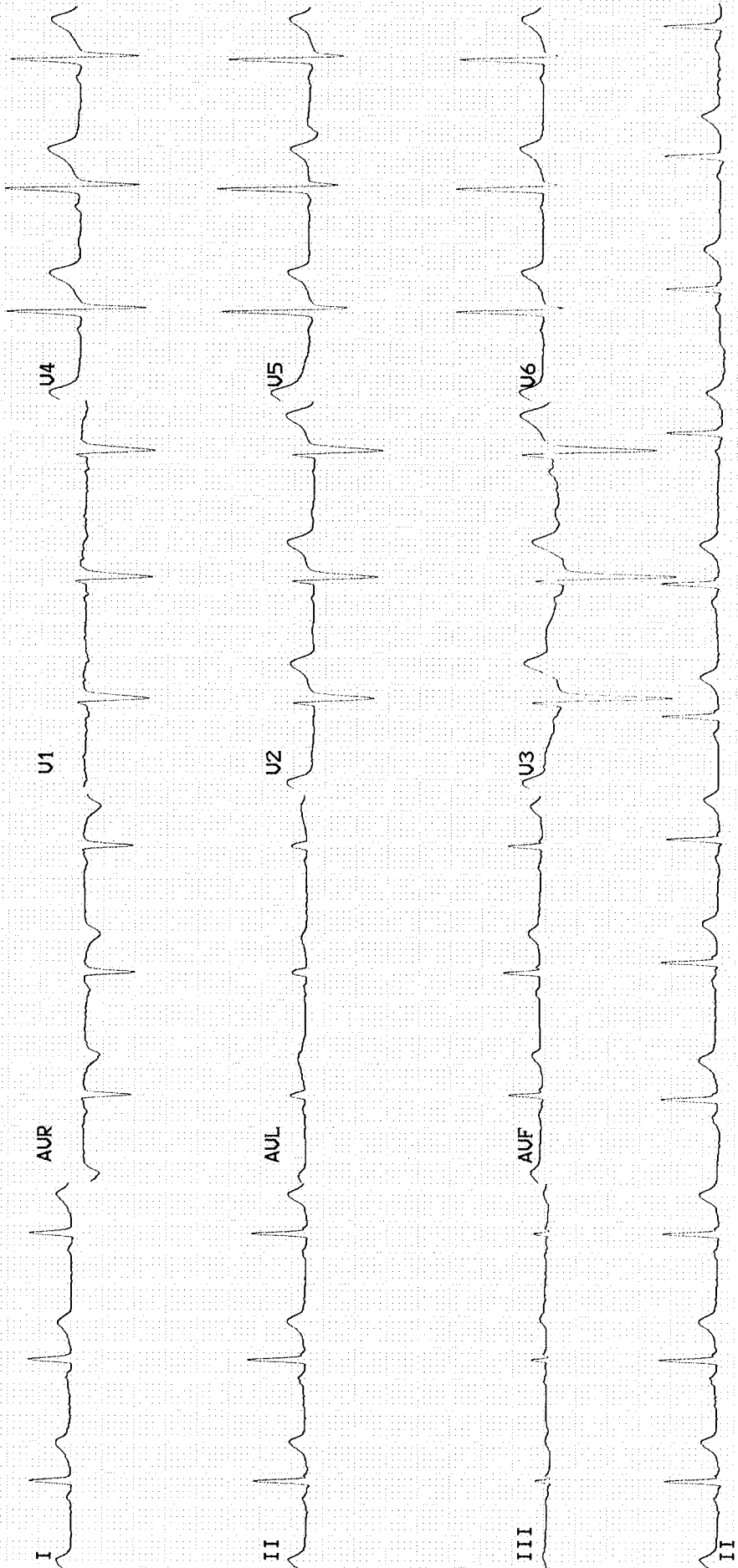
Interpretation:

12SL - Interpretation:
 Sinus rhythm with sinus arrhythmia
 Normal ECG



Dr. (Mrs.) CHHAYA R. VAJA
 M.D. (MUM)
 Physician & Cardiologist
 Reg. No: 56942

Unconfirmed report.



17/7/24

Patient Name	: Mr. SHALIN P CHOKSY	Age	: 25 Y M
UHID	: STAR.0000064218	OP Visit No	: STAROPV71597
Reported on	: 17-07-2024 12:32	Printed on	: 17-07-2024 12:32
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:17-07-2024 12:32

---End of the Report---

Dr. VINOD SHETTY
Radiology

EYE REPORT

Name: Shalin Choksy

Date: 17/07/2024

Age / Sex: 25 / M -

Ref No.:

Complaint:

OD
WOR

OS
Mild ptosis

Int. Sep: WNL

— 0.7:1 —
FR+

Examination

Spectacle Rx

	Right Eye							
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance	6/6 ^(P)	-0.0	-1.0	40'	6/9	-5.50	-4.0	175'
Read	N6				N6			

Remarks:

Rev > 6 months.

Medications:

Trade Name	Frequency	Duration

Follow up:



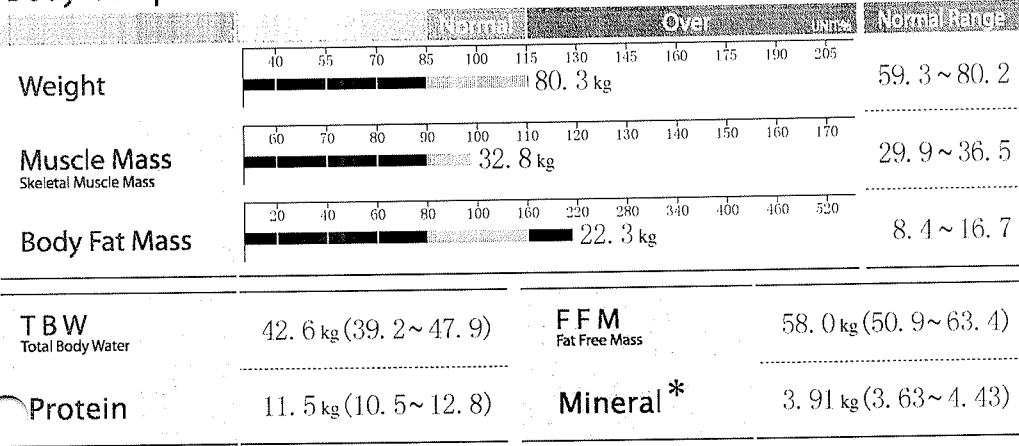
Consultant:

Mr. Sheela Choksz
 ID 064218
 Age 25

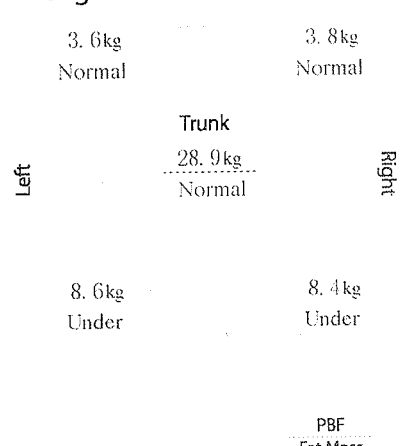
Height 178cm | Date 17.7.2024
 Gender Male | Time 09:15:01

APOLLO SPECTRA HOSPITAL

Body Composition



Segmental Lean



Obesity Diagnosis

Parameter	Value	Normal Range
BMI (Body Mass Index) (kg/m ²)	25.3	18.5 ~ 25.0
PBF (Percent Body Fat) (%)	27.8	10.0 ~ 20.0
WHR (Waist-Hip Ratio)	1.14	0.80 ~ 0.90
BMR (Basal Metabolic Rate) (kcal)	1623	1697 ~ 1992

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 type="checkbox"/> Normal	<input checked="" type="checkbox"/> Excessive

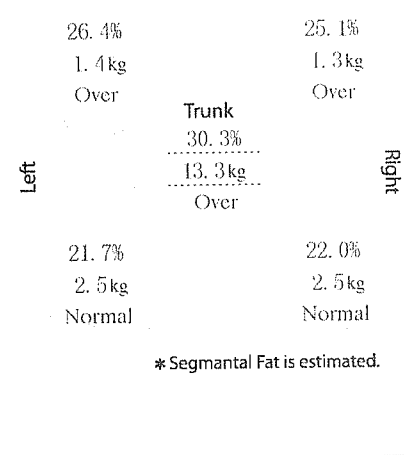
Weight Management

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



* Mineral is estimated.

* Segmental Fat is estimated.

Impedance

Z	RA	LA	TR	RL	LL
20kHz	305.7	318.8	27.9	385.5	355.8
100kHz	272.4	284.9	23.2	341.3	316.1

Muscle-Fat Control

Muscle Control + 1.3 kg | Fat Control - 11.9 kg | Fitness Score 67

* 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: 80.3 kg / Duration: 30min. / unit: kcal)						
Walking	Jogging	Bicycle	Swim	Mountain Climbing	Aerobic	
161	281	241	281	262	281	
Table tennis	Tennis	Football	Oriental Fencing	Gate ball	Badminton	
181	241	281	402	153	181	
Racket ball	Tae-kwon-do	Squash	Basketball	Rope jumping	Golf	
402	402	402	241	281	141	
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

1700 kcal

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