

MER- MEDICAL EXAMINATION REPORT

Date of Examination	03/07/24	
NAME	ABHINAV CHAUDHARY	
AGE	48	Gender m
HEIGHT(cm)	171	WEIGHT (kg) 111 BMB-38.0
B.P.	142/86	
ECG	normal	
X Ray	normal	
Vision Checkup	—	
Present Ailments	None	
Details of Past ailments (If Any)	No	
Comments / Advice : She /He is Physically Fit	medicines fit	



Dr. Smita Rastogi  
 MBBS, DCP  
 Reg. No. 7370

*Smita Rastogi*

Signature with Stamp of Medical Examiner

You have been informed that ,othal deit ,ent,dental ,  
consultation facility is not available at our centre .If you are  
ready then your test can be start.

2Decho test facility is available at our centre, instead we do  
TMT test .

*Handwritten signature*



यूनियन बैंक Union Bank



नाम : अभिशेक चौधरी  
Name : ABHISHEK CHAUDHARY  
कर्मचारी नं./ Employee No. : 694436  
जन्म तिथि/ Birth Date : 01.07.1976  
रक्त समूह/ Blood Group : A+ve  
हस्ताक्षर/ Signature : *Abhishek*  
स्थान/ Place Regional Office Lucknow  
जारी की तिथि/ Date : 01.10.2021  
जारी करने वाले/ Issuing Authority : *[Signature]*

*Abhishek*



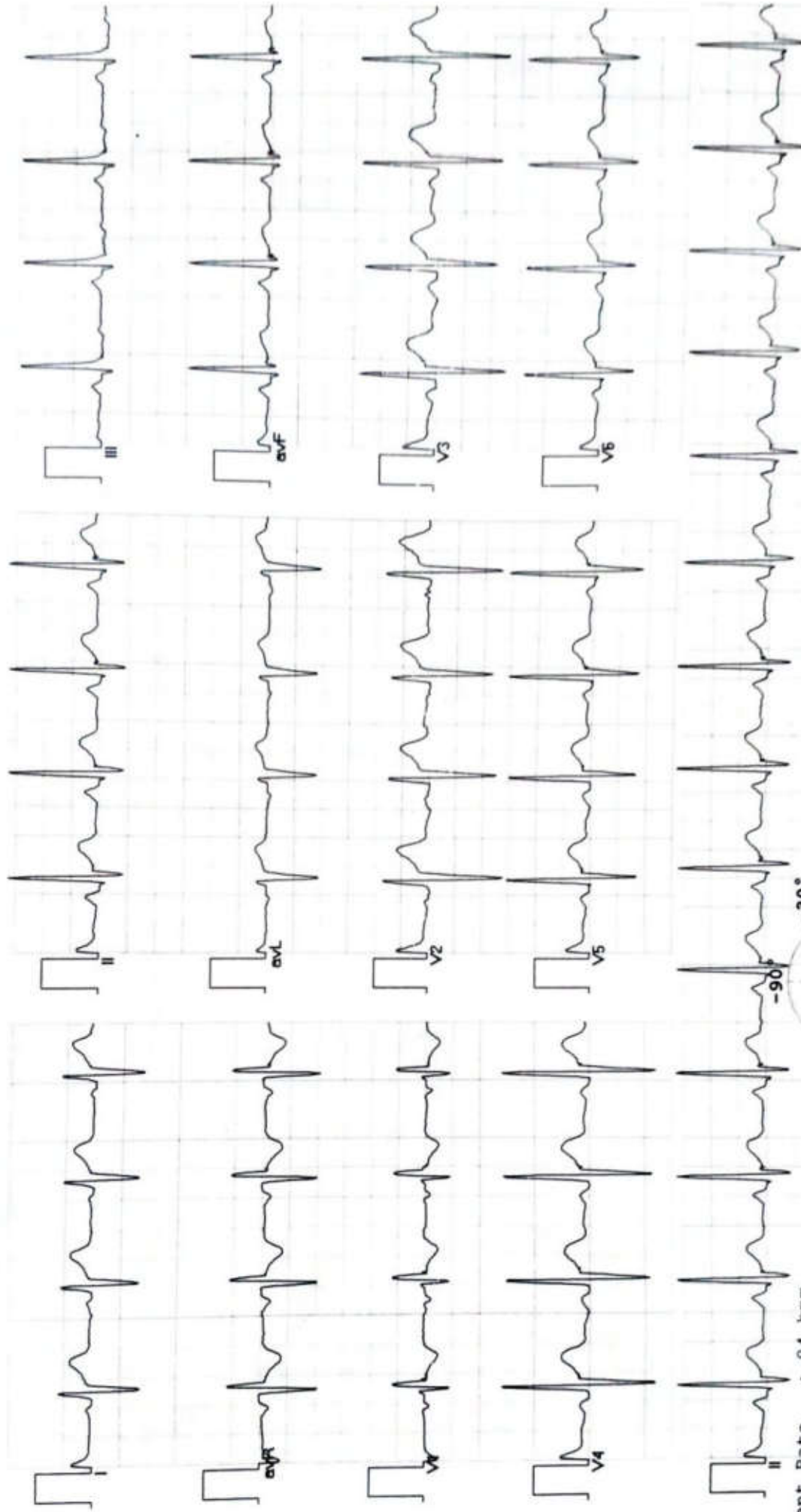
# Modern Pathology And Diagnostic Centre

227 / ABHISHEK CHAUDHARY / 48 Yrs / M / 171Cms. / 111Kgs. / Non Smoker

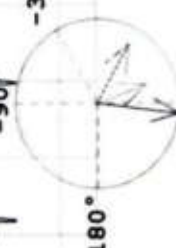
Heart Rate : 84 bpm / Tested On : 03-Jul-24 09:16:27 / HF 0.05 Hz - LF 100 Hz / Notch 50 Hz / Sn 1.00 Cm/mV / Sw 25 mm/s

/ Refd By.: APOLLO HEALTH

## ECG



Vent Rate : 84 bpm  
PR Interval : 140 ms  
QRS Duration: 106 ms  
QT/QTc Int : 350/392 ms  
P-QRS-T axis: 70.00° 97.00° 29.00°



Normal ECG

*[Handwritten signature]*

Axis

90° R 97° T 29° P 70°

Allengers ECG (Piscas)(PIS215191030)

Dr. *[Signature]* HOCHAN MD

Phon No. 44559





# 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



TEST REQUEST ID :012407030010	SAMPLE DATE	:03/Jul/2024 08:28AM
NAME :Mr. ABHISHEK CHAUDHARY	SAMPLE REC. DATE	:03/Jul/2024 08:28AM
AGE/SEX :48 YRS/MALE	REPORTED DATE	:03/Jul/2024 01:15PM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01030010

## XRAY CHEST PA

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

Please correlate clinically.

\*\*\* End Of Report \*\*\*



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

*Surbhi*  
**Dr. Surbhi**  
MBBS, MD (Radiodiagnosis)

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

Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.  
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Mob : 7618884441, 9450389932, 8177063877



TEST REQUEST ID : 012407030010	SAMPLE DATE	:03/Jul/2024 08:28AM
NAME : Mr. ABHISHEK CHAUDHARY	SAMPLE REC. DATE	:03/Jul/2024 08:28AM
AGE/SEX : 48 YRS/MALE	REPORTED DATE	:03/Jul/2024 12:37PM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01030010

## USG WHOLE ABDOMEN-MALE

**Liver:** is enlarged in size 171 mm . Shows increased parenchyma echogenicity with partial obscuration of periportal ecogeneity likely fatty infiltration. 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 normal in size (105 mm), shape and echotexture. No focal echovariant lesion is seen. Splenic vein is normal.

**Right Kidney:** is not visualized in right renal fossa..?.echogenic/ectopic/atrophic/absent.

**Left Kidney:** is enlarged(compensatory hypertrophy) in size 121 x 73 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.



*Surbhi*

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NAME : Mr. ABHISHEK CHAUDHARY	SAMPLE REC. DATE	: 03/Jul/2024 08:28AM
AGE/SEX : 48 YRS/MALE	REPORTED DATE	: 03/Jul/2024 12:37PM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	: 01030010

**Prostate:** is normal in size (39 x 35 x 27 mms, wt = 20.4 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:

- HEPATOMEGALY WITH FATTY LIVER GRADE -II
- RIGHT KIDNEY IS NOT VISUALIZED IN RIGHT RENAL FOSSA..?..ECHOGENIC/ECTOPIC/ATROPHIC/ABSENT.

\*\*\* End Of Report \*\*\*



*Surbhi*

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Print Date Time: 03/07/2024 12:37 PM

Checked By: SURBHI

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# MODERN PATHOLOGY AND DIAGNOSTIC CENTER

Gomti Nagar Lucknow

Report



**ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg**  
**Date: 03 - 07 - 2024 Refd By : APOLLO HEALTH Examined By:**

Stage	Time	Duration	Speed(Kmph)	Elevation	METs	Rate	% THR	BP	RPP	PVC	Comments
Supine	00:03	0:03	00.0	00.0	01.0	085	49 %	136/80	115	00	
Standing	00:07	0:04	00.0	00.0	01.0	085	49 %	136/80	115	00	
HV	00:11	0:04	00.0	00.0	01.0	087	51 %	136/80	118	00	
ExStart	00:31	0:20	00.0	00.0	01.0	087	51 %	136/80	118	00	
BRUCE Stage 1	03:31	3:00	02.7	10.0	04.7	126	73 %	142/86	178	00	
BRUCE Stage 2	06:31	3:00	04.0	12.0	07.1	144	84 %	146/90	210	00	
PeakEx	06:35	0:04	00.0	00.0	07.2	150	87 %	146/90	219	00	
Recovery	07:35	1:00	00.0	00.0	01.2	128	74 %	142/86	181	00	
Recovery	08:35	2:00	00.0	00.0	01.0	112	65 %	136/84	152	00	
Recovery	09:35	3:00	00.0	00.0	01.0	108	63 %	136/82	146	00	
Recovery	09:44	3:09	00.0	00.0	01.0	108	63 %	136/82	146	00	

**FINDINGS :**

Exercise Time : 06:04  
 Max HR Attained : 150 bpm 87% of Target 172  
 Max BP Attained : 146/90 (mm/Hg)  
 Max WorkLoad Attained : 7.2 Fair response to induced stress  
 Test End Reasons : Test Complete

**REPORT :**

**CONCLUSIONS:**

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

*(Signature)*  
**DR. AMIT MOHAN**  
 NID  
 Reg. No. 44559

**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

**ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg / HR : 85**

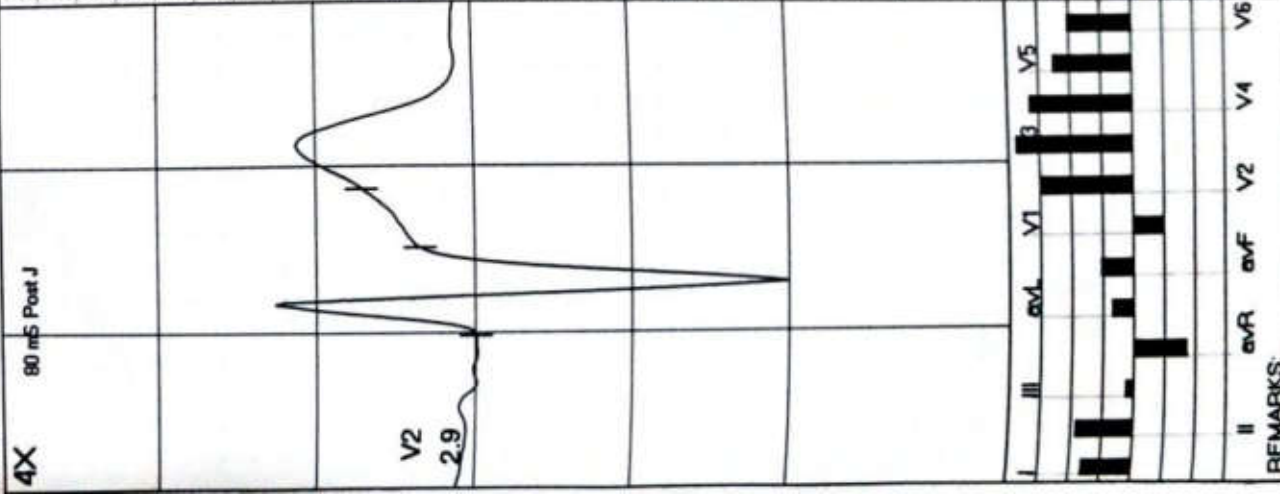
**BRUCE:Supine(0:05)**



ExTime 00:00 0.0 Kmpt. 0.0%

METS: 1.0/85 bpm 49% of THR BP: 136/80 mmHg Combined Medians/BLC On/ HF 0.05 Hz/JF 35 Hz

Date: 03 - 07 - 2024



REMARKS:



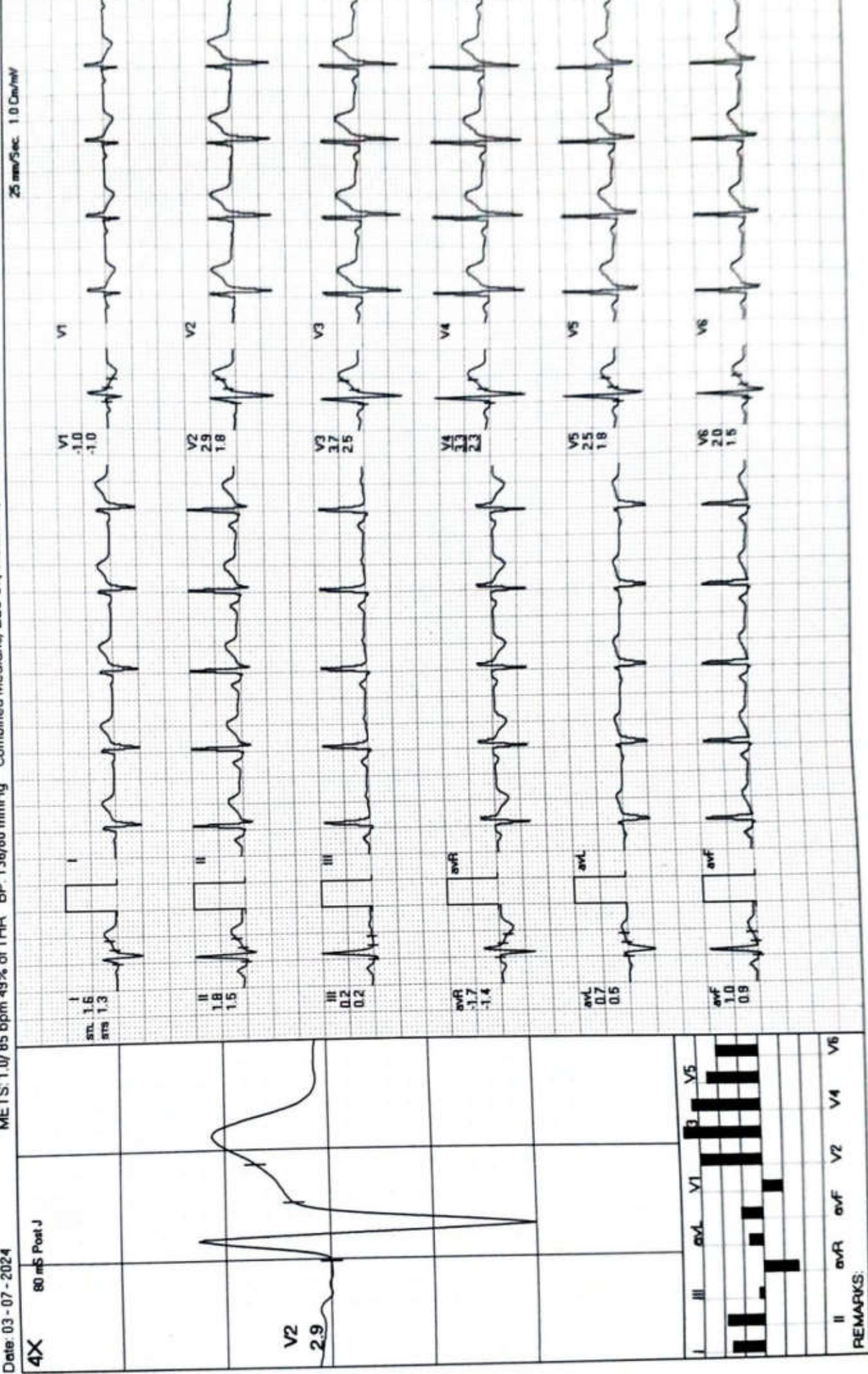


BRUCE: Standing(0:04)

MODERN PATHOLOGY AND DIAGNOSTIC CENTER

ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg / HR : 85

Date: 03-07-2024 METS: 1.0/ 85 bpm 48% of THR BP: 136/80 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/ LF 35 Hz ExTime 00:00 0.0 Kmph, 0.0%



REMARKS:



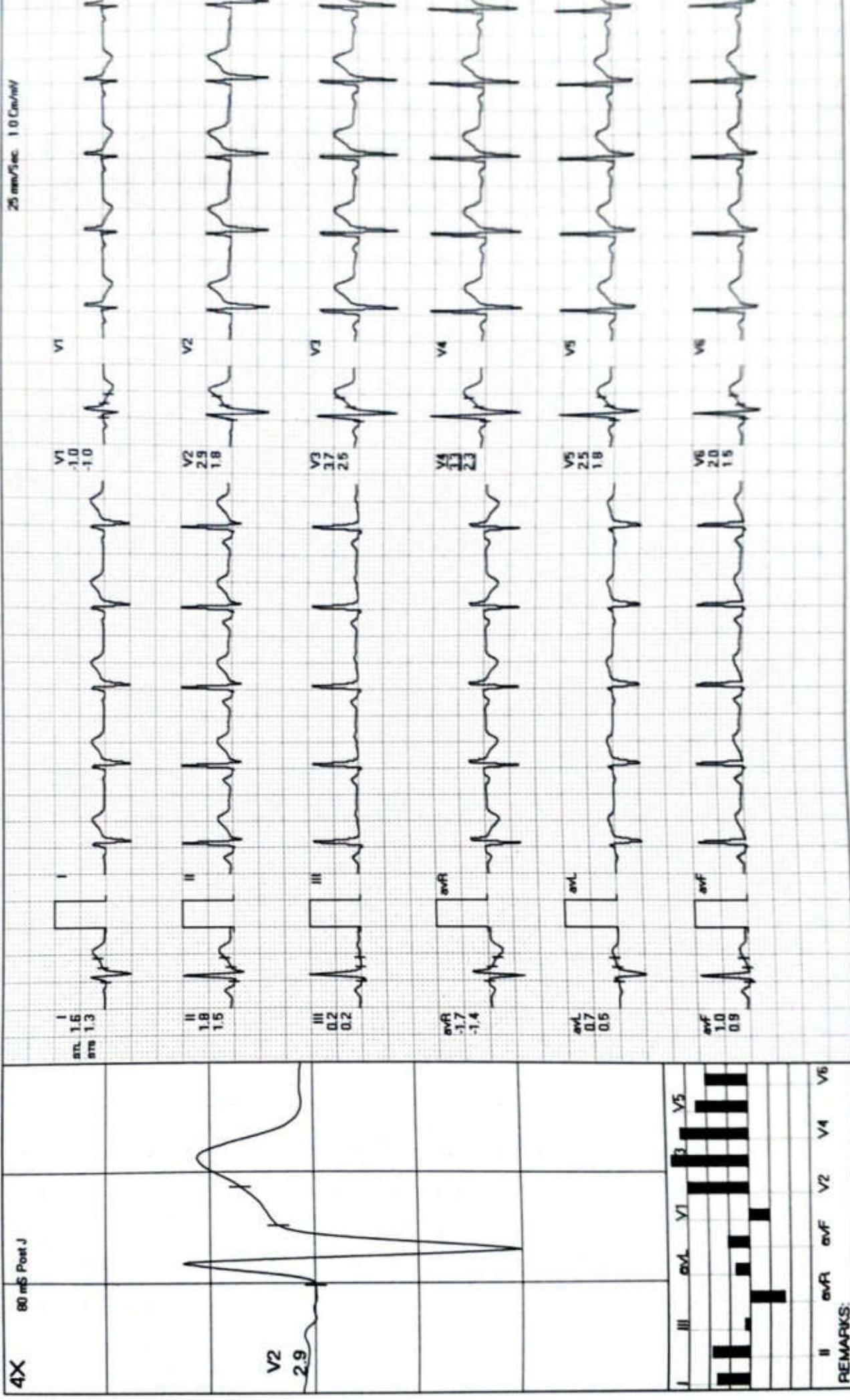
**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

**ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg / HR : 87**

**BRUCE:HV(0:06)**



Date: 03 - 07 - 2024 METS: 1.0/87 bpm 51% of THR BP: 136/80 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz ExTime 00:00 0.0 Kmph 0.0%



REMARKS:



**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

**ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg / HR : 87**

**ExStart**



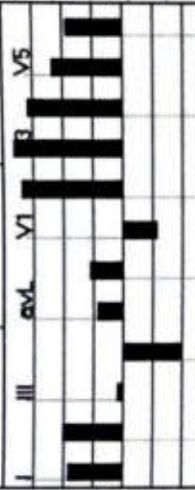
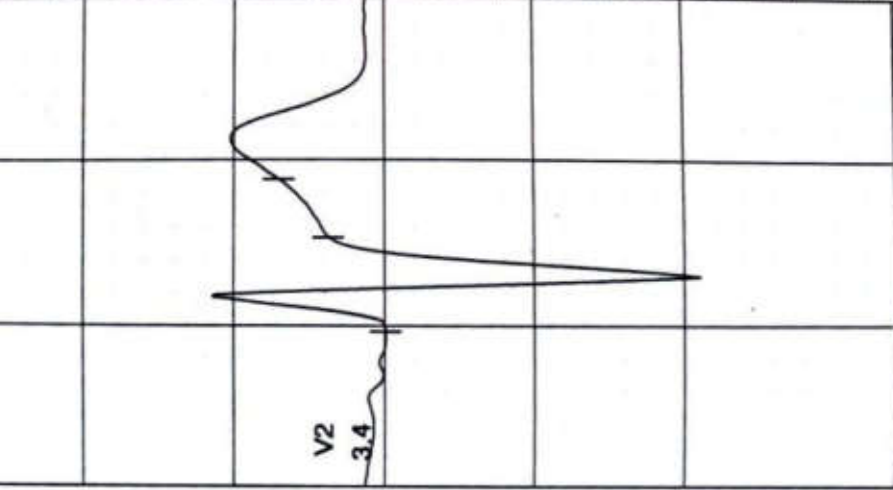
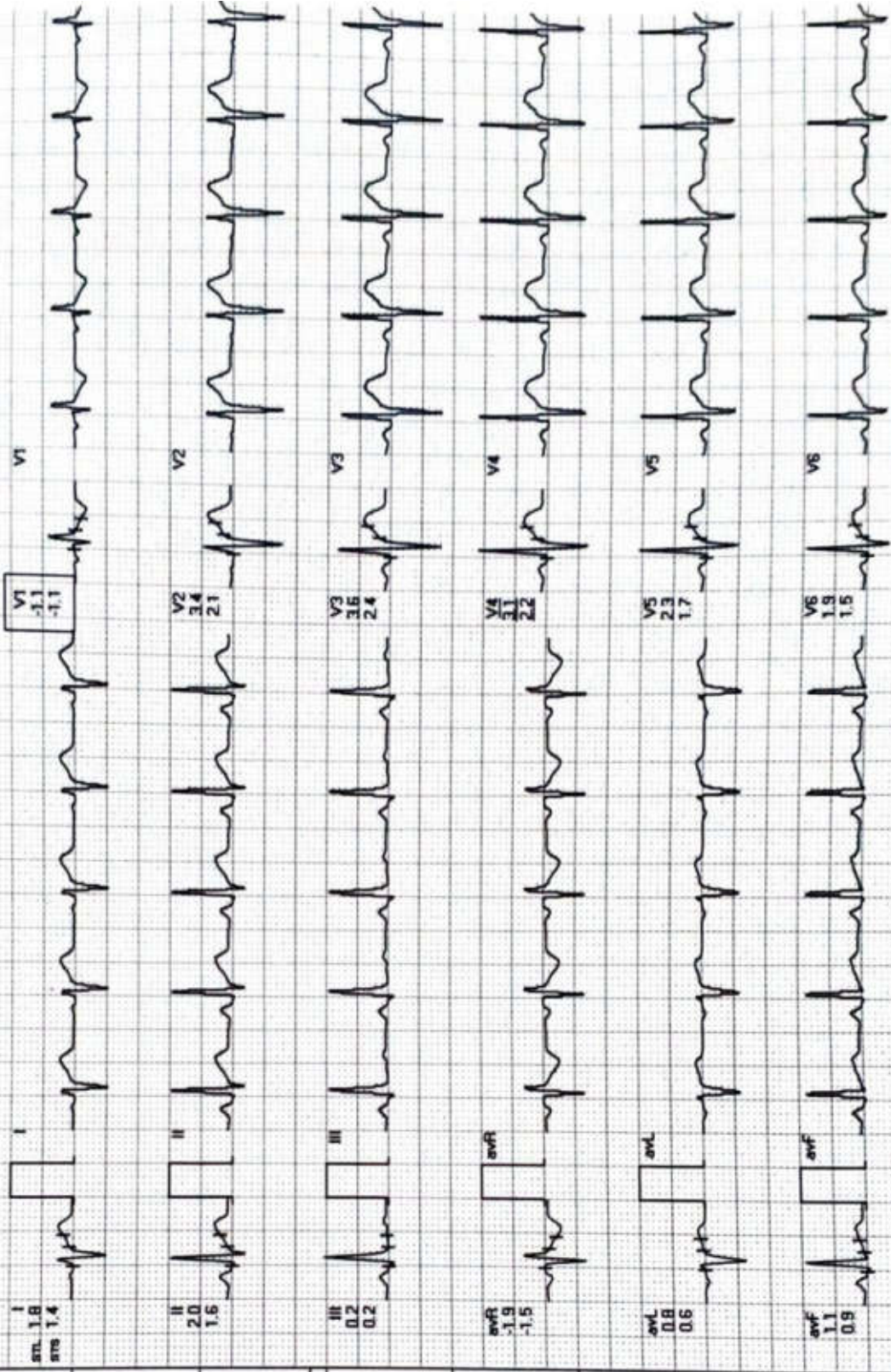
Date: 03 - 07 - 2024

METS: 1.0/ 87 bpm 51% of THR BP: 136/80 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime 00:00 0.0 Kmph, 0.0%

4X 80 mS Post J

25 mm/Sec. 1.0 Cm/mt



REMARKS:





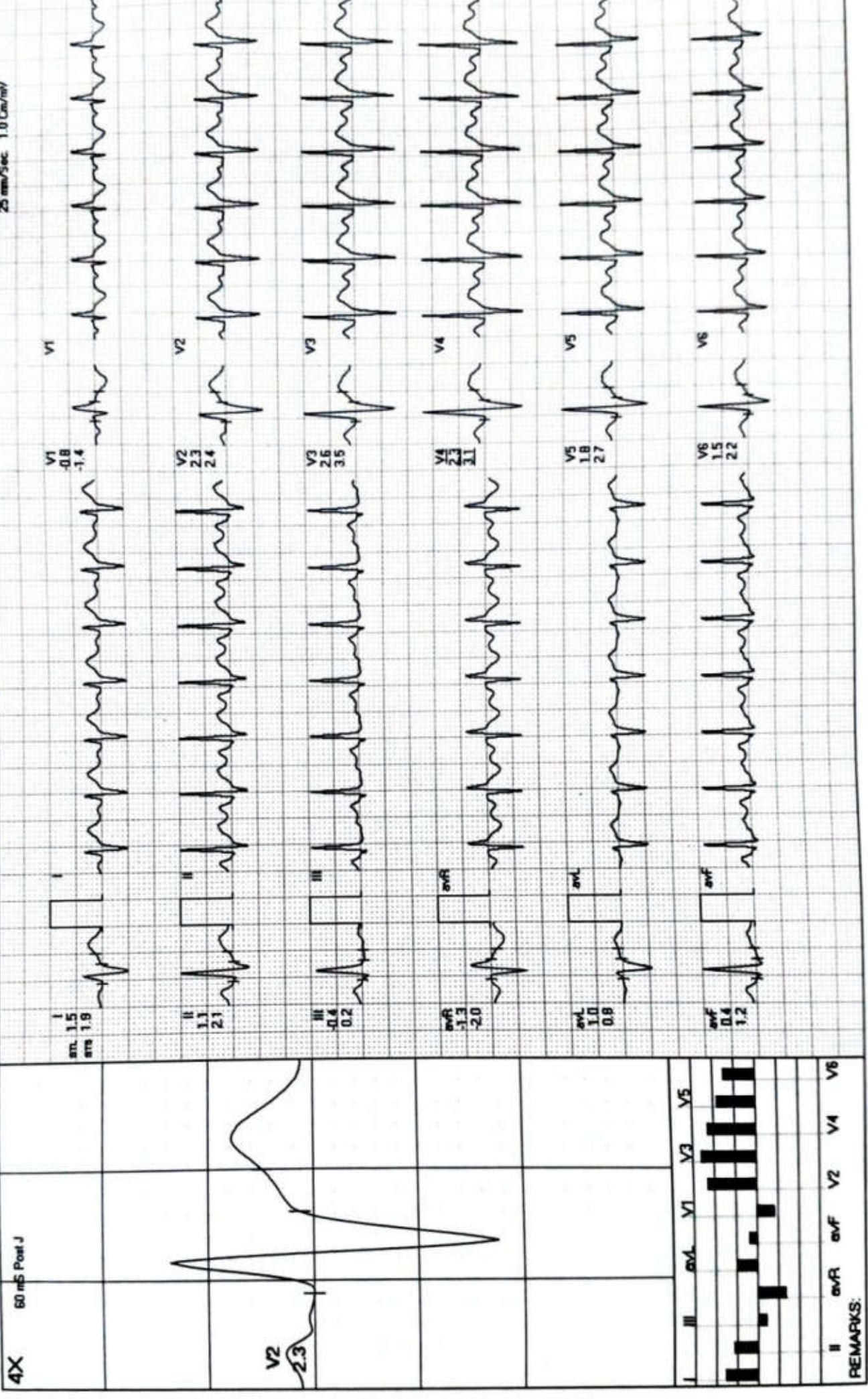
BRUCE: Stage 1(3:00)

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ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg / HR : 126

Date: 03 - 07 - 2024 METS: 4.7 / 126 bpm 73% of THR BP: 142/86 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz ExTime 03:00 2.7 Kmph. 10.0%

25 mm/Sec. 1.0 Cm/mV



REMARKS:



**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

**ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg / HR : 144**

**BRUCE: Stage 2(3:00)**

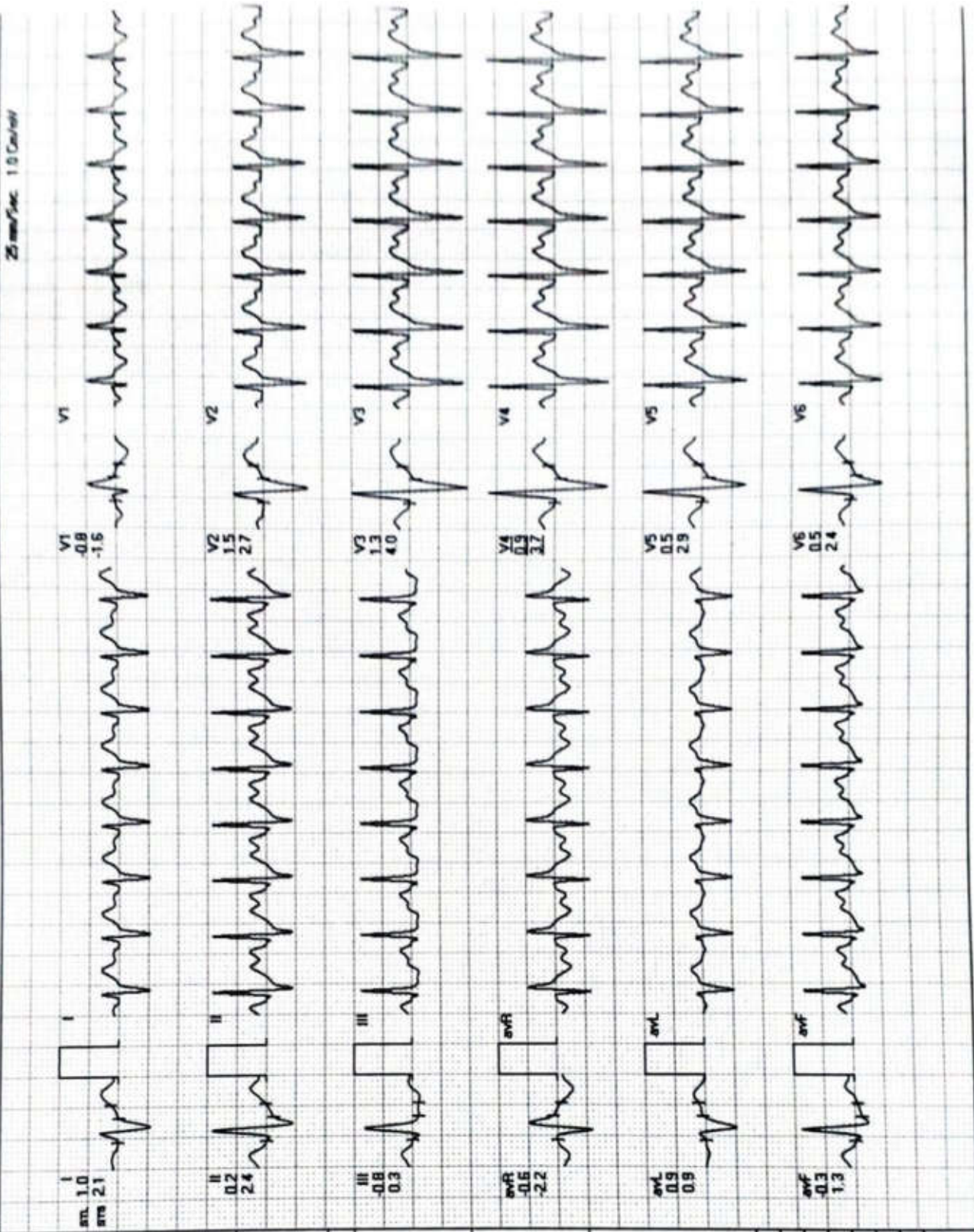
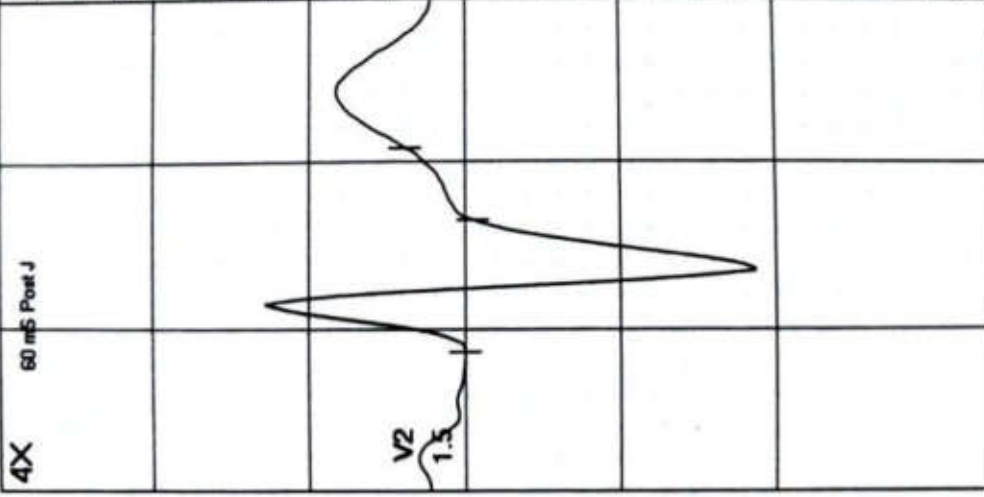


Date: 03-07-2024

METS: 7.1/144 bpm 84% of THR BP: 146/90 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime 06:00 4.0 Kmph. 12.0%

4X 60 mS Post J



REMARKS:  
 I II III aVR aVL aVF V1 V2 V3 V4 V5 V6



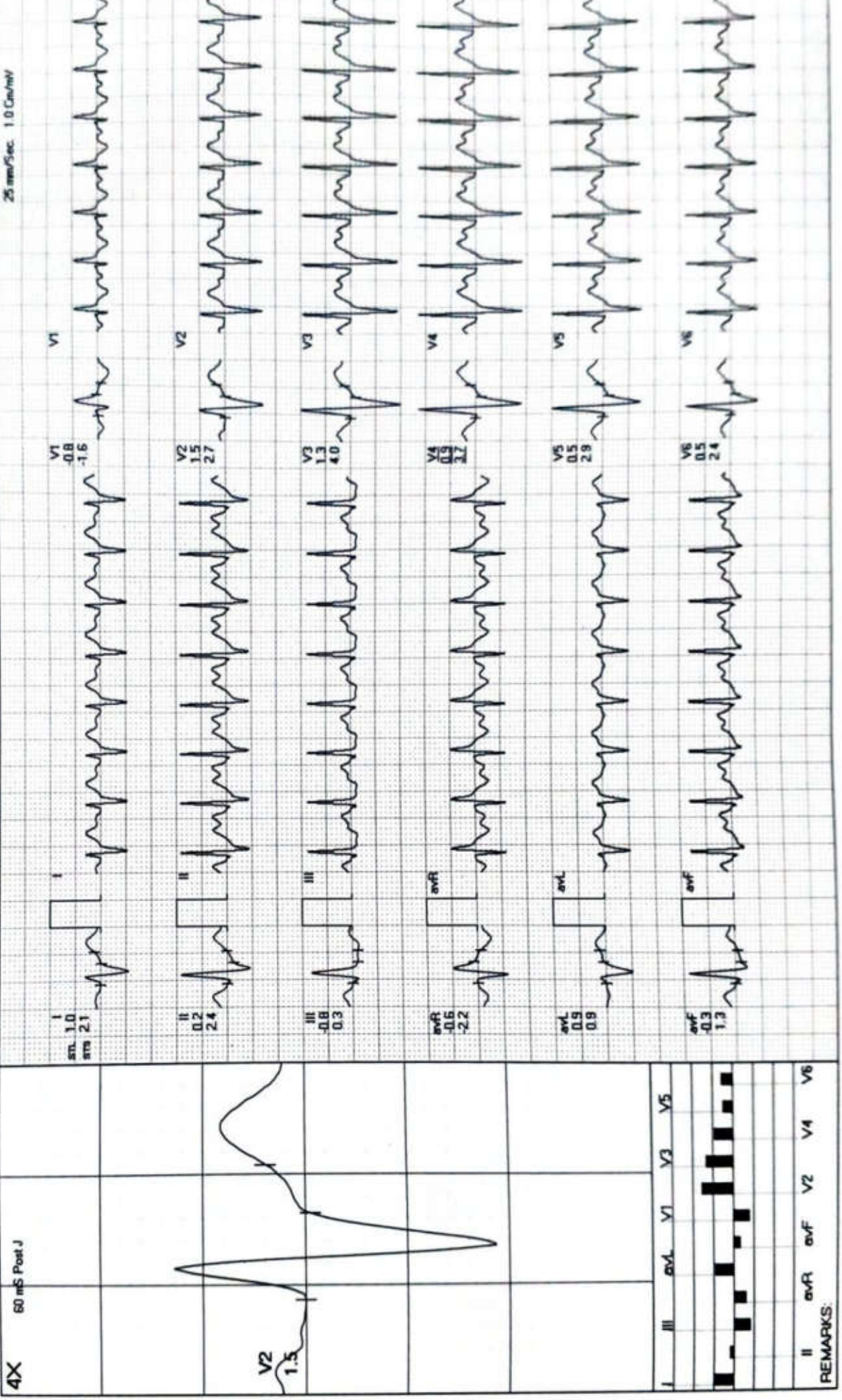


PeakEx

MODERN PATHOLOGY AND DIAGNOSTIC CENTER

ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg / HR : 150

Date: 03-07-2024 METS: 7.2/150 bpm 87% of THR BP: 146/90 mmHg Combined Medians/BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz ExTime 06.05 0.0 Kmph. 0.0%





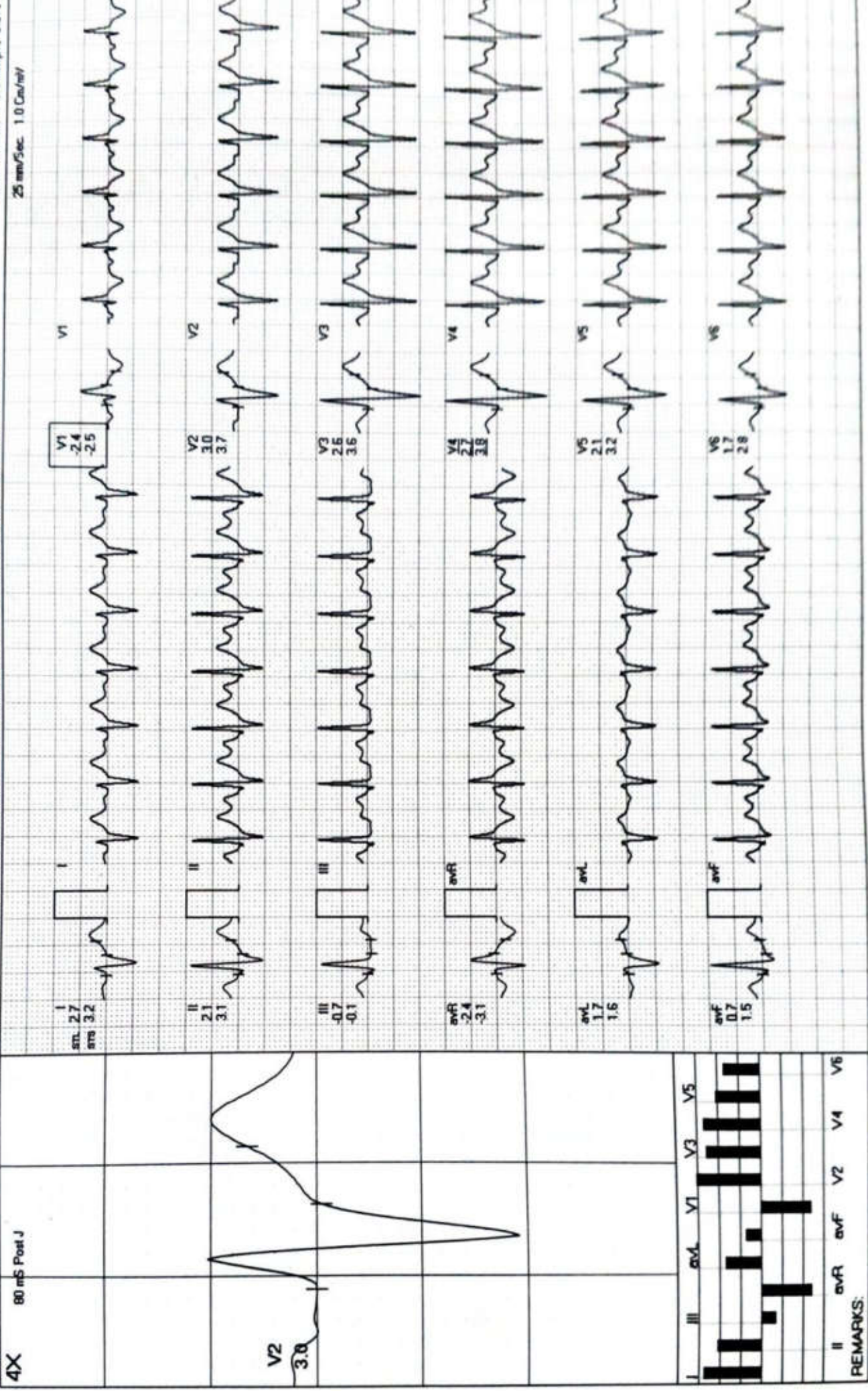
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**ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg / HR : 128**

**Recovery(1:00)**



Date: 03-07-2024 METS: 1.2/128 bpm 74% of THR BP: 142/86 mmHg Combined Medians/ BLC Orv/ Notch Orv/ HF 0.05 Hz/LF 35 Hz ExTime: 06:04 0.0 Km/ph, 0.0%





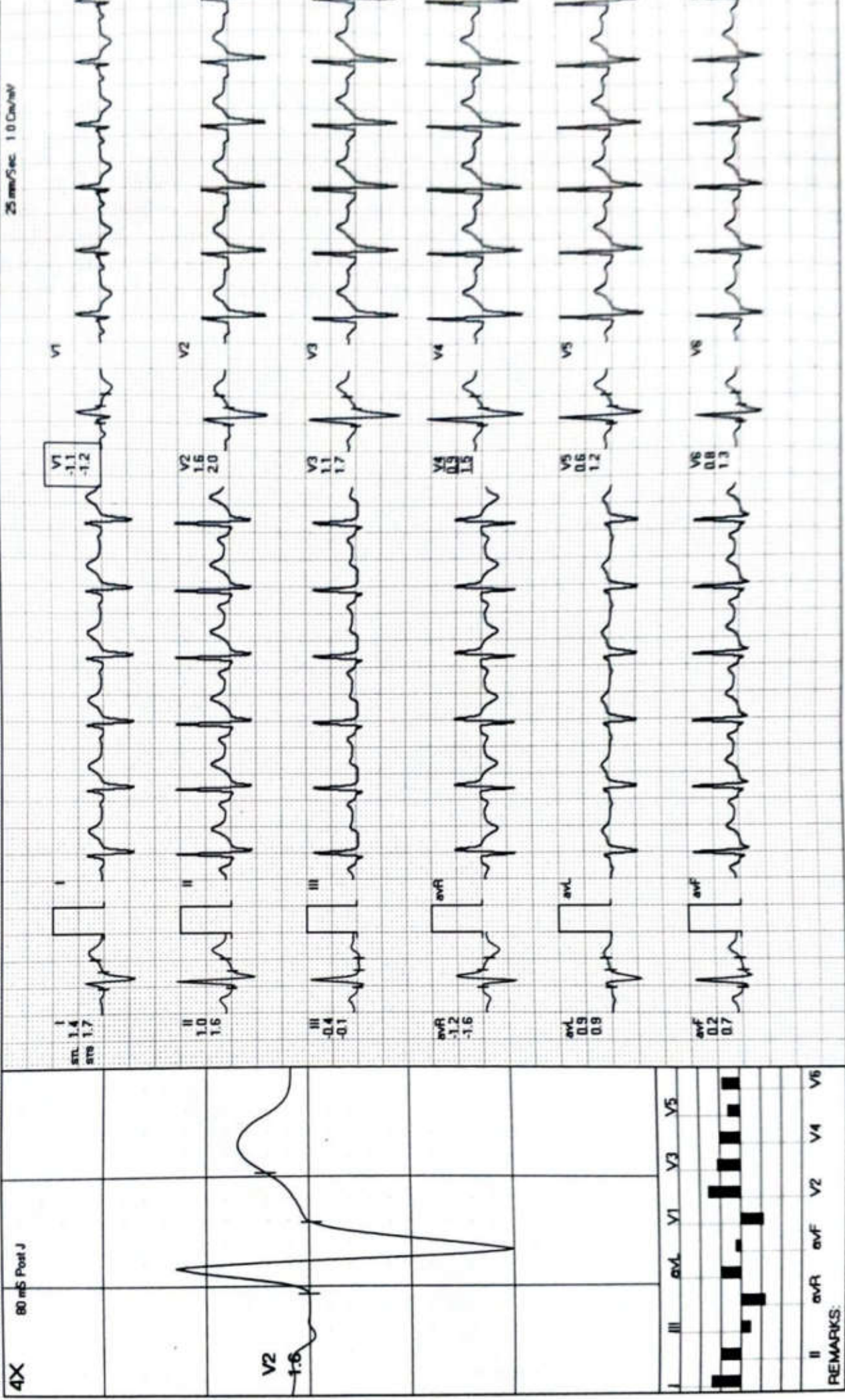
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**ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg / HR : 112**

**Recovery(2:00)**



Date: 03 - 07 - 2024 METS: 1.0/112 bpm 65% of THR BP: 136/84 mmHg Combined Medians/BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz ExTime 06:04 0.0 Kmph 0.0%



REMARKS:



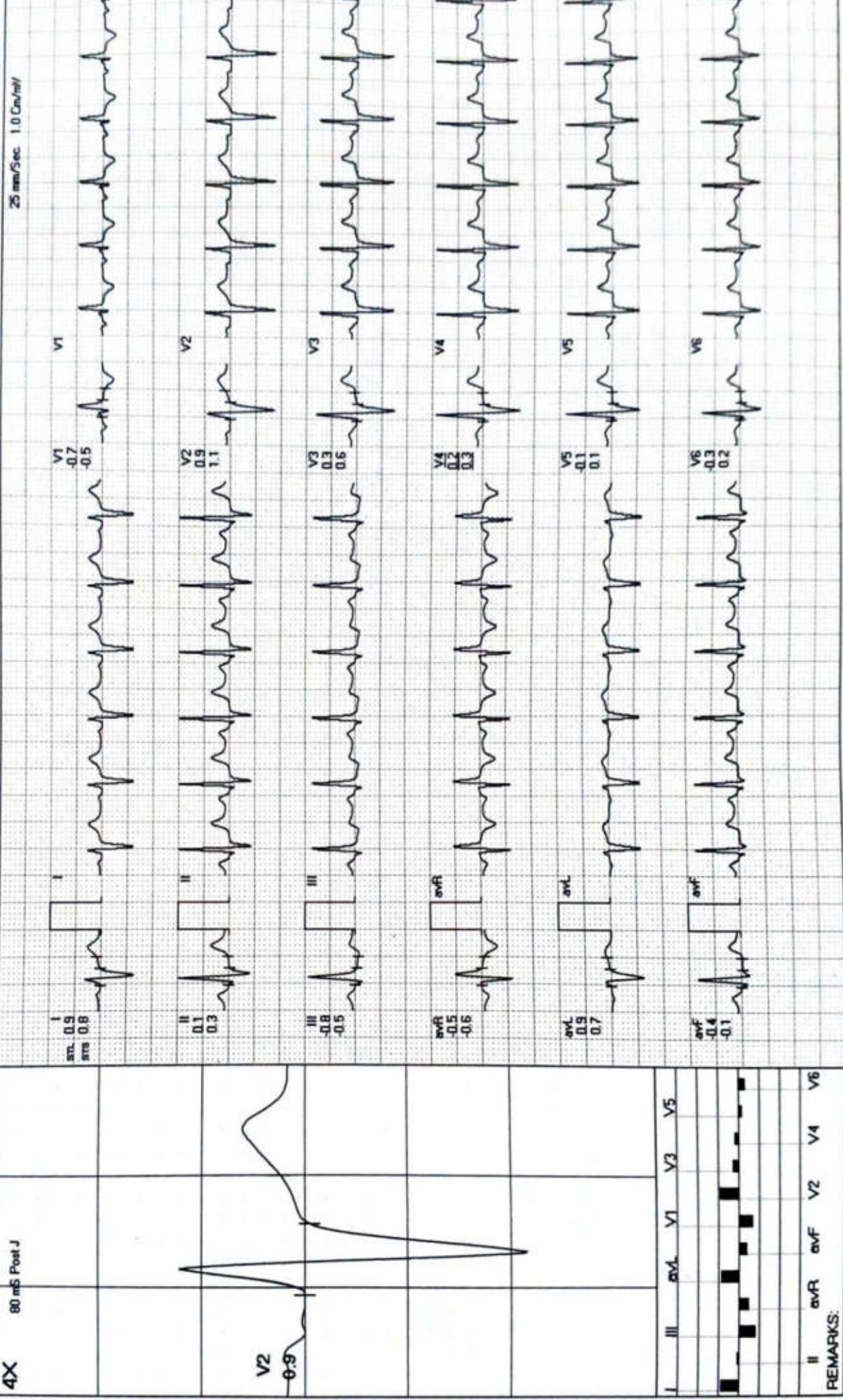
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**ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg / HR : 108**

**Recovery(3:00)**



Date: 03-07-2024 METS: 1.0/108 bpm 63% of THR BP: 136/82 mmHg Combined Medians/BLC On/ Natch On/ HF 0.05 Hz/LF 35 Hz ExTime 06.04 0.0 Kmph 0.0%



REMARKS:



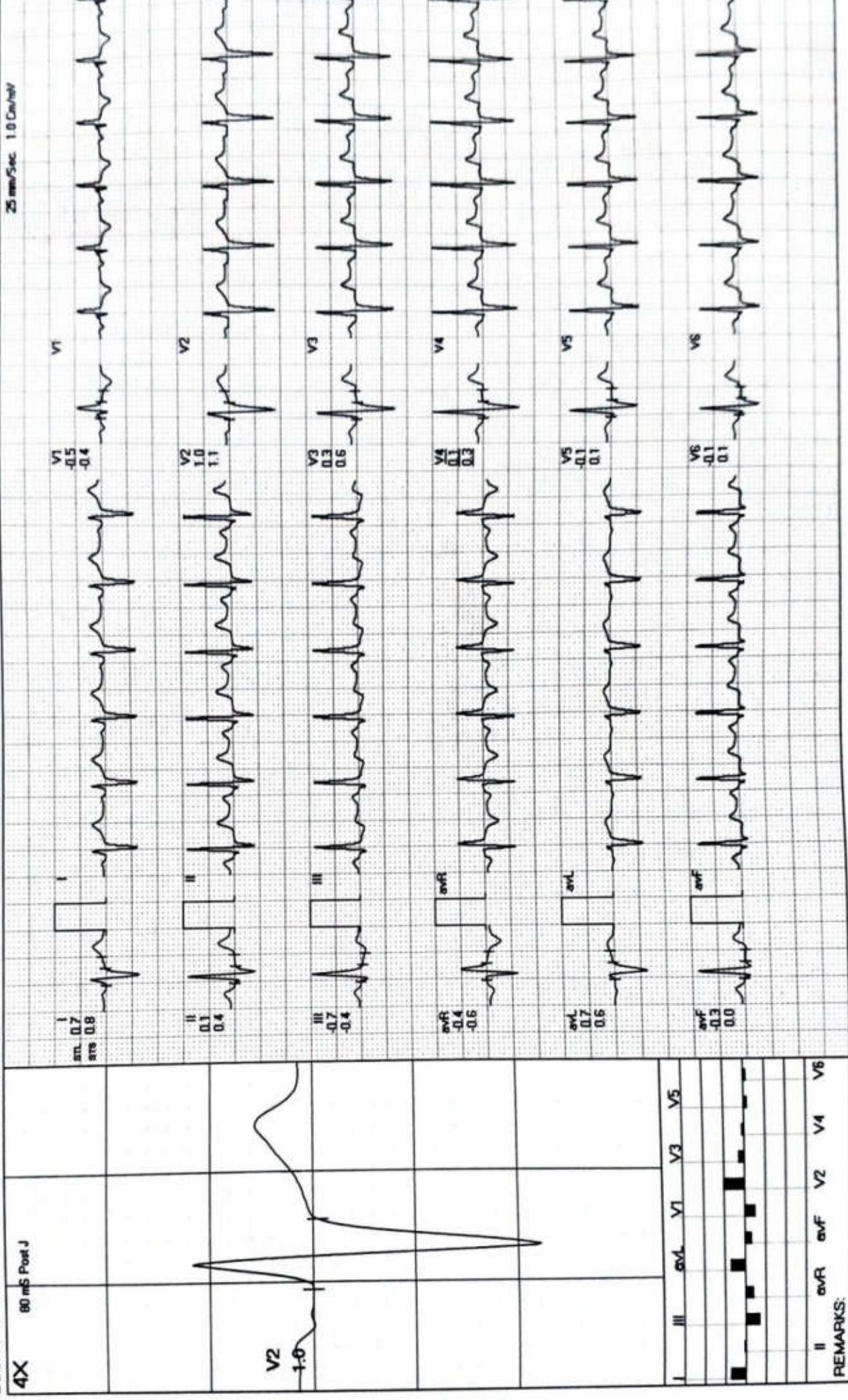
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**ABHISHEK CHAUDHARY / 48 Yrs / M / 171 Cms / 111 Kg / HR : 108**

**Recovery(3:09)**



Date: 03-07-2024 METS: 1.0/108 bpm 63% of THR BP: 136/82 mmHg Combined Medians/BLC On/ HF 0.05 Hz/LF 35 Hz ExTime 06:04 0.0 Kmph 0.0%





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Mob.: 7618884441, 9450389932, 8177063877

Date	: 03-Jul-2024		
Name	: <b>Mr. ABHISHEK CHAUDHARY</b>	Age	: 48 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Male

Haemoglobin	<b>13.9</b>	gm%	14 - 17
-------------	-------------	-----	---------

Total Leucocyte Count	7500	Cells/cumm.	4000-11000
-----------------------	------	-------------	------------

Differential Leucocyte Count			
Polymorphs	55	%	45 - 70
Lymphocytes	36	%	20 - 45
Eosinophils	03	%	0 - 6
Monocytes	06	%	0 - 8
Basophils	00	%	0 - 1

Erythrocyte Sedimentation Rate (Wintrobe)			
ESR	<b>10</b>	mm in 1st Hr.	0 - 9
PCV	43.7	cc%	40 - 52
Corrected ESR	02	mm in 1st Hr.	0 - 9

Platelet Count	1.69	lakh/cumm.	1.5 - 4.0
----------------	------	------------	-----------

Red Cells Count	4.71	million/cmm	3.90 to 5.80
-----------------	------	-------------	--------------

Absolute values			
MCV	92.6	fL	77 - 97
MCH	29.5	pg	27 - 31
MCHC	31.9	gm /dl	31 - 34

Page 1 (2 of 2) Report  
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Mob.: 7618884441, 9450389932, 8177063877

Date	: 03-Jul-2024	Age	: 48 Yrs.
Name	: <b>Mr. ABHISHEK CHAUDHARY</b>	Sex	: Male
Ref.By	: APOLLO HEALTH		

## 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

**Dr. Sanjay Rastogi**  
M.B.B.S., D.C.P. (DRC) (MRC)

  
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Mob.: 7618884441, 9450389932, 8177063877

Date : 03-Jul-2024  
Name : **Mr. ABHISHEK CHAUDHARY** Age : 48 Yrs.  
Ref.By : APOLLO HEALTH Sex : Male

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

Plasma Glucose - PP 210 mg/dl 110 - 170  
GOD POD Method

Blood Group & Rh "A" Positive

**KFT**  
UREA 20.1 mg % 15 - 50  
CREATININE 1.40 mg % 0.5 - 1.5  
URIC ACID 5.8 mg % 2 - 7  
CALCIUM 9.4 mg % 8.8 - 10.0

**LFT T&D**  
Total Bilirubin 0.56 mg% 0.2 - 1.0  
Direct Bilirubin 0.18 mg% 0.0 to 0.40  
Indirect Bilirubin 0.38 mg% 0.10 to 0.90  
S.G.P.T 57 IU/L 5 - 40  
S.G.O.T 45 IU/L 5 - 50  
ALP 80 IU/L 40 to 129

Page **Dr. Sanjay Rastogi**  
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Date	: 03-Jul-2024		
Name	: <b>Mr. ABHISHEK CHAUDHARY</b>	Age	: 48 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Male
Serum Gamma G.T.	22	IU/L	11 - 50
Urine Sugar (Fasting)	NIL		
Urine Sugar (PP)	NIL		

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

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

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

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Mob.: 7618884441, 9450389932, 8177063877

Date	: 03-Jul-2024	Age	: 48 Yrs.
Name	: <b>Mr. ABHISHEK CHAUDHARY</b>	Sex	: Male
Ref.By	: APOLLO HEALTH		

### LIPID PROFILE

Triglycerids	156	mg%	70 - 190
S. Cholestrol S.	255	mg%	130 - 230
S. HDL Cholestrol	42.4	mg%	35 - 75
S. LDL Cholestrol	181.4	mg%	75 - 150
VLDL	31.2	mg%	0 - 34
Chol / HDL factor	6.01		
LDL / HDL Factor	4.28		

### 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 : 03-Jul-2024  
Name : **Mr. ABHISHEK CHAUDHARY** Age : 48 Yrs.  
Ref.By : APOLLO HEALTH Sex : Male

## Thyroid Stimulating Hormone

TSH 2.62 mIU/ml 0.3 to 6.0  
CLIA

### COMMENTS AND INTERPRETATION

\* Ultra sensitive fourth generation is more reliable to assure that the TSH is actually < 0.1 mIU/L.

- Subnormal TSH : Suggests Hyperthyroidism
- Elevated TSH : Suggests Hypothyroidism
- Raised TSH and normal FT4/FT3: Subclinical hypothyroidism or in elderly
- Transiently decreased TSH ; \*Sick Euthyroid Syndrome\* seen the hospitalized patients recieving treatment with corticosteroid or Dopamine

\* Asian women are at a greater risk of Gestational Thyrotoxicosis specially in the 15 to 16 weeks of pregnancy

\* TSH is more sensitive in than FT4 in detecting changes in the thyroid function because the pituitary gland through negative feed back regulation, is a sensitive bioindicator of the thyroid function. Small changes in the Ft4 concentrations can cause large changes in the TSH levels.

\* Elevated TSH levels may also be indicative of rare TSH secreting Pituitary Tumour giving rise to Secendory Hyperthyroidism.

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Date : 03-Jul-2024  
Name : **Mr. ABHISHEK CHAUDHARY** Age : 48 Yrs.  
Ref.By : APOLLO HEALTH Sex : Male

## Glycosylated Haemoglobin

Glycosylated Haemoglobin 7.4 % 4.5 TO 6.0

### 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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Date	: 03-Jul-2024	
Name	: <b>Mr. ABHISHEK CHAUDHARY</b>	Age : 48 Yrs.
Ref.By	: APOLLO HEALTH	Sex : Male

### Urine Examination

<b>PHYSICAL</b>		
Colour	Straw	
Turbidity	Nil	
Deposit	Nil	
Reaction	Acidic	
*Specific Gravity	1.020	
<b>CHEMICAL</b>		
Protein	Nil	
Sugar	Nil	
*Bile Salts	Nil	
*Bile Pigments	Nil	
Phosphate	Nil	
<b>MICROSCOPIC</b>		
Pus Cells	Nil	/hpf
Epithelial Cells	Occasional	/hpf
Red Blood Cells	Nil	/hpf
Casts	Nil	
Crystals	Nil	
Others	Nil	

Page 7 (End of Report)  
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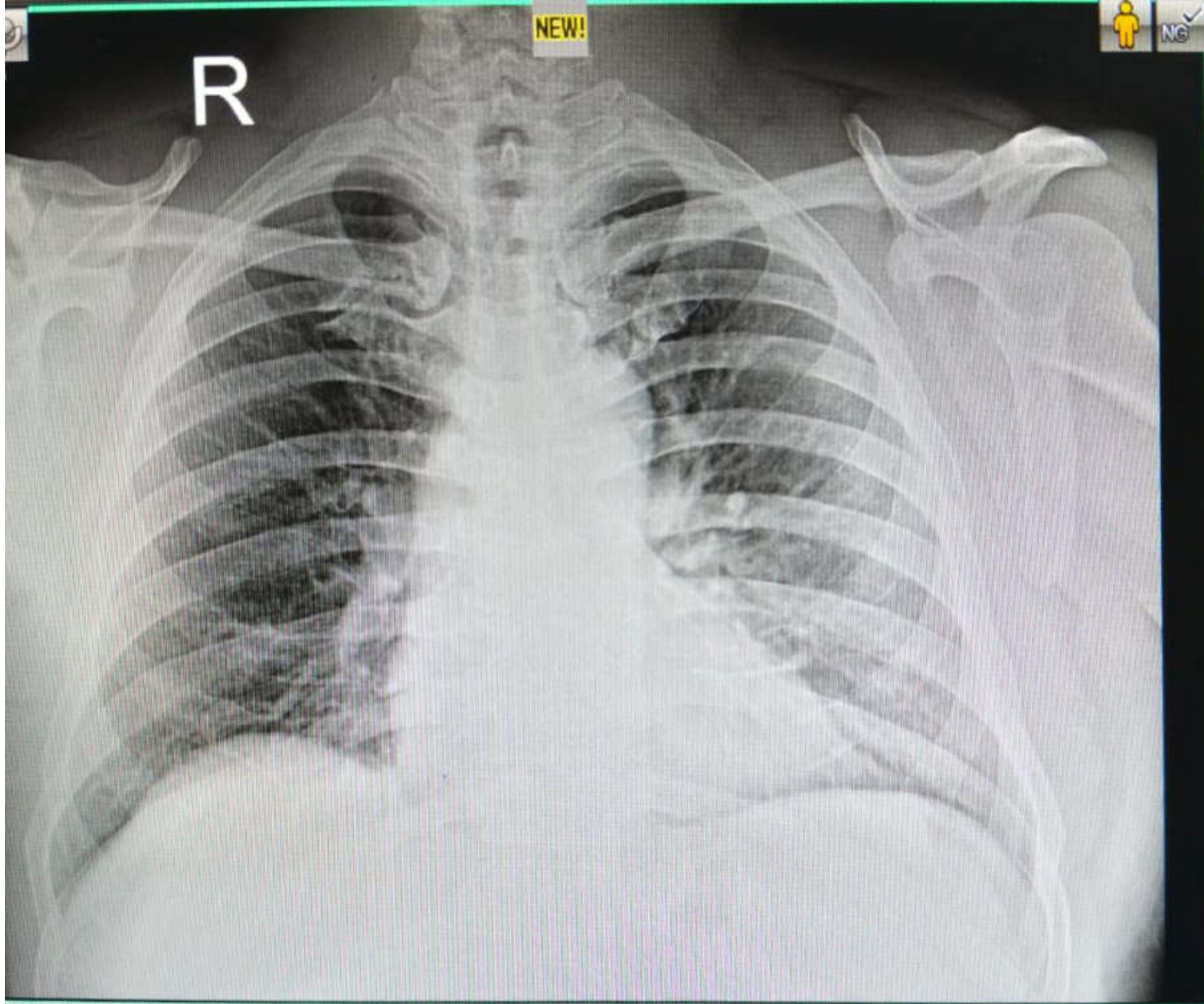
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