

OP Slip

UHID No :- UD-232413299 **OP No** :- OP-232430163 **OP Date** :- 11 Nov 2023
10:11AM
Pt. Name :- Mr PRADEEP KUMAR **Age/Sex** :- 33 Y/Male **Mob. No** :- 9813464287
Pay Type :- Cash **Token No** :- NOR. - 15 **Paid** :- 0.00 ✓
Deptt. :- GENERAL MEDICINE **Consultant** :- Dr ANURAG KAUSHAL (MD)
Address :- H.NO 80, URBAN ESTATE SEC-5
THANESAR ,KURUKSHETRA

Present Complaints:

No fresh complaints

Diagnosis:

Treatment/Preventive Care/Nutrition Advised:

R

Diet as advised

Life style changes as advised

Tabl Tim 100 OD x 1 month
Pankaj

Past/Family History:

Drug Allergy (If any):

Examination (Vitals):

BP: 128/79 / 114/80 PR: 95 RR: 18
Temp: 97.2 F SPO2: 97%
Weight: _____ Height: _____
9E - No P/A/PE
CNS: S/S (N)
Chest: S/L/W/B/S/D

Investigations:

Out Time:

Doctor Signatures:

Next Follow-up:

Nutritional Screening: Wt. Loss Loss of Appetite Muscle Wasting Delay Wound Healing Lethargy Decrease Mobility

Pain Scale



OPD Timing : 10:00 AM - 6:00 PM (Sunday Closed)



SHRI BALAJI AAROGYAM HOSPITAL

KURUKSHETRA

Patient Demographics

PARDEEP KUMAR

Patient ID: 232413299

Gender: M

Performed By: DR RISHABH

Comments

NORMAL CHAMBER DIMENSIONS
 IAS/IVS INTACT
 AORTIC ROOT/MPA NORMAL
 NORMAL VALVE MORPHOLOGY
 TRIVIAL TR
 NO RWMA
 NORMAL SYSTOLIC FUNCTION
 NORMAL DIASTOLIC FUNCTION
 NO CLOT/VEG/PE
 IVC- NORMAL

Adult Echo: Measurements and Calculations

2D

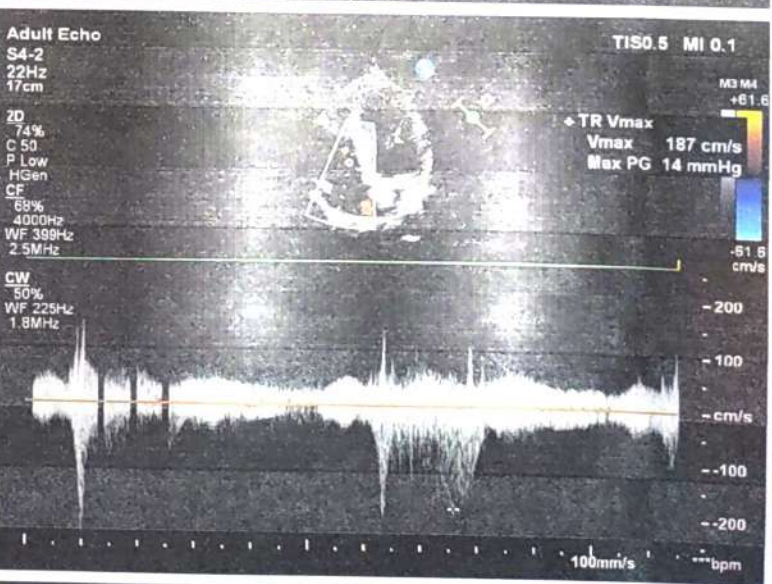
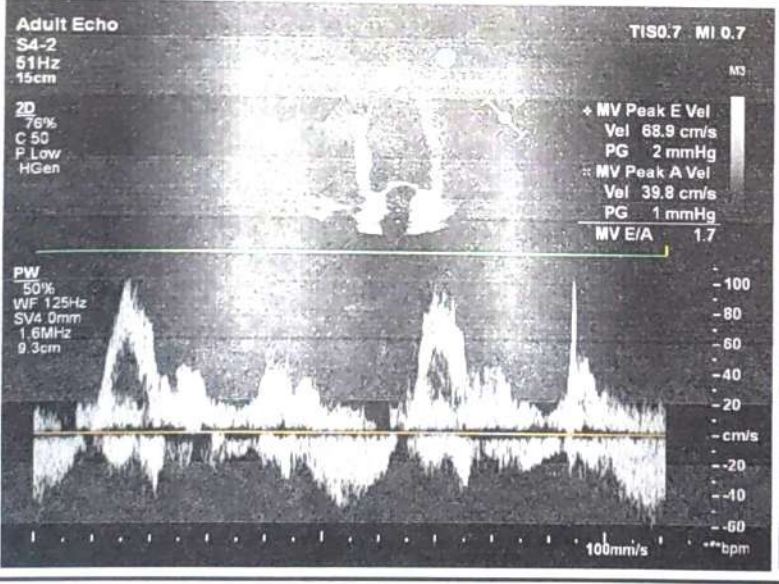
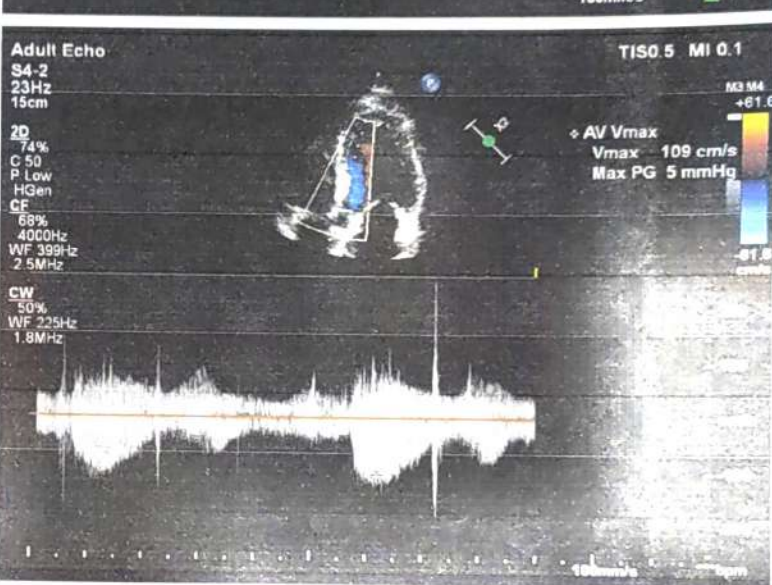
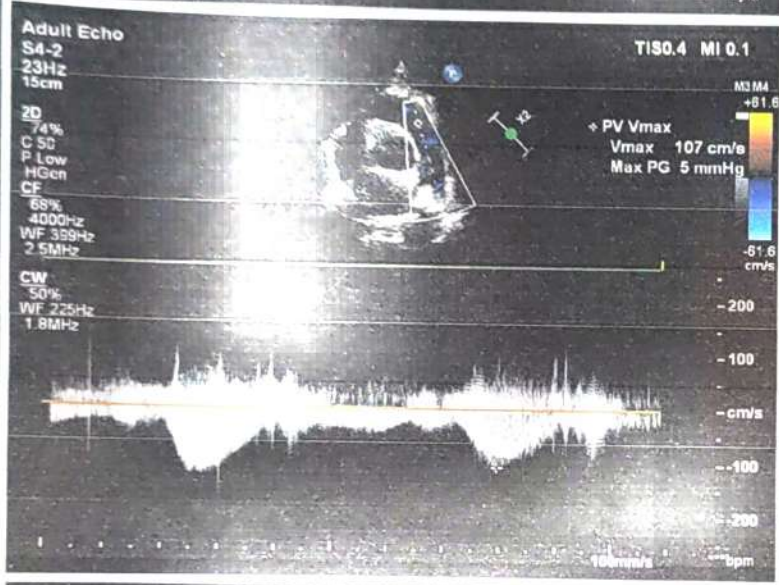
| | | | |
|-----------------|--------|---------------|--------|
| LV Mass (Cubed) | 198 g | LA/Ao (2D) | 1.03 |
| LA Dimen (2D) | 3.2 cm | AoR Diam (2D) | 3.1 cm |

MMode

| | | | | | |
|---------------|----------|----------------|---------|---------------|---------|
| IVSd (MM) | 0.954 cm | EDV (MM-Teich) | 122 ml | SV (MM-Cubed) | 97.2 ml |
| LVIDd (MM) | 5.07 cm | ESV (MM-Teich) | 41.0 ml | EF (MM-Cubed) | 74.8 % |
| LVPWd (MM) | 1.14 cm | SV (MM-Teich) | 81.0 ml | FS (MM-Cubed) | 36.9 % |
| IVSs (MM) | 1.79 cm | FS (MM-Teich) | 36.9 % | IVS % (MM) | 87.6 % |
| LVIDs (MM) | 3.20 cm | EF (MM-Teich) | 66.4 % | LVPW % (MM) | 53.5 % |
| LVPWs (MM) | 1.75 cm | EDV (MM-Cubed) | 130 ml | | |
| IVS/LVPW (MM) | 0.837 | ESV (MM-Cubed) | 32.8 ml | | |

Doppler

| | | | | | |
|---------------|-----------|---------------|-----------|---------|----------|
| AV Vmax | | MV Peak A Vel | | TR Vmax | |
| Max PG | 5 mmHg | Vel | 39.8 cm/s | Max PG | 14 mmHg |
| Vmax | 109 cm/s | PG | 1 mmHg | Vmax | 187 cm/s |
| MV Peak E Vel | | MV E/A | 1.7 | PV Vmax | |
| Vel | 68.9 cm/s | | | Max PG | 5 mmHg |
| PG | 2 mmHg | | | Vmax | 107 cm/s |





Signature

Signature:

Name(Print):

A handwritten signature in blue ink, consisting of a large, stylized loop at the top and several horizontal strokes below.

Date:



SHRI BALAJI AAROGYAM HOSPITAL PVT. LTD

01744-270255
99926-30762
99964-44762



Regd. off.: BEHIND OLD BUS STAND, KURUKSHETRA

E-mail : aarogyamkk@gmail.com

CIN : U93000HR2018PTC074193

Typed by: Varsha

| | | | |
|--------------|--------------------|---------|-------------|
| Patient Name | MR. PARDEEP KUMAR | Age/Sex | 33 Y / MALE |
| Referred By: | DR. ANURAG KAUSHAL | Date | 11.11.2023 |

USG WHOLE ABDOMEN

LIVER:-Is normal in size measuring 14.8 cm **with increased echogenicity s/o fatty liver**. No focal lesion is seen in the liver parenchyma. IHBR's are not dilated. The PV is normal.

GALL BLADDER: - normal in size and distensibility. The wall thickness is normal. No evidence of any peri-cholecystic collection is seen. No evidence of calculus is seen.

CBD is normal in course and caliber.

PANCREAS:-Head and proximal body of pancreas is normal in outline and echotexture. Rest of the pancreas obscured by bowel shadows.

SPLEEN: - is normal in size measuring 10.7 cm and echotexture. No focal lesion is seen.

RIGHT KIDNEY:-It is normal in size measuring 10.5 x 4.0 cm, normal in position and echotexture. CMD is maintained. The pelvi-calyceal system is compact. No evidence of calculus or hydronephrosis is seen.


LEFT KIDNEY:-It is normal in size measuring 10.2 x 4.3 cm, normal in position and echotexture. CMD is maintained. The pelvi-calyceal system is compact. No evidence of calculus or hydronephrosis is seen.

URINARY BLADDER:-Is minimally distended, normal in size and capacity. No calculus is seen in its lumen. The wall thickness is within normal limits.

PROSTATE: - is normal in size. Echotexture is normal.
No free fluid is seen in abdomen and pelvis.
No evidence of any mesenteric lymphadenopathy noted.
Visualized bowel loops appear unremarkable.

IMPRESSION:

> **FATTY LIVER GRADE I.**
Please Correlate Clinically.


DR. ISHA GOYAL,
DMRD (CMC LUDHIANA)
Ex. Fortis Hospital Ludhiana
Consultant Radiologist

Not valid for Medico Legal Purposes. Advised further clinical correlations.



Name : Mr. PARDEEP KUMAR
Lab No. : 458343887
Ref By : SHRI BALAJI AAROGYAM HOSPITAL
Collected : 11/11/2023 1:14:00PM
A/c Status : P
Collected at : SHRI BALAJI AAROGYAM HOSPITAL
C/O Aarogyam Hospital, Behind Old Bus Stand
Thanesar, Kurukshetra-136118

Age : 33 Years
Gender : Male
Reported : 11/11/2023 3:57:57PM
Report Status : Final
Processed at : Dr. Lal PathLabs Ltd.
Kurukshetra-136118, Haryana

Test Report

| Test Name | Results | Units | Bio. Ref. Interval |
|--|---------|-------|--------------------|
| HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD (HPLC) | | | |
| HbA1c | 4.9 | % | 4.00 - 5.60 |
| Estimated average glucose (eAG) | 94 | mg/dL | |

Interpretation

HbA1c result is suggestive of non diabetic adults (≥ 18 years)/ well controlled Diabetes in a known Diabetic

Interpretation as per American Diabetes Association (ADA) Guidelines

| Reference Group | Non diabetic adults ≥ 18 years | At risk (Prediabetes) | Diagnosing Diabetes | Therapeutic goals for glycemic control |
|-----------------|-------------------------------------|-----------------------|---------------------|--|
| HbA1c in % | 4.0-5.6 | 5.7-6.4 | ≥ 6.5 | < 7.0 |

Note: Presence of Hemoglobin variants and/or conditions that affect red cell turnover must be considered, particularly when the HbA1C result does not correlate with the patient's blood glucose levels.

| FACTORS THAT INTERFERE WITH HbA1C MEASUREMENT | FACTORS THAT AFFECT INTERPRETATION OF HbA1C RESULTS |
|--|---|
| Hemoglobin variants, elevated fetal hemoglobin (HbF) and chemically modified derivatives of hemoglobin (e.g. carbamylated Hb in patients with renal failure) can affect the accuracy of HbA1c measurements | Any condition that shortens erythrocyte survival or decreases mean erythrocyte age (e.g., recovery from acute blood loss, hemolytic anemia, HbSS, HbCC, and HbSC) will falsely lower HbA1c test results regardless of the assay method used. Iron deficiency anemia is associated with higher HbA1c |

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Test Report

| Test Name | Results | Units | Bio. Ref. Interval |
|--|---------|--------|--------------------|
| THYROID PROFILE, TOTAL, SERUM (Chemiluminescent Immunoassay) | | | |
| T3, Total | 0.91 | ng/mL | 0.80 - 2.00 |
| T4, Total | 9.33 | µg/dL | 5.10 - 14.10 |
| TSH | 2.02 | µIU/mL | 0.27 - 4.20 |

Note

1. TSH levels are subject to circadian variation, reaching peak levels between 2 - 4.a.m. and at a minimum between 6-10 pm . The variation is of the order of 50% . hence time of the day has influence on the measured serum TSH concentrations.
2. Alteration in concentration of Thyroid hormone binding protein can profoundly affect Total T3 and/or Total T4 levels especially in pregnancy and in patients on steroid therapy.
3. Unbound fraction (Free, T4 /Free, T3) of thyroid hormone is biologically active form and correlate more closely with clinical status of the patient than total T4/T3 concentration
4. Values <0.03 uIU/mL need to be clinically correlated due to presence of a rare TSH variant in some individuals

BLOOD GROUP, ABO & RH TYPING

(Tube & Slide Agglutination)

ABO Group : O
Rh Factor : Positive

- Note:**
1. Both forward and reverse grouping performed
 2. Test conducted on EDTA whole blood



Dr. Samrati Gupta
MBBS, MD (Pathology)
Chief of Lab



SBAH PATH LAB



INSIDE SHRI BALAJI AAROGYAM HOSPITAL Pvt. Ltd.
BEHIND OLD BUS STAND, KURUKSHETRA

E-mail : aarogymkkr@gmail.com

UHID No :- UD-232413299 Reg No :- 232413299 Print Date : 11-Nov-2023 12:40 PM
 Receipt No :- 23240016600 Receipt Date :- 11 Nov 2023
 Patient Name :- Mr PRADEEP KUMAR Father :- RAM SINGH Age/Sex :- 33 Y/M
 Mobile No :- 9813464287 Consultant :- Dr ANURAG KAUSHAL (MD)
 Address :- H.NO 80, URBAN ESTATE SEC-5 THANESAR ,
 KURUKSHETRA

Final Report

| Investigations | Observations | Biological Reference Interval | Unit |
|----------------|--------------|-------------------------------|------|
|----------------|--------------|-------------------------------|------|

Sample No:232431184

Sample Gnt At: (11 Nov 2023 10:55 AM) ,Sample Rvd At (11 Nov 2023 10:55 AM) ,Report Gnt At : (11 Nov 2023 12:40 PM)

HAEMATOLOGY

| Investigations | Observations | Biological Reference Interval | Unit |
|---|---------------|-------------------------------|----------------------------------|
| CBC | | | |
| WBC | 6.15 | 4.00 - 11.00 | 10 ³ /mm ³ |
| RBC | 4.49 | 4.00 - 5.50 | million/cumm |
| <i>Methology / Carm</i> | | | |
| HAEMOGLOBIN | 15.5 | 13.00 - 16.00 | gm/dl |
| HCT | 50.1 | 35.00 - 50.00 | % |
| <i>DefaultMethodTwo / test Machine</i> | | | |
| MCV(MEAN CELL VOLUME) | 111.58 | 83.00 - 101.00 | fl |
| MCH(MEAN CELL HAEMOGLOBIN) | 34.52 | 27.00 - 32.00 | pg |
| MCHC | 30.94 | 31.50 - 35.00 | gm% |
| RDW-CV | 12.9 | 12.00 - 18.00 | % |
| <i>Method1 / test Machine</i> | | | |
| RDW-SD | 68.0 | 37.00 - 56.00 | fl |
| MIC | 0.2 | 0.00 - 20.00 | % |
| <i>Methology / test Machine</i> | | | |
| MAC | 14.4 | 2.00 - 10.00 | % |
| PLATELETS | 186 | 150.00 - 450.00 | ×10 ³ /μL |
| MPV | 8.7 | 7.40 - 11.00 | fl |
| PCT | 0.16 | 0.15 - 0.40 | % |
| <i>Test Method</i> | | | |
| PDW | 10.1 | 11.00 - 20.00 | fl |
| P-LCC | 41 | 44.00 - 140.00 | 10 [*] /mm ³ |
| P-LCR | 22.07 | 18.00 - 50.00 | % |
| DLC DIFFERENTIAL LEUCOCYTE COUNT | | | |
| NEUTROPHILS | 51.7 | 40.00 - 75.00 | % |
| LYMPHOCYTES | 36.9 | 20.00 - 45.00 | % |
| MONOCYTES | 7.1 | 2.00 - 10.00 | % |
| EOSINOPHILS | 4.3 | 1.00 - 6.00 | % |
| BASOPHILS | 0.0 | 0.00 - 1.00 | % |

Remarks :-

Sample No:232431185

(Technologist)

Not valid for Medico Legal Purposes. Advised further clinical correlations

Charu Sethi
 Dr. Charu Sethi Sharma
 MD-Pathology
 Reg. No. HN-19861



SBAH PATH LAB

INSIDE SHRI BALAJI AAROGYAM HOSPITAL Pvt. Ltd.
BEHIND OLD BUS STAND, KURUKSHETRA

E-mail : aarogyamkr@gmail.com



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|----------------|--------------|-------------------------------|------|

Sample Gnt At: (11 Nov 2023 10:55 AM) ,**Sample Rvd At** (11 Nov 2023 10:55 AM),**Report Gnt At** : (11 Nov 2023 12:37 PM)

HAEMATOLOGY

| | | | |
|-----|----|--------------|------------|
| ESR | 22 | 0.00 - 15.00 | mm at 1 hr |
|-----|----|--------------|------------|

Remarks :-

Sample No:232431186

Sample Gnt At: (11 Nov 2023 10:56 AM) ,**Sample Rvd At** (11 Nov 2023 10:56 AM),**Report Gnt At** : (11 Nov 2023 12:37 PM)

BIOCHEMISTRY

COMPLETE LIPID PROFILE

| | | | |
|------------------|--------|-----------------|-------|
| TOTAL CHOLESTROL | 210 | 120.00 - 200.00 | mg/dl |
| TRIGLYCERIDES | 170 | 35.00 - 160.00 | mg/dl |
| HDL | 45 | 30.00 - 70.00 | mg/dl |
| LDL | 131.00 | 0.00 - 100.00 | mg/dl |
| VLDL CHOLESTEROL | 34.00 | 0.00 - 35.00 | mg/dL |

LFT

| | | | |
|--------------------|------|----------------|--------|
| TOTAL BILIRUBIN | 0.59 | 0.30 - 1.00 | mg/dl |
| DIRECT BILIRUBIN | 0.14 | 0.00 - 0.30 | mg/dl |
| INDIRECT BILIRUBIN | 0.45 | 0.20 - 0.80 | mg/dl |
| SGOT | 36 | 0.00 - 40.00 | U/L |
| SGPT | 34 | 0.00 - 40.00 | U/L |
| TOTAL PROTIENS | 7.0 | 6.60 - 8.70 | gm/dl |
| ALBUMIN | 4.5 | 3.50 - 5.00 | mg/dl |
| GLOBULIN | 2.50 | 1.50 - 3.60 | gms/dl |
| ALKALINE PHOSPHATE | 98 | 57.00 - 111.00 | U/L |

| | | | |
|------------|----|---------------|-------|
| BLOOD UREA | 26 | 12.00 - 40.00 | mg/dl |
|------------|----|---------------|-------|

| | | | |
|------------|-----|-------------|-------|
| CREATININE | 1.2 | 0.70 - 1.40 | mg/dl |
|------------|-----|-------------|-------|

Remarks :-

Sample No:232431203

Sample Gnt At: (11 Nov 2023 11:13 AM) ,**Sample Rvd At** (11 Nov 2023 11:13 AM),**Report Gnt At** : (11 Nov 2023 12:37 PM)

URINE EXAMINATION

URINE ROUTINE

(Technologist)

Not valid for Medico Legal Purposes. Advised further clinical correlations

Charu Sethi

Dr. Charu Sethi Sharma
MD-Pathology
Reg. No. HN-19861



SBAH PATH LAB



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E-mail : aarogyamkk@gmail.com

UHID No :- UD-232413299 **Reg No** :- 232413299 **Print Date** : 11-Nov-2023 12:40 PM
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Address :- H.NO 80, URBAN ESTATE SEC-5 THANESAR ,
KURUKSHETRA

Final Report

| Investigations | Observations | Biological Reference Interval | Unit |
|--------------------------------|--------------|-------------------------------|--------------|
| PHYSICAL EXAMINATION | | | |
| COLOUR <i>Methology</i> | yellow | CLEAR YELLOW | |
| VOLUME | 20 | | ML |
| SPECIFIC GRAVITY | 1.020 | 1.00 - 1.03 | |
| CHEMICAL EXAMINATION | | | |
| PH | 6.0 | 4.60 - 8.00 | |
| PROTEIN. | Negative | NEGATIVE | |
| GLUCOSE | Negative | NEGATIVE | |
| KETONE | Negative | NEGATIVE | |
| MICROSCOPIC EXAMINATION | | | |
| EPIITHELIAL CELLS | ABSENT | | |
| PUS CELLS | 2-4 | 2.00 - 3.00 | /HPF |
| RBC <i>Methology / Carm</i> | ABSENT | 4.00 - 5.50 | million/cumm |
| CRYSTALS | ABSENT | ABSENT | |
| BACTERIA | ABSENT | ABSENT | |
| OTHERS | ABSENT | | |
| MICROSCOPIC EXAMINATION | | | |
| CASTS | ABSENT | ABSENT | |
| AMORPHOUS DEPOSITS | ABSENT | | |

Remarks :-

Type of Sample :- SERUM,WHOLE BLOOD,URINE SPOT,

* END OF REPORT *

(Technologist)

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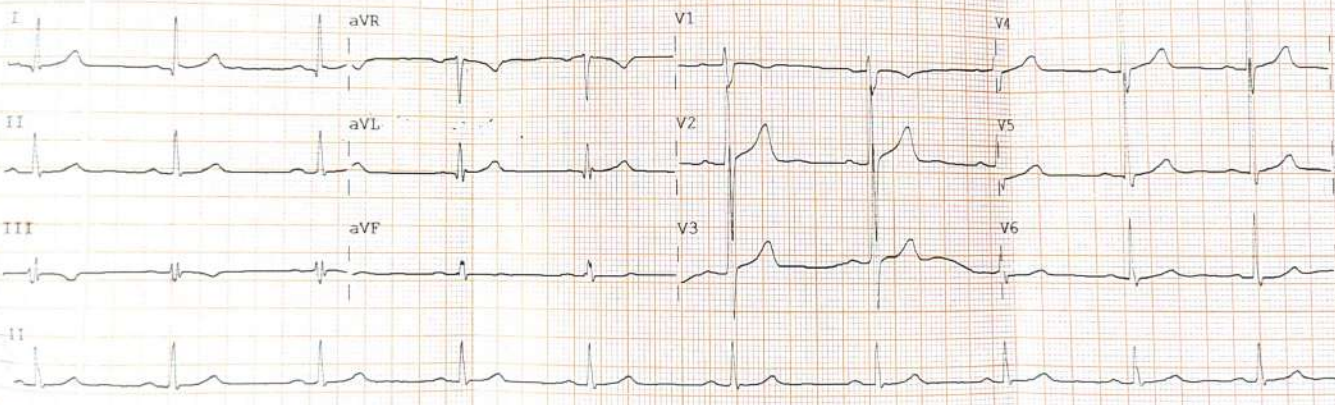
Charu Sethi

Dr. Charu Sethi Sharma
MD-Pathology
Reg. No. HN-19861

11-Nov-23 10:37:10 AM

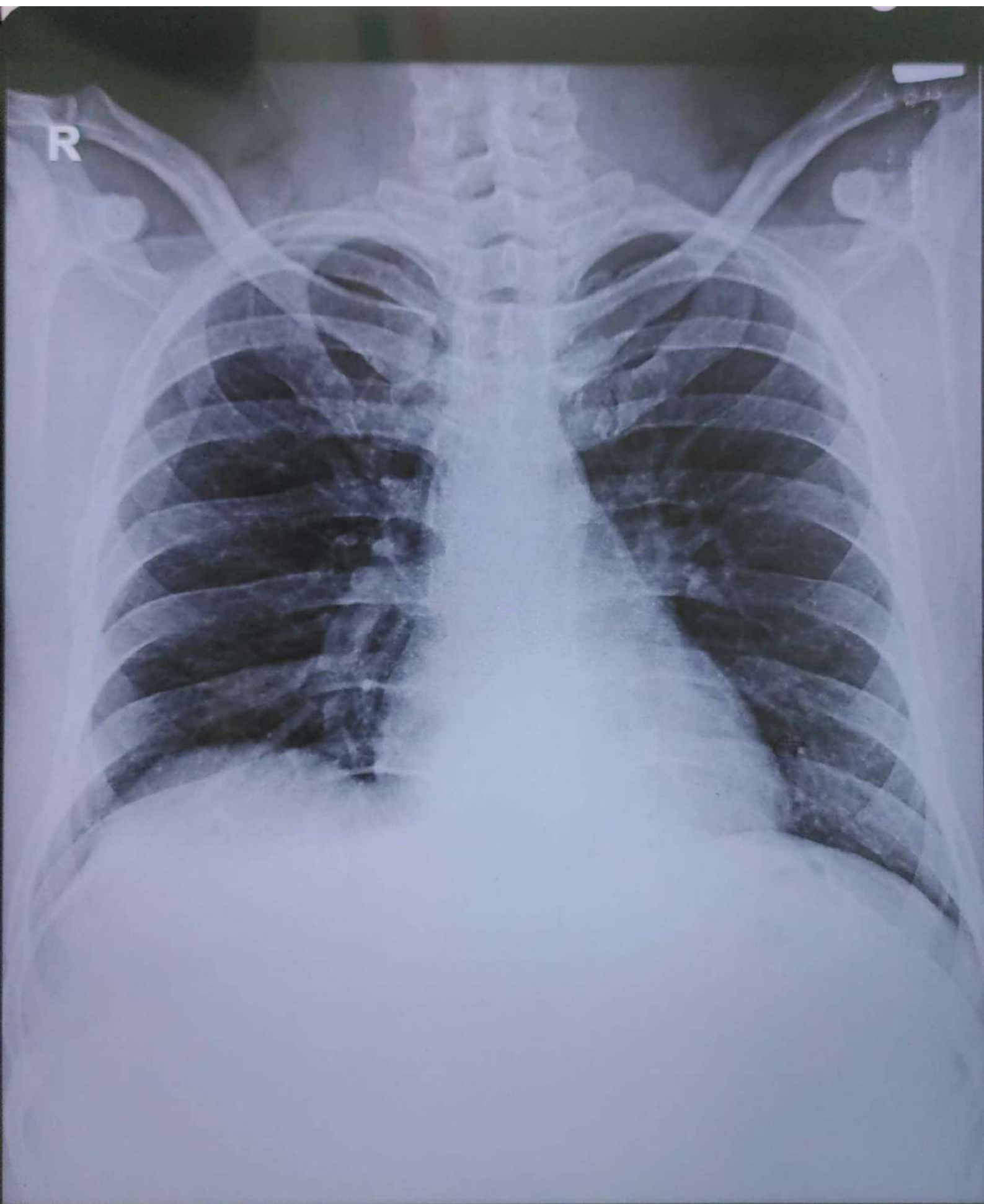
12 Lead: Standard Placement

Rate
PR
QRSD



Pa
D

Device: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10 mm/mV F 60~0.15-100 Hz PH10 CL P2 PH10



PARDEEP 36/Y M CHEST PA 11-Nov-23 10:16 AM
SHRI BALAJI AAROGYAM HOSPITAL, KURUKSHETRA

1400 कैलोरी / दिन की डाइट योजना



शाकाहारी



खाद्य समूह

मात्रा

घरेलू माप-तौल

| | |
|-----------------------|--------------|
| दूध (टॉट) | 450 मिलीलीटर |
| अनाज | 125 ग्राम |
| दालें | 60 ग्राम |
| हरी पत्तेदार सब्जियां | 350 ग्राम |
| अन्य सब्जियां | 100 ग्राम |
| फल | 250 ग्राम |
| कुकिंग तेल | 15 मिलीलीटर |
| चीनी | शून्य |
| नदस | 7 ग्राम |

| |
|--------------------------|
| 1 1/2 मध्य आकार का ग्लास |
| 5 रोटियां |
| 2 मध्य आकार की कटोरी |
| 3 मध्य आकार की कटोरी |
| 1 मध्य आकार की कटोरी |
| 2 मध्य आकार के |
| 3 टी स्पून |
| शून्य |
| 5 बादाम या 2 अखरोट |



मांसाहारी



खाद्य समूह

मात्रा

घरेलू माप-तौल

| | |
|-------------------------|--------------|
| दूध (टॉट) | 450 मिलीलीटर |
| अनाज | 125 ग्राम |
| दालें | 30 ग्राम |
| नॉन-वेज (अंडा/चिकन/मीट) | 75 ग्राम |
| हरी पत्तेदार सब्जियां | 350 ग्राम |
| अन्य सब्जियां | 100 ग्राम |
| फल | 250 ग्राम |
| कुकिंग तेल | 15 मिलीलीटर |
| चीनी | शून्य |
| नदस | 7 ग्राम |

| |
|--------------------------------------|
| 1 1/2 मध्य आकार का ग्लास |
| 5 रोटियां |
| 1 मध्य आकार की कटोरी |
| 1 अंडा/चिकन या मछली के 2 छोटे टुकड़े |
| 3 मध्य आकार की कटोरी |
| 1 मध्य आकार की कटोरी |
| 2 मध्य आकार के |
| 3 टी स्पून |
| शून्य |
| 4 बादाम या 1 आधा अखरोट |

* (अपने मीठ खाने की इच्छा पूर्ति के लिए अपने डाइटिशियन से शुगर मुक्त विकल्प के बारे में सम्पर्क करें)

Height - 5'10" Weight - 95 kg. BMI - 31.6 kg/m²

सैम्पल मेनू प्लान - 1400 कैलोरी

सुबह 7:00AM 1 Glass - Warm Water + नींबू [1]



नदस - बादाम 2 अखरोट (30 कैलोरी) + सूखे फल बिस्कुट
[रात के भीखे हुए]

50 कैलोरी

9:00AM

नारता

1-मध्य आकार की कटोरी चको/दलिया/बोस्ट (मेथे) पोएम (अंडा)
सब्जियां कत-पोहा / सब्जियों का उपमा / 2 इडली / 1 डोसा /

350 कैलोरी



2-स्लाइस ब्रेड (वेज सेंडविच) / 1 सप्पो (फलक) मरो रोटी (220 कैलोरी)
दूध (टॉट) - 1 ग्लास (130 कैलोरी) [सीका - 200ml] + सखाने [7-8]
क - 1 उबला अंडा (100 कैलोरी)

11:00 AM



फल - 1 मध्य आकार का (सेब / संतप [150g] [Seasonal]
/ अमरूद / नारापाती (60 कैलोरी)

60 कैलोरी

1:00PM

सलाद

सलाद - 1 मध्य आकार की प्लेट (20 कैलोरी) [शेका + चुकंदर + गाजर + मूली + टमाटर]



हरी पत्तेदार सब्जियां - 1 कटोरी (50 कैलोरी)
दाल (साबुत) - 1 मध्य आकार की कटोरी (130 कैलोरी)
1 मध्य आकार की चपातियां / + 1 glass दही (250ml) =

520 कैलोरी

शाम को चाय



चाय + 2 बिस्कुट - दूध के साथ 1 कप (20 कैलोरी)
वेजिटेबल पाहा - (130 कैलोरी)
फल - 1 मध्य आकार का (60 कैलोरी)

80 कैलोरी

7:30PM

डिनर

सलाद - 1 मध्य आकार की प्लेट (20 कैलोरी)
मिक्स सब्जियां - 1 मध्य आकार की कटोरी (70 कैलोरी)
दाल - 1 मध्य आकार की कटोरी (150 कैलोरी)
या 01 Non-Veg. - (150g) Egg whites [4-5] =



रसे के साथ चिकन/मछली के 2 छोटे टुकड़े (150 कैलोरी)
2 मध्य आकार की चपाती (85 कैलोरी)

325 कैलोरी

नोट :-

4 पानी - 4-5 liter

* Avoid Junk Food, Fried Food, Bakery items