

Preventive Health

P/O - Naga

Dr. Vimmi Goel
MBBS, MD (Internal Medicine)
Sr. Consultant Non Invasive Cardiology
Reg No. MNC - 2812345678

Preventive Health Check up
KIMS Kingway Hospitals
Nagpur
Phone No. 7499913052



Name: MR Ashutosh Meshram Date: 23/03/24

Age: 31 yr Sex: (M) Weight: 71.8 kg Height: 170.1 cm BMI: 24.8

BP: 150/76 mmHg Pulse: 68/min SpO2: 99%

Dr. Rahul Atara
BDS, MDS (Endodontics)
Sr. Consultant Dental Surgeon
Reg. No: A-16347



Name: Mr. Ashutosh Meshram Date: 29/03/24

Age: 31 yrs Sex: M/F [✓] Weight: _____ kg Height: _____ inc BMI: _____

BP: _____ mmHg Pulse: _____ bpm RBS: _____ mg/dl

Routine dental checkup.

C/E:- Caries \bar{E} $\frac{\quad}{8|8}$

Stains +

Calculus +

Advice:- OPG
Complete oral prophylaxis.

|
Dr. Megha



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF PATHOLOGY

Patient Name : Mr. ASHUTOSH MESHRAM
Age / Gender : 31 Y(s)/Male
Bill No/ UMR No : BIL2324088931/UMR2324042223
Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 29-Mar-24 09:06 am
Report Date : 29-Mar-24 11:00 am

HAEMOGRAM

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Haemoglobin	Blood	15.5	13.0 - 17.0 gm%	Photometric
Haematocrit(PCV)		47.3	40.0 - 50.0 %	Calculated
RBC Count		5.67	4.5 - 5.5 Millions/cumm	Photometric
Mean Cell Volume (MCV)		83	83 - 101 fl	Calculated
Mean Cell Haemoglobin (MCH)		27.3	27 - 32 pg	Calculated
Mean Cell Haemoglobin Concentration (MCHC)		32.7	31.5 - 35.0 g/l	Calculated
RDW		15.0	11.5 - 14.0 %	Calculated
Platelet count		224	150 - 450 10^3 /cumm	Impedance
WBC Count		5400	4000 - 11000 cells/cumm	Impedance
<u>DIFFERENTIAL COUNT</u>				
Neutrophils		46.5	50 - 70 %	Flow Cytometry/Light microscopy
Lymphocytes		42.6	20 - 40 %	Flow Cytometry/Light microscopy
Eosinophils		7.1	1 - 6 %	Flow Cytometry/Light microscopy
Monocytes		3.8	2 - 10 %	Flow Cytometry/Light microscopy
Basophils		0.0	0 - 1 %	Flow Cytometry/Light microscopy
Absolute Neutrophil Count		2511	2000 - 7000 /cumm	Calculated



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF PATHOLOGY

Patient Name : Mr. ASHUTOSH MESHARAM	Age /Gender : 31 Y(s)/Male
Bill No/ UMR No : BIL2324088931/UMR2324042223	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 29-Mar-24 09:06 am	Report Date : 29-Mar-24 11:00 am

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Absolute Lymphocyte Count		2300.4	1000 - 4800 /cumm	Calculated
Absolute Eosinophil Count		383.4	20 - 500 /cumm	Calculated
Absolute Monocyte Count		205.2	200 - 1000 /cumm	Calculated
Absolute Basophil Count		0	0 - 100 /cumm	Calculated

PERIPHERAL SMEAR

RBC	Normochromic Normocytic			
WBC	As Above			
Platelets	Adequate			
E S R	03	0 - 15 mm/hr		Automated Westergren's Method

*** End Of Report ***

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : : 11100131

Test results related only to the item tested.

No part of the report can be reproduced without written permission of the laboratory.

Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST



CLINICAL DIAGNOSTIC LABORATORY

DEPARTMENT OF BIOCHEMISTRY

Patient Name : Mr. ASHUTOSH MESHAM	Age /Gender : 31 Y(s)/Male
Bill No/ UMR No : BIL2324088931/UMR2324042223	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 29-Mar-24 09:04 am	Report Date : 29-Mar-24 10:38 am

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Fasting Plasma Glucose	Plasma	90	< 100 mg/dl	GOD/POD,Colorimetric

GLYCOSYLATED HAEMOGLOBIN (HBA1C)

HbA1c	5.1	Non-Diabetic : <= 5.6 % Pre-Diabetic : 5.7 - 6.4 % Diabetic : >= 6.5 %	HPLC
--------------	-----	--	------

*** End Of Report ***

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : : 11100131

Test results related only to the item tested.

No part of the report can be reproduced without written permission of the laboratory.

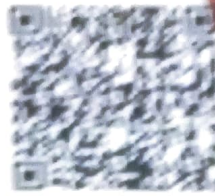
Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST

SPANV Medisearch Lifesciences Private Limited

44, Parwana Bhawan, Kingsway, Nagpur - 440 001, Maharashtra, India.

Phone: +91 0712 6789100

CIN: U74999MH2018PTC303510



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY

Patient Name : Mr. ASHUTOSH MESHRAH	Age /Gender : 30 Yrs/Male
Bill No/ UMR No : BIL2324088931/UMR2324042223	Referred By : Dr. Vinod Gode MBBS, MD
Received Dt : 29-Mar-24 09:06 am	Report Date : 29-Mar-24 11:24 am

LIPID PROFILE

Parameter	Specimen	Results	Method
Total Cholesterol	Serum	165 < 200 mg/dl	Enzymatic (CHE/CHODP, D)
Triglycerides		128 < 150 mg/dl	Enzymatic (Lipase/GU/GPO/POD)
HDL Cholesterol Direct		36 > 40 mg/dl	Phosphotungstic acid/mg-Enzymatic (microplate)
LDL Cholesterol Direct		96.15 < 100 mg/dl	Enzymatic
VLDL Cholesterol		26 < 30 mg/dl	Calculated
Tot Chol/HDL Ratio		5	Calculator

Initiate therapeutic	Consider Drug therapy	LDL-C
CHD OR CHD risk equivalent	>100	>130 optional at 100-125
Multiple major risk factors conferring 10 yrs CHD risk >20%		<100
Two or more additional major risk factors, 10 yrs CHD risk <20%	>130	10 yrs risk 11-20 % >130 <100
No additional major risk or one additional major risk factor	>160	10 yrs risk <10% >160 <100

*** End Of Report ***

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : 11100026

Test results related only to the item tested.

No part of the report can be reproduced without written permission of the laboratory.

DR. GURJI NARDAS, MBBS, MD
CONSULTANT PATHOLOGIST



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY

Patient Name : Mr. ASHUTOSH MESHRAM **Age /Gender** : 31 Y(s)/Male
Bill No/ UMR No : BIL2324088931/UMR2324042223 **Referred By** : Dr. Vimmi Goel MBBS,MD
Received Dt : 29-Mar-24 09:06 am **Report Date** : 29-Mar-24 11:24 am

LIVER FUNCTION TEST(LFT)

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
Total Bilirubin	Serum	0.71	0.2 - 1.3 mg/dl	Azobilirubin/Dyphylline
Direct Bilirubin		0.31	0.1 - 0.3 mg/dl	Calculated
Indirect Bilirubin		0.40	0.1 - 1.1 mg/dl	Duel wavelength spectrophotometric
Alkaline Phosphatase		59	38 - 126 U/L	pNPP/AMP buffer
SGPT/ALT		24	10 - 40 U/L	Kinetic with pyridoxal 5 phosphate
SGOT/AST		25	15 - 40 U/L	Kinetic with pyridoxal 5 phosphate
Serum Total Protein		7.49	6.3 - 8.2 gm/dl	Biuret (Alkaline cupric sulphate)
Albumin Serum		4.32	3.5 - 5.0 gm/dl	Bromocresol green Dye Binding
Globulin		3.18	2.0 - 4.0 gm/dl	Calculated
A/G Ratio		1.4		

*** End Of Report ***

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : : 11100026

Test results related only to the item tested.

No part of the report can be reproduced without written permission of the laboratory.

Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY

Patient Name : Mr. ASHUTOSH MESHAM **Age /Gender** : 31 Y(s)/Male
Bill No/ UMR No : BIL2324088931/UMR2324042223 **Referred By** : Dr. Vimmi Goel MBBS,MD
Received Dt : 29-Mar-24 09:06 am **Report Date** : 29-Mar-24 11:24 am

THYROID PROFILE

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Biological Reference</u>	<u>Method</u>
T3	Serum	1.23	0.55 - 1.70 ng/ml	Enhanced chemiluminescence
Free T4		1.12	0.80 - 1.70 ng/dl	Enhanced Chemiluminescence
TSH		2.08	0.50 - 4.80 uIU/ml	Enhanced chemiluminescence

*** End Of Report ***

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : : 11100026

Test results related only to the item tested.

No part of the report can be reproduced without written permission of the laboratory.

Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY

Patient Name : Mr. ASHUTOSH MESHRAM **Age /Gender** : 31 Y(s)/Male
Bill No/ UMR No : BIL2324088931/UMR2324042223 **Referred By** : Dr. Vimmi Goel MBBS,MD
Received Dt : 29-Mar-24 09:06 am **Report Date** : 29-Mar-24 11:24 am

RFT

<u>Parameter</u>	<u>Specimen</u>	<u>Result Values</u>	<u>Biological Reference</u>	<u>Method</u>
Blood Urea	Serum	26	19.0 - 43.0 mg/dl	Urease with indicator dye
Creatinine		1.2	0.66 - 1.25 mg/dl	Enzymatic (creatinine amidohydrolase)
GFR		82.9	>90 mL/min/1.73m square.	Calculation by CKD-EPI 2021
Sodium		147	136 - 145 mmol/L	Direct ion selective electrode
Potassium		4.76	3.5 - 5.1 mmol/L	Direct ion selective electrode

*** End Of Report ***

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : : 11100026

Test results related only to the item tested.

No part of the report can be reproduced without written permission of the laboratory.

Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST



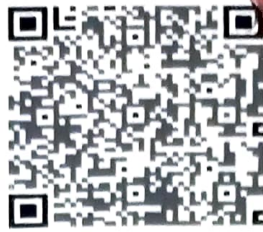
CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF PATHOLOGY

Patient Name : Mr. ASHUTOSH MESHAM
Bill No/ UMR No : BIL2324088931/UMR2324042223
Received Dt : 29-Mar-24 09:46 am

Age /Gender : 31 Y(s)/Male
Referred By : Dr. Vimmi Goel MBBS,MD
Report Date : 29-Mar-24 11:17 am

URINE MICROSCOPY

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Method</u>
<u>PHYSICAL EXAMINATION</u>			
Volume	Urine	30 ml	
Colour.		Pale yellow	
Appearance		Clear	Clear
<u>CHEMICAL EXAMINATION</u>			
Reaction (pH)		5.0	4.6 - 8.0
Specific gravity		1.015	1.005 - 1.025
Urine Protein		Negative	Negative
Sugar		Negative	Negative
Bilirubin		Negative	Negative
Ketone Bodies		Negative	Negative
Nitrate		Negative	Negative
Urobilinogen		Normal	Normal
<u>MICROSCOPIC EXAMINATION</u>			
Epithelial Cells		0-1	0 - 4 /hpf
R.B.C.		1-2	0 - 4 /hpf
Pus Cells		0-1	0 - 4 /hpf
Casts		Absent	Absent



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF PATHOLOGY

Patient Name : Mr. ASHUTOSH MESHAM **Age / Gender** : 31 Y(s)/Male
Bill No/ UMR No : BIL2324088931/UMR2324042223 **Referred By** : Dr. Vimmi Goel MBBS,MD
Received Dt : 29-Mar-24 09:46 am **Report Date** : 29-Mar-24 11:17 am

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	<u>Method</u>
Crystals		Absent *** End Of Report ***	

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : : 11100400

Test results related only to the item tested.

No part of the report can be reproduced without written permission of the laboratory.

Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF PATHOLOGY

Patient Name : Mr. ASHUTOSH MESHAM
Age / Gender : 31 Y(s)/Male
Bill No/ UMR No : BIL2324088931/UMR2324042223
Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 29-Mar-24 09:46 am
Report Date : 29-Mar-24 11:17 am

USF(URINE SUGAR FASTING)

<u>Parameter</u>	<u>Specimen</u>	<u>Result Values</u>	<u>Biological Reference</u>	<u>Method</u>
Urine Glucose	Urine	Negative		STRIP
*** End Of Report ***				

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : : 11100400

Test results related only to the item tested.

No part of the report can be reproduced without written permission of the laboratory.

Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF IMMUNO HAEMATOLOGY

Patient Name : Mr. ASHUTOSH MESHAM
Age / Gender : 31 Y(s)/Male
Bill No/ UMR No : BIL2324088931/UMR2324042223
Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 29-Mar-24 09:06 am
Report Date : 29-Mar-24 12:12 pm

BLOOD GROUPING AND RH

Parameter
BLOOD GROUP.

Specimen Results

EDTA Whole " B "
Blood &
Plasma/
Serum

" Positive "(+Ve)

*** End Of Report ***

Gel Card Method

Rh (D) Typing.

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : : 11100131

Test results related only to the item tested.

No part of the report can be reproduced without written permission of the laboratory.

Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST



CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY

Patient Name : Mr. ASHUTOSH MESHARAM	Age / Gender : 31 Y(s)/Male
Bill No/ UMR No : BIL2324088931/UMR2324042223	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 29-Mar-24 11:58 am	Report Date : 29-Mar-24 01:46 pm

URINE SUGAR

Parameter
Urine Glucose
NOTE:

Result Values
Negative
Urine sugar postmeal
*** End Of Report ***

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : : 11100400

Test results related only to the item tested.

No part of the report can be reproduced without written permission of the laboratory.

Dr. VAIDEHEE NAIK, MBBS,MD
CONSULTANT PATHOLOGIST

PATIENT NAME:	MR. ASHUTOSH MESHAM	AGE /SEX:	31 YRS/FEMALE
REF BY	DR. VIMMI GOEL	DATE:	29/3/2024

X-RAY CHEST PA VIEW

Both the lung fields are clear.

Heart and Aorta are normal.

Both hilar shadows appear normal.

Diaphragm domes and CP angles are clear.

Bony cage is normal.

IMPRESSION -

- No pleuro-parenchymal abnormality seen.



DR R.R KHANDELWAL
SENIOR CONSULTANT
MD, RADIODIAGNOSIS [MMC-55870]

PATIENT NAME:	MR. ASHUTOSH MESHARAM	AGE /SEX:	31Y/M
UMR NO:	2324042223	BILL NO:	2324088931
REF BY	DR. VIMMI GOEL	DATE:	29/03/2024

USG WHOLE ABDOMEN

LIVER is normal in size and echotexture.

No evidence of any focal lesion seen. Intrahepatic billiary radicals are not dilated.

PORTAL VEIN and CBD are normal in course and caliber.

GALL BLADDER is physiologically distended. **Small floating echogenic shadows noted in the lumen of gall bladder suggestive of calculi.**

Wall thickness is within normal limits.

Visualized head and body of PANCREAS is normal in shape, size and echotexture.

SPLEEN is normal in shape, size and echotexture. No focal lesion seen.

Both KIDNEYS are normal in shape, size and echotexture.

No evidence of calculus or hydronephrosis seen.

URETERS are not dilated.

URINARY BLADDER is partially distended. No calculus or mass lesion seen.

Prostate is normal in size, shape and echotexture.

There is no free fluid seen.

IMPRESSION:

Cholelithiasis.

No other significant abnormality seen.

Suggest clinical correlation / further evaluation.



DR. R.R. KHANDELWAL
SENIOR CONSULTANT
MD RADIO DIAGNOSIS [MMC-55870]



DR. BHUPENDRA YADAV
JR1 RADIO DIAGNOSIS

SPANV Medisearch Lifesciences Private Limited
44, Parwana Bhawan, Kingsway, Nagpur - 440 001, Maharashtra, India.
Phone: +91 0712 6789100
CIN: U74999MH2018PTC303510

Kingsway Hospitals
44 Kingsway, Mohan Nagar,
Near Kasturchand Park, Nagpur

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: Mr. Ashutosh, Meshram
Patient ID: 042223
Height:
Weight:
Study Date: 29.03.2024
Test Type: Treadmill Stress Test
Protocol: BRUCE

DOB: 09.04.1992
Age: 31 yrs
Gender: Male
Race: Indian
Referring Physician: Mediwheel HCU
Attending Physician: Dr. Vimmi Goel
Technician: --

Medications:

Medical History:

NIL

Reason for Exercise Test:

Screening for CAD

Exercise Test Summary:

Case Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:43	0.00	0.00	78	120/80	
	STANDING	00:02	0.00	0.00	81		
	HYPERV.	00:02	0.00	0.00	81		
	WARM-UP	00:09	0.70	0.00	95		
EXERCISE	STAGE 1	03:00	1.70	10.00	127	120/80	
	STAGE 2	03:00	2.50	12.00	137	120/80	
	STAGE 3	02:54	3.40	14.00	160	130/80	
RECOVERY		01:00	0.00	0.00	139	140/80	
		02:00	0.00	0.00	113	130/80	
		00:15	0.00	0.00	129		

The patient exercised according to the BRUCE for 8:54 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 88 bpm rose to a maximal heart rate of 160 bpm. This value represents 84 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 140/80 mmHg. The exercise test was stopped due to Target heart rate achieved.

Interpretation:

Summary: Resting ECG: normal.

Functional Capacity: normal.

HR Response to Exercise: appropriate.

BP Response to Exercise: normal resting BP - appropriate response.

Chest Pain: none.

Arrhythmias: none.

ST Changes: none.

Overall impression: Normal stress test.

Conclusions:

TMT is negative for inducible ischemia.



Dr. VIMMI GOEL
MBBS, MD
Sr. Consultant-Non Invasive Cardiology
Reg.No.: 2014/01/0113

31 Years

MR ASHUTOSH MESHRAM

Male

PBC DEPT.

Rate 70 Sinus rhythm
 PR 167 Borderline ST depression, anterolateral leads
 QRSD 84 Baseline wander in lead(s) V3, V5
 QT 378
 QTc 408

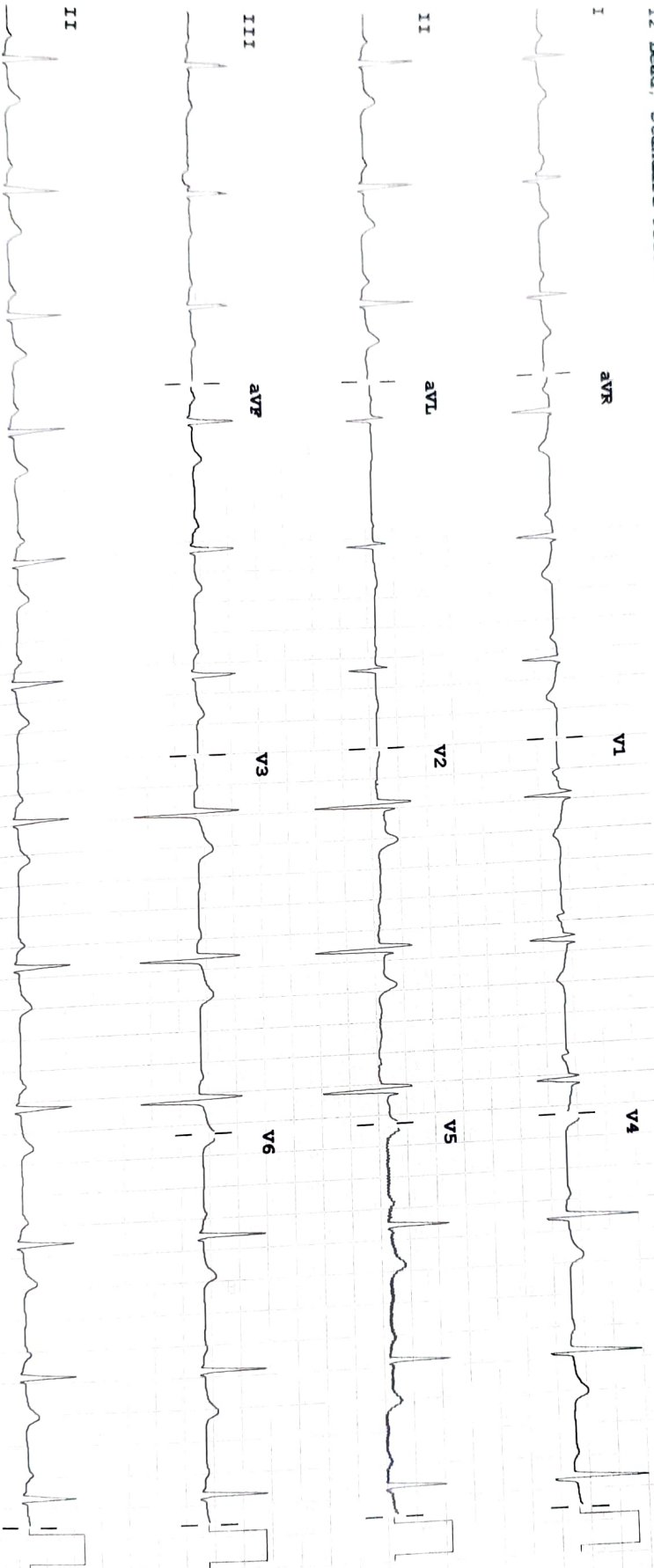
normal P axis, V-rate 50-99
 ST <-0.07mV, I aVL V2-V6

--AXIS--

P 54
 QRS 67
 T 45
 12 Lead: Standard Placement

- BORDERLINE ECG -

Unconfirmed Diagnosis



Device:

Speed: 25 mm/sec

Limbs: 10 mm/mV

Chest: 10.0 mm/mV

F 50 ~ 0.50-150 Hz W

100B CL

P?