Dr. Vimmi Goel

Reg. No: MMC- 2014/01/0113

Preventive Health Check up

MBBS, MD (Internal Medicine) KIMS Kingsway Hospitals
Sr. Consultant Non Invasive Cardiology
Reg. No: MMC- 2014/01/0113

Nagpur

Phone No.: 7499913052



Name :	ms.	Deepali	8 hange	2		Date: 814124
Age :	26	Sex:M(F) Wei	ght: 64*8 kg	Height: 155,9 inc	BMI : _	26.7
BP :	1351	₹ [©] mmHg	Pulse :	Spor - 98 bpm	RBS : _	mg/dl
						Lmp-1013124

InBody

Body Composition Analysis

Total amount of water in my body	Total Body Water	(L)	26.6	(26.6~32.6)
What I need to build muscles	Protein	(kg)	7. 1	(7.1~8.7)
What I need for strong bones	Mineral	(kg)	2.53	(2.47~3.01)
Where my excess energy is stored	Body Fat Mass	(kg)	28.6	(10.5~16.7)
Sum of the above	Weight	(kg)	64.8	(44.5~60.1)

Muscle-Fat Analysis

Harmon		υ	nder		Norma	ıl			0	ver			
Weight	(kg)	55	70	85	100	115	■ 64.	8	160	175	190	205	%
Skeletal Muscle Mass	(kg)	70	80	= 19). 3	110	120	130	140	150	160	170	%
Body Fat Mass	(kg)	40	60	80	100	160	220	280	³⁴⁰ 28.	6	460	520	%

Obesity Analysis

		U	nder		Norma				0	/er		
BMI Body Mass Index (kg/m²)	10.0	15. 0	18.5	21.5	25. 0	26.7	35.0	40.0	45.0	50.0	55.0
PBF Percent Body Far	(00)	8. 0	13.0	18.0	23.0	28.0	33.0	38. 0	43.0	48.0 44.1	53. 0	58. 0

Lean Mass

%
Evaluation
Segmental Lean Analysis

Segmental	Fat Analys	is
-----------	------------	----

	Under	Under		Over	Over
	81.0%	81.2%		182.7%	183. 1 %
	$5.25 \mathrm{kg}$	$5.25 \mathrm{kg}$		4. 1 kg	4. 1 kg
Left		16. 8 kg 90. 6 % Normal	Right	₩ 297.	. 6 kg . 2 % Zig ver zig
	Normal	Normal		Over	Over
1	1.71 kg 83.4 %	1.84 kg 89.6 %		2. 3 kg 266. 8 %	2.3 kg 257.4%
	1 71	1 04		0.0	0.0

* Segmental fat is estimated.

Body Composition History

Weight (kg) 64.8 SMM Skeletal Muscle Mass (kg) 19.3 PBF Percent Body Fat (%) 44.1 Recent □ Total 08.04.24 10:20 10:20		Jeron Library		
PBF Percent Body Fat (%) 44. 1	Weight (kg)	64. 8		
Recent C Total 08, 04, 24	SMM Skeletal Muscle Mass (kg)	19. 3		
	PBF Percent Body Fat (%)	44. 1		
	¥ Recent □ Total			

InBody Score

 $59/100\,\mathrm{Points}$

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Obesity Evaluation

-20011	_ varaation	ar La
ВМІ	□ Normal □ Under	✓ Slightly Over □ Over

PBF		□ Slightly Over	M Over
Waist-H	ip Ratio —		

-	0.75 0.85
0.96	

Visceral Fat Level			
	Low	10	High
Level 16			

Research Parameters

Fat Free Mass	36.2 kg		
Basal Metabolic Rate	$1153 \mathrm{kcal}$	(1340~1556)
Obesity Degree	124 %	(90~110)

SMI 5. $8 \, \mathrm{kg/m^2}$ Recommended calorie intake $1621 \, \mathrm{kcal}$

Calorie Expenditure of Exercise

Golf	114	Gateball	123		
Walking	130	Yoga	130		
Badminton	146	Table Tennis	146		
Tennis	194	Bicycling	194		
Boxing	194	Basketball	194		
Mountain Climbing	211	Jumping Rope	227		
Aerobics	227	Jogging	227		
Soccer	227	Swimming	227		
Japanese Fencing	324	Racketball	324		
Squash	324	Taekwondo	324		
*Based on your current weight					

- *Based on your current weight
- *Based on 30 minute duration

Impedance

RA LA TR RL LL **Z**(α) 20 kHz 372. 2 398. 4 29. 7 287. 9 287. 6 100 kHz 342. 7 370. 3 26. 9 263. 3 263. 2





DEPARTMENT OF PATHOLOGY

Patient Name: Mrs. DEEPALI BHANGE

Bill No/ UMR No : BIL2425002004/MRNP2425000831

Received Dt : 08-Apr-24 10:10 am

Age /Gender : 26 Y(s)/Female

Referred By : Dr. Vimmi Goel MBBS,MD

Report Date :08-Apr-24 11:16 am

HAEMOGRAM

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	Biological Reference	<u>Method</u>
Haemoglobin	Blood	11.9	12.0 - 15.0 gm%	Photometric
Haematocrit(PCV)		35.3	36.0 - 46.0 %	Calculated
RBC Count		4.55	3.8 - 4.8 Millions/cumm	Photometric
Mean Cell Volume (MCV)		78	83 - 101 fl	Calculated
Mean Cell Haemoglobin (MCH)		26.1	27 - 32 pg	Calculated
Mean Cell Haemoglobin Concentration (MCHC)		33.6	31.5 - 35.0 g/l	Calculated
RDW		14.5	11.5 - 14.0 %	Calculated
Platelet count		421	150 - 450 10^3/cumm	Impedance
WBC Count		7700	4000 - 11000 cells/cumm	Impedance
DIFFERENTIAL COUNT				
Neutrophils		52.1	50 - 70 %	Flow Cytometry/Light microscopy
Lymphocytes		41.6	20 - 40 %	Flow Cytometry/Light microscopy
Eosinophils		1.7	1 - 6 %	Flow Cytometry/Light microscopy
Monocytes		4.6	2 - 10 %	Flow Cytometry/Light microscopy
Basophils		0.0	0 - 1 %	Flow Cytometry/Light microscopy
Absolute Neutrophil Count		4011.7	2000 - 7000 /cumm	Calculated





DEPARTMENT OF PATHOLOGY

Patient Name

: Mrs. DEEPALI BHANGE

Age /Gender : 26 Y(s)/Female

Bill No/ UMR No : BIL2425002004/MRNP2425000831

Referred By : Dr. Vimmi Goel MBBS,MD

Received Dt

:08-Apr-24 10:10 am

Report Date

:08-Apr-24 11:16 am

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>	Biological Reference	<u>Method</u>
Absolute Lymphocyte Count		3203.2	1000 - 4800 /cumm	Calculated
Absolute Eosinophil Count		130.9	20 - 500 /cumm	Calculated
Absolute Monocyte Count		354.2	200 - 1000 /cumm	Calculated
Absolute Basophil Count		0	0 - 100 /cumm	Calculated
PERIPHERAL SMEAR				
RBC		Microcytosis + (Few), Hypochromia + (Few), Anisocytosi + (Few).	is	Light microscopy
WBC		As Above		
Platelets		Adequate		
ESR		12	0 - 20 mm/hr	Automated Westergren's Method
		***		3 -1.0

*** End Of Report ***

Suggested Clinical Correlation * If neccessary, Please discuss

Verified By : : 11100245

Test results related only to the item tested.

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Page 2 of 2

Dr. VAIDEHEE NAIK, MBBS,MD CONSULTANT PATHOLOGIST





DEPARTMENT OF BIOCHEMISTRY

Patient Name

: Mrs. DEEPALI BHANGE

Age /Gender : 26 Y(s)/Female

Bill No/ UMR No : BIL2425002004/MRNP2425000831

Referred By : Dr. Vimmi Goel MBBS,MD

Received Dt

:08-Apr-24 10:08 am

Report Date :08-Apr-24 11:00 am

<u>Parameter</u>

Specimen

Results

Biological Reference

Method

HPLC

Fasting Plasma Glucose

85 Plasma

< 100 mg/dl

GOD/POD,Colorimetric

GLYCOSYLATED HAEMOGLOBIN (HBA1C)

HbA1c

5.4

Non-Diabetic : <= 5.6 %

Pre-Diabetic: 5.7 - 6.4

Diabetic : >= 6.5 %

*** End Of Report ***

Suggested Clinical Correlation * If neccessary, Please discuss

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Dr. VAIDEHEE NAIK, MBBS,MD

CONSULTANT PATHOLOGIST SPANV Medisearch Lifesciences Private Limited

440 001 Maharashtra, India.

Phone: +91 0712 6789100 CIN: U74999MH2018PTC303510





DEPARTMENT OF BIOCHEMISTRY

Patient Name : Mrs. DEEPALI BHANGE

Age /Gender : 26 Y(s)/Female

Bill No/ UMR No : BIL2425002004/MRNP2425000831

Referred By : Dr. Vimmi Goel MBBS,MD

Received Dt : 08

:08-Apr-24 12:53 pm

Report Date : 08-Apr-24 03:05 pm

Parameter

Specimen Results

Biological Reference

Method

Post Prandial Plasma Glucose

Plasma

81 < 140 mg/dl

GOD/POD, Colorimetric

Interpretation:

Clinical Decision Value as per ADA Guidelines 2021

Diabetes Mellites If, Fasting =/>126 mg/dl Random/2Hrs.OGTT=/>200 mg/dl

Impaired Fasting = 100-125 mg/dl

*** End Of Report ***

Impaired Glucose Tolerance = 140-199 mg/dl

Suggested Clinical Correlation * If neccessary, Please discuss

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Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST





CLINICAL DIAGNOSTIC LABORATORY DEPARTMENT OF BIOCHEMISTRY

: Mrs. DEEPALI BHANGE **Patient Name** Age / Gender : 26 Y(s)/Female

Bill No/ UMR No : BIL2425002004/MRNP2425000831 Referred By : Dr. Vimmi Goel MBBS,MD

:08-Apr-24 10:10 am **Received Dt Report Date** :08-Apr-24 11:44 am

LIPID PROFILE

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>		<u>Method</u>
Total Cholesterol	Serum	214	< 200 mg/dl	Enzymatic(CHE/CHO/PO D)
Triglycerides		86	< 150 mg/dl	Enzymatic (Lipase/GK/GPO/POD)
HDL Cholesterol Direct		52	> 50 mg/dl	Phosphotungstic acid/mgcl-Enzymatic (microslide)
LDL Cholesterol Direct		138.62	< 100 mg/dl	Enzymatic
VLDL Cholesterol		17	< 30 mg/dl	Calculated
Tot Chol/HDL Ratio		4	3 - 5	Calculation
Intiate therapeutic			Consider Drug therapy	LDC-C

Intiate therapeutic		Consider Drug therapy	LDC-C
CHD OR CHD risk equivalent Multiple major risk factors conferring	>100	>130, optional at 100-129	<100
10 yrs CHD risk>20%			
Two or more additional major risk	>130	10 yrs risk 10-20 % >130	<130
factors,10 yrs CHD risk <20%		10 yrs risk <10% >160	
No additional major risk or one	>160	>190,optional at 160-189	<160
additional major risk factor			

*** End Of Report ***

Suggested Clinical Correlation * If neccessary, Please discuss

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Dr. VAIDEHEE NAIK, MBBS,MD **CONSULTANT PATHOLOGIST**

SPANV Medisearch Lifesciences Private Limited

44, Parwana Bhawan, Kingsway, Nagpur - 440 001, Maharashtra, India. Phone: +91 0712 6789100





DEPARTMENT OF BIOCHEMISTRY

Patient Name

: Mrs. DEEPALI BHANGE

Age / Gender : 26 Y(s)/Female

Bill No/ UMR No : BIL2425002004/MRNP2425000831

Referred By : Dr. Vimmi Goel MBBS,MD

Received Dt :08-Apr-24 10:10 am

Report Date :08-Apr-24 11:44 am

RFT

<u>Parameter</u>	<u>Specimen</u>	Result Values	Biological Reference	<u>Method</u>
Blood Urea	Serum	9	15.0 - 36.0 mg/dl	Urease with indicator dye
Creatinine		0.6	0.52 - 1.04 mg/dl	Enzymatic (creatinine amidohydrolase)
GFR		126.9	>90 mL/min/1.73m square.	Calculation by CKD-EPI 2021
Sodium		144	136 - 145 mmol/L	Direct ion selective electrode
Potassium		4.73	3.5 - 5.1 mmol/L	Direct ion selective electrode
		*** End Of Re	port ***	

Suggested Clinical Correlation * If neccessary, Please discuss

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DEPARTMENT OF BIOCHEMISTRY

Patient Name : Mrs. DEEPALI BHANGE

Age /Gender : 26 Y(s)/Female

Bill No/ UMR No : BIL2425002004/MRNP2425000831

Referred By : Dr. Vimmi Goel MBBS,MD

Received Dt : 08-Apr-24 10:10 am

Report Date :08-Apr-24 11:21 am

LIVER FUNCTION TEST(LFT)

<u>Parameter</u> Total Bilirubin	Specimen Serum	Results 0.59	Biological Reference	<u>Method</u>
	Serum		0.2 - 1.3 mg/dl	Azobilirubin/Dyphylline
Direct Bilirubin		0.38	0.1 - 0.3 mg/dl	Calculated
Indirect Bilirubin		0.21	0.1 - 1.1 mg/dl	Duel wavelength spectrophotometric
Alkaline Phosphatase		81	38 - 126 U/L	pNPP/AMP buffer
SGPT/ALT		20	13 - 45 U/L	Kinetic with pyridoxal 5 phosphate
SGOT/AST		26	13 - 35 U/L	Kinetic with pyridoxal 5 phosphate
Serum Total Protein		7.89	6.3 - 8.2 gm/dl	Biuret (Alkaline cupric sulphate)
Albumin Serum		4.72	3.5 - 5.0 gm/dl	Bromocresol green Dye Binding
Globulin		3.17	2.0 - 4.0 gm/dl	Calculated
A/G Ratio		1.5	5, 41	Carcalated
		*** End Of Re	port ***	

Suggested Clinical Correlation * If neccessary, Please discuss

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Charles

Dr. VAIDEHEE NAIK, MBBS,MD

CONSULTANT PATHOLOGIST





DEPARTMENT OF BIOCHEMISTRY

Patient Name

: Mrs. DEEPALI BHANGE

Bill No/ UMR No : BIL2425002004/MRNP2425000831

Received Dt

:08-Apr-24 10:10 am

Age /Gender : 26 Y(s)/Female

Referred By : Dr. Vimmi Goel MBBS,MD

Report Date :08-Apr-24 11:44 am

THYROID PROFILE

<u>Parameter</u> T3	<u>Specimen</u> Serum	1 25	Biological Reference 0.55 - 1.70 ng/ml	Method Enhanced
Free T4		1.00	0.80 - 1.70 ng/dl	chemiluminescence Enhanced
TSH		2.85	0.50 - 4.80 uIU/ml	Chemiluminescence Enhanced
		*** End Of Re	port ***	chemiluminescence

Suggested Clinical Correlation * If neccessary, Please $\ddot{}$

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Dr. VAIDEHEE NAIK, MBBS,MD CONSULTANT PATHOLOGIST





CLINICAL DIAGNOSTIC LABORATORY DEPARTMENT OF IMMUNO HAEMATOLOGY

Patient Name

: Mrs. DEEPALI BHANGE

Age /Gender : 26 Y(s)/Female

Bill No/ UMR No : BIL2425002004/MRNP2425000831

Referred By : Dr. Vimmi Goel MBBS,MD

Received Dt :08-Apr-24 10:10 am

Report Date :08-Apr-24 11:55 am

BLOOD GROUPING AND RH

<u>Parameter</u>

BLOOD GROUP.

Specimen Results

EDTA Whole "AB"

Blood &

Plasma/ Serum

Gel Card Method

Rh (D) Typing.

" Positive "(+Ve)

*** End Of Report ***

Suggested Clinical Correlation * If neccessary, Please discuss

Verified By:: 11100245

Test results related only to the item tested.

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Dr. VAIDEHEE NAIK, 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 PATHOLOGY**

Patient Name

: Mrs. DEEPALI BHANGE

Age /Gender : 26 Y(s)/Female

Bill No/ UMR No : BIL2425002004/MRNP2425000831

Referred By : Dr. Vimmi Goel MBBS,MD

Received Dt

Casts

:08-Apr-24 10:28 am

Report Date : 08-Apr-24 12:16 pm

URINE MICROSCOPY

<u>Parameter</u>	<u>Specimen</u>	<u>Results</u>		<u>Method</u>
PHYSICAL EXAMINATION	<u> </u>			
Volume	Urine	30 ml		
Colour.		Pale yellow		
Appearance		Clear	Clear	
CHEMICAL EXAMINATIO	<u>N</u>			
Reaction (pH)		6.0	4.6 - 8.0	Indicators
Specific gravity		1.010	1.005 - 1.025	ion concentration
Urine Protein		Negative	Negative	protein error of pH indicator
Sugar		Negative	Negative	GOD/POD
Bilirubin		Negative	Negative	Diazonium
Ketone Bodies		Negative	Negative	Legal's est Principle
Nitrate		Negative	Negative	
Urobilinogen		Normal	Normal	Ehrlich's Reaction
MICROSCOPIC EXAMINA	TION			
Epithelial Cells		2-4	0 - 4 /hpf	Manual
R.B.C.		Absent	0 - 4 /hpf	
Pus Cells		0-1	0 - 4 /hpf	

Absent

Absent





DEPARTMENT OF PATHOLOGY

Patient Name

: Mrs. DEEPALI BHANGE

Bill No/ UMR No : BIL2425002004/MRNP2425000831

Received Dt

Parameter

Crystals

:08-Apr-24 10:28 am

<u>Specimen</u>

<u>Results</u>

Absent

*** End Of Report ***

Report Date :08-Apr-24 12:16 pm <u>Method</u>

Age /Gender: 26 Y(s)/Female

Referred By : Dr. Vimmi Goel MBBS,MD

Suggested Clinical Correlation * If neccessary, Please

Verified By : : 11100400

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Dr. VAIDEHEE NAIK, MBBS,MD

CONSULTANT PATHOLOGIST

Page 2 of 2



KIMS-KINGSWAY HOSPITALS

CLINICAL DIAGNOSTIC LABORATORY

DEPARTMENT OF PATHOLOGY

Patient Name

: Mrs. DEEPALI BHANGE

Age /Gender : 26 Y(s)/Female

Bill No/ UMR No : BIL2425002004/MRNP2425000831

Referred By : Dr. Vimmi Goel MBBS,MD

Received Dt

:08-Apr-24 10:28 am

Report Date :08-Apr-24 01:15 pm

USF(URINE SUGAR FASTING)

<u>Parameter</u>

Specimen Result Values Biological Reference

Method

Urine Glucose

Urine

Negative

STRIP

*** End Of Report ***

Suggested Clinical Correlation * If neccessary, Please discuss

Verified By:: 11100400

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Dr. VAIDEHEE NAIK, MBBS,MD CONSULTANT PATHOLOGIST



DEPARTMENT OF RADIOLOGY & IMAGING SCIENCE

NAME	DEEPALI BHANGE	CTUDY	CIENCE
NAME	ACMID /E	STUDY DATE	08-04-2024 11:04:53
AGE/ SEX	26Y1D / F	LIOCOLT	
ACCESSION NO.	ВП.2425002004-10	MODALITY	2423000831
REPORTED ON	1		DX
REPORTED ON		REFERRED BY	Dr. Vimmi Goel

X-RAY CHEST PA VIEW

Both the lung fields are clear.

Heart and Aorta are normal.

hilar shadows appear normal.

Diaphragm domes and CP angles are clear.

Bony cage is normal.

IMPRESSION -No pleuro-parenchymal abnormality seen.

DR NAVEEN PUGALIA MBBS, MD [076125]

SENIOR CONSULTANT RADIOLOGIST.

N.B: This is only a professional opinion and not the final diagnosis. Radiological investigations are subject to variations due to technical limitations. Hence, correlation with clinical findings and other investigations should be carried out to know true nature of illness.



PATIENT NAME:	MRS. DEEPALI BHANGE		
UMR NO:	2425000831	AGE /SEX:	26Y/F
REFERRED BY	DR. VIMMI GOEL	BILL NO:	2425002004
		DATE	08/04/2024

USG ABDOMEN AND PELVIS

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. No stones or sludge seen within it.

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

SPLEEN is normal in size, shape 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.

Uterus is anteverted and normal. It measures 7.4 x 3.4 x 3.2 cm. No focal myometrial lesion seen. Endometrial echo-complex appear normal. ET - 8.4 mm. Both ovaries are normal. No adnexal mass lesion seen.

There is no free fluid or abdominal lymphadenopathy seen.

IMPRESSION:

No significant visceral abnormality seen. Suggest clinical correlation / further evaluation.

DR POONAM CHIDDARWAR MBBD, MD **CONSULTANT RADIOLOGIST**

SPANV Medisearch Lifesciences Private Limited

44, Parwana Bhawan, Kingsway, Nagpur - 440 001, Maharashtra, India. Phone: +91 0712 6789100



2D ECHOCARDIOGRAPHY AND COLOR DOPPLER REPORT

Patient Name: Ms. Deepali Bhange
Age: 26 years / Female
UMR: MRPN2425000831
Date: 08/04/2024
Done by: Dr. Vimmi Goel
ECG: NSR, WNL

Blood pressure: 135/80 mm Hg (Right arm, Supine position)

Impression:

Normal chambers dimensions
No RWMA of LV at rest
Good LV systolic function, LVEF 66%
Normal LV diastolic function
E/A is 1.9
Trivial MR
No pulmonary hypertension
IVC is normal in size and collapsing well are

IVC is normal in size and collapsing well with respiration No clots or pericardial effusion

Comments:

Sector echocardiography was performed in various conventional views (PLAX, SSAX, AP4 CH and 5 CH views). LV size normal. There is no RWMA of LV seen at rest. Good LV systolic function. LVEF 66%. Normal LV diastolic function. E Velocity is 129 cm/s, A Velocity is 83 cm/s. E/A is 1.9. Trivial MR. No Pulmonary Hypertension. IVC normal in size and collapsing well with respiration. Pericardium is normal. No clots or pericardial effusion seen.

M Mode echocardiography and dimension:

	Normal ra	ange (mm)	Observed (mm)
	(adults) (children)	` ,
Left atrium	19-40	7-37	30
Aortic root	20-37	7-28	22
LVIDd	35-55	8-47	40
LVIDs	23-39	6-28	29
IVS (d)	6-11	4-8	09
LVPW (d)	6-11	4-8	09
LVEF %	~ 60%	~60%	66%
Fractional Shortening			33%

Dr. Vimmi Goel MD, Sr. Consultant Non-invasive Cardiology Fellow Indian Academy of Echocardiography (FIAE)

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

