

Dr. Vimmi Goel
 Head - Non Invasive Cardiology
 Incharge - Preventive Health Care
 MBBS, MD (Internal Medicine)
 Reg. No. MMC-2014/01/0113

Preventive Health Check up
KIMS Kingsway Hospitals
 Nagpur
 Phone No.: 7499913052



Name: Mrs. Prachita Pannikar Date: 28/9/24

Age: 38yr Sex: M/F Weight: 64.6 kg Height: 161.6 inc BMI: 24.7

BP: 108/82 mmHg Pulse: 81/min bpm RBS: _____ mg/dl
 SpO2 - 99% menopause - 2yr

38/F

Hx - Both parents diabetic
 Mother - HT

Pre-diabetes

Mild anemia

LDL - 142

Ren inv → normal

O/E

JVP°

L₂ /
 L₃ /
 P/A / N.

Adv.

Diet control

Exercise

wt. loss

T. Azor 10 x $\frac{1}{10}$ A/D
 (90)

R/A 3 wks \bar{e} FBS
 DMBS
 HbA1c
 FLP

DR. VIMMI GOEL
 Head - Non Invasive Cardiology
 Reg. No. MMC-2014/01/0113

Dr. Mugdha Jungari (Gill)
MBBS, MS, DNB (OBGY), FMAS
Sr. Consultant Obstetrics & Gynaecology
High Risk Pregnancy Expert & Laparoscopic Surgeon
Reg. No: 2020126915

Name: P. S. Chaturvedi Date: 28/9/24

Age: 38 yrs Sex: M/F Weight: _____ kg Height: _____ inc BMI: _____

MS - 15 yrs

P₂L₂ prev 2 USG TR not done
CMP - 2 yrs back (Menopause)

P/A soft NO GTR

PS - pap taken

PV - UT (n)

fx
fxp = pap smea

Dr. J



**CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF PATHOLOGY**

Patient Name : Mrs. PRACHITA PAUNIKAR	Age / Gender : 38 Y(s)/Female
Bill No/ UMR No : BIL2425051537/UMR2324000391	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 28-Sep-24 10:36 am	Report Date : 28-Sep-24 12:38 pm

HAEMOGRAM

Parameter	Specimen	Results	Biological Reference	Method
Haemoglobin	Blood	11.4	12.0 - 15.0 gm%	Photometric
Haematocrit(PCV)		36.5	36.0 - 46.0 %	Calculated
RBC Count		5.62	3.8 - 4.8 Millions/cumm	Photometric
Mean Cell Volume (MCV)		65	83 - 101 fl	Calculated
Mean Cell Haemoglobin (MCH)		20.2	27 - 32 pg	Calculated
Mean Cell Haemoglobin Concentration (MCHC)		31.1	31.5 - 35.0 g/l	Calculated
RDW		18.5	11.5 - 14.0 %	Calculated
Platelet count		327	150 - 450 10^3 /cumm	Impedance
WBC Count		7900	4000 - 11000 cells/cumm	Impedance

DIFFERENTIAL COUNT

Neutrophils	54.2	50 - 70 %	Flow Cytometry/Light microscopy
Lymphocytes	39.1	20 - 40 %	Flow Cytometry/Light microscopy
Eosinophils	2.3	1 - 6 %	Flow Cytometry/Light microscopy
Monocytes	4.4	2 - 10 %	Flow Cytometry/Light microscopy
Basophils	0.0	0 - 1 %	Flow Cytometry/Light microscopy
Absolute Neutrophil Count	4281.8	2000 - 7000 /cumm	Calculated



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Patient Name : MRS. PRACHITA PAUNIKAR	Age /Gender : 38 Y(s)/Female
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Received Dt : 28-Sep-24 10:36 am	Report Date : 28-Sep-24 12:38 pm

Parameter	Specimen	Results	Biological Reference Method
Absolute Lymphocyte Count		3088.9	1000 - 4800 /cumm Calculated
Absolute Eosinophil Count		181.7	20 - 500 /cumm Calculated
Absolute Monocyte Count		347.6	200 - 1000 /cumm Calculated
Absolute Basophil Count		0	0 - 100 /cumm Calculated

PERIPHERAL SMEAR

MICROCYTOSIS	Microcytosis +(Few) As above	
WBC	Adequate	
Platelets		0 - 20 mm/hr Automated Westergren's Method
E S R		04

*** End Of Report ***

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Suggested Clinical Correlation * If neccessary, Please discuss
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DR. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST

CLINICAL DIAGNOSTIC LABORATORY

DEPARTMENT OF BIOCHEMISTRY



Patient Name : Mrs. PRACHITA PAUNIKAR **Age / Gender** : 38 Y(s)/Female
Bill No/ UMR No : BIL2425051537/UMR2324000391 **Referred By** : Dr. Vimmi Goel MBBS,MD
Received Dt : 28-Sep-24 10:36 am **Report Date** : 28-Sep-24 11:43 am

Parameter	Specimen	Results	Biological Reference	Method
Fasting Plasma Glucose	Plasma	104	< 100 mg/dl	GOD/POD, Colorimetric
Post Prandial Plasma Glucose		95	< 140 mg/dl	GOD/POD, Colorimetric

GLYCOSYLATED HAEMOGLOBIN (HbA1c)

HbA1c 5.7 Non-Diabetic : <= 5.6 % HPLC

Pre-Diabetic : 5.7 - 6.4 %

Diabetic : >= 6.5 %

*** End Of Report ***

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DR. GAURI HARDAS, MBBS,MD

CONSULTANT PATHOLOGIST

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 Phone: +91 0712 6789100
 CIN: U74999MH2019PTC303510



**CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY**

Patient Name : Mrs. PRACHITA PAUNIKAR
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Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 28-Sep-24 10:36 am
Report Date : 28-Sep-24 12:00 pm

LIPID PROFILE

Parameter	Specimen	Results	Method
Total Cholesterol	Serum	235	Enzymatic(CHE/CHO/PO D)
Triglycerides		116	
HDL Cholesterol Direct		52	
LDL Cholesterol Direct		142.07	
VLDL Cholesterol		23	
Tot Chol/HDL Ratio		4	3 - 5

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

*** End Of Report ***

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**CLINICAL DIAGNOSTIC LABORATORY
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Bill No / UMR No : BIL2425051537/UMR2324000391 **Referred By** : Dr. Vimmi Goel MBBS,MD
Received Dt : 28-Sep-24 10:36 am **Report Date** : 28-Sep-24 11:43 am

LIVER FUNCTION TEST (LFT)

Parameter	Specimen	Results	Biological Reference	Method
Total Bilirubin	Serum	0.27	0.2 - 1.3 mg/dl	
Direct Bilirubin		0.14	0.1 - 0.3 mg/dl	
Indirect Bilirubin		0.13	0.1 - 1.1 mg/dl	
Alkaline Phosphatase		119	38 - 126 U/L	
SGPT/ALT		16	13 - 45 U/L	
SGOT/AST		26	13 - 35 U/L	
Serum Total Protein		8.09	6.3 - 8.2 gm/dl	
Albumin Serum		4.96	3.5 - 5.0 gm/dl	
Globulin		3.13		Bromocresol green Dye Binding
A/G Ratio		1.58	2.0 - 4.0 gm/dl	

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**CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY**

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Bill No / UMR No : BIL2425051537/UMR2324000391	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 28-Sep-24 10:36 am	Report Date : 28-Sep-24 11:43 am

RFT

Parameter	Specimen	Result Values	Biological Reference	Method
Blood Urea	Serum	20	15.0 - 36.0 mg/dl	
Creatinine		0.65	0.52 - 1.04 mg/dl	
GFR		115.5	>90 mL/min/1.73m square.	
Sodium		140	136 - 145 mmol/L	Direct ion selective electrode
Potassium		4.98	3.5 - 5.1 mmol/L	
*** End Of Report ***				

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**CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF BIOCHEMISTRY****Parameter** : Mrs. PRACHITA PAUNIKAR
Bill No/ UMR No : BIL2425051537/UMR2324000391
Received Dt : 28-Sep-24 10:36 am**Age /Gender** : 38 Y(s)/Female
Referred By : Dr. Vimmi Goel MBBS,MD
Report Date : 28-Sep-24 12:22 pm**THYROID PROFILE**

Parameter	Specimen	Results	Biological Reference	Method
T3	Serum	1.38	0.55 - 1.70 ng/ml	Enhanced Chemiluminescence
Free T4		0.99	0.80 - 1.70 ng/dl	
TSH		1.81	0.50 - 4.80 uIU/ml	

*** End Of Report ***

Suggested Clinical Correlation * If neccessary, Please discuss

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**Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST**



CLINICAL DIAGNOSTIC LABORATORY

DEPARTMENT OF PATHOLOGY

Patient Name : Mrs. PRACHITA PAUNIKAR Age / Gender : 38 Y(s)/Female
Il No/ UMR No : BIL2425051537/UMR2324000391 Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 28-Sep-24 11:14 am Report Date : 28-Sep-24 12:22 pm

URINE MICROSCOPY

Parameter	Specimen	Results	Biological Reference	Method
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Volume	Urine	30 ml		
Colour.		Pale yellow		

Appearance		Clear	Clear	
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CHEMICAL EXAMINATION

Specific gravity	1.010	1.005 - 1.025	Ion concentration
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Reaction (pH)	6.5	4.6 - 8.0	Indicators
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Nitrate	Negative	Negative	protein error of pH
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Urine Protein	Negative	Negative	indicator
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Sugar	Negative	Negative	GOD/POD
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Ketone Bodies	Negative	Negative	Legal's est Principle
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Urobilinogen	Normal	Normal	Ehrlich's Reaction
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Bilirubin	Negative	Negative	Diazonium
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MICROSCOPIC EXAMINATION

Pus Cells	0-1	0 - 4 /hpf	
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R.B.C.	Absent	0 - 4 /hpf	
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Epithelial Cells	0-1	0 - 4 /hpf	
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Casts	Absent	Absent	
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CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF PATHOLOGY

Patient Name : Mrs. PRACHITA PAUNIKAR	Age / Gender : 38 Y(s)/Female
Bill No/ UMR No : BIL2425051537/UMR2324000391	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 28-Sep-24 11:14 am	Report Date : 28-Sep-24 12:22 pm

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

Suggested Clinical Correlation * If necessary, Please discuss

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Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST



**CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF PATHOLOGY**

Patient Name : Mrs. PRACHITA PAUNIKAR	Age / Gender : 38 Y(s)/Female
Bill No/ UMR No : BIL2425051537/UMR2324000391	Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 28-Sep-24 11:14 am	Report Date : 28-Sep-24 12:22 pm

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
Comment		Urine Fasting Sugar		
		*** End Of Report ***		

Suggested Clinical Correlation * If necessary, Please discuss

Verified By : : 11101075

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**Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST**



**CLINICAL DIAGNOSTIC LABORATORY
DEPARTMENT OF IMMUNO HAEMATOLOGY**

Patient Name : Mrs. PRACHITA PAUNIKAR
Age / Gender : 38 Y(s)/Female
Bill No/ UMR No : BIL2425051537/UMR2324000391
Referred By : Dr. Vimmi Goel MBBS,MD
Received Dt : 28-Sep-24 10:36 am
Report Date : 28-Sep-24 01:24 pm

BLOOD GROUPING AND RH

Parameter

Specimen Results

BLOOD GROUP.

EDTA Whole " O "
Blood &
Plasma/
Serum

Gel Card Method

Rh (D) Typing.

" Negative "(-Ve)

Note

suggested weak Rh D,Du testing.

*** End Of Report ***

Suggested Clinical Correlation * If necessary, Please discuss

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**Dr. GAURI HARDAS, MBBS,MD
CONSULTANT PATHOLOGIST**

DEPARTMENT OF RADIOLOGY & IMAGING SCIENCE

NAME	PRACHITA PAUNIKAR	STUDY DATE	28-09-2024 11:21:26
AGE/ SEX	38Y 6M 21D / F	HOSPITAL NO.	UMR2324000391
ACCESSION NO.	BIL2425051537-10	MODALITY	DX
REPORTED ON	28-09-2024 12:35	REFERRED BY	Dr. Vimmi Goel

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 AVEEN PUGALIA
MBBS, MD [076125]
SENIOR CONSULTANT RADIOLOGIST.

PATIENT NAME:	MRS. PRACHITA PAUNIKAR	AGE /SEX:	38 Y / FEMALE
UMR NO:	2324000391	BILL NO:	2425051537
REF BY	DR. VIMMI GOEL	DATE:	28/9/2024

USG WHOLE ABDOMEN

LIVER is normal in size (14.5cm), shape and mild increase in echotexture.
No evidence of any focal lesion seen. Intrahepatic biliary radicals are not dilated.
PORTAL VEIN and CBD are normal in course and caliber.

GALL BLADDER is physiologically distended. No sludge or calculus seen.
Wall thickness is within normal limits.

PANCREAS is normal in shape, size and echotexture.

SPLEEN is normal in shape, size (8.3cm) and echotexture. No focal lesion seen.

Left kidney measures 10.7 x 4cm. Right kidney measures 9.7 x 3.8cm.
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 appears normal and measures 4.3 x 2 x 6.8cm.
ET-3.4mm.

No adnexal mass lesion seen.

There is no free fluid seen.

IMPRESSION:

Grade I fatty liver.

No other significant abnormality seen.

Suggest clinical correlation / further evaluation.



DR. RUTUJA RANGREJ
MBBS, MD
CONSULTANT RADIOLOGIST.

2D ECHOCARDIOGRAPHY AND COLOR DOPPLER REPORT

Patient Name : Mrs. Prachita Paunikar
 Age : 38 years / Female
 UMR : UMR2324000391
 Date : 28/09/2024
 Done by : Dr. Vimmi Goel
 ECG : NSR, WNL
 Blood pressure: 108/82 mm Hg (Right arm, Supine position)
 BSA : 1.69 m²

Impression: Normal 2D Echocardiography Study

Normal chambers dimensions
No RWMA of LV at rest
Good LV systolic function, LVEF 70%
Normal LV diastolic function
E/A is 1.5
E/E' is 7.3 (Normal filling pressure)
Valves are normal
Trivial MR
No pulmonary hypertension
IVC is normal in size and collapsing well with respiration
No clots or pericardial effusion

Comments:

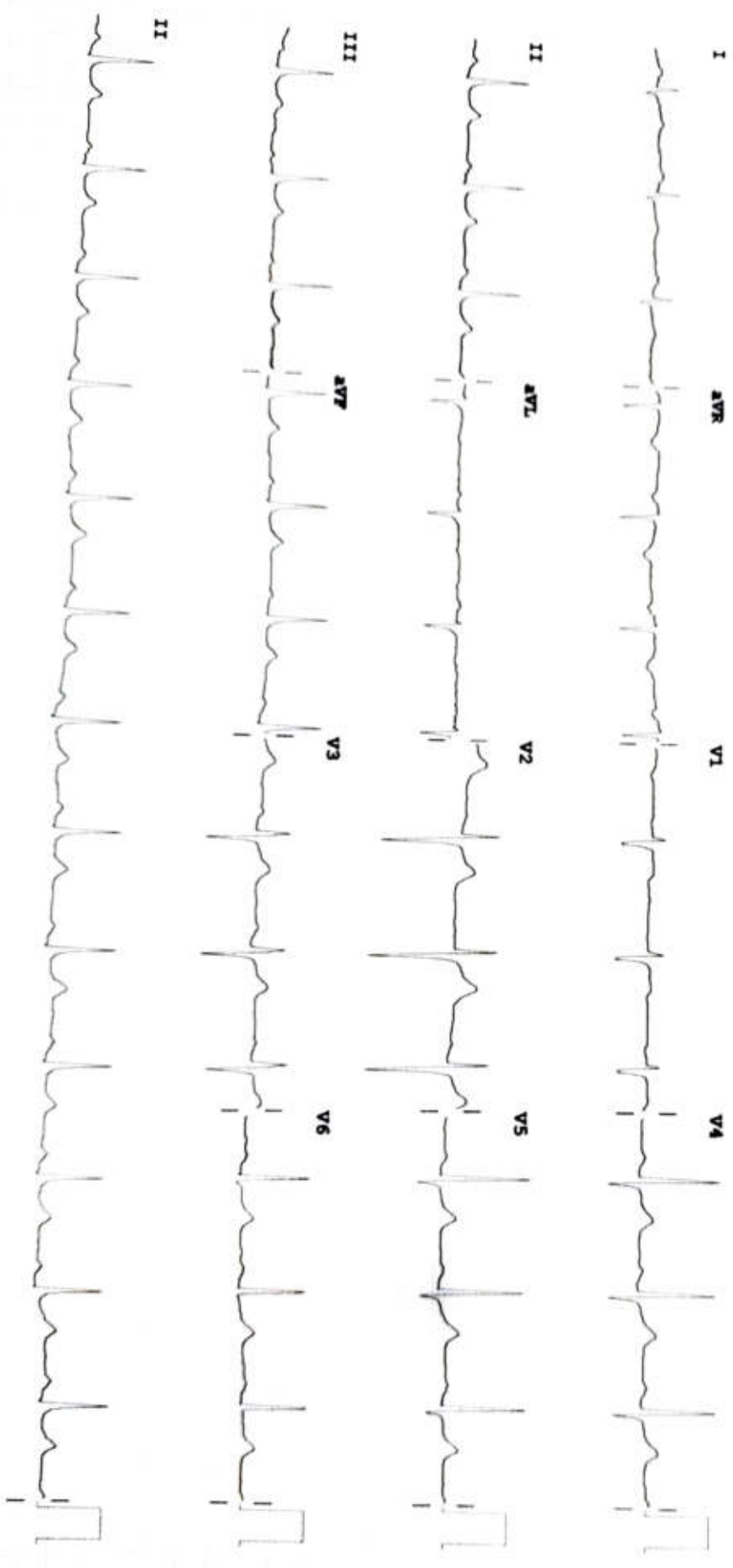
Sector echocardiography was performed in various conventional views (PLAX, SSAX, AP4 CH and 5 CH views). LV size normal. There is no RWMA of LV seen at rest. Good LV systolic function. LVEF 70%. Normal LV diastolic function. E Velocity is 74 cm/s, A Velocity is 49 cm/s. E/A is 1.5. Valves are normal. Trivial MR. No Pulmonary Hypertension. IVC normal in size and collapsing well with respiration. Pericardium is normal. No clots or pericardial effusion seen.

E' at medial mitral annulus is 9.5 cm/sec & at lateral mitral annulus is 11.1 cm/sec.
 E/E' is 7.3 (Average).

M Mode echocardiography and dimension:

	Normal range (mm)		Observed (mm)
	(adults)	(children)	
Left atrium	19-40	7-37	27
Aortic root	20-37	7-28	27
LVIDd	35-55	8-47	43
LVIDs	23-39	6-28	22
IVS (d)	6-11	4-8	09
LVPW (d)	6-11	4-8	09
LVEF %	~ 60%	~60%	09
Fractional Shortening			70%
			40%

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



Device:

Speed: 25 mm/sec

Lead:

10 mm/mV

Chest: 10.0 mm/mV

PHILIPS

F 50-0.50-150 Hz W

100B CL

P?