



**ZENA**  
Healthcare Services  
Professional | Accuracy | Precision

Professional Accuracy Precision

**ZENA HEALTHCARE SERVICES**

(A Unit of Zena Enterprises)

Regd. No. : 1834

NAME:-GODHULI RUTUPARNA  
AGE:-31YRS

REFERRAL:-MEDI-WHEEL

Patient ID:-01

DATE :-03.03.2024  
SEX :-FEMALE

CHEST X-RAY PA VIEW SHOWS.

- Both side lung fields are clear.
- Trachea within normal limit.
- Both costophrenic cardiophrenic angle are clear.
- Cardiac shadow within normal limit.
- Media stinum in position

IMPRESSION:-NORMAL STUDY.

  
Dr. Bhagaban Pradhan  
M.D.(Radio diagnosis)  
Consultant Radiologist

For Home Collection Please Call at Number :

1

**Zena Healthcare Services**

Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07  
Ph. : 0674-2549902, 9692276908, 8337964922, E-mail : zenahealthcare@gmail.com

Website : www.zenahealthcare.com

Wishing Good Health

19/11/16 CME  
AGE 311 N D  
Cm ID

GODHUL RUTUPARNA  
FEMALE

03/03/2024 09:06:38  
ZENA HEALTHCARE  
PLOT -119, SAHIDNAGAR, BHUBANESWAR

ECG : 76/HR 1:08 RHYTHM

PR : 179ms  
P-R : 136ms  
QRS : 84ms  
QT : 374ms  
QTc : 412ms

-ADP-

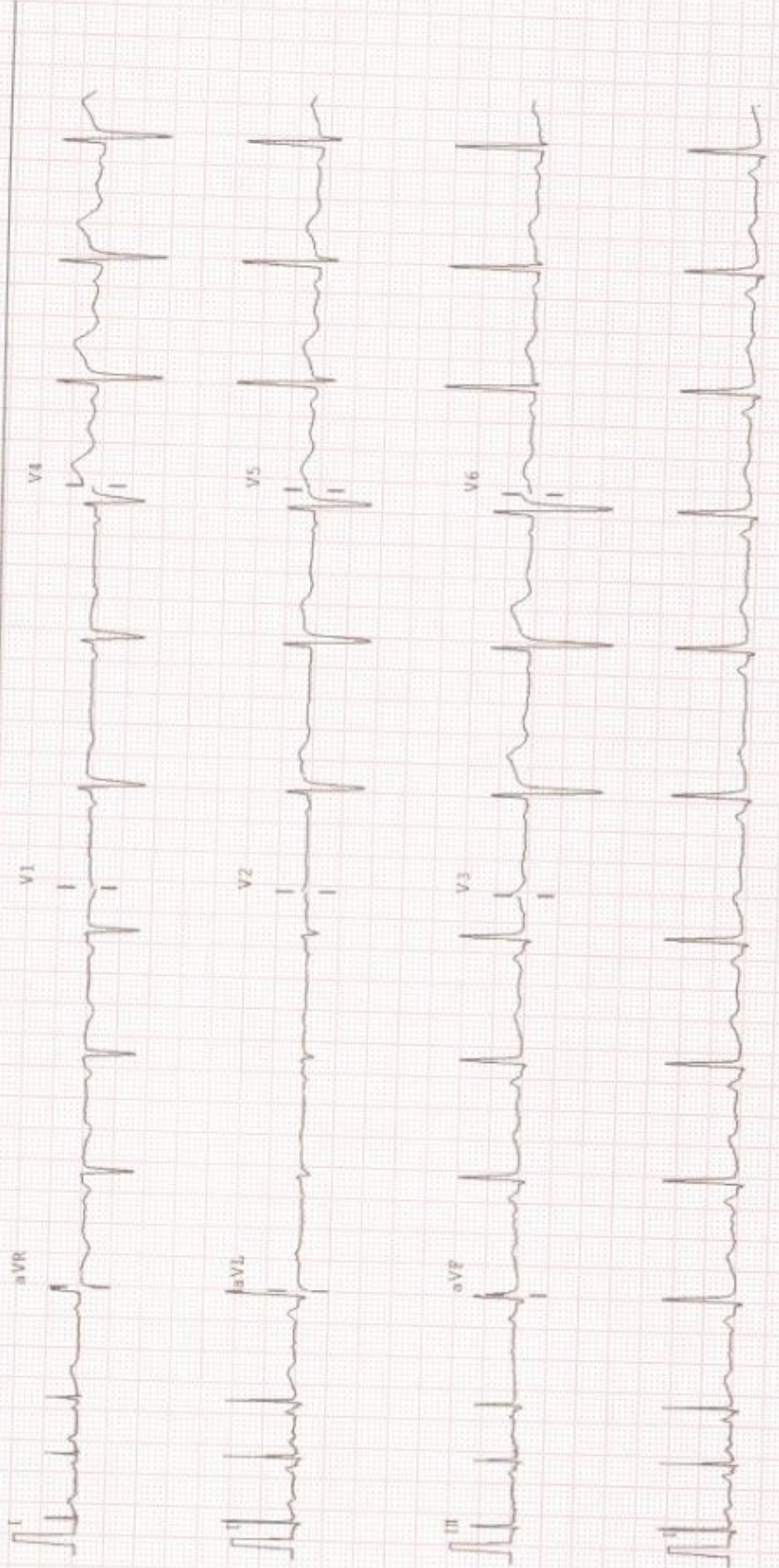
P : 67°  
QRS : 67°  
T : 57°

NORMAL ECG

12 LEAD ECG PAPER 10/15/20

REF.

Dr.





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# ZENA HEALTHCARE SERVICES

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**Patient Name :** MRS. GODHULI RUTUPURNA  
**Age / Gender :** 31 years / Female  
**Patient ID :** 20353

**Referral :** mediwheel  
**Collection Time :** 08/03/2024, 12:36 PM  
**Reporting Time :** 08/03/2024, 02:50 PM  
**Sample ID :**   
23288

Test Description	Value(s)	Reference Range	Unit
<b><u>Glucose, Fasting (FBS)</u></b>			
Glucose fasting Method : Fluoride Plasma-F, Hexokinase	89.16	75 - 115	mg/dL
<b><u>Glucose, Post Prandial (PP)</u></b>			
Blood Glucose-Post Prandial Method : Hexokinase	101.36	70 - 140	mg/dL
<b><u>Blood Group ABO &amp; Rh Typing, Blood</u></b>			
Blood Group (ABO typing) Method : Manual-Hemagglutination	"O"		
RhD Factor (Rh Typing) Method : Manual hemagglutination	Positive		
<b><u>Creatinine</u></b>			
Creatinine Method : Serum, Jaffe	0.69	0.60 - 1.30	mg/dL
<b><u>BUN, Serum</u></b>			
BUN-Blood Urea Nitroge Method : Serum, Urease	12	10 - 50	mg/dL
<b><u>Uric acid, Serum</u></b>			
Uric Acid Method : Uricase, Colorimetric	4.51	3.4 - 7.0	mg/dL

\*\*END OF REPORT\*\*

Lab technician  


  
Dr.Kundan Kumar Sahoo  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST


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23288

Test Description	Value(s)	Reference Range	Unit
<b>HbA1c, Glycosylated Hemoglobin</b>			
<b>HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD</b>	5.13		%
Method : (HPLC, NGSP certified)			
Estimated Average Glucose :	100.53	-	mg/dL

**Interpretation**

As per American Diabetes Association (ADA)	
Reference Group	HbA1c in %
Non diabetic adults >=18 years	<5.7
At risk (Prediabetes)	5.7 - 6.4
Diagnosing Diabetes	>= 6.5
Therapeutic goals for glycemic control	Age > 19 years Goal of therapy: < 7.0 Action suggested: > 8.0 Age < 19 years Goal of therapy: <7.5

**Note:**

- Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled .
- Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate.

**Comments**

HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations.

**ADA criteria for correlation between HbA1c & Mean plasma glucose levels.**

HbA1c(%)	Mean Plasma Glucose (mg/dL)
6	126
7	154
8	183
9	212

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**Sample ID :**   
23288

Test Description	Value(s)	Reference Range	Unit
10	240		
11	269		
12	298		

**ESR, Erythrocyte Sedimentation Rate**


**ESR - Erythrocyte Sedimentation Rate**      15      0 - 20      mm/hr  
Method : EDTA Whole Blood, Manual Westergren

**Interpretation:**

- It indicates presence and intensity of an inflammatory process. It does not diagnose a specific disease. Changes in the ESR are more significant than the abnormal results of a single test.
- It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis and polymyalgia rheumatica.
- It is also increased in pregnancy, multiple myeloma, menstruation, and hypothyroidism.

\*\*END OF REPORT\*\*

Lab technician 

  
**Dr.Kundan Kumar Sahoo**  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

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**Patient ID** : 20353

**Referral** : mediwheel  
**Collection Time** : 08/03/2024, 12:36 PM  
**Reporting Time** : 08/03/2024, 02:50 PM  
**Sample ID** :



Test Description	Value(s)	Reference Range	Unit
<b>LFT, Liver Function Test</b>			
Bilirubin - Total Method : Serum, Jendrassik Grof	0.68	0.00 - 1.00	mg/dL
Bilirubin - Direct Method : Serum, Diazotization	0.16	0.00 - 0.20	mg/dL
Bilirubin - Indirect Method : Serum, Calculated	0.52	0.10 - 0.80	mg/dL
SGOT Method : Serum, UV with PSP, IFCC 37 degree	17.86	8 - 33	U/L
SGPT Method : Serum, UV with PSP, IFCC 37 degree	25.26	3 - 35	U/L
GGT-Gamma Glutamyl Transpeptidase Method : Serum, G-glutamyl-carboxy-nitroanilide	7.4	< 38	U/L
Alkaline Phosphatase Method : PNPP-AMP Buffer/Kinetic	86.35	42-141	U/L
Total Protein Method : Serum, Biuret, reagent blank end point	6.69	6.60 - 8.70	g/dL
Albumin Method : Serum, Bromocresol green	4.02	3.50 - 5.30	g/dL
Globulin Method : Serum, EIA	2.67	2.00-3.50	g/dL
A/G Ratio Method : Serum, EIA	1.51	1.2 - 2.2	

\*\*END OF REPORT\*\*

Lab technician

*Dr. Kundan Kumar Sahoo*  
Dr. Kundan Kumar Sahoo  
CONSULTANT PATHOLOGIST /  
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**Collection Time :** 08/03/2024, 12:36 PM  
**Reporting Time :** 08/03/2024, 02:47 PM  
**Sample ID :**   
23288

Test Description	Value(s)	Reference Range	Unit
<b>Lipid Profile</b>			
Cholesterol-Total Method : Spectrophotometry	190.77	Desirable level   < 200 Borderline High   200-239 High   >or = 240	mg/dL
Triglycerides Method : Serum, Enzymatic, endpoint	101.54	Normal: < 150 Borderline High: 150-199 High: 200-499 Very High: >= 500	mg/dL
HDL Cholesterol Method : Serum, Direct measure-PEG	47.69	Normal: > 40 Major Risk for Heart: < 40	mg/dL
LDL Cholesterol Method : Enzymatic selective protection	122.77	Optimal < 100 Near / Above Optimal 100-129 Borderline High 130-159 High 160-189 Very High >or = 190	mg/dL
VLDL Cholesterol Method : Serum, Enzymatic	20.31	6 - 38	mg/dL
CHOL/HDL Ratio Method : Serum, Enzymatic	4.00	3.5 - 5.0	
LDL/HDL Ratio Method : Serum, Enzymatic	2.57	2.5 - 3.5	

**Note:**  
8-10 hours fasting sample is required.

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Lab technician 

  
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Test Description	Value(s)	Reference Range	Unit
<b>Thyroid Profile ( T3, T4, TSH )</b>			
T3-Total Method : CLIA	0.89	0.87 - 2.73	ng/dL
T4-Total Method : CLIA	6.58	6.09 - 12.23	ug/dL
TSH-Ultrasensitive Method : CLIA	0.96	0.45 - 4.5 First Trimester : 0.1-2.5 Second Trimester : 0.2-3.0 Third trimester : 0.3-3.0	uIU/mL

### Interpretation

TSH	T3	T4	Suggested Interpretation for the Thyroid Function Tests Pattern
Raised	Within range	Within range	Raised Within Range Within Range .Isolated High TSH especially in the range of 4.7 to 15 mIU/ml is commonly associated with Physiological & Biological TSH Variability. Subclinical Autoimmune Hypothyroidism .Intermittent I4 therapy for hypothyroidism .Recovery phase after Non-Thyroidal illness"
Raised	Decreased	Decreased	Chronic Autoimmune Thyroiditis Post thyroidectomy, Post radioiodine Hypothyroid phase of transient thyroiditis"
Raised or within range	Raised	Raised or within range	Interfering antibodies to thyroid hormones (anti-TPO antibodies) intermittent I4 therapy or T4 overdose •Drug interference- Amiodarone, Heparin, Beta blockers, steroids, anti-epileptics.
Decreased	Raised or within range	Raised or within range	Isolated Low TSH -especially in the range of 0.1 to 0.4 often seen in elderly & Range Range associated with Non-Thyroidal illness .Subclinical Hyperthyroidism .Thyroxine ingestion"
Decreased	Decreased	Decreased	Central Hypothyroidism .Non-Thyroidal illness .Recent treatment for Hyperthyroidism (TSH remains suppressed)"
Decreased	Raised	Raised	Primary Hyperthyroidism (Graves' disease), Multinodular goitre, Toxic nodule •Transient thyroiditis: Postpartum, Silent (lymphocytic), Postviral (granulomatous, subacute, DeQuervain's), Gestational thyrotoxicosis with hyperemesis gravidarum"
Decreased Within Rang	Raised	Within range	T3 toxicosis •Non-Thyroidal illness
Within range	Decreased	Within range	Isolated Low T3-often seen in elderly & associated Non-Thyroidal illness In elderly the drop in T3 level can be upto 25%.

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778 / GODHULI RUTUPARNA / 31 Yrs / F / 156 Cms / 69 Kg Date: 03-Mar-2024 Refd By : MEDI-WHEEL Examined By:

Stage	Time	Duration	Speed(mph)	Elevation	METs	Rate	%THR	BP	RPP	PVC	Comments
Supine	00:26	0:26	00.0	00.0	01.0	086	46 %	125/82	107	00	
Standing	00:43	0:17	00.0	00.0	01.0	086	46 %	125/82	107	00	
HV	00:59	0:16	00.0	00.0	01.0	081	43 %	125/82	101	00	
ExStart	01:15	0:16	00.0	00.0	01.0	085	45 %	125/82	106	00	
BRUCE Stage 1	04:15	3:00	01.7	10.0	04.7	139	74 %	126/83	175	00	
BRUCE Stage 2	07:15	3:00	02.5	12.0	07.1	169	89 %	127/84	214	00	
PeakEx	09:17	2:02	03.4	14.0	09.2	186	98 %	128/85	238	00	
Recovery	09:47	0:30	01.1	00.0	04.2	181	96 %	128/85	231	00	
Recovery	10:17	1:00	01.1	00.0	01.2	171	90 %	127/85	217	00	
Recovery	12:17	3:00	00.0	00.0	01.0	135	71 %	126/84	170	00	
Recovery	14:28	5:11	00.0	00.0	01.0	125	66 %	125/83	156	00	

**FINDINGS :**

Exercise Time : 08:02  
 Max HR Attained : 186 bpm 98% of Target 189  
 Max BP Attained : 128/85  
 Max WorkLoad Attained : 9.2 Good response to induced stress  
 Test End Reasons : Test Complete

**REPORT :**



**ZENA HEALTHCARE**

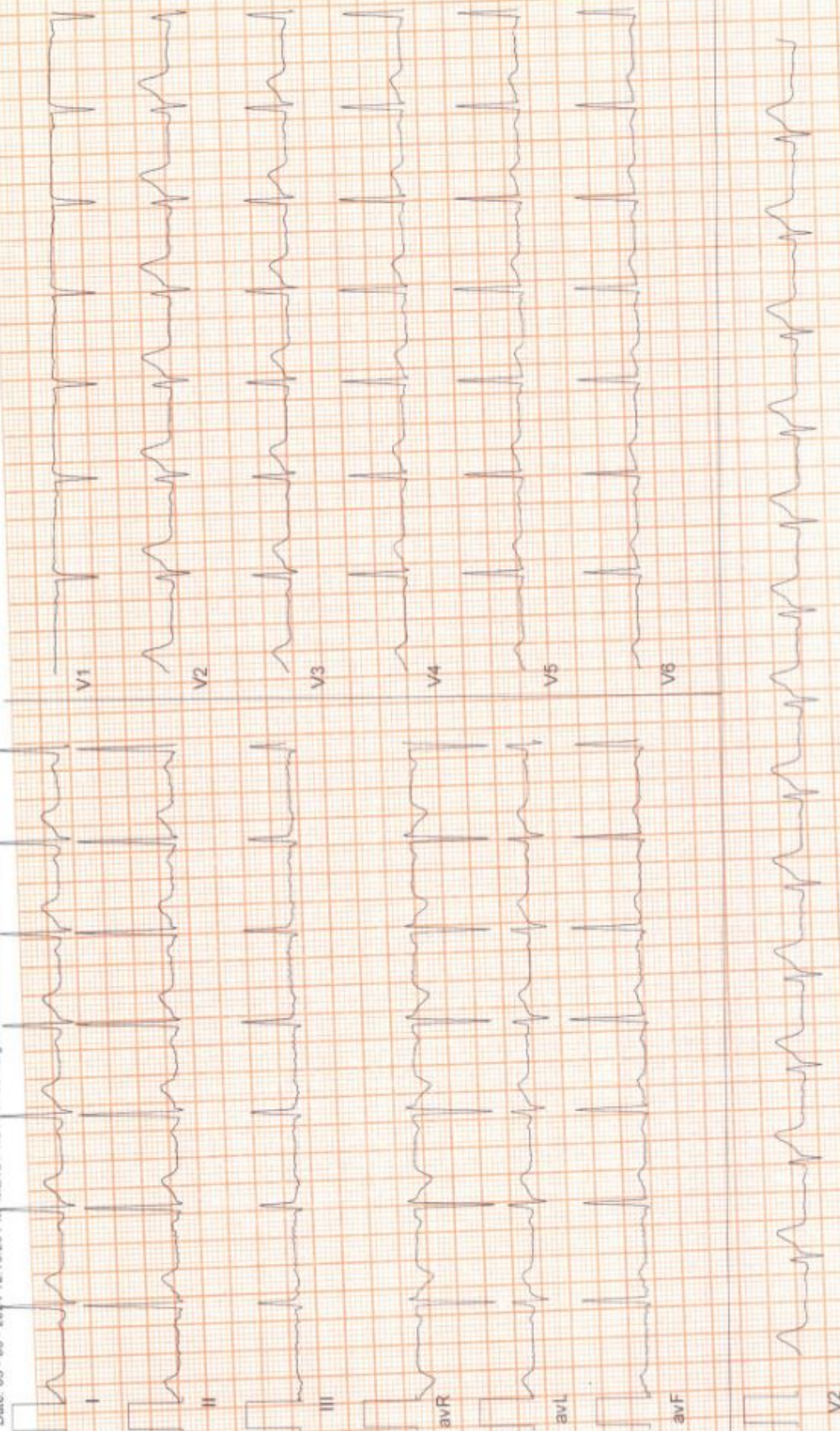
SAHIDNAGAR, BHUBANESWAR

778 / GODHULI RUTUPARNA / 31 Yrs / Female / 156 Cm / 69 Kg

**6 x 2 + Rhythm**  
BRUCE Supine(0:26)



Date: 03 - 03 - 2024 12:10:28 PM METs : 1.0 HR : 86 Target HR : 46% of 189 BP : 125/82  
ExTime : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Match On/ HF 0.05 Hz/LF 35 Hz



(ADX\_GEM216201125)PJAAllengiers



Date: 03 - 2024 12:10:28 PM METs : 1.0 HR - 86 Target HR - 46% of 189 BP - 125/62  
Ex Time : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

778 / GODHULI RUTUPARNA / 31 Yrs / Female / 156 Cm / 69 Kg

**6 x 2 + Rhythm**  
BRUCE:HV(0.16)



Date: 03 - 03 - 2024 12:10:28 PM METs : 1.0 HR : 81 Target HR : 43% of 189 BP : 125/82  
Ex Time : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ HF 0.05 Hz/LF 35 Hz



(ADX\_GEM2.16201125MR)Allergiers

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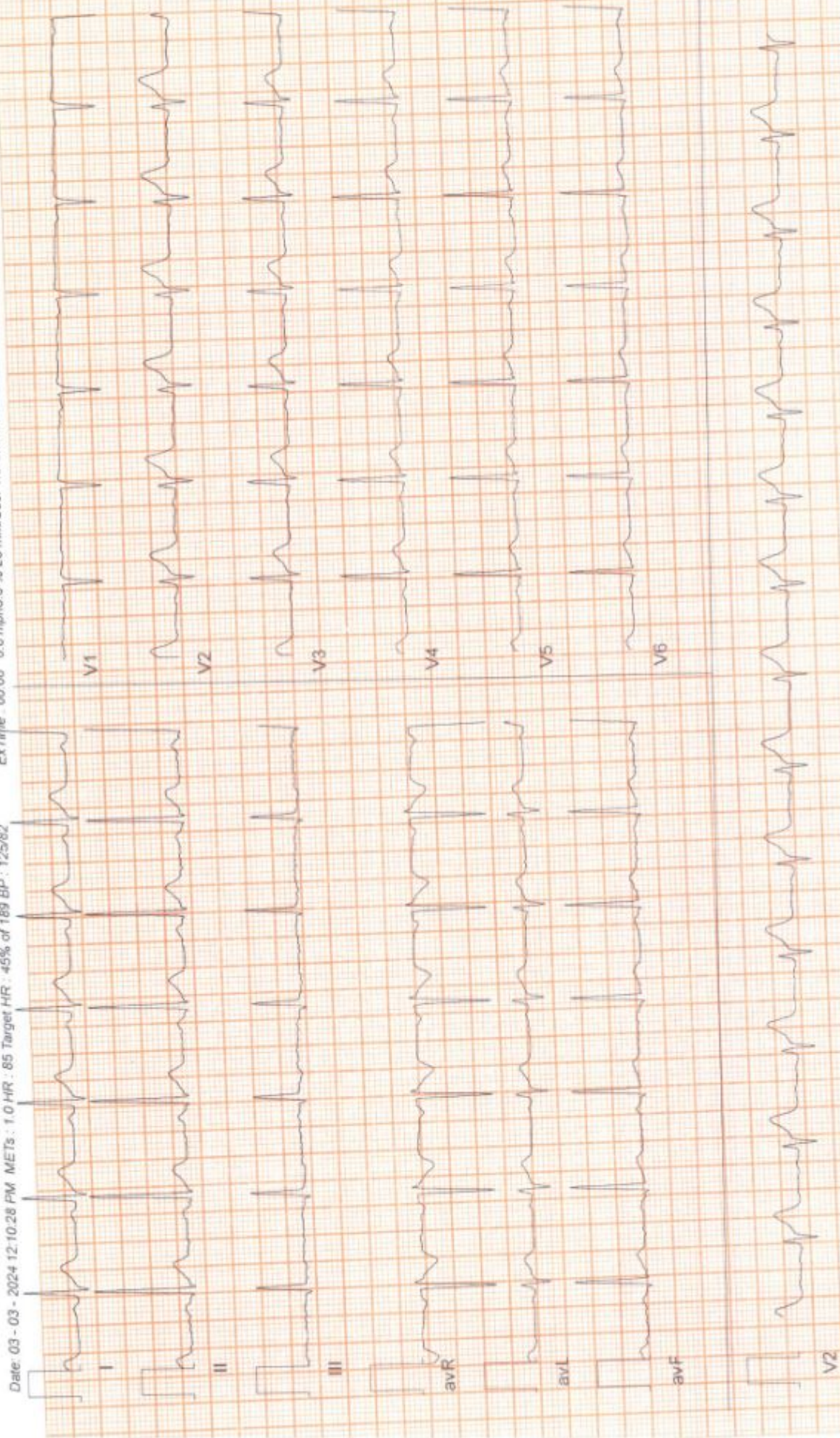
SAHIDNAGAR, BHUBANESWAR

778 / GODHULI RUTUPARNA / 31 Yrs / Female / 156 Cm / 69 Kg

# 6 x 2 + Rhythm ExStart



Date: 03 - 03 - 2024 12:10:28 PM METs : 1.0 HR : 85 Target HR : 45% of 189 BP : 125/82  
Ex Time : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ HF 0.05 Hz/LF 35 Hz



(ADX\_GEM216201125)(R)Allergans

RMS India Pvt Ltd

**ZENA HEALTHCARE**

**SAHIDNAGAR, BHUBANESWAR**

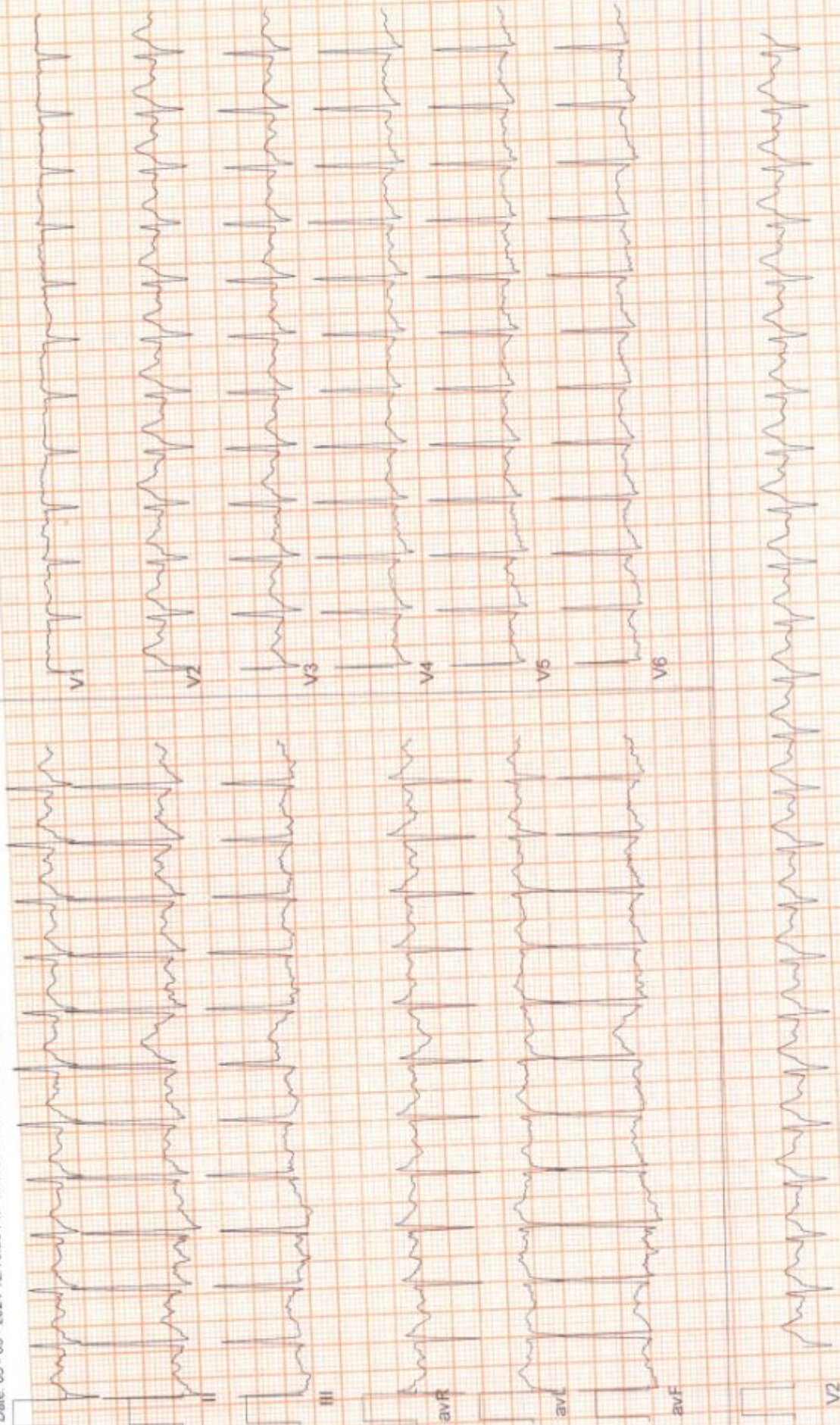
778 / GODHULI RUTUPARNA / 31 Yrs / Female / 156 Cm / 69 Kg

**6 x 2 + Rhythm**  
**BRUCE: Stage 1 (3:00)**



Date: 03-03-2024 12:10:28 PM METs: 4.7 HR: 139 Target HR: 74% of 189 BP: 126/83

Ex Time: 03:00 1.7 mph/10.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



(IDX\_GEN216201125)(R)Allergies

**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

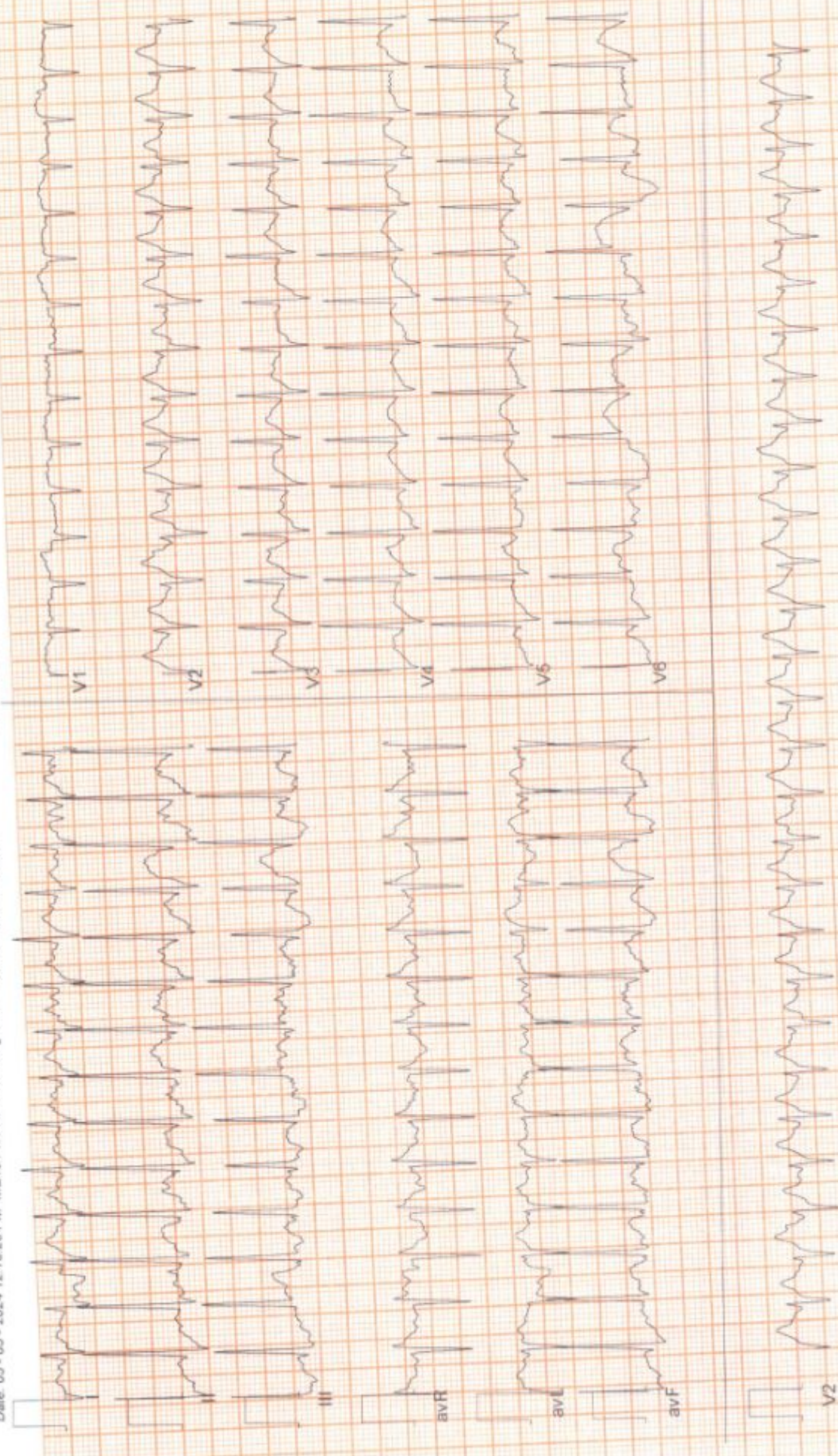
778 / GODHULI RUTUPARNA / 31 Yrs / Female / 156 Cm / 69 Kg

**6 x 2 + Rhythm**  
BRUCE: Stage 2(3:00)



Date: 03-03-2024 12:10:28 PM METs: 7.1 HR: 169 Target HR: 89% of 189 BP: 127/84

ExTime: 05:00 2.5 mph 12.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



(ADX\_GEM216201125)(R)/engets



**ZENA HEALTHCARE**

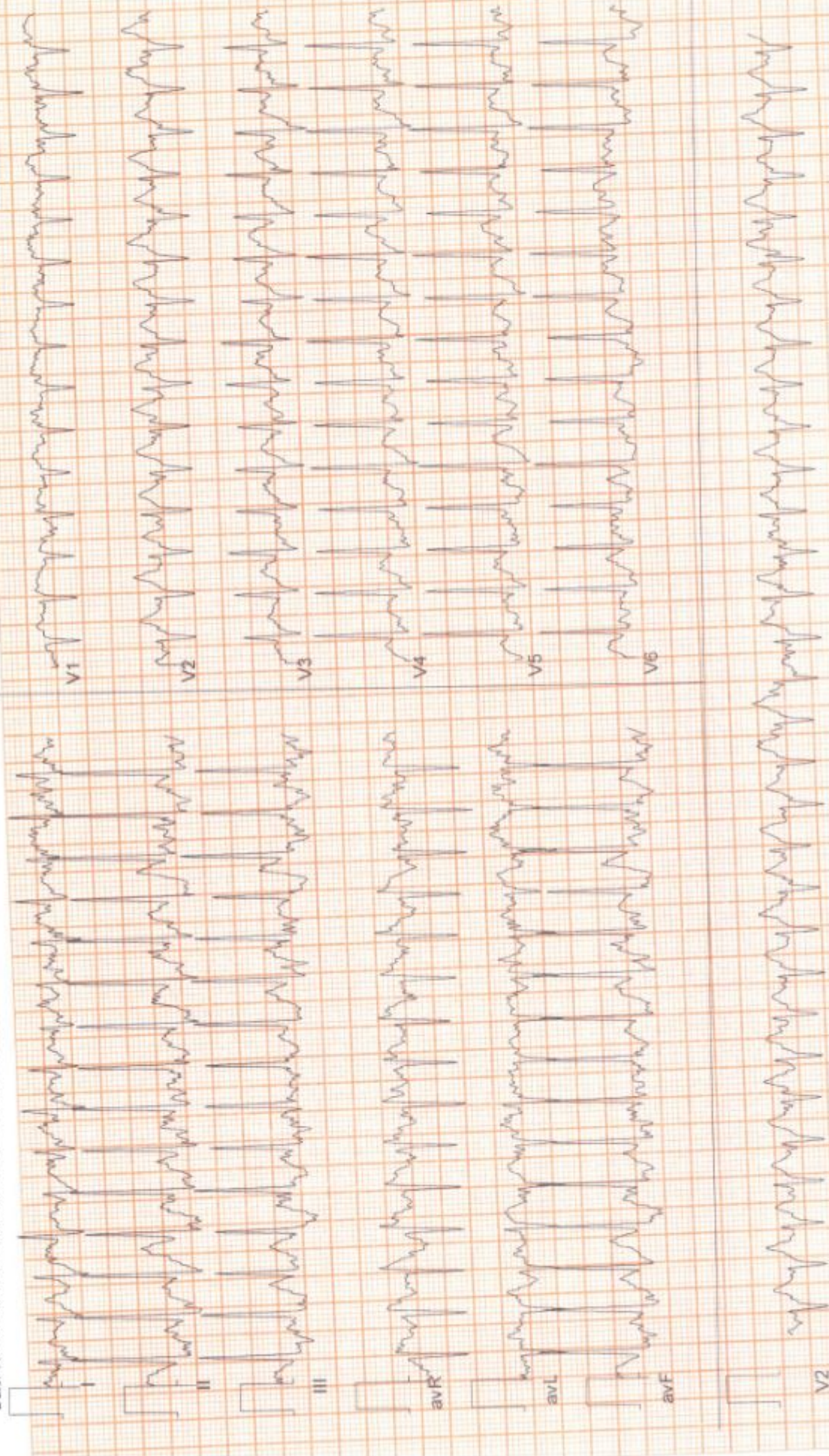
SAHIDNAGAR, BHUBANESWAR  
778 / GODHULI RUTUPARNA / 31 Yrs / Female / 156 Cm / 69 Kg

**6 x 2 + Rhythm  
PeakEX**



Date: 03-03-2024 12:10:28 PM METs : 9.2 HR : 186 Target HR : 98% of 189 BP : 128/85

ExTime : 08:02 3.4 mph/14.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



(ADX\_GEM216201125)(RJA)kengars

# ZENA HEALTHCARE

SAHIDNAGAR, BHUBANESWAR

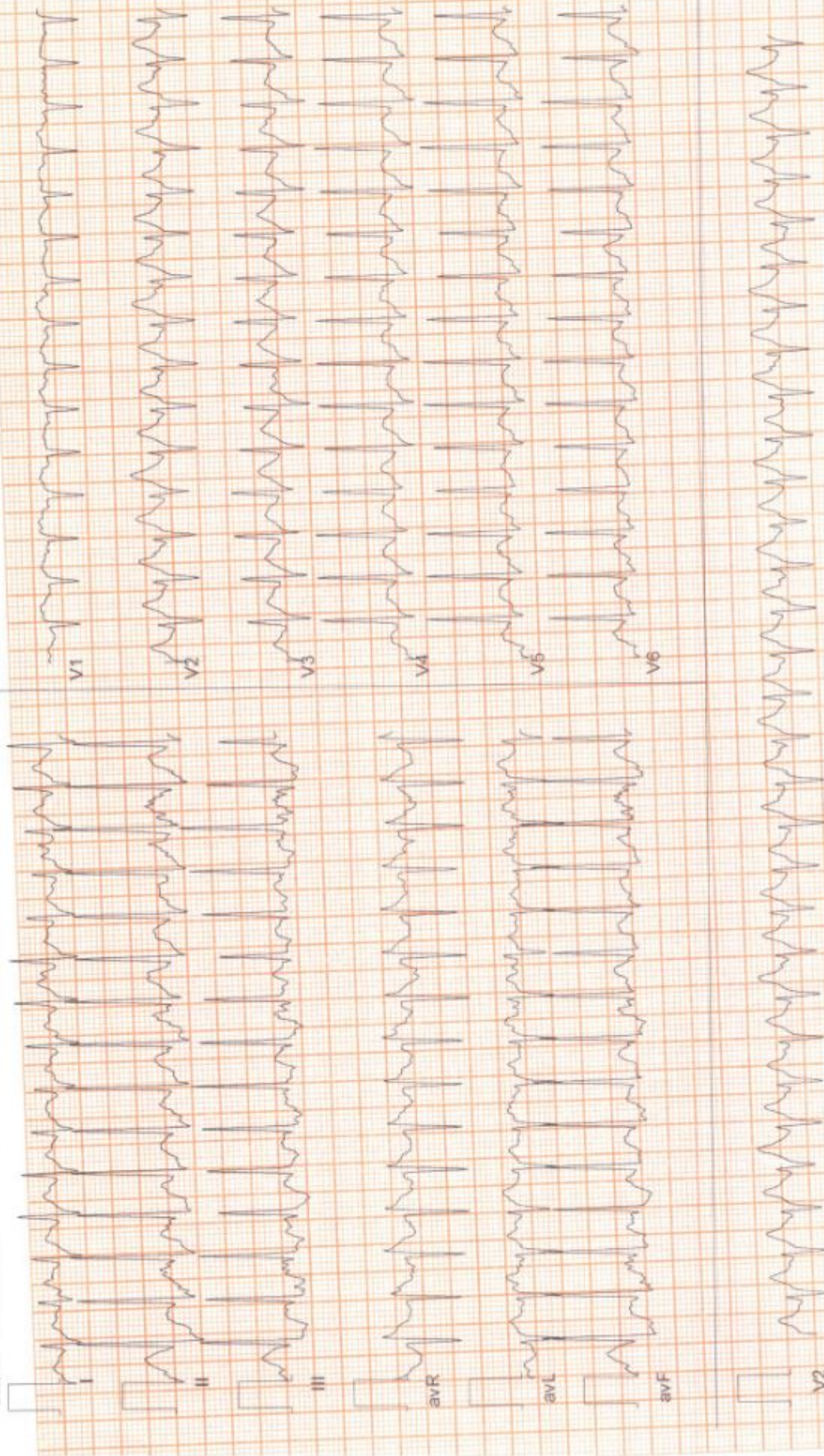
778 / GODHULI RUTUPARNA / 31 Yrs / Female / 156 Cm / 69 Kg

# 6 x 2 + Rhythm Recovery(0:30)



Date: 03 - 03 - 2024 12:10:28 PM METs: 4.2 HR: 181 Target HR: 96% of 189 BP: 128/85

Ex Time: 08:02 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



(ADX\_GEM216201125)(R)/Allengars

**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

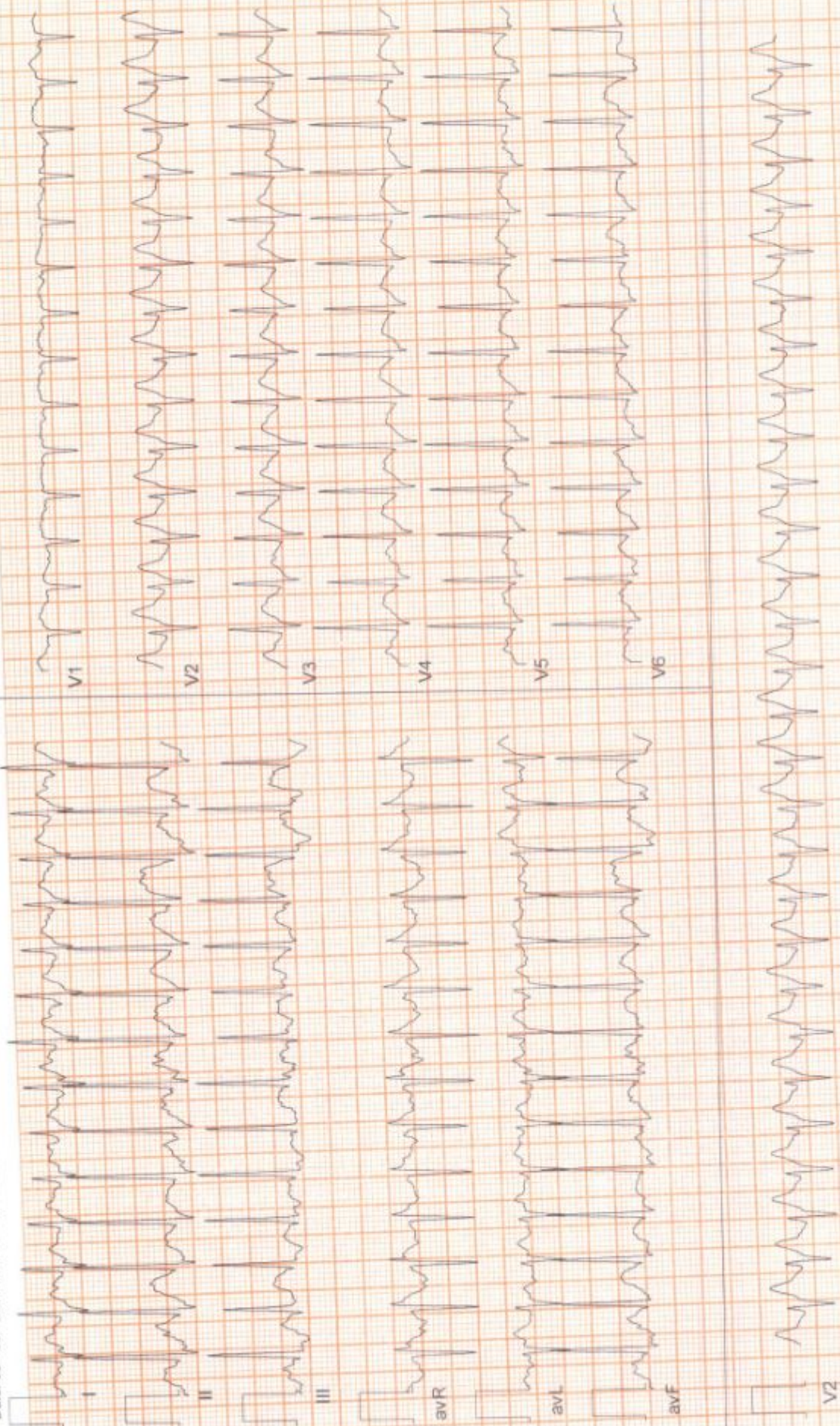
778 / GODHULI RUTUPARNA / 31 Yrs / Female / 156 Cm / 69 Kg

**6 x 2 + Rhythm  
Recovery(1:00)**



Ex Time : 08:02 1.1 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

Date: 03 - 03 - 2024 12:10:28 PM METs : 1.2 HR : 171 Target HR : 90% of 169 BP : 127/85



(IDX\_GEM2:620:125(R))Allengers

**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

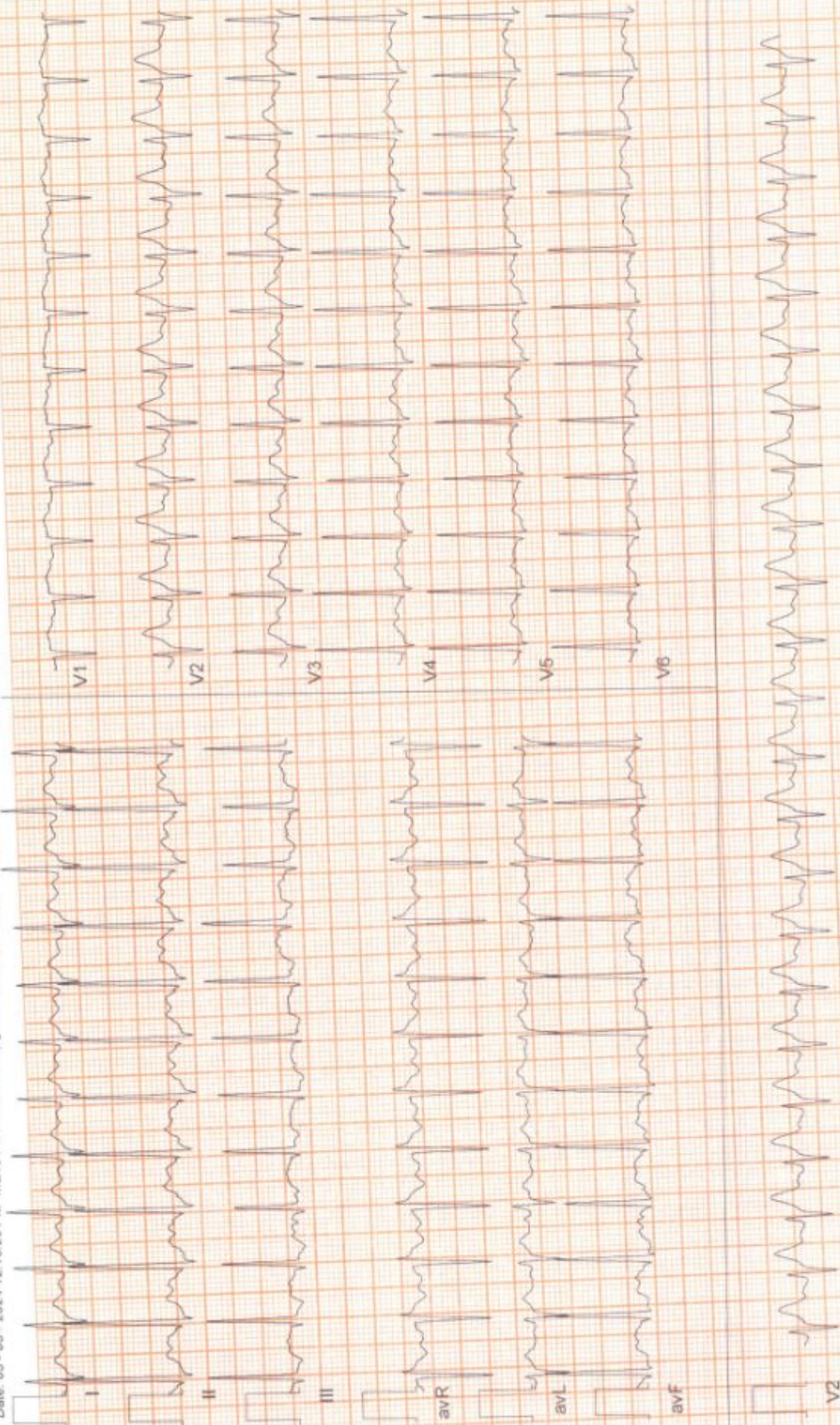
778 / GODHULI RUTUPARNA / 31 Yrs / Female / 156 Cm / 69 Kg

**6 x 2 + Rhythm  
Recovery(3:00)**



Ex Time : 08:02 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV B.L.C On/ Notch On/ HF 0.05 Hz/LF 35 Hz

Date: 03-03-2024 12:10:28 PM METs : 1.0 HR : 135 Target HR : 71% of 189 BP : 126/84

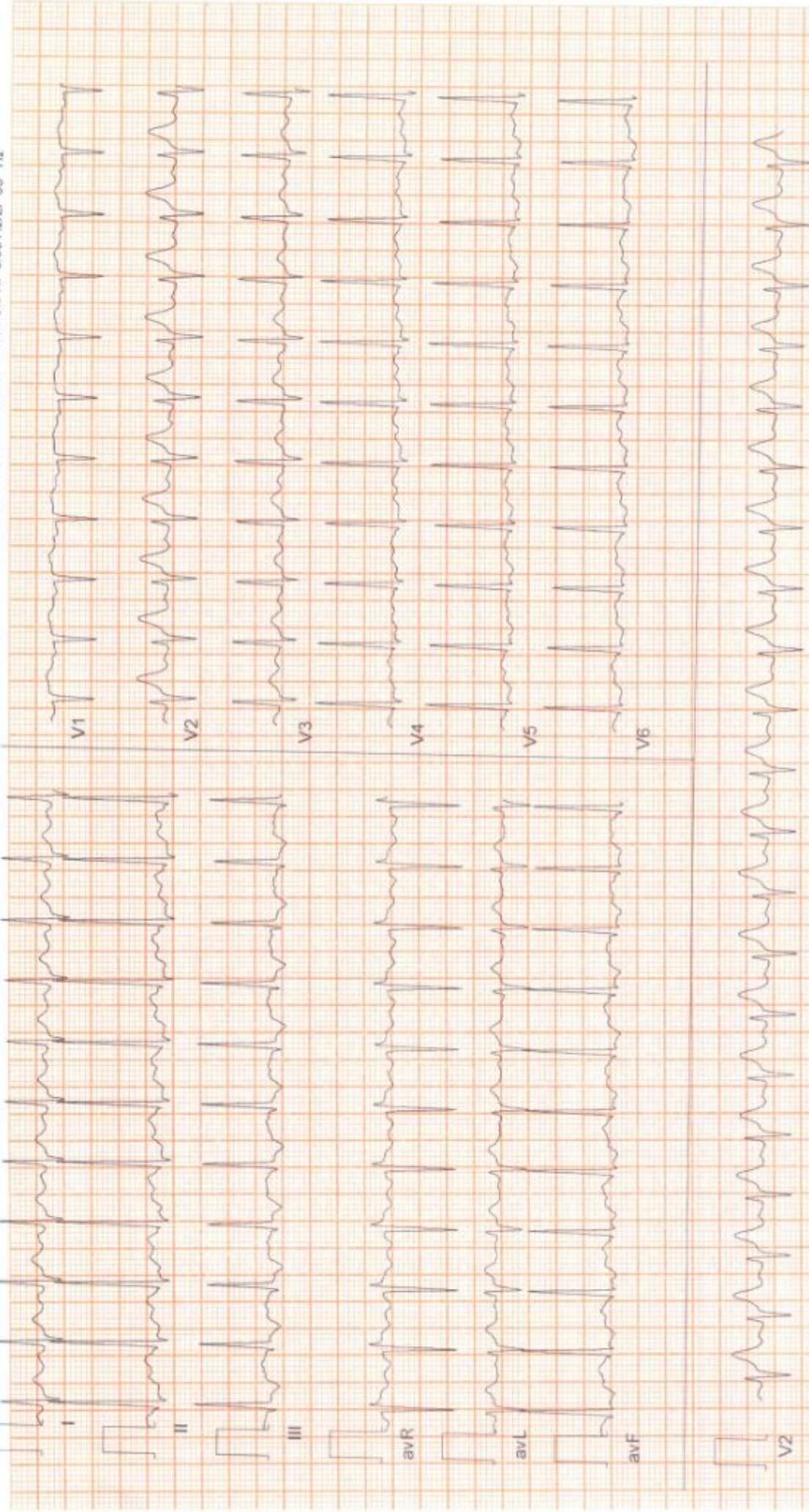


(ADX\_GEN216201175)(R)Allengis



Date: 03 - 03 - 2024 12:10:28 PM METs : 1.0 HR : 125 Target HR : 66% of 189 BP : 125/83

Ex Time : 08.02 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



(ADX\_GEM216201125)(RVAllengers)



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**Reporting Time :** 08/03/2024, 02:44 PM  
**Sample ID :**   
23288

Test Description	Value(s)	Reference Range	Unit
<b>Complete Blood Count</b>			
Hemoglobin (Hb)	12.8	12.0 - 15.0	gm/dL
Erythrocyte (RBC) Count	4.65	3.8 - 4.8	mil/cu.mm
Packed Cell Volume (PCV)	38.9	36 - 46	%
Mean Cell Volume (MCV)	83.66	83 - 101	fL
Mean Cell Haemoglobin (MCH)	27.53	27 - 32	pg
Mean Corpuscular Hb Conc. (MCHC)	32.90	31.5 - 34.5	g/dL
Red Cell Distribution Width (RDW)	12.3	11.6 - 14.0	%
Total Leucocytes (WBC) Count	6300	4000-10000	cell/cu.mm
Neutrophils	72	40 - 80	%
Lymphocytes	25	20 - 40	%
Monocytes	02	2 - 10	%
Eosinophils	01	1 - 6	%
Basophils	00	1-2	%
Platelet Count	265	150 - 410	10 <sup>3</sup> /ul
Mean Platelet Volume (MPV)	8.2	7.2 - 11.7	fL
PCT	0.22	0.2 - 0.5	%
PDW	16.3	9.0 - 17.0	%

**\*\*END OF REPORT\*\***

Lab technician

  
**Dr. Kundan Kumar Sahoo**  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

For Home Collection Please Call at Number :

**Zena Healthcare Services**

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