

DEPARTMENT OF LABORATORY MEDICINE

Patient Name	: Mr. HEMANTHA KRISHNA B S	Order No	: 1000071306
UHID	: UHJ A23017633	Registered On	: 05/02/2024 09:45:28 AM
Age/Sex	: 35/Years Male	Collected On	: 05/02/2024 09:59:58 AM
Ward / Bed No	:	Reported On	: 05/02/2024 04:39:05 PM
Reference	: Dr. Preventive Health Check Up	Bill No	: OPBJ A230021849
Station	: At Hospital	Mobile No	: 9590104830
Payer Name	: Mediwheel	Report Status	: Final Report

Test Name	Result	Unit	Bio. Ref. Interval
<u>BIOCHEMISTRY</u>			
FASTING GLUCOSE (Method: Hexokinase)	101	mg/dL	ADA Guidelines < 100 mg/dl - Normal 100 to 125 mg/dl - Prediabetes ≥ 126 mg/dl - Diabetes
POST PRANDIAL GLUCOSE (Method: Hexokinase)	177	mg/dL	70-140
THYROID PROFILE (TOTAL T3, TOTAL T4 & TSH)			Sample: Serum
TOTAL T3 (Method:C LIA)	1.26	ng/mL	0.87-1.78
TOTAL T4 (Method:C LIA)	8.92	ng/dL	5.1-14.1
THYROID STIMULATING HORMONE (TSH) (Method:C LIA: Ultra-sensitive)	1.48	μIU/mL	0.34-5.60
LIPID PROFILE			Sample: Serum
TOTAL CHOLESTEROL (Method:CHOD-POD)	303	mg/dL	ATP III Guidelines < 200 - Desirable 200-239 - Borderline high ≥ 240 - High
TRIGLYCERIDES (Method:Enzymatic GPO-POD)	188	mg/dL	< 150 - Normal 150-199 - Borderline High 200-499 - High ≥ 500 - Very High
HDL CHOLESTEROL (Method:ENZYMATIC METHOD)	47.8	mg/dL	< 40 - Low ≥ 60 - High
LDL CHOLESTEROL (Method:ENZYMATIC METHOD)	217.6	mg/dL	<100 - Optimal 100-129 - Near or above optimal 130-159 - Borderline high 160-189 - High ≥190 - Very high
VLDL CHOLESTEROL (Method: Calculated)	37.60	mg/dL	< 30

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TOTAL CHOLESTEROL : HDL RATIO (Method: Calculated)	6.34		Low Risk: 3.3 - 4.4 Average Risk: 4.5 - 7.1 Moderate Risk: 7.2 - 11.0
LDL/HDL CHOLESTEROL RATIO (Method: Calculated)	4.55		< 2.5 Optimal
NON HDL CHOLESTEROL (Method: Calculated)	255.2	mg/dL	< 130
URIC ACID (Method:Uricase - POD(Enzymatic))	7.8	mg/dL	3.5-7.2
BLOOD UREA NITROGEN(BUN) (Method:Urease GLDH - Kinetic)	10	mg/dL	7.93-20.07
LIVER FUNCTION TEST			Sample: Serum
TOTAL BILIRUBIN (Method:Dichlorophenyl Diazotization)	1.31	mg/dL	0.3-1.2
DIRECT BILIRUBIN (Method:Dichlorophenyl Diazotization)	0.22	mg/dL	0.0-0.2
INDIRECT BILIRUBIN (Method: Calculated)	1.10	mg/dL	0.2-1.0
TOTAL PROTEIN (Method:BIURET)	7.7	g/dL	6.6-8.3
ALBUMIN (Method:BCG)	4.65	g/dL	3.5-5.2
GLOBULIN (Method: Calculated)	3.04	g/dL	2.3-3.5
AG RATIO (Method: Calculated)	1.52		2:1
SERUM SGOT (Method:IFCC without P5P)	23	U/L	< 50
SERUM SGPT (Method:IFCC without P5P)	25	U/L	< 50
ALKALINE PHOSPHATASE, SERUM (Method:PNPP AMP Buffer)	93	U/L	50-116

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Test Name	Result	Unit	Bio. Ref. Interval
GGT (Method:IFCC)	29	U/L	< 55
CREATININE (Method:Modified Jaffe, Kinetic)	0.84	mg/dL	0.9-1.3



Dr. Shanthakumar Muruda
Sr CONSULTANT BIOCHEMIST
KMC No : 54192

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HAEMATOLOGY
COMPLETE BLOOD COUNT(CBC)

Sample: Whole blood (EDTA)

HAEMOGLOBIN (Method:Photometric Measurement: Oxyhemoglobin method)	14.79	g/dL	13.5-17.5
PACKED CELL VOLUME/HEMATOCRIT (PCV/HCT) (Method: Calculated)	46.4	%	42-52
TOTAL WBC COUNT (TLC) (Method:Coulter Principle)	10070	Cells/Cum	4000-11000
DIFFERENTIAL COUNT			
NEUTROPHILS (Method:Optical/Impedance)	58.37	%	40-75
LYMPHOCYTES (Method:Optical/Impedance)	32.49	%	20-45
EOSINOPHILS (Method:Optical/Impedance)	0.66	%	0-6
MONOCYTES (Method:Optical/Impedance)	8.22	%	2-10
BASOPHILS (Method:Optical/Impedance)	0.26	%	0-2
RED BLOOD CORPUSCLES(RBC) (Method:Coulter Principle)	7.89	million/cum	4.5-5.9
MCV (Method:Derived from RBC Histogram)	58.8	fL	78-100
MCH (Method: Calculated)	18.7	pg	27-31
MCHC (Method: Calculated)	31.9	g/dL	31-37
RDW - CV (Method: Calculated)	21.2	%	11.5-14.5
PLATELET COUNT (Method:Electrical Impedance)	2.23	Lakhs/Cum	1.5-4.5

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Test Name	Result	Unit	Bio. Ref. Interval
MEAN PLATELET VOLUME(MPV) (Method:Derived from PLT Histogram)	8.88	fl	9-13
PLATELET DISTRIBUTION WIDTH (PDW) (Method: Calculated)	50.1	fl	9-19
ERYTHROCYTE SEDIMENTATION RATE(ESR) (Method:Modified Westergren Method)	10	mm/hour	1-15
BLOOD GROUPING & RH TYPING			Sample: Whole blood (EDTA)
ABO Group (Method:Agglutination Gel Method)	O		
Rh Factor (Method:Agglutination Gel Method)	Positive		

Interpretation Notes

Note: Both forward and reverse grouping performed

Naveen N

Dr. Naveen Kumar
CONSULTANT PATHOLOGIST
KMC NO : 71418

DEPARTMENT OF LABORATORY MEDICINE

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CLINICAL PATHOLOGY
URINE EXAMINATION, ROUTINE

Sample: Urine

PHYSICAL EXAMINATION

VOLUME	25	mL	
COLOUR	Pale Yellow		
APPEARANCE	Clear		
PH	5.5		5.0-8.0
SPECIFIC GRAVITY	1.025		1.005-1.030

CHEMICAL EXAMINATION

PROTEIN (Method:Protein Error of pH Indicator)	Absent		Absent
GLUCOSE (Method:GOD-POD)	Absent		Absent
KETONE BODIES (Method:Nitroprusside method/ Rothera's test)	Absent		Absent
BILIRUBIN (Method:DIAZO/FOUCHET'S TEST)	Negative		Negative
BILE SALT (Method:Hay's sulfur test)	Absent		Absent
NITRITE (Method:Griess method)	Negative		Negative
UROBILINOGEN (Method:Azo coupling method)	Normal		
LEUKOCYTE ESTERASE (Method:Leukocyte Esterase activity)	Negative		Negative
BLOOD (Method:Peroxidase Reaction)	Negative		Negative

MICROSCOPIC EXAMINATION

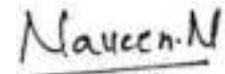
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Test Name	Result	Unit	Bio. Ref. Interval
EPITHELIAL CELLS	0-2	/HPF	0-5
PUS CELLS	2-4	/HPF	0-5
RBCs	Nil	/HPF	0-2
CASTS	Nil	/LPF	
CRYSTALS	Nil		
OTHERS	Nil		

Verified By
PRAVEEN T

---End of Report---



Dr. Naveen Kumar
CONSULTANT PATHOLOGIST
KMC NO : 71418

Name: Mr. Hemanth, Krishna

Birth date:

kg mmHg

35 years

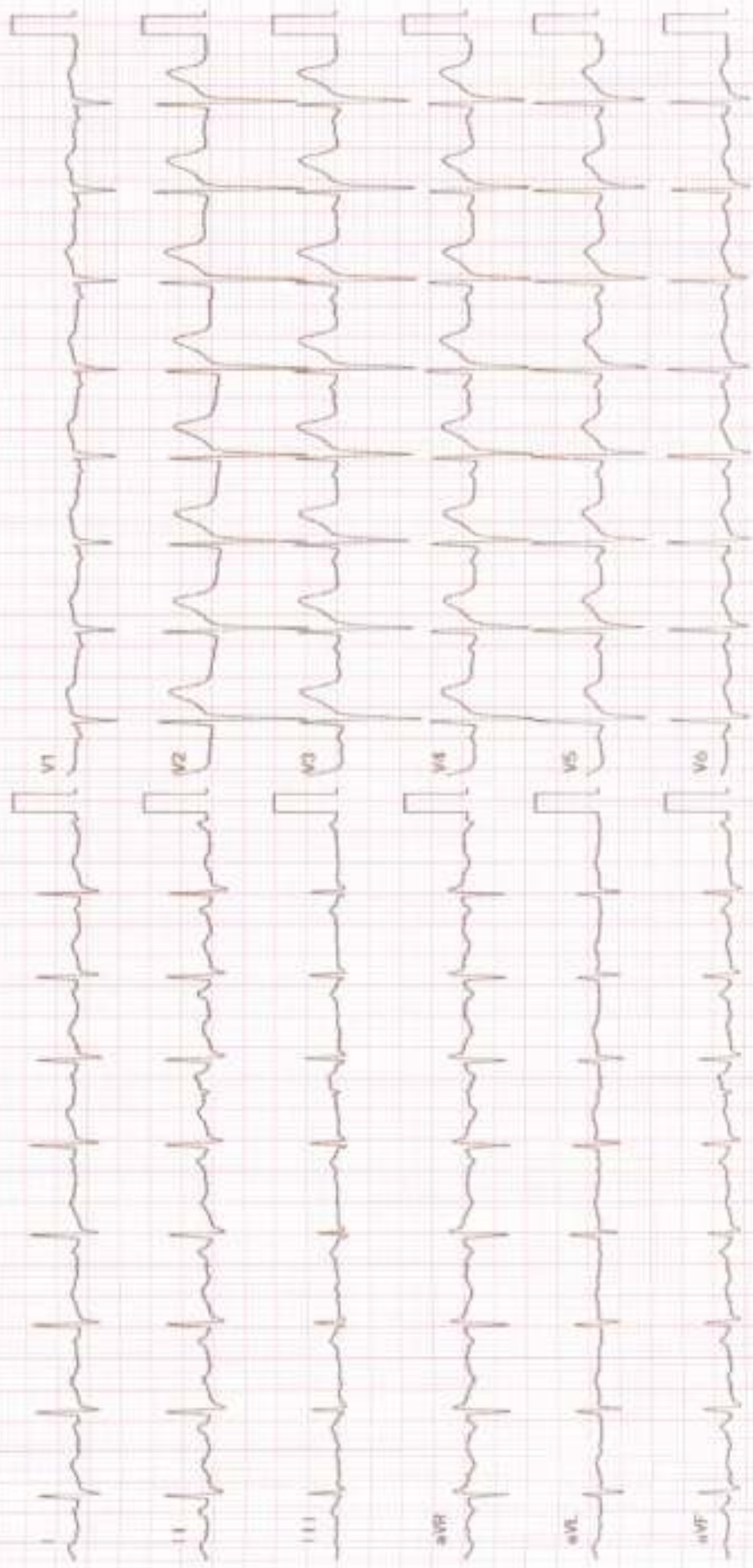
1120 Sinus tachycardia (vent. rate >= 100 bpm)
9140 ** abnormal rhythm ECG **

indications:	
symptoms:	
history:	
vent. rate	107 bpm
P (ms)	124 ms
PR dur	94 ms
1/0Te (E) int	326/ 388 ms
/QRS/T axis	65/ 37/ 25 °
V5/SV1 amp	1.22/ 0.67 mV
V5+SV1 amp	1.89 mV

Unconfirmed Report
Reviewed by:

10 mm/mV

10 mm/mV 25 mm/s Filter: 150 D 35 Hz



EXERCISE STRESS TEST REPORT

Patient Name: MR. HEMANTHA KRISHNA,
 Patient ID: 17633
 Height: 164 cm
 Weight: 85 kg

DOB: 23.01.1989
 Age: 35yrs
 Gender: Male
 Race: Indian

Study Date: 05.02.2024
 Test Type: Treadmill Stress Test
 Protocol: BRUCE

Referring Physician: DR. RAHUL PATIL
 Attending Physician: DR. RAHUL PATIL
 Technician: YAMINI/THABITHA

Medications:

--

Medical History:

NO H/O DM & HTN

Reason for Exercise Test:

Screening for CAD

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:08	0.00	0.00	118	130/90	
	STANDING	00:14	0.00	0.00	129		
	HYPERV.	00:06	0.00	0.00	122	130/90	
	WARM-UP	00:19	0.00	0.00	126	130/90	
EXERCISE	STAGE 1	03:00	1.70	10.00	150	130/90	
	STAGE 2	03:00	2.50	12.00	171	150/100	
	STAGE 3	01:32	3.40	14.00	184	160/110	
RECOVERY		07:15	0.00	0.00	136	160/110	

The patient exercised according to the BRUCE for 7:31 mins, achieving a work level of Max. METS: 10.10. The resting heart rate of 107 bpm rose to a maximal heart rate of 187 bpm. This value represents 101 % of the maximal, age-predicted heart rate. The resting blood pressure of 130/90 mmHg, rose to a maximum blood pressure of 160/110 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

GOOD EFFORT TOLERANCE

NO ANGINA OR ARRHYTHMIAS NOTED

NO SIGNIFICANT ST-T CHANGES NOTED DURING EXERCISE AND RECOVERY

IMPRESSION:- STRESS TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA

Physician _____

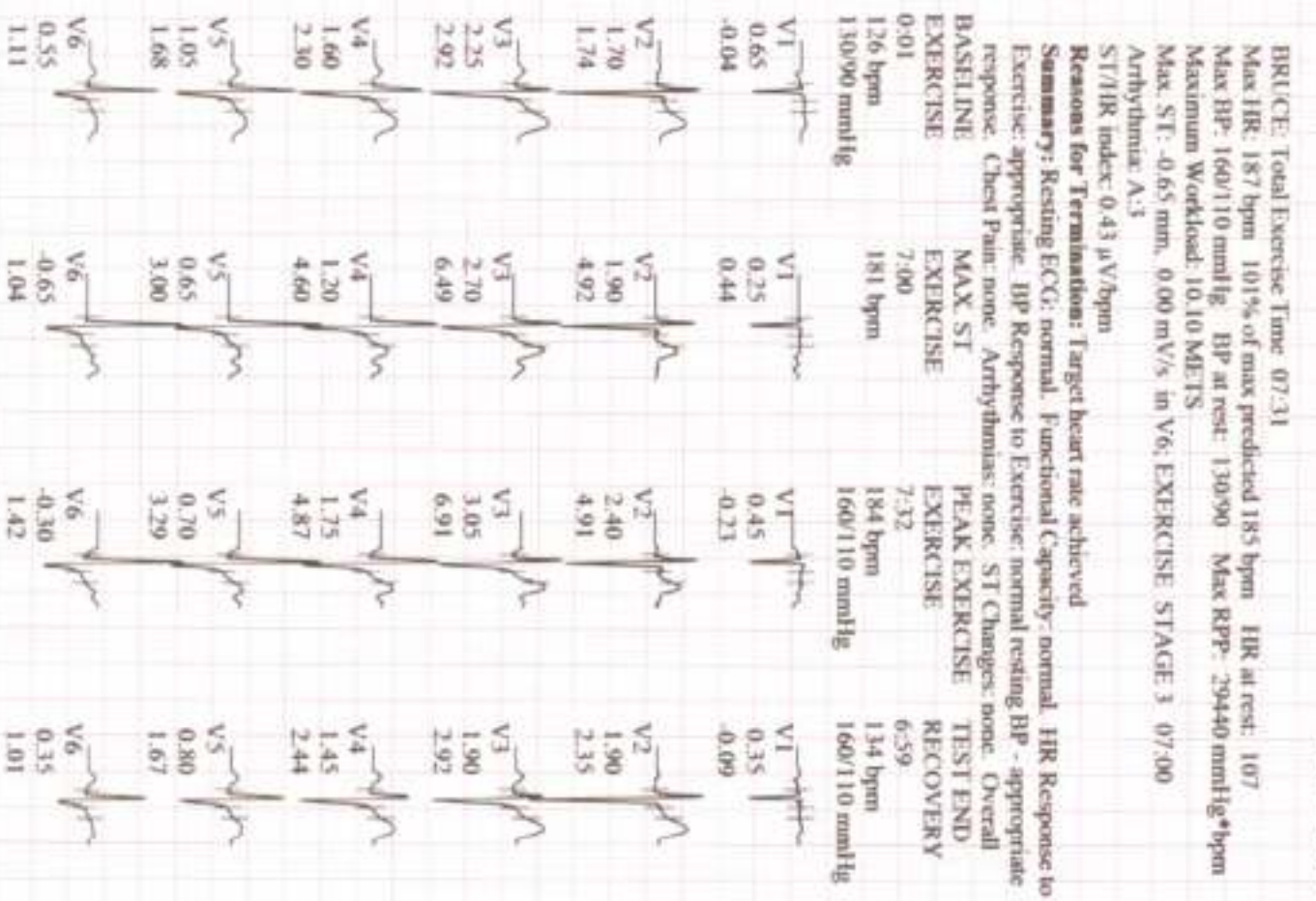
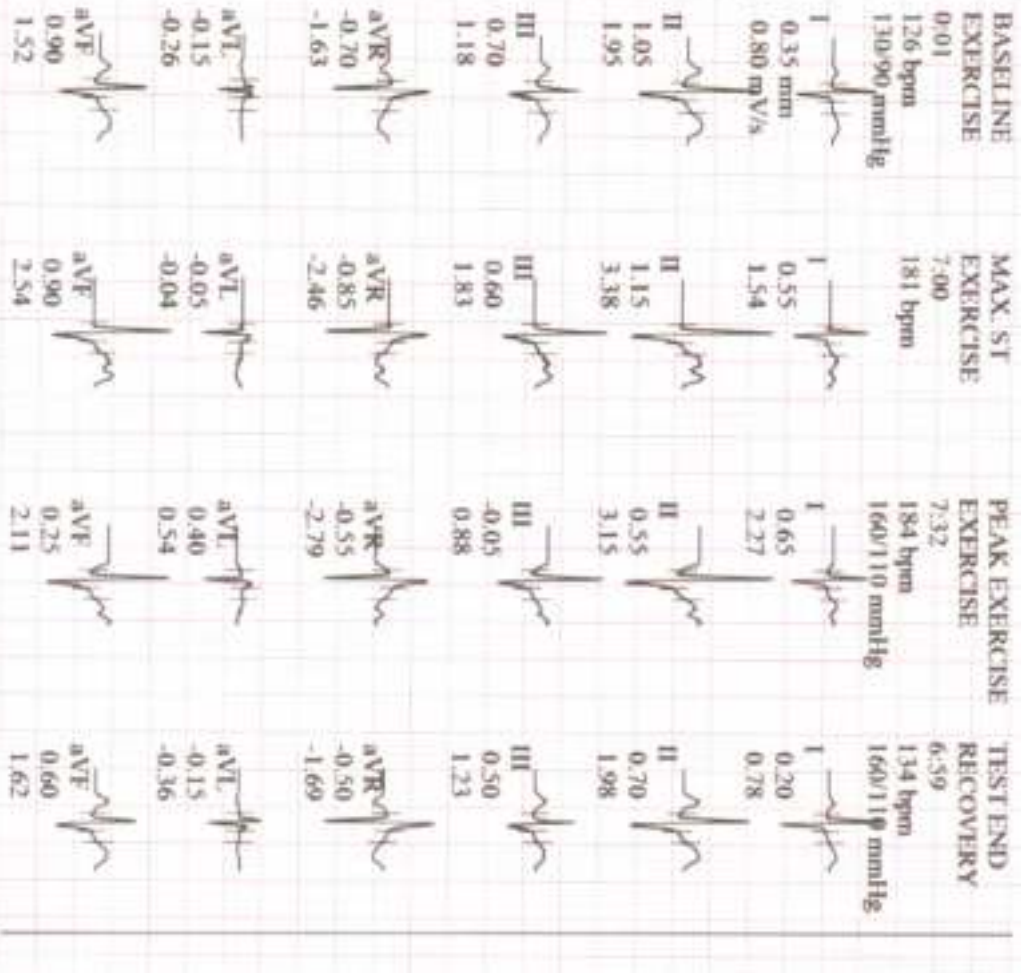
Technician _____

Patient ID 17633
 05.02.2024
 2:08:34pm

Male 164 cm 85 kg
 35yrs Indian
 Meds:

Test Reason: Screening for CAD
 ecdal History: NO H/D/M & HTN

Ref. MD: DR. RAHUL PATIL Ordering MD: DR. RAHUL PATIL
 Technician: YAMINI/THARITHA Test Type: Treadmill Stress Test
 Comment:



MIR. HEMANTHA KRISHINA

Patient ID: 17633

05/02/2024

2:08:53pm

LINKED MEDICANS

UNITED HOSPITAL

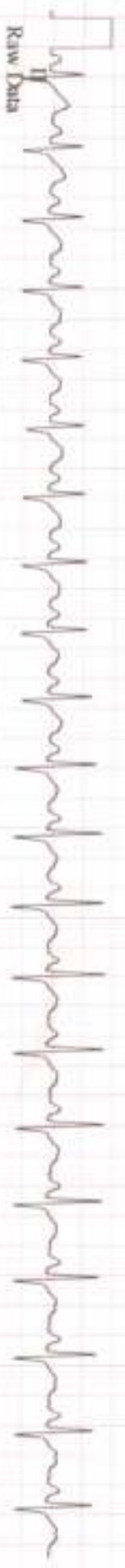
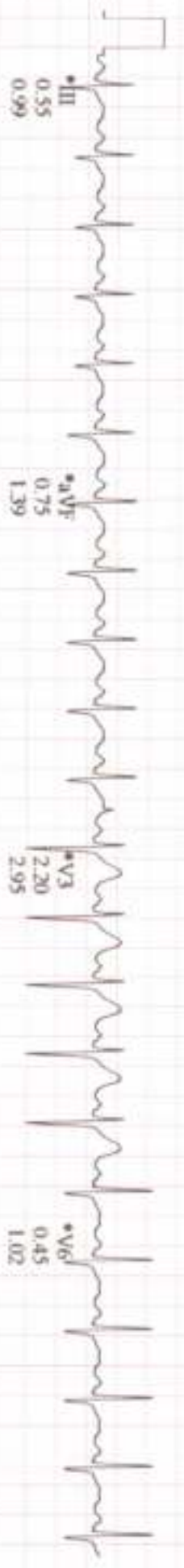
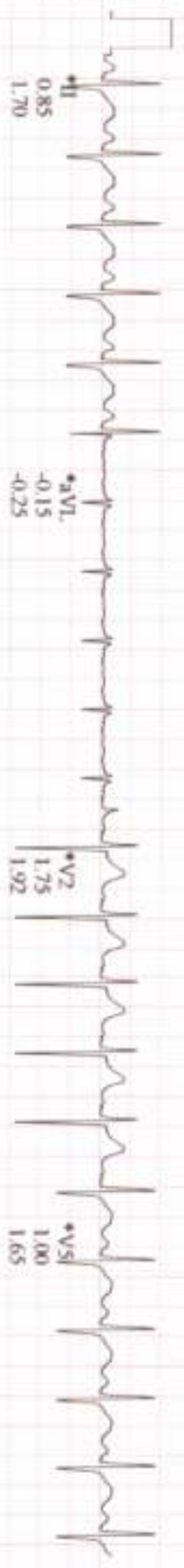
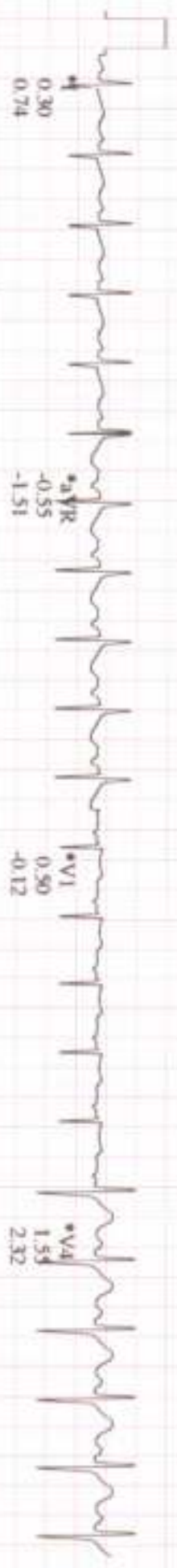
130 bpm
130/90 mmHg

PRETEST
STANDING
00:19

BRUCE
0.0 mph
0.0 %

Lead
ST Level (mm)
ST Slope (mV/s)

ST @ 10mm/mV
60 ms post J



Computer Synthesized Rhythms

CASE V6.73 25 mm/s 10 mm/mV 60Hz 0.01 - 20Hz S+ HR(V2.II)

Start of Test 2:08:34pm

MRI. HEMANTHA KRISHNA,

Patient ID 17633

05.02.2024 Male 164 cm 85 kg

2:08:34pm 35yrs Indian

Medic:

Test Reason: Screening for CAD

Medical History: NO H/O DM & HTN

Ref MD: DR. RAHUL PATIL Ordering MD: DR. RAHUL PATIL,
Technician: YAMINI/THABITHA Test Type: Treadmill Stress Test
Comment:

Selected Medians Report

UNITED HOSPITAL

BRUCE: Total Exercise Time 07:31
 Max HR: 187 bpm 101% of max predicted 185 bpm HR at rest: 107
 Max BP: 160/110 mmHg BP at rest: 130/90 Max RPP: 29440 mmHg* bpm
 Maximum Workload: 10.10 METS
 Max ST: -0.65 mm, 0.00 mV/s in V6; EXERCISE STAGE 3 07:00
 Arrhythmia: A:3
 ST/HR index: 0.43 μ V/bpm
 Reasons for Termination: Target heart rate achieved
 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
 Conclusion: GOOD EFFORT TOLERANCE
 NO ANGINA OR ARRHYTHMIAS NOTED
 NO SIGNIFICANT ST-T CHANGES NOTED DURING EXERCISE AND
 RECOVERY

IMPRESSION: STRESS TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA
 Location Number: * 0 *

GE CASE V6.71 (2)

Unconfirmed

Attending MD: DR. RAHUL PATIL.

MR. HEMANTHA KRISHNA

Patient ID: 17633

05.02.2024

2:09:13pm

LINKED MEDVANS

UNITED HOSPITAL

125 bpm
130/90 mmHg

PRETEST
WARM-UP
00:39

BRUCE
0.0 mph
0.0 %

ST @ 10min/mV
60 ms post J

Lead
ST Level (mm)
ST Slope (mV/s)

*I
0.15
0.56

*aVR
-0.50
-1.59

*V1
0.70
0.11

*V4
1.65
2.44

*II
0.95
1.94

*aVL
-0.30
-0.58

*V2
1.54
1.64

*V5
1.05
1.75

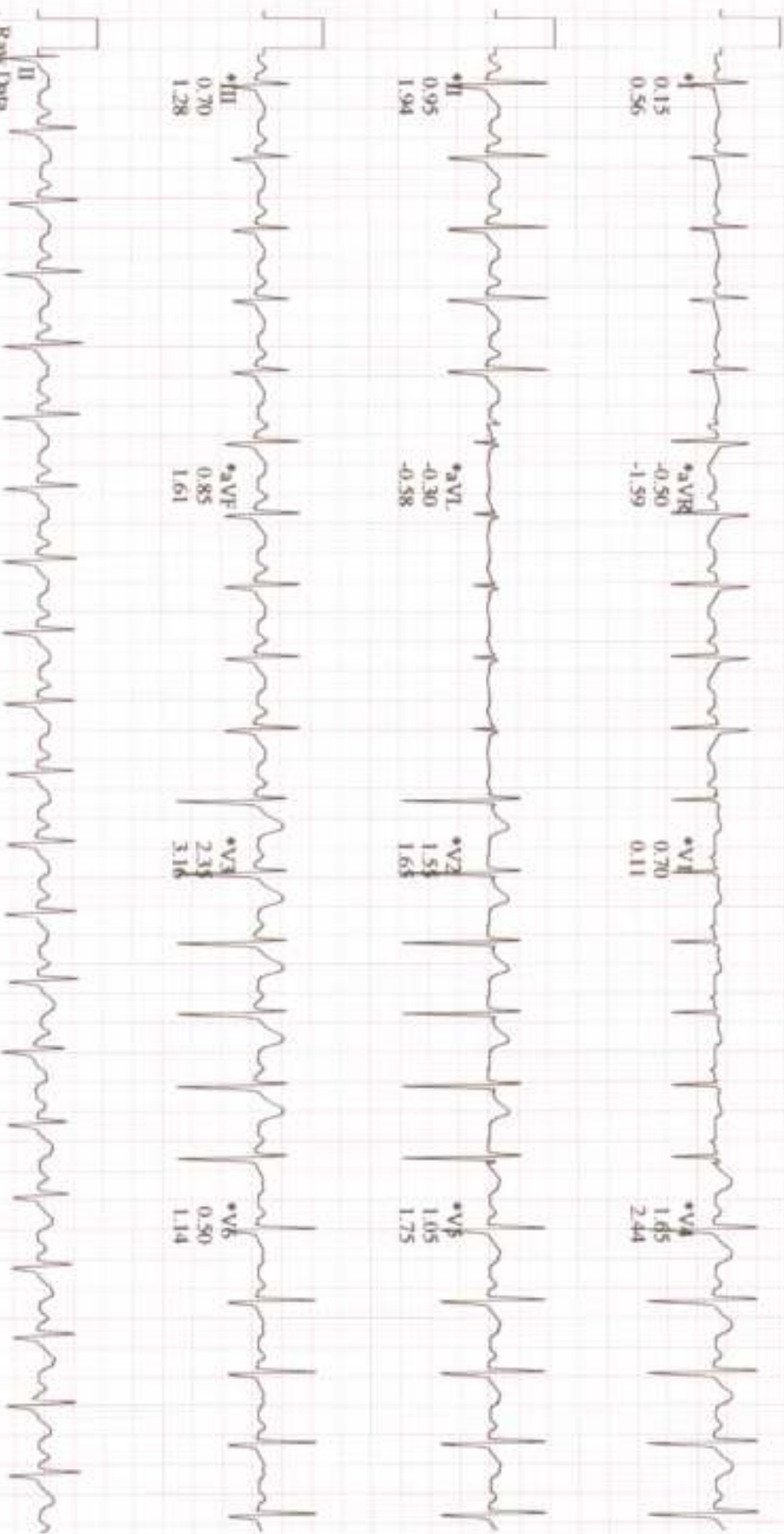
*III
0.70
1.28

*aVF
0.85
1.61

*V3
2.34
3.16

*V6
0.50
1.14

Raw Data



*Computer Synthesized Rhythms

MR. HEMANTHA KRISHNA

Patient ID: 17633

05.02.2024

2:12:07pm

LINKED MEDIANS

UNITED HOSPITAL

153 bpm
130/90 mmHg

EXERCISE
STAGE 1
02:50

BRUCE
1.7 mph
10.0 %

Lead
ST Level (mm)
ST Slope (mV/s)

ST @ 10mm/mV
60 ms post J



*Computer Synthesized Rhythms

MR. HEMANTHA KRISHNA

Patient ID: 17633

05.02.2024

2:15:07pm

LINKED MEDIANS

UNITED HOSPITAL

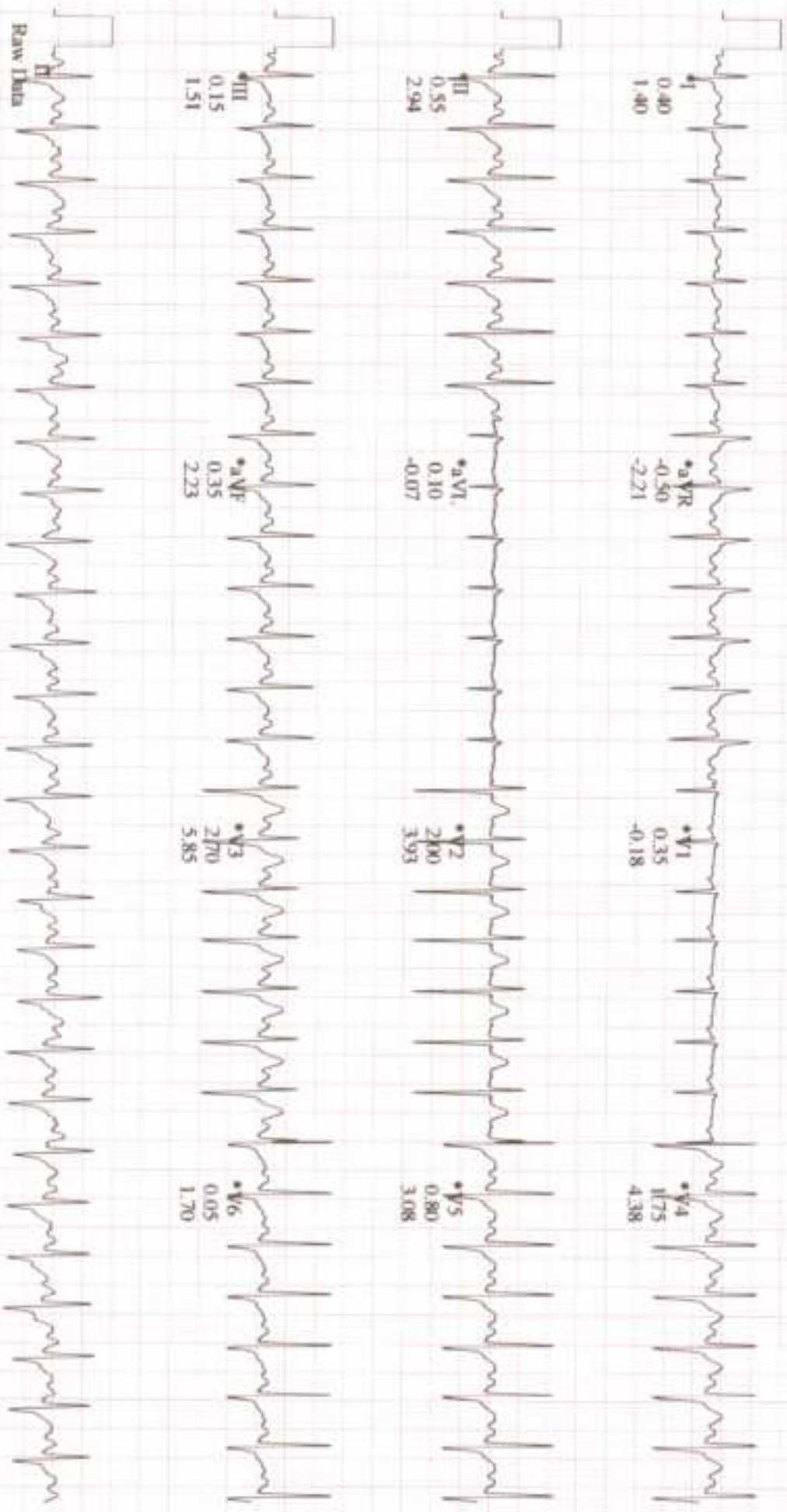
171 bpm
150/100 mmHg

EXERCISE
STAGE 2
05:50

BRUCE
2.5 mph
12.0 %

Lead
ST Level (mm)
ST Slope (mV/s)

ST @ 10mm mV
60 ms post J



GE
CASE V673
25 mm/s 10 mm/mV 60Hz 0.01 - 20Hz S+ HR(V5,V3)

*Computer Synthesized Rhythms

Start of Test: 2:08:34pm

MR. HEMANTHA KRISHNA

Patient ID: 17633

05.02.2024

2:16:47pm

LINKED MEDICANS

UNITED HOSPITAL

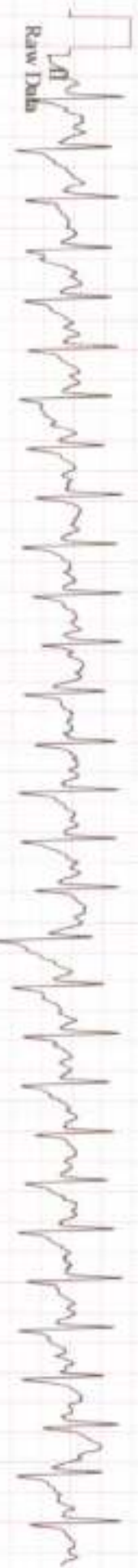
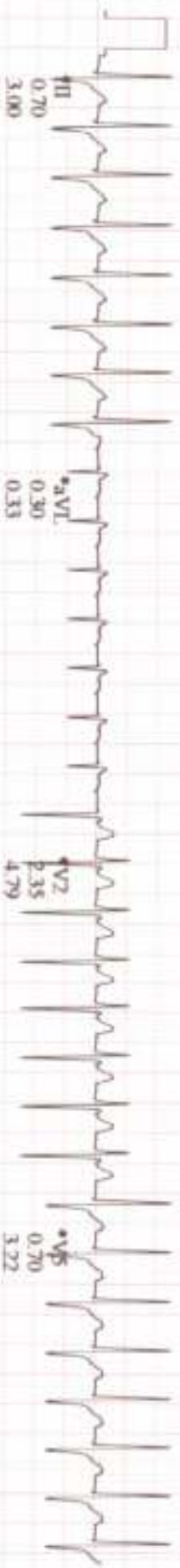
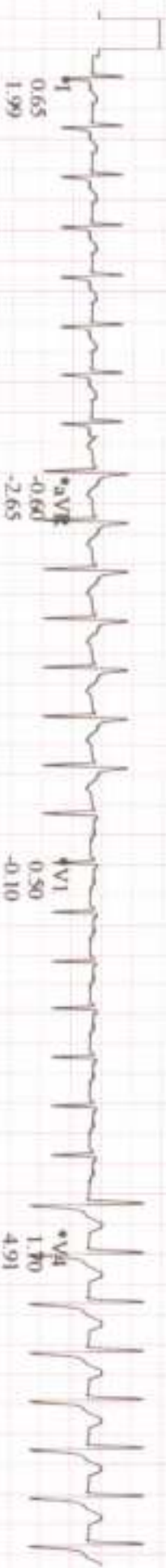
184 bpm
160/110 mmHg

EXERCISE
STAGE 3
07:30

BRUCE
3.4 mph
14.0 %

ST @ 10mm/mV
60 ms post J

Lead
ST Level (mm)
ST Slope (mV/s)



*Computer Synthesized Rhythms

MR. HEMANTHA KRISHNA
Patient ID: 17633

05.02.2024
2:17:48pm

LINKED MEDIANS

UNITED HOSPITAL

162 bpm
160/110 mmHg

RECOVERY #1
01:00

HRUCF
0.0 mph
0.0 %

ST @ 10mm/mV
60 ms post J

Lead
ST Level (mm)
ST Slope (mV/s)



Raw Data

*Computer Synthesized Rhythms

GE
CASE V6 73
25 mm/s 10 mm/mV 60Hz 0.01 - 20Hz S+ HR(V5,V3)

Start of Test: 2:08:34pm

MR. HEMANTHA KRISHNA

Patient ID: 17633

05.02.2024

2:19:48pm

LINKED MEDIANS

UNITED HOSPITAL

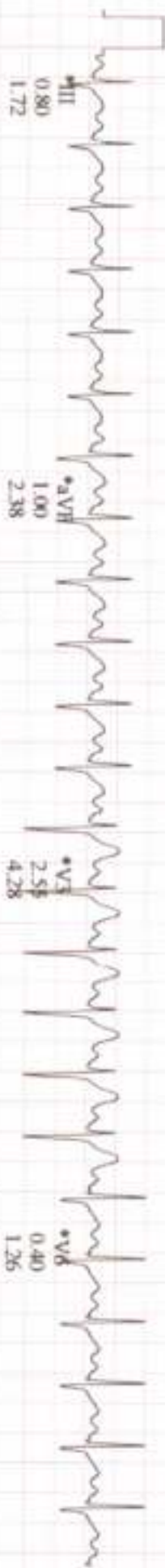
146 bpm
160/110 mmHg

RECOVERY #1
03:00

BRUCE
0.0 mph
0.0 %

Lead
ST Level (mm)
ST Slope (mV/s)

ST @ 10mm/mV
60 ms post J



*Computer Synthesized Rhythms

GE CASE V6.73 25 mm/s 10 mm/mV 60Hz 0.01 - 20Hz S+ HR(V5,V3)

Start of Test: 2:08:34pm

MR. HEEMANTHA KRISHNA

LINKED MEDIANS

UNITED HOSPITAL

Patient ID: 17633
05.07.2024
2:21:48pm

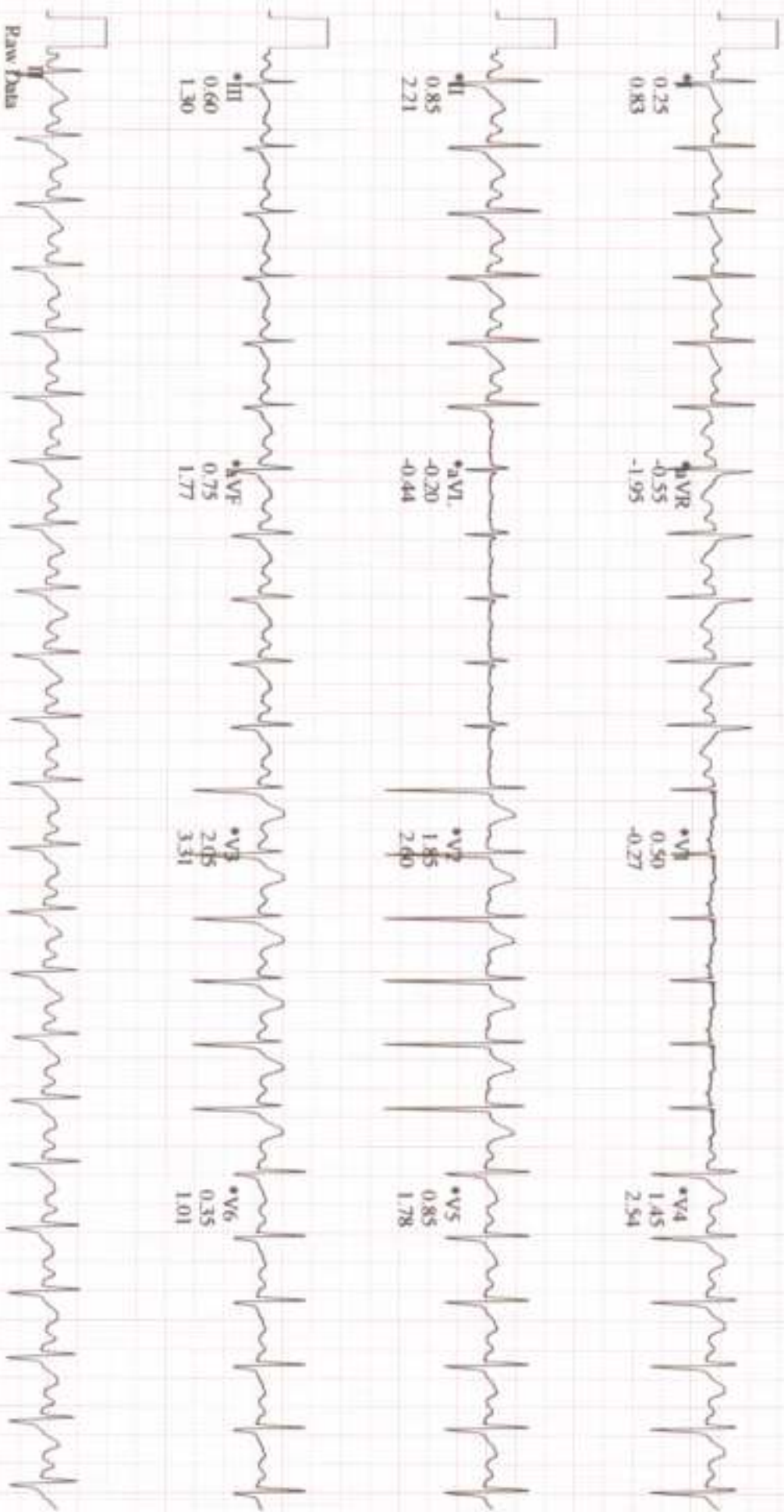
136 bpm
160/110 mmHg

RECOVERY #1
05:00

HR/ECG
0.0 mph
0.0 %

Lead
ST Level (mm)
ST Slope (mV/s)

ST @ 10mm/mV
60 ms post J



*Computer Synthesized Rhythms

GE
CASE V6.73
25 mm/s 10 mm/mV 60Hz 0.01 - 20Hz S+ HR(V2,V5)

Start of Test: 2:08:34pm

MR. HEMANTHA KRISHNA

Patient ID: 17633

05/02/2024

2:23:48pm

LINKED MEDIANS

UNITED HOSPITAL

134 bpm
160/110 mmHg

RECOVERY #1
07:00

BRUCE
0.0 mph
0.0 %

Lead
ST Level (mm)
ST Slope (mV/s)

ST @ 10mm/mV
60 ms post J

0.20
0.72

*aVR
-0.50
-1.75

*aV1
0.30
-0.15

*aV4
1.45
2.44

0.70
2.07

*aVL
-0.15
-0.33

*aV2
1.90
2.38

*aV5
0.80
1.64

0.50
1.38

*aVF
0.65
1.69

*V3
1.85
2.90

*V6
0.40
1.01



*Computer Synthesized Rhythms

OE
CASE V6.73

25 mm/s 10 mm/mV 60Hz 0.01 - 20Hz S+ 1HR/V2-V5

Start of Test: 2:08:34pm



NABH



NABL



No.1



UNITED HOSPITAL

Care Par Excellence
Jayanagar, Bangalore

Mr Hemant Krishna 35y/M

nil systemic

V_n
 (washed) $\left\{ \begin{array}{l} 6/9P \text{ or } 6/6 \\ 6/12P \text{ or } 6/6P \end{array} \right\} M_6$

At: OU Nand

Fundis
 (washed) OU C.D. 0.3.6.0.4:1
 P.H.


If: DU Ref Eux:

RE: $+0.75DC \times 180^\circ$ 6/6

LE: $-0.25DS / -1.50DC \times 170^\circ$ 6/6

REFRESH TENS E_j 1-1-1

x washed.


 Dr. Shubra
 S/S.K.

SAMPLE MENU PLAN



DIET:

2 glass warm water →

ON - RISING 6.00 - 6.30 am	Milk / coffee/ tea (sugarless) = <i>ashgourd juice / cucumber</i>
BREAKFAST 8.00 - 8.30 am	Idly (<u>3</u> nos) OR mix dhal dosa (<u>2</u> nos) OR vegetable upma (bansi) <u>100gms</u> OR Phoha <u>100gms</u> OR oats uppma (1 small cup)* <i>Sprouts / salad</i>
MID - MORNING 11 - 11.30 am	Fruit (<u>100</u> grams) with chia seed (<u>1</u> tsp) or soaked peanuts (15 nos) OR Makanna (unsalted)50 gms OR butter milk (200ml)
LUNCH 1.00 - 2.00 pm	Jowar / wheat roti : <u>2</u> small + Red rice : 50 gms + cooked vegetables : <u>100</u> gms + raw salad : 100gms + cooked pulses 50 gms / lean chicken 50 gms / soya chunks 30gms curds : 100ml <i>Soup</i>
EVENING 4.00 - 5.00 pm	Green tea / coffee / tea <u>100</u> mixed sprouts salad (<u>1</u> cup) OR Nuts (mixed <u>10</u> nos) soaked over night OR
DINNER 7.30 - 8.00 pm	Jowar roti : 2 nos + vegetable: 2 cup OR Brown rice 100gms + Thick dhal (50 gms) + vegetable (100 gms)
BED TIME 10 pm	Low-fat milk with termeric (100ml) <i>Butter milk</i>

Healthy Snacks

POINTS TO REMEMBER

- Control portion size, eat bit sized small pices and chew food slowly
- Maintain a gap of 2 to 3 hours between your dinner and sleeping time.
- Consume oil in limited quantity only. (3 to 4tsp / day). - coonut oil / ghee
- Exercise regularly atleast 30 mits per day.
- Add variety of vegetables in each of your main meal . Always include salads for lunch and dinner.

POORNIMA.H
Clinical Dietician
United Hospital Bangalore

12 glass,

chia / flax (anywhere) Pumpkin-seeds

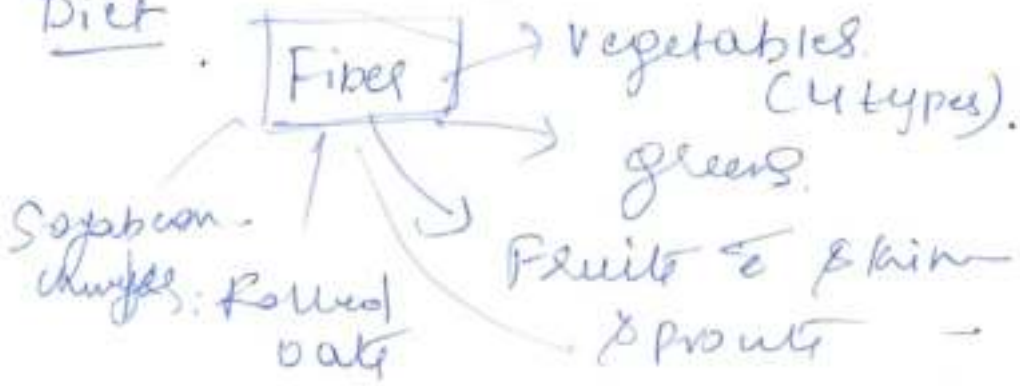
cholesterol : - \leftarrow 70% liver
 \leftarrow 30% Food

HDL LDL
 > 40 < 100

Exercise :

walking - 10,000 step/day
 aerobically - hrs - 80% 20%

Diet



Avoid/Limit

- Sweets
- carbonated drinks
- bakery foods
- junk foods
- Packed foods
- Processed foods



\rightarrow Jeera water, Ajwain, water, Cucumber Juice
 Ginger water, lemon tea / water, Echinacea water
 Tulsi / pudina



NABH



NABL



No.1

DEPARTMENT OF RADIODIAGNOSIS

Name	Hemantha Krishna B S	Date	05/02/24
Age	35 years	Hospital ID	UHJA23017633
Sex	Male	Ref.	Healthcheck

ULTRASOUND ABDOMEN AND PELVIS**FINDINGS:**

Liver is enlarged in size (15.3 cms) and shows moderately increased echopattern. No intra or extra hepatic biliary duct dilatation. No focal lesions. **Portal vein** is normal in size, course and caliber. **CBD** is not dilated.

Gall bladder is normal without evidence of calculi, wall thickening or pericholecystic fluid.

Pancreas - Visualized part of the pancreatic head and body appears normal in size, contour and echogenicity. Rest of the pancreas is obscured by bowel gas.

Spleen is normal in size, shape, contour and echopattern. No focal lesion.

Right Kidney is normal in size (9.9 x 4.2 cms), position, shape and echopattern. Corticomedullary differentiation is maintained. No calculus or hydronephrosis.

Left Kidney is normal in size (9.2 x 4.0 cms), position, shape and echopattern. Corticomedullary differentiation is maintained. No calculus or hydronephrosis.

Retroperitoneum - Visualized aorta appeared normal. No obvious enlarged para-aortic nodes.

Urinary Bladder is minimally distended.

Prostate is normal in echopattern and size, measures ~ 10 cc.

No ascites or pleural effusion. Appendix could not be localized. No RIF probe tenderness.

IMPRESSION:

- **Mild hepatomegaly with moderate fatty infiltration (Grade II).**
- **No other definite sonological abnormality detected.**

Dr. Elluru Santosh Kumar
Consultant Radiologist