

OUT-PATIENT RECORD

Date : 30/3/24
MRNO :
Name : 062292
Age/Gender : m/f. Omkar Narayan
Mobile No :
Passport No : 2701 male
Aadhar number :

Pulse : 80	B.P : 130/80	Resp : 24/min.	Temp : 98
Weight : 68.9	Height : 178cm.	BMI : 21.7	Waist Circum : 94"

General Examination / Allergies
History

Clinical Diagnosis & Management Plan

Unmarried, Nonvegetarian
Fleg (B/L) @ No Allergy
No addiction
FH: Mother: det Father: det.
- Physically fit



Dr. (Mrs.) CHHAYA P. VAJA
M.D. (MUM)
Physician & Cardiologist
Reg. No. 56942

[Handwritten Signature]
Doctor Signature

Follow up date:

Patient Name : Mr.OMKAR S NARKAR
Age/Gender : 27 Y 3 M 24 DM
UHID/MR No : STAR.0000062292
Visit ID : STAROPV68635
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 337502555920

Collected : 30/Mar/2024 09:15AM
Received : 30/Mar/2024 11:24AM
Reported : 30/Mar/2024 02:51PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF HAEMATOLOGY

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

Methodology : Microscopic

RBC : Normocytic normochromic

WBC : Normal in number, morphology and distribution. No abnormal cells seen

Platelets : Adequate in Number

Parasites : No Haemoparasites seen

IMPRESSION : Normocytic normochromic blood picture

Note/Comment : Please Correlate clinically

Page 1 of 7



DR. APEKSHA MADAN
MBBS, DPM
PATHOLOGY

SIN No:BED240088725



Patient Name : Mr.OMKAR S NARKAR
Age/Gender : 27 Y 3 M 24 DM
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DEPARTMENT OF HAEMATOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
HEMOGRAM , WHOLE BLOOD EDTA				
HAEMOGLOBIN	16.2	g/dL	13-17	CYANIDE FREE COLOUROMETER
PCV	51.70	%	40-50	PULSE HEIGHT AVERAGE
RBC COUNT	5.79	Million/cu.mm	4.5-5.5	Electrical Impedance
MCV	89.2	fL	83-101	Calculated
MCH	27.9	pg	27-32	Calculated
MCHC	31.3	g/dL	31.5-34.5	Calculated
R.D.W	12.2	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	6,400	cells/cu.mm	4000-10000	Electrical Impedance
DIFFERENTIAL LEUCOCYTIC COUNT (DLC)				
NEUTROPHILS	70	%	40-80	Electrical Impedance
LYMPHOCYTES	22	%	20-40	Electrical Impedance
EOSINOPHILS	02	%	1-6	Electrical Impedance
MONOCYTES	06	%	2-10	Electrical Impedance
BASOPHILS	00	%	<1-2	Electrical Impedance
ABSOLUTE LEUCOCYTE COUNT				
NEUTROPHILS	4480	Cells/cu.mm	2000-7000	Calculated
LYMPHOCYTES	1408	Cells/cu.mm	1000-3000	Calculated
EOSINOPHILS	128	Cells/cu.mm	20-500	Calculated
MONOCYTES	384	Cells/cu.mm	200-1000	Calculated
Neutrophil lymphocyte ratio (NLR)	3.18		0.78- 3.53	Calculated
PLATELET COUNT	261000	cells/cu.mm	150000-410000	IMPEDENCE/MICROSCOPY
ERYTHROCYTE SEDIMENTATION RATE (ESR)	05	mm at the end of 1 hour	0-15	Modified Westergren

PERIPHERAL SMEAR

Methodology : Microscopic

RBC : Normocytic normochromic

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PATHOLOGY

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DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

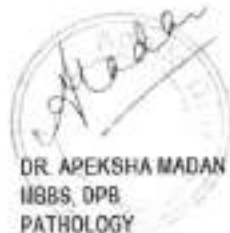
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PATHOLOGY

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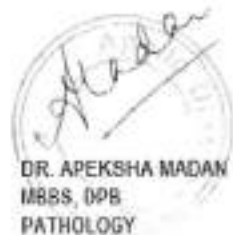
Patient Name : Mr.OMKAR S NARKAR
 Age/Gender : 27 Y 3 M 24 D/M
 UHID/MR No : STAR.0000082292
 Visit ID : STAROPV68835
 Ref Doctor : Dr.SELF
 Emp/Auth/TPA ID : 337502555920

Collected : 30/Mar/2024 09:15AM
 Received : 30/Mar/2024 11:24AM
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 Status : Final Report
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DEPARTMENT OF HAEMATOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA				
BLOOD GROUP TYPE	A			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination

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DR. APEKSHA MADAN
 MBBS, DNB
 PATHOLOGY

SIN No:BED240088725



Patient Name : Mr.OMKAR S NARKAR
Age/Gender : 27 Y 3 M 24 DIM
UHID/MR No : STAR.0000062292
Visit ID : STAROPV68635
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 337502555920

Collected : 30/Mar/2024 09:15AM
Received : 30/Mar/2024 12:25PM
Reported : 30/Mar/2024 02:42PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, FASTING , NAF PLASMA	94	mg/dL	70-100	GOD - POD

Comment:

As per American Diabetes Guidelines, 2023

Fasting Glucose Values in mg/dL	Interpretation
70-100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes
<70 mg/dL	Hypoglycemia

Note:

- The diagnosis of Diabetes requires a fasting plasma glucose of $> \text{ or } = 126 \text{ mg/dL}$ and/or a random / 2 hr post glucose value of $> \text{ or } = 200 \text{ mg/dL}$ on at least 2 occasions.
- Very high glucose levels ($>450 \text{ mg/dL}$ in adults) may result in Diabetic Ketoacidosis & is considered critical.

Test Name	Result	Unit	Bio. Ref. Range	Method
GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	85	mg/dL	70-140	GOD - POD

Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Test Name	Result	Unit	Bio. Ref. Range	Method
ALANINE AMINOTRANSFERASE (ALT/SGPT) , SERUM	13	U/L	4-44	JSCC

Comment:

ALT elevations are noted in liver parenchymal diseases, leading to injury / destruction of hepatocytes.

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DR. APEKSHA MADAN
MBBS, DPM
PATHOLOGY

SIN No:SED4682209

Patient Name : Mr.OMKAR S NARKAR
Age/Gender : 27 Y 3 M 24 DM
UHID/MR No : STAR.0000062292
Visit ID : STAROPV88635
Ref Doctor : Dr.SELF
Emp/Auth/TPA ID : 337502555920

Collected : 30/Mar/2024 09:15AM
Received : 30/Mar/2024 12:25PM
Reported : 30/Mar/2024 02:42PM
Status : Final Report
Sponsor Name : ARCOFEMI HEALTHCARE LIMITED

DEPARTMENT OF BIOCHEMISTRY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

ALT levels are seen to be elevated even before the signs and symptoms of the liver injury appear. The ALT levels remain high longer in blood as compared to AST levels. And though both the enzymes increase in liver injury, the rise in ALT is more compared to AST, thus also altering the ALT:AST ratio.

Test Name	Result	Unit	Bio. Ref. Range	Method
BILIRUBIN, TOTAL , SERUM	0.30	mg/dL	0.1-1.2	Azobilirubin
BUN/CREATININE RATIO , SERUM				
BLOOD UREA NITROGEN	9.9	mg/dL	8.0 - 23.0	Calculated
CREATININE	0.79	mg/dL	0.6-1.1	ENZYMATIC METHOD
BUN / CREATININE RATIO	12.54			Calculated
CREATININE , SERUM	0.79	mg/dL	0.6-1.1	ENZYMATIC METHOD

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DR. APEKSHA MADAN
MBBS, DPM
PATHOLOGY

SIN No:SB04682209



Patient Name : Mr.OMKAR S NARKAR Age/Gender : 27 Y 3 M 24 DM UHID/IR No : STAR.0000062292 Visit ID : STAROPV68635 Ref Doctor : Dr.SELF Emp/Auth/TPA ID : 337502555920	Collected : 30/Mar/2024 09:15AM Received : 30/Mar/2024 02:34PM Reported : 30/Mar/2024 06:23PM Status : Final Report Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
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DEPARTMENT OF CLINICAL PATHOLOGY
ARCOFEMI - MEDIWHEEL - PMC PACK H - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
COMPLETE URINE EXAMINATION (CUE) , URINE				
PHYSICAL EXAMINATION				
COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
pH	6.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.020		1.002-1.030	Dipstick
BIOCHEMICAL EXAMINATION				
URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GOD-POD
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	NITROPRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	EHRlich
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS
CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY				
PUS CELLS	0-1	/hpf	0-5	Microscopy
EPITHELIAL CELLS	0-1	/hpf	<10	MICROSCOPY
RBC	ABSENT	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY

*** End Of Report ***

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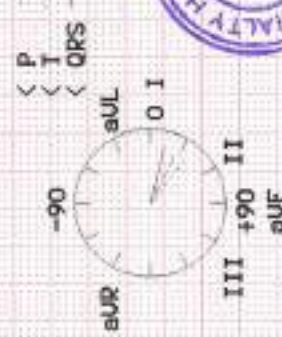


DR. APEKSHA MADAN
MBBS, DPM
PATHOLOGY

SIN No:UR2321319



Measurement Results:
 QRS : 88 ms
 QT/QTcB : 372 / 432 ms
 PR : 156 ms
 P : 128 ms
 RR/PP : 716 / 740 ms
 P/QRS/T : 38/ 15/ 27 degrees



Interpretation:
 12SL - Interpretation:
 Normal sinus rhythm
 Normal ECG

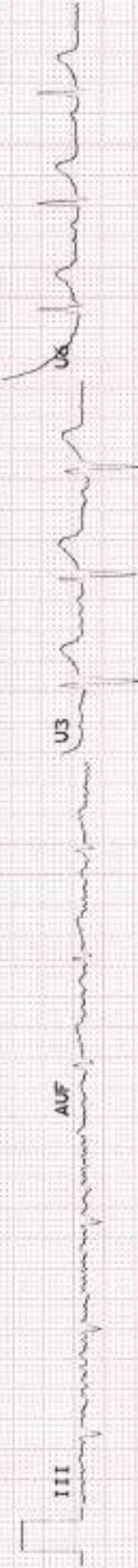
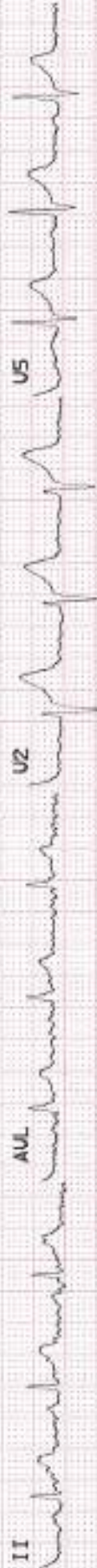
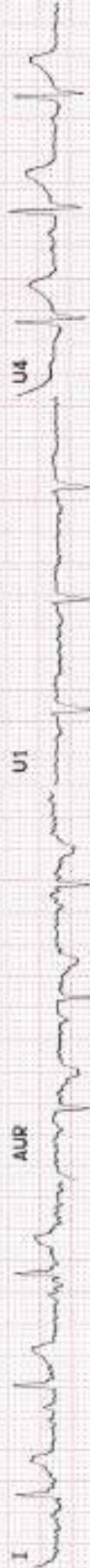
main Normal limits



Dr. (Mrs.) CHHAYA P. VAJRA
 M.D. (MUM)
 Physician & Cardiologist
 Reg. No. 56952



Unconfirmed report.



Patient Name : Mr. OMKAR S NARKAR Age : 27 Y M
UHID : STAR.0000062292 OP Visit No : STAROPV68635
Reported on : 01-04-2024 11:26 Printed on : 01-04-2024 11:26
Adm/Consult Doctor : Ref Doctor : SELF

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .
No obvious active pleuro-parenchymal lesion seen .
Both costophrenic and cardiophrenic angles are clear .
Both diaphragms are normal in position and contour .
Thoracic wall and soft tissues appear normal.

CONCLUSION :

No obvious abnormality seen

Printed on:01-04-2024 11:26

---End of the Report---



Dr. VINOD SHETTY
Radiology

EYE REPORT

Name: *Omkar*
Age / Sex: *27 / M*
Complaint: *Nil.*

Date: *30/3/24*
Ref No.:

Ant & post seg: none

Examination

Vn \times 6/6^(D) N 6

Spectacle Rx

	Right Eye							
	Vision	Sphere	Cyl.	Axis	Vision	Sphere	Cyl.	Axis
Distance								
Read								

Remarks:

Medications:

Trade Name	Frequency	Duration

Follow up:

[Signature]
2

Consultant:

mfr omkar n.
ID 062292
Age 27

Height 178cm
Gender Male

Date 30. 3. 2024
Time 10:10:01

APOLLO SPECTRA HOSPITAL

Body Composition

	Under	Normal	Over	197cm	Normal Range
Weight	40 55 70 85 100 115 130 145 160 175 190 205	68.9 kg			59.3 ~ 80.2
Muscle Mass <small>Skeletal Muscle Mass</small>	40 50 60 70 80 90 100 110 120 130 140 150 160 170	29.4 kg			29.9 ~ 36.5
Body Fat Mass	20 40 60 80 100 120 140 160 180 200 220	16.1 kg			8.4 ~ 16.7
TBW <small>Total Body Water</small>	38.8 kg (39.2 ~ 47.9)		FFM <small>Fat Free Mass</small>	52.8 kg (50.9 ~ 63.4)	
Protein	10.4 kg (10.5 ~ 12.8)		Mineral*	3.64 kg (3.63 ~ 4.43)	

* Mineral is estimated.

Segmental Lean



Obesity Diagnosis

	Value	Normal Range
BMI <small>Body Mass Index (kg/m²)</small>	21.7	18.5 ~ 25.0
PBF <small>Percent Body Fat (%)</small>	23.3	10.0 ~ 20.0
WHR <small>Waist-Hip Ratio</small>	0.93	0.80 ~ 0.90
BMR <small>Basal Metabolic Rate (kcal)</small>	1511	1509 ~ 1762

Nutritional Evaluation

Protein	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Deficient
Mineral	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Fat	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient <input type="checkbox"/> Excessive

Weight Management

Weight	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over
SMM	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Under	<input type="checkbox"/> Strong
Fat	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over

Obesity Diagnosis

BMI	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over
WHR	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over

Segmental Fat



* Segmental Fat is estimated.

Muscle-Fat Control

Muscle Control	+ 6.4 kg	Fat Control	- 5.6 kg	Fitness Score	68
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Impedance

Z	RA	LA	TR	RL	LL
20Hz	370.2	371.0	27.7	304.5	322.3
100Hz	330.1	333.8	23.5	275.3	290.0

* Use your results as reference when consulting with your physician or fitness trainer.

Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity (base weight: 68.9 kg / Duration: 30min. / unit: kcal)											
Walking	Jogging	Bicycle	Swim	Mountain Climbing	Aerobic	Table Tennis	Tennis	Football	Oriental Fencing	Gate ball	Badminton
138	241	207	241	225	241	156	207	241	345	131	156
Racket ball	Tae-kwon-do	Squash	Basketball	Rope jumping	Golf	Push-ups (chest up)	Sit-ups (abdominal muscle training)	Weight training (back extension)	Dumbbell exercise (neck strength)	Elastic band (hand strength)	Squats (reference of lean body mass)
345	345	345	207	241	121						

How to do

1. Choose practicable and preferable activities from the left.
2. Choose exercises that you are going to do for 7 days.
3. Calculate the total energy expenditure for a week.
4. Estimate expected total weight loss for a month using the formula shown below.

Recommended calorie intake per day

2000 kcal

* Calculation for expected total weight loss for 4 weeks: $Total\ energy\ expenditure\ (kcal/week) \times 4weeks \div 7700$