

MEDICAL HEALTH CHECK- UP ASSESMENT FORM

NAME : Mr / Mrs T. Nalinakumaran Nair DATE: 6/6/24

AGE: 62 yrs

SEX: Female

NMU: NMU000 55151

DOCTOR'S NAME:
Health - Package

TEMP :	<u>96.8</u>	^o f	BP :	<u>140/74</u>	mmHg
PULSE :	<u>97</u>	b/m	HEIGHT :	<u>147</u>	cm
RR :	<u>20</u>	b/m	WEIGHT :	<u>56.5</u>	kg
SPO2 :	<u>97</u>	% RA	HGT:	<u>—</u>	

REMARK:



MEDICOVER
HOSPITALS

NAVI MUMBAI

T.N. kumar

SIB: Dr mandira kamble

O/E:- Periodontiti :- $\frac{21}{12}$

Advice:- Proper hygiene maintainance.

M. Kamble

fx

Dental floss

Dr Mandira Sushil Kamble
MDS in Conservative Dentistry And Endodontics
Reg. No. A-43282





DEPARTMENT OF OPHTHALMOLOGY

MEDICOVER HOSPITALS

DATE: 6/6/24

PATIENT NAME: Mrs. T. Nalina Kumaron ^{Navir} AGE / SEX: 62 / M NAVI MUMBAI

UMR NO: NMR0055151

	RE	LE
VA (DISTANCE) 20/20	6/6	6/6.
VA (NEAR) 20/20	N6	N6
COLOUR VISION	Normal	Normal

		SPHERE	CYLINDER	AXIS	VA	
MRx	O D Ⓡ	Plane	_____		6/6	Accom + 2.50 N6
	O S Ⓛ	+2.00	_____		6/6	+ 2.50 N6.

HISTORY :

- H/O using spectacle (Distance + near)
- H/O (REF) cataract surgery. = 1 yr back
- H/O DM (DM2). = 8 yrs.

OCULAR FINDINGS :

(RE) - PCICL
(LE) - Cortical cataract

(Unilateral) Disc < 0.5
0.4

ADVICE:

Refresh Tears eod qid 1777 x / month.
Fundoscopy il/v/o DM

Mon-Fri - 10 am to 2pm

AS
(DR. ANUSHREE VANIKAR)





DEPARTMENT OF LABORATORY

NAVI MUMBAI

Patient Name : Mr. T NALINAKUMARAN NAIR	Age / Gender : 62 Y(s)/Male
Bill No/ UMR No : NMBC73386/NMU0055151	Referred By : Dr. DMO
Received Dt : 07-Jun-24 12:42 pm	Report Date : 07-Jun-24 05:10 pm

FINAL REPORT

<u>Parameters</u>	<u>Specimen</u>	<u>Result</u>	<u>Biological Reference Intervals</u>	<u>Method</u>
CUE(COMPLETE URINE EXAMINATION)				
<u>PHYSICAL EXAMINATION</u>				
VOLUME	Urine	25 ml		
COLOUR		PALE YELLOW	PALE YELLOW	
APPEARANCE		SLIGHTLY HAZY	CLEAR	
DEPOSIT		ABSENT	ABSENT	
<u>CHEMICAL EXAMINATION</u>				
SPECIFIC GRAVITY	Urine	1.030	1.000 - 1.030	Dipstick
PH		5.0	5.0 - 8.0	Dipstick
PROTEIN		NEGATIVE	NEGATIVE	Dipstick/Heat coagulation test
GLUCOSE		++	ABSENT	Dipstick/Benedict's test
UROBILINOGEN		NORMAL	NORMAL	Dipstick
KETONE		NEGATIVE	NEGATIVE	Dipstick/Rothera's Nitroprusside test.
BILIRUBIN		NEGATIVE	NEGATIVE	Dipstick/Fouchet's test
BILE SALT		NEGATIVE	NEGATIVE	Hay's sulphur powder test
BILE PIGMENT		NEGATIVE	NEGATIVE	Fouchet test
NITRITE		NEGATIVE	NEGATIVE	Dipstick
LEUCOCYTE ESTERASE		NEGATIVE	NEGATIVE	
<u>MICROSCOPIC EXAMINATION</u>				
PUS CELLS	Urine	2-3	0 - 5 /hpf	MICROSCOPIC EXAMINATION
RBC		NIL	0 - 5 /hpf	MICROSCOPIC EXAMINATION
EPITHELIAL CELLS		2-3	0 - 5 /hpf	MICROSCOPIC EXAMINATION
CRYSTALS		NIL	NIL	MICROSCOPIC EXAMINATION
CASTS		NIL	NIL	MICROSCOPIC EXAMINATION
BACTERIA		ABSENT		MICROSCOPIC EXAMINATION
YEAST		ABSENT		MICROSCOPIC EXAMINATION
AMORPHOUS DEPOSITS		ABSENT		MICROSCOPIC EXAMINATION
MUCUS THREAD		ABSENT		MICROSCOPIC EXAMINATION
NOTE		Microscopic examination of urine is carried out on centrifuged urinary sediment.		





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Parameters **Specimen** **Result** **Biological Reference In Method**

*** End Of Report ***





DEPARTMENT OF LABORATORY

NAVI MUMBAI

Patient Name : Mr. T NALINAKUMARAN NAIR	Age / Gender : 62 Y(s)/Male
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FINAL REPORT

<u>Parameters</u>	<u>Specimen</u>	<u>Result</u>	<u>Biological Reference Intervals</u>	<u>Method</u>
ESR	CITRATED BLOOD	10	0 - 10 mm/1st hour	WESTERGREN'S METHOD

COMPLETE BLOOD COUNT

RBC

R B C COUNT	EDTA Blood	5.38	4.5 - 5.5 $10^6/\mu\text{L}$
HEMOGLOBIN		16.8	13.0 - 17.0 g/dl
PCV/HCT		50.6	40 - 50 %
MCV		94.0	83 - 101 fl
MCH		31.2	27 - 32 pg
MCHC		33.2	31.5 - 34.5 g/dL
RDW(cv)		15.3	11.6 - 14.0 %

PLATELETS

PLATELET COUNT	EDTA Blood	216	150 - 400 $10^3/\mu\text{L}$
MPV		8.6	7.5 - 11.5 fl

WBC

TC (TOTAL LEUCOCYTE COUNT)	EDTA Blood	8.05	4.0 - 11.0 $10^3/\mu\text{l}$
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DIFFERENTIAL COUNT

NEUTROPHILS	EDTA Blood	51	40 - 80 %
LYMPHOCYTES		42	20 - 40 %
MONOCYTES		05	02 - 10 %
EOSINOPHILS		02	00 - 06 %
BASOPHILS		00	00 - 01 %

*** End Of Report ***





DEPARTMENT OF LABORATORY

NAVI MUMBAI

Patient Name : Mr. T NALINAKUMARAN NAIR	Age /Gender : 62 Y(s)/Male
Bill No/ UMR No : NMBC73386/NMU0055151	Referred By : Dr. DMO
Received Dt : 07-Jun-24 12:11 pm	Report Date : 07-Jun-24 01:08 pm

FINAL REPORT

<u>Parameters</u>	<u>Specimen</u>	<u>Result</u>	<u>Biological Reference Intervals</u>	<u>Method</u>
VITAMIN B12 COMMENT	SERUM	687.9	197 - 771 pg/mL	Method : ECLIA
Sample collected and processed on 06.06.2024				
BUN(BLOOD UREA NITROGEN)				
BUN (Blood Urea Nitrogen.)		14	7.0 - 21.0 mg/dL	Calculated
HBA1C (GLYCOSYLATED HAEMOGLOBIN)				
HBA1C		6.2	< 5.7 Normal Prediabetic 5.7 - 6.4 & >=6.5 Diabetic %	TINIA
MPG(Mean Plasma Glucose)		131	Excellent Control 90 - 120 mg/dL	Derived from HBA1c value
LIPID PROFILE				
TOTAL CHOLESTEROL		204	Desirable :: < 200 mg/dL Borderline High :: 200 - 239 mg/dL High risk : > 240 mg/dL	METHOD : Enzymatic colorimetric
HDL CHOLESTEROL		35	Low :: < 40 mg/dL High :: > 60 mg/dL	Homogeneous enzymatic colorimetric
LDL CHOLESTEROL		128	Optimal - < 100 mg/dL	Direct-Enzymatic colorimetric
VLDL		43		Calculation
SERUM TRYGLYCERIDES		213	< 150 mg/dL	METHOD: Enzymatic colorimetric
CHO/HDL RATIO		5.83	Normal - < 3.5	Calculation
LDL/HDL RATIO		3.66		Calculation
FBS (FASTING BLOOD GLUCOSE WITH URINE GLUCOSE)				
FASTING BLOOD GLUCOSE		95	Normal Range 70 - 99 mg/dL	Hexokinase
FASTING URINE SUGAR		++		Dipstick
SERUM CREATININE				
CREATININE		0.91	0.8 - 1.3 mg/dl	Method : jaffe
BUN / CREATININE RATIO				
BUN (Blood Urea Nitrogen.)		14	7.0 - 21.0 mg/dL	Calculated
SERUM CREATININE		0.91	0.8 - 1.3 mg/dL	Jaffe Method
BUN / CREATININE RATIO		15.38	10 - 20	Calculated
T3,T4 AND TSH				
T3		149.5	70 - 204 ng/dL	Method : ECLIA
T4		10.13	5.1 - 14.1 ug/dL	Method : ECLIA





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TSH(THYROID STIMULATING HORMONE)		0.732	0.270 - 4.20 uIU/mL Method : ECLIA
VITAMIN D(25 OH)			
25 OH VITAMIN D		39.96	Insufficient : 21 - 29 ng/mL Method : ECLIA Deficient : <= 20 ng/mL Sufficient : 30 - 100 ng/mL Potential toxicity : > 100 ng/mL
LFT(LIVER FUNCTION TEST)			
TOTAL BILIRUBIN		0.3	< 1.2 mg/dL Method : Diazo Method
DIRECT BILIRUBIN		0.1	<= 0.20 mg/dL Method: Diazo Method
INDIRECT BILIRUBIN		0.2	<= 1.0 mg/dL Calculated
SGPT (ALT)		21	<= 41 U/L Method : UV without P5P
SGOT (AST)		21	<= 40 U/L Method : UV without P5P
ALKALINE PHOSPHATASE (ALP)		68	40 - 129 U/L Method : PNPP
TOTAL PROTEINS		8.0	6.0 - 8.0 g/dL Method : Biuret method
SERUM ALBUMIN		4.6	3.5 - 5.2 g/dL Method : Bromcresol Green (BCG)
GLOBULINS		3.4	2.5 - 3.5 g/dL Calculated
A/G RATIO		1.35	1.2 - 2.5 Calculation
GAMMA GLUTAMYL TRANSFERASE(GGT)		23	10 - 71 U/L Method : G-glutamyl-carboxy-nitr oanilide - IFCC Ref. uricase
SERUM URIC ACID		4.4	3.4 - 7.0 mg/dL
PSA (PROSTATE SPECIFIC ANTIGEN).			
PROSTATE SPECIFIC ANTIGEN (PSA)		0.746	0 - 4.0 ng/mL Method : ECLIA
PLBS (POST LUNCH BLOOD SUGAR WITH URINE SUGAR)			
PLBS (POST LUNCH BLOOD GLUCOSE)		150	110 - 180 mg/dL Hexokinase
URINE SUGAR		+++	Dipstick

*** End Of Report ***





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<u>Parameter</u>	<u>Specimen</u>	<u>Result Values</u>	<u>Biological Reference</u>	<u>Method</u>
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Lab Incharge

Dr. PALLAVI SAXENA, MBBS MD(PATHOLOGY)
CONSULTANT PATHOLOGIST

Verified By : : 026979

Test results related only to the item tested.

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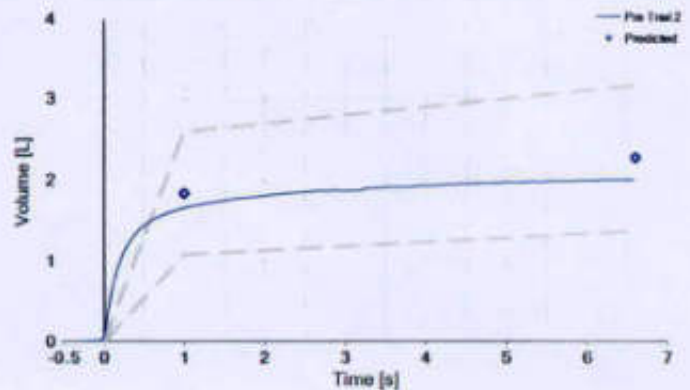
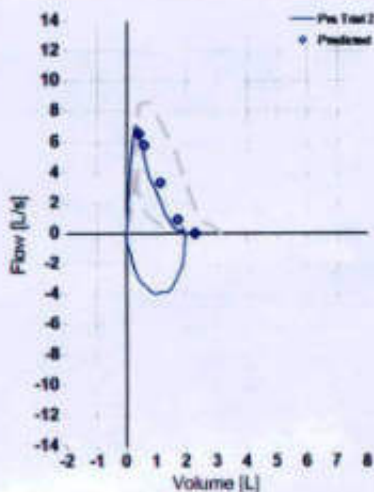
Patient Information

Name NAIR, T NALINAKUMARAN
ID NMU0055151
Age 62 (25-03-1962)
Height 147 cm
Weight 56 kg BMI 25.9
Gender Male
Ethnicity Asian

Test Information

Test Date 06-06-2024 12:38:51
Test Type FVL (ex/in)
Post Time
Interpretation GOLD(2008)/Hardie
Predicted ERS (ECCS/EGKS), 1993 *
0.90
Referred by MEDIWHEEL

Your FEV1 / Predicted: 90%



Test Result

Parameter	Pred	Pre Best	%Pred
FVC [L]	2.26	1.99	88
FEV1 [L]	1.83	1.64	90
FEV1/FVC [%]	76.0	82.7	109
FEF25-75 [L/s]	2.89	1.92	67
PEF [L/s]	6.51	7.12	109
FET [s]	-	6.6	-
FIVC [L]	2.26	2.00	89
PIF [L/s]	-	4.03	-
FEF25 [L/s]	5.76	5.34	93
FEF50 [L/s]	3.30	2.60	79
FEF75 [L/s]	0.88	0.59	67

COMMENTS: WITHIN NORMAL LIMITS, CORRELATE CLINICALLY..

DR. SHAHID PATEL
MBBS,MD (Pulmonary Medicine)

HC 55151
62 Years

T. NALINKUMARAN NAIR
Male

6/6/2024 10:02:46 AM

Rate 81 . Sinus rhythm.....normal P axis, V-rate 50- 99
. Consider right atrial enlargement.....P >0.24mV limb lead

PR 151
QRSD 80
QT 340
QTc 395

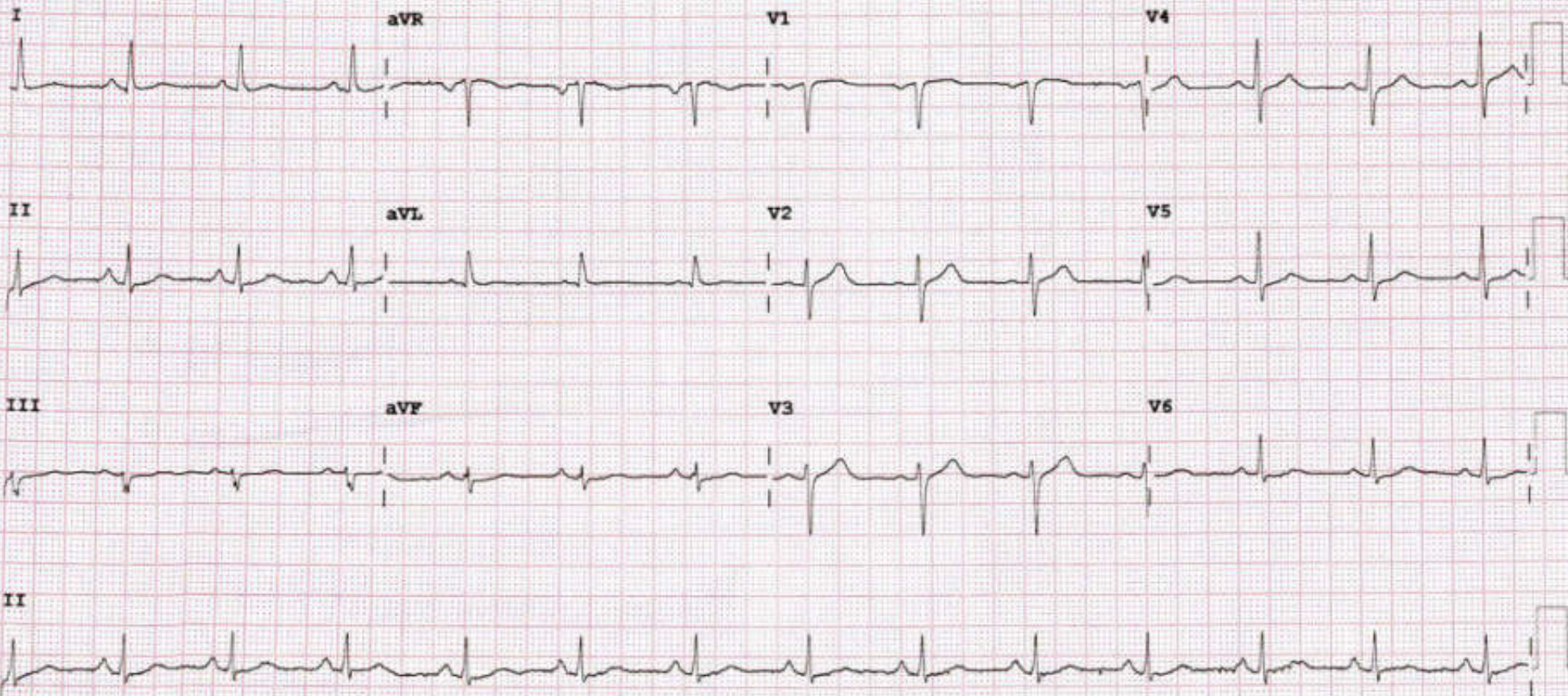
--AXIS--
P 47
QRS 4
T 49

- OTHERWISE NORMAL ECG -

12 Lead; Standard Placement

Unconfirmed Diagnosis

WNL
h



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 60~ 0.50~ 40 Hz W

100B CL?

P?

Patient ID:	NMU0055151	Patient Name:	T NALINAKUMARAN NAIR
Age:	62 Years	Sex:	M
Accession Number:	NMBC - 73386.	Modality:	DX
Referring Physician:	DR.DMO	Study:	CHEST
Study Date:	06-Jun-2024		

X RAY CHEST PA VIEW

Both lungs are clear.

The frontal cardiac dimensions are normal. Aortic knuckle calcification is seen.

The pleural spaces are clear.

Both hilar shadows are normal in position and density.

No diaphragmatic abnormality is seen.

The soft tissues and bony thorax are normal.

Impression:

- No significant abnormality is seen.



Dr. Garima Shalendra Sharma
MBBS, M.D. (Radio Diagnosis),
DMB, FRCR
Consultant Radiologist

Date: 06-Jun-2024 12:48:16

Patient ID:	NMU0055151	Patient Name:	T NLINAKUMARAN NAIR
Age:	62 YRS	Sex:	M
Accession Number:		Modality:	US
Referring Physician:	DR. DMO	Study:	
Study Date:	06-Jun-2024		

ULTRASOUND EXAMINATION OF ABDOMEN & PELVIS

The Liver is normal in size (12.6 cm) and shows a normal parenchymal reflectivity. No obvious focal lesion is seen. The Hepatic veins appear normal. There is no IHBR dilatation. The portal vein appears normal.

The gall bladder is collapsed. C.B.D. is of normal caliber.

The visualised Pancreas is normal in size and shows homogeneous reflectivity.

The spleen is normal size. It measures 7.9 cm in long axis.

Both kidneys are normal in position and size. They show normal cortical reflectivity and cortico-medullary distinction.

There is no obvious evidence of renal calculi, hydronephrosis, or mass noted.

There is no obvious evidence of ascites.

The Urinary bladder is adequately distended and shows normal wall thickness. No evidence of any intraluminal mass or calculi.

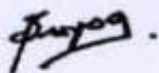
The Prostate gland is normal in size.

It has smooth outlines and normal reflectivity.

It measures 4.6 x 3.0 x 2.8 cm corresponding to an estimated weight of 21 gms.

IMPRESSION:

- No significant abnormality is seen.



DR. SUYOG SANGALE
MBBS DMRE
CONSULTANT RADIOLOGIST

Date: 06-Jun-2024 12:09:10

ID: HC55151

Visit:

6 Jun 2024

10:48:35

62years

Asian

Male

Meds: ANTI-DIABETIC

Referred by: HC
Test ind: R/O IHD

BRUCE

Max HR: 160bpm 101% of max predicted 158bpm

Max BP: 140/80

Reason for Termination: Max HR attained

Comments: GOOD EFFORT TOLERANCE

ADEQUATE CHRONOTROPIC AND IONOTROPIC RESPONSE

NO ST T CHANGES IN EXERCISE AND RECOVERY

NO ANGINA/ ARRHYTHMIA

STRESS TEST NEGATIVE FOR EXERCISE INDUCED MYOCARDIAL ISCHEMIA

DR KESHAV KALE MD DM CARDIOLOGY

Total Exercise time: 7:00

Maximum workload: 8.4METS

25.0 mm/s

10.0 mm/mV

0.16 Hz 150 Hz

50Hz

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	WorkLoad (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
PRETEST	SUPINE	2:21	0.8	0.0	1.6	103	120/80	124
EXERCISE	STAGE 1	3:00	1.7	10.0	4.6	134	120/80	161
	STAGE 2	3:00	2.5	12.0	7.0	152	130/80	198
	STAGE 3	1:00	3.3	14.0	8.4	158	130/80	205
RECOVERY	Post	3:04	***	***	1.0	113	120/80	136

Technician:

BVP MEDICOVER HOSPITAL

Unconfirmed

MAC55 010B4p2

G.A.H.

ID: HC55151

Visit:

62years

Asian

Male

BRUCE

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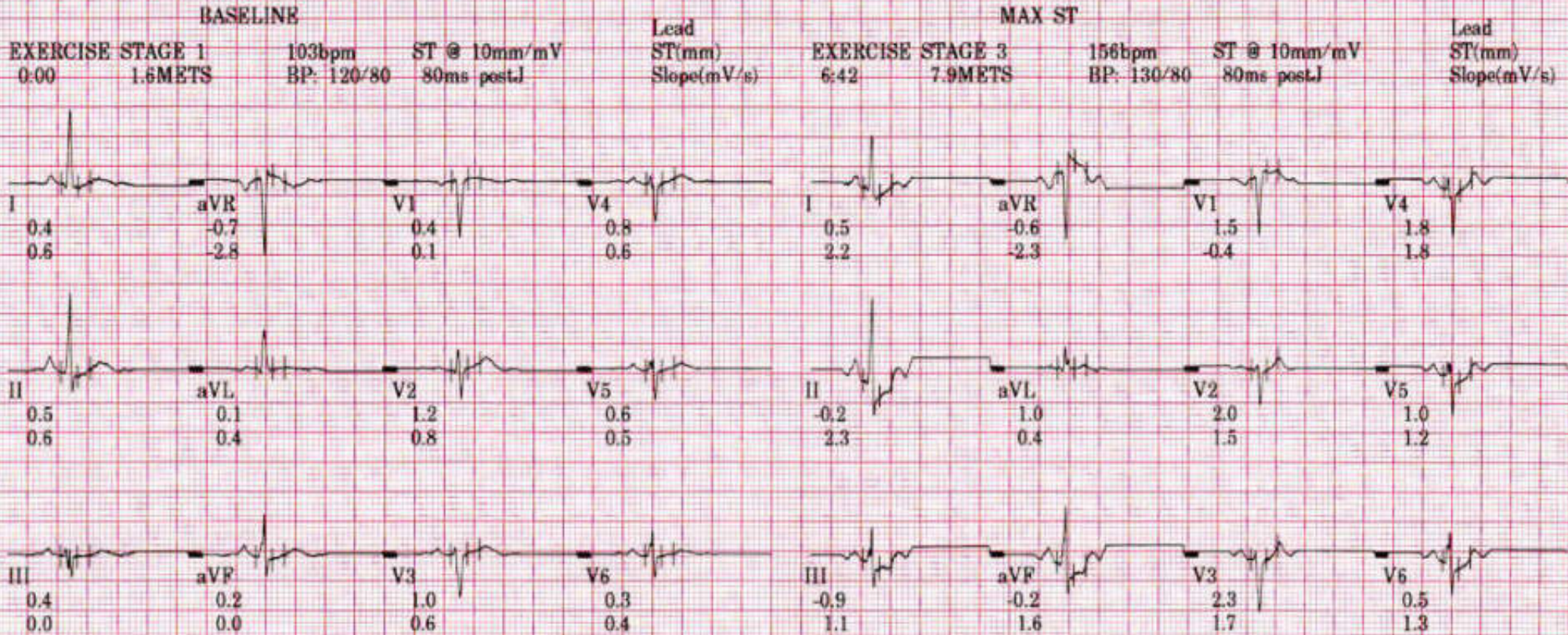
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6-Jun-2024
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BVP MEDICOVER HOSPITAL

Unconfirmed

MAC55 010Bap2

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STRESS TEST NEGATIVE FOR EXERCISE INDUCED MYOCARDIAL ISCHEMIA

DR KESHAV KALE MD DM CARDIOLOGY

ID: HC55151
Visit: 6 Jun 2024
10:48:35

62 years

Asian

Male

Meds: ANTI-DIABETIC

Referred by: HC
Test Ind: R/O IHD

BASELINE

MAX ST

EXERCISE STAGE 1 1.6 METS
103bpm
BP: 120/80
ST @ 10mm/mV
80ms postd

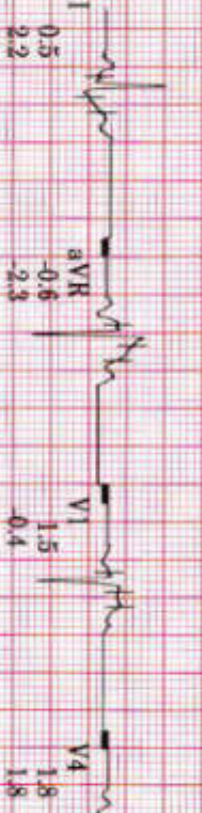
Lead
ST (mm)
Slope (mV/s)

EXERCISE STAGE 3 7.9 METS
156bpm
BP: 130/80
ST @ 10mm/mV
80ms postd

Lead
ST (mm)
Slope (mV/s)



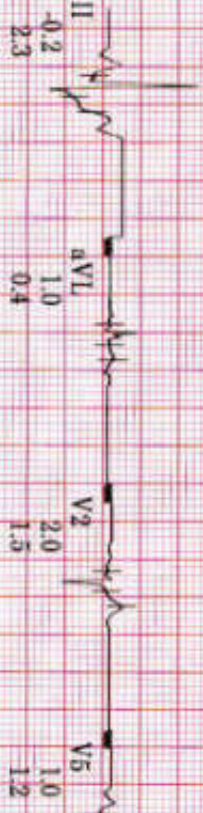
Lead	ST (mm)	Slope (mV/s)
I	0.4	6.42
aVR	-0.7	7.9 METS
aVL	0.1	
V1	0.4	
V2	0.8	
V3	0.1	
V4	0.6	
V5	0.6	
V6	0.6	
aVF	0.4	
III	0.0	



Lead	ST (mm)	Slope (mV/s)
I	0.5	6.42
aVR	-0.6	7.9 METS
aVL	1.0	
V1	1.5	
V2	2.0	
V3	0.4	
V4	1.8	
V5	1.2	
V6	1.3	
aVF	0.2	
III	1.1	



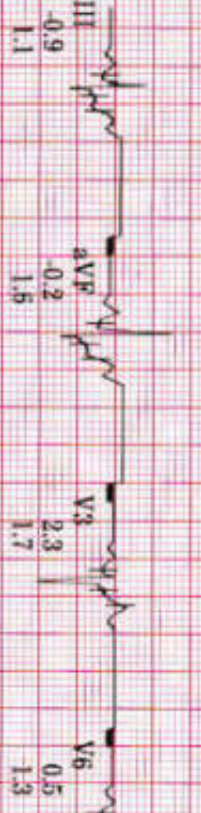
Lead	ST (mm)	Slope (mV/s)
II	0.5	6.42
aVR	-0.7	7.9 METS
aVL	0.1	
V1	0.4	
V2	0.8	
V3	0.1	
V4	0.6	
V5	0.6	
V6	0.6	
aVF	0.4	
III	0.0	



Lead	ST (mm)	Slope (mV/s)
II	-0.2	6.42
aVR	-0.6	7.9 METS
aVL	1.0	
V1	1.5	
V2	2.0	
V3	0.4	
V4	1.8	
V5	1.2	
V6	1.3	
aVF	0.2	
III	1.1	



Lead	ST (mm)	Slope (mV/s)
III	0.4	6.42
aVR	-0.7	7.9 METS
aVL	0.1	
V1	0.4	
V2	0.8	
V3	0.1	
V4	0.6	
V5	0.6	
V6	0.6	
aVF	0.4	
III	0.0	



Lead	ST (mm)	Slope (mV/s)
III	-0.9	6.42
aVR	-0.6	7.9 METS
aVL	1.0	
V1	1.5	
V2	2.0	
V3	0.4	
V4	1.8	
V5	1.2	
V6	1.3	
aVF	0.2	
III	1.1	

Technician:

Unconfirmed

BVP MEDICOVER HOSPITAL

MAC:55 010Bsp2

G.A.H

ID: HC55151

Visit:

6-Jun-2024

11:00:56

115bpm

BP: 120/80

RECOVERY
Post
3:00

BRUCE

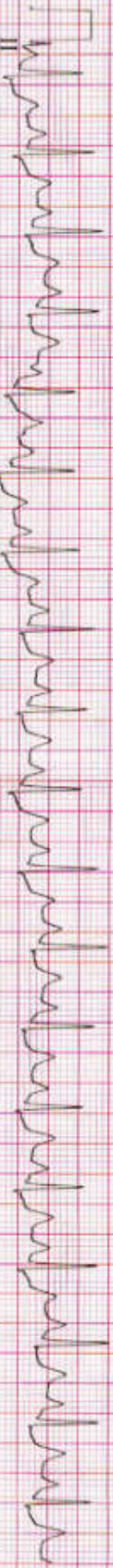
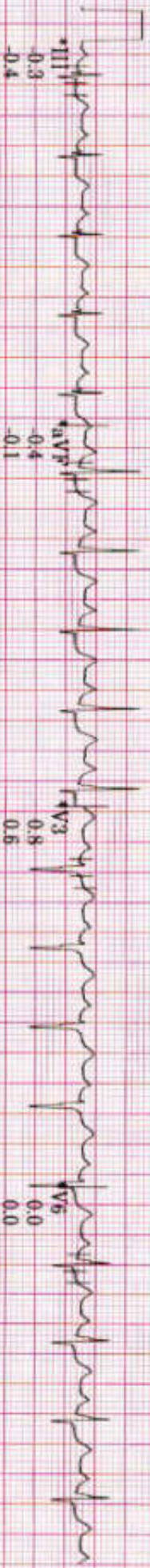
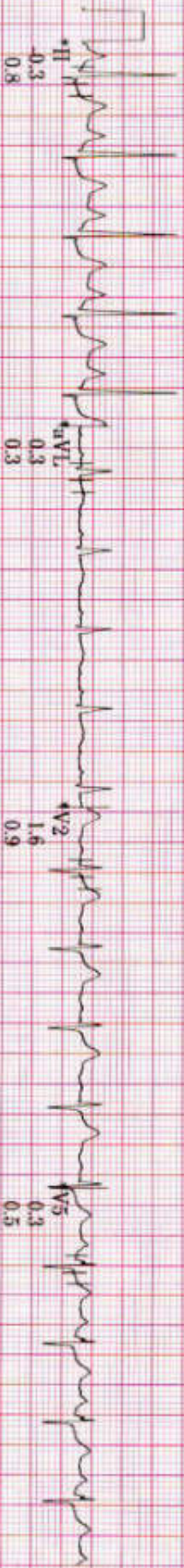
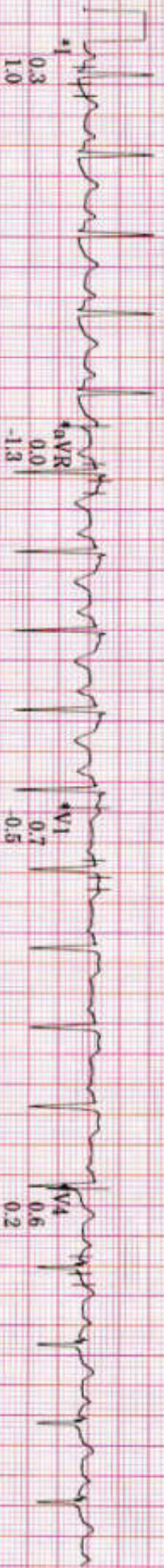
***5mph

***5%

ST @ 10mm/mV
40ms post

Lead
ST(mm)
Slope(mV/s)

150 Hz



Raw Rhythm

20 Hz

10.0 mm/mV

r-H-S 50Hz HR 46

* Computer Synthesized Rhythm

0.16 Hz ZPD

25.0 mm/s

10.0 mm/mV

r-H-S 50Hz HR 46

MAC55 010Bsp2

GAH

GAH

ID: HC55151

Visit:

6-Jun-2024

10:59:56

117bpm

BP: 130/80

ST @ 10mm/mV
80ms postJ

RECOVERY

Post

2:00

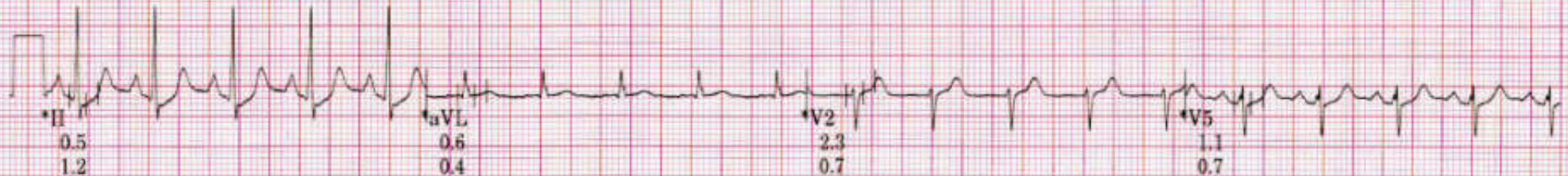
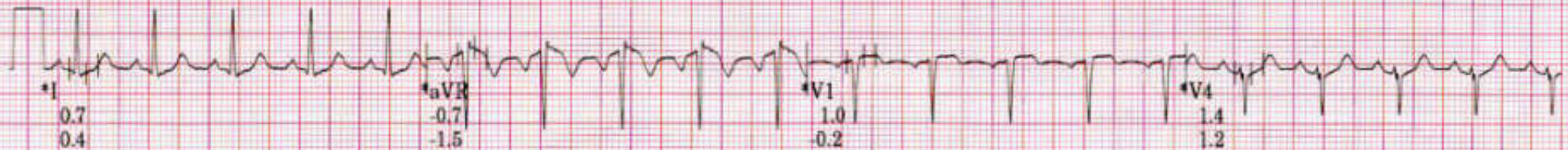
BRUCE

**.*mph

**.*%

Lead
ST(mm)
Slope(mV/s)

150 Hz



Raw Rhythm

20 Hz

* Computer Synthesized Rhythm

ID: HC55151
Visit:

6-Jun-2024
10:58:56

129bpm

BP: 140/80

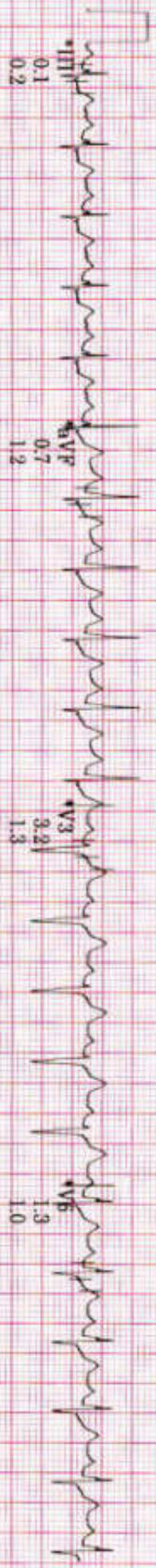
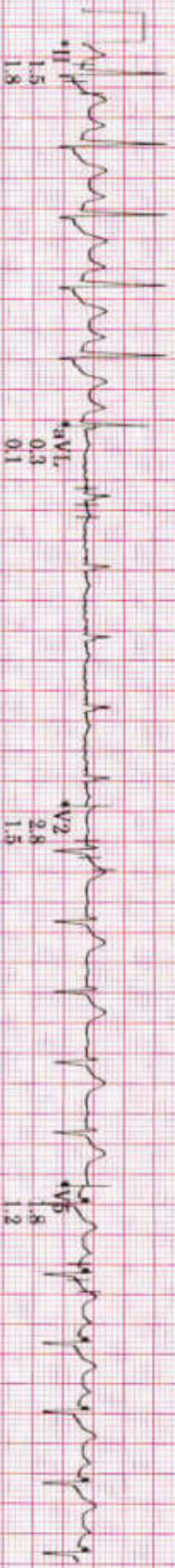
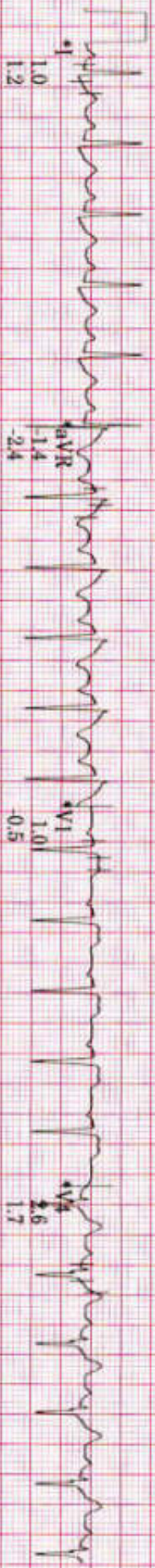
RECOVERY
Post
1:00

BRUCE
** 3 mph
** 4 mph

ST @ 10mm/mV
xGms postL

Lead
ST(mV)
Slope(mV/s)

150 Hz



0.16 Hz ZPD

25.0 mm/s

10.0 mm/mV

46 H-S 30Hz HR 46

Computer Synthesized Rhythm

MAC55 010Bsp2

GAH

T N KUMARAN

ID: HC56161

Visit:

6-Jun-2024

10:57:56

158bpm

BP: 130/80

EXERCISE
STAGE 3

7:00

BRUCE

3.3mph

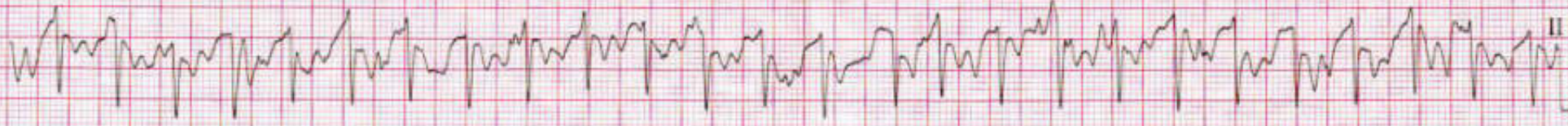
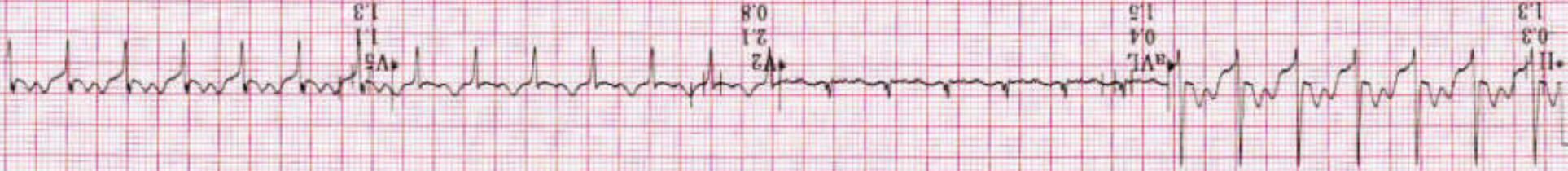
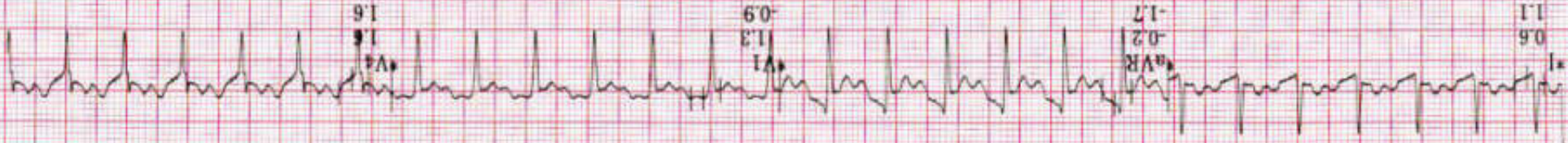
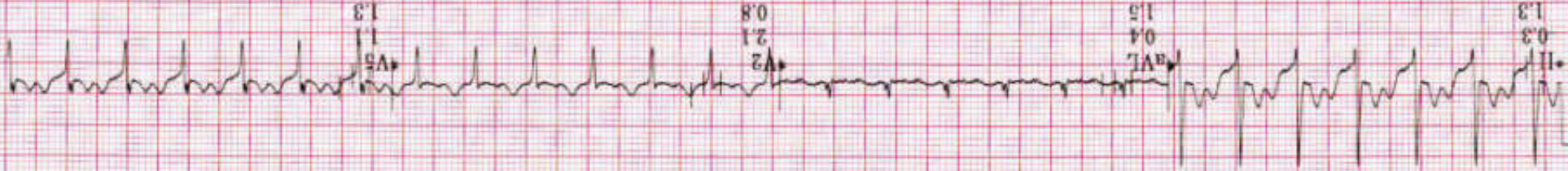
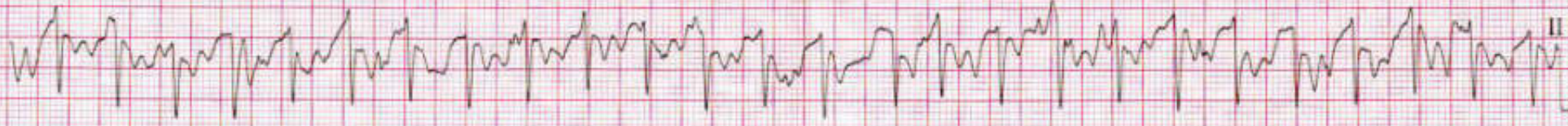
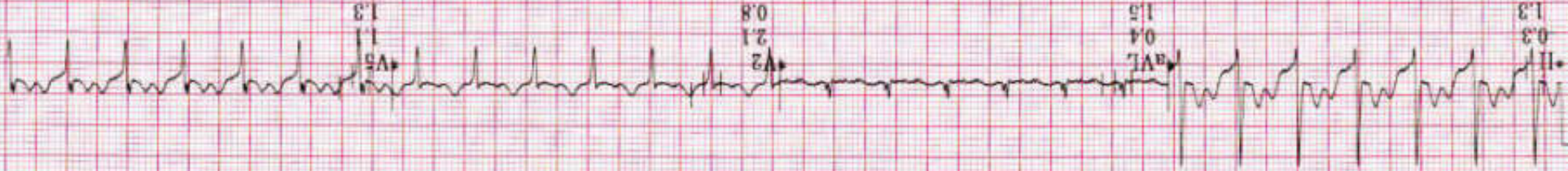
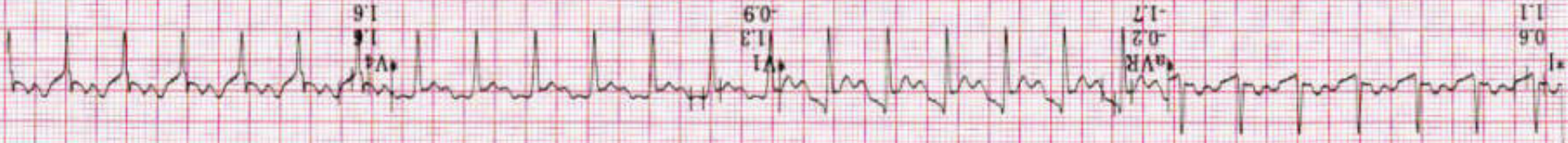
14.0%

ST @ 10mm/mV

80ms postd

Lead
ST(mm)
Slope(mV/s)

150 Hz



Raw Rhythm

20 Hz

* Computer Synthesized Rhythm

0.16 Hz ZPD

25.0 mm/s

10.0 mm/mV

A-H-S 50Hz HR 46

MAC55 010Bsp2

II

CAH

LINKED MEDIANS REPORT

BVP MEDICOVER HOSPITAL

ID: HC56151

Visit:

6-Jun-2024

10:57:25

155bpm

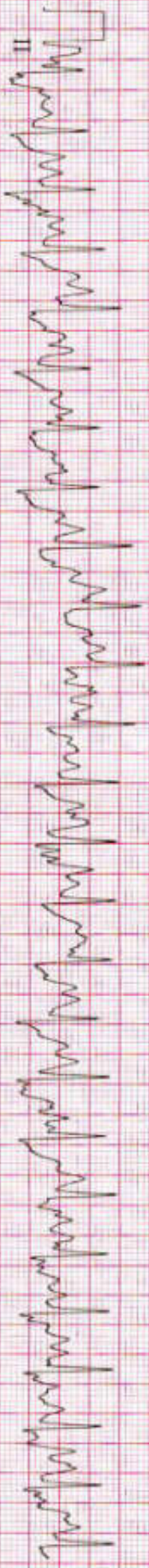
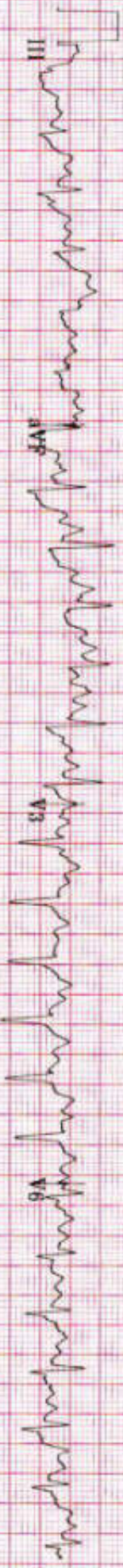
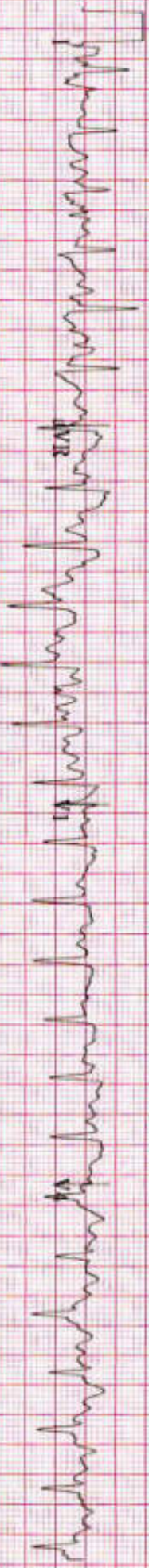
EXERCISE
STAGE 3

5:30

BRUCE

3.3mph

14.0%



0.16-20 Hz ZPD 25.0 mm/s 10.0 mm/mV
 50Hz A-H-S-HR 46 4 by 2.5s + 1 rhythm

MAC55 010Bsp2

2

GAM

ID: HC55151

Visit:

6-Jun-2024

10:56:46

152bpm

BP: 130/80

ST @ 10mm/mV
80ms postJ

EXERCISE

STAGE 2

5:50

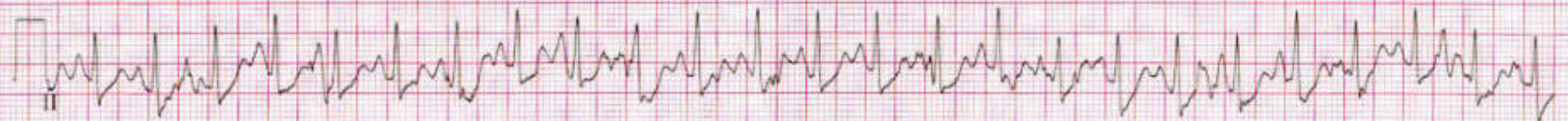
BRUCE

2.5mph

12.0%

Lead
ST(mm)
Slope(mV/s)

150 Hz



Raw Rhythm

20 Hz

* Computer Synthesized Rhythm

ID: HC65151

Visit:

6-Jun-2024
10:53:46

132bpm

BP: 120/90

ST @ 10mm/mV
80ms postJ

EXERCISE
STAGE 1

2:50

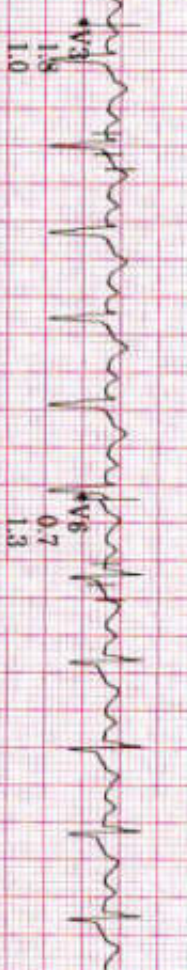
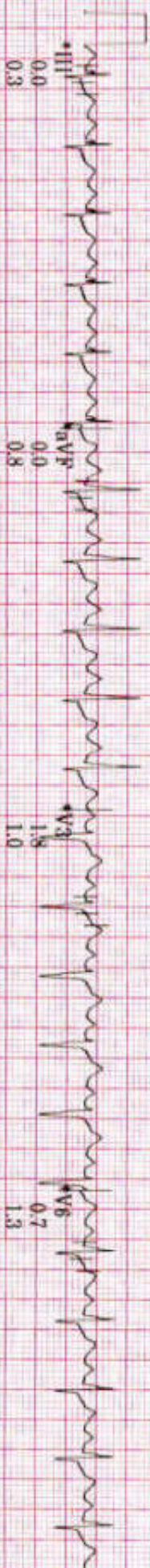
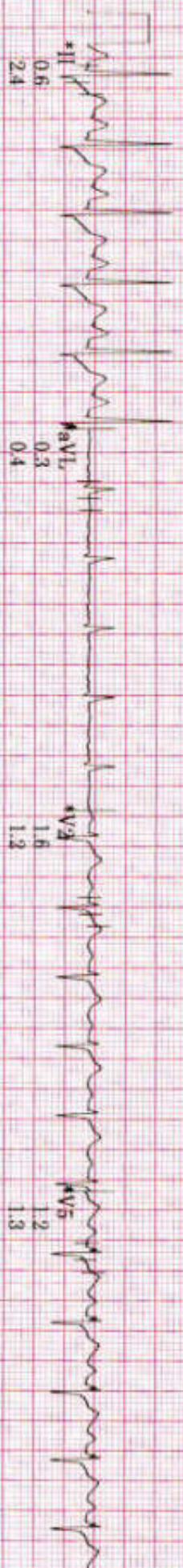
BRUCE

1.7mph

10.0%

Lead
ST(mm)
Slope(mV/s)

150 Hz



0.16 Hz ZPD 250 mm/s 10.0 mm/mV H-S 50Hz HR 46

* Computer Synthesized Rhythm

MAC55 010Bsp2

GAH

ID: HC55151

Vital:

6-Jun-2024

10:49:56

86bpm

BP: 120/80

PRETEST

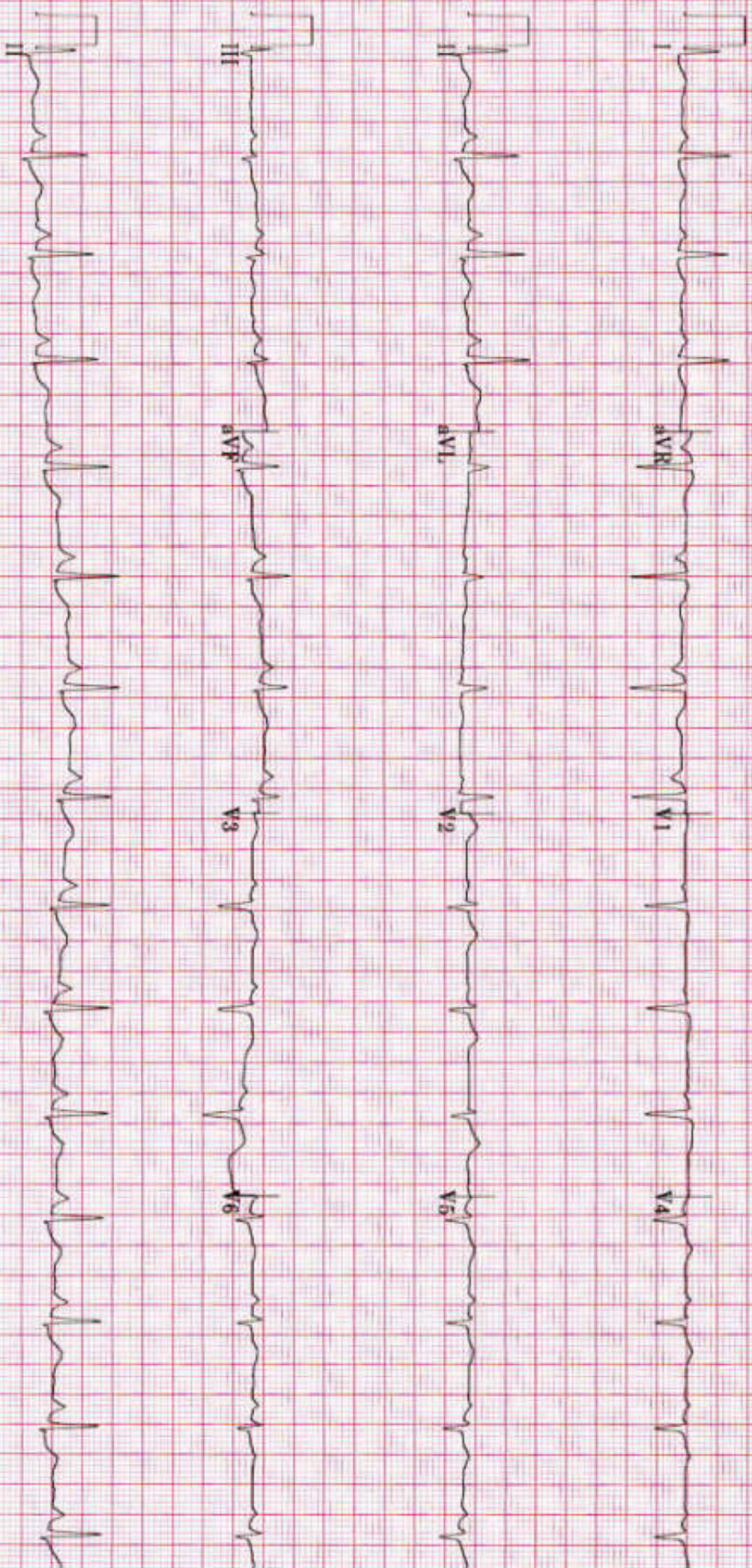
SUPINE

1:21

BRUCE

4 mph

5%



0.16-20 Hz ZPD 25.0 mm/s

10.0 mm/mV

40Hz A-H-S HR 46

4 by 2.5s + 1 rhythm

MAC55 010Bsp2

II

GAH