

MER- MEDICAL EXAMINATION REPORT

Date of Examination	9/12/23		
NAME	SUPRIYA KAUSHIK		
AGE	36	Gender	F
HEIGHT(cm)	168	WEIGHT (kg)	79 BME- 28.0
B.P.	110/68		
ECCG	Normal		
X Ray	Normal		
Vision Checkup	Very poor eyes		
Present Ailments	None		
Details of Past ailments (If Any)	No		
Comments / Advice : She /He is Physically Fit	Medicinally Fit		



  
 Signature with Stamp of Medical Examiner  
 Dr. Smita Rastogi  
 MBBS, DCP  
 Reg. No. 37370


**भारत सरकार**  
 Government of India


 पंजीकृत महिला  
 Sunita Kaur  
 Job ID: DCA 27081987  
 लिंग: Female




4485 6227 1037

**मेरा आधार, मेरी पहचान**

*Supriya*





**भारत सरकार**  
 Government of India

**Unique Identification Authority of India**

पता  
 एन.के.आर. अपार्टमेंट, सेक्टर-53,  
 गांधी नगर, नोटा, उत्तर प्रदेश, 201301

Address  
 W/O. Arun Kumar Singh, 9 C,  
 Kanchunaga Apartment,  
 Sector-53, Noida, Gautam Buddha  
 Nagar, Noida, Uttar Pradesh,  
 201301

4485 6227 1037


Dear sir

You have been informed that ent Ophthal, gynac and diet consultation facility is not available at our centre. If you are ready then your test can be start.

*Supre*



I am not ready for the pap smear test because of my personal reasons.

*Supra*



**CLINIC :**

1/4A, Vineet Khand, (Opp Jaipuria Management)  
Gomti Nagar, Lucknow - 226 010  
Ph. 0522-4008184, 4308184 • 8112323230  
Mob: 7618884441, 9450389932, 8177063877

Date	: 09-Dec-2023		
Name	: Mrs. SUPRIYA KAUSHIK	Age	: 36 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Female
Haemoglobin	11.3	gm%	11 - 14
Total Leucocyte Count	5000	Cells/cumm.	4000-11000
<b>Differential Leucocyte Count</b>			
Polymorphs	58	%	45 - 70
*Lymphocytes	36	%	20 - 45
Eosinophils	02	%	0 - 6
Monocytes	04	%	0 - 8
Basophils	00	%	0 - 1
<b>Erythrocyte Sedimentation Rate (Wintrobe)</b>			
ESR	14	mm in 1st Hr.	0 - 19
PCV	<b>34.9</b>	cc%	40 - 52
Corrected ESR	04	mm in 1st Hr.	0 - 19
Platelet Count	1.52	lakh/cumm.	1.5 - 4.0
Red Cells Count	4.25	million/cmm	3.90 to 4.60
<b>Absolute values</b>			
MCV	82.2	fL	77 - 97
MCH	27.6	pg	27 - 31
MCHC	32.4	gm /dl	31 - 34

**Dr. Sanjay Rastogi**  
M.B.B.S., M.D. (Path & Bact) (BARC)

**Dr. Smita Rastogi**  
M.B.B.S., DCP

Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

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Report needs clinicopathological correlation ♦ Not for Medico Legal Purpose

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# MODERN PATHOLOGY & DIAGNOSTIC CENTRE

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Dr. R. P. Rastogi  
M.B.B.S., M.D. (Path & Bact)



Date : 09-Dec-2023

Name : Mrs. SUPRIYA KAUSHIK

Age : 36 Yrs.

Ref.By : APOLLO HEALTH

Sex : Female

## General Blood Picture

<b>RBCs</b>	RBCs are Normocytic & Normochromic. No Normoblasts are seen.
<b>WBCs</b>	TLC is within normal range. DLC shows normal counts. No immature cells of WBC seen.
<b>PLATELETS</b>	Platelets are adequate in number and morphology.
<b>OTHERS</b>	No haemoparasites are seen.
<b>IMPRESSION</b>	Normal GBP

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Dr. Smriti Rastogi  
M.B.B.S., DCP

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Date	: 09-Dec-2023	Age	: 36 Yrs.
Name	: Mrs. SUPRIYA KAUSHIK	Sex	: Female
Ref.By	: APOLLO HEALTH		

KFT			
UREA	16.8	mg %	15 - 50
CREATININE	1.12	mg %	0.5 - 1.5
URIC ACID	5.2	mg %	2 - 6
CALCIUM	9.1	mg %	8.8 - 10.0

Plasma Glucose - F GOD-POD Method	103	mg/dl	70 - 110
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Plasma Glucose - PP GOD POD Method	114	mg/dl	110 - 170
---------------------------------------	-----	-------	-----------

Blood Group & Rh	"B" Positive		
------------------	--------------	--	--

LFT T&D			
Total Bilirubin	0.46	mg%	0.2 - 1.0
Direct Bilirubin	0.18	mg%	0.0 to 0.40
Indirect Bilirubin	0.28	mg%	0.10 to 0.90
S.G.P.T	21	IU/L	5 - 40
S.G.O.T	16	IU/L	5 - 50
ALP	88	IU/L	35 to 104

Serum Gamma G.T.	16	IU/L	11 - 50
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Date	: 09-Dec-2023	Age	: 36 Yrs.
Name	: Mrs. SUPRIYA KAUSHIK	Sex	: Female
Ref.By	: APOLLO HEALTH		

### LIPID PROFILE

Triglycerids	87	mg%	70 - 190
S. Cholestrol S.	160	mg%	130 - 230
S. HDL Cholestrol	40.4	mg%	35 - 75
S. LDL Cholestrol	102.2	mg%	75 - 150
VLDL	17.4	mg%	0 - 34
Chol / HDL factor	3.96		
LDL / HDL Factor	2.53		

### COMMENTS

- \* Triglycerides (TG) are the main dietary lipids. Cholesterol constitutes a small part of the dietary lipids, it is mostly synthesised in the liver. Both TG and Chol. are transported through the plasma by lipoproteins (Chylomicrons, VLDL, LDL, IDL, HDL).
- \* LDL is the major cholesterol particle in plasma and high levels are strongly implicated in the formation of atheroma. An increase in the LDL leads to hypercholesterolemia, and therefore a risk factor for IHD. LDL increases with age particularly in females. Oestrogen lower LDL and raise HDL. Raised chol. in females is mostly due to disturbed thyroid function.
- \* Increase in VLDL leads to hyperglyceridaemia. Raised TGs are associated with increased risk of CHD. Very high TGs increase the risk of Pancreatitis. Cholesterol is often raised due to Diabetes, Renal disease, Diuretic or Betablocker therapy.

### TYPES OF HYPERLIPOPROTEINEMIAS

TYPE 1: Normal cholesterol TG greatly raised	TYPE 3: Cholesterol increased TG increased
TYPE 2a: Cholesterol increased LDL increased TG normal	TYPE 4: Cholesterol normal /increased VLDL increased TG increased
TYPE 2b Chol. increased VLDL raised TG increased LDL increased	TYPE 5: Cholesterol increased LDL reduced VLDL increased TG greatly increased

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Date : 09-Dec-2023

Name : Mrs. SUPRIYA KAUSHIK

Age : 36 Yrs.

Ref.By : APOLLO HEALTH

Sex : Female

## THYROID TEST

Tri-iodothyronine (T3)	2.16	nmol/L	0.50 to 2.50
Thyroxine (T4)	8.10	mcg/dL	5.0 to 12.5
Thyroid Stimulating Hormone (TSH)	1.29	mIU/ ml	0.3 to 6.0

### COMMENTS

- 1) Primary hyperthyroidism is accompanied by elevated Serum T3 and T4 values along with depressed TSH levels.
- 2) Primary Hypothyroidism is accompanied by depressed serum T3 and T4 values and elevated serum TSH levels.
- 3) Normal T4 levels accompanied by high T3 levels are seen in patients with T3 thyrotoxicosis.
- 4) Slightly elevated T3 levels may be found in pregnancy and estrogen therapy, while depressed levels maybe encountered in severe illness, malnutrition, renal failure and during therapy with drugs like propranolol and propylthiouracil.
- 5) Elevated TSH levels may also be indicative of TSH secreting Pituitary Tumour.

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Age : 36 Yrs.

Ref.By : APOLLO HEALTH

Sex : Female

### Glycosylated Haemoglobin

Glycosylated Haemoglobin 5.3 % 4.5 TO 6.0

=====

INTERPRETATION AND COMMENTS

=====

NON DIABETIC : 4.5 to 6.0 %  
GOOD CONTROL: 6.0 to 7.0  
FAIR CONTROLLED 7.0 AND 8.0  
UNCONTROLLED 8.0 AND ABOVE

Glycosylated haemoglobin is the adducted glucose in the haemoglobin of the red blood cells, this adduction is stable for the life time of the RBC (i.e 120 days). There fore the measure of glycosylated haemoglobin reflects the average blood glucose concentration over the preseding several weeks. The sudden change in blood glucose level would not effect the glycosylated haemoglobin level ,which serves as a better marker of long term metabolic control and the efficacy of therapy.

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Date	: 09-Dec-2023	Age	: 36 Yrs.
Name	: <b>Mrs. SUPRIYA KAUSHIK</b>	Sex	: Female
Ref.By	: APOLLO HEALTH		
Urine Sugar (Fasting)	NIL		
Urine Sugar (PP)	NIL		

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Date : 09-Dec-2023

Name : Mrs. SUPRIYA KAUSHIK

Age : 36 Yrs.

Ref.By : APOLLO HEALTH

Sex : Female

## Urine Examination

### PHYSICAL

Colour	Straw
Turbidity	Nil
Deposit	Nil
Reaction	Acidic
*Specific Gravity	1.025

### CHEMICAL

Protein	Nil
Sugar	Nil
*Bile Salts	Nil
*Bile Pigments	Nil
Phosphate	Nil

### MICROSCOPIC

Pus Cells	Nil	/hpf
Epithelial Cells	1-2	/hpf
Red Blood Cells	Nil	/hpf
Casts	Nil	
Crystals	Nil	
Others	Nil	

Dr. Sanjay Rastogi

M.B.B.S., D.C.P., D.C.C.P. (BARC)

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Registration Date 10/12/2023

Age : 35 Sex: M

Name : Mr Arun Kumar Singh

Ref By: Apollo Health

## EYES EXAMINATION REPORT

EYE SIGHT	DISTANT VISION		NEAR VISION	
	RIGHT	LEFT	RIGHT	LEFT
WITHOUT GLASSES	6/24	6/36	N-6	N-6
WITH GLASSES	6/6	6/6		
POWER OF GLASSES IF USED	-4.75	-5.75		
FUNDUS	NORMAL			
COLOR VISION	Present Normal according to ISHIHARA'S CHART			
PUPILS	Normally reacting to light and accommodation			



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Dr. R. P. Rastogi  
M.B.B.S., M.D. (Path & Bact)



Patient name: **Mrs Supriya kaushik**  
Ref By. Apollo Health

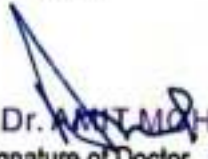
Age/Sex 36/F  
09/12/2023

## E.C.G. REPORT

1. Rhythm	:	Sinus, Regular
2. Atrial Rate	:	68/mt
3. Ventricular Rate	:	68/mt
4. P – Wave	:	Normal
5. P R Interval	:	Normal
6. Q R S	:	
Axis	:	Normal
R/S Ratio	:	Normal
Configuration	:	Normal
7. Q T c Interval	:	Normal
8. S-T Segment	:	Normal
9. T-Wave	:	Normal

## FINAL IMPRESSION

**E.C.G. is within normal limits.**

  
Dr. Smita Rastogi  
Signature of Doctor MD  
Reg. No. 44559

**Dr. Sanjay Rastogi**  
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**Dr. Smita Rastogi**  
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Name Supriya Kaushik  
Supriya

Age \_\_\_\_\_ Yrs M/F \_\_\_\_\_

10mm/mV

25mm/s

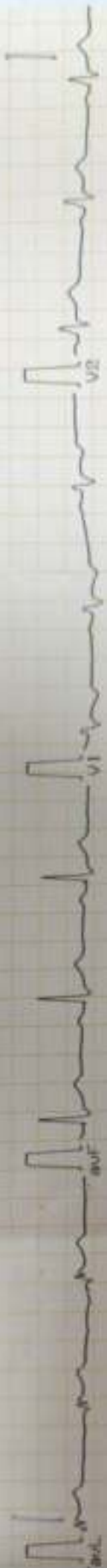
0.1-05 Hz

RLC



CLASSIFIED ECG 10-104

Dr. \_\_\_\_\_



Dr. Supriya Kaushik MD  
Reg. No. 44559

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TEST REQUEST ID : 012312090011	SAMPLE DATE	:09/Dec/2023 08:52AM
NAME : Mrs. SUPRIYA KAUSHIK	SAMPLE REC. DATE	:09/Dec/2023 08:52AM
AGE/SEX : 36 YRS/FEMALE	REPORTED DATE	:09/Dec/2023 11:40AM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01090011

## USG WHOLE ABDOMEN-FEMALE

**Liver:** is enlarged in size (158 mm). Parenchymal echogenicity is increased. A simple cyst of 13 x 8 mm in size is seen in left lobe of liver. Intrahepatic biliary radicles are not dilated.

**Gall Bladder:** is well distended. Lumen is anechoic. Wall is of normal thickness.

**CBD:** is normal in diameter. Portal vein is normal in diameter.

**Pancreas:** is normal in size, shape and echotexture. No focal echovariant lesion is seen. Pancreatic duct is not dilated.

**Spleen:** is normal in size (112 mm), shape and echotexture. No focal echovariant lesion is seen. Splenic vein is normal.

**Both Kidneys:** are normal in size (RK- 97 x 38 mm & LK - 104 x 49 mm), shape, position and excursion. Parenchymal echogenicity and echotexture is normal with maintained corticomedullary differentiation. No mass, cyst or calculi is seen. Pelvicalyceal systems are not dilated. Ureters are not dilated.

**Urinary bladder:** is well distended. Lumen is anechoic. Wall is of normal thickness. No mass or calculus is seen.

**Uterus** is normal in size (72 x 46 x 42 mms), shape and echotexture. It is anteverted. Myometrium is homogenous. No focal mass is seen. Endometrial thickness is normal. Cervix appears normal in size, shape and echotexture. No evidence of collection in cervical canal.

**Bilateral Ovaries and adnexae** Both ovaries are normal in size, shape and echotexture. No adnexal solid or cystic mass lesion is seen.

Both iliac fossae are clear. No obvious bowel pathology is noted.  
There is no free fluid in peritoneal cavity.

### OPINION:

- HEPATOMEGALY WITH GRADE-1 FATTY LIVER & SIMPLE HEPATIC CYST LEFT LOBE OF LIVER.

\*\*\* End Of Report \*\*\*

**Dr. Sanjay Rastogi**  
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**DR. PANKAJ UPADHYAYA**  
Consultant Radiologist

**Dr. Smita Rastogi**  
M.B.B.S., DCP

Print Date/Time: 09/12/2023 11:40 AM

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TEST REQUEST ID :012312090011	SAMPLE DATE	:09/Dec/2023 08:52AM
NAME :Mrs. SUPRIYA KAUSHIK	SAMPLE REC. DATE	:09/Dec/2023 08:52AM
AGE/SEX :36 YRS/FEMALE	REPORTED DATE	:09/Dec/2023 02:47PM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01090011

### XRAY CHEST PA

- Trachea is central in position.
- Bilateral lung fields are normally aerated.
- Both hilar shadows are normal.
- Both C.P. angles are clear.
- Cardiac shadow is within normal limits.
- Bony cage appears normal.

### OPINION: NORMAL STUDY.

Please correlate clinically.

\*\*\* End Of Report \*\*\*

**Dr. Sanjay Rastogi**  
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**DR. PANKAJ PADHYAYA**

**Dr. Smita Rastogi**  
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# MODERN PATHOLOGY AND DIAGNOSTIC CENTER

Gomti Nagar Lucknow

Report



SUPRIYA KAUSHIK / 36 Yrs / F / 168 Cms / 79 Kg  
 Date: 09 - 12 - 2023 Refd By : APOLLO HEALTH Examined By:

Stage	Time	Duration	Speed(Kmph)	Elevation	METs	Rate	% THR	BP	RPP	PVC	Comments
Supine	00:04	0:04	00.0	00.0	01.0	076	41 %	110/68	083	00	
Standing	00:08	0:04	00.0	00.0	01.0	076	41 %	110/68	083	00	
HV	00:13	0:05	00.0	00.0	01.0	080	43 %	110/68	088	00	
ExStart	00:35	0:22	00.0	00.0	01.0	084	46 %	110/68	092	00	
BRUCE Stage 1	03:35	3:00	02.7	10.0	04.7	114	62 %	110/68	125	00	
BRUCE Stage 2	06:35	3:00	04.0	12.0	07.1	140	76 %	124/82	173	00	
PeakEx	07:55	1:20	05.5	14.0	08.5	157	85 %	140/90	219	00	
Recovery	08:55	1:00	00.0	00.0	01.1	113	61 %	138/88	155	00	
Recovery	09:55	2:00	00.0	00.0	01.0	092	50 %	132/84	121	00	
Recovery	10:55	3:00	00.0	00.0	01.0	082	45 %	128/82	104	00	
Recovery	11:01	3:05	00.0	00.0	01.0	082	45 %	128/82	104	00	

## FINDINGS :

Exercise Time : 07:20  
 Max HR Attained : 157 bpm 85% of Target 184  
 Max BP Attained : 140/90 (mm/Hg)  
 Max WorkLoad Attained : 8.5 Fair response to induced stress  
 Test End Reasons : Test Complete

## REPORT :

### CONCLUSIONS:

1. STRESS TEST IS NEGATIVE FOR EXERCISE INDUCED ISCHAEMIC HEART DISEASE.

DR. T. N. MISHRA  
 Reg. No. 123456789

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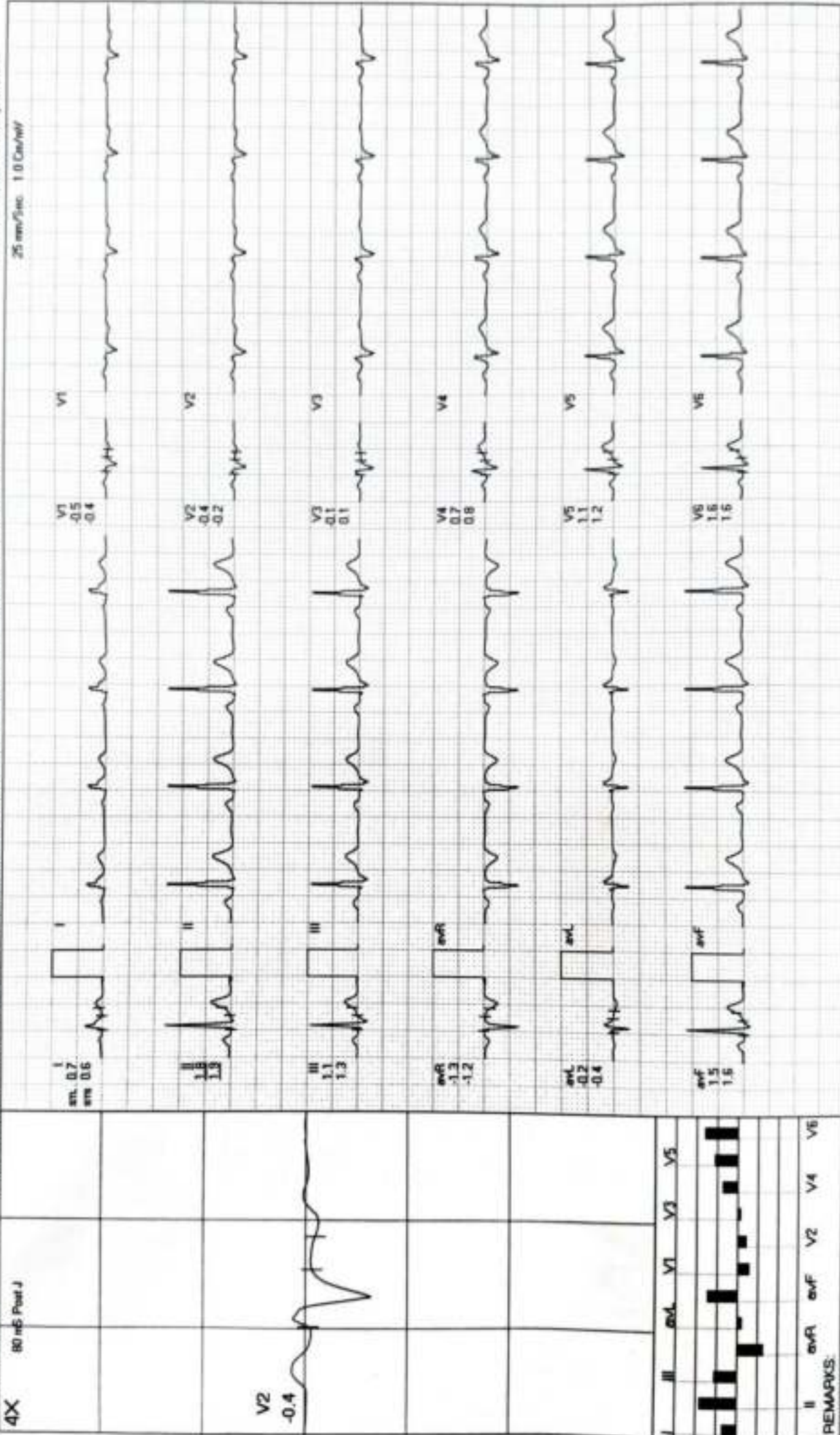
SUPRIYA KAUSHIK / 36 Yrs / F / 168 Cms / 79 Kg / HR : 76

**BRUCE:Supine(0:06)**



Date: 09-12-2023 METS: 1.0/ 76 bpm 41% of THR BP: 110/68 mmHg Combined Medians/BLC On/Notch On/HF 0.05 Hz/LF 35 Hz

ExTime: 00:00 0.0 Kmph 0.0%



REMARKS:

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SUPRIYA KAUSHIK / 36 Yrs / F / 168 Cms / 79 Kg / HR : 76

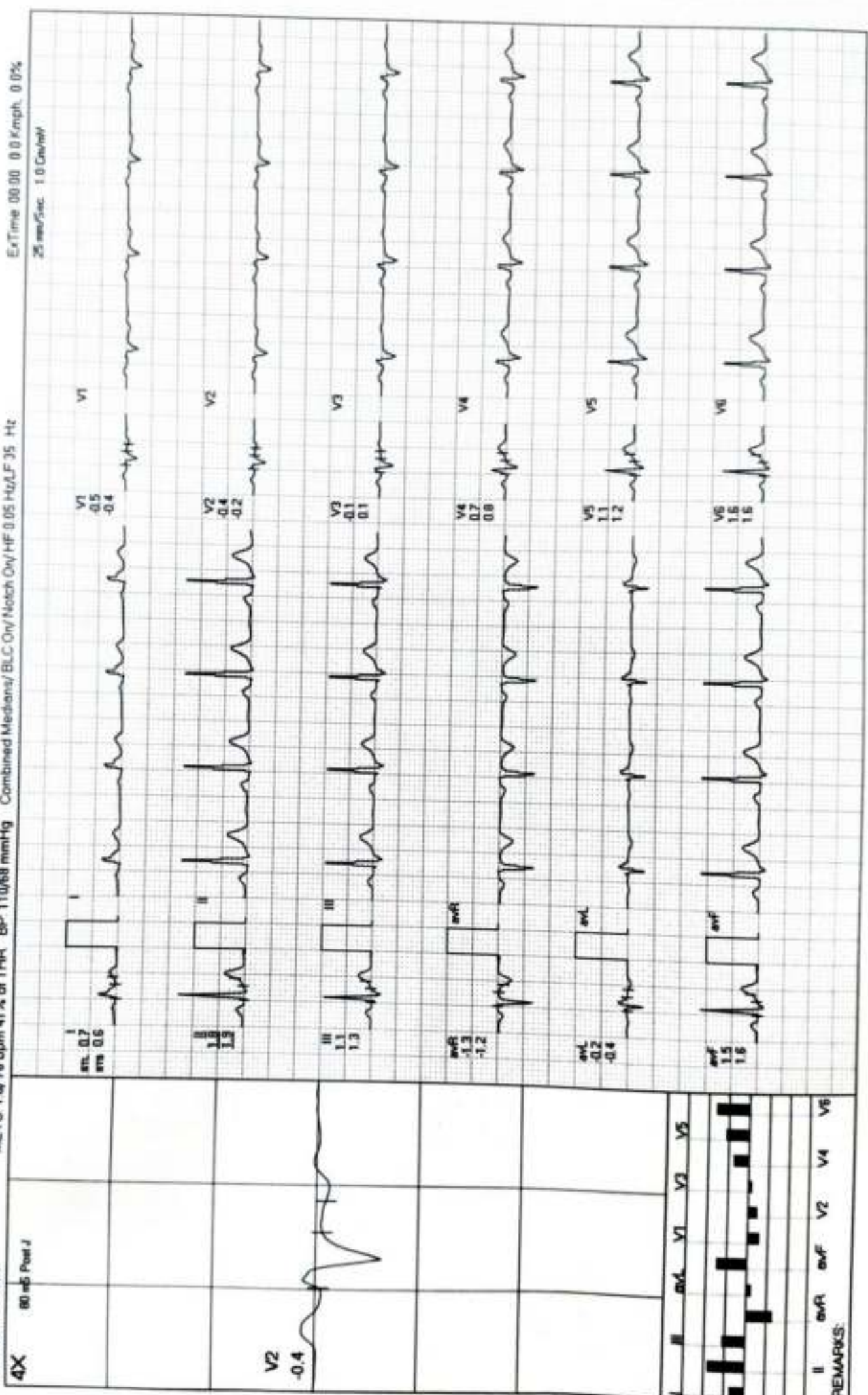
**BRUCE: Standing(0:05)**



Date: 09-12-2023

METS: 1.0 / 76 bpm 41% of THR BP: 110/68 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime: 00:00 0.0 Kmph 0.0%



REMARKS:

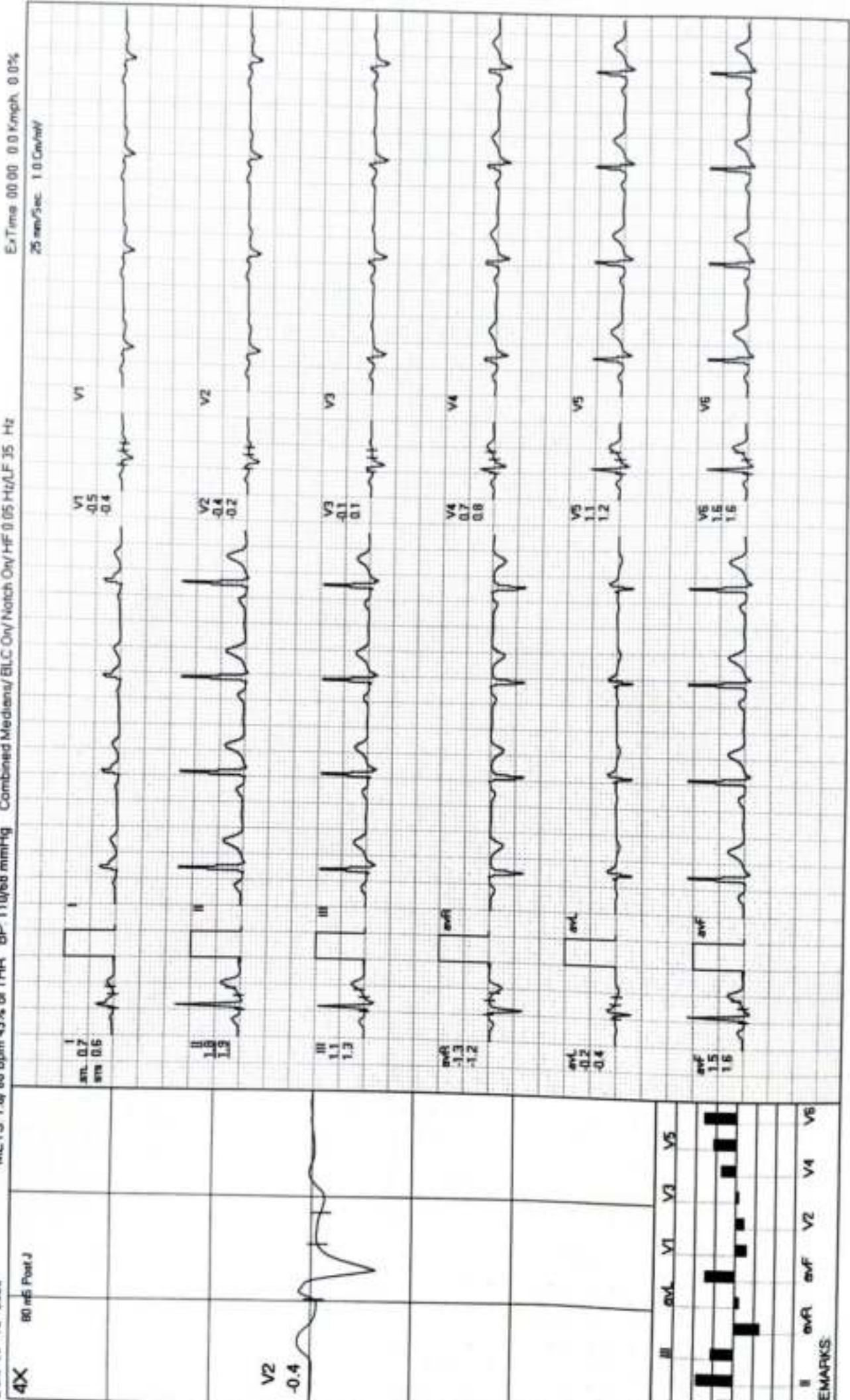
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SUPRIYA KAUSHIK / 36 Yrs / F / 168 Cms / 79 Kg / HR : 80

**BRUCE:HV(0:07)**



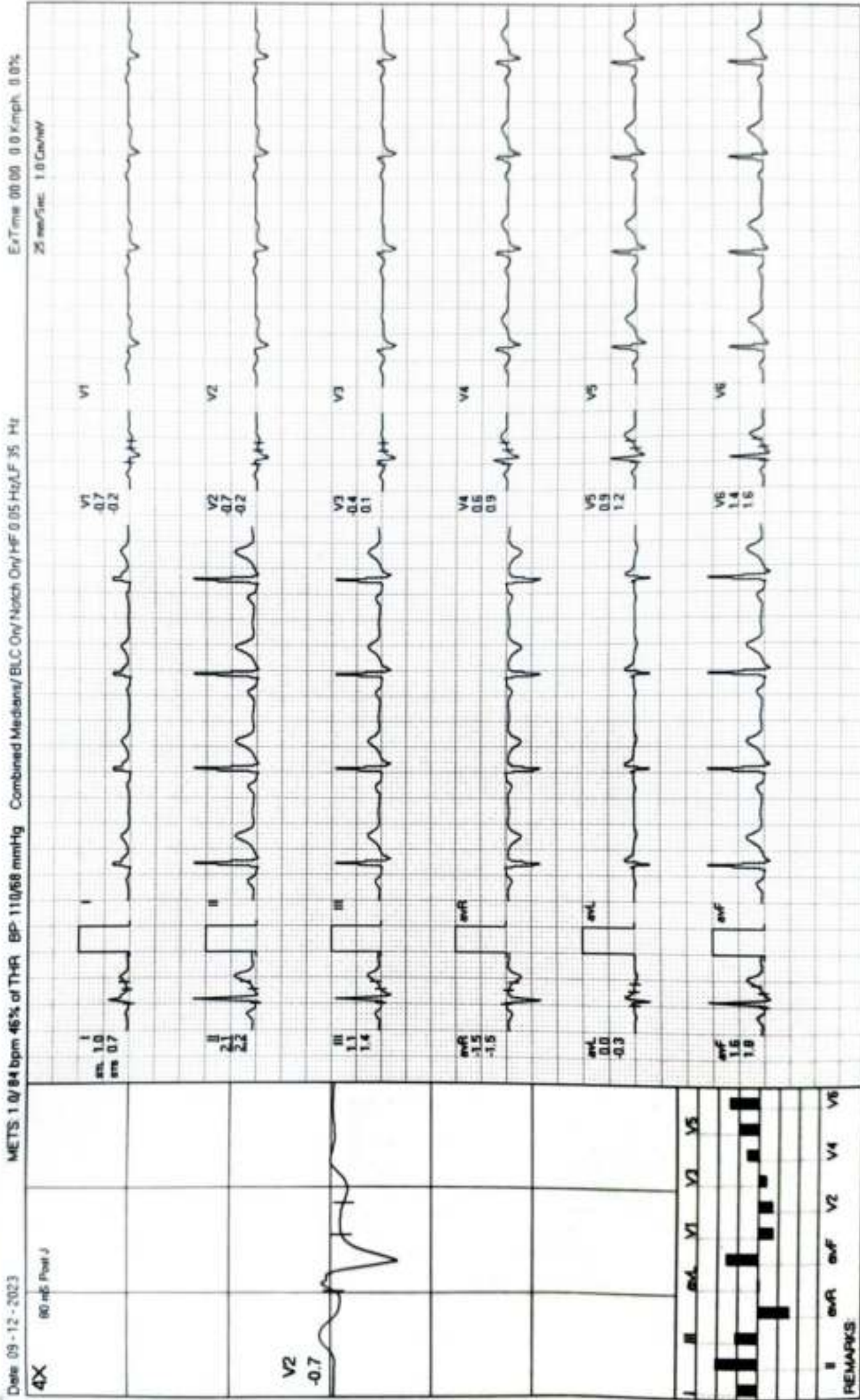
Date 09-12-2023 METS 1.0/80 bpm 43% of THR BP 110/68 mmHg Combined Medians/BLC Ov/Notch Ov/HF 0.05 Hz/LF 35 Hz



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SUPRIYA KAUSHIK / 36 Yrs / F / 168 Cms / 79 Kg / HR : 84

**ExStart**



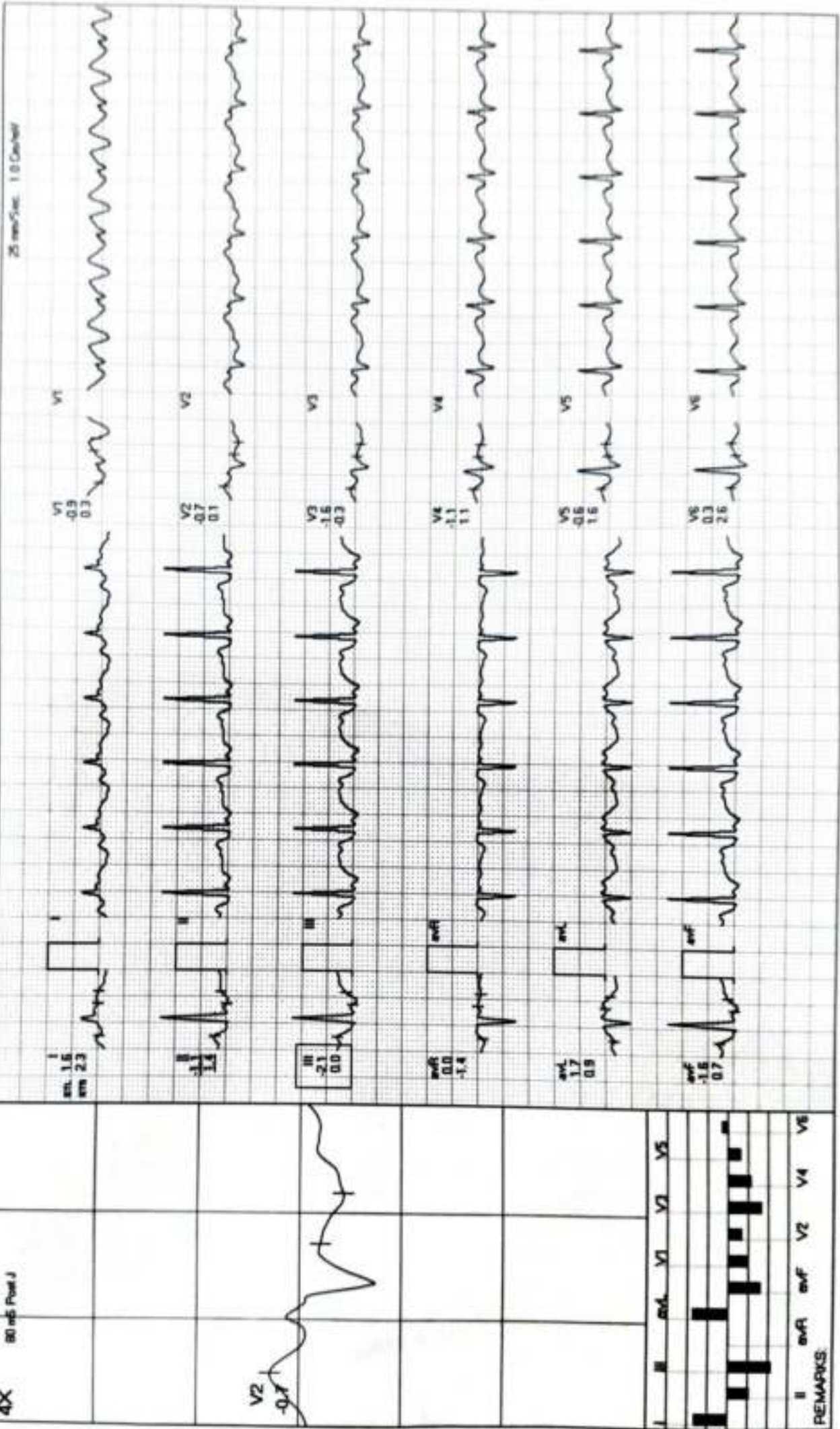
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SUPRIYA KAUSHIK / 36 Yrs / F / 168 Cms / 79 Kg / HR : 114

**BRUCE: Stage 1(3:00)**



Date 09-12-2023 METS 4.7/114 bpm 62% of THR BP: 110/68 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz ExTime 03:00 2.7 Kmph 10.0%



REMARKS: II aVR aVL V2 V4 V6



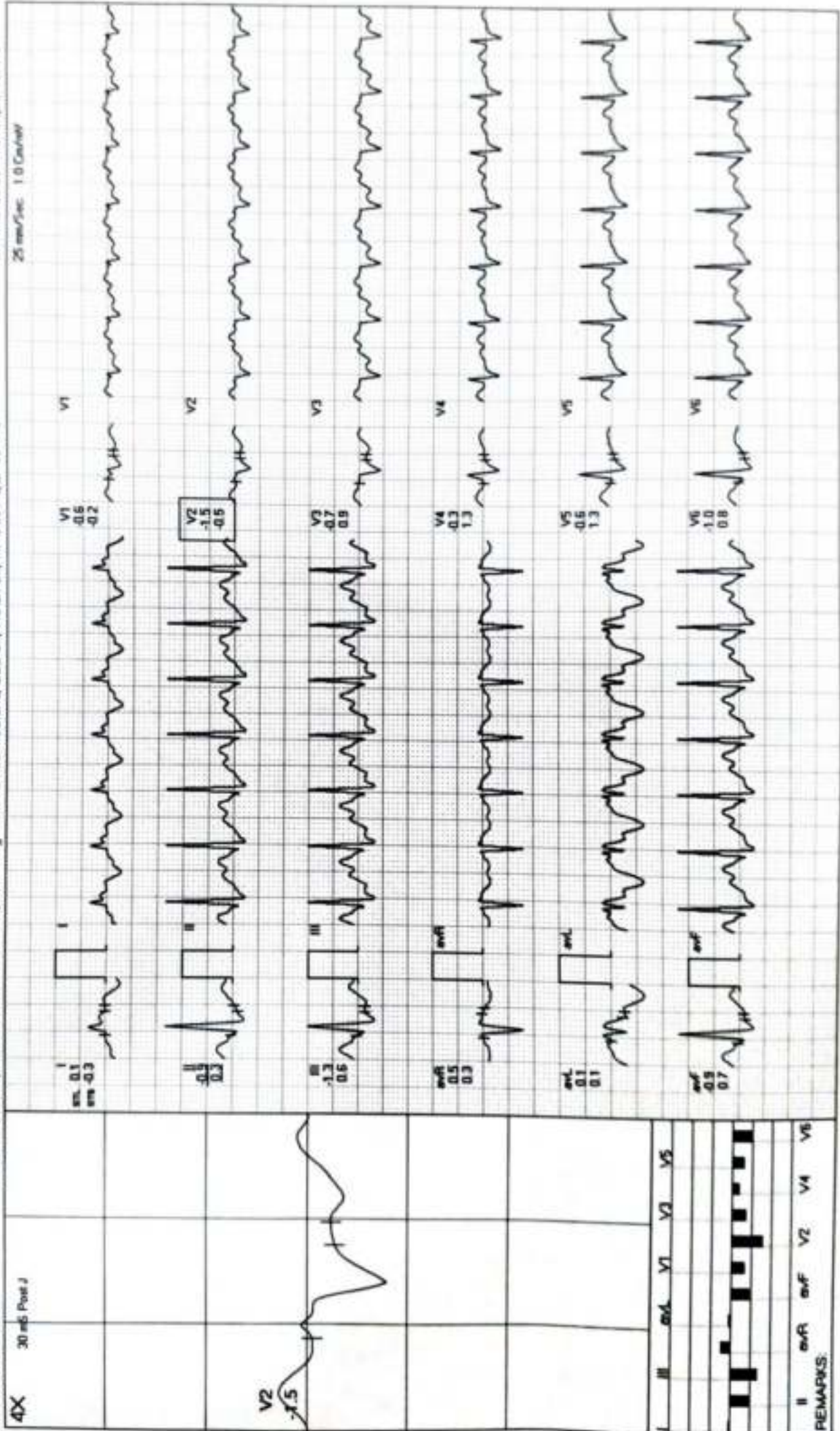
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SUPRIYA KAUSHIK / 36 Yrs / F / 168 Cms / 79 Kg / HR : 140

**BRUCE: Stage 2(3:00)**



Date: 08-12-2023 METS: 7.1/140 bpm 76% of THR BP: 124/82 mmHg Combined Meds/BLK: On/Notch On/HF 0.05 Hz/LF 35 Hz  
 4X 30 mS Post J ExTime: 06:00 4.0 Km/ph 12.0% 25 mm/sec 1.0 Cm/mV



REMARKS:

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SUPRIYA KAUSHIK / 36 Yrs / F / 168 Cms / 79 Kg / HR : 157

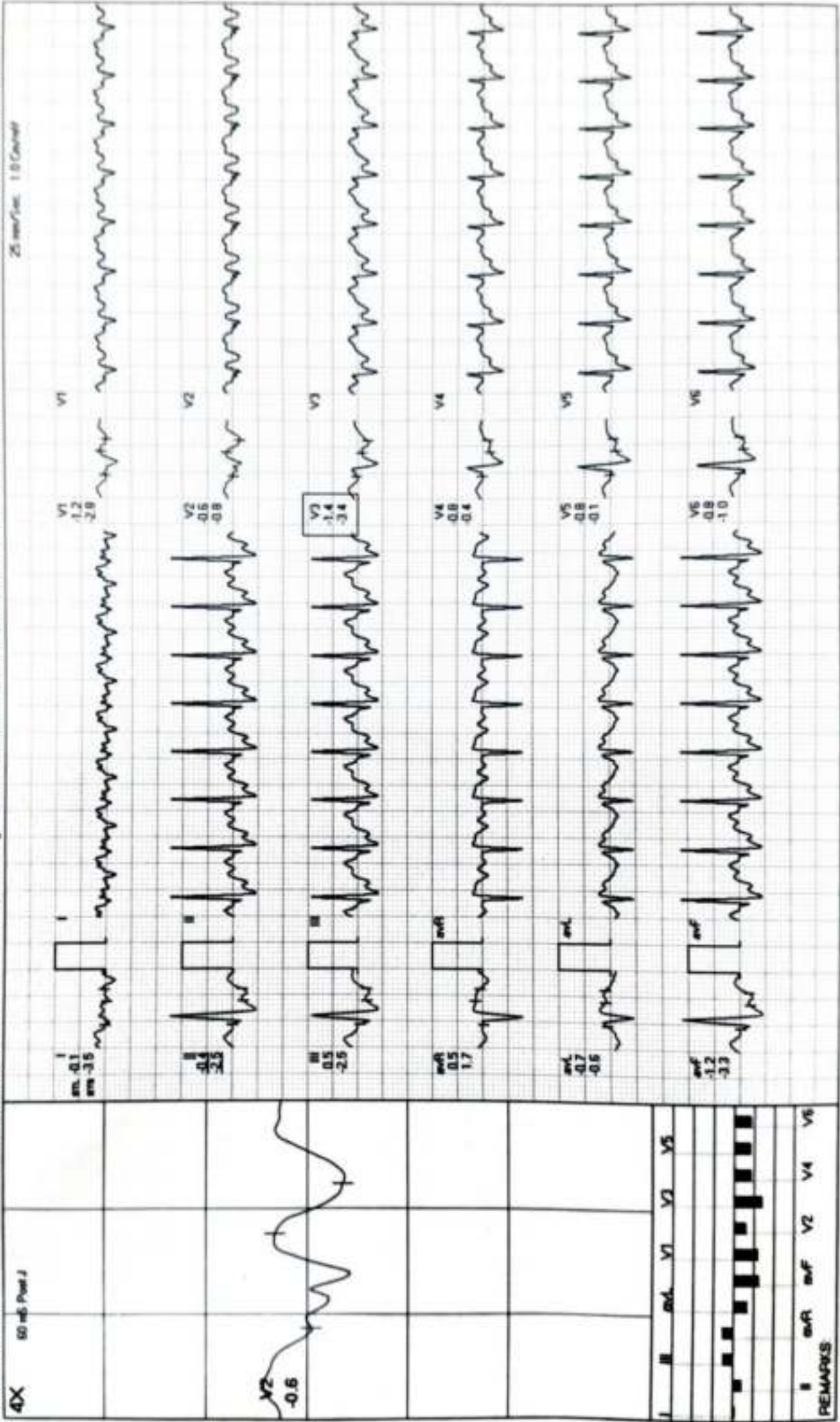
PeakEx



Date: 09-12-2023

METS: 8.5/157 bpm 85% of THR BP: 140/90 mmHg Combined Median/BLC On/Notch On/Off 0.05 Hz/LF 35 Hz

ExTime: 07:21 5.5 kmph 14.9%



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SUPRIYA KAUSHIK / 36 Yrs / F / 168 Cms / 79 Kg / HR : 113

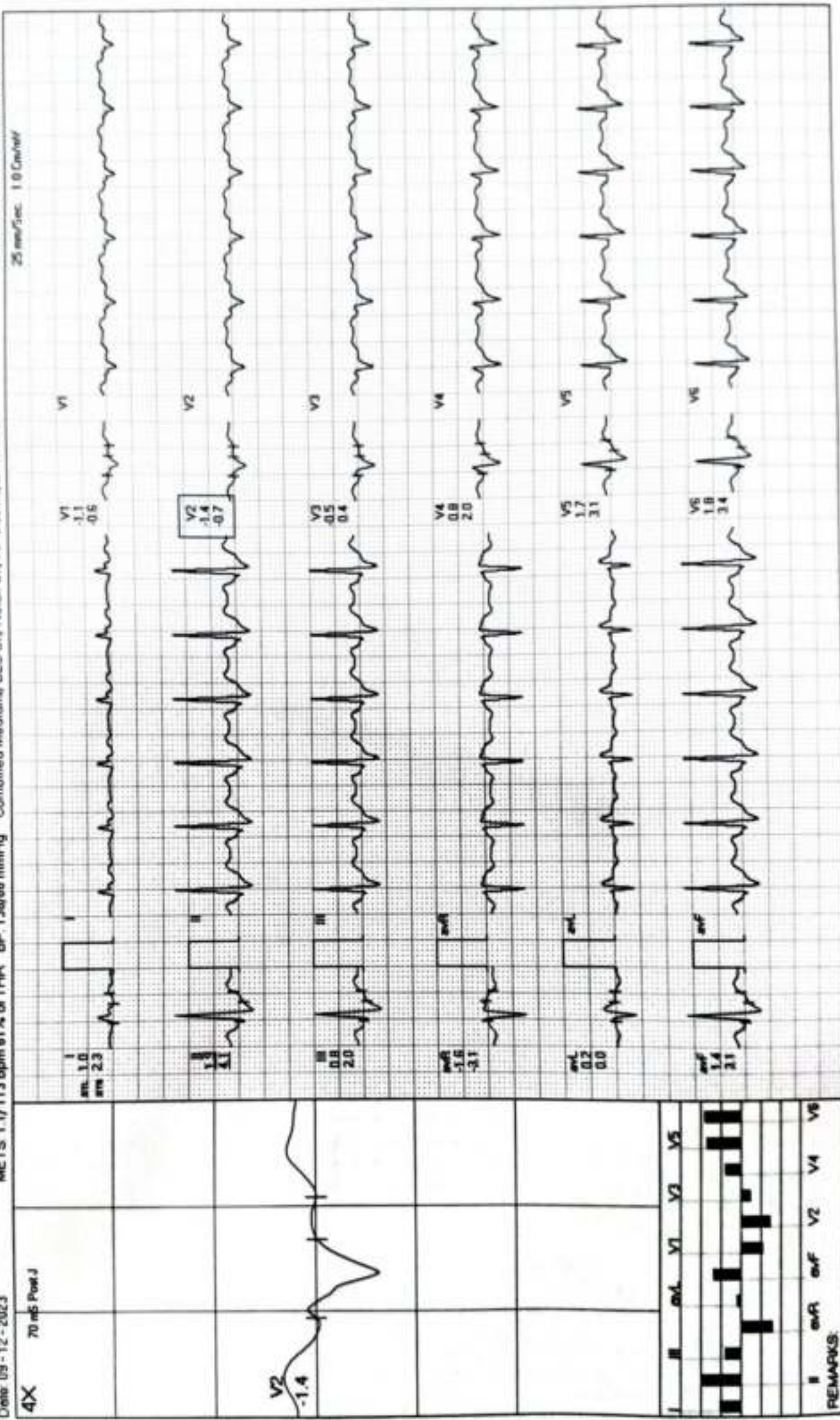
Recovery(1:00)



ExTime 07:20 0.0 Kmph 0.0%

METS 1.1/113 bpm 61% of THR BP: 130/88 mmHg Combined Medians/ BLC: On/ Notch On/ HF 0.05 Hz/LF 35 Hz

Date: 09-12-2023

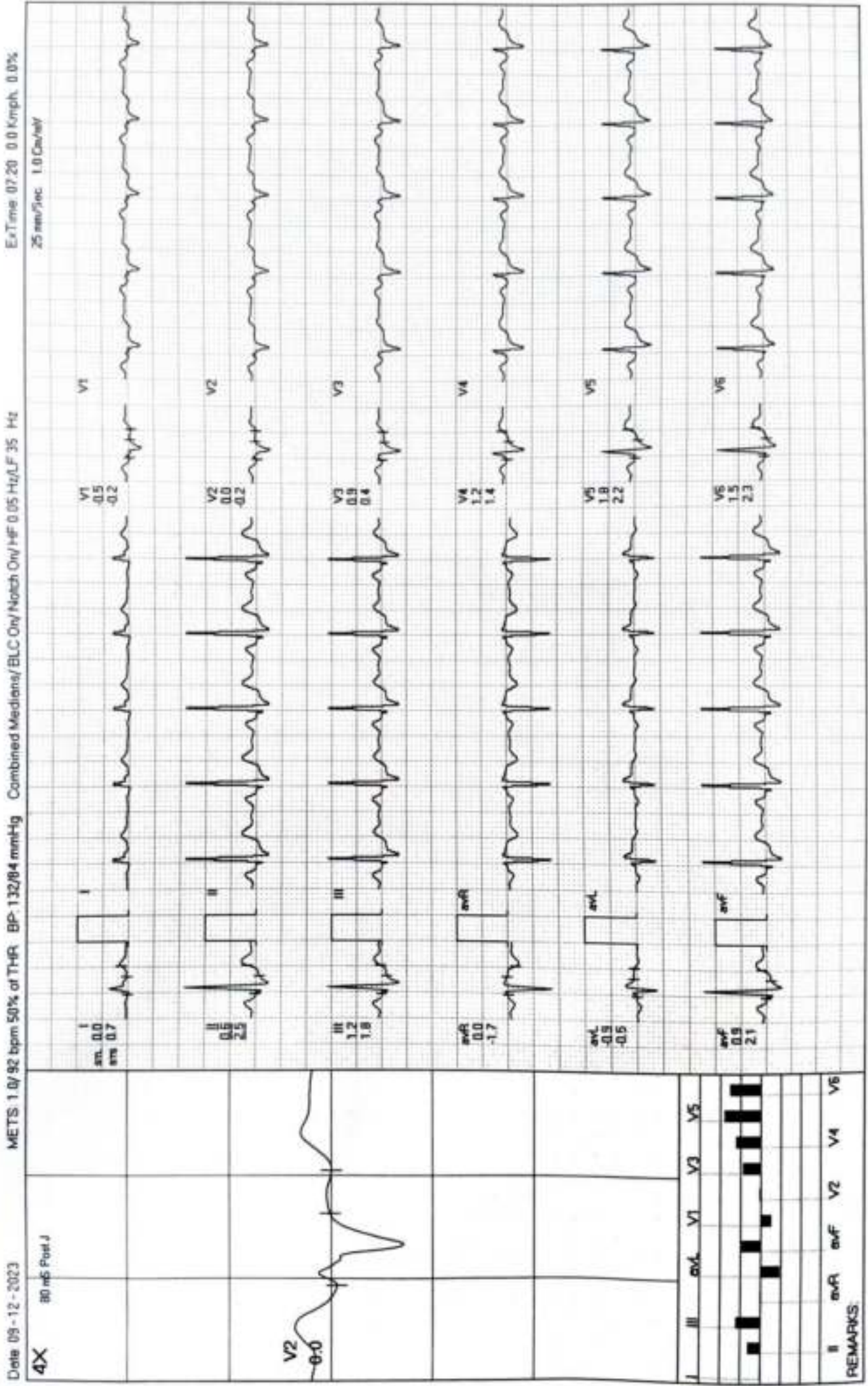


REMARKS:

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SUPRIYA KAUSHIK / 36 Yrs / F / 168 Cms / 79 Kg / HR : 92

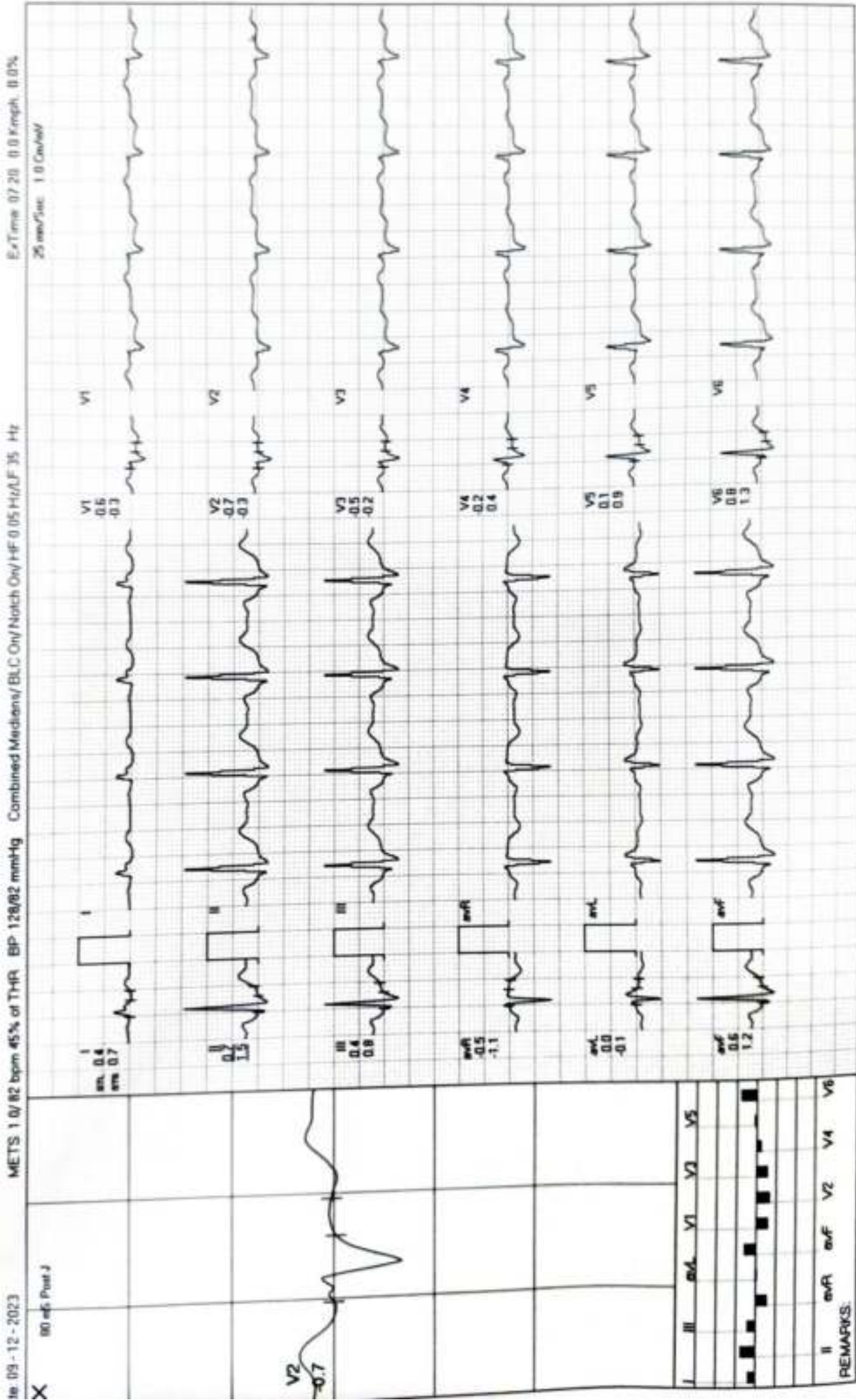
Recovery(2:00)

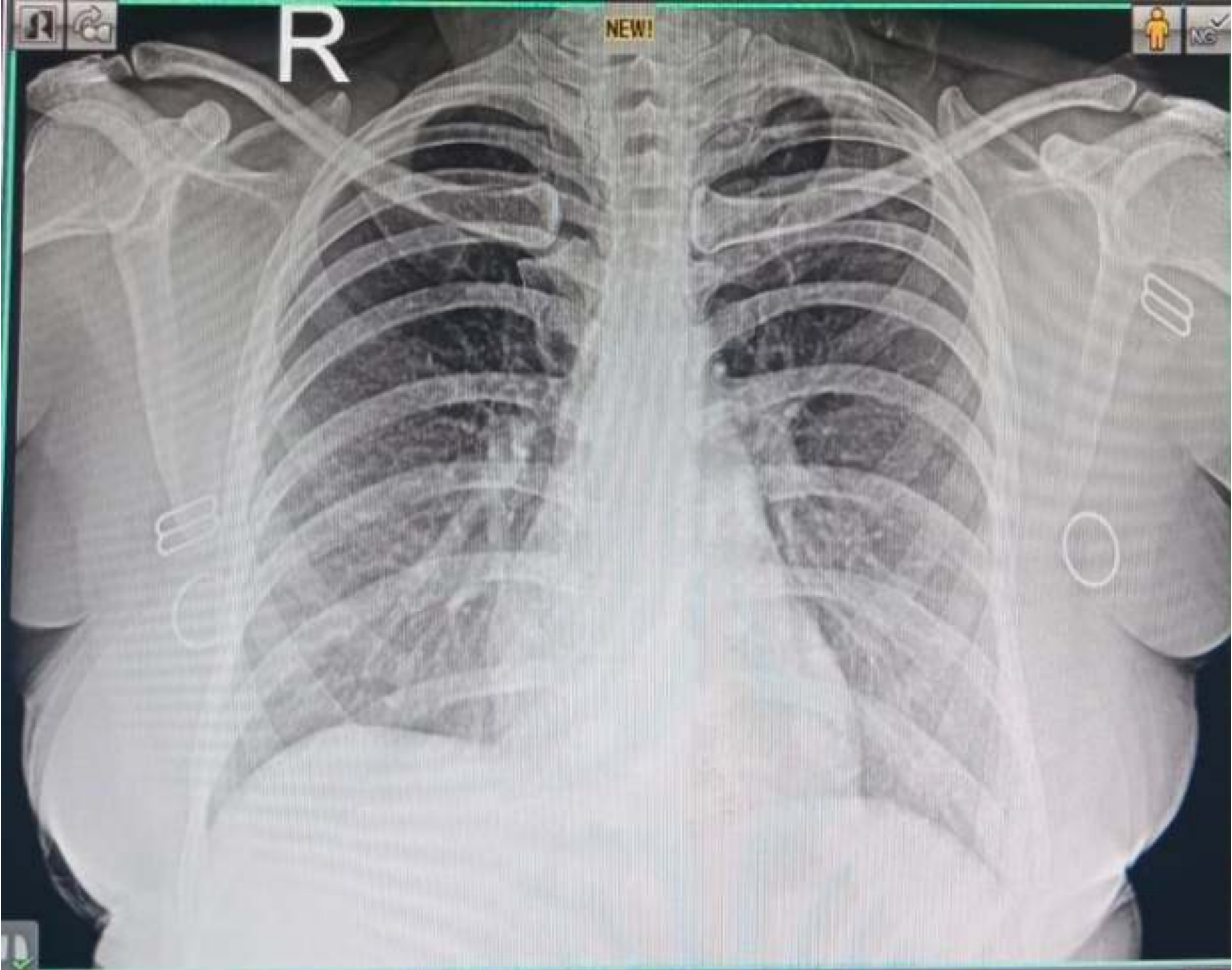


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PRIYA KAUSHIK / 36 Yrs / F / 168 Cms / 79 Kg / HR : 82

Recovery(3:00)





23120902766 MRS SUPRIYA KAUSHIK 36 YRS F DR SELF CHEST PA  
12/09/2023 MODERN PATHOLOGY & DIAGNOSTIC CENTRE GOMTI NAGAR LUCKNOW

