

Date:

ID : 6561 ( UHID:APJ1.0001960673 )

Date : 18/Jan/2020

Name : Mrs.Neha Sinha

Age : 37 (F)

**Complaints/Obs:** LV-- June 2018. At present On CTD 40/12.5 + Glimi 1 + Metformin 2gm. PPBS has been >350, A1C >9 from last 6 months. Cycles- regular. Has dental issues. No Fever. Recent cough-dry. Has Bfeet ++// Pain--LBA radiating to Rt leg Urine ok

**Diagnosis:** Type2 diabetes duration: 5 years 7 months, Combined hyperlipidemia duration: 1 year 7 months, Others: Cx Spondylosis duration: 2 years 7 months

**R<sub>x</sub>** BP : 120/75 mmHg Wt : 93.8 Kg Ht : 158 cm BMI : 37.6 Kg/m<sup>2</sup> FBS: 202 mg/dl PPBS: 332 mg/dl HbA1c: 9.1

1) TAB. Glycomet GP-0.5 Forte 0 - 0 - 1

1 tablet before dinner

2) TAB. Glycomet GP-1 Forte 1 - 0 - 0

(glimepiride 1 mg+metformin hydrochloride 1000 mg)

1 tablet before breakfast

3) TAB. Remo 100 1 - 0 - 0

1 tablet before breakfast (stop if UTI/Genital Infection)

**Advice:**

» 1400 Kcal low fat diabetes diet--

» To be careful about hypoglycemia- always carry glucose with you - at times when you feel extreme weakness Or sweating with hunger- take 3-4 tsp of glucose immediately

If possible try to check blood glucose at that time.

**Dr. Rabinder Nath Mehrotra**

Reg no: 39058

**Tests to be taken for next visit :** Calcium/ Vitmain D / S Albumin/ S Phosphorus / CUE / Creatinine / Lipid Profile / FBS

25/1/2020

Online appointments

www.apollosugar.com

Toll No: 1800 103 1010

ID : 6561 ( UHID:APJ1.0001960673 )

Date : 25/Jan/2020

Name : Mrs.Neha Sinha

Age : 37 (F)

Complaints/Obs: Readings are better

Diagnosis: Type 2 diabetes duration: 5 years 7 months, Combined hyperlipidemia duration: 1 year 8 months, Others: Cx Spondylosis duration: 2 years 7 months

R<sub>x</sub>

BP : 120/80 mmHg Ht : 158 cm FBS: 177 mg/dl

1) TAB. Glycomet GP-0.5 Forte 1 - 0 - 1

1 tablet before breakfast - 1 tablet before dinner

2) TAB. Remo 100 1 - 0 - 1

1 tablet before breakfast - 1 tablet before dinner (stop if UTI/Genital Infection)

3) TAB. Telmesartan 40 1 - 0 - 0

1 tablet after breakfast

**Advice:**

» 1400 Kcal low fat diabetes diet--

» To be careful about hypoglycemia- always carry glucose with you - at times when you feel extreme weakness Or sweating with hunger- take 3-4 tsp of glucose immediately

If possible try to check blood glucose at that time.

DIVIFY-- Strip --once a week-- for 6 weeks- followed by once a month x 6 months

  
Dr. Rabinder Nath Mehrotra

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Tests to be taken for next visit : x home monitoring //FBS + HbA1C-- 1month





# VIJAYA DIAGNOSTIC CENTRE

3-6-16 & 17, Street No. 19, Himayatnagar, Hyderabad - 500 029

Email : info@vijayadiagnostic.com  
www.vijayadiagnostic.com

## LABORATORY TEST REPORT

Regn Date : 24/01/2020 07:25  
Name : MRS. NEHA SINHA  
Regn No : 46201812  
Ref By : Dr. DR REDDYS LABORATORIES LTD  
(ONPAYMENT)  
Sample Type : Urine

Sample Collection : 24/01/2020 08:12  
Print Date : 25/01/2020 09:30  
Age / Sex : 36 Years / Female  
Regn Centre : Nizampet - 46  
Ref no. :

### COMPLETE URINE EXAMINATION (CUE)

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVAL
<b>Macroscopic Examination</b>		
<b>Colour</b> <i>Light Scattering Measurement Method</i>	: Pale Yellow	Pale Yellow
<b>Appearance</b> <i>Light Transmission Method</i>	: Clear	Clear
<b>Specific Gravity</b> <i>Refractive index method</i>	: 1.007	1.003 - 1.030
<b>Reaction</b> <i>pH Indicator</i>	: Acidic (6.5)	4.6 - 8
<b>Protein</b> <i>Protein error of Indicator</i>	: Nil	Nil - Trace
<b>Glucose</b> <i>GOD-POD</i>	: Present (+++)	Nil
<b>Urobilinogen</b> <i>Diazonium method</i>	: Normal	NA
<b>Bilirubin</b> <i>Diazonium method</i>	: Negative	Negative
<b>Ketones (IRIS)</b> <i>Legals Method</i>	: Negative	Negative
<b>Nitrites (IRIS)</b> <i>Modified Griess Reaction</i>	: Negative	Negative
<b>Microscopic Examination</b>		
<b>Pus Cells</b>	: 1-2/HPF	0 - 5 Cells / HPF
<b>R.B.C</b>	: Nil	0 - 2 Cells / HPF
<b>Epithelial Cells</b>	: 2-3/HPF	0 - 5
<b>Casts</b>	: Nil	Nil/LPF
<b>Crystals</b>	: Nil	Nil
<b>Method</b>	: Reagent Strips, Wave length reflectance method, Refractive index, Flow Digital Imaging technology using APR and Microscopy.	

Please correlate with plasma glucose levels and repeat if clinically warranted.



Certificate # MC-2657

DR. TAPOSHI DAS  
CONSULTANT PATHOLOGIST



**LABORATORY TEST REPORT**

Regn Date : 24/01/2020 07:25  
Name : MRS. NEHA SINHA  
Regn No : 46201812  
Ref By : Dr. DR REDDYS LABORATORIES LTD  
(ONPAYMENT)  
Sample Type : Serum

Sample Collection : 24/01/2020 08:12  
Print Date : 25/01/2020 09:30  
Age / Sex : 36 Years / Female  
Regn Centre : Nizampet - 46  
Ref no. :

**LIPID PROFILE (LP)**

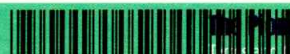
TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVAL
Serum Status	: Clear	
Triglycerides	: 245	Normal : < 150 mg/dL Borderline high : 150-199 mg/dL High : 200-499 mg/dL Very high : $\geq$ 500 mg/dL
Method : GPO - POD		
Total Cholesterol	: 184	Desirable Level : < 200 mg/dL Borderline : 200 - 239 mg/dL Undesirable : $\geq$ 240 mg/dL
Method : CHOD - POD		
LDL Cholesterol.	: 98	Optimal : < 100 mg/dL Near Optimal : 100 - 129 mg/dL Borderline High : 130 - 159 mg/dL High : 160 - 189 mg/dL Very High : > 189 mg/dL
Method: Calculation		
HDL Cholesterol	: 37	Desirable Level : > 60 mg/dL Optimal : 40 - 60 mg/dL Undesirable : < 40 mg/dL
Method : Elimination-Catalase/CHOD - POD		
VLDL	: 49	< 30 mg/dL
Method: Calculation		
Total Cholesterol/HDL Cholesterol Ratio	: 4.97	Low Risk : 3.3 - 4.4 Average Risk : 4.5 - 7.1 Moderate Risk : 7.2 - 11.0
Method: Calculation		
LDL Cholesterol/HDL Cholesterol Ratio	: 2.65	Desirable Level : 0.5 - 3.0 Borderline Risk : 3.0 - 6.0 High Risk : > 6.0
Method: Calculation		

**Comments / Interpretation :**

- Lipid profile is a panel of blood tests that serves as an initial broad medical screening tool for abnormalities in lipids, the results of this tests can identify certain genetic diseases and can determine approximate risks for cardiovascular disease, certain forms of pancreatitis and other diseases.

**DR. BIKASH K CHAUDHURY**  
CONSULTANT BIOCHEMIST

\* Suggested Clinical Correlation, If Necessary Kindly Discuss with signatory







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[www.vijayadiagnostic.com](http://www.vijayadiagnostic.com)

## LABORATORY TEST REPORT

Regn Date	: 24/01/2020 07:25	Sample Collection	: 24/01/2020 08:12
Name	: MRS. NEHA SINHA	Print Date	: 25/01/2020 09:30
Regn No	: 46201812	Age / Sex	: 36 Years / Female
Ref By	: Dr. DR REDDYS LABORATORIES LTD (ONPAYMENT)	Regn Centre	: Nizampet - 46
Sample Type	: Serum	Ref no.	:

### PHOSPHORUS

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVAL
Phosphorus	: 3.9	Adults : 2.4 - 5.1 mg/dL Children : 4.0 - 7.0 mg/dL

Method : Phosphomolybdate

#### Comments / Interpretation :

- Serum Phosphorus levels are useful in monitoring renal, endocrine and GI disorders.
- Levels are influenced by the dietary intake, meals, exercise and biphasic circadian rhythm.

### ALBUMIN SERUM

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVAL
Albumin	: 4.3	3.2 - 4.8 g/dL

Method : Bromocresol Green (BCG)

#### Comments / Interpretation :

- High albumin levels may be caused by severe dehydration.
- Low albumin levels may be caused by malnutrition, severe burns, Kidney & Liver diseases.

### CALCIUM

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVAL
Serum Calcium	: 8.72	Adults : 8.3 - 10.6 mg/dL Children : 9.0 - 11.0 mg/dL 10 Days - 24 Months : 9.0 - 11.0 mg/dL 2 - 12 Years : 8.8 - 10.8 mg/dL

Method : OCPC

#### Comments / Interpretation :

- Useful in diagnosis and prognosis of a wide range of disorders including disorders of proteins and Vitamin D, diseases of bone, Kidney, Parathyroid gland and GI tract.

### CREATININE

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVAL
Creatinine	: 0.72	0.55 - 1.02 mg/dL

Method : Jaffe's Kinetic (IDMS traceable)





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## LABORATORY TEST REPORT

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Regn No : 46201812  
Ref By : Dr. DR REDDYS LABORATORIES LTD  
(ONPAYMENT)  
Sample Type : Serum

Sample Collection : 24/01/2020 08:12  
Print Date : 25/01/2020 09:30  
Age / Sex : 36 Years / Female  
Regn Centre : Nizampet - 46  
Ref no. :

### Comments / Interpretation :

- Useful in the diagnosis of renal insufficiency and is more specific and sensitive indicator of renal disease than of BUN.
- Use of simultaneous BUN and creatinine levels provide more information in the diagnosis of renal insufficiency.



Certificate # MC-2657

*Bhandhury*

**DR. BIKASH K CHAUDHURY**  
CONSULTANT BIOCHEMIST







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Name : MRS. NEHA SINHA  
Regn No : 46201812  
Ref By : Dr. DR REDDYS LABORATORIES LTD  
(ONPAYMENT)  
Sample Type : Serum

Sample Collection : 24/01/2020 08:12  
Print Date : 25/01/2020 09:30  
Age / Sex : 36 Years / Female  
Regn Centre : Nizampet - 46  
Ref no. :

### VITAMIN-D (25-HYDROXY, D2+D3) - TOTAL

<u>TEST NAME</u>	<u>RESULT</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
25 (OH) VIT D2 Ergocalciferol	: 3.13 ng/mL	Specific reference range for Vitamin D2 is not available .
25 (OH) VIT D3 Cholecalciferol	: 8.72 ng/mL	Specific reference range for Vitamin D3 is not available .
25 (OH) VIT D TOTAL (Vit D2 + Vit D3)	: 11.85 ng/mL	Deficiency : < 20 Insufficiency : 20 -30 Sufficiency : 30 - 100 Toxicity : >100

Method : Liquid Chromatography Tandem Mass Spectrometry.

#### Interpretation :

- Vitamin D is a steroid hormone involved in the intestinal absorption of calcium and regulation of calcium hemostasis.
- Vitamin D is essential for the formation and maintenance of strong, healthy bones.
- 25 OH Vitamin D is the major circulating form of Vitamin D and precursor of active form of 1, 25, di hydroxy Vitamin D.
- Vitamin D occurs in two forms, D2 ergocalciferol (plant origin) and D3 cholecalciferol (sunlight origin) in the body.
- Vitamin D deficiency can result from inadequate exposure to the sun, inadequate alimentary intake, decreased absorption, abnormal metabolism or Vitamin D resistance. Recently many chronic disease such as cancer, high blood pressure, osteoporosis and several autoimmune diseases have been linked to Vitamin D deficiency.
- 25(OH) Vit-D is a reliable indicator of the Vitamin D status because the serum or plasma levels of it reflect the storage levels of Vitamin D in our body. Lower levels of 25(OH) Vit-D correlates with the clinical symptoms of Vitamin D deficiency.
- Vitamin D2 and Vitamin D3 added together is total Vitamin D.

*Handwritten signature*  
**DR S G ALI HATIM**  
CONSULTANT BIOCHEMIST

\* Suggested Clinical Correlation, If Necessary Kindly Discuss with signatory







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## LABORATORY TEST REPORT

Regn Date : 17/01/2020 07:22  
Name : MRS. NEHA SINHA  
Regn No : 46201188  
Ref By : Dr. DR REDDYS LABORATORIES LTD  
(ONPAYMENT)  
Sample Type : Fluoride Plasma

Sample Collection : 17/01/2020 07:23  
Print Date : 18/01/2020 09:20  
Age / Sex : 36 Years / Female  
Regn Centre : Nizampet - 46  
Ref no. :

### FASTING PLASMA GLUCOSE (FPG)

<u>TEST NAME</u>	<u>RESULT</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
Fasting Plasma Glucose	: 202	Normal : 70 - 100 mg/dL Impaired Fasting Glucose : 101 - 125 mg/dL Diabetes : $\geq$ 126 mg/dL

Method : Hexokinase

#### Comments / Interpretation :

- ADA Guidelines (2019) are adopted for the evaluation of Diabetic Status.

### POST LUNCH PLASMA GLUCOSE (PLPG)

<u>TEST NAME</u>	<u>RESULT</u>	<u>BIOLOGICAL REFERENCE INTERVAL</u>
2 hrs Post Lunch Plasma Glucose	: 332	Normal : < 140 mg/dL Impaired Glucose Tolerance : 141 - 199 mg/dL Diabetes : $\geq$ 200 mg/dL

Method : Hexokinase

#### Comments / Interpretation :

- ADA Guidelines (2019) are adopted for the evaluation of Diabetic Status.



Certificate # MC-2657

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CONSULTANT BIOCHEMIST

\* Suggested Clinical Correlation, If Necessary Kindly Discuss with signatory







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Ph : 040 2342 0422 to 427

Email : info@vijayadiagnostic.com

www.vijayadiagnostic.com

## LABORATORY TEST REPORT

Regn Date : 17/01/2020 07:22

Name : MRS. NEHA SINHA

Regn No : 46201188

Ref By : Dr. DR REDDYS LABORATORIES LTD  
(ONPAYMENT)

Sample Type : Whole Blood - EDTA

Sample Collection : 17/01/2020 07:23

Print Date : 18/01/2020 09:20

Age / Sex : 36 Years / Female

Regn Centre : Nizampet - 46

Ref no. :

### GLYCOSYLATED HAEMOGLOBIN (HbA1c)

#### TEST NAME

#### RESULT

#### BIOLOGICAL REFERENCE INTERVAL

Glycosylated Haemoglobin

: 9.1

Non Diabetic : < 5.6%

Prediabetic Range : 5.7 - 6.4%

Diabetic Range : > 6.5%

Method : High Performance Liquid Chromatography (HPLC)

#### Comments / Interpretation :

- Glycosylated hemoglobin is proportional to mean plasma glucose level during previous 6-12 weeks.
- Values may not be comparable with different methodologies and even different laboratories using the same methodology.
- Perform A1c at least twice annually in Diabetes patients to ascertain meeting of goals
- Perform A1c test quarterly in Diabetes patients whose therapy has changed and who are not meeting goals
- Recommended goal of A1c is < 7%
- ADA Guidelines 2019.



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Email : info@vijayadiagnostic.com

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## LABORATORY TEST REPORT

Regn Date : 17/01/2020 07:22  
Name : MRS. NEHA SINHA  
Regn No : 46201188  
Ref By : Dr. DR REDDYS LABORATORIES LTD  
(ONPAYMENT)  
Sample Type : Whole Blood - EDTA

Sample Collection : 17/01/2020 07:23  
Print Date : 18/01/2020 09:20  
Age / Sex : 36 Years / Female  
Regn Centre : Nizampet - 46  
Ref no. :

Bio-Rad  
D-100

DT7H290801  
Patient Report

6201188

atient ID:  
OB:

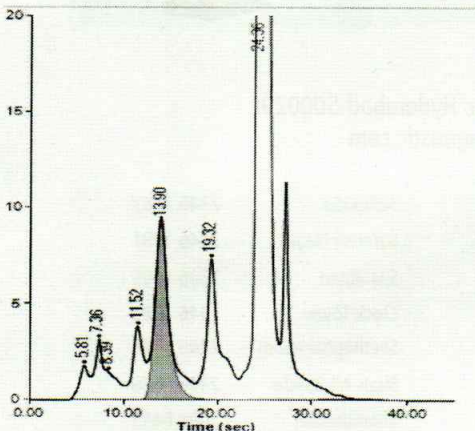
Gender:  
Physician:

ick: U40 Position: 1  
in Date/Time: 17-Jan-2020 12:06:31

HbA1c: 9.1 %

Note:

Comment:



Peak Name	RT	Area	Area%	Concentration (% NGSP)
A1a	5.81	1643.15	0.96	---
A1b	7.36	2398.38	1.41	---
F	8.39	1966.08	1.15	---
LA1c	11.52	4411.20	2.59	---
HbA1c	13.90	12788.39	---	9.1
P3	19.32	10027.75	5.89	---
A0	24.36	137109.04	80.49	---

Total Area: 170344

Status: Released





Date:

ID : 6561 ( UHID:APJ1.0001960673 )

Date : 26/May/2018

Name : Mrs.Neha Sinha

Age : 35 (F)

**Complaints/Obs:** On Glycomet GP-1 -- twice daily from 1 years. 1 Child. Not for pregnancy for next 1 year. Cycles- regular. LMP-4/5/18. Exercise- recent. Diet erratic.

**Diagnosis:** Type2 diabetes 4 years, Others: Cx Spondylosis 1 Year

BP : 130/80 mmHg Wt : 96 Kg Ht : 158 cm BMI : 38.5 Kg/m<sup>2</sup>

R<sub>x</sub>

1) TAB. Glycomet GP-0.5 Forte 1 - 0 - 1

1 tablet before breakfast - 1 tablet before dinner

**Advice:**

» 1400 Kcal low fat diabetes diet--

» To be careful about hypoglycemia- always carry glucose with you - at times when you feel extreme weakness Or sweating with hunger- take 3-4 tsp of glucose immediately

If possible try to check blood glucose at that time.

Dr.Rabinder Nath Mehrotra

Reg no: 39058

**Tests to be taken for next visit :** FBS,Creatinine + Lipid Profile/ eyes- retina Check + Spot urine micro albumin

2/4/8

1 Spondylosis 1 - 1 x 7 days

4000 m only

6000

1 Remedy - 0 g 100

Online appointments

www.apollosugar.com

Toll No: 1800 103 1010

18/1/20

WT - 93.8 kgs

BP - 120/75

Pulse - 96