


Name	SHAIK ABDUL LATHEEF	Order	PTGOC2500335002	
Age / Sex	31 years / Male	Test Registered	12-Aug-24 / 06:08 PM	
Contact	7095056455	Test Accepted	12-Aug-24 / 08:07 PM	
Collection Centre	INTGHYD95289	Test Reported	13-Aug-24 / 10:20 AM	
Referral Doctor	SELF	Report Status	Final	

3T MRI - Lumbar Spine

DEPARTMENT OF RADIOLOGY AND
IMAGING

CLINICAL HISTORY : Neck pain radiating to right upper back.

TECHNIQUE : T1-T2, STIR sagittals, IR coronals, T2 axials.

FINDINGS :

Alignment of the lumbar spine is normal.

Small osteophytes noted in the lumbar spine.

Vertebral bodies are otherwise normal in shape and signal morphology.

Posterior neural arch elements appear normal.

Facet joints appear normal.

Degenerative changes in the L4-L5 lumbar intervertebral disc in the form of loss of normal T2 bright signal.

Disc bulges with annular tear at L4-L5 and L5-S1 levels causing indentation over thecal sac, bilateral neural recess narrowing with bilateral neural compromise, more so at L4-L5 level.

Rest of the discs show no significant bulges.

Lower dorsal cord, conus and filum terminale are normal in shape and signal morphology.

Lumbar canal measurements are otherwise within normal limits.

Pre and para-spinal soft tissues appear normal.

Both SI joints are normal signal intensity.

IMPRESSION : MR IMAGE MORPHOLOGY IS IN FAVOUR OF

*** Degenerative changes in the Lumbar Spine with disc bulges with annular tear at L4-L5 and L5-S1 levels causing indentation over thecal sac, bilateral neural recess narrowing with bilateral neural compromise, more so at L4-L5 level.**

-Suggested clinical correlation & follow up.

*** END OF THE REPORT ***



Dr David Kiran Kanagala
Consultant Radiologist

Feedback and Result Queries

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RECOMMENDED LIFESTYLE-DISEASES ASSESSMENT TESTS

Dr. Venkat Nageshwar Goud

MBBS, DMRD

HOD - Radiology & Chief Radiologist



1

ESSENTIAL INSIGHT INTO YOUR BODY COMPOSITION

BODY FAT ANALYSIS (DEXA)

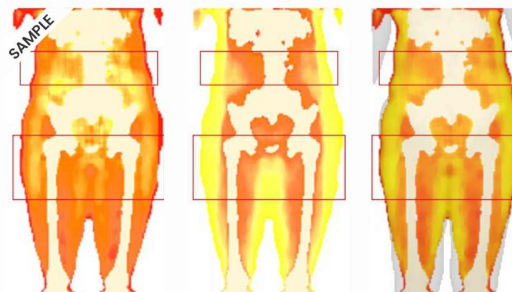
MRP ₹3196

MEDPLUS ADVANTAGE ₹799

Our DEXA machines use very low levels of x-rays to separately measure Fat mass, Lean mass and Bone mass.

With data your Physician or fitness trainer can build a safe weight reduction/ gain program.

The progress of your program can also be measured by regularly monitoring Fat mass, Lean mass and Bone mass.



→ ANDROID

→ GYNOID

11.2
kgs

FAT MASS

14.9
kgs

LEAN MASS

0.4
kgs

BONE MINERAL

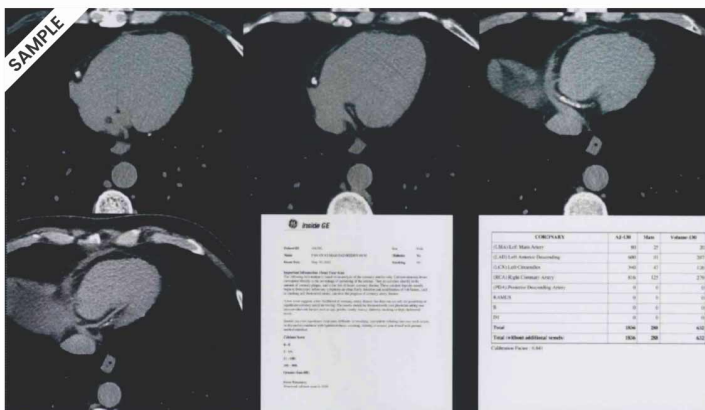
Android refers to the midsection of the torso, in the waist area, under the rib cage

Gynoid refers to the lower torso, in the hip area, down to the top of the thighs

FOR ANDROID AND GYNOID REGIONS

2

BEST VALUE, IF YOU ARE > 40 YEARS



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MINERALS & VITAMINS IN COMMON FOODS

Fruits



Foods (100 gm)

Apple
Banana
Orange

Minerals

K
K, Mg, P, Cl
K, Ca, Mg, P

Vitamins

A
B
A, C

Vegetables



Foods (100 gm)

Cabbage (raw)
Potato, baked
Tomato

Minerals

K, Ca, Mg, P
K, Mg, P, Cl, S
K, Mg, P, S, Cl

Vitamins

B, C
B, C
A, B, C

Legumes



Foods (100 gm)

Lentils
Peas

Minerals

Na, K, Ca, Mg, P, S
K, Ca, Mg, P, S, Cl

Vitamins

B
A, B, C

Whole Grains



Foods (100 gm)

Bread (Wholemeal)
Pasta
Rice

Minerals

Na, K, Ca, Mg, P, S, Cl
K, Mg, P, S, Cl
K, P, S

Vitamins

B
-
B

K: Potassium, P: Phosphorus, Na: Sodium, Ca: Calcium, Mg: Magnesium, S: Sulfur, Cl: Chlorine