



Date: ١٠ / ٥ / ٢٠١٩

File Number: ١٥٥١٥٤٨

Patient Name: Mena Ahmed

إسم المريض: Mena Ahmed

Date Of Birth: ٥/١ / ١٩٩٥

Marital Status: Single

Nationality: Egyptian

Occupation: Teacher

Address: A.S. Sidi Barrani

Phone No. (رقم الهاتف): ٥٥٦٢٤٥٧٩٧٧

E-MAIL: Mena.ahmed@orchidmc.com

How did you know about us: Friend

التاريخ الطبي Medical History		
الحالة الطبية Medical Condition	Yes/No نعم / لا	If 'YES' give details إذا كانت الاجابة نعم اذكر بالتفصيل
Recent or current drugs/Medical Treatment هل تتعاطى أي أدوية أو تتلقى أي علاجات حديثة؟	No	
Corticosteroids/immunosuppressant هل تتعاطى أي ستيرويدات أو مثبطات للمناعة؟	No	
Allergies هل لديك أي حساسية؟	No	
Surgical Operations, Serious illness هل أجريت أي عمليات جراحية أو تعاني من أي أمراض؟	No	
Cardiac surgery, Rheumatic fever, Endocarditis, Artificial heart valve, Congenital heart disease جراحة قلب، حمى روماتويد، التهاب شغاف القلب، صمام قلب صناعي، أمراض القلب	No	
High Blood Pressure, Bleeding disorders, Anticoagulants هل لديك ارتفاع في ضغط الدم، مشاكل في النزيف أو تتعاطى أي مميعات للدم؟	No	
Anemia, Leukemia (نقر الدم)، لوكمييا (سرطان الدم)	No	
Chest disease, Asthma, Bronchitis, TB, Other أمراض صدرية، أزمة تنفسية، التهاب في الشعبات، السل، أمراض أخرى	No	
Renal, Urinary, Sexually transmitted disease هل تعاني من أي أمراض في الكلى أو أمراض بولية أو تناسلية؟	No	
Pregnancy, Contraceptive pill, Menstrual problems هل أنت حامل؟ هل تتعاطين أي ملع للحمل؟ هل تعطين من مشاكل في الدورة الشهرية؟	No	
Hepatitis, Jaundice, Other liver diseases التهاب الكبد الوبائي، الصفراء، أي أمراض كبدية أخرى	No	
Peptic ulcer, Crohn's ulcerative colitis, Other قرحة معوية، داء كرون، أي أمراض معوية أخرى؟	No	
Epilepsy, or any other neurological disease هل تعاني من الصرع أو أي أمراض في الجهاز العصبي؟	No	
Thyroid Diseases, Diabetes هل تعاني من مرض السكري أو أمراض الغدة الدرقية؟	No	
Other conditions HSV, HIV...etc	No	هل تعاني من أي أمراض أخرى؟ فيروس الإيدز، فيروس الحلا البسيط



Medical Consent Form

I hereby consent and authorize the doctor to treat my medical condition which has been explained to me by the qualified physician

I understand that in order to provide me with the most efficient and enhanced service, diagnostic and other procedures may be deemed necessary.

I understand that my treating doctor may discover other or different conditions, which may require additional or different procedures than those planned.

I authorize my treating doctor to perform any procedures which are advisable in their professional judgment.

I understand that no warranty or guarantee has been made to me as a result or cure just as there may be risks and hazards in continuing my present condition without treatment.

I understand that there are also risks and hazards to the performance of the diagnostic and/or surgical procedures.

I realize that common surgical or diagnostic procedures are potential for an infection, swelling, bleeding, pain or allergic reaction.

I understand that there are minimal fees to be paid per service and that all fees must be paid in full before the completion of treatment.

I consent that all medical history and information I provided in my medical file is true and I understand that any information I provide regarding my medical status will be kept confidential and anonymous.

I believe that I have sufficient information to give this consent. I certify that this form has been fully explained to me and that I have read it and I understand its' content and I sign it with all my will.

Patient's Signature/ Guardians (In case of minors):

Date: ٠٩ / ٠٢ / ١٩٩٥

نموذج اقرار طبي

أوافق و أسمح للطبيب بعلاج حالتي المرضية التي تم شرحها لي من قبل الطبيب المختص و الموهل.

أتفهم أن بعض الإجراءات الطبية والتشخيصية الإضافية قد تكون ضرورية من أجل تزويدي بالعلاج الأمثل و الخدمة الأفضل.

أتفهم أنه من الممكن أن يكشف الطبيب خلال العلاج أموراً مختلفة عن ما ذكر في الفحص الأولي و التي قد تتطلب إجراءات إضافية أو مختلفة عن تلك المخطط لها.

أفوض الطبيب المعالج باتخاذ كل الإجراءات الطبية و العلاجات اللازمة و المطلوبة بحكم خبرته المهنية و الطبية.

أقر أنه لم يتم تقديم أي ضمانات أو تأمين لنتائج العلاجات و الإجراءات الطبية أو التجميلية المقدمة لي، كما أتفهم الأخطار و المضاعفات الناتجة عن عدم استكمال علاج حالتي كالالتهاب أو التورم أو اليرقان أو الالتهاب أو الحساسية المرضية.

أتفهم تماماً كافة الأخطار و المضاعفات التي قد تكون مصاحبة للفحوصات و الإجراءات العلاجية و الجراحية.

و ادرك ان بعض الإجراءات التشخيصية و العلاجية و الجراحية قد تؤدي الى مضاعفات كالالتهاب أو التورم أو اليرقان أو الالتهاب أو الحساسية

أتفهم أن هناك رسوم بالحد الأدنى يجب علي دفعها مقابل الخدمة العلاجية و أن جميع الرسوم المطلوبة يجب ان تسدد بالكامل قبل الانتهاء من العلاج.

أقر أن كافة المعلومات الطبية و التاريخ الطبي الذي قمته لدي قمتي الملف صحيحة و أتفهم ان أي معلومات تتعلق بحالتي الصحية ستبقى سرية تماماً و لا يمكن الاطلاع عليها دون موافقتي

أقر أن لدي المعلومات الكاملة لتقديم هذا الأقرار و ان هذا النموذج قد تم شرحه لي بالكامل و اني قد قرأت و فهمت جميع تفاصيله بالكامل و اني وقعت عليه بكامل ارادتي

توقيع المريض / ولي الأمر (من دون السن القانونية):

التاريخ: ... / ... /

المؤشرات الحيوية Vital Signs

Weight (الوزن): 74 Kg

Height (الطول): 162 cm

Blood Type (نوعية الدم): B.

Pulse (النبض): — ppm

Blood Pressure (ضغط الدم): 100/80

Blood Sugar (سكر الدم): —

سبب زيارة المريض للعيادة Chief Complaint

التاريخ المرضي: Disease History

الحساسية Allergies

الأدوية Medications

الحمل Pregnancy

Previous Surgeries, Hospitalization
عمليات سابقة ، احوال المستشفى

Smoking (التدخين) : Y / N

Alcohol (الكحول) : Y / N

Drugs (تعاظي العقاقير) : Y / N

الملاحظات العامة و السريرية General & Clinical Findings

Normal

الفحص Examination

BCA.

الصور الشعاعية Radiography

التشخيص Diagnosis

Treatment Plan خطة العلاج

(10 Endymend machine + 10 Counselling)
SAED - SAED

Doctor's Signature and Stamp

.....

REDAD DATA

cAEAlOEBA83ODQxO*

Public Data Readed Succ

SHOW READED DATA

Confirm Data

Public Data Verification report

File Valid Signature?

Non-Modifiable Data (SF3)	False
Modifiable Data (SF5)	False
Holder Signature Image (SF7)	False
Photography	False
Home Address	False
Work Address	False

Card Holder Information

Name	Mena,Ayman,Abdelhai,Ahmed,Ismail	IDN:	784199593026273	Mother Name:	
Name (Ar)	منى ايمن عبدالحى احمد اسماعيل	Card Number:	091614833	Mother Name (Ar):	
Title:		Nationality:	EGY	Family ID:	
Title(Ar):		Nationality (Ar):	مصر		
Issue Date:	05/11/2018	Sex:	F	Sponsor Type:	03
Expiry Date:	31/10/2020	Date of Birth:	04/11/1995	Sponsor Name:	ايمن عبدالحى احمد اسماعيل
Marital Status:	01	Husband IDN:		Sponsor Number:	05534509
Residency Type:	03	Residency Number:	20120073056236	Residency Expiry:	31/10/2020
ID Type:	IL	Occupation:	11	Occupation Field:	00



Photo

Signature Image

<http://orchidsvr/EMID/default.aspx>

2/9/2019

Period June 23/2/19

B12 → Supplement (B1, B6, B12) → (Nourison) like

DIETARY ASSESSMENT تقييم النظام الغذائي

Food Intolerance (if any) =
 Acidity / Heart Burn / Constipation =
 No. of meals consumed / day 2 main meal (B.F, Lunch)
 Veg / Non Veg. (Ovo Veg) & Fish
 Frequency of eating out / week mostly (3 times a week)
 Diet Recall - Total Calories (Kcal)
 CHO (gm)
 Protein (gm)
 Fat (gm)
 Lifestyle (Sedentary / Moderate / Heavy)
 Diet Advised - Total calories (Kcal)
 CHO (gm)
 Protein (gm)
 Fat (gm)

- Plan egg weight (+ Fish)
- lentill soup
- salmon 25 x 100mL Fat 1.1g
- tofu & Potato Soup CHO 3.0
- Haloumi; egg; homemade Toast

alpro
 Roasted
 Almond milk
 200 48 kcal
 water 3L

Remarks: Eating Fish (No chix, No meat), egg, almond milk, No cheese, No Cow milk, mainly rice & bread (salt tooth)

Counselor's Name Balsam
 Client's Signature
 Date 9/2/19

- like From Fruits:-
- Pineapple
 - Strawberries
 - apple
 - Banana

- high protein toast ass dte
- egg white salad
- like (tofu, Soup)
- at Home Cooked Food
- molukhia vegan cont chix or rabbit
- Paster
- Fish & Curry (Masala Butter + olive oil)
- tuna & onion coconut milk + M
- Salmon grilled lemon & curries + papper → P/B

log protein
 medium Baking
 Protein Bread

(Mena)

Zener ↓ 10 kg

ID 09219-1 | Height 161cm | Age 24 | Gender Female | Test Date & Time 09.02.2019. 14:57

Body Composition Analysis

Total amount of water in body	Total Body Water (L)	31.9 (28.4~34.7)
For building muscles	Protein (kg)	8.6 (7.7~9.4)
For strengthening bones	Minerals (kg)	3.13 (2.63~3.21)
For storing excess energy	Body Fat Mass (kg)	30.4 (11.1~17.8)
Sum of the above	Weight (kg)	74.0 (47.3~64.1)

InBody Score

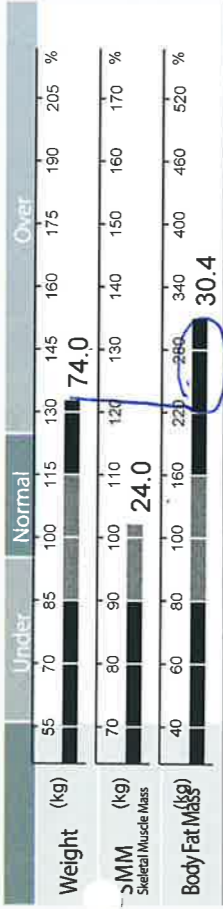
63 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

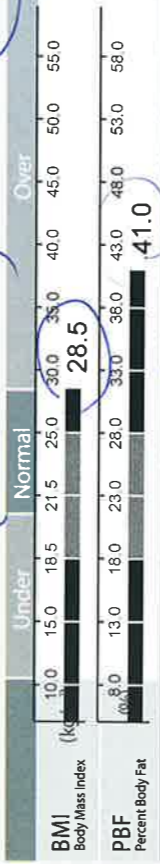
Target Weight 56.7 kg
 Weight Control - 17.3 kg
 Fat Control - 17.3 kg
 Muscle Control 0.0 kg

Muscle-Fat Analysis



Obesity Analysis

(18.9-24.9) Over obese!



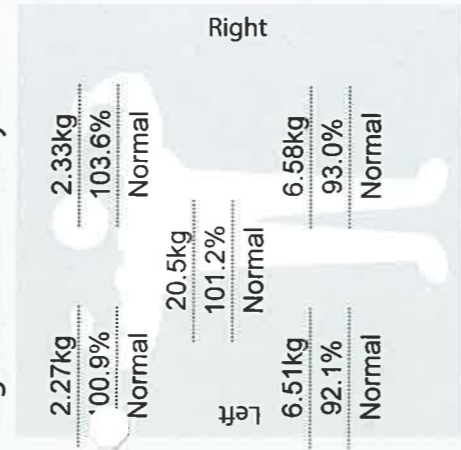
Visceral Fat Level

Level 15 | Low 10 | High

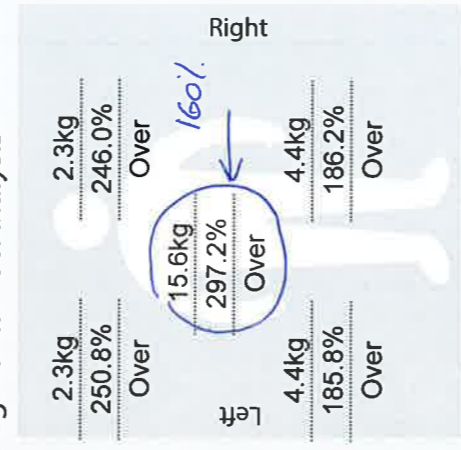
Research Parameters

Fat Free Mass 43.6 kg
 Basal Metabolic Rate 1313 kcal (1478~1724)
 Obesity Degree 133 % (90~110)
 Recommended calorie intake 1780 kcal

Segmental Lean Analysis



Segmental Fat Analysis



Calorie Expenditure of Exercise

Golf	130	Gateball	141
Walking	148	Yoga	148
Badminton	167	Table Tennis	167
Tennis	222	Bicycling	222
Boxing	222	Basketball	222
Mountain Climbing	241	Jumping Rope	259
Aerobics	259	Jogging	259
Soccer	259	Swimming	259
Japanese Fencing	370	Racketball	370
Squash	370	Taekwondo	370

* Based on your current weight
* Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Body Composition History

Weight (kg)	74.0
SMM (kg)	24.0
PBF (%)	41.0

Impedance

RA LA TR RL LL
 Z_(P) 20 kHz | 411.8 425.6 24.1 311.7 318.7
 100 kHz | 367.6 381.9 20.5 275.2 281.3



مركز أوركيد الطبي
ORCHID MEDICAL CENTER

2,100.00

RECEIPT VOUCHER (No.REC-002592)

Date:09-02-2019

Receive from Mr./Mrs./M/s. 1001588 - MENNA ALKHATIB - 00971562407977

The sum of Dhs. Two Thousand One Hundred Dirhams and Zero Fils Only

By Cash 0.00 / By Credit Card 2,100.00 / By Cheque 0.00 / By Bank Transfer 0.00 / By Allocated 0.00

Bank: Cheque No.

Date: 09-02-2019

Being 10 ENDYMED+10 CONSULATATION PKG 2000 DHS

Made by Ghada

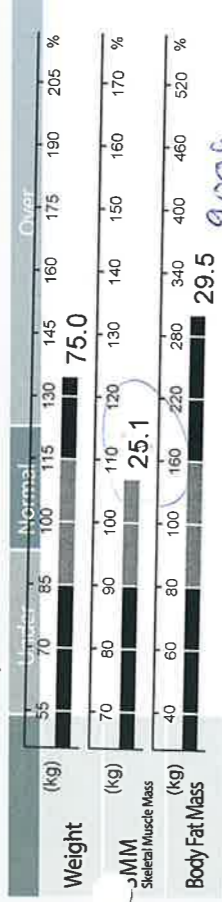
Tel : + 9716 555 8337, Fax: + 9716 528 8130, e - mail : info@omc1.ae
www.omc1.ae

ID 00219-1 | Height 161cm | Age 23 | Gender Female | Test Date & Time 16.02.2019. 15:15

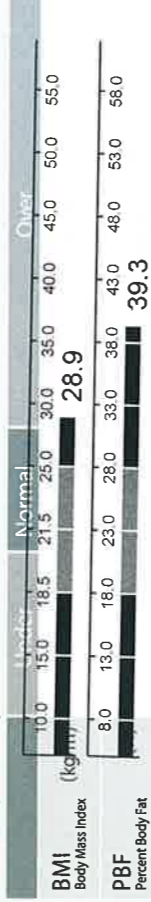
Body Composition Analysis

Total amount of water in body	Total Body Water (L)	33.2 (28.4~34.7)
For building muscles	Protein (kg)	8.9 (7.7~9.4)
For strengthening bones	Minerals (kg)	3.35 (2.63~3.21)
For storing excess energy	Body Fat Mass (kg)	29.5 (11.1~17.8)
Sum of the above	Weight (kg)	75.0 (47.3~64.1)

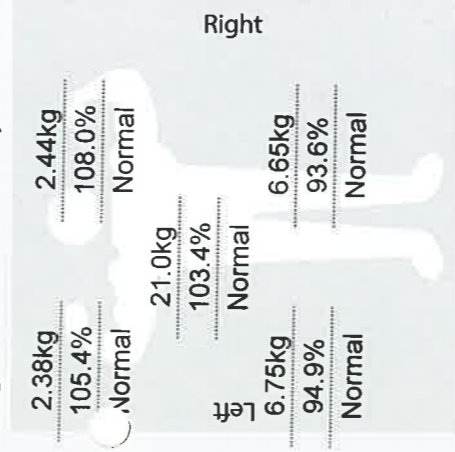
Muscle-Fat Analysis



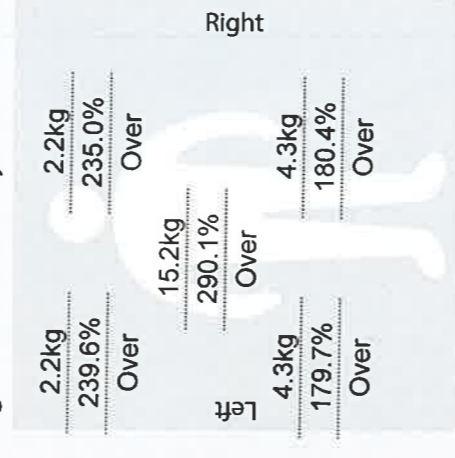
Obesity Analysis



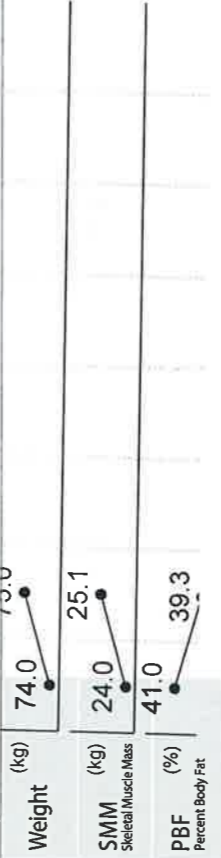
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



InBody Score

67 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight 59.1 kg
 Weight Control - 15.9 kg
 Fat Control - 15.9 kg
 Muscle Control 0.0 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over

PBF Normal Slightly Over Over

Waist-Hip Ratio

0.95 (Normal range: 0.75-0.85)

Visceral Fat Level

Level 14 (Normal range: Low 10, High)

Research Parameters

Fat Free Mass 45.5 kg
 Basal Metabolic Rate **1353** kcal (1493~1742)
 Obesity Degree 135 % (90~110)
 Recommended calorie intake 1790 kcal

Calorie Expenditure of Exercise

Golf	132	Gateball	143
Walking	150	Yoga	150
Badminton	170	Table Tennis	170
Tennis	225	Bicycling	225
Boxing	225	Basketball	225
Mountain Climbing	245	Jumping Rope	263
Aerobics	263	Jogging	263
Soccer	263	Swimming	263
Japanese Fencing	375	Racketball	375
Squash	375	Taekwondo	375

*Based on your current weight
 *Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

Z(Ω) 20 kHz | 391.3 402.7 22.3 304.0 292.6
 100 kHz | 349.8 362.0 19.1 266.7 258.6

ID 090219-1 | Height 161cm | Age 43 | Gender Female | Test Date & Time 23.02.2019. 15:05

Personal due

Body Composition Analysis

Total amount of water in body	Total Body Water (L)	32.0 (28.4~34.7)
For building muscles	Protein (kg)	8.7 (7.7~9.4)
For strengthening bones	Minerals (kg)	3.23 (2.63~3.21)
For storing excess energy	Body Fat Mass (kg)	28.6 (11.1~17.8)
Sum of the above	Weight (kg)	72.5 (47.3~64.1)

InBody Score

66/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight 57.0 kg
 Weight Control -15.5 kg
 Fat Control -15.5 kg
 Muscle Control 0.0 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

0.95

Visceral Fat Level

Level 14

Research Parameters

Fat Free Mass 43.9 kg
 Basal Metabolic Rate 1319 kcal (1455~1696)
 Obesity Degree 130 % (90~110)
 Recommended calorie intake 1764 kcal

Calorie Expenditure of Exercise

Golf	128	Gateball	138
Walking	145	Yoga	145
Badminton	164	Table Tennis	164
Tennis	218	Bicycling	218
Boxing	218	Basketball	218
Mountain Climbing	236	Jumping Rope	254
Aerobics	254	Jogging	254
Soccer	254	Swimming	254
Japanese Fencing	363	Racketball	363
Squash	363	Taekwondo	363

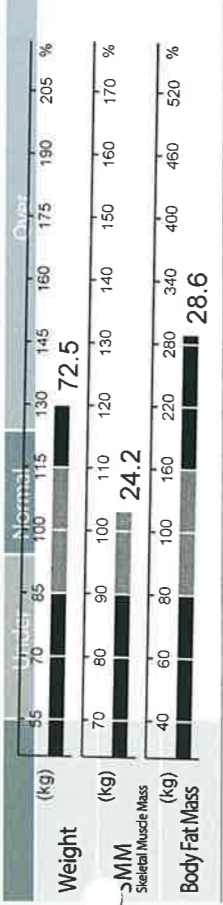
* Based on your current weight
 * Based on 30 minute duration

Results Interpretation QR Code

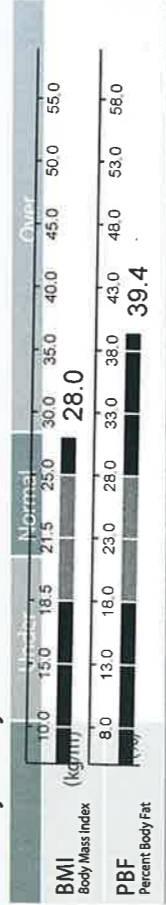
Scan the QR Code to see results interpretation in more detail.



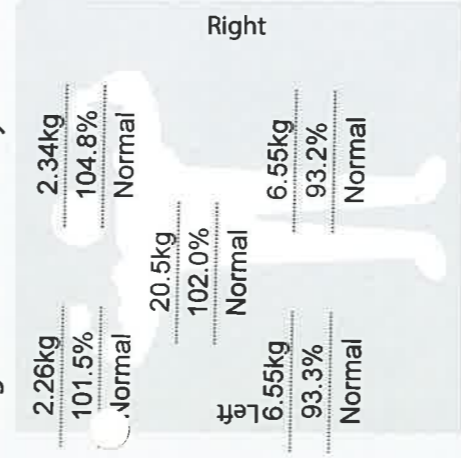
Muscle-Fat Analysis



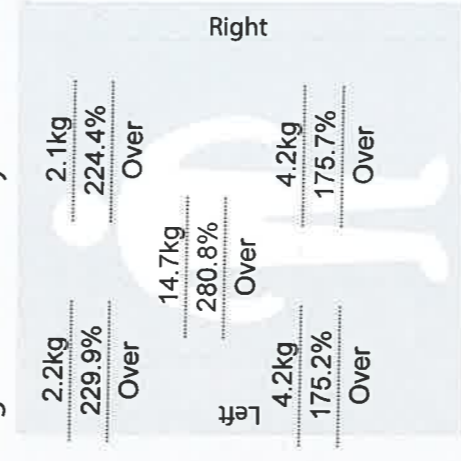
Obesity Analysis



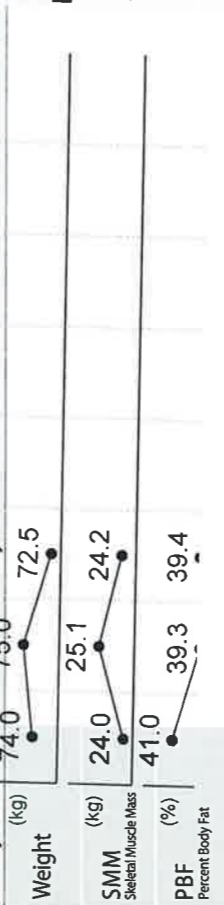
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



Impedance

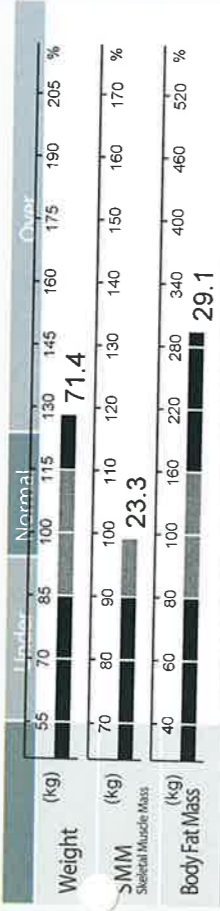
Z(Ω) 20 kHz | 415.2 431.9 23.8 323.0 321.6
 100 kHz | 370.3 387.7 20.0 282.7 282.5

ID 090219-1 Height 161cm Age 23 Gender Female Test Date & Time 02.03.2019. 14:39

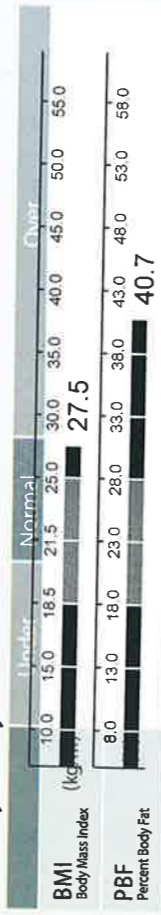
Body Composition Analysis

Total amount of water in body	(L)	30.9 (28.4~34.7)
For building muscles	(kg)	8.4 (7.7~9.4)
For strengthening bones	(kg)	3.01 (2.63~3.21)
For storing excess energy	(kg)	29.1 (11.1~17.8)
Sum of the above	(kg)	71.4 (47.3~64.1)

Muscle-Fat Analysis

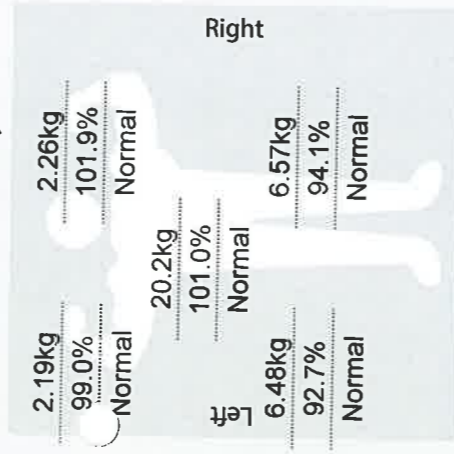


Obesity Analysis



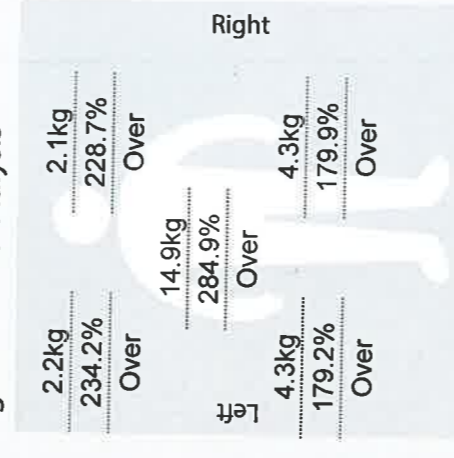
Lean Mass % Evaluation

2.19kg 99.0% Normal



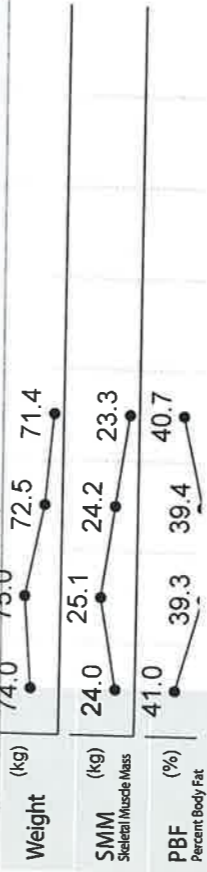
Fat Mass % Evaluation

2.2kg 234.2% Over



* Segmental fat is estimated.

Body Composition History



InBody Score

63 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight 55.8 kg
 Weight Control - 15.6 kg
 Fat Control - 16.2 kg
 Muscle Control + 0.6 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over

PBF Normal Slightly Over Over

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass 42.3 kg
 Basal Metabolic Rate 1284 kcal (1439~1676)
 Obesity Degree 128 % (90~110)
 Recommended calorie intake 1753 kcal

Calorie Expenditure of Exercise

Golf	126	Gateball	136
Walking	143	Yoga	143
Badminton	161	Table Tennis	161
Tennis	214	Bicycling	214
Boxing	214	Basketball	214
Mountain Climbing	233	Jumping Rope	250
Aerobics	250	Jogging	250
Soccer	250	Swimming	250
Japanese Fencing	357	Racketball	357
Squash	357	Taekwondo	357

* Based on your current weight
 * Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

Z(Ω) 20 kHz 431.0 446.6 26.5 331.3 343.1
 100 kHz 381.9 398.5 22.3 289.9 300.7

mean (4)

ID 090219-1 | Height 161cm | Age 23 | Gender Female | Test Date & Time 09.03.2019. 17:21

→ mocher
→ Fat 45
→ Almond milk (1)
→ Exchange CHO

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	31.2 (28.4~34.7)
For building muscles	Protein	(kg)	8.5 (7.7~9.4)
For strengthening bones	Minerals	(kg)	3.11 (2.63~3.21)
For storing excess energy	Body Fat Mass	(kg)	28.2 (11.1~17.8)
Sum of the above	Weight	(kg)	71.0 (47.3~64.1)

Muscle-Fat Analysis



InBody Score

→ 64/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight 55.7 kg
Weight Control - 15.3 kg
Fat Control - 15.4 kg
Muscle Control + 0.1 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over

PBF Normal Slightly Over Over

Waist-Hip Ratio

0.93

Visceral Fat Level

Level 13

Research Parameters

Fat Free Mass 42.8 kg
Basal Metabolic Rate 1294 kcal (1433~1669)
Obesity Degree 127 % (90~110)
Recommended calorie intake 1749 kcal

Calorie Expenditure of Exercise

Golf	125	Gateball	135
Walking	142	Yoga	142
Badminton	161	Table Tennis	161
Tennis	213	Bicycling	213
Boxing	213	Basketball	213
Mountain Climbing	232	Jumping Rope	249
Aerobics	249	Jogging	249
Soccer	249	Swimming	249
Japanese Fencing	355	Racketball	355
Squash	355	Taekwondo	355

* Based on your current weight
* Based on 30 minute duration

Results Interpretation QR Code

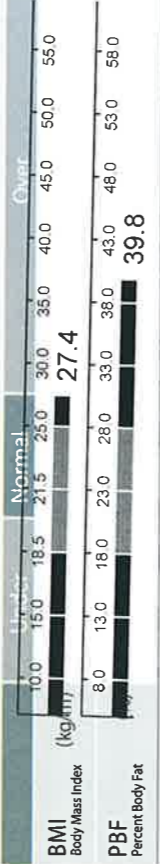
Scan the QR Code to see results interpretation in more detail.



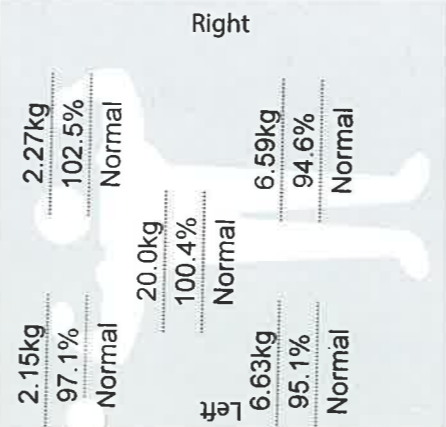
Impedance

Z_(a) 20 kHz | 426.6 458.4 25.3 326.9 320.5
100 kHz | 378.4 408.0 21.2 285.6 282.6

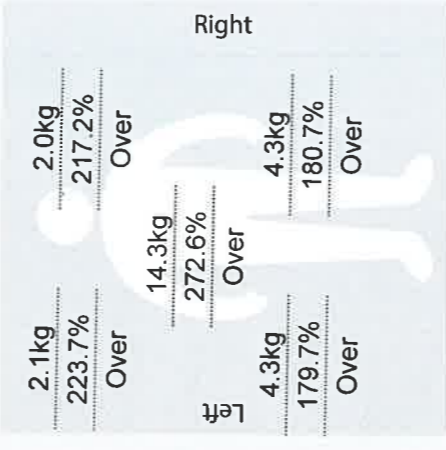
Obesity Analysis



Segmental Lean Analysis

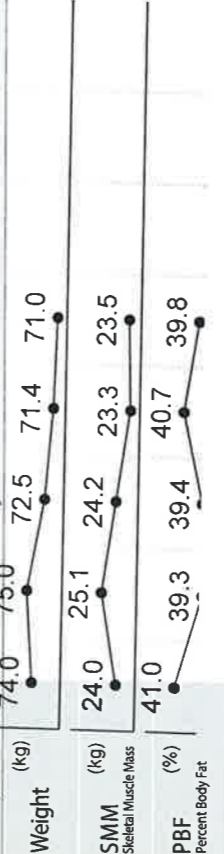


Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



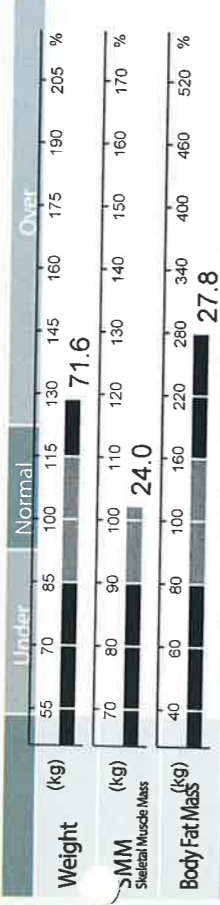
memo 5

ID 090219-1 Height 161cm Age 23 Gender Female Test Date & Time 16.03.2019. 16:43

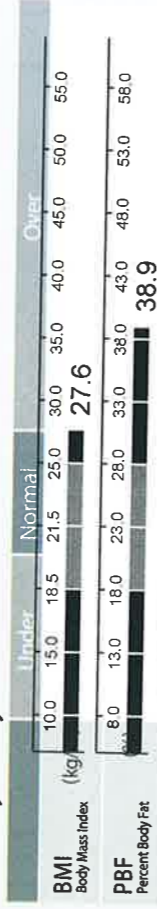
Body Composition Analysis

Total amount of water in body	Total Body Water (L)	32.0 (28.4~34.7)
For building muscles	Protein (kg)	8.6 (7.7~9.4)
For strengthening bones	Minerals (kg)	3.23 (2.63~3.21)
For storing excess energy	Body Fat Mass (kg)	27.8 (11.1~17.8)
Sum of the above	Weight (kg)	71.6 (47.3~64.1)

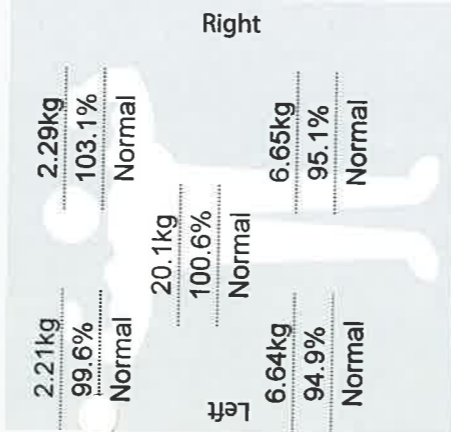
Muscle-Fat Analysis



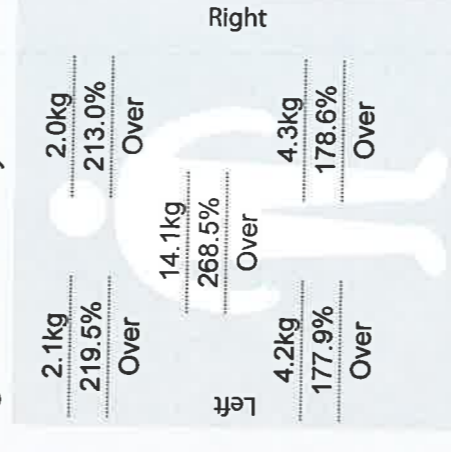
Obesity Analysis



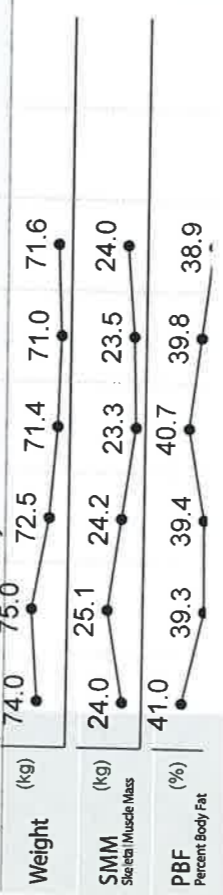
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



InBody Score

→ 66 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight 56.8 kg
 Weight Control - 14.8 kg
 Fat Control - 14.8 kg
 Muscle Control 0.0 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

0.92 (0.75 ~ 0.85)

Visceral Fat Level

Level 13 (Low ~ 10 ~ High)

Research Parameters

Fat Free Mass 43.8 kg
 Basal Metabolic Rate 1315 kcal (1442~1680)
 Obesity Degree 128 % (90~110)
 Recommended calorie intake 1755 kcal

Calorie Expenditure of Exercise

Golf	126	Gateball	136
Walking	143	Yoga	143
Badminton	162	Table Tennis	162
Tennis	215	Bicycling	215
Boxing	215	Basketball	215
Mountain Climbing	233	Jumping Rope	251
Aerobics	251	Jogging	251
Soccer	251	Swimming	251
Japanese Fencing	358	Racketball	358
Squash	358	Taekwondo	358

*Based on your current weight
 *Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

Z(α) 20 kHz | 412.9 430.5 23.0 300.9 300.6
 100 kHz | 366.5 385.4 19.8 266.5 267.3