

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mrs. Lakshmi, on 15/1/2024

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none">• Medically Fit	<input checked="" type="checkbox"/>
<ul style="list-style-type: none">• Fit with restrictions/recommendations <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1.....</p> <p>2.....</p> <p>3.....</p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p>	
<ul style="list-style-type: none">• Currently Unfit. <p>Review after _____ recommended</p>	
<ul style="list-style-type: none">• Unfit	

Dr. *M. M. S.*
Medical Officer
The Apollo Clinic, Mysore.
23, 1st Floor,
Kadavane Road, Mysore - 02
Ph : 0821-4006040/41

This certificate is not meant for medico-legal purposes.

Date : 13-01-2024
MR NO : CMYS.0000059232

Department : GENERAL
Doctor : Dr Umesh HB

Name : Mrs. Lakshmi K

Registration No : 67084

Age/ Gender : 54 Y / Female

Qualification : M.B.B.S - MD

Consultation Timing: 09:15

Height : 15	Weight : 60	BMI :	Waist Circumf :
Temp :	Pulse :	Resp :	B.P : 140/90

General Examination /
Allergies History

CVS |
RS |
PIA |
NA

Clinical Diagnosis & Management Plan

Adv
Regular Exercise / Dieting

T Pantocid-D for 14
BIF

Follow up date :


Doctor Signature
Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 13-01-2024
MR NO : CMYS.0000059232
Name : Mrs. Lakshmi K
Age/ Gender : 54 Y / Female

Department : GENERAL
Doctor :
Registration No : Dr. Praveen Kumar
Qualification : MS / ENT

Consultation Timing: 09:15

Height : 5	Weight : 60	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 140/90

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

Come for regular health check
Ear Biceptoral gm - waned
nose parrot mucus @
oral cavity and oropharynx @
me @
Adv
Recum d
/

Follow up date :

Doctor Signature
Kalidasa Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 13-01-2024
MR NO : CMYS.0000059232

Department : ~~GENERAL~~ Gynaecologist
Doctor :

Name : Mrs. Lakshmi K

Registration No :

Age/ Gender : 54 Y / Female

Qualification :

Consultation Timing: 09:15

(Adv)

MI - 38yrs.

Height : 15	Weight : 60.1	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/90

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

s/p - hysterectomy for menorrhagia
8 yrs back.

Hb - 13.7 g/dl
FBS - 94 mg/dl
PPBS - 112 mg/dl
HBA1C - 5.3%
T. Cholesterol - 206

P3L3 - FTND
LCB - 37yrs.

(Adv)

① CAP D-RISE 60K once a wk for 8 wks.
(Every Sunday)
for 8 Sundays

② TAB ULTRA CAT 0-0-1 x 30 days
⇒ Follow low fat diet.

LFT - (N)

Creat - 0.69

RFT - (N)

TSH - 3.8 μ IU/ml


Urine (N) - (N)

2D Echo - EF - 67%
(N)

USG (A/P) -
Uterus - Post surgical
Status.

PAP smear - not
done

Follow up date :


Apollo Clinic
#23, 1st Floor
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 13-01-2024
MR NO : CMYS.0000059232

Department : GENERAL Dietetics
Doctor : Madhura. B. P

Name : Mrs. Lakshmi K

Registration No :

Age/ Gender : 54 Y / Female

Qualification :

M. Sc Nutrition & Dietetics
PhD

Consultation Timing: 09:15

TRW - 426g

Height : 1.5	Weight : 60.1	BMI : 26 kg/m ²	Waist Circum : 90
Temp :	Pulse :	Resp :	B.P : 140/90

General Examination /
Allergies History


Clinical Diagnosis & Management Plan

Cholesterol - 206
Non-HDL - 100
LDL - 127.4

KLK - 7AH
→ Advise low fat diet with fiber rich foods.
→ chart is given.

Follow up date :

Doctor Signature


B.P
Apollo Clinic
23, 1st floor,
Kalidasa Road, Mysore - 57
Ph : 0821-4006040/41
13/01/2024

Name-

Age-

Height-

Weight-

BMI-

IBW-


Department- Dietetics

Name- Madhura B P

Qualification- M.Sc Nutrition & Dietetic
PhD*

- Advised
- Do not skip any of the meals, take small frequent meals.
- Include all variety of seasonal fruits, vegetables and green leafy vegetables on regular basis.
- Include nuts like Almond, Walnuts and dry-fruits like dried dates and raisins regularly.
- Include seeds like Flax seeds, Pumpkin seeds, Sunflower seeds, Sesame seeds and watermelon seeds- 1 teaspoon each and dry roasted.
- Avoid 5 white slow poisons like Sugar, Salt, Maida, Baking soda and creams.
- Cooking oil- ½ litre/person/month.
- Use combination of oils like Rice bran oil, Groundnut oil, Sesame oil, Mustard oil/ Coconut oil and Ghee. Change the oil every month or 2 months. But do not mix the oils.
- Drink at least 2-3 liters of water in a day.
- Skimmed or toned milk can be used on regular basis. Since it's a rich source of protein and low in calories.
- Avoid Butter, Vanaspati and Dalda.
- Avoid deep-fried foods, Biscuits, Cookies, Bakery products, Pastries, Papad, packed and processed foods, chocolates, Alcohol, caffeine and carbonated beverages.
- Avoid junk foods like Pizza and Burger.

Dietician signature

 - B.P

Apollo 02/01/2024
23, 1st Floor,
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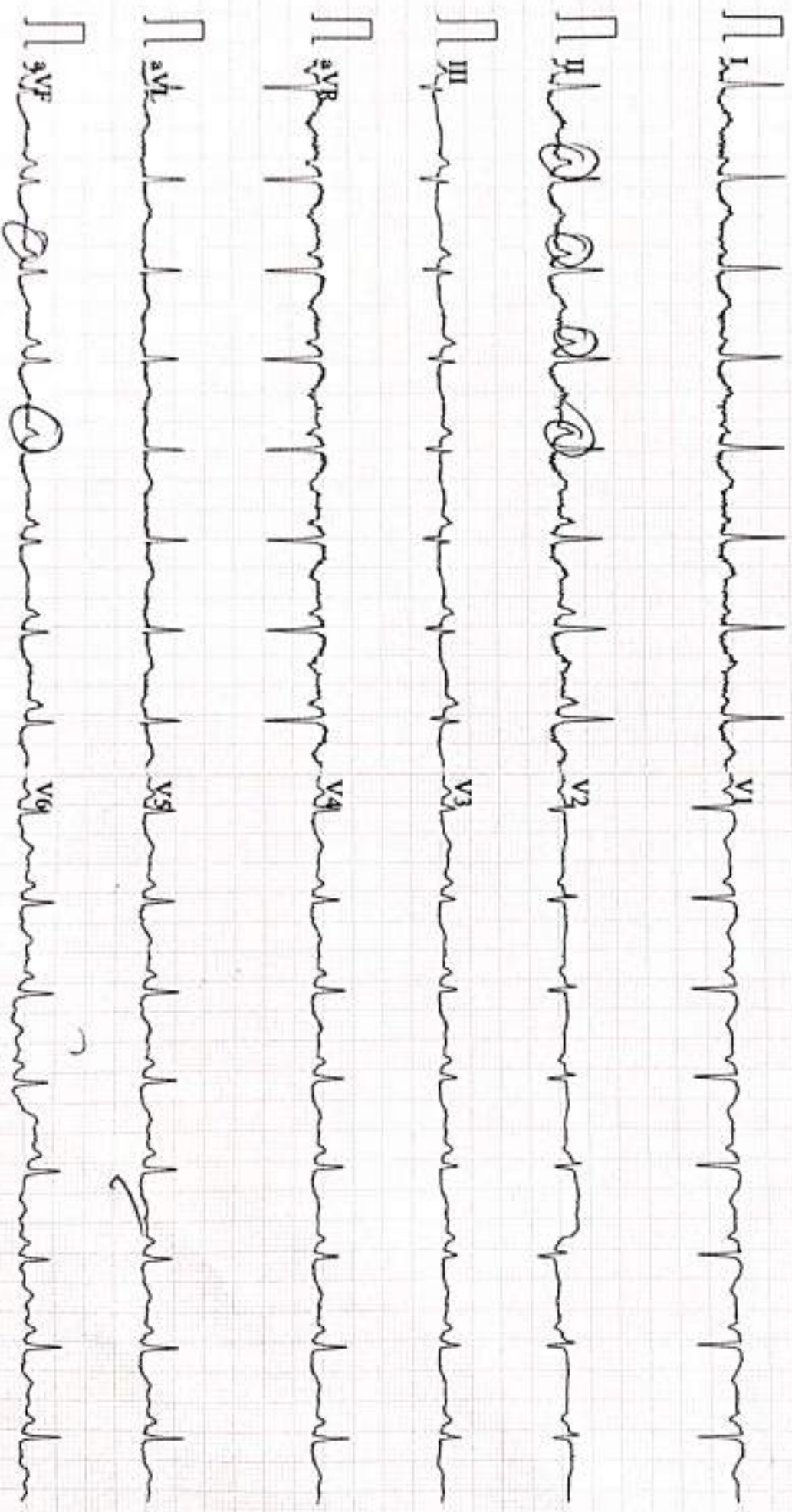
MRS LAKSHMI K

Female 54Years

151cm 60kg 140/90 mmHg

APOLLO Clinic
23, 1st Floor,
Kallidasa Road, Mysore - 02
Ph : 0821-4006040/41

Unconfirmed Report.



Patient Name	: Mrs. Lakshmi K	Age	: 54 Y F
UHID	: CMYS.0000059232	OP Visit No	: CMYSOPV121317
Reported on	: 13-01-2024 16:28	Printed on	: 13-01-2024 16:42
Adm/Consult Doctor	:	Ref Doctor	: SELF

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .
No obvious active pleuro-parenchymal lesion seen .
Both costophrenic and cardiophrenic angles are clear .
Both diaphragms are normal in position and contour .
Thoracic wall and soft tissues appear normal.

IMPRESSION :NORMAL STUDY.

Pradeep

Printed on:13-01-2024 16:28

---End of the Report---

Dr. PRADEEP KUMAR C N
MBBS DNB(RADIOLOGY)
Radiology

Apollo Health and Lifestyle Limited

(CIN : U45110TG2000PLC115819)

Head Office : 1-10-10-62, Ashoka Raghupathi Chambers, 3th Floor, Begumpet, Hyderabad, Telangana - 500 016

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APOLLO CLINIC'S NETWORK KARNATAKA

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Arasikere | Jayajur Road | Mysore | YV Mithala

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

1860 500 7788

Patient Name: Mrs. Lakshmi K	Date : 13.01.2024	Referring Doctor: Dr .Self
Age / Sex: 54 Yrs/Female	UHID NO: 59232	Location : OP
ULTRASONOGRAPHY- ABDOMEN & PELVIS		

LIVER: It is normal in size and echotexture. No focal lesions seen. IHBR are not dilated. CBD and Portal vein are normal.

GALL BLADDER: It is well distended and normal. No calculi seen.

SPLEEN: It is normal in size, outline and echopattern. No e/o focal lesions.

PANCREAS: It is normal.

RIGHT KIDNEY: It measures 88x44 mm with parenchymal thickness of 13 mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 112x42 mm with parenchymal thickness of 12 mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

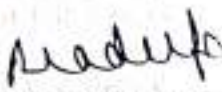
URINARY BLADDER: It is well distended. The UB wall is normal. No calculi seen.

UTERUS & OVARIES : Post surgical status.

RF: No evidence of focal collection or mass lesion seen. Appendix is not visualized.

OTHERS: No e/o free fluid in the abdomen. No e/o lymphadenopathy. No e/o gut wall thickening. No mass lesion seen in the abdomen.

IMPRESSION: NORMAL STUDY.


Dr. Pradeep Kumar C N, DNB
Consultant Radiologist.

Apollo Health and Lifestyle Limited

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Kalyan Nagar | Sarjapur Road | Mysore: IVV Mohalla

Online appointments: www.apolloh.com

TO BOOK AN APPOINTMENT

 **1860 500 7788**

Patient's Name : Mrs. Lakshmi	Age & Sex; 55Yrs /Female
Date : 13.01.2024	UHID No:59232

2D ECHOCARDIOGRAPHY STUDY

Impression:

- Normal chambers and valves
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 67%
- Grade I LVDD
- No clots. No pericardial effusion

Findings

Left Ventricle:	No RWMA
Right Ventricle	Normal
Left Atrium	Normal
Right Atrium	Normal
Aorta	Normal
Pulmonary Artery	Normal
IAS	Intact
IVS	Intact
Valves	Normal
Pericardium	Normal
Doppler	Grade I LVDD

Apollo Health and Lifestyle Limited

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 Kuvempunigala | Narajur | Azadi | Mysore | VV Mohalla
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TO BOOK AN APPOINTMENT

1860 500 7788

Patient's Name : Mrs. Lakshmi	Age & Sex; 55Yrs /Female
Date : 13.01.2024	UHID No:59232

Measurements

AO : 2.6 cm
LA : 2.1 cm

RV : 2.4 cm
LVIDd : 4.19 cm
LVIDs : 2.63 cm
IVSd : 0.83 cm
IVSs : 1.21 cm
PWd : 1.05 cm
PWs : 1.14 cm
EF : 67.0 %
FS : 37.0 %

Doppler

MV	TV	AV	PV
E 0.64 m/s	E --- m/s	V max 1.17 m/s	V max 1.11 m/s
A: 0.91 m/s	A --- m/s		

Dr. GURU PRASAD. B. V, MBBS, PGDCC
CONSULTANT – NON-INVASIVE CARDIOLOGY

Apollo Health and Lifestyle Limited

CIN: UMS10TG2000PLC115819

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Koramangala | Narayana Road | Mysore (VV Mohalla)

Online appointments: www.apolloclinics.com

TO BOOK AN APPOINTMENT

1860 500 7788

Informed Consent/Declaration For Test Exclusion

Patient Name: Ms Lakshmi. K Age: 54 y 112

UHID Number: 59232

Please tick and sign the relevant part

I certify that I will skip LBC Pap smear + Sono + Eye Screening Test from my own.

No refund is provided for the above excluded test and I have been informed about the same.

Patient signature [Signature] Date 13/1/2024

Witness signature: [Signature] Date: 13/1/2024