

Patient Name : Mrs.MENAKA M K	Collected : 20/Sep/2023 10:33AM
Age/Gender : 36 Y 0 M 25 D/F	Received : 20/Sep/2023 12:54PM
UHID/MR No : CMYS.0000057987	Reported : 20/Sep/2023 01:22PM
Visit ID : CMYSOPV117680	Status : Final Report
Ref Doctor : Dr.SELF	Sponsor Name : ARCOFEMI HEALTHCARE LIMITED
Emp/Auth/TPA ID : 598793543814	

DEPARTMENT OF HAEMATOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

PERIPHERAL SMEAR , WHOLE BLOOD EDTA

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SIN No:BED230227971

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UHID/MR No : CMYS.0000057987	Reported : 20/Sep/2023 03:09PM
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Test Name	Result	Unit	Bio. Ref. Range	Method
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HEMOGRAM , WHOLE BLOOD EDTA

HAEMOGLOBIN	11.7	g/dL	12-15	Spectrophotometer
PCV	37.00	%	36-46	Electronic pulse & Calculation
RBC COUNT	4.51	Million/cu.mm	3.8-4.8	Electrical Impedence
MCV	82	fL	83-101	Calculated
MCH	26.1	pg	27-32	Calculated
MCHC	31.8	g/dL	31.5-34.5	Calculated
R.D.W	14.7	%	11.6-14	Calculated
TOTAL LEUCOCYTE COUNT (TLC)	6,700	cells/cu.mm	4000-10000	Electrical Impedence

DIFFERENTIAL LEUCOCYTIC COUNT (DLC)

NEUTROPHILS	56.2	%	40-80	Electrical Impedence
LYMPHOCYTES	36.7	%	20-40	Electrical Impedence
EOSINOPHILS	3.6	%	1-6	Electrical Impedence
MONOCYTES	3.2	%	2-10	Electrical Impedence
BASOPHILS	0.3	%	<1-2	Electrical Impedence

ABSOLUTE LEUCOCYTE COUNT

NEUTROPHILS	3765.4	Cells/cu.mm	2000-7000	Electrical Impedence
LYMPHOCYTES	2458.9	Cells/cu.mm	1000-3000	Electrical Impedence
EOSINOPHILS	241.2	Cells/cu.mm	20-500	Electrical Impedence
MONOCYTES	214.4	Cells/cu.mm	200-1000	Electrical Impedence
BASOPHILS	20.1	Cells/cu.mm	0-100	Electrical Impedence

PLATELET COUNT

PLATELET COUNT	283000	cells/cu.mm	150000-410000	Electrical impedence
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ERYTHROCYTE SEDIMENTATION RATE (ESR)

ERYTHROCYTE SEDIMENTATION RATE (ESR)	18	mm at the end of 1 hour	0-20	Modified Westergren
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PERIPHERAL SMEAR

R.B.C: Majority are normocytic normochromic.
W.B.C: normal in number with normal morphology and distribution.
Platelets: normal in number and are seen in singles and clumps.
Hemoparasites: Not seen.

IMPRESSION: NORMOCYTIC NORMOCHROMIC ANEMIA.

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ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

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UHID/MR No : CMYS.0000057987	Reported : 20/Sep/2023 02:59PM
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ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

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BLOOD GROUP ABO AND RH FACTOR , WHOLE BLOOD EDTA

BLOOD GROUP TYPE	B			Forward & Reverse Grouping with Slide/Tube Aggluti
Rh TYPE	POSITIVE			Forward & Reverse Grouping with Slide/Tube Agglutination



SIN No:BED230227971

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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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GLUCOSE, FASTING , NAF PLASMA	98	mg/dl	74-106	GOD, POD
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Comment:

As per American Diabetes Guidelines, 2023

Fasting Glucose Values in mg/dL	Interpretation
70-100 mg/dL	Normal
100-125 mg/dL	Prediabetes
≥126 mg/dL	Diabetes
<70 mg/dL	Hypoglycemia

Note:

1. The diagnosis of Diabetes requires a fasting plasma glucose of > or = 126 mg/dL and/or a random / 2 hr post glucose value of > or = 200 mg/dL on at least 2 occasions.
2. Very high glucose levels (>450 mg/dL in adults) may result in Diabetic Ketoacidosis & is considered critical.



Patient Name : Mrs.MENAKA M K	Collected : 20/Sep/2023 10:33AM
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Test Name	Result	Unit	Bio. Ref. Range	Method
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GLUCOSE, POST PRANDIAL (PP), 2 HOURS , SODIUM FLUORIDE PLASMA (2 HR)	114	mg/dL	70-140	GOD - POD
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Comment:

It is recommended that FBS and PPBS should be interpreted with respect to their Biological reference ranges and not with each other.

Conditions which may lead to lower postprandial glucose levels as compared to fasting glucose levels may be due to reactive hypoglycemia, dietary meal content, duration or timing of sampling after food digestion and absorption, medications such as insulin preparations, sulfonylureas, amylin analogues, or conditions such as overproduction of insulin.

Ref: Marks medical biochemistry and clinical approach

HBA1C, GLYCATED HEMOGLOBIN , WHOLE BLOOD EDTA	5.1	%		HPLC
ESTIMATED AVERAGE GLUCOSE (eAG) , WHOLE BLOOD EDTA	100	mg/dL		Calculated

Comment:

Reference Range as per American Diabetes Association (ADA) 2023 Guidelines:

REFERENCE GROUP	HBA1C %
NON DIABETIC	<5.7
PREDIABETES	5.7 – 6.4
DIABETES	≥ 6.5
DIABETICS	
EXCELLENT CONTROL	6 – 7
FAIR TO GOOD CONTROL	7 – 8
UNSATISFACTORY CONTROL	8 – 10
POOR CONTROL	>10

Note: Dietary preparation or fasting is not required.

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- HbA1C is recommended by American Diabetes Association for Diagnosing Diabetes and monitoring Glycemic Control by American Diabetes Association guidelines 2023.
- Trends in HbA1C values is a better indicator of Glycemic control than a single test.
- Low HbA1C in Non-Diabetic patients are associated with Anemia (Iron Deficiency/Hemolytic), Liver Disorders, Chronic Kidney Disease. Clinical Correlation is advised in interpretation of low Values.
- Falsely low HbA1c (below 4%) may be observed in patients with clinical conditions that shorten erythrocyte life span or decrease mean erythrocyte age. HbA1c may not accurately reflect glycemic control when clinical conditions that affect erythrocyte survival are present.
- In cases of Interference of Hemoglobin variants in HbA1C, alternative methods (Fructosamine) estimation is recommended for Glycemic Control
 - A: HbF >25%
 - B: Homozygous Hemoglobinopathy.
 (Hb Electrophoresis is recommended method for detection of Hemoglobinopathy)



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LIPID PROFILE , SERUM

TOTAL CHOLESTEROL	174	mg/dl	0-200	CHOD
TRIGLYCERIDES	115	mg/dL	<150	Enzymatic
HDL CHOLESTEROL	51	mg/dL	>40	CHE/CHO/POD
NON-HDL CHOLESTEROL	123	mg/dL	<130	Calculated
LDL CHOLESTEROL	100.29	mg/dL	<100	Calculated
VLDL CHOLESTEROL	23	mg/dL	<30	Calculated
CHOL / HDL RATIO	3.43		0-4.97	Calculated

Comment:

Reference Interval as per National Cholesterol Education Program (NCEP) Adult Treatment Panel III Report.

	Desirable	Borderline High	High	Very High
TOTAL CHOLESTEROL	< 200	200 - 239	≥ 240	
TRIGLYCERIDES	<150	150 - 199	200 - 499	≥ 500
LDL	Optimal < 100 Near Optimal 100-129	130 - 159	160 - 189	≥ 190
HDL	≥ 60			
NON-HDL CHOLESTEROL	Optimal <130; Above Optimal 130-159	160-189	190-219	>220

1. Measurements in the same patient on different days can show physiological and analytical variations.
2. NCEP ATP III identifies non-HDL cholesterol as a secondary target of therapy in persons with high triglycerides.
3. Primary prevention algorithm now includes absolute risk estimation and lower LDL Cholesterol target levels to determine eligibility of drug therapy.
4. Low HDL levels are associated with Coronary Heart Disease due to insufficient HDL being available to participate in reverse cholesterol transport, the process by which cholesterol is eliminated from peripheral tissues.
5. As per NCEP guidelines, all adults above the age of 20 years should be screened for lipid status. Selective screening of children above the age of 2 years with a family history of premature cardiovascular disease or those with at least one parent with high total cholesterol is recommended.
6. VLDL, LDL Cholesterol Non HDL Cholesterol, CHOL/HDL RATIO, LDL/HDL RATIO are calculated parameters when Triglycerides are below 350 mg/dl. When Triglycerides are more than 350 mg/dl LDL cholesterol is a direct measurement.

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Test Name	Result	Unit	Bio. Ref. Range	Method
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SIN No:SE04487032

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DEPARTMENT OF BIOCHEMISTRY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

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LIVER FUNCTION TEST (LFT) , SERUM

BILIRUBIN, TOTAL	0.40	mg/dL	0.20-1.20	Colorimetric
BILIRUBIN CONJUGATED (DIRECT)	0.10	mg/dl	0-0.2	Diazotized sulfanilic acid
BILIRUBIN (INDIRECT)	0.30	mg/dL	0.0-1.1	Dual Wavelength
ALANINE AMINOTRANSFERASE (ALT/SGPT)	13	U/l	0-45	IFCC
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	16.0	U/l	0-31	IFCC
ALKALINE PHOSPHATASE	67.00	U/l	42-98	IFCC (AMP buffer)
PROTEIN, TOTAL	6.50	g/dl	6.4-8.3	Biuret
ALBUMIN	4.00	g/dl	3.5-5.2	Bromocresol Green
GLOBULIN	2.50	g/dL	2.0-3.5	Calculated
A/G RATIO	1.6		0.9-2.0	Calculated

Comment:

LFT results reflect different aspects of the health of the liver, i.e., hepatocyte integrity (AST & ALT), synthesis and secretion of bile (Bilirubin, ALP), cholestasis (ALP, GGT), protein synthesis (Albumin)

Common patterns seen:

1. Hepatocellular Injury:

- AST – Elevated levels can be seen. However, it is not specific to liver and can be raised in cardiac and skeletal injuries.
- ALT – Elevated levels indicate hepatocellular damage. It is considered to be most specific lab test for hepatocellular injury.

Values also correlate well with increasing BMI.

- Disproportionate increase in AST, ALT compared with ALP.
- Bilirubin may be elevated.

• AST: ALT (ratio) – In case of hepatocellular injury AST: ALT > 1 In Alcoholic Liver Disease AST: ALT usually >2. This ratio is also seen

to be increased in NAFLD, Wilson's diseases, Cirrhosis, but the increase is usually not >2.

2. Cholestatic Pattern:

- ALP – Disproportionate increase in ALP compared with AST, ALT.
- Bilirubin may be elevated.
- ALP elevation also seen in pregnancy, impacted by age and sex.

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• To establish the hepatic origin correlation with GGT helps. If GGT elevated indicates hepatic cause of increased ALP.

3. Synthetic function impairment:

- Albumin- Liver disease reduces albumin levels.
- Correlation with PT (Prothrombin Time) helps.



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RENAL PROFILE/KIDNEY FUNCTION TEST (RFT/KFT) , SERUM

CREATININE	0.68	mg/dL	0.5-1.04	Creatinine amidohydrolase
UREA	14.50	mg/dl	13-43	Urease, UV
BLOOD UREA NITROGEN	6.8	mg/dL	8.0 - 23.0	Calculated
URIC ACID	5.50	mg/dL	2.5-6.2	Uricase
CALCIUM	8.78	mg/dl	8.6-10.3	Arsenazo III
PHOSPHORUS, INORGANIC	3.13	mg/dl	2.7-4.5	Molybdate
SODIUM	137	mmol/L	135-145	Direct ISE
POTASSIUM	4.4	mmol/L	3.5-5.1	Direct ISE
CHLORIDE	99	mmol/L	98 - 107	Direct ISE



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Test Name	Result	Unit	Bio. Ref. Range	Method
GAMMA GLUTAMYL TRANSPEPTIDASE (GGT) , SERUM	17.00	U/L	12-43	Glycylglycine Nitoranalide



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DEPARTMENT OF IMMUNOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

Test Name	Result	Unit	Bio. Ref. Range	Method
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THYROID PROFILE TOTAL (T3, T4, TSH) , SERUM

TRI-IODOTHYRONINE (T3, TOTAL)	1.01	ng/mL	0.64-1.52	CMIA
THYROXINE (T4, TOTAL)	8.16	µg/dL	4.87-11.72	CMIA
THYROID STIMULATING HORMONE (TSH)	2.880	µIU/mL	0.35-4.94	CMIA

Comment:

Note:

For pregnant females	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 – 3.0
Third trimester	0.3 – 3.0

1. TSH is a glycoprotein hormone secreted by the anterior pituitary. TSH activates production of T3 (Triiodothyronine) and its prohormone T4 (Thyroxine). Increased blood level of T3 and T4 inhibit production of TSH.
2. TSH is elevated in primary hypothyroidism and will be low in primary hyperthyroidism. Elevated or low TSH in the context of normal free thyroxine is often referred to as sub-clinical hypo- or hyperthyroidism respectively.
3. Both T4 & T3 provides limited clinical information as both are highly bound to proteins in circulation and reflects mostly inactive hormone. Only a very small fraction of circulating hormone is free and biologically active.
4. Significant variations in TSH can occur with circadian rhythm, hormonal status, stress, sleep deprivation, medication & circulating antibodies.

TSH	T3	T4	FT4	Conditions
High	Low	Low	Low	Primary Hypothyroidism, Post Thyroidectomy, Chronic Autoimmune Thyroiditis
High	N	N	N	Subclinical Hypothyroidism, Autoimmune Thyroiditis, Insufficient Hormone Replacement Therapy.
N/Low	Low	Low	Low	Secondary and Tertiary Hypothyroidism
Low	High	High	High	Primary Hyperthyroidism, Goitre, Thyroiditis, Drug effects, Early Pregnancy
Low	N	N	N	Subclinical Hyperthyroidism
Low	Low	Low	Low	Central Hypothyroidism, Treatment with Hyperthyroidism

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Test Name	Result	Unit	Bio. Ref. Range	Method
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Low	N	High	High	Thyroiditis, Interfering Antibodies
N/Low	High	N	N	T3 Thyrotoxicosis, Non thyroidal causes
High	High	High	High	Pituitary Adenoma; TSHoma/Thyrotropinoma



SIN No:SPL23133973

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DEPARTMENT OF CLINICAL PATHOLOGY

ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

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COMPLETE URINE EXAMINATION (CUE) , URINE

PHYSICAL EXAMINATION

COLOUR	PALE YELLOW		PALE YELLOW	Visual
TRANSPARENCY	CLEAR		CLEAR	Visual
pH	7.0		5-7.5	Bromothymol Blue
SP. GRAVITY	1.015		1.002-1.030	Dipstick

BIOCHEMICAL EXAMINATION

URINE PROTEIN	NEGATIVE		NEGATIVE	PROTEIN ERROR OF INDICATOR
GLUCOSE	NEGATIVE		NEGATIVE	GOD-POD
URINE BILIRUBIN	NEGATIVE		NEGATIVE	AZO COUPLING
URINE KETONES (RANDOM)	NEGATIVE		NEGATIVE	NITROPRUSSIDE
UROBILINOGEN	NORMAL		NORMAL	EHRlich
BLOOD	NEGATIVE		NEGATIVE	Dipstick
NITRITE	NEGATIVE		NEGATIVE	Dipstick
LEUCOCYTE ESTERASE	NEGATIVE		NEGATIVE	PYRROLE HYDROLYSIS

CENTRIFUGED SEDIMENT WET MOUNT AND MICROSCOPY

PUS CELLS	2 - 3	/hpf	0-5	Microscopy
EPITHELIAL CELLS	3 - 4	/hpf	<10	MICROSCOPY
RBC	NIL	/hpf	0-2	MICROSCOPY
CASTS	NIL		0-2 Hyaline Cast	MICROSCOPY
CRYSTALS	ABSENT		ABSENT	MICROSCOPY



SIN No:UR2187429

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Test Name	Result	Unit	Bio. Ref. Range	Method
URINE GLUCOSE(POST PRANDIAL)	NEGATIVE		NEGATIVE	Dipstick
URINE GLUCOSE(FASTING)	NEGATIVE		NEGATIVE	Dipstick



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Emp/Auth/TPA ID : 598793543814	

DEPARTMENT OF CYTOLOGY

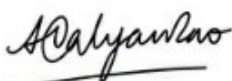
ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324

LBC PAP TEST (PAPSURE) , CERVICAL BRUSH SAMPLE



	CYTOLOGY NO.	15857/23
I	SPECIMEN	
a	SPECIMEN ADEQUACY	ADEQUATE
b	SPECIMEN TYPE	LIQUID-BASED PREPARATION (LBC)
	SPECIMEN NATURE/SOURCE	CERVICAL SMEAR
c	ENDOCERVICAL-TRANSFORMATION ZONE	ABSENT
d	COMMENTS	SATISFACTORY FOR EVALUATION
II	MICROSCOPY	Superficial and intermediate squamous epithelial cells with benign morphology. Negative for intraepithelial lesion/malignancy.
III	RESULT	
a	EPITHELIAL CELL	
	SQUAMOUS CELL ABNORMALITIES	NOT SEEN
	GLANDULAR CELL ABNORMALITIES	NOT SEEN
b	ORGANISM	NIL
IV	INTERPRETATION	NEGATIVE FOR INTRAEPITHELIAL LESION OR MALIGNANCY

Pap Test is a screening test for cervical cancer with inherent false negative results. Regular screening and follow-up is recommended (Bethesda-TBS-2014) revised

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



Dr. A. Kalyan Rao
M.B.B.S, M.D (Pathology)
Consultant Pathologist

Dr. PAVAN KUMAR M
M.B.B.S, M.D (Pathology)
Consultant Pathologist

Page 18 of 18



SIN No:CS068068

This test has been performed at Apollo Health & Lifestyle Ltd, Global Reference Laboratory, Hyderabad

Patient Name : Mrs. MENAKA M K

Age/Gender : 36 Y/F

UHID/MR No. : CMYS.0000057987

OP Visit No : CMYSOPV117680

Sample Collected on :

Reported on : 21-09-2023 09:42

LRN# : RAD2103790

Specimen :

Ref Doctor : SELF

Emp/Auth/TPA ID : 598793543814

DEPARTMENT OF RADIOLOGY

ULTRASOUND - WHOLE ABDOMEN

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 88x42 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 104x51 mm with parenchymal thickness of 13 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: It is anteverted and measures 70x39x53 mm with ET= 13mm. It is normal in size, outline and echotexture. No mass lesion.

Rt. OVARY: It measures 23x25 mm. It is normal. No mass lesion seen.

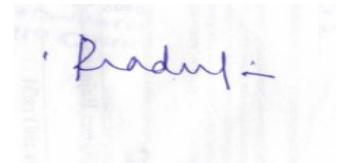
Lt. OVARY: It measures 26x28 mm. It is normal. No mass lesion seen.

RIF: 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.

Pradeep Kumar C N, DNB
Consultant Radiologist.



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

Patient Name : Mrs. MENAKA M K

Age/Gender : 36 Y/F

UHID/MR No. : CMYS.0000057987

OP Visit No : CMYSOPV117680

Sample Collected on :

Reported on : 20-09-2023 16:25

LRN# : RAD2103790

Specimen :

Ref Doctor : SELF

Emp/Auth/TPA ID : 598793543814

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .

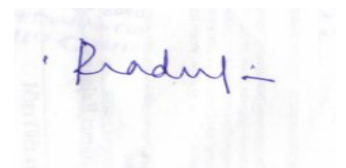
No obvious active pleuro-parenchymal lesion seen .

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.



Dr. PRADEEP KUMAR C N
MBBS DNB(RADIOLOGY)

Radiology

Name: Mrs. MENAKA M K
Age/Gender: 36 Y/F
Address: MANDYA
Location: MANDYA, KARNATAKA
Doctor:
Department: GENERAL
Rate Plan: MYSORE_06042023
Sponsor: ARCOFEMI HEALTHCARE LIMITED
Consulting Doctor: Dr. SABAH JAVED

MR No: CMYS.0000057987
Visit ID: CMYSOPV117680
Visit Date: 20-09-2023 10:30
Discharge Date:
Referred By: SELF

HT-CHIEF COMPLAINTS AND PRESENT KNOWN ILLNESS

Chief Complaints

COMPLAINTS:::: For Annual Health Checkup,

SYSTEMIC REVIEW

****Weight**

--->: Stable,

Number of kgs: 70.7,

HT-HISTORY

Past Medical History

PAST MEDICAL HISTORY: Nil,

**Cancer: NILL,

PHYSICAL EXAMINATION

SYSTEMIC EXAMINATION

IMPRESSION

ECG

: NORMAL,

RECOMMENDATION

Fitness Report

Fitness.: YES,

DISCLAIMER

Disclaimer: The health checkup examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the consulting physician. Additional tests, consultations and follow up may be required in some cases.,

Doctor's Signature

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mrs MENAKA - M.K on 20/09/2023

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 	✓
<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. [Signature]
Medical Officer, Apollo Clinic
 The Apollo Clinic, 1st Floor,
 Kalidasa Road, Mysore - 02
 0821-4006040/41

This certificate is not meant for medico-legal purposes

Apollo Health and Lifestyle Limited

(CIN: U85110TG2000PLE115819)

Regd Office: 1-10-60 E2, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

Ph No: 040-4904 7777, Fax No: 4904 7744 | Email ID: enquiry@apollohl.com | www.apollohl.com

APOLLO CLINICS NETWORK KARNATAKA

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 Koramangala | Marathahalli | **Mysore:** CVV Mohallal

Online appointments: www.apolloclinics.com

TO BOOK AN APPOINTMENT

1860 500 7788

Date : 20-09-2023
MR NO : CMYS.0000057987
Name : Mrs. MENAKA M K
Age/ Gender : 36 Y / Female

Department : GENERAL
Doctor : Dr Umesh H B
Registration No : 67084
Qualification : M BBS- MD

Consultation Timing: 10:30

Height : 150	Weight : 70.7	BMI :	Waist Circum :
Temp :	Pulse : 72/4	Resp : 20/4	B.P : 100/70

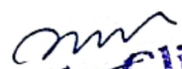
General Examination /
Allergies History

AC
RS
PA / N/A

Clinical Diagnosis & Management Plan

Ad
Diet and Exercise

Follow up date :


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

Date : 20-09-2023
 MR NO : CMYS.0000057987
 Name : Mrs. MENAKA M K
 Age/ Gender : 36 Y / Female

Department : GENERAL
 Doctor :
 Registration No :
 Qualification :

Consultation Timing: 10:30

Height : 150	Weight : 70.7	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /
 Allergies History

Clinical Diagnosis & Management Plan

ML → 12 yrs. Para - Both ds
 Tubectomised.

mf regular under
 mp → 5/9/23.

O/E → breasts → RAD.

Adv: regular walk | exercise.
 avoid sunb. Arch.

Follow up date :

Dr. [Signature]
Apollo Clinic
 # 23, 1st Floor,
 Kalidasa Road, Mysore - 02
 Ph : 0821-4006040/41

Date : 20-09-2023
MR NO : CMYS.0000057987

Department : GENERAL Diabetics
Doctor : Machhara. B.P

Name : Mrs. MENAKA M K

Registration No :

Age/ Gender : 36 Y / Female

Qualification : M.Sc Nutrition & Dietetics
PHD*

Consultation Timing: 10:30

Height : 150	Weight : 70.7	BMI : 31.4 kg/m ²	Waist Circum : IRW - 49 kg
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /
Allergies History

HB - 11.7
LDL - 100.29
BUN - 6.8 ↓

Clinical Diagnosis & Management Plan

- ⇒ Advised low calorie diet with Iron rich food.
- ⇒ Use whole cereals and pulses.
- ⇒ Use skimmed / Toned milk instead of whole fat milk.
- ⇒ cooking oil - 1/2 liter / person / month. Use combination of oils like Rice bran oil, Groundnut oil, coconut oil, Gingeli oil, Mustard oil & ghee. But donot mix the oils.
- ⇒ Avoid red meat.
- ⇒ Avoid maida, sugar, salt, baking soda, & creams.
- ⇒ Avoid bakery products, chats, junk foods, deep fried foods, packed and processed foods completely.

Follow up date :

Doctor Signature

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

Date : 20-09-2023
MR NO : CMYS.0000057987
Name : Mrs. MENAKA M K
Age/ Gender : 36 Y / Female

Department : GENERAL Dental
Doctor : Dr. Jyothishree
Registration No :
Qualification :


Consultation Timing: 10:30

Height : 150	Weight : 70.7	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100 / 70

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

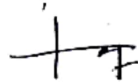
O/E

 missing

O/E

Cutt, Set

Adv. - Oral prophylaxis

 Decayed

Adv. - Restoration

Follow up date :

Dr. Jyothishree
Apollo Clinic
Doctor Signature Floor,
25, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41



Date : 20-09-2023
MR NO : CMYS.0000057987
Name : Mrs. MENAKA M K
Age/ Gender : 36 Y / Female

Department : GENERAL
Doctor :
Registration No :
Qualification :

Consultation Timing: 10:30

Height: 150	Weight: 70.7	BMI:	Waist Circum:
Temp:	Pulse:	Resp:	B.P: 100/70

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

	<u>Rt eye</u>	<u>Lt eye</u>
Distance	6/6	6/6
Near vision	N6	N6
Colour vision	Normal	Normal

Follow up date :

Doctor Signature
Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4000000

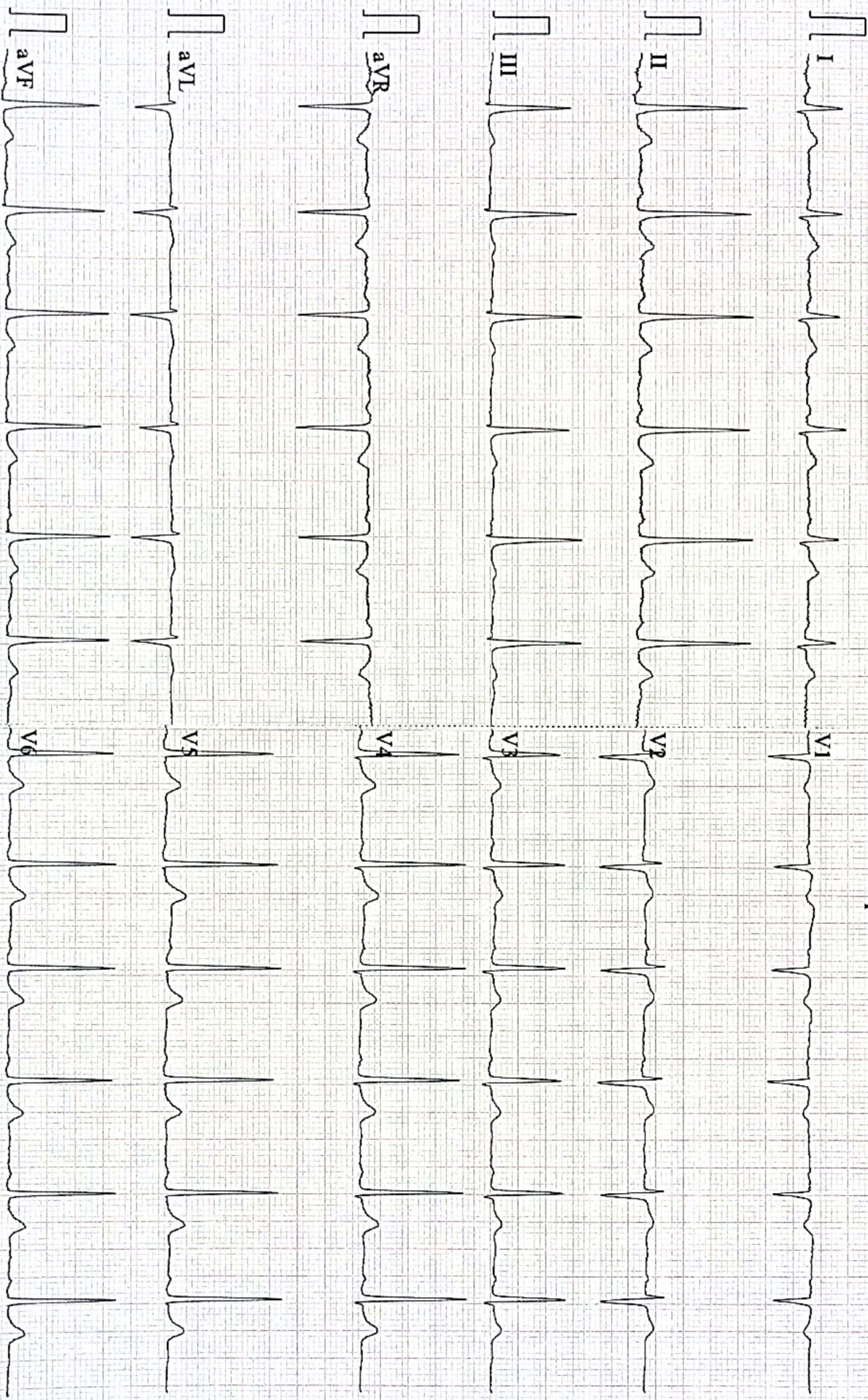
ID: 57987
MRS MENAKA M K
Female 36Years
150cm 70kg 100/70 mmHg

20-09-2023 12:02:10 PM

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

Diagnosis Information:

Unconfirmed Report.



0.5-45Hz AC50 25mm/s 10mm/mV 2*5.0s 74 CARDIART

D V1.43 Glasgow V28.6.0 APOLLO CLINIC MYSURU

Patient Name : Mrs. MENAKA M K
UHID : CMYS.0000057987
Reported on : 20-09-2023 16:25
Adm/Consult Doctor :

Age : 36 Y F
OP Visit No : CMYSOPV117680
Printed on : 20-09-2023 16:26
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:20-09-2023 16:25

---End of the Report---

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

Apollo Health and Lifestyle Limited

(CIN : U85110TG2000PLC115819)

Regd. Office: 1, 10 to 62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
Ph. No: (91) 4964 7777, Fax No: 4964 7744 | Email ID: enquiry@apollohl.com | www.apollohl.com

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Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

1860 500 7788

Page 1 of 1

Scanned with CamScanner

Patient Name: Mrs Menaka M S	Date: 20.09.2023	Referring Doctor: Dr. Self
Age / Sex: 36 Yrs/Female	UHID NO: 57987	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 88x42 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 104x51 mm with parenchymal thickness of 13 mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

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UTERUS: It is anteverted and measures 70x39x53 mm with ET= 13mm. It is normal in size, outline and echotexture. No mass lesion.

Rt. OVARY: It measures 23x25 mm. It is normal. No mass lesion seen.

Lt. OVARY: It measures 26x28 mm. It is normal. No mass lesion seen.

RIF: 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.

Pradeep
Dr. Pradeep Kumar C N, DNB
Consultant Radiologist.

Apollo Health and Lifestyle Limited

(CIN: U65110TG2000PLC115819)

Regd Office: 110-60-62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
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Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

1860 500 7788

Patient's Name : Mrs. Menaka M K

Age & sex : 36Yrs /Female

Date : 20.09.2023

UHID No : 57987

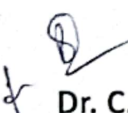
2D ECHOCARDIOGRAPHY STUDY

Impression:

- Normal chamber volumes
- Normal left ventricular function. EF 62% ✓
- No regional wall motion abnormality
- Normal valves
- No clots. No pericardial effusion

Findings

Left Ventricle:	Normal
Right Ventricle	Normal
Left Atrium	Normal
Right Atrium	Normal
Aorta	Normal
Pulmonary Artery	Normal
IAS	Intact
IVS	Intact
Valves	Normal
Pericardium	Normal
Doppler	Normal


Dr. C.B. KESHAVAMURTHY MD, DM, DNB
CONSULTANT CARDIOLOGIST

Apollo Health and Lifestyle Limited

(CIN: UR5110TG2000PLC115819)

Regd. Office: 1-10-60-62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
Ph. No: (040) 4934 7777 Fax No: 4964 7744 | Email ID: enquiry@apollohi.com | www.apollohi.com

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Koramangala | Sarjapur Road | **Mysore** (VV Mohalla)

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

 **1860 500 7788**

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Patient's Name : Mrs. Menaka M K Age & sex : 36Yrs /Female
Date : 20.09.2023 UHID No : 57987

Measurements

AO : 2.63 cm
LA : 2.99 cm

RV : 1.78 cm
LVIDd : 4.32 cm
LVIDs : 2.76 cm
IVSd : 0.86 cm
IVSs : 1.14 cm
PWd : 0.89 cm
PWs : 1.27 cm
EF : 62.0 %
FS : 34.0 %

Doppler

MV	TV	AV	PV
E: 0.95 m/s	E 0.52 m/s	V max 1.30 m/s	V max 1.13 m/s
A: 0.62 m/s	A 0.44 m/s		
MR Nil	TR Nil	AR Nil	PR Nil

Dr. **Dr. C.B. KESHAVAMURTHY MD, DM, DNB**
CONSULTANT CARDIOLOGIST

Apollo Health and Lifestyle Limited

ICIN: UBSY10TQ2000PLC1158191
Ring Road, T. 10/10/102, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
Ph. No: 040 4044 1111 Fax No: 4044 7744 | Email ID: enquiry@apollohi.com | www.apollohi.com

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TO BOOK AN APPOINTMENT

1860 500 7788

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Informed Consent/Declaration For Test Exclusion

Patient Name: Mrs. Menak. Age: 36 y / F

UHID Number: 57987.

Please tick and sign the relevant part

I certify that I will skip ENT consultation Test from my own.

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

Patient signature: ~~_____~~ Date: 20/9/2023

Witness signature: ~~_____~~ Date: 20/9/2023

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



ಭಾರತ ಸರ್ಕಾರ
Government of India

ಭಾರತೀಯ ವಿಶಿಷ್ಟ ಗುರುತು ಪ್ರಾಧಿಕಾರ
Unique Identification Authority of India

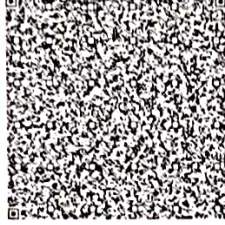
ನೋಂದಣಿ ಸಂಖ್ಯೆ Enrolment No.: 0648/11141/02582

Download Date: 09/04/2021

To
ಎಂ ಕೆ ಮೇನಕಾ
M K Menaka
C/O Dr Satheesha A
#326 GURUKRUPA NILAYA
5TH CROSS
KUVEMPUNAGARA
NEAR BALAMURI GANAPATHI TEMPLE
Mandya Gandhinagar
Mandya Gandhinagar
Mandya Karnataka - 571401
9632048304

Issue Date: 23/12/2020

Signature Not Verified
Digitally signed by M K Menaka
UIDAI-0648/11141/02582
Date: 2021.09.04 09:04:44



ನಿಮ್ಮ ಆಧಾರ್ ಸಂಖ್ಯೆ / Your Aadhaar No. :

5987 9354 3814

VID : 9128 4703 0678 9491

ನನ್ನ ಆಧಾರ್, ನನ್ನ ಗುರುತು



ಭಾರತ ಸರ್ಕಾರ
Government of India

Download Date: 09/04/2021



ಎಂ ಕೆ ಮೇನಕಾ
M K Menaka
ಜನ್ಮ ದಿನಾಂಕ DOB: 26/08/1987
ಲಿಂಗ FEMALE

Issue Date: 23/12/2020

5987 9354 3814

VID : 9128 4703 0678 9491

ನನ್ನ ಆಧಾರ್, ನನ್ನ ಗುರುತು



ಭಾರತ ಸರ್ಕಾರ
Government of India



ಮಾಹಿತಿ

- ಆಧಾರ್ ಗುರುತಿನ ಪುರಾವೆಯೇ ಹೊರತು ಪೌರತ್ವದಲ್ಲ
- ಸುರಕ್ಷಿತ ಕ್ಯೂಆರ್ ಕೋಡ್/ಆಫ್ಲೈನ್ XML / ಆನ್ಲೈನ್ ದೃಢೀಕರಣ ಬಳಸಿ ಗುರುತನ್ನು ಪರಿಶೀಲಿಸಿ
- ಎಲೆಕ್ಟ್ರಾನಿಕ್ ಪ್ರಕ್ರಿಯೆ ಮೂಲಕ ಮುದ್ರಿತವಾದ ವಿದ್ಯುತ್ಕೃತ ದಾಖಲೆ ಇದಾಗಿದೆ

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- Aadhaar is a proof of identity, not of citizenship.
- Verify identity using Secure QR Code/ Offline XML/ Online Authentication.
- This is electronically generated letter.

- ಆಧಾರ್ ದೇಶದಾದ್ಯಂತ ಮಾನ್ಯತೆಯನ್ನು ಪಡೆದಿದೆ
- ಸುಲಭವಾಗಿ ಸರ್ಕಾರಿ ಹಾಗೂ ಸರ್ಕಾರೇತರ ಸೇವೆಗಳನ್ನು ಪಡೆಯಲು ಆಧಾರ್ ಸಹಾಯವಾಗಲಿದೆ.
- ನಿಮ್ಮ ಮೊಬೈಲ್ ಸಂಖ್ಯೆ ಮತ್ತು ಇ-ಮೇಲ್ ಐಡಿ ಅನ್ನು ಆಧಾರ್ ನಲ್ಲಿ ನವೀಕರಿಸಿ
- ಆಧಾರ್ ನ್ನು ನಿಮ್ಮ ಸ್ಮಾರ್ಟ್ ಫೋನ್ ನಲ್ಲಿ ಕೊಂಡೊಯ್ಯಿರಿ mAadhaar ಅಪ್ಲಿಕೇಶನ್ ಬಳಸಿ

- Aadhaar is valid throughout the country.
- Aadhaar helps you avail various Government and non-Government services easily.
- Keep your mobile number & email ID updated in Aadhaar.
- Carry Aadhaar in your smart phone – use mAadhaar App.

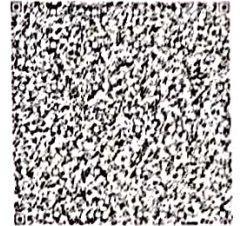


ಭಾರತೀಯ ವಿಶಿಷ್ಟ ಗುರುತು ಪ್ರಾಧಿಕಾರ
Unique Identification Authority of India



ವಿಳಾಸ:
ಕೆ/ಓ ಡಾ ಸತೀಶ ಎ, #326 ಗುರುಕೃಪಾ ನಿಲಯ,
5 ನೇ ಕ್ರಾಸ್, ಬಲಮುರಿ ಗಣಪತಿ ದೇವಸ್ಥಾನ ಹತ್ತಿರ,
ಕುವೆಂಪುನಗರ, ಮಂಡ್ಯ ಗಾಂಧಿನಗರ, ಮಂಡ್ಯ,
ಕರ್ನಾಟಕ - 571401

Address:
C/O: Dr Satheesha A, #326 GURUKRUPA
NILAYA, 5TH CROSS, NEAR BALAMURI
GANAPATHI TEMPLE,
KUVEMPUNAGARA, Mandya Gandhinagar,
Mandya,
Karnataka - 571401



5987 9354 3814

VID : 9128 4703 0678 9491

1947 | help@uidai.gov.in | www.uidai.gov.in

Fwd: Health Check up Booking Confirmed Request(bobE46587),Package Code-PKG10000319, Beneficiary Code-74170

Prithvimena @gmail.com <prithvimena@gmail.com>

Wed 20-09-2023 10:20

To:Mysore Apolloclinic <mysore@apolloclinic.com>

----- Forwarded message -----

From: **Mediwheel** <wellness@mediwheel.in>

Date: Tue, Sep 19, 2023, 6:25 PM

Subject: Health Check up Booking Confirmed Request(bobE46587),Package Code-PKG10000319, Beneficiary Code-74170

To: <prithvimena@gmail.com>

Cc: <customercare@mediwheel.in>

011-41195959

Email:wellness@mediwheel.in

Dear **MS. K MENAKA M**,

Please find the confirmation for following request.

Booking Date : 19-09-2023

Package Name : Arcofemi MediWheel Full Body Health Annual Plus Check Female 2D
: ECHO

Name of Diagnostic/Hospital : Apollo clinic - Kalidasa Road

Address of Diagnostic/Hospital : Apollo Clinic, 23, Kalidasa Road, VV Mohalla, Mysore -570002

Contact Details : 18605007788

City : Mysore

State : Karnataka

Pincode : 570002

Appointment Date : 20-09-2023

Confirmation Status : Confirmed

Preferred Time : 8:00am-9:00am

Comment : APPOINTMENT TIME 9:00AM

Instructions to undergo Health Check:

1. Please ensure you are on complete fasting for 10-To-12-Hours prior to check.
2. During fasting time do not take any kind of medication, alcohol, cigarettes, tobacco or any other liquids (except Water) in the morning.
3. Bring urine sample in a container if possible (containers are available at the Health Check centre).
4. Please bring all your medical prescriptions and previous health medical records with you.