

MER- MEDICAL EXAMINATION REPORT

Date of Examination	9/12/23		
NAME	ARUN KUMAR SWAIN		
AGE	35	Gender	M
HEIGHT(cm)	178	WEIGHT (kg)	76
B.P.	110/70		
ECG	normal		
X Ray	normal		
Vision Checkup	very poor vision.		
Present Ailments	none		
Details of Past ailments (If Any)	no		
Comments / Advice : She /He is Physically Fit	MEDICALLY FIT		

BMI - 24.1



Signature with Stamp of Medical Examiner  
 Dr. Smita Patil  
 MBBS  
 Reg. No. 37370

भारत सरकार  
Government of India

आरुण कुमार सिंग  
Arun Kumar Singh  
आरुण कुमार सिंग, 2479  
महा नगर, समस्वाली, लखनऊ  
उत्तर प्रदेश



5150 2013 7252

मेरा आधार, मेरी पहचान

*Arun Singh*



भारतीय विशिष्ट पहचान प्राधिकरण  
Unique Identification Authority of India

आरुण कुमार सिंग, 2479, महा नगर, समस्वाली, लखनऊ, उत्तर प्रदेश 226019

Address: C/O Arun Kumar Singh, 2479  
Maha Nagar, Samswali, Lucknow, Uttar  
Pradesh 226019



5150 2013 7252

1447 help@uidai.gov.in www.uidai.gov.in

Dear sir

You have been informed that ent , and diet consultation facility is not available at our centre. If you are ready then your test can be start.

*A. S. B.*



**CLINIC :**

1/4A, Vineet Khand, (Opp Jaipuria Management)  
Gomti Nagar, Lucknow - 226 010  
Ph. 0522-4008184, 4308184 • 8112323230  
Mob : 7618884441, 9450389932, 8177063877

Date	: 09-Dec-2023		
Name	: Mr. ARUN KUMAR SINGH	Age	: 35 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Male
Haemoglobin	15.0	gm%	14 - 17
Total Leucocyte Count	5800	Cells/cumm.	4000-11000
<b>Differential Leucocyte Count</b>			
Polymorphs	49	%	45 - 70
Lymphocytes	38	%	20 - 45
Eosinophils	05	%	0 - 6
Monocytes	08	%	0 - 8
Basophils	00	%	0 - 1
<b>Erythrocyte Sedimentation Rate (Wintrobe)</b>			
ESR	06	mm in 1st Hr.	0 - 9
PCV	45.1	cc%	40 - 52
Corrected ESR	02	mm in 1st Hr.	0 - 9
Platelet Count	1.62	lakh/cumm.	1.5 - 4.0
Red Cells Count	4.96	million/cmm	3.90 to 5.80
<b>Absolute values</b>			
MCV	90.9	fL	77 - 97
MCH	30.2	pg	27 - 31
MCHC	33.3	gm /dl	31 - 34

**Dr. Sanjay Rastogi**  
M.B.B.S., M.D. (Path & Bact) (BARC)

**Dr. Smita Rastogi**  
M.B.B.S., DCP

Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

SAMPLE COLLECTION FACILITY AVAILABLE

Report needs clinicopathological correlation ♦ Not for Medico Legal Purpose

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Dr. R. P. Rastogi  
M.B.B.S., M.D. (Path & Bact)



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Date : 09-Dec-2023

Name : Mr. ARUN KUMAR SINGH

Age : 35 Yrs.

Ref.By : APOLLO HEALTH

Sex : Male

## General Blood Picture

<b>RBCs</b>	RBCs are Normocytic & Normochromic. No Normoblasts are seen.
<b>WBCs</b>	TLC is within normal range. DLC shows normal counts. No immature cells of WBC seen.
<b>PLATELETS</b>	Platelets are adequate in number and morphology.
<b>OTHERS</b>	No haemoparasites are seen.
<b>IMPRESSION</b>	Normal GBP

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Date : 09-Dec-2023

Name : **Mr. ARUN KUMAR SINGH**

Age : 35 Yrs.

Ref.By : APOLLO HEALTH

Sex : Male

### LIPID PROFILE

Triglycerids	162	mg%	70 - 190
S. Cholestrol S.	192	mg%	130 - 230
S. HDL Cholestrol	46.1	mg%	35 - 75
S. LDL Cholestrol	113.5	mg%	75 - 150
VLDL	32.4	mg%	0 - 34
Chol / HDL factor	4.16		
LDL / HDL Factor	2.46		

### COMMENTS

- \* Triglycerides (TG) are the main dietary lipids. Cholesterol constitutes a small part of the dietary lipids, it is mostly synthesised in the liver. Both TG and Chol. are transported through the plasma by lipoproteins (Chylomicrons, VLDL, LDL, IDL, HDL).
- \* LDL is the major cholesterol particle in plasma and high levels are strongly implicated in the formation of atheroma. An increase in the LDL leads to hypercholesterolemia, and therefore a risk factor for IHD. LDL increases with age particularly in females. Oestrogen lower LDL and raise HDL. Raised chol. in females is mostly due to disturbed thyroid function.
- \* Increase in VLDL leads to hyperglyceridaemia. Raised TGs are associated with increased risk of CHD. Very high TGs increase the risk of Pancreatitis. Cholesterol is often raised due to Diabetes, Renal disease, Diuretic or Betablocker therapy.

### TYPES OF HYPERLIPOPROTEINEMIAS

TYPE 1: Normal cholesterol TG greatly raised	TYPE 3: Cholesterol increased TG increased
TYPE 2a: Cholesterol increased LDL increased TG normal	TYPE 4: Cholesterol normal /increased VLDL increased TG increased
TYPE 2b Chol. increased VLDL raised TG increased LDL increased	TYPE 5: Cholesterol increased LDL reduced VLDL increased TG greatly increased

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Contd... M.B.B.S., DCP

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Date	: 09-Dec-2023	Age	: 35 Yrs.
Name	: <b>Mr. ARUN KUMAR SINGH</b>	Sex	: Male
Ref.By	: APOLLO HEALTH		

### THYROID TEST

Tri-iodothyronine (T3)	1.80	nmol/L	0.50 to 2.50
Thyroxine (T4)	6.10	mcg/dL	5.0 to 12.5
Thyroid Stimulating Hormone (TSH)	3.58	mIU/ ml	0.3 to 6.0

### COMMENTS

- 1) Primary hyperthyroidism is accompanied by elevated Serum T3 and T4 values along with depressed TSH levels.
- 2) Primary Hypothyroidism is accompanied by depressed serum T3 and T4 values and elevated serum TSH levels.
- 3) Normal T4 levels accompanied by high T3 levels are seen in patients with T3 thyrotoxicosis.
- 4) Slightly elevated T3 levels may be found in pregnancy and estrogen therapy, while depressed levels maybe encountered in severe illness, malnutrition, renal failure and during therapy with drugs like propranolol and propylthiouracil.
- 5) Elevated TSH levels may also be indicative of TSH secreting Pituitary Tumour.

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Date	: 09-Dec-2023	Age	: 35 Yrs.
Name	: <b>Mr. ARUN KUMAR SINGH</b>	Sex	: Male
Ref.By	: APOLLO HEALTH		

## Glycosylated Haemoglobin

Glycosylated Haemoglobin	6.6	%	4.5 TO 6.0
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### INTERPRETATION AND COMMENTS

NON DIABETIC : 4.5 to 6.0 %  
GOOD CONTROL: 6.0 to 7.0  
FAIR CONTROLLED 7.0 AND 8.0  
UNCONTROLLED 8.0 AND ABOVE

Glycosylated haemoglobin is the adducted glucose in the haemoglobin of the red blood cells, this adduction is stable for the life time of the RBC (i.e 120 days). There fore the measure of glycosylated haemoglobin reflects the average blood glucose concentration over the preseding several weeks. The sudden change in blood glucose level would not effect the glycosylated haemoglobin level ,which serves as a better marker of long term metabolic control and the efficacy of therapy.

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<b>KFT</b>			
UREA	19.4	mg %	15 - 50
CREATININE	1.10	mg %	0.5 - 1.5
URIC ACID	5.3	mg %	2 - 7
CALCIUM	9.6	mg %	8.8 - 10.0

Blood Group & Rh	"O" Positive
------------------	--------------

Urine Sugar (Fasting)	NIL
-----------------------	-----

Urine Sugar (PP)	NIL
------------------	-----

Serum Gamma G.T.	28	IU/L	11 - 50
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Plasma Glucose - F GOD-POD Method	<b>148</b>	mg/dl	70 - 110
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Plasma Glucose - PP GOD-POD Method	160	mg/dl	110 - 170
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<b>LFT T&amp;D</b>			
Total Bilirubin	0.51	mg%	0.2 - 1.0
Direct Bilirubin	0.28	mg%	0.0 to 0.40
Indirect Bilirubin	0.23	mg%	0.10 to 0.90
S.G.P.T	<b>74</b>	IU/L	5 - 40
S.G.O.T	<b>68</b>	IU/L	5 - 50
ALP	106	IU/L	40 to 129

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M.B.B.S., DCP, CRIAT (BARC)

**Dr. Smriti Rastogi**  
Contd... M.B.B.S., DCP

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Date	: 09-Dec-2023	Age	: 35 Yrs.
Name	: Mr. ARUN KUMAR SINGH	Sex	: Male
Ref.By	: APOLLO HEALTH		

## Urine Examination

<b>PHYSICAL</b>			
Colour	Straw		
Turbidity	Nil		
Deposit	Nil		
Reaction	Acidic		
*Specific Gravity	1.010		
<b>CHEMICAL</b>			
Protein	Nil		
Sugar	Nil		
*Bile Salts	Nil		
*Bile Pigments	Nil		
Phosphate	Nil		
<b>MICROSCOPIC</b>			
Pus Cells	Nil	/hpf	
Epithelial Cells	Occasional	/hpf	
Red Blood Cells	Nil	/hpf	
Casts	Nil		
Crystals	Nil		
Others	Nil		

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Patient name: **Mr Arun Kumar Singh**  
Ref By: Apollo Health

Age/Sex 35/M  
09/12/2023

## E.C.G. REPORT

1. Rhythm	:	Sinus, Regular
2. Atrial Rate	:	60/mt
3. Ventricular Rate	:	60/mt
4. P – Wave	:	Normal
5. P R Interval	:	Normal
6. Q R S	:	
Axis	:	Normal
R/S Ratio	:	Normal
Configuration	:	Normal
7. Q T c Interval	:	Normal
8. S-T Segment	:	Normal
9. T-Wave	:	Normal

## FINAL IMPRESSION

**E.C.G. is within normal limits.**

  
Signature of Doctor

**Dr. Sanjay Rastogi**  
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Name Arun Kumar

Age      Vrs      M/F     

10mm/mV

25mm/s

0.1-25 Hz BLC



Am BVL

Clarifilmert. F0350. LDM

Dr.     



D. AMIT MOHAN  
Am BVL  
Reg. No. 44550



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Dr. R. P. Rastogi  
M.B.B.S., M.D. (Path & Bact)



Registration Date 10/12/2023

Age : 35 Sex: M

Name : Mr Arun Kumar Singh

Ref By: Apollo Health

## EYES EXAMINATION REPORT

EYE SIGHT	DISTANT VISION		NEAR VISION	
	RIGHT	LEFT	RIGHT	LEFT
WITHOUT GLASSES	6/12	6/9	N-6	N-6
WITH GLASSES	6/6	6/6		
POWER OF GLASSES IF USED	-1.50	-1.0		
FUNDUS	NORMAL			
COLOR VISION	Present Normal according to ISHIHARA'S CHART			
PUPILS	Normally reacting to light and accommodation			



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Mob.: 7618884441, 9450389932, 8177063874



TEST REQUEST ID	:012312090010	SAMPLE DATE	:09/Dec/2023 08:51AM
NAME	:Mr. ARUN KUMAR SINGH	SAMPLE REC. DATE	:09/Dec/2023 08:51AM
AGE/SEX	:35 YRS/MALE	REPORTED DATE	:09/Dec/2023 11:42AM
REFERRED BY	: Apollo Health and Lifestyle Limited,	BARCODE NO	:01090010

## USG WHOLE ABDOMEN-MALE

**Liver:** is normal in size (136 mm). **Parenchymal echogenicity is increased.** No focal echovariant lesion is seen. Intrahepatic biliary radicles are not dilated.

**Gall Bladder:** is well distended. Lumen is anechoic. Wall is of normal thickness.

**CBD:** is normal in diameter. Portal vein is normal in diameter.

**Pancreas:** is normal in size, shape and echotexture. No focal echovariant lesion is seen. Pancreatic duct is not dilated.

**Spleen:** is normal in size (118 mm), shape and echotexture. No focal echovariant lesion is seen. Splenic vein is normal.

**Both Kidneys:** are normal in size (RK- 102 x 44 mm & LK -104 x 52 mm), shape, position and excursion. Parenchymal echogenicity and echotexture is normal with maintained corticomedullary differentiation. No mass, cyst or calculi is seen. Pelvicalyceal systems are not dilated. Ureters are not dilated.

**Urinary bladder:** is well distended. Lumen is anechoic. Wall is of normal thickness. No mass or calculus is seen.

**Prostate:** is normal in size (29 x 27 x 24 mms, wt = 10.5 gms), shape and echotexture. No focal echovariant lesion is seen. Prostatic capsule appears to be intact. Median lobe is not projecting in UB lumen. Both seminal vesicles appear normal.

Both iliac fossae are clear. No obvious bowel pathology is noted.  
There is no free fluid in peritoneal cavity.

**OPINION: GRADE-II FATTY LIVER.**

**Dr. Sanjay Rastogi**  
M.B.B.S., DCP, CRIAT (BARC)

**DR. PANKAJ UPADHYAYA**  
Consultant Radiologist

**Dr. Smita Rastogi**  
M.B.B.S., DCP

Print Date: 09/12/2023 11:42 AM  
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TEST REQUEST ID :012312090010	SAMPLE DATE	:09/Dec/2023 08:51 AM
NAME :Mr. ARUN KUMAR SINGH	SAMPLE REC. DATE	:09/Dec/2023 08:51 AM
AGE/SEX :35 YRS/MALE	REPORTED DATE	:09/Dec/2023 02:47 PM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01090010

### XRAY CHEST PA

- Trachea is central in position.
- Bilateral lung fields are normally aerated.
- Both hilar shadows are normal.
- Both C.P. angles are clear.
- Cardiac shadow is within normal limits.
- Bony cage appears normal.

### OPINION: NORMAL STUDY.

Please correlate clinically.

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

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# MODERN PATHOLOGY AND DIAGNOSTIC CENTER

Gomti Nagar Lucknow

Report



ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg  
 Date: 09 - 12 - 2023 Refd By : APOLLO HEALTH Examined By:

Stage	Time	Duration	Speed(Kmph)	Elevation	METs	Rate	% THR	BP	RPP	PVC	Comments
Supine	00:03	0:03	00.0	00.0	01.0	089	54 %	110/70	108	00	
Standing	00:07	0:04	00.0	00.0	01.0	087	47 %	110/70	095	00	
HV	00:12	0:05	00.0	00.0	01.0	087	47 %	110/70	095	00	
Ex-Start	00:43	0:31	00.0	00.0	01.0	102	55 %	110/70	112	00	
BRUCE Stage 1	03:43	3:00	02.7	10.0	04.7	115	62 %	110/70	126	00	
BRUCE Stage 2	06:43	3:00	04.0	12.0	07.1	129	70 %	126/82	162	00	
BRUCE Stage 3	09:43	3:00	05.5	14.0	10.2	157	85 %	132/88	207	00	
PeakEx	09:50	0:07	06.8	16.0	10.3	163	88 %	138/92	224	00	
Recovery	10:50	1:00	00.0	00.0	04.2	143	77 %	132/88	188	00	
Recovery	11:50	2:00	00.0	00.0	01.0	123	66 %	128/84	157	00	
Recovery	12:50	3:00	00.0	00.0	01.0	114	62 %	124/82	141	00	
Recovery	13:18	3:30	00.0	00.0	01.0	113	61 %	124/82	140	00	

## FINDINGS :

Exercise Time : 09:07  
 Max HR Attained : 163 bpm 88% of Target 185  
 Max BP Attained : 140/94 (mm/Hg)  
 Max WorkLoad Attained : 10.3 Good response to induced stress  
 Test End Reasons : Test Complete

## REPORT :

### CONCLUSIONS:

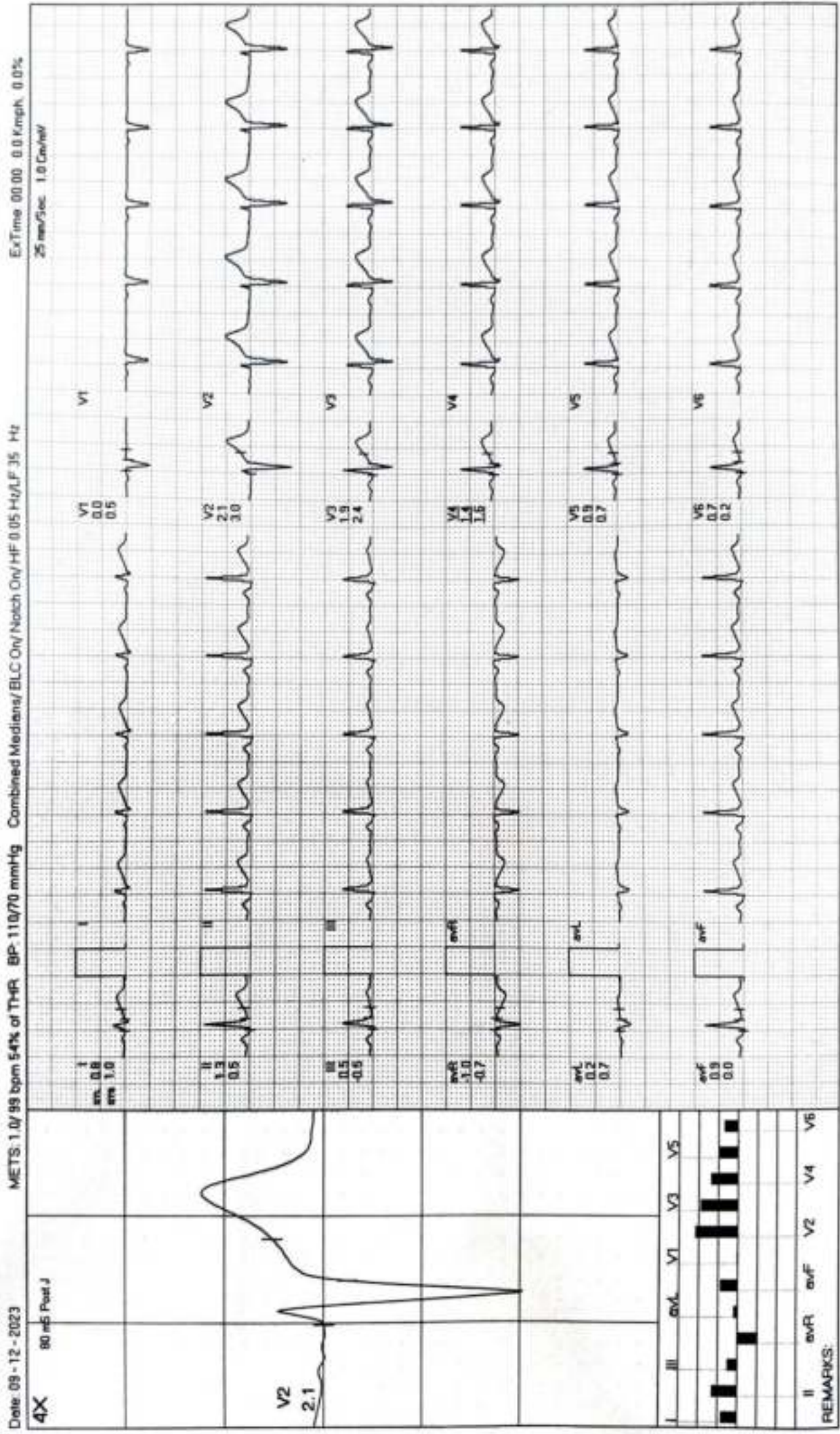
1. STRESS TEST IS NEGATIVE FOR EXERCISE INDUCED ISCHAEMIC HEART DISEASE.

Dr. AMIT MOHAN  
 Reg. No. JAS 503

**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg / HR : 99

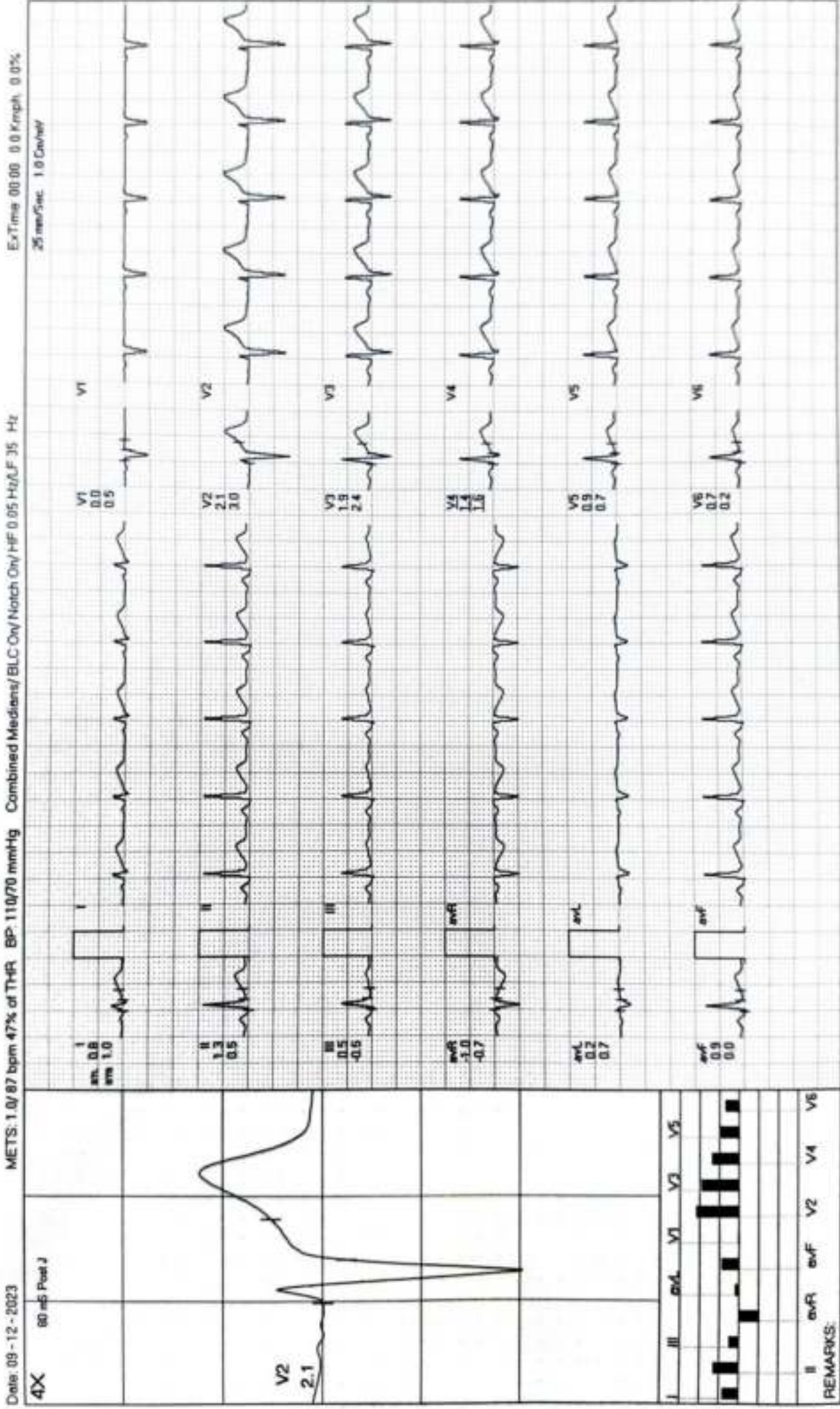
BRUCE:Supine(0:06)



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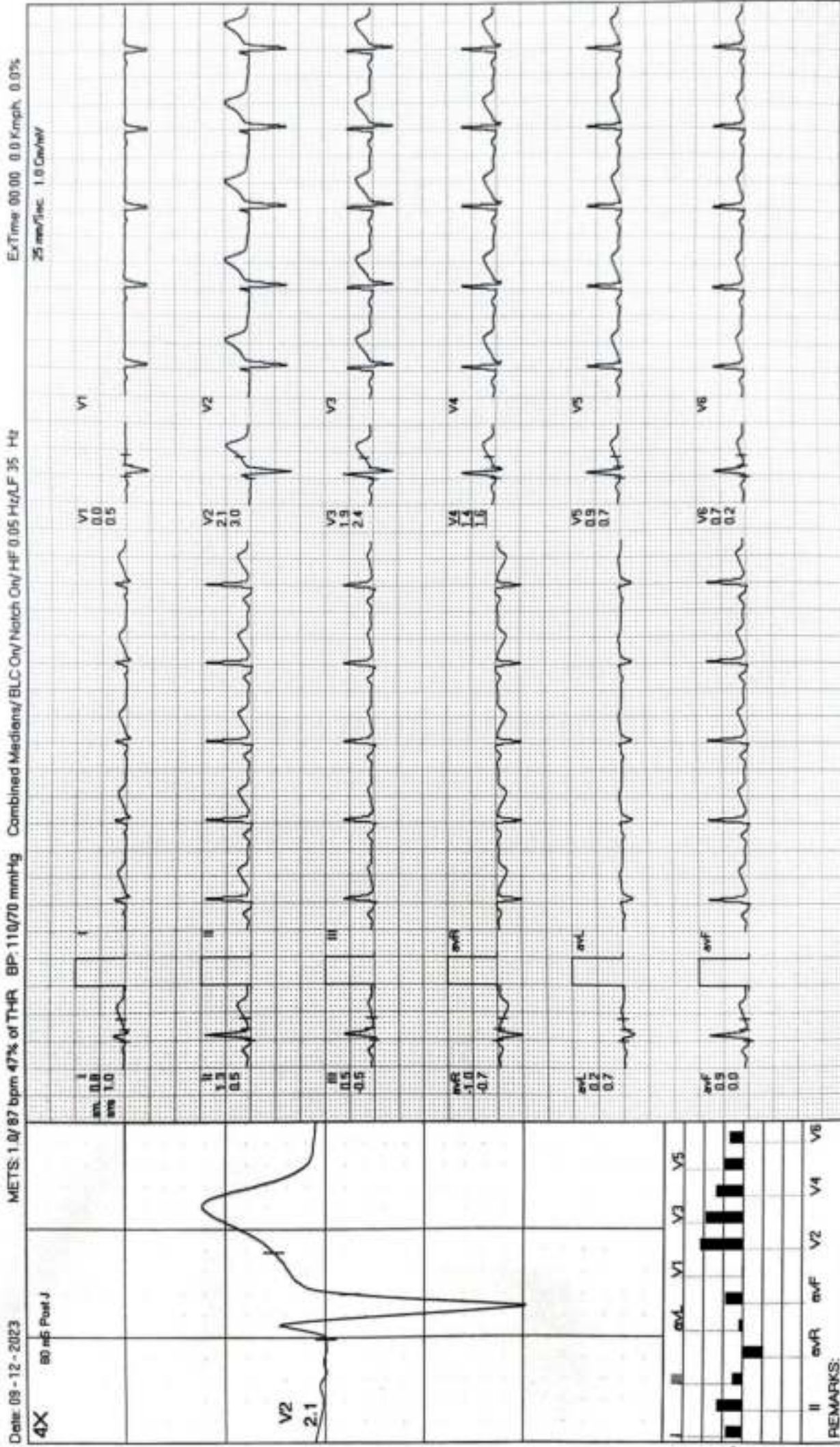
**BRUCE: Standing(0:06)**



**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

**ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg / HR : 87**

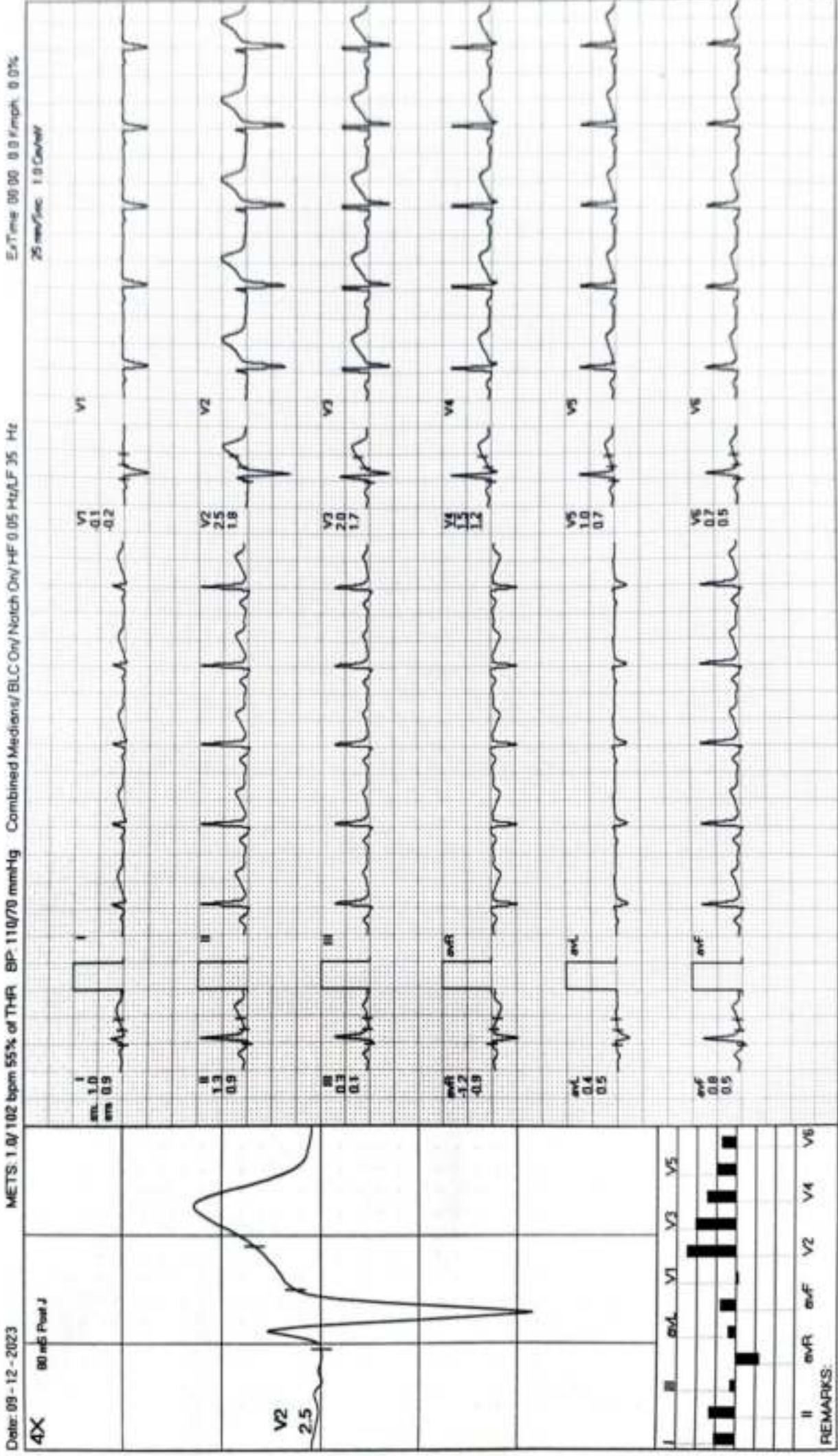
**BRUCE:HV(0:07)**



**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

**ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg / HR : 102**

**ExStart**



**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg / HR : 115

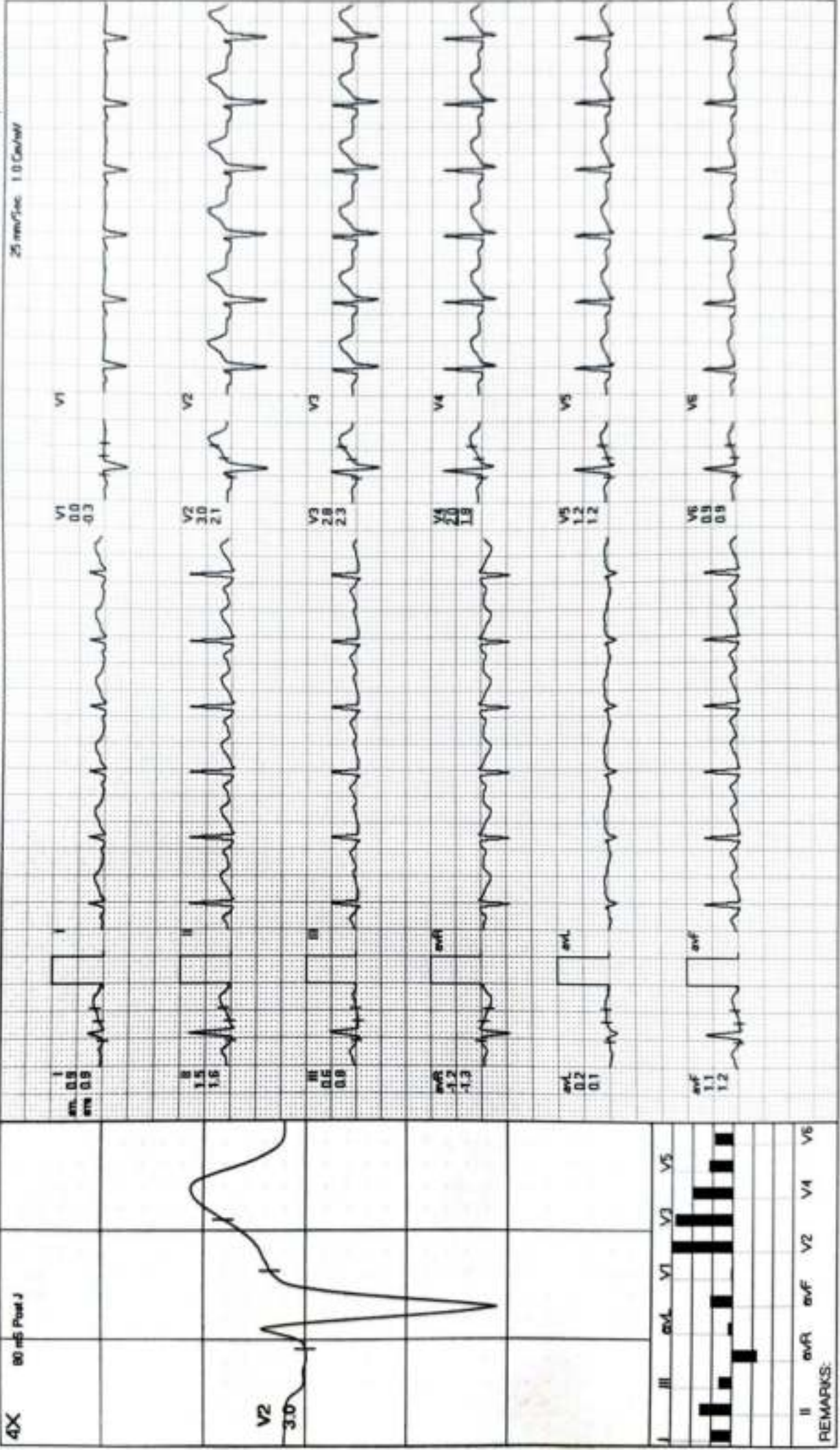
**BRUCE: Stage 1(3:00)**



ExTime 03:00 2.7 Kmph, 10.0%

METS: 4.7/115 bpm 62% of THR. BP: 110/70 mmHg Combined Medians/BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

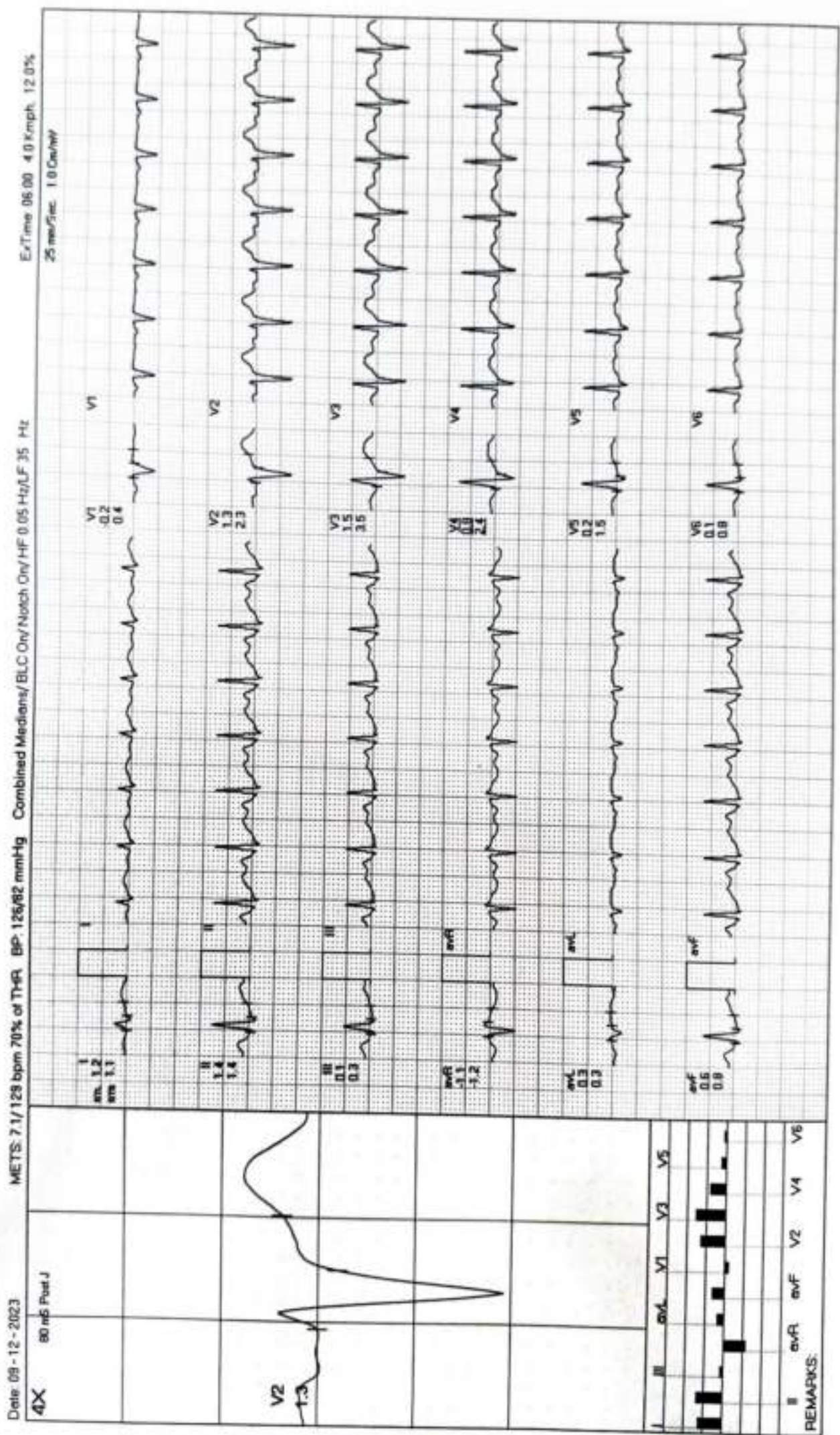
Date: 09-12-2023



**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg / HR : 129

**BRUCE: Stage 2(3:00)**



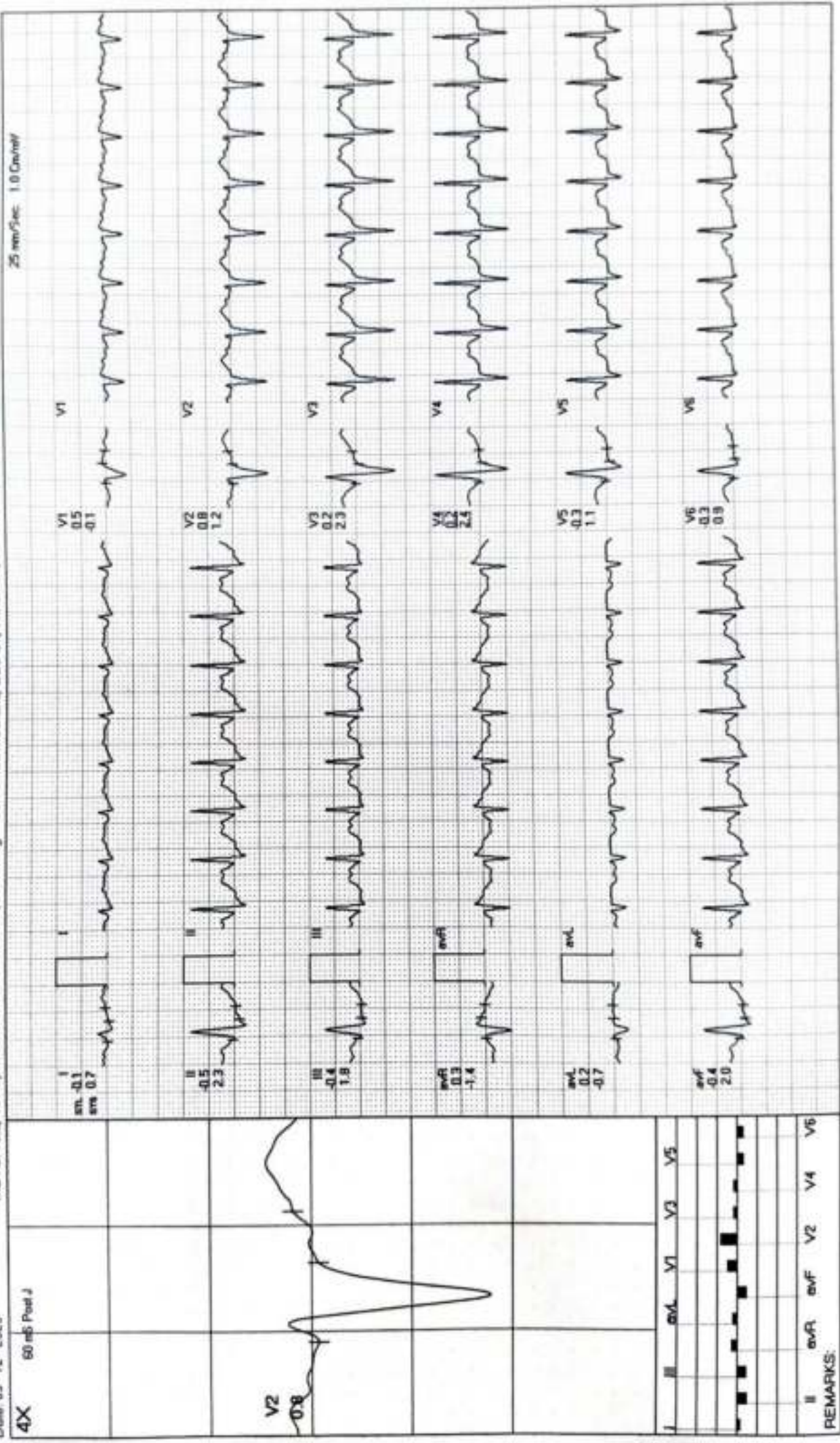
**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

**BRUCE: Stage 3(3:00)**



**ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg / HR : 157**

Date: 09-12-2023 METS: 10.2/157 bpm 85% of THR BP: 132/88 mmHg Combined Mediana/BLC On/ HF 0.05 Hz/LF 35 Hz ExTime 09:00 5.5 Km/ph. 14.0%





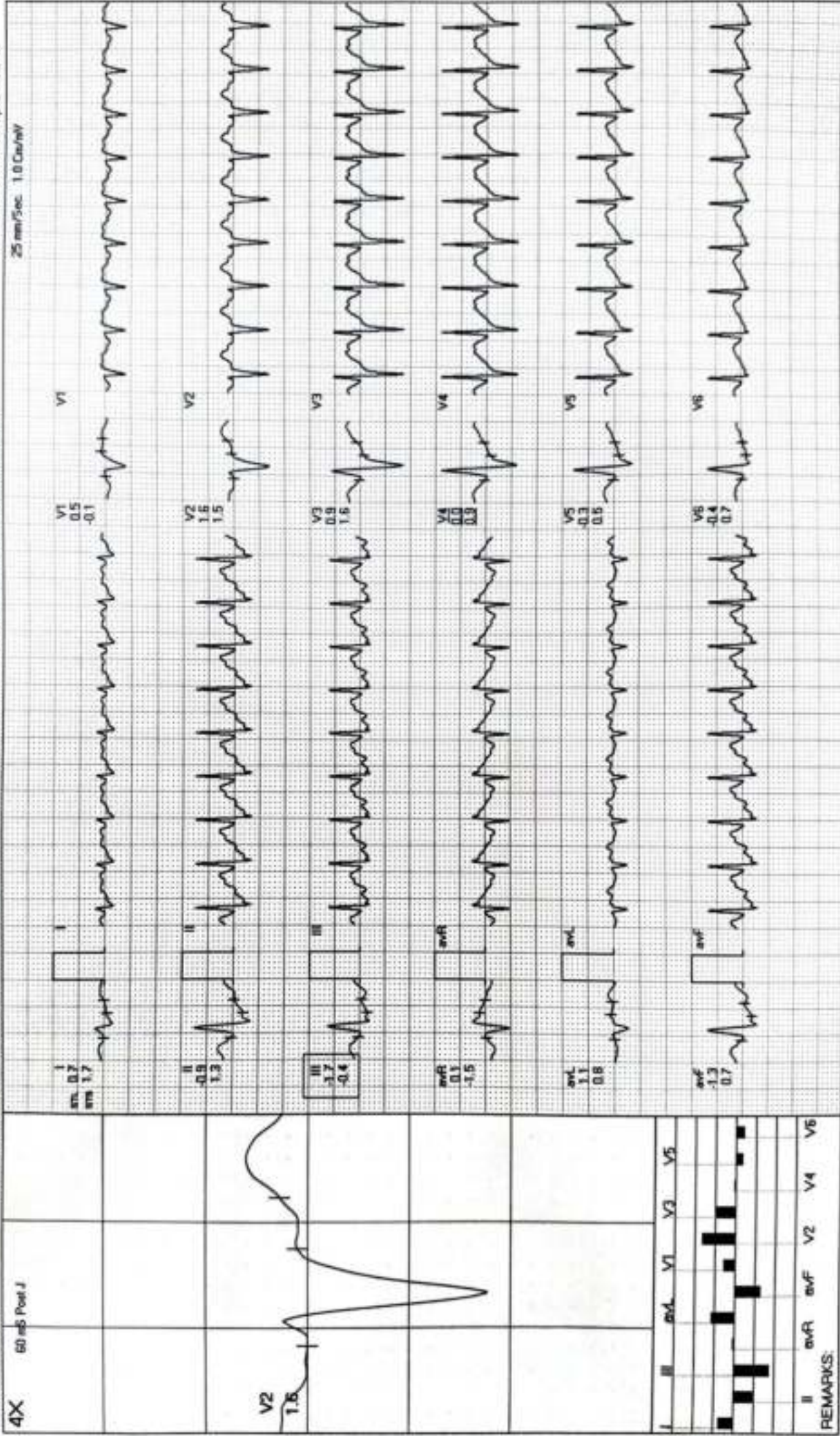
**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg / HR : 163

**PeakEx**



Date: 09-12-2023 METS: 10.3/163 bpm 88% of THR BP: 138/92 mmHg Combined Mediana/BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz ExTime: 09:08 5.8 Km/ph. 16.0%



**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg / HR : 143

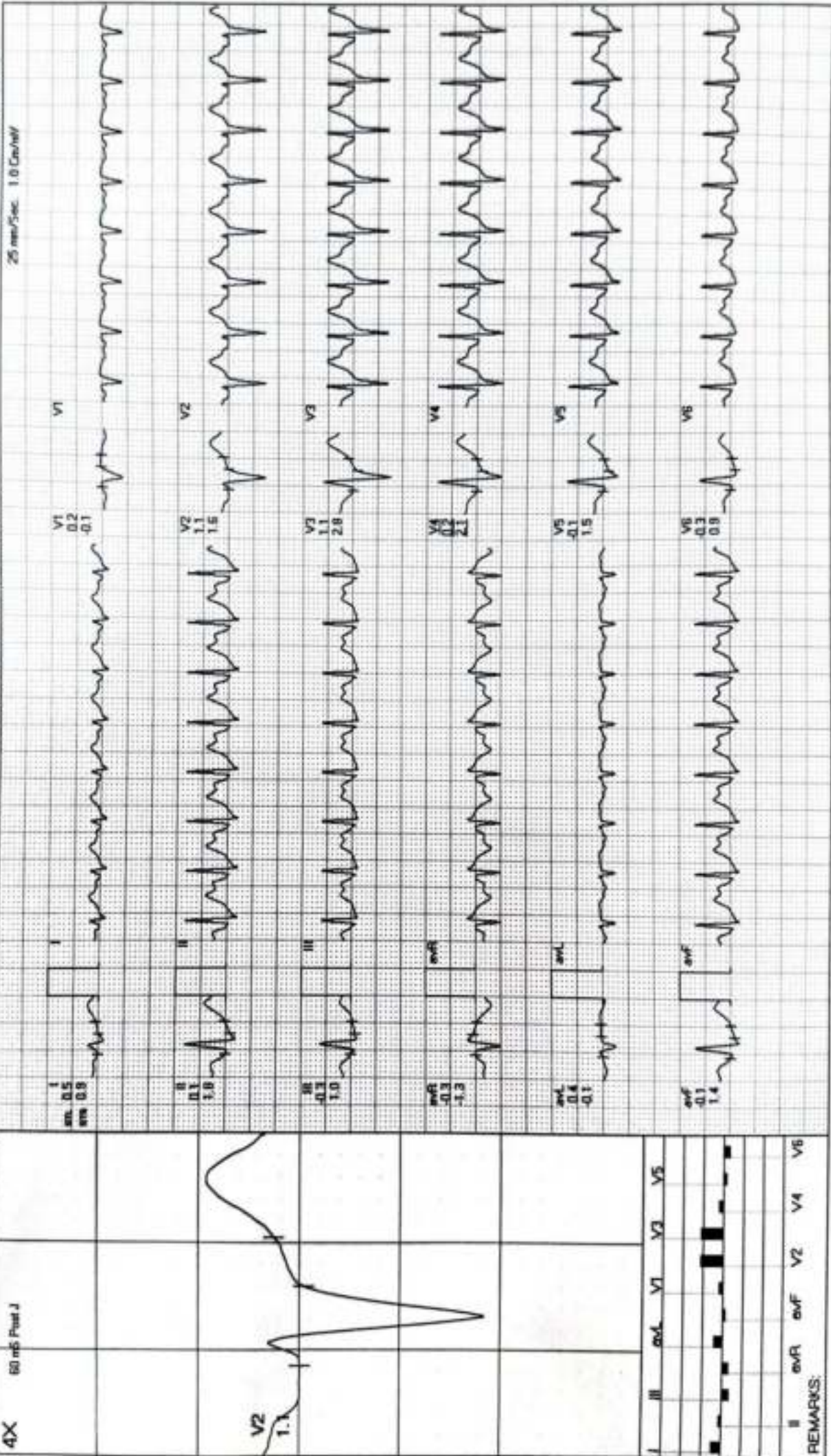
Recovery(1:00)



Date: 09-12-2023

METS: 4.2/143 bpm 77% of THR BP: 132/88 mmHg Combined Medians/BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime 09:07 0.0 Kmph 0.0%



25 mm/Sec 1.0 Cm/mV

**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg / HR : 123

Recovery(2:00)



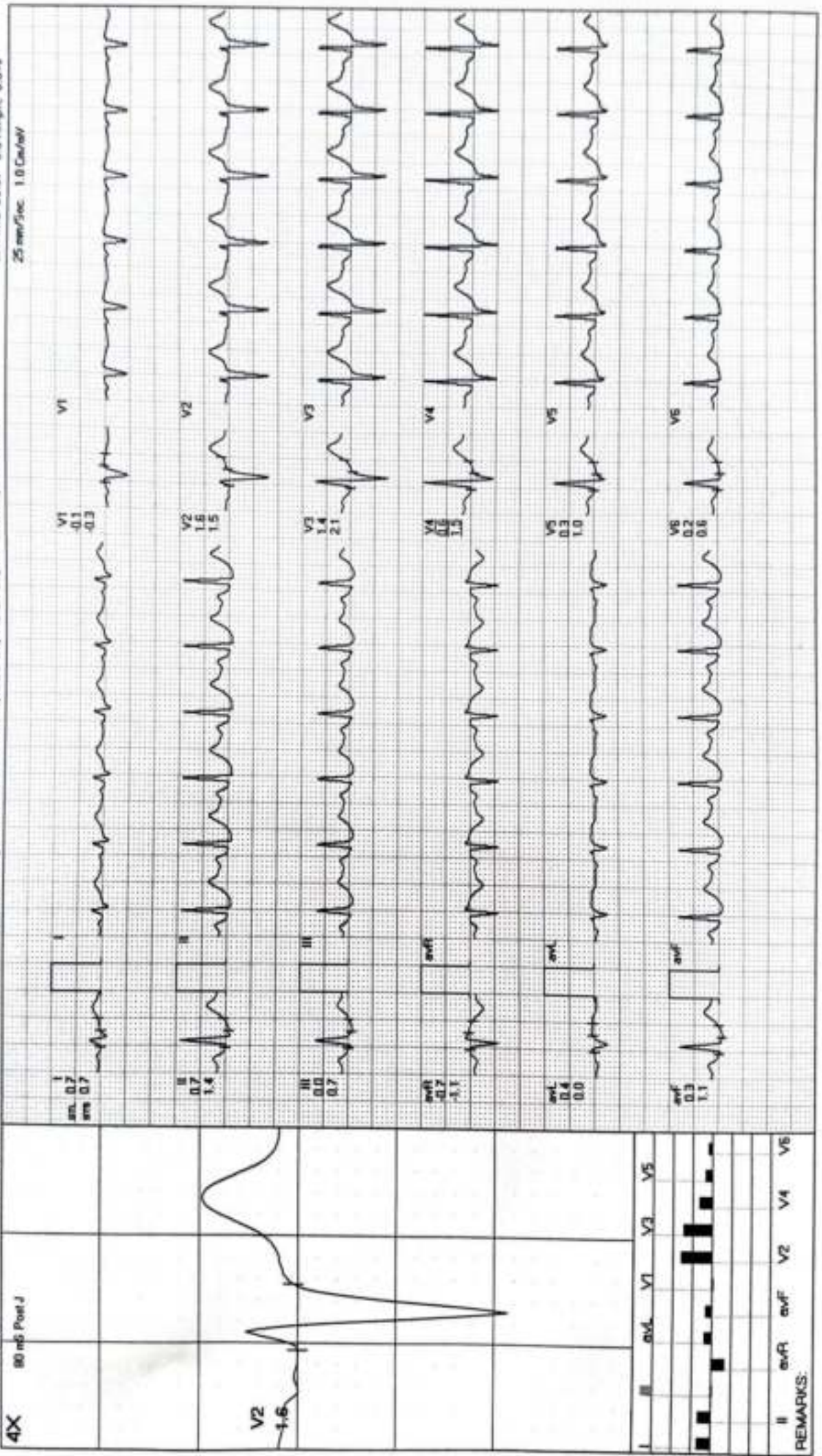
**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg / HR : 114

Recovery(3:00)



Date 09-12-2023 METS: 1.0/114 bpm 62% of THR BP: 124/82 mmHg Combined Medians/BLC On/Notch On/HF 0.05 Hz/LF 35 Hz ExTime 09:07 0.0 Kmph 0.0%



I  
am 0.7  
aVL 0.1  
aVF 0.3

II  
0.7  
1.4

III  
0.0  
0.7

aVR  
0.7  
0.1

aVL  
0.4  
0.0

aVF  
0.3  
1.1

V1  
0.1  
0.3

V2  
1.6  
1.5

V3  
1.4  
2.1

V4  
0.6  
1.3

V5  
0.3  
1.0

V6  
0.2  
0.6

25 mm/sec 1.0 Cm/mV

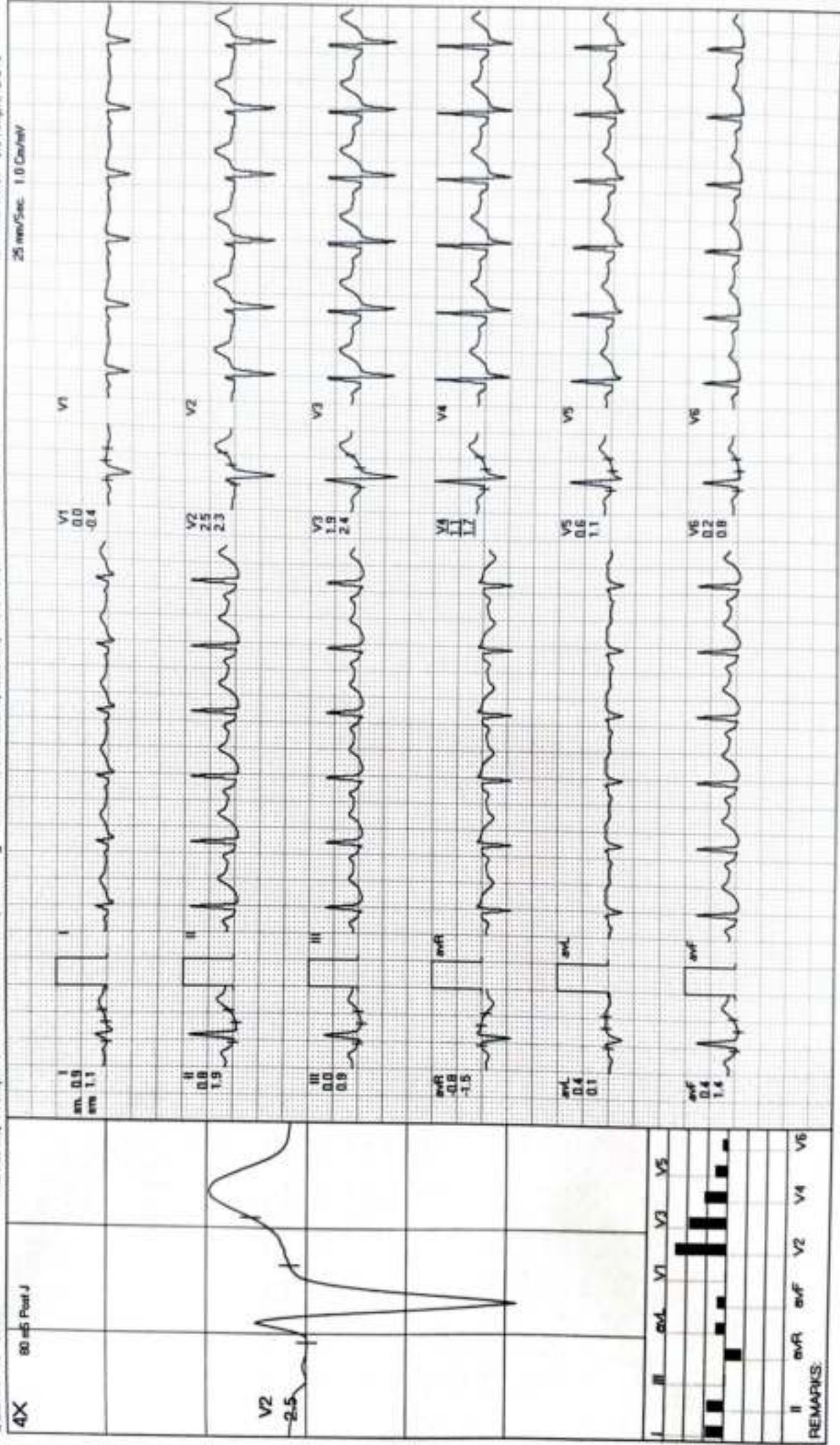
**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

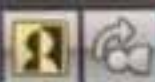
\*ARUN KUMAR SINGH / 35 Yrs / M / 178 Cms / 76 Kg / HR : 113

Recovery(3:30)



Date: 09-12-2023 METS: 1.0/113 bpm 61% of THR BP: 124/82 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz Ex Time 09:07 0.0 Kmeph, 0.0%

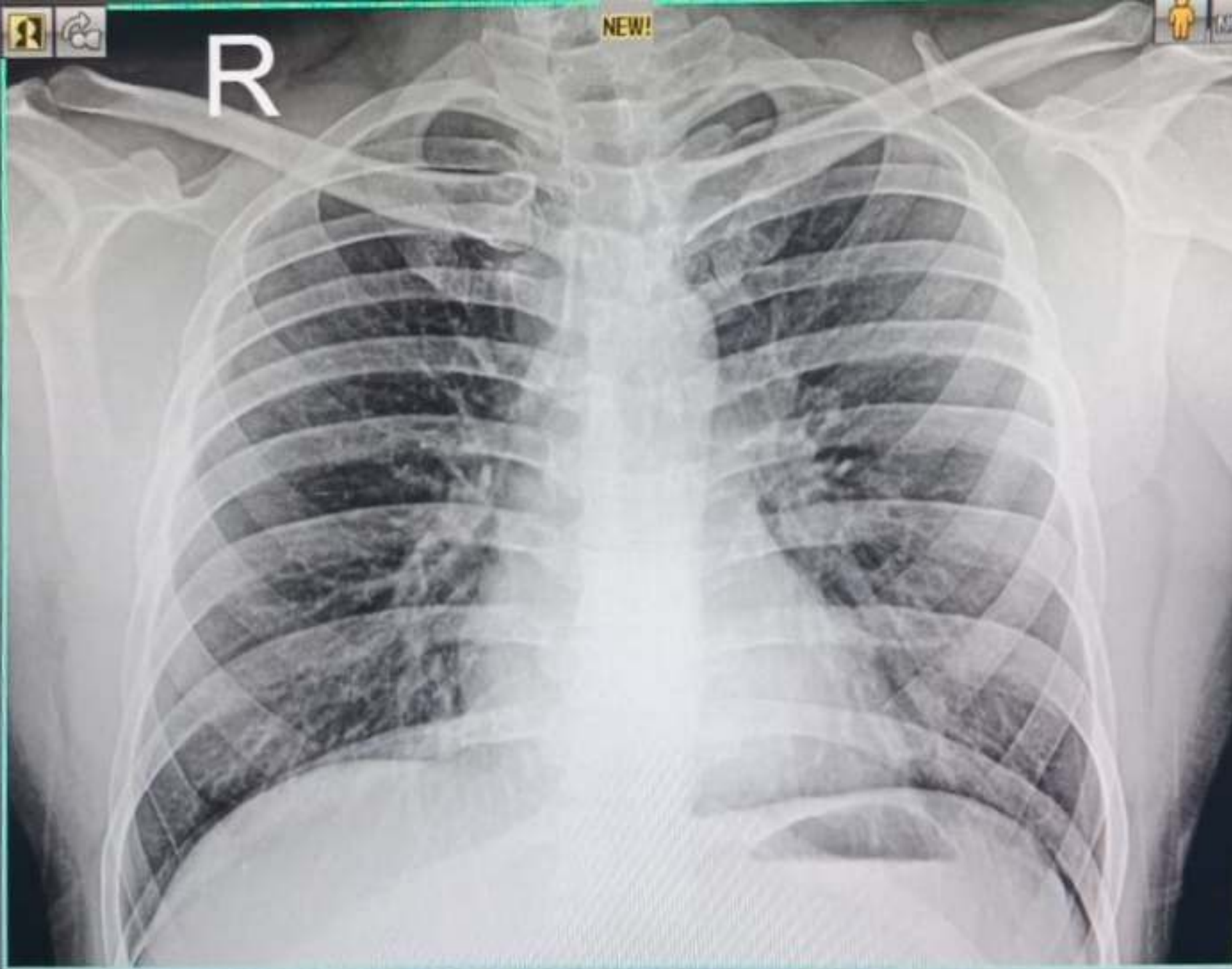




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