

<b>Patient Name-</b> mr mukesh singh,	<b>Date-</b> 30/03/23
<b>Age-</b> 37	<b>Sex-</b> m
<b>B P – Systolic</b> 153 <b>Diastolic</b> 92	<b>R.B.S.-</b>
<b>Pulse-</b> 84/min	<b>SPO2-</b> 94%
<b>Temp-</b> 96.7°F	<b>Height-</b>
<b>Weight-</b> 88.3kg	<b>BMI-</b>
<b>Consultant-</b>	<b>Fat-</b>

*Valid for 7 Days*

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TO BOOK AN APPOINTMENT



Mukesh Singh 37/M.

30.3.23.

C/C - regular dental checkup.

O/E - stains +

calculus +.

cervical abrasion

3 | 34

missing (congenital)

2 | 2.

Adv - ① oral prophylaxis (moderate).

② restoration for cervical abrasion

Signature

Dr. ROHIT MADAN  
MDS (Periodontist & Oral Implantologist)  
Consultant Dentist  
DCI Reg. No. 002259  
Apollo Clinic, Hazratganj

**PATIENT NAME :MR MUKESH SINGH**

**AGE / SEX: 37 YRS/M**

**UHID :4053**

**DATE : 30 , MAR, 2023**

## 2-D ECHO& M-MODE EXAMINATION VALVES

### 1.MITRAL VALVES STUDY:

a)**Motion:** Normal      b) **Thickness:** Normal      c)**Calcium-** none

### 2. AORTIC VALVE STUDY

a) **Aortic root** 3.7cm.                      b)**Aortic Opening** 2.3cm.                      c)**Closure:**Central  
d)**Calcium-**none                              e)**Eccentricity Index** 1                      f) **Vegetation-** none  
g) **Valve Structure :** Trileaflet

### 3.PULMONARY VALVE STUDY      Normal

a)**EF Slope**                      Normal                      b)**A Wave +**  
c)**Thickness**                      Normal                      d)**Others –**

### 4.TRICUSPID VALVE                      Normal.

### 6. AORTIC MITRAL CONTINUITY: maintained

<b>Left Atrium</b>	4.8x3.8cm.	<b>Clot</b>	: none	<b>Others:</b>
<b>Right Atrium</b>	Normal	<b>Clot</b>	:none	<b>I.A.S.:</b> intact
<b>IVC</b>	13mm with normal respiratory variation			

(Cont .....2)

(...2)

### VENTRICLES

**RIGHT VENTRICLE:** Normal

Ejection fraction: 61%

**LEFT VENTRICLE :**

Fractional Shortening 30%

IVS (D) 1.0cm.(S) 1.3 cm.

LV mass:188g

LVID(D) 4.97cm.(S) 3.35 cm.

PW (D) 1.0cm (S) 1.4 cm

RWMA: None

IVS: Intact

### **TOMOGRAPHIC VIEWS**

**PARASTERNAL LONG AXIS VIEW:**

Normal

Good LV contractility

**SHORT AXIS VIEWS:**

Aortic Valve Level

AOV- Normal

MV-Normal

PV-Normal

TV-Normal

Mitral Valve Level

Papillary Muscle Level:

**APICAL 4 CHAMBER VIEW**

No clot / vegetation

**OTHER SPECIAL VIEWS:**

(Cont.....3)

(.....3)

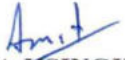
**PERICARDIUM**  
Normal  
**DOPPLER STUDIES**

	Velocity (m/ sec)	Flow Pattern	Regurgitation	Gradient mmHg
<b>MITRAL</b>	E=0.61;A=0.54 E/A=1.1;E/e'=8.7	Normal	Nil	-
<b>AORTIC</b>	1	Normal	Nil	4.2
<b>TRICUSPID</b>	Normal	Normal	Nil	-
<b>PULMONARY</b>	1	Normal	Nil	4.1

**CONCLUSIONS:**

- No RWMA
- LVEF = 61%
- IAS/IVS intact
- No MR/AR/TR
- No clot / vegetation.
- No pericardial effusion.
- No Diastolic Dysfunction

**NORMAL STUDY**

  
**DR. A.K.SINGH**  
MD,DM(Cardiology)

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Report Doc No.: 4787

Patient No.: 3708-3698

Name : Mr. Mukesh Singh / 37 Year / Male

Collected On : 30-03-2023

Referred By : ARCOFEMI HEALTHCARE LIMITED

Report On: 30-03-2023 05:07 PM

**ARCOFEMI MEDIWHEEL MALE HEALTH PACKAGE**

**CBC (Complete Blood Count)**

<b>Hemoglobin</b> Method : (Cyanmethemoglobin)	16.3 gm%	Normal 13-17 gm%
<b>Hematocrit (PCV)</b> Method : (Calculated parameter)	45.1 %	Normal 40-54 %
<b>RBC Count</b> Method : (Electrical Impedance)	5.33 million/cmm	Normal 4.2-5.5 million/cmm
<b>MCV</b> Method : (Calculated parameter)	84.6 fl	Normal 83-101 fl
<b>MCH</b> Method : (Calculated parameter)	30.6 pg	Normal 27-32 pg
<b>MCHC</b> Method : (Calculated parameter)	36.1 g/dl	Normal 31-37 g/dl
<b>RDW-CV</b> Method : (Electrical Impedance)	13.4 %	Normal 11.6-14 %
<b>TLC (Total Leucocyte Count)</b> Method : (Electrical Impedance)	6800 cells/cu.mm	Normal 4000-10000 cells/cu.mm
<b>DLC (Differential Leucocyte Count)</b> Method : (Electrical Impedance)		
Neutrophil	55 %	40-80
Lymphocyte	34 %	20-40
Eosinophil	06 %	1-6
Monocyte	05 %	2-10
Basophil	00 %	0-1
<b>ABSOLUTE LEUCOCYTE COUNT</b> Method : (Electrical Impedance)		
NEUTROPHILS	3740 cells/cu.mm	2000-7000
LYMPHOCYTES	2312 cells/cu.mm	1000-3000
EOSINOPHILS	408 cells/cu.mm	20-500
MONOCYTES	340 cells/cu.mm	200-1000
<b>Platelet Count</b> Method : (Electrical Impedance)	174 thousand/mm <sup>3</sup>	Normal 150-450 thousand/mm <sup>3</sup>

**GBP (Peripheral Blood smear)**

RBC : Normocytic normochromic

WBC : Total leucocyte count is within normal limit with normal distribution of cells

Platelets : Platelets are adequate in number.

No hemoparasite or immature cells seen .

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Page 1 End

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7897

123

777

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Patient No.: **3708-3698**  
Collected On : **30-03-2023**  
Report On: **30-03-2023 05:07 PM**

**ESR ( Wintrobs )** 08 mm/h Normal 0-10 mm/h

**Blood Grouping/ABO RH Typing**

Blood Group : "O"  
Rh Factor : POSITIVE

**Blood Sugar (Fasting)** 83 mg/dl Normal 70-110 mg/dl  
Method : (GOD-POD)

**Blood Sugar (PP)** 137 mg/dl Normal 80-160 mg/dl  
Method : (GOD-POD)

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 **7897 123 777**

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Referred By : **ARCOFEMI HEALTHCARE LIMITED**

Patient No.: **3708-3698**  
Collected On : **30-03-2023**  
Report On: **30-03-2023 05:07 PM**

**Kidney Function Test (KFT)**

<b>Serum Urea</b> Method : <i>(UREASE)</i>	24 mg/dl	Normal 10-50 mg/dl
<b>Serum Creatinine</b> Method : <i>(Creatinine amidohydrolase)</i>	0.7 mg/dl	Normal 0.6-1.4 mg/dl
<b>Serum Sodium</b> Method : <i>(Direct ISE)</i>	139 mmol/L	Normal 135-146 mmol/L
<b>Serum Potassium</b> Method : <i>(Direct ISE)</i>	4.2 mmol/L	Normal 3.5-5.1 mmol/L

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Patient No.: 3708-3698  
Collected On : 30-03-2023  
Report On: 30-03-2023 05:07 PM

### Liver Function Test (LFT)

<b>Serum Bilirubin - Total</b> Method : <i>(Diazo sulfanilic)</i>	0.9 mg/dl	Normal 0.2-1.2 mg/dl
<b>Serum Bilirubin - Direct</b> Method : <i>(Diazo sulfanilic)</i>	0.4 mg/dl	Normal 0-0.3 mg/dl
<b>Serum Bilirubin-Indirect</b> Method : <i>(Calculated parameter)</i>	0.5 mg/dl	Normal 0.3-1 mg/dl

<b>Serum SGOT/AST</b> Method : <i>(UV with P-5-P)</i>	64 U/L	Normal 10-46 U/L
<b>Serum SGPT/ALT</b> Method : <i>(UV with P-5-P)</i>	120 U/L	Normal 10-49 U/L

<b>Serum Alkaline Phosphatase (SALP)</b> Method : <i>(p-nitrophenyl phosphate)</i>	94 U/L	Normal 40-129 U/L
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<b>Serum Gamma-Glutamyltransferase (GGT)</b> Method : <i>(IFCC)</i>	29 U/L	Normal 0-55 U/L
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Patient No.: 3708-3698  
Collected On : 30-03-2023  
Report On: 30-03-2023 05:07 PM

### Lipid Profile

<b>Serum Cholesterol -Total</b> Method : <i>(CHE/CHO/POD)</i>	163 mg/dl	Normal < 200
<b>Serum Triglyceride</b> Method : <i>(Enzymatic)</i>	133 mg/dl	Normal < 150
<b>Serum Cholesterol VLDL</b> Method : <i>(Calculated parameter)</i>	26.6 mg/dl	Normal < 30
<b>Serum Cholesterol HDL</b> Method : <i>(Polymer-Detergent)</i>	34 mg/dl	Normal > 40
<b>Serum Cholesterol LDL</b> Method : <i>(Calculated parameter)</i>	103 mg/dl	Normal < 100
<b>Total Cholesterol/HDL Ratio</b> Method : <i>(Calculated parameter)</i>	4.79	Normal 0-4.5
<b>LDL/HDL Ratio</b> Method : <i>(Calculated parameter)</i>	3.94	Normal 0-3

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TO BOOK AN APPOINTMENT



Report Doc No.: 4787

Patient No.: 3708-3698

Name : Mr. Mukesh Singh / 37 Year / Male

Collected On : 30-03-2023

Referred By : ARCOFEMI HEALTHCARE LIMITED

Report On: 30-03-2023 05:07 PM

## Urine R/M

DEPARTMENT OF CLINICAL PATHOLOGY			
URINE EXAMINATION REPORT			
TEST NAME	VALUE	UNIT	NORMAL VALUE
<b>PSYICAL EXAMINATION:-</b>			
Urine Color	Straw		Pale yellow
Reaction	Acidic		Acidic/Alkaline
Appearance	Clear		Clear
Specific Gravity	1.010		1.010-1.025
<b>CHEMICAL EXAMINATION:-</b>			
Albumin	Absent		Trace/Nil
Glucose	Absent		Absent
Ketone	Absent		Absent
Blood	Absent		Absent
Bilirubin	Absent		Absent
Urobilinogen	Absent		Absent
Nitrite	Absent		Absent
<b>MICROSCOPIC EXMINATION:-</b>			
Pus Cells(WBC)	Occasional	Cells/hpf	
Red Blood Cells (RBC)	Nil	Cells/hpf	
Epithelial Cell	2-4	Cells/hpf	
Casts	Nil	Nil	
Bacteria	Nil		
Crystals	Nil	Nil	

End of Report



Checked By

 Dr. Divya Mehdiratta  
 MBBS, MD (Pathologist)

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TO BOOK AN APPOINTMENT



**NAME** : MR. MUKESH SINGH

**RT NO** : 4053

**DATE** : 30.MAR.2023

**AGE** : 37 Y

**REFERRED BY** : PAN INDIA

**SEX** : M

### ULTRASOUND WHOLE ABDOMEN

- **LIVER:** Liver is normal in size (14.6 cms) with normal shape & **increased echogenicity**. Biliary radicals are not dilated. No obvious focal lesion. Portal & hepatic veins are normal in caliber. Periportal region appears normal.
- **GALL BLADDER:** not visualized ( H/o cholecystectomy). CBD is not dilated.
- **PANCREAS:** is normal in size and contour. Parenchyma shows normal echotexture. No pancreatic duct dilatation is seen. No peri-pancreatic fluid collection seen.
- **SPLEEN:** is normal in size (10.1 cms), shape & position. Parenchyma shows normal echotexture. Splenic veins are not dilated.
- **B/L KIDNEYS:**
  - Both kidneys are normal in size, site, shape, position. Cortical echoes are normal. Cortico-medullary differentiation is maintained. Pelvicalyceal system are not dilated. No obvious calculus / mass / cyst seen.
- **URINARY BLADDER:** is well distended with normal contour. Wall appears regular. No evidence of any calculus /mass lesion is seen.
- **PROSTATE:** appears normal in size measuring 44x29x25 mm and weighing 17.8 gms. Parenchyma shows normal echotexture. No focal lesion / prostatic calcification seen.
- No evidence of free fluid.

#### IMPRESSION:

➤ **GRADE II FATTY LIVER.**

*ADV: Please correlate clinically*

Note:- discrepancies due to technical or typing errors should be reported for correction for seven days. No compensation liability stands.

Typed by  
Poonam Tiwari



Dr. Priyank K.S. Chaudhary  
MBBS, DMRD, DNB( Radiodiagnosis)

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TO BOOK AN APPOINTMENT

 **7897 123 777**

<b>Patient Name-</b> mr. mukesh singh	<b>Date-</b> 30/03/18
<b>Age-</b> 37	<b>Sex-</b>
<b>B P – Systolic</b> <b>Diastolic</b>	<b>R.B.S.-</b>
<b>Pulse-</b>	<b>SPO2-</b>
<b>Temp-</b>	<b>Height-</b>
<b>Weight-</b>	<b>BMI-</b>
<b>Consultant-</b> Dr. Sanhita Sinha.	<b>Fat-</b>

Valid for 7 Days

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Mr. Mukesh Singh  
Age - 37 Y/M



C/O - naver

Vm < 6/6  
6/6

Nvm < N/6  
N/6

Cvm < 38/38 } MINIC  
38/38

\* No need glass

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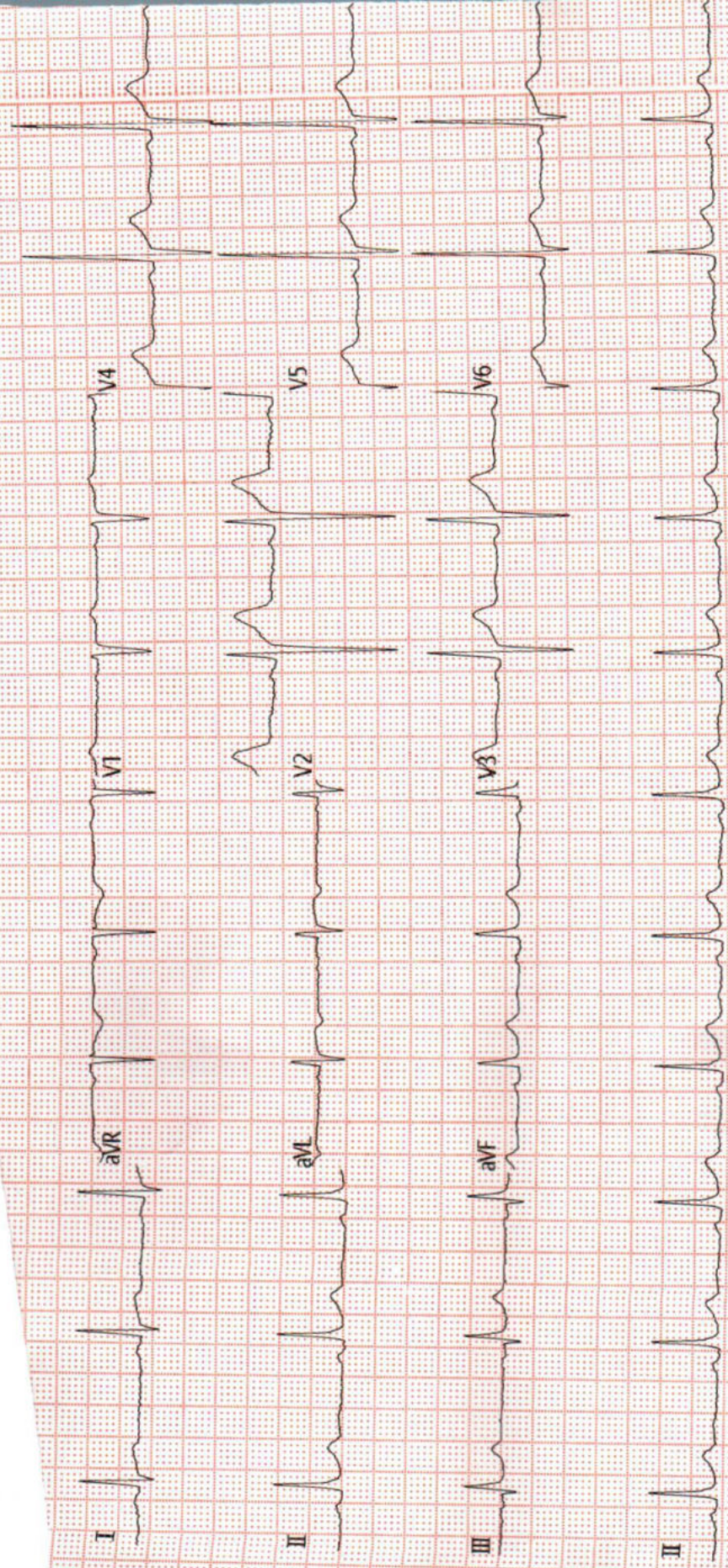
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10mm/mV



ECG Analysis Result:

Vent. Rate(BPM) : 68  
 PR Int.(ms) : 133  
 P/QRS/T Int.(ms) : 92 102 185  
 QT/QTc Int.(ms) : 382 410  
 P/QRS/T Axis(Deg.) : 42 57 90  
 RV1/SV5 Amp.(mV) : 0.09 0.59  
 RV5/SV1 Amp.(mV) : 2.09 0.83

ST LEVEL (mV)						
I	II	III	aVR	aVL	aVF	
+0.03	+0.03	+0.00	-0.03	+0.00	+0.01	
V1	V2	V3	V4	V5	V6	
+0.01	+0.17	+0.07	+0.06	+0.05	+0.04	

800 Normal Sinus Rhythm  
 611 T Abnormality(Flat T)  
 \*\*\* Borderline Abnormal ECG \*\*\*

V2 33 Technician :

Note: Unconfirmed Report Need to Review

Patient Name	: MR. MUKESH SINGH
Age/ Gender	: 37 Y/M
UHID/ MR No	: FHAZ.0000004053
Ref Doctor	:

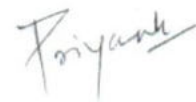
Reported	: 30.mar.2023
Status	:
Client Name	:
Patient Location	: LUCKNOW

### X-RAY 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*



Dr. PRIYANK CHAUDHARY  
(RADIOLOGIST)

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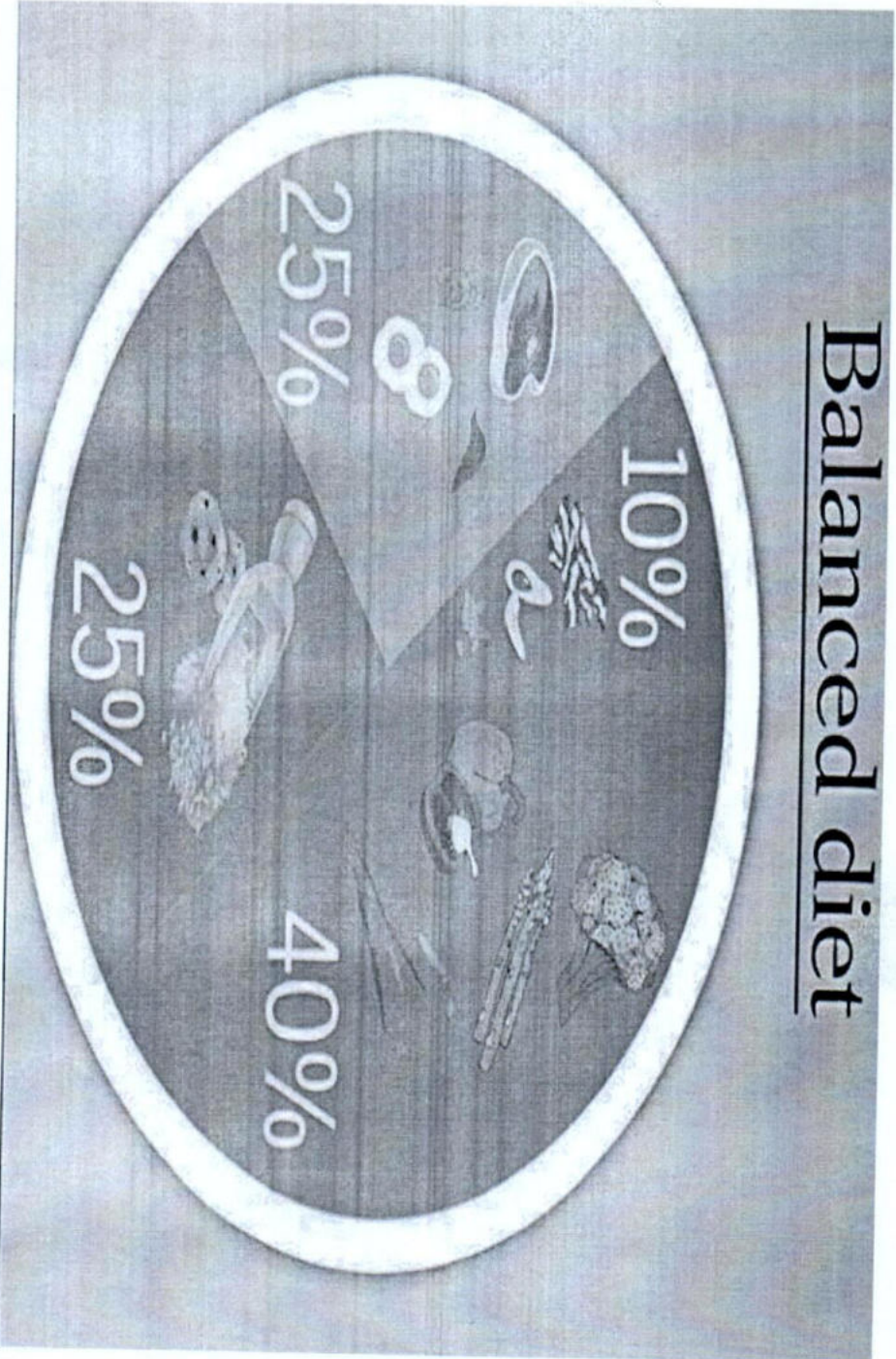
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# Balanced diet



- Fruits and vegetables
- Fibre-rich carbohydrates
- Protein
- Fats

## WEEK 1

Early morning (7:00 am)

Flax Seeds (roasted)(1tsp) + 1/4<sup>th</sup> Lemon + 1 glass Luke warm water / Apple cider vinegar (1<sup>st</sup> tsp) + a pinch of cinnamon powder in a glass of luke warm water

Breakfast (9:30 to 10:00 am)

Open paneer sandwich with mint chutney / 2-3 idlis (sauteed with veggies) / 2 egg omelette with 2 whole grain bread slices / 2 small multigrain mixed vegetable or Dal stuffed parathas / Oats porridge with nuts (1 bowl) / Dalia Veg Poha (1 bowl)

Mid-Noon (12:00 pm)

Matha (butter milk) (150ml) / A fruit (papaya, Guava, Apple, orange, Pear, kiwi)

Lunch (2:00 pm)

2 multigrain roti + 1 bowl vegetable subji / non-veg subji + 1 bowl boiled pulse (rajma, kadhi, chana, black chana, green moong etc) / 1 bowl brown rice + 1 bowl mixed vegetable subji with dal (1 bowl)

Evening tea (5:00 pm)

2 multigrain flour khakras / mixed seeds / Roasted makhana (25gm) + Tea / green tea

Dinner (8:00 Pm)

Lauki Curry / Turai / Matar Mushroom / matar nutrella chunks + 2 multigrain chapati + Salad / Lemon rice with Coconut chutney + Fruit Yogurt

Post-dinner (if you are up late)

1 cup turmeric milk

## WEEK 2

Early morning (7:00)

Breakfast (9:30 – 10:00pm)

10 ml aloe vera + wheatgrass juice / luke warm water

2 medium vegetable uthappam / 1 bowl vegetable upma + chutney / 2 medium paneer, oats and ragi cheela with green chutney / 1 bowl fruit, flaxseed and oats porridge

Mid-Noon (12:00 pm)

Yakult (sugar Free) / a fruit + multiseeds (10gms)

Lunch (2:00 pm)

Dosa (1) + sambhar (1 bowl) / missi roti (2) + paneer curry / veg pulao + tomato chutney / dal Baati (2) chokha

Evening Tea (5:00 pm)

Tea + Marigold biscuits / Roasted Chana, laiyya

Dinner (8:00pm)

Bhel puri (150-200gm) / Chickpea salad / Veg salad (paneer broccoli, bell pepper, beans) / egg salad + Soup

Post-dinner (if you are up late)

1 glass turmeric milk

### WEEK 3

Early morning (7:00 am)

1 tsp Chia seeds (soaked in 1 cup water) + Luke warm water (1 glass) + ½ lemon

Breakfast (9:30am to 10:00am)

Paneer prantha with curd (1) / Moong dal veggie cheela / cucumber, tomato, onion club sandwich / Egg poached (2) + nuts (1 walnut, 5 almonds)

Mid-Noon (12:00pm)

fistful of Assorted nuts + 100ml coconut water

Lunch (2:00 pm)

2 multigrain roti + 1 bowl veg or non-veg (seafood, fish, chicken) subji of choice + 1 bowl of thick dal / 1 bowl brown rice + 1 bowl mixed vegetable sambhar + 1 bowl subji + 1 bowl low-fat curd

Evening tea (5:00pm)

2-3 dhokla / 2 Atta matthi (homemade) + tea

Dinner (8:00 pm)

1 bowl fruit and veggie mixed salad of choice + 2 bran rotis (wheat roti or oat bran) + 1 bowl of subji / Palak dal / idli Sambhar

Post-dinner (if you are up late)

1 cup turmeric milk

## WEEK 4

Early morning (7:00 am)

10 ml Amla juice + 1 glass luke warm water / 3-4 walnuts and almonds + water.

Breakfast (9:30 – 10:00am)

2 medium dal paranthas (less oil) (made from leftover dal if any) + 1 bowl low-fat curd / Steamed sprouts (100gm) with a papaya / apple, almond smoothie (150ml)

Mid-Noon (12:00pm)

Granola bar / Matha (butter milk) (150ml) / A fruit (papaya, Guava, Apple, orange, Pear, kiwi)

Lunch (2:00 pm)

1 bowl millet and dal khichdi + 1 bowl mixed vegetable kadhai / 2 multigrain roti + 1 bowl non-veg subji or egg bhurji or paneer bhurji/ 2 vegetable millet uttapams + 1 bowl sambhar / kalbi chana with wheat kulcha

Evening Tea (5:00 pm)

Tea with rusk (1) / roasted peanut makhana + tea

Dinner (8:00 pm)

Veg pasta (wheat) (150gm) / paneer tikka with bell peppers (200gm) / veg frankie (2) / soy Manchurian + veg pulao (150gm)

Post-dinner (if you are up late)

1 glass warm milk / fruit pudding

## Do's

1. Have plenty of water throughout the day.
2. 15 minutes of breathing exercise is advisable (specially deep breathing and anulom vilom)
3. Try to include more fibre in ur diet. (green veggies
4. fruits and whole grains)
5. Chew your food properly, eat slowly.
6. Take sound sleep, stress less.
7. Be more active throughout the day.
8. Include ,Aam panna
9. Make fix time for eating.
10. Avoid meal gapping.
11. Prefer cooked food.
12. Have fresh,hot, home cooked meals.
13. Have small portion of meals in frequent intervals.
14. Have more fermented food items.

## Don't

- 1.Avoid raw foods. (pulses, beans, sprouts, salads)
- 2.Avoid excessive coffee and tea.
- 3.Avoid banana, cheeku, and custard apple
- 4.don't sleep just after having meals.
- 5.Avoid bakery, packed, processed and canned foods.
- 6.Avoid pickle, papad, and tomato ketchup, mayonaisse etc.
- 7.Reduce juices carbonated drinks and sodas.
- 8.Avoid stale food.
- 9.Avoid sweets and salty foods, (all junk)
- 10.Avoid fatty and fried food

### Notes:

- Go for Daily Exercise (60 mins - 90 mins.)
- Avoid extra salt and salted foods like Papad, Pickle, Sauce, ketchup,
- Salted snacks and namkeens.
- 100 gm. of any leafy vegetables (Coriander leaves, Meethi, Bathua, and
- Spinach) include in diet daily.
- Avoid all fried foods, bakery foods, Rusk, Biscuits, and Ready to eat
- Cornflakes, masala oats, Maggie, food made of Maida, Sweets, Ice
- cream, Cake, Pastries, Pizza, Burger, Soft drinks, Soda water ,Chips,
- Pao, Bhatura, Paratha, White Bread, Maida noodles, Samosa, Patties,
- Package snacks.
- Oil -Use Mustard oil, Olive oil, Rice bran oil, and Ground nut oil. (Cold
- Pressed).
- Have 4 varieties of fruits daily. ( Prefer Seasonal, Citrus fruits)
- Drink 2.5-3.5 liter of water per day. Prefer warm water.
- Take small bites and chew the foods properly.
- Prefer low sodium iodized salt. Avoid Extra salt and salted Foods.



### Weight loss tips to consider while following the above diet chart

- Superfoods are the biggest key to quick and healthy weight loss. **Superfoods** are nothing but regular foods that have concentrated with nutrients. They could be millets, seeds, certain grass varieties, or even fiber-rich foods. Consume them in measured amounts every day and see your weight melting.
- Always drink enough water. Many times thirst is masked as hunger. So when you are hungry, try drinking water first. It is a proven natural way to fill up the stomach and preventing yourself from gorging later.
- Always preclude lunch with salads or chewy soups. You will be tempted to eat less rice or roti or whatever is for lunch.



- Ensure all your meals have a protein source. If any meal is lacking in it, throw in an egg or dal to ensure protein.
- One day in the week can be designated as a cheat day. It will help you to manage cravings and get back on your Indian diet chart for weight loss.
- On a cheat day, do not overindulge in sweets or fried items. If you feel like it, have a small bite-sized portion to simply curb the craving.
- Never at any point during the diet, starve yourself. There is evidence that starvation, in fact, leads to overeating.
- Remember, the short-term goal is not going to yield results. Hence, always focus on clean, healthy eating that promotes weight loss and at the same time can be adopted throughout your life.

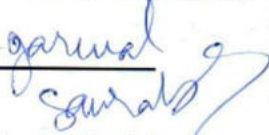
## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mr. Mukesh Singh. on 30/3/23

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

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

Dr. Saurabh Agarwal  
**Medical Officer**  
**Apollo Clinic,**  
  
 Dr. Saurabh Agarwal  
 MBBS, MD, FIDM (UK), FAGE  
 Reg. No. 68395  
 Apollo Clinic Hazratganj

*This certificate is not meant for medico-legal purposes*

**Licensee: TECHNO MEDICALS INDIA**

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 Email : [hazratganj.lko@apolloclinic.com](mailto:hazratganj.lko@apolloclinic.com)

TO BOOK AN APPOINTMENT


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<b>Patient Name-</b> mr mukesh singh.	<b>Date-</b> 30/03/23
<b>Age-</b> 37	<b>Sex-</b> M
<b>B P - Systolic</b> 153 <b>Diastolic</b> 92	<b>R.B.S.-</b>
<b>Pulse-</b> 84/min	<b>SPO2-</b> 94%
<b>Temp-</b> 96.7°F	<b>Height-</b>
<b>Weight-</b> 88.3kg	<b>BMI-</b>
<b>Consultant-</b> Dr. Saurabh	<b>Fat-</b>

- Grade II fatty liver
- ↑ Liver enzymes
- HTN

- Rx
- ① Tab Heptagon 1-0-1 X 1 month
  - ② Tab Evion 600 IU 1-0-0 X 1 month

Advice: Avoid oily spicy food  
Diet modification  
Exercise 30 min/day

Inv: LFT  
USG Abdomen } after 3 months

*Saurabh*  
Dr. Saurabh Agarwal  
MBBS, MD, FIDM (UK), FAGE  
Reg. No. 68395  
Apollo Clinic Hazratganj

Valid for 7 Days

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