

MEDICAL EXAMINATION REPORT (MER)

If the examinee is suffering from an acute life threatening situation, you may be obliged to disclose the result of the medical examination to the examinee.

PHYSICAL DETAILS:	•	(Passport/Election Card/PAN Card/Driving Licence/Company ID)	
3. Age/Date of Birth4. Photo ID Checked	:	59, 29-5-1963 Gender: F/M	
2. Mark of Identification	:	(Mole/Scar/any other (specify location)):	100 200
1. Name of the examinee		Mr./Mrs./Ms. THONY	-

a. Height	b. Weight	c. Girth of Abdo	omen8 7(cms)
Mark The Control of t	1 st Reading	150	90
<u> </u>	2 nd Reading	150	90.

FAMILY HISTORY:

Relation	Age if Living	Health Status	If deceased, age at the time and cause
Father	1	7.8	68, Bfc Actuma
Mother	Kr. J		64, AC Ashme.
Brother(s) (5)	67,65,61,54,46	Good	act) ALC /150 ma.
Sister(s)		A State	

HABITS & ADDICTIONS: Does the examinee consume any of the following?

Tobacco in any form	Sedative	Alcohol
No	Mc	Klos

PERSONAL HISTORY

- a. Are you presently in good health and entirely free from any mental or Physical impairment or deformity. If No, please attach details.
- b. Have you undergone/been advised any surgical procedure?
- c. During the last 5 years have you been medically examined, received any advice or treatment or admitted to any hospital? For
- d. Have you lost or gained weight in past 12 months? Y/N

Have you ever suffered from any of the following?

- Psychological Disorders or any kind of disorders of the Nervous System?
- Any disorders of Respiratory system?
- Any Cardiac or Circulatory Disorders?
- Enlarged glands or any form of Cancer/Tumour? Any Musculoskeletal disorder?
- Any disorder of Gastrointestinal System?
- Unexplained recurrent or persistent fever, and/or weight loss
- Have you been tested for HIV/HBsAg / HCV before? If yes attach reports
- Are you presently taking medication of any kind?

DDRC SRL Diagnostics Private Limited

Corp. Office: DDRC SRL Tower, G- 131, Panampilly Nagar, Ernakulam - 682 036 Ph No. 0484-2318223, 2318222, e-mail: info@ddrcsrl.com, web: www.ddrcsrl.com

Corp. Office: DDRC SRL Tower, G- 131, Panampilly Nagar, Ernakulam - 682 036, Ph No: 2310688, 231822, web: www.ddrcsrl.com

Any disorders of Urinary System?

Any disorder of the Eyes, Ears Nose, Throat or Mouth & Skin

FOR FEMALE CANDIDATES ONLY

a. Is there any history of diseases of breast/genital organs?

Y/N

Y/N

b. Is there any history of abnormal PAP Smear/Mammogram/USG of Pelvis or any other d. Do you have any history of miscarriage/ abortion or MTP

Y/N

tests? (If yes attach reports)

e. For Parous Women, were there any complication during pregnancy such as gestational diabetes, hypertension etc

c. Do you suspect any disease of Uterus, Cervix or Ovaries?

f. Are you now pregnant? If yes, how many months?

CONFIDENTAIL COMMENTS FROM MEDICAL EXAMINER

➤ Was the examinee co-operative?

> Is there anything about the examine's health, lifestyle that might affect him/her in the near future with regard to his/her job?

Are there any points on which you suggest further information be obtained?

> Based on your clinical impression, please provide your suggestions and recommendations below;

corade I fafty liver, renel calcular & & Small

Do you think he/she is MEDICALLY FIT or UNFIT for employment.

MEDICAL EXAMINER'S DECLARATION

I hereby confirm that I have examined the above individual after verification of his/her identity and the findings stated above are true and correct to the best of my knowledge.

Name & Signature of the Medical Examiner

Dr. SINDHU GEORGE MBBS, MD (Biochemistry) Reg. No. 28380 Consultant Blochemist

Seal of Medical Examiner

Name & Seal of DDRC SRL Branch

Date & Time

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Regd. Office: 4th Floor, Prime Square, Plot No.1, Gaiwadi Industrial Estate, S.V. Road, Goregaon (West), Mumbai - 400062.





Patient Name: Mr. JOHNY	Age: 59 Y	Sex: Male
Ref. Consultant:	AC No: 4177VH000	Date: 13.08.2022
Clinical details:		

USG ABDOMEN

Liver measures 11.8 cm, normal in size and **shows mild diffuse increase in echogenicity.** No focal lesions seen. PV and CBD are normal in course and calibre. No dilatation of intrahepatic biliary radicles seen. Subphrenic spaces are normal.

Gall bladder is partially distended and shows a solitary 8 mm calculus within the lumen. No evidence of abnormal GB wall thickening / pericholecystic edema seen.

Spleen measures 9.3 cm, normal in size and echotexture. No focal or diffuse lesions seen.

Pancreas: Head and body visualized, normal in size and echotexture. No focal lesions seen. No duct dilatation or calcification seen. Tail is obscured.

Right kidney measures 8.4 x 3.6 cm and left kidney measures 9.1 x 4.1 cm. Both kidneys are normal in size and cortical echogenicity. Cortico medullary differentiation is maintained. Tiny 3 mm calculus noted in right lower calyx. No calculus seen on left. No dilatation of pelvicalyceal system on both sides. Small simple cortical cyst measuring 14 x 10 mm noted at the left mid pole.

Urinary bladder is distended and appears normal. No calculus or mass seen.

Prostate measures 21 cc, upper normal in size with normal echotexture.

No ascites. No definite evidence of any abnormal bowel dilatation / wall thickening seen.

IMPRESSION

- > Grade I fatty infiltration of liver.
- > Solitary GB calculus. No evidence to suggest cholecystitis.
- > Tiny right renal calculus.
- > Small left renal simple cortical cyst.

DR. JESWIN PAULSON DMRD CONSULTANT RADIOLOGIST

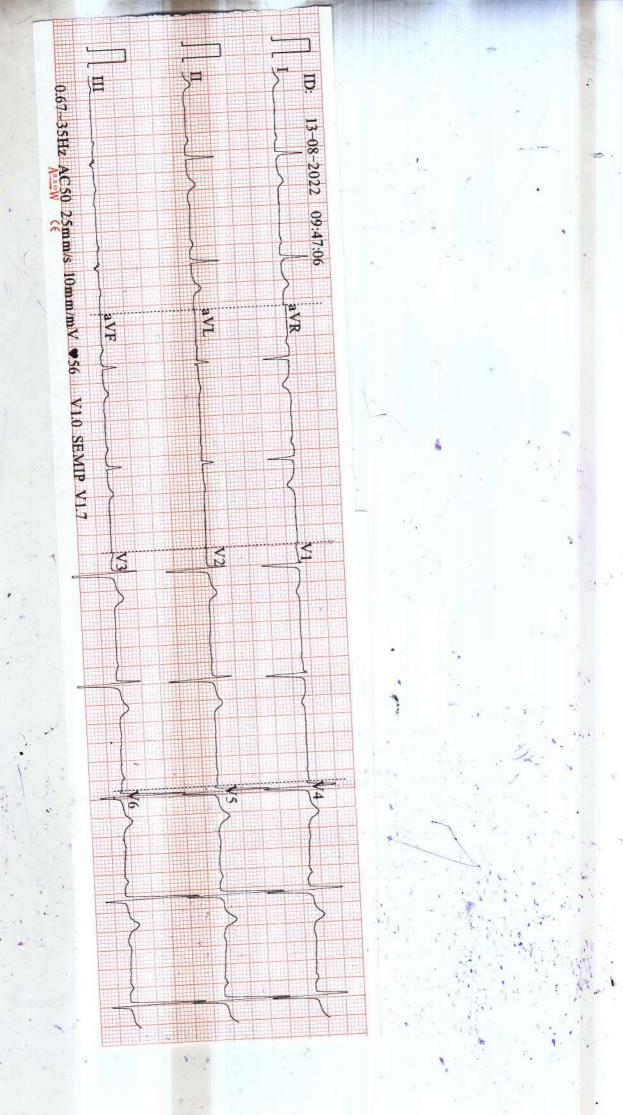
Thanks for your referral. Ultrasound reports need not be fully accurate. It has to be correlated clinically and with relevant investigations.

Dr. Jeswin Paulson MBBS, DMRD

Reg. No. 43581 Consultant Radiologist

Patient name	Mr. JOHNY 59 M	Age/Sex	59 Years / Male
Patient ID	210511SU2-22-08-13-9	Visit No	1
Referred by	Dr. SELF	Visit Date	13/08/2022









Name: JOHNY C D Age/Sex: 59 Y/ M

Date: 13.08.2022 AC 1389

CHEST X-RAY (PA View):

Trachea is central.

Cardiac shadow appears normal in size and configuration.

Both lung fields are clear.

Bilateral costophrenic and cardiophrenic angles are clear.

No focal consolidation, effusion, pulmonary edema, or pneumothorax.

Both hila appear normal.

Bony thorax and soft tissues are unremarkable.

IMPRESSION:

> No significant abnormality detected.

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DR. JESWIN PAULSON DMRD

Dr. Jeswin Paulson MBBS, DMRD Reg. No. 43581 Consultant Radiologist



Drishyam Eye Care Hospital LLP See The World With Us



VISION CERTIFICATE

This is to certify that	JOHNY: C.D	, 59 ly	has been
examined and results are as	follows		
	Right Eye	L	eft Eye
Distant vision	: 616	[KHTH CILASS]	Cole
Near vision	: N6	[WITH GLASS] ~
IOP(Intra ocular pressure)	: 19 mmr	lg lo	immitg
Anterior segment	: Noema	al No	imal.
Fundus	: Noema	d Na	emal.
Squint	: 111	N	1
Colour vision	: NIL	Lvery -	JIL_
	HOSPIT	octor's Signature	. 2.

Place: THRISSUR

Date: 13/8/2022

Dr. SURYA SURENDRAN MBBS/DO

Reg. No: 38632



This is to certify that I have examined

MR/ MS,		
Johnny CD aged 59	and his / her oral findi	ngs are as follows.
		3
D – Decay		
M – Missing	3	£.
F – Filling		

8	7	6	5	4	3	2	1	1	2	3	1	5	6	7	0
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Oral hygiene Status: Good / Fair / Poor

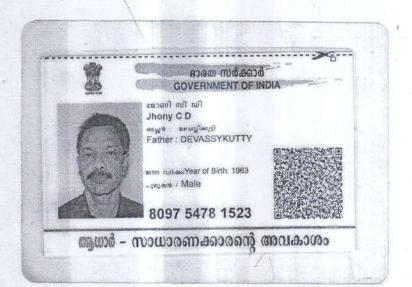
Calculus/Stains: Cal quele I / +++ Stains

Any other findings: NA

CROWN DENTAL CLINIC FIRST FLOOR, SUN TOWER EAST FORT, THRISSUR PIN: 680 005

DATE: 12 8 22





Agr. 59 254.90 87953



JOHNYCD (59 M)

Protocol: Bruce

ST Level (mm)

ID: 26032

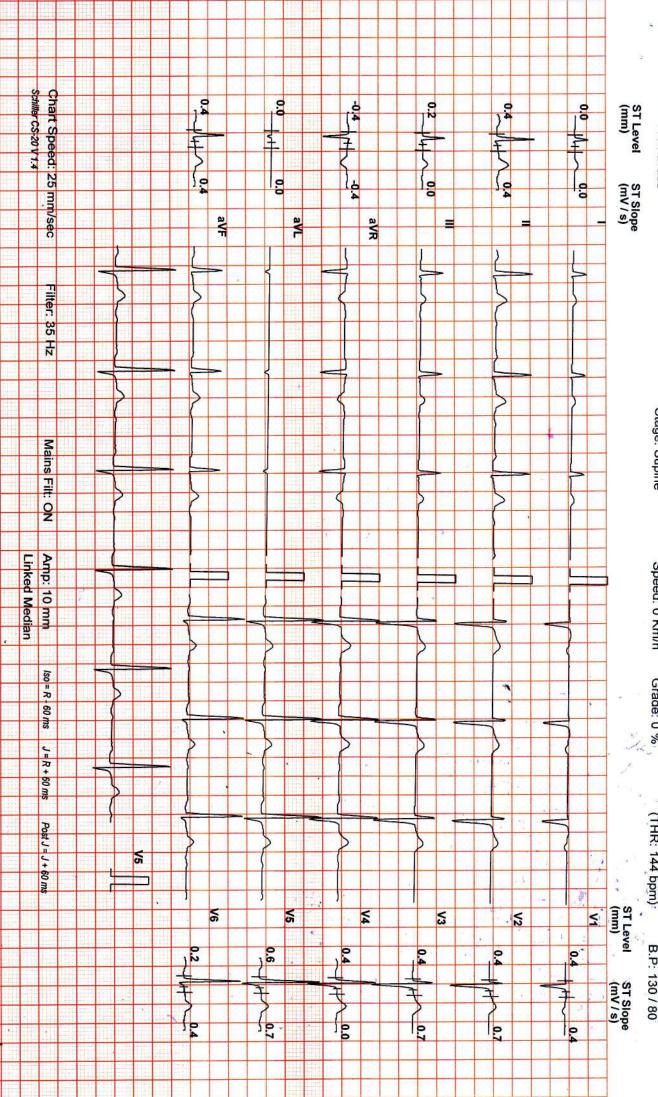
Stage: Supine

Speed: 0 Km/h

Grade: 0 %

Date: 13-Aug-22 Exec Time: 0 m 0 s Stage Time: 0 m 40 s HR: 57 bpm

(THR: 144 bpm): B.P: 130 / 80



JOHNY CD (59 M)

Protocol: Bruce

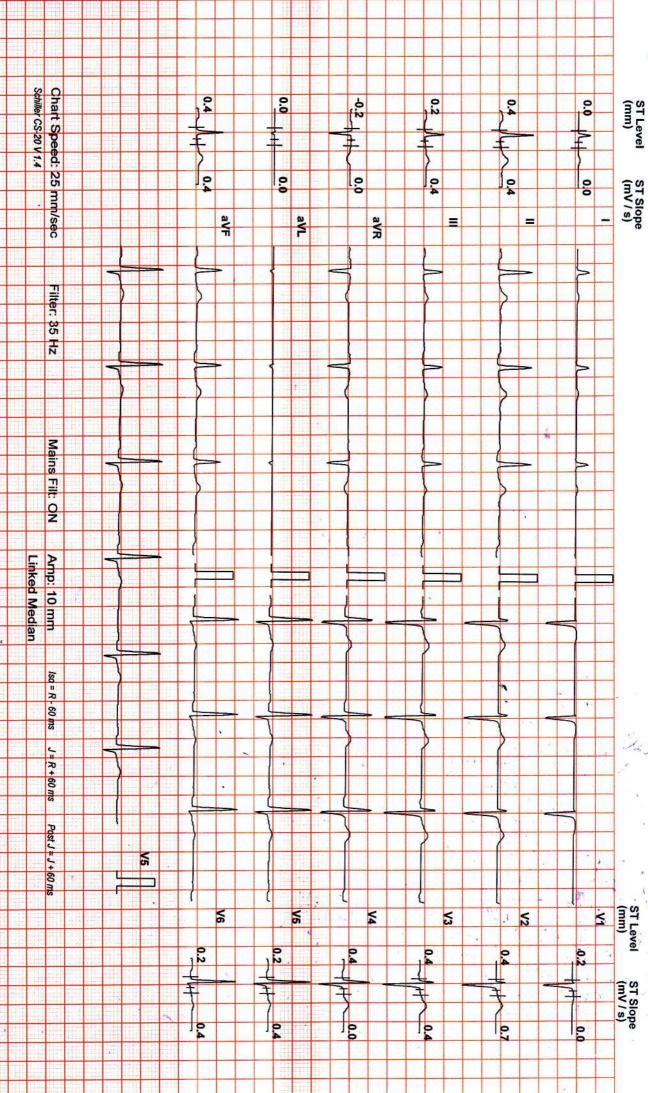
ID: 26032

Stage: Standing

Speed: 0 Km/h Grade: 0-%

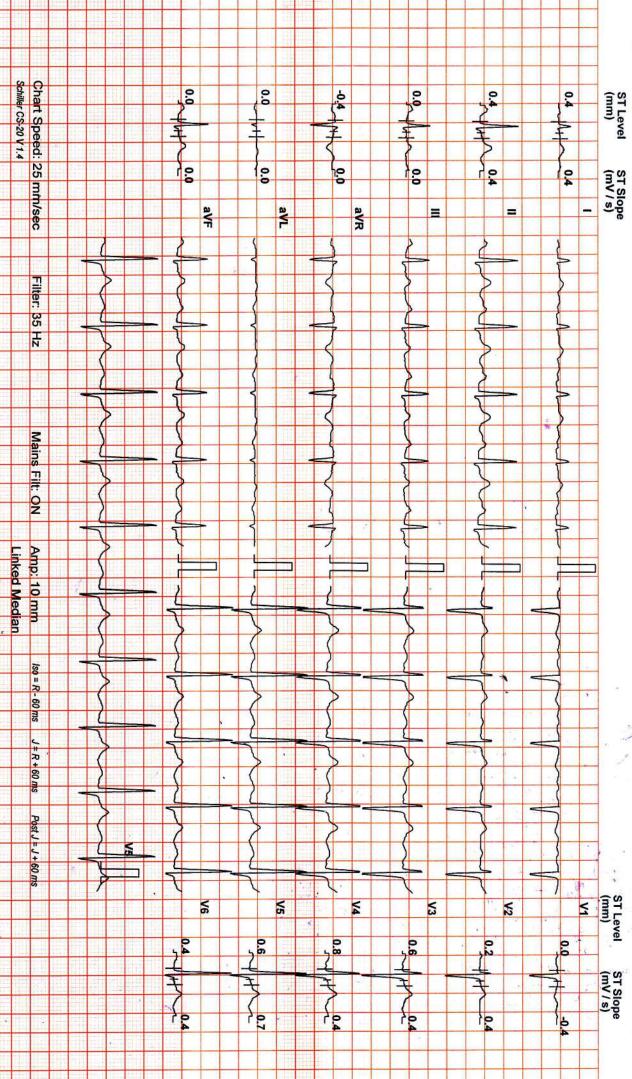
Date: 13-Aug-22 Exec Time: 0 m 0 s Stage Time: 0 m 41 s HR: 59 bpm

(THR: 144 bpm): B.P: 130 / 80



JOHNYCD (59 M) ID: 26032 Date: 13-Aug-22 Exec Time: 3 m 0 s Stage Time: 3 m 0 s HR: 85 bpm

Protocol: Bruce Stage: 1 Speed: 2.7 Km/h Grade: 10 % (THR: 144 bpm) B.P: 130 / 80



Schiller CS-20 V 1.4 Chart Speed: 25 mm/sec 0.2 Protocol: Bruce ST Level (mm) JOHNY CD (59 M) 0.0 -0.2 M ST Slope (mV / s) 0.4 0.0 0.0 00 0.0 -0.4 aVF aVL aVR = Filter: 35 Hz Stage: 2 ID: 26032 Mains Filt: ON Amp: 10 mm Linked Median Date: 13-Aug-22 Exec Time: 6 m 0 s Stage Time: 3 m 0 s HR: 99 bpm Speed: 4 Km/h Grade: 12 % Isa = R - 60 ms J=R+60 ms (THR: 144 bpm) B.P: 130 / 80 Post J = J + 60 ms**V**5 ST Level (mm) 5 ****4 8 **5** ≤₃ 0.2 0.7 0.0

JOHNYCD (59 M)

Protocol: Bruce

ID: 26032

Stage: Peak Ex

Date: 13-Aug-22 Ex Speed: 5.4 Km/h Gr

ug-22 Exec Time: 8 m 16 s Stage Time: 2 m 16 s HR: 121 bpm

t: 5.4 Km/h Grade: 14'%

(THR: 144 bpm)

B.P: 130 / 80

Schiller CS-20 V 1.4 Chart Speed: 25 mm/sec 0.2 0.2 ST Level (mm) 0.0 7 -0.4 ST Slope (mV / s) 1.00 0.7 aVF aVL aVR = = Filter: 35 Hz Mains Filt: ON Amp: 10 mm Linked Median Iso = R - 60 ms J = R + 60 ms Past J = J + 60 ms**5** ST Level (mm) ′≤ **6 √**5 ****4 **≤**3 **\$**2 0.4 0.6 1.8 0.7 Ь

JOHNY CD (59 M)

Protocol: Bruce

ST Level (mm) ST Slope (mV / s)

ID: 26032

Stage: Recovery(1)

Date: 13-Aug-22

Speed: 0 Km/h

Grade: 0 % Recovery': 2 m 0 s

(THR: 144 bpm) - B.P: 130 / 80 Stage Time: 2 m 0 s HR: 84 bpm

ST Level (mm)

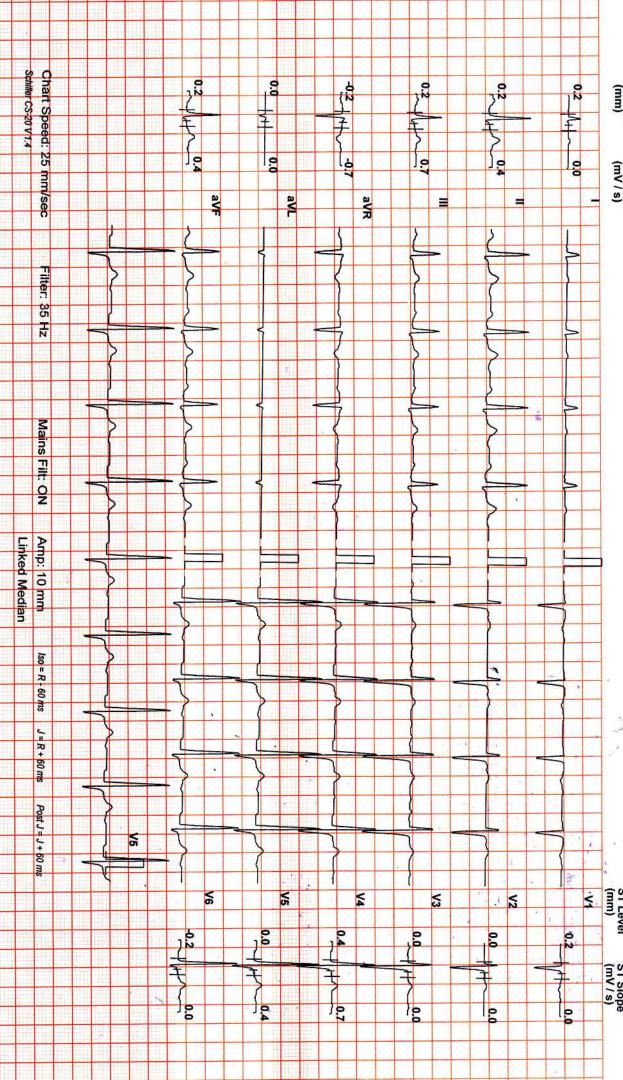
Chart Speed: 25 mm/sec Schiller CS-20 V 1.4 0.0 aVF aVL aVR Filter: 35 Hz Mains Filt: ON Amp: 10 mm Linked Median Iso = R - 60 ms J=R+60 ms Post J = J + 60 ms **√**5 ≤ 8 S₅ **\$ ≲** √2 0.0

Stage Time: 2 m 0 s HR: 75 bpm

JOHNYCD (59 M) ID: 26032 Date: 13-Aug-22 Recovery: 4 m 0 s

Protocol: Bruce Stage: Recovery(2) Speed: 0 Km/h Grade: 0 %

ST Level (mm) (THR: 144 bpm). B.P: 130 / 80 ST Level (mm)



JOHNYCD (59 M)

Protocol: Bruce

ID: 26032

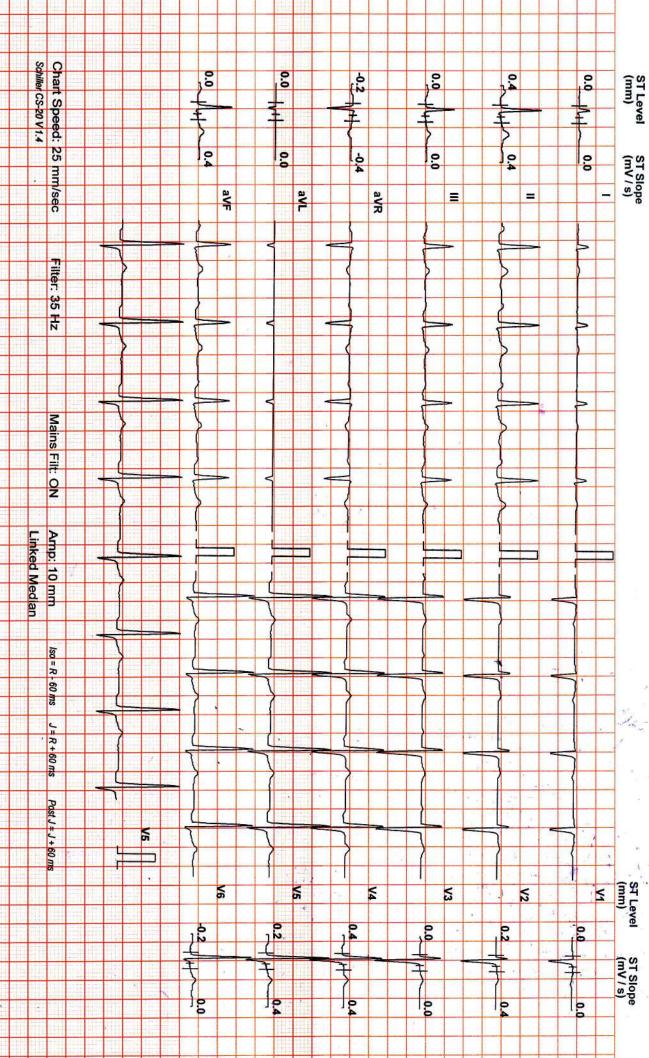
Stage: Recovery(3)

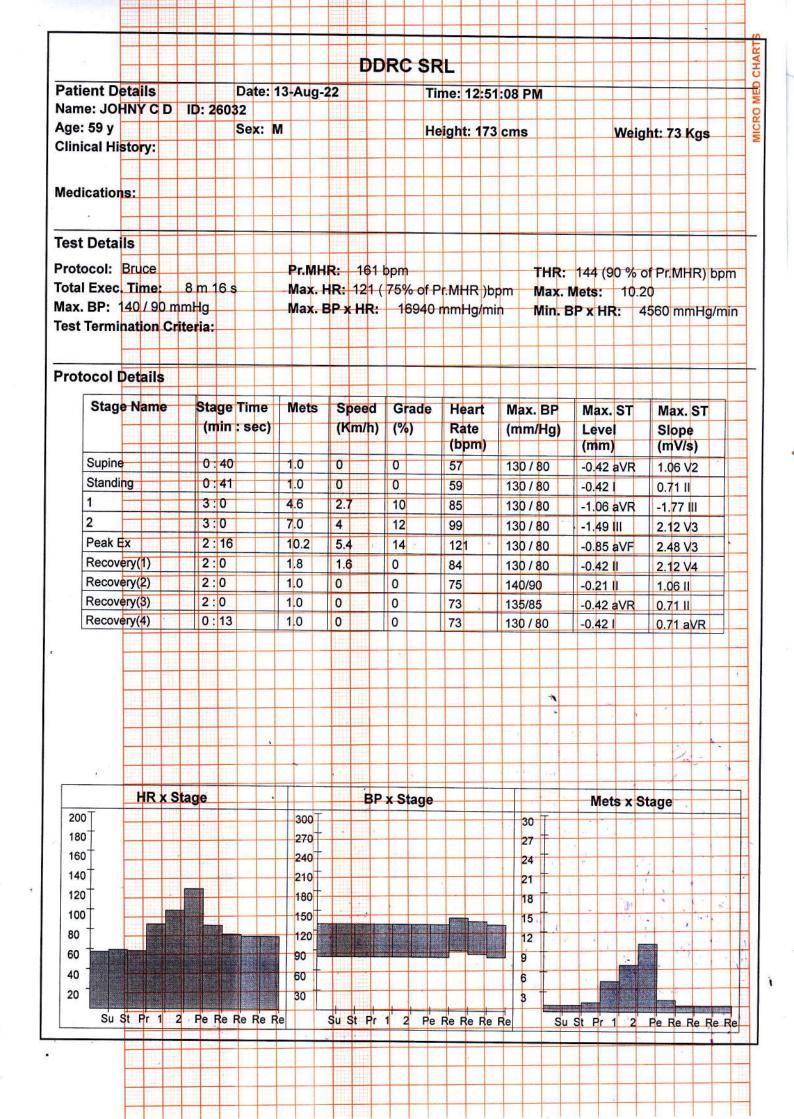
Speed: 0 Km/h

Date: 13-Aug-22 Recovery: 6 m 0 s Grade: 0,%

Stage Time: 2 m 0 s - HR: 73 bpm

(THR: 144 bpm) B.P: 130 / 80 -







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Email: thrissur.ddrc@srl.in

PATIENT NAME: JOHNY C D PATIENT ID: JOHNM1308634177

ACCESSION NO: 4177VH001389 AGE: 59 Years SEX: Male

DRAWN: RECEIVED: 13/08/2022 17:05 REPORTED: 15/08/2022 15:21

REFERRING DOCTOR: DR. SINDHU CLIENT PATIENT ID:

Test Report Status <u>Final</u> Results Biological Reference Interval Units

MEDIWHEEL HEALTH CHECKUP ABOVE 40(M)TMT

TREADMILL TEST

TREADMILL TEST COMPLETED

DENTAL CHECK UP

DENTAL CHECK UP COMPLETED

OPTHAL

OPTHAL ATTACHED



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Took Domont Chatus	E: I	Danulka	I I mile m
Test Report Status	Final	Results	Units

MEDIWHEEL HEALTH CHECKUP ABOVE 40(M)TMT

SERUM BLOOD UREA NITROGEN				
BLOOD UREA NITROGEN	12		6 - 20	mg/dL
BUN/CREAT RATIO				
BUN/CREAT RATIO	11.7		5.00 - 15.00	
CREATININE, SERUM				
CREATININE	1.02		0.9 - 1.3	mg/dL
GLUCOSE, POST-PRANDIAL, PLASMA				
GLUCOSE, POST-PRANDIAL, PLASMA	88		Diabetes Mellitus : > or = 200 mg/dL. Impaired Glucose tolerance/ Prediabetes : 140 to 199 mg/dl Hypoglycemia : < 55 mg/dL.	mg/dL
GLUCOSE, FASTING, PLASMA				
GLUCOSE, FASTING, PLASMA	99		Diabetes Mellitus: > or = 126 mg/dL. Impaired fasting Glucose/ Prediabetes: 101 to 125 mg/dl Hypoglycemia: < 55 mg/dL.	
GLYCOSYLATED HEMOGLOBIN, EDTA WHOLE BI	LOOD		7,1-3,7-1	
GLYCOSYLATED HEMOGLOBIN (HBA1C)	5.5		Normal: 4.0 - 5.6 %. Non-diabetic level: < 5.7%. More stringent goal: < 6.5 %. General goal: < 7%. Less stringent goal: < 8%. Glycemic targets in CKD:- If eGFR > 60: < 7%. If eGFR < 60: 7 - 8.5%.	%
MEAN PLASMA GLUCOSE	111.2		< 116.0	mg/dL
CORONARY RISK PROFILE (LIPID PROFILE), SE	RUM			
CHOLESTEROL	216 F	High	Desirable: <200 BorderlineHigh : 200-239 High : > or = 240	mg/dL
TRIGLYCERIDES	123		Desirable: < 150 Borderline High: 150 - 199 High: 200 - 499 Very High: > or = 500	mg/dL
HDL CHOLESTEROL	37	Low	< 40 Low	mg/dL



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> or = 60 High



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Test Report Status <u>Final</u>	Results			Units
DIRECT LDL CHOLESTEROL	176	High	Adult levels: Optimal < 100 Near optimal/above optimal: 129 Borderline high: 130-159 High: 160-189	mg/dL 100-
NON HDL CHOLESTEROL	179	High	Very high: = 190 Desirable: Less than 130 Above Desirable: 130 - 159 Borderline High: 160 - 189 High: 190 - 219 Very high: > or = 220	mg/dL
CHOL/HDL RATIO	5.8	High	3.30 - 4.40	
LDL/HDL RATIO	4.8	High	0.5 - 3.0	
VERY LOW DENSITY LIPOPROTEIN	24.6		< or = 30.0	mg/dL
LIVER FUNCTION TEST WITH GGT				
BILIRUBIN, TOTAL	0.48		0.0 - 1.2	mg/dL
BILIRUBIN, DIRECT	0.21	High	0.0 - 0.2	mg/dL
BILIRUBIN, INDIRECT	0.27		0.00 - 1.00	mg/dL
TOTAL PROTEIN	6.9		6.4 - 8.3	g/dL
ALBUMIN	4.7		3.50 - 5.20	g/dL
GLOBULIN	2.2		2.0 - 4.1	g/dL
ALBUMIN/GLOBULIN RATIO	2.1	High	1.0 - 2.0	RATIO
ASPARTATE AMINOTRANSFERASE (AST/SGOT)	19		UPTO 40	U/L
ALANINE AMINOTRANSFERASE (ALT/SGPT)	24		UP TO 45	U/L
ALKALINE PHOSPHATASE	68		40 - 129	U/L
GAMMA GLUTAMYL TRANSFERASE (GGT)	15		8 - 61	U/L
TOTAL PROTEIN, SERUM				
TOTAL PROTEIN	6.9		6.4 - 8.3	g/dL
URIC ACID, SERUM				
URIC ACID	6.9		3.5 - 7.2	mg/dL
ABO GROUP & RH TYPE, EDTA WHOLE BLOOD				
ABO GROUP	Α			
RH TYPE	POSITIVE			
BLOOD COUNTS				
HEMOGLOBIN	12.9	Low	13.0 - 17.0	g/dL
RED BLOOD CELL COUNT	4.39	Low	4.5 - 5.5	mil/μL



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Test Report Status <u>Final</u>	Results			Units
WHITE BLOOD CELL COUNT	4.66		4.0 - 10.0	thou/µL
PLATELET COUNT	225		150 - 410	thou/µL
RBC AND PLATELET INDICES		_		
HEMATOCRIT	37.5	Low	40 - 50	%
MEAN CORPUSCULAR VOL	85.4		83 - 101	fL
MEAN CORPUSCULAR HGB.	29.3		27.0 - 32.0	pg
MEAN CORPUSCULAR HEMOGLOBIN CONCENTRATION	34.3		31.5 - 34.5	g/dL
RED CELL DISTRIBUTION WIDTH	12.9		11.6 - 14.0	%
MEAN PLATELET VOLUME	8.3		6.8 - 10.9	fL
WBC DIFFERENTIAL COUNT - NLR				
SEGMENTED NEUTROPHILS	58		40 - 80	%
ABSOLUTE NEUTROPHIL COUNT	2.70		2.0 - 7.0	thou/µL
LYMPHOCYTES	34		20 - 40	%
ABSOLUTE LYMPHOCYTE COUNT	1.58			thou/µL
NEUTROPHIL LYMPHOCYTE RATIO (NLR)	1.7			
EOSINOPHILS	06		1 - 6	%
ABSOLUTE EOSINOPHIL COUNT	0.28			thou/µL
MONOCYTES	02		2 - 10	%
ABSOLUTE MONOCYTE COUNT	0.09			thou/µL
BASOPHILS	00		< 1 - 2	%
ERYTHRO SEDIMENTATION RATE, BLOOD				
SEDIMENTATION RATE (ESR)	22	High	0 - 14	mm at 1 hr
STOOL: OVA & PARASITE				
COLOUR	BROWN			
CONSISTENCY	SEMI FORMED			
ODOUR	FOUL			
MUCUS	NOT DETECTED		NOT DETECTED	
VISIBLE BLOOD	ABSENT		ABSENT	
POLYMORPHONUCLEAR LEUKOCYTES	0-1		0 - 5	/HPF
RED BLOOD CELLS	NOT DETECTED		NOT DETECTED	/HPF
CYSTS	NOT DETECTED		NOT DETECTED	
OVA	NOT DETECTED			

SUGAR URINE - POST PRANDIAL



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PATIENT NAME: JOHNY CD PATIENT ID: JOHNM1308634177

ACCESSION NO: 4177VH001389 AGE: 59 Years SEX: Male

RECEIVED: 13/08/2022 17:05 15/08/2022 15:21 DRAWN: REPORTED:

REFERRING DOCTOR: DR. SINDHU CLIENT PATIENT ID:

Test Report Status <u>Final</u>	Results		Units
SUGAR URINE - POST PRANDIAL	NOT DETECTED	NOT DETECTED	
URINALYSIS			
COLOR	PALE YELLOW		
APPEARANCE	CLEAR		
PH	5.0	4.7 - 7.5	
SPECIFIC GRAVITY	1.030	1.003 - 1.035	
GLUCOSE	NOT DETECTED	NOT DETECTED	
PROTEIN	DETECTED (+)	NOT DETECTED	
KETONES	NOT DETECTED	NOT DETECTED	
BLOOD	NOT DETECTED	NOT DETECTED	
BILIRUBIN	NOT DETECTED	NOT DETECTED	
UROBILINOGEN	NORMAL	NORMAL	
NITRITE	NOT DETECTED	NOT DETECTED	
WBC	2-3	0-5	/HPF
EPITHELIAL CELLS	2-3	0-5	/HPF
RED BLOOD CELLS	NOT DETECTED	NOT DETECTED	/HPF
CASTS	NIL		
CRYSTALS	NIL		
BACTERIA	NOT DETECTED	NOT DETECTED	
PROSTATE SPECIFIC ANTIGEN, SERUM			
PROSTATE SPECIFIC ANTIGEN	1.630	< 0.01 - 4.00	ng/mL
THYROID PANEL, SERUM			
Т3	112.01	60.0 - 181.0	ng/dL
T4	9.40	3.2 - 12.6	μg/dl
TSH 3RD GENERATION	1.310	0.35 - 5.50	μIU/mL

Interpretation(s)
SERUM BLOOD UREA NITROGENCauses of Increased levels

Pre renal

High protein diet, Increased protein catabolism, GI haemorrhage, Cortisol, Dehydration, CHF Renal
 Renal Failure

Post Renal • Malignancy, Nephrolithiasis, Prostatism

Causes of decreased levels
• Liver disease

• SIADH. CREATININE, SERUM-



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Test Report Status Results Units <u>Final</u>

Higher than normal level may be due to:

- Blockage in the urinary tract
 Kidney problems, such as kidney damage or failure, infection, or reduced blood flow
- Loss of body fluid (dehydration)
 Muscle problems, such as breakdown of muscle fibers
- Problems during pregnancy, such as seizures (eclampsia)), or high blood pressure caused by pregnancy (preeclampsia)

Lower than normal level may be due to:

8800465156

Myasthenia GravisMuscular dystrophy

GLUCOSE, POST-PRANDIAL, PLASMA-ADA Guidelines for 2hr post prandial glucose levels is only after ingestion of 75grams of glucose in 300 ml water, over a period of 5 minutes. GLUCOSE, FASTING, PLASMA-

ADA 2012 guidelines for adults as follows: Pre-diabetics: 100 - 125 mg/dL

Diabetic: > or = 126 mg/dL

(Ref: Tietz 4th Edition & ADA 2012 Guidelines)
GLYCOSYLATED HEMOGLOBIN, EDTA WHOLE BLOODGlycosylated hemoglobin (GHb) has been firmly established as an index of long-term blood glucose concentrations and as a measure of the risk for the development of complications in patients with diabetes mellitus. Formation of GHb is essentially irreversible, and the concentration in the blood depends on both the life span of the red blood cell (average 120 days) and the blood glucose concentration. Because the rate of formation of GHb is directly proportional to the concentration of glucose in the blood, the GHb concentration represents the integrated values for glucose over the preceding 6-8 weeks.

Any condition that alters the life span of the red blood cells has the potential to alter the GHb level. Samples from patients with hemolytic anemias will exhibit decreased glycated hemoglobin values due to the shortened life span of the red cells. This effect will depend upon the severity of the anemia. Samples from patients with polycythemia or post-splenectomy may exhibit increased glycated hemoglobin values due to a somewhat longer life span of the red cells.

Glycosylated hemoglobins results from patients with HbSS, HbCC, and HbSC and HbD must be interpreted with caution, given the pathological processes, including anemia, increased red cell turnover, transfusion requirements, that adversely impact HbA1c as a marker of long-term glycemic control. In these conditions, alternative forms of

testing such as glycated serum protein (fructosamine) should be considered.
"Targets should be individualized; More or less stringent glycemic goals may be appropriate for individual patients. Goals should be individualized based on duration of

diabetes, age/life expectancy, comorbid conditions, known CVD or advanced microvascular complications, hypoglycemia unawareness, and individual patient considerations.

References

- 1. Tietz Textbook of Clinical Chemistry and Molecular Diagnostics, edited by Carl A Burtis, Edward R.Ashwood, David E Bruns, 4th Edition, Elsevier publication, 2006, 879-884.
- 2. Forsham PH. Diabetes Mellitus: A rational plan for management, Postgrad Med 1982, 71,139-154.
- 3. Mayer TK, Freedman ZR: Protein glycosylation in Diabetes Mellitus: A review of laboratory measurements and their clinical utility. Clin Chim Acta 1983, 127, 147-184.

CORONARY RISK PROFILE (LIPID PROFILE), SERUMSerum cholesterol is a blood test that can provide valuable information for the risk of coronary artery disease This test can help determine your risk of the build up of plaques in your arteries that can lead to narrowed or blocked arteries throughout your body (atherosclerosis). High cholesterol levels usually don't cause any signs or symptoms, so a cholesterol test is an important tool. High cholesterol levels often are a significant risk factor for heart disease and important for diagnosis of hyperlipoproteinemia, atherosclerosis, hepatic and thyroid diseases.

Serum Triglyceride are a type of fat in the blood. When you eat, your body converts any calories it doesn't need into triglycerides, which are stored in fat cells. High triglyceride levels are associated with several factors, including being overweight, eating too many sweets or drinking too much alcohol, smoking, being sedentary, or having diabetes with elevated blood sugar levels. Analysis has proven useful in the diagnosis and treatment of patients with diabetes mellitus, nephrosis, liver obstruction, other diseases involving lipid metabolism, and various endocrine disorders. In conjunction with high density lipoprotein and total serum cholesterol, a triglyceride determination provides valuable information for the assessment of coronary heart disease risk. It is done in fasting state.

High-density lipoprotein (HDL) cholesterol. This is sometimes called the ""good"" cholesterol because it helps carry away LDL cholesterol, thus keeping arteries open and blood flowing more freely. HDL cholesterol is inversely related to the risk for cardiovascular disease. It increases following regular exercise, moderate alcohol consumption and with oral estrogen therapy. Decreased levels are associated with obesity, stress, cigarette smoking and diabetes mellitus.

SERUM LDL The small dense LDL test can be used to determine cardiovascular risk in individuals with metabolic syndrome or established/progressing coronary artery disease, individuals with triglyceride levels between 70 and 140 mg/dL, as well as individuals with a diet high in trans-fat or carbohydrates. Elevated sdLDL levels are associated with metabolic syndrome and an 'atherogenic lipoprotein profile', and are a strong, independent predictor of cardiovascular disease. Elevated levels of LDL arise from multiple sources. A major factor is sedentary lifestyle with a diet high in saturated fat. Insulin-resistance and pre-diabetes have also been implicated, as has genetic predisposition. Measurement of sdLDL allows the clinician to get a more comprehensive picture of lipid risk factors and tailor treatment accordingly. Reducing LDL levels will reduce the risk of CVD and MI.

Non HDL Cholesterol - Adult treatment panel ATP III suggested the addition of Non-HDL Cholesterol as an indicator of all atherogenic lipoproteins (mainly LDL and VLDL). NICE guidelines recommend Non-HDL Cholesterol measurement before initiating lipid lowering therapy. It has also been shown to be a better marker of risk in both primary and secondary prevention studies.

Recommendations:



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PATIENT NAME: JOHNY CD PATIENT ID: JOHNM1308634177

ACCESSION NO: 4177VH001389 59 Years AGE: SEX: Male

15/08/2022 15:21 DRAWN: RECEIVED: 13/08/2022 17:05 REPORTED:

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Results of Lipids should always be interpreted in conjunction with the patient's medical history, clinical presentation and other findings.

NON FASTING LIPID PROFILE includes Total Cholesterol, HDL Cholesterol and calculated non-HDL Cholesterol. It does not include triglycerides and may be best used in patients for whom fasting is difficult. TOTAL PROTEIN, SERUM-

Serum total protein, also known as total protein, is a biochemical test for measuring the total amount of protein in serum. Protein in the plasma is made up of albumin and alobulin

Higher-than-normal levels may be due to: Chronic inflammation or infection, including HIV and hepatitis B or C, Multiple myeloma, Waldenstrom's disease Lower-than-normal levels may be due to: Agammaglobulinemia, Bleeding (hemorrhage),Burns,Glomerulonephritis, Liver disease, Malabsorption, Malnutrition, Nephrotic syndrome, Protein-losing enteropathy etc. URIC ACID, SERUM-Causes of Increased levels

Dietary

- High Protein Intake.
- Prolonged Fasting,
- Rapid weight loss

Gout

Lesch nyhan syndrome.

Type 2 DM.

Metabolic syndrome

Causes of decreased levels

- Low Zinc Intake
- OCP's
- Multiple Sclerosis

Nutritional tips to manage increased Uric acid levels

- Drink plenty of fluidsLimit animal proteins
- High Fibre foods
- Vit C Intake

 Antioxidant rich foods ABO GROUP & RH TYPE, EDTA WHOLE BLOOD-

Blood group is identified by antigens and antibodies present in the blood. Antigens are protein molecules found on the surface of red blood cells. Antibodies are found in plasma. To determine blood group, red cells are mixed with different antibody solutions to give A,B,O or AB.

Disclaimer: "Please note, as the results of previous ABO and Rh group (Blood Group) for pregnant women are not available, please check with the patient records for availability of the same.

The test is performed by both forward as well as reverse grouping methods.

BLOOD COUNTS-

The cell morphology is well preserved for 24hrs. However after 24-48 hrs a progressive increase in MCV and HCT is observed leading to a decrease in MCHC. A direct smear is recommended for an accurate differential count and for examination of RBC morphology. RBC AND PLATELET INDICES-

The cell morphology is well preserved for 24hrs. However after 24-48 hrs a progressive increase in MCV and HCT is observed leading to a decrease in MCHC. A direct smear is recommended for an accurate differential count and for examination of RBC morphology.

WBC DIFFERENTIAL COUNT - NLRThe optimal threshold of 3.3 for NLR showed a prognostic possibility of clinical symptoms to change from mild to severe in COVID positive patients. When age = 49.5 years old and NLR = 3.3, 46.1% COVID-19 patients with mild disease might become severe. By contrast, when age < 49.5 years old and NLR < 3.3, COVID-19 patients tend to show mild disease

(Reference to - The diagnostic and predictive role of NLR, d-NLR and PLR in COVID-19 patients; A.-P. Yang, et al.; International Immunopharmacology 84 (2020) 106504 This ratio element is a calculated parameter and out of NABL scope. ERYTHRO SEDIMENTATION RATE, BLOOD-

ERYTHRO SEDIMENTATION RATE, BLOOD-Erythrocyte sedimentation rate (ESR) is a non - specific phenomena and is clinically useful in the diagnosis and monitoring of disorders associated with an increased production of acute phase reactants. The ESR is increased in pregnancy from about the 3rd month and returns to normal by the 4th week post partum. ESR is influenced by age, sex, menstrual cycle and drugs (eg. corticosteroids, contraceptives). It is especially low (0 -1mm) in polycythaemia, hypofibrinogenemia or congestive cardiac failure and when there are abnormalities of the red cells such as polkilocytosis, spherocytosis or sickle cells.

- Nathan and Oski's Haematology of Infancy and Childhood, 5th edition
 Paediatric reference intervals. AACC Press, 7th edition. Edited by S. Soldin
 The reference for the adult reference range is "Practical Haematology by Dacie and Lewis, 10th Edition"

SUGAR URINE - POST PRANDIAL-METHOD: DIPSTICK/BENEDICT'S TEST

URINALYSIS-Routine urine analysis assists in screening and diagnosis of various metabolic, urological, kidney and liver disorders

Protein: Elevated proteins can be an early sign of kidney disease. Urinary protein excretion can also be temporarily elevated by strenuous exercise, orthostatic proteinuria,



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dehydration, urinary tract infections and acute illness with fever

Glucose: Uncontrolled diabetes mellitus can lead to presence of glucose in urine. Other causes include pregnancy, hormonal disturbances, liver disease and certain

Ketones: Uncontrolled diabetes mellitus can lead to presence of ketones in urine. Ketones can also be seen in starvation, frequent vomiting, pregnancy and strenuous

Blood: Occult blood can occur in urine as intact erythrocytes or haemoglobin, which can occur in various urological, nephrological and bleeding disorders.

Leukocytes: An increase in leukocytes is an indication of inflammation in urinary tract or kidneys. Most common cause is bacterial urinary tract infection.

Nitrite: Many bacteria give positive results when their number is high. Nitrite concentration during infection increases with length of time the urine specimen is retained in bladder prior to collection.
pH: The kidneys play an important role in maintaining acid base balance of the body. Conditions of the body producing acidosis/ alkalosis or ingestion of certain type of food

can affect the pH of urine.

Specific gravity: Specific gravity gives an indication of how concentrated the urine is. Increased specific gravity is seen in conditions like dehydration, glycosuria and proteinuria while decreased specific gravity is seen in excessive fluid intake, renal failure and diabetes insipidus.

Bilirubin: In certain liver diseases such as biliary obstruction or hepatitis, bilirubin gets excreted in urine.

Urobilinogen: Positive results are seen in liver diseases like hepatitis and cirrhosis and in cases of hemolytic anemia

Prostate Specific Antigen (PSA) is a single-chain glycoprotein normally found in the cytoplasm of the epithelial cells lining the acini and ducts of the prostate gland. PSA is detected in the serum of males with normal, benign hyperplastic and malignant prostate tissue and in patients with prostatitis. PSA is not detected (or detected at very low levels) in the serum of males without prostate tissue (because of radical prostatectomy or cystoprostatectomy) or in the serum of most females.

The fact that PSA is unique to prostate tissue makes it a suitable marker for monitoring men with cancer of the prostate. PSA is also useful for determining possible recurrence after therapy when used in conjunction with other diagnostic indices. PSA levels increase in men with cancer of the prostate. After radical prostatectomy PSA levels routinely fall to a very low level, which may not be seen in patients undergoing radiation therapy. Monitoring PSA levels appears to be useful in detecting residual disease and early recurrence of tumor. Therefore, serial PSA levels can help determine the success of prostatectomy and the need for further treatment, such as radiation, endocrine or chemotherapy and in the monitoring of the effectiveness of therapy.

PSA levels should not be interpreted as absolute evidence of the presence or the absence of malignant disease. Before treatment, patients with confirmed prostate carcinoma frequently have levels of PSA within the range observed in healthy individuals. Elevated levels of PSA can be observed in the patients with nonmalignant diseases. Measurement of PSA should always be used in conjunction with other diagnostic procedures, including information from the patient's clinical evaluation. The concentration of total PSA in a given specimen determined with assays from different manufacturers can vary due to differences in assay methods, calibration, and reagent specificity. Values obtained with different assay method cannot be used interchangeably.

Heterophilic antibodies in human serum can react with reagent immunoglobulins, interfering with in vitro immunoassays. Patients routinely exposed to animals or to animal serum products can be prone to this interference and anomalous values may be observed. Specimens for total PSA assay should be obtained before biopsy, prostatectomy or prostatic massage, since manipulation of the prostate gland may lead to elevated PSA levels persisting upto 3 weeks.

Trilodothyronine T3, is a thyroid hormone. It affects almost every physiological process in the body, including growth, development, metabolism, body temperature, and heart rate. Production of T3 and its prohormone thyroxine (T4) is activated by thyroid-stimulating hormone (TSH), which is released from the pituitary gland. Elevated concentrations of T3, and T4 in the blood inhibit the production of T5H.
Thyroxine T4, Thyroxine's principal function is to stimulate the metabolism of all cells and tissues in the body. Excessive secretion of thyroxine in the body is

hyperthyroidism, and deficient secretion is called hypothyroidism. Most of the thyroid hormone in blood is bound to transport proteins. Only a very small fraction of the circulating hormone is free and biologically active.

In primary hypothyroidism, TSH levels are significantly elevated, while in secondary and tertiary hypothyroidism, TSH levels are low.

Below mentioned are the guidelines for Pregnancy related reference ranges for Total T4, TSH & Total T3

Levels in TOTAL T4 TSH3G TOTAL T3

(μIU/mL) 0.1 - 2.5 0.2 - 3.0 0.3 - 3.0 Pregnancy (µg/dL) 6.6 - 12.4 (ng/dL) 81 - 190 First Trimester 6.6 - 15.5 100 - 260 100 - 260 2nd Trimester 3rd Trimester 6.6 - 15.5

Below mentioned are the guidelines for age related reference ranges for T3 and T4.

T3 (na/dL) (µg/dL) 1-3 day: 8.2 - 19.9 1 Week: 6.0 - 15.9 New Born: 75 - 260

NOTE: TSH concentrations in apparently normal euthyroid subjects are known to be highly skewed, with a strong tailed distribution towards higher TSH values. This is well documented in the pediatric population including the infant age group.

Kindly note: Method specific reference ranges are appearing on the report under biological reference range.

- 1. Burtis C.A., Ashwood E. R. Bruns D.E. Teitz textbook of Clinical Chemistry and Molecular Diagnostics, 4th Edition.
 2. Gowenlock A.H. Varley's Practical Clinical Biochemistry, 6th Edition.
 3. Behrman R.E. Kilegman R.M., Jenson H. B. Nelson Text Book of Pediatrics, 17th Edition



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MEDIWHEEL HEALTH CHECKUP ABOVE 40(M)TMT

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REPORT

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USG ABDOMEN AND PELVIS

REPORT

COMPLETED

CHEST X-RAY WITH REPORT

REPORT

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