

## FITNESS CERTIFICATE

NAME: <b>TAMADA GIRI SHANKARRAO</b>	AGE: <b>28 years.</b>
Ht: <b>152</b> CMS	Wt: <b>40</b> KGS
SEX:	

PARAMETERS	MEASUREMENTS
PULSE / BP (supine)	<b>74</b> / <b>120/80</b> mmHg
INSPIRATION	<b>29</b>
EXPIRATION	<b>31</b>
CHEST CIRCUMFERENCE	<b>30</b>
PREVIOUS ILLNESS	—
VISION	<b>6/6</b> none
FAMILY HISTORY	FATHER: MOTHER:

REPORTS: **FIT**

DATE: **3.9.22**  
PLACE: **Visakhapatnam**

  
 CONSULTANT PHYSICIAN  
**Dr. Lanka Prasad, M. B. B. S.**  
 Reg. No. 18363  
 CIVIL ASSISTANT SURGEON  
 MEDICAL OFFICER  
**Primary Health Centre**  
 KASIMKOTA-531 031  
 VISAKHA Dist.



Mr. t. gini shankara rao

Male

28 Years

03.09.2022 11:44:08  
MEDALL HEALTHCARE PVT.LTD  
OFFICIAL COLONY MAHARAJAPETA  
VESAKHAPATNAM

Location:  
Order Number:  
Visit:  
Indication:  
Medication 1:  
Medication 2:  
Medication 3:

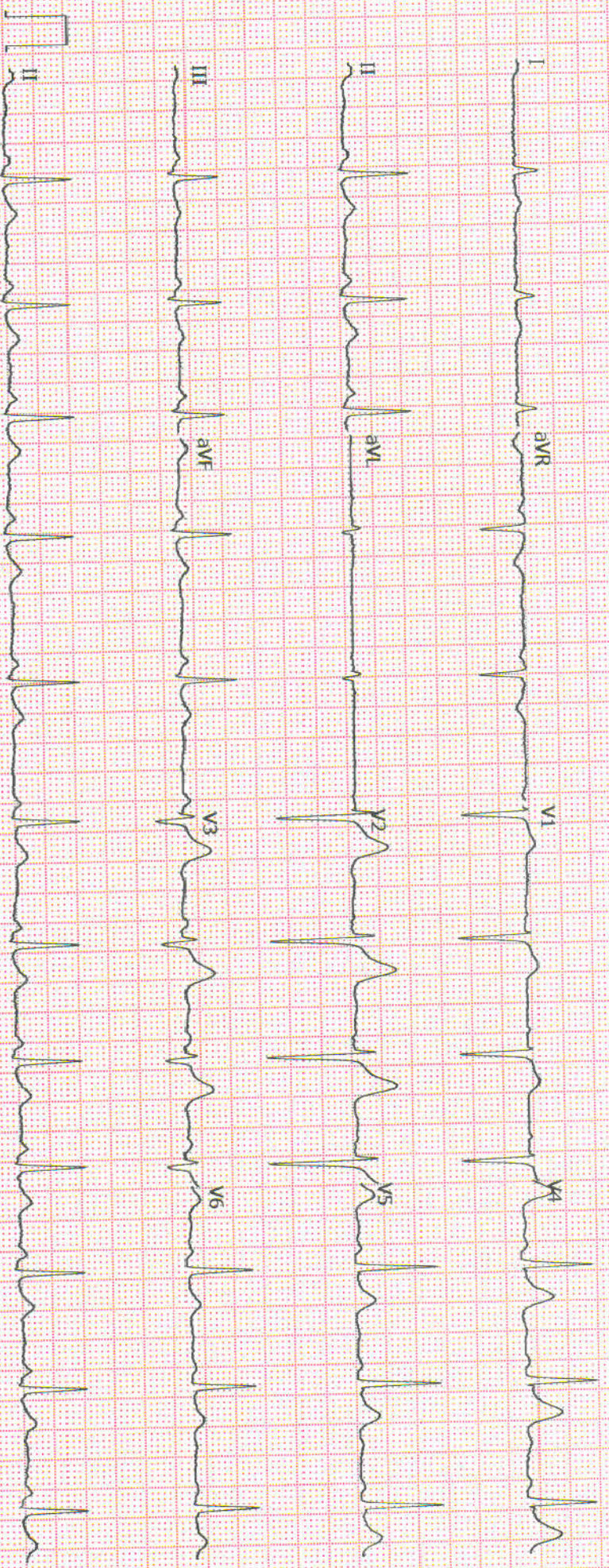
Room:

74 bpm  
-- / -- mmHg

Technician:  
Ordering Ph:  
Referring Ph:  
Attending Ph:

QRS : 80 ms  
QT / QTcBaz : 354 / 392 ms  
PR : 132 ms  
P : 92 ms  
RR / PP : 808 / 810 ms  
P / QRS / T : 79 / 67 / 56 degrees

Normal sinus rhythm with sinus arrhythmia  
Normal ECG



GE MAC2000 1.1 12SL™ V24I

25 mm/5 10 mm/mV

ADS 0.56-20 Hz 50 Hz

Unconfirmed  
4x2.5x3\_25\_R1 1/1

MICRO MED ONLINE



Name : Mr. TAMADA GIRI SHANKARA  
RAO

PID No. : MED111285747

Register On : 03/09/2022 11:16 AM

SID No. : 79686049

Collection On : 03/09/2022 11:39 AM

Age / Sex : 28 Year(s) / Male

Report On : 03/09/2022 6:34 PM

Type : OP

Printed On : 09/09/2022 2:55 PM

Ref. Dr : MediWheel

<u>Investigation</u>	<u>Observed Value</u>	<u>Unit</u>	<u>Biological Reference Interval</u>
BLOOD GROUPING AND Rh TYPING (Blood/Agglutination)	'B' 'Positive'		
<b><u>Complete Blood Count With - ESR</u></b>			
Haemoglobin (Blood/Spectrophotometry)	14.7	g/dL	13.5 - 18.0
Packed Cell Volume(PCV)/Haematocrit (Blood/Numeric Integration of MCV)	42.9	%	42 - 52
RBC Count (Blood/Electrical Impedance )	5.10	mill/cu.mm	4.7 - 6.0
Mean Corpuscular Volume(MCV) (Blood/Calculated)	84.1	fL	78 - 100
Mean Corpuscular Haemoglobin(MCH) (Blood/Calculated)	28.7	pg	27 - 32
Mean Corpuscular Haemoglobin concentration(MCHC) (Blood/Calculated)	34.2	g/dL	32 - 36
RDW-CV (Calculated)	15.5	%	11.5 - 16.0
RDW-SD (Calculated)	45.62	fL	39 - 46
Total Leukocyte Count (TC) (Blood/Electrical Impedance )	6400	cells/cu.mm	4000 - 11000
Neutrophils (Blood/Impedance and absorbance)	55.36	%	40 - 75
Lymphocytes (Blood/Impedance and absorbance)	22.14	%	20 - 45
Eosinophils (Blood/Impedance and absorbance)	<b>9.65</b>	%	01 - 06
Monocytes (Blood/Impedance and absorbance)	<b>12.51</b>	%	01 - 10

  
P.V. Pradeep  
P. Venkata Pradeep  
Lab Manager

VERIFIED BY

  
K. Neeharika  
Dr K. NEEHARIKA  
MD PATHOLOGY  
Reg No : 96545

APPROVED BY

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Basophils (Blood/Impedance and absorbance)	0.34	%	00 - 02
<b>INTERPRETATION:</b> Tests done on Automated Five Part cell counter. All abnormal results are reviewed and confirmed microscopically.			
Absolute Neutrophil count (Blood/Impedance and absorbance)	3.54	10 <sup>3</sup> / $\mu$ l	1.5 - 6.6
Absolute Lymphocyte Count (Blood/Impedance)	<b>1.42</b>	10 <sup>3</sup> / $\mu$ l	1.5 - 3.5
Absolute Eosinophil Count (AEC) (Blood/Impedance)	<b>0.62</b>	10 <sup>3</sup> / $\mu$ l	0.04 - 0.44
Absolute Monocyte Count (Blood/Impedance)	0.80	10 <sup>3</sup> / $\mu$ l	< 1.0
Absolute Basophil count (Blood/Impedance)	0.02	10 <sup>3</sup> / $\mu$ l	< 0.2
Platelet Count (Blood/Impedance)	1.97	lakh/cu.mm	1.4 - 4.5
<b>INTERPRETATION:</b> Platelet count less than 1.5 lakhs will be confirmed microscopically.			
MPV (Blood/Derived from Impedance)	<b>7.66</b>	fL	7.9 - 13.7
PCT (Calculated)	0.15	%	0.18 - 0.28
ESR (Erythrocyte Sedimentation Rate) (Blood/Automated ESR analyser)	10	mm/hr	< 15
BUN / Creatinine Ratio	13.6		
Glucose Fasting (FBS) (Plasma - F/Glucose oxidase/Peroxidase)	<b>108</b>	mg/dL	Normal: < 100 Pre Diabetic: 100 - 125 Diabetic: >= 126

**INTERPRETATION:** Factors such as type, quantity and time of food intake, Physical activity, Psychological stress, and drugs can influence blood glucose level.

Glucose, Fasting (Urine) (Urine - F)	<b>Trace</b>		Negative
Glucose Postprandial (PPBS) (Plasma - PP/GOD - POD)	80	mg/dL	70 - 140

  
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**INTERPRETATION:**

Factors such as type, quantity and time of food intake, Physical activity, Psychological stress, and drugs can influence blood glucose level. Fasting blood glucose level may be higher than Postprandial glucose, because of physiological surge in Postprandial Insulin secretion, Insulin resistance, Exercise or Stress, Dawn Phenomenon, Somogyi Phenomenon, Anti-diabetic medication during treatment for Diabetes.

Urine Glucose(PP-2 hours) (Urine - PP)	Negative		Negative
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Blood Urea Nitrogen (BUN) (Serum/Calculated)	7.0	mg/dL	7.0 - 21
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Creatinine (Serum/Jaffe ~ Alkaline Picrate)	1.1	mg/dL	0.9 - 1.3
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Uric Acid (Serum/Uricase/Peroxidase)	6.2	mg/dL	3.5 - 7.2
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**Liver Function Test**

Bilirubin(Total) (Serum/Diazotized Sulphanilic acid)	1.2	mg/dL	0.1 - 1.2
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Bilirubin(Direct) (Serum/Diazotized Sulphanilic acid)	0.3	mg/dL	0.0 - 0.3
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Bilirubin(Indirect) (Serum/Calculated)	0.90	mg/dL	0.1 - 1.0
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SGOT/AST (Aspartate Aminotransferase) (Serum/IFCC without P-5-P)	26	U/L	5 - 40
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SGPT/ALT (Alanine Aminotransferase) (Serum/IFCC without P-5-P)	35	U/L	5 - 41
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Alkaline Phosphatase (SAP) (Serum/IFCC AMP Buffer)	88	U/L	53 - 128
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Total Protein (Serum/Biuret)	7.2	gm/dl	6.0 - 8.0
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Albumin (Serum/Bromocresol green)	4.5	gm/dl	3.5 - 5.2
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Globulin (Serum/Calculated)	2.70	gm/dL	2.3 - 3.6
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A : G RATIO (Serum/Calculated)	1.67		1.1 - 2.2
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**INTERPRETATION:**Enclosure : Graph

GGT(Gamma Glutamyl Transpeptidase) (Serum/IFCC / Kinetic)	29	U/L	< 55
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**Lipid Profile**

Cholesterol Total (Serum/Cholesterol oxidase/Peroxidase)	172	mg/dL	Optimal: < 200 Borderline: 200 - 239 High Risk: >= 240
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Triglycerides (Serum/Glycerol-phosphate oxidase/Peroxidase)	163	mg/dL	Optimal: < 150 Borderline: 150 - 199 High: 200 - 499 Very High: >= 500
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**INTERPRETATION:**The reference ranges are based on fasting condition. Triglyceride levels change drastically in response to food, increasing as much as 5 to 10 times the fasting levels, just a few hours after eating. Fasting triglyceride levels show considerable diurnal variation too. There is evidence recommending triglycerides estimation in non-fasting condition for evaluating the risk of heart disease and screening for metabolic syndrome, as non-fasting sample is more representative of the `usual\_ circulating level of triglycerides during most part of the day.

HDL Cholesterol (Serum/Immunoinhibition)	42	mg/dL	Optimal(Negative Risk Factor): >= 60 Borderline: 40 - 59 High Risk: < 40
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LDL Cholesterol (Serum/Calculated)	97.4	mg/dL	Optimal: < 100 Above Optimal: 100 - 129 Borderline: 130 - 159 High: 160 - 189 Very High: >= 190
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VLDL Cholesterol (Serum/Calculated)	32.6	mg/dL	< 30
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Non HDL Cholesterol (Serum/Calculated)	130.0	mg/dL	Optimal: < 130 Above Optimal: 130 - 159 Borderline High: 160 - 189 High: 190 - 219 Very High: >=220

**INTERPRETATION:** 1.Non-HDL Cholesterol is now proven to be a better cardiovascular risk marker than LDL Cholesterol.  
2.It is the sum of all potentially atherogenic proteins including LDL, IDL, VLDL and chylomicrons and it is the "new bad cholesterol" and is a co-primary target for cholesterol lowering therapy.

Total Cholesterol/HDL Cholesterol Ratio (Serum/Calculated)	4.1		Optimal: < 3.3 Low Risk: 3.4 - 4.4 Average Risk: 4.5 - 7.1 Moderate Risk: 7.2 - 11.0 High Risk: > 11.0
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Triglyceride/HDL Cholesterol Ratio (TG/HDL) (Serum/Calculated)	3.9		Optimal: < 2.5 Mild to moderate risk: 2.5 - 5.0 High Risk: > 5.0
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LDL/HDL Cholesterol Ratio (Serum/Calculated)	2.3		Optimal: 0.5 - 3.0 Borderline: 3.1 - 6.0 High Risk: > 6.0
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### Glycosylated Haemoglobin (HbA1c)

HbA1C (Whole Blood/HPLC-Ion exchange)	5.2	%	Normal: 4.5 - 5.6 Prediabetes: 5.7 - 6.4 Diabetic: >= 6.5
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**INTERPRETATION:** If Diabetes - Good control : 6.1 - 7.0 % , Fair control : 7.1 - 8.0 % , Poor control >= 8.1 %

Mean Blood Glucose (Whole Blood)	102.54	mg/dl
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### **INTERPRETATION: Comments**

HbA1c provides an index of Average Blood Glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations.

Conditions that prolong RBC life span like Iron deficiency anemia, Vitamin B12 & Folate deficiency,

hypertriglyceridemia, hyperbilirubinemia, Drugs, Alcohol, Lead Poisoning, Asplenia can give falsely elevated HbA1C values.

Conditions that shorten RBC survival like acute or chronic blood loss, hemolytic anemia, Hemoglobinopathies, Splenomegaly, Vitamin E ingestion, Pregnancy, End stage Renal disease can cause falsely low HbA1c.

  
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The results pertain to sample tested.

Page 5 of 7

Lab Address: MEDALL HEALTH CARE PVT LTD#17-11-3/4, DR.GKS MANSION, OFFICIAL COLONY, MAHARANI PETA, VIZAG 530002,.

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**THYROID PROFILE / TFT**

T3 (Triiodothyronine) - Total (Serum/Chemiluminescent Immunometric Assay (CLIA))	1.22	ng/ml	0.7 - 2.04
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**INTERPRETATION:**

**Comment :**

Total T3 variation can be seen in other condition like pregnancy, drugs, nephrosis etc. In such cases, Free T3 is recommended as it is Metabolically active.

T4 (Thyroxine) - Total (Serum/Chemiluminescent Immunometric Assay (CLIA))	10.17	µg/dl	4.2 - 12.0
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**INTERPRETATION:**

**Comment :**

Total T4 variation can be seen in other condition like pregnancy, drugs, nephrosis etc. In such cases, Free T4 is recommended as it is Metabolically active.

TSH (Thyroid Stimulating Hormone) (Serum/Chemiluminescence)	3.99	µIU/mL	0.35 - 5.50
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**INTERPRETATION:**

Reference range for cord blood - upto 20

1 st trimester: 0.1-2.5

2 nd trimester 0.2-3.0

3 rd trimester : 0.3-3.0

(Indian Thyroid Society Guidelines)

**Comment :**

1.TSH reference range during pregnancy depends on Iodine intake, TPO status, Serum HCG concentration, race, Ethnicity and BMI.

2.TSH Levels are subject to circadian variation, reaching peak levels between 2-4am and at a minimum between 6-10PM.The variation can be of the order of 50%,hence time of the day has influence on the measured serum TSH concentrations.

3.Values&amplt;0.03 µIU/mL need to be clinically correlated due to presence of rare TSH variant in some individuals.

**Urine Analysis - Routine**

Others (Urine/Microscopy)	Nil
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**INTERPRETATION:**Note: Done with Automated Urine Analyser & microscopy

**Physical Examination(Urine Routine)**

Colour (Urine/Physical examination)	Pale Yellow	Yellow to Amber
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Appearance (Urine/Physical examination)	Clear		Clear
<b><u>Chemical Examination(Urine Routine)</u></b>			
Protein (Urine/Dipstick-Error of indicator/ Sulphosalicylic acid method )	Negative		Negative
Glucose (Urine/Dip Stick Method / Glucose Oxidase - Peroxidase / Benedict's semi quantitative method.)	Trace		Negative
<b><u>Microscopic Examination(Urine Routine)</u></b>			
Pus Cells (Urine/Microscopy exam of urine sediment)	3-5	/hpf	0 - 5
Epithelial Cells (Urine/Microscopy exam of urine sediment)	1-2	/hpf	NIL
RBCs (Urine/Microscopy exam of urine sediment)	Nil	/hpf	0 - 5

  
P.V. Pradeep  
Lab Manager

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-- End of Report --

Name	TAMADA GIRI SHANKARA RAO	ID	MED111285747
Age & Gender	28Y/M	Visit Date	Sep 3 2022 10:53AM
Ref Doctor	MediWheel		

### ULTRASOUND WHOLE ABDOMEN

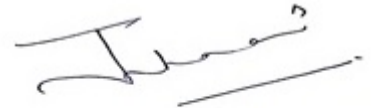
- Liver** : Normal in size (12.3 cm) with regular outlines and normal echopattern.  
There is no evidence of IHBR / EHBR dilatation seen.  
No focal space occupying lesions seen.  
CBD is normal. PV normal.
- Gall Bladder** : Normal in volume and wall thickness.  
No e/o intraluminal calculi seen.
- Pancreas** : Head, body and tail are identified with normal echopattern and smooth outlines.
- Spleen** : Measured 8.1 cm, in size with normal echotexture.
- Right kidney** : Measured 7.9 x 3.7 cm in size.
- Left kidney** : Measured 8.2 x 3.9 cm in size.
- Both kidneys are normal in size, position, with well preserved cortico medullary differentiation and normal pelvicalyceal anatomy.  
No e/o calculi / space occupying lesion seen.  
No e/o suprarenal / retroperitoneal masses noted.
- Urinary bladder** : Normal in volume and wall thickness.  
No e/o intraluminal calculi / masses seen.
- Prostate** : Measured 3.0 x 3.3 x 3.0 cm in size (Vol : 16.7 cc) with normal echotexture.  
No e/o ascites / pleural effusion seen.  
No e/o detectable bowel pathology seen.

### IMPRESSION :

- **Essentially normal study.**

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*- For clinical correlation.*



**Dr. Jahnavi Barla MD (RD), DGO.**  
Consultant Radiologist