FITNESS CERTIFICATE

NAME: RAMASWAMY PAJAN	AGE &SEX: Y/ 36 y m
Ht: Cm 175 cm	Wt: Kg 143 9

PARAMETERS	MEASUREMENTS
PULSE/BP (supine)	mt 120/70 mmHg
INSPIRATION	cms
EXPIRATION	cms
ABDOMINAL CIRCUMFERENCE	cms
PREVIOUS ILLNESS	
VISION	DISTANT VISION: 6/36 NEAR VISION: 6/36 COLOUR VISION:
FAMILY HISTORY	FATHER:

REPORTS: Mornal Reports

FITNESS: Fit:

DATE: OU los 2024.

PLACE: CHENNAI

DR. GOMATHY.S

CONSULTANT PHYSICIAN

Dr. S. GOMATHY, M.B.B.S., D.M.CH., Reg. No : 52007 Consultant Physician A Medall Company Pvt. Ltd.

 PID No.
 : MED111598315
 Register On
 : 03/05/2024 10:09 AM

 SID No.
 : 1802413772
 Collection On
 : 03/05/2024 10:33 AM

 Age / Sex
 : 36 Year(s) / Male
 Report On
 : 04/05/2024 6:44 AM

 Type
 : OP
 Printed On
 : 04/05/2024 5:45 PM

Ref. Dr : MediWheel

Investigation	Observed Value	<u>Unit</u>	<u>Biological</u> <u>Reference Interval</u>
BLOOD GROUPING AND Rh TYPING (EDTA Blood/Agglutination)	'B' 'Positive'		
INTERPRETATION: Reconfirm the Blood group	and Typing before	blood transfusion	
Complete Blood Count With - ESR			
Haemoglobin (Whole Blood - W/Spectrophotometry)	13.2	g/dL	13.5 - 18.0
Packed Cell Volume(PCV)/Haematocrit (Whole Blood - W/Derived from Impedance)	41.8	%	42 - 52
RBC Count (Whole Blood - W/Impedance Variation)	5.67	mill/cu.mm	4.7 - 6.0
Mean Corpuscular Volume(MCV) (Whole Blood - W/Derived from Impedance)	73.8	fL	78 - 100
Mean Corpuscular Haemoglobin(MCH) (Whole Blood - W/Derived from Impedance)	23.4	pg	27 - 32
Mean Corpuscular Haemoglobin concentration(MCHC) (Whole Blood - W/Derived from Impedance)	31.7	g/dL	32 - 36
RDW-CV (Whole Blood - W/Derived from Impedance)	14.6	%	11.5 - 16.0
RDW-SD (Whole Blood - W/Derived from Impedance)	37.71	fL	39 - 46
Total Leukocyte Count (TC) (Whole Blood - W/Impedance Variation)	9700	cells/cu.mm	4000 - 11000
Neutrophils (EDTA Blood/Impedance Variation & Flow Cytometry)	48.2	%	40 - 75
Lymphocytes (EDTA Blood/Impedance Variation & Flow Cytometry)	37.1	%	20 - 45



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Eosinophils (EDTA Blood/Impedance Variation & Flow Cytometry)	3.7	%	01 - 06
Monocytes (EDTA Blood/Impedance Variation & Flow Cytometry)	10.0	%	01 - 10
Basophils (EDTA Blood/Impedance Variation & Flow Cytometry)	1.0	%	00 - 02
INTERPRETATION: Tests done on Automated	Five Part cell count	er. All abnormal results a	re reviewed and confirmed microscopically.
Absolute Neutrophil count (Whole Blood - W/Impedance Variation & Flow Cytometry)	4.68	10^3 / μl	1.5 - 6.6
Absolute Lymphocyte Count (Whole Blood - W/Impedance Variation & Flow Cytometry)	3.60	10^3 / μl	1.5 - 3.5
Absolute Eosinophil Count (AEC) (Whole Blood - W/Impedance Variation & Flow Cytometry)	0.36	10^3 / μl	0.04 - 0.44
Absolute Monocyte Count (Whole Blood - W/Impedance Variation & Flow Cytometry)	0.97	10^3 / μΙ	< 1.0
Absolute Basophil count (Whole Blood - W/Impedance Variation & Flow Cytometry)	0.10	10^3 / μl	< 0.2
Platelet Count (Whole Blood - W/Impedance Variation)	239	10^3 / μl	150 - 450
MPV (Whole Blood - W/Derived from Impedance)	8.8	fL	7.9 - 13.7
PCT (Whole Blood - W/Automated Blood cell Counter)	0.21	%	0.18 - 0.28
ESR (Erythrocyte Sedimentation Rate) (Whole Blood - W/Automated - Westergren method)	11	mm/hr	< 15



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Investigation	<u>Observed</u> <u>Value</u>	<u>Unit</u>	<u>Biological</u> Reference Interval
BUN / Creatinine Ratio	9.61		6.0 - 22.0
Glucose Fasting (FBS) (Plasma - F/GOD-PAP)	98.0	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/GOD - POD)	Negative		Negative
Glucose Postprandial (PPBS) (Plasma - PP/GOD-PAP)	122.80	mg/dL	70 - 140

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 resistance, Exercise or Stress, Dawn Phenomenon, Somogyi Phenomenon, Anti- diabetic medication during treatment for Diabetes.

Urine Glucose(PP-2 hours) (Urine - PP)	Negative		Negative
Blood Urea Nitrogen (BUN) (Serum/Urease UV / derived)	10.48	mg/dL	7.0 - 21
Creatinine (Serum/Modified Jaffe)	1.04	mg/dL	0.9 - 1.3

INTERPRETATION: Elevated Creatinine values are encountered in increased muscle mass, severe dehydration, Pre-eclampsia, increased ingestion of cooked meat, consuming Protein/ Creatine supplements, Diabetic Ketoacidosis, prolonged fasting, renal dysfunction and drugs such as cefoxitin, cefazolin, ACE inhibitors, angiotensin II receptor antagonists, N-acetylcysteine, chemotherapeutic agent such as flucytosine etc.

Uric Acid (Serum/Enzymatic)	7.5	mg/dL	3.5 - 7.2
Liver Function Test			
Bilirubin(Total) (Serum/DCA with ATCS)	0.68	mg/dL	0.1 - 1.2
Bilirubin(Direct) (Serum/Diazotized Sulfanilic Acid)	0.26	mg/dL	0.0 - 0.3







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Bilirubin(Indirect) (Serum/ <i>Derived</i>)	0.42	mg/dL	0.1 - 1.0
SGOT/AST (Aspartate Aminotransferase) (Serum/ <i>Modified IFCC</i>)	21.9	U/L	5 - 40
SGPT/ALT (Alanine Aminotransferase) (Serum/ <i>Modified IFCC</i>)	32.5	U/L	5 - 41
GGT(Gamma Glutamyl Transpeptidase) (Serum/IFCC / Kinetic)	27.1	U/L	< 55
Alkaline Phosphatase (SAP) (Serum/ <i>Modified IFCC</i>)	64.8	U/L	53 - 128
Total Protein (Serum/ <i>Biuret</i>)	6.75	gm/dl	6.0 - 8.0
Albumin (Serum/ <i>Bromocresol green</i>)	4.04	gm/dl	3.5 - 5.2
Globulin (Serum/ <i>Derived)</i>	2.71	gm/dL	2.3 - 3.6
A : G RATIO (Serum/ <i>Derived</i>)	1.49		1.1 - 2.2
<u>Lipid Profile</u>			
Cholesterol Total (Serum/CHOD-PAP with ATCS)	161.3	mg/dL	Optimal: < 200 Borderline: 200 - 239 High Risk: >= 240
Triglycerides (Serum/GPO-PAP with ATCS)	87.3	mg/dL	Optimal: < 150 Borderline: 150 - 199 High: 200 - 499 Very High: >= 500







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<u>Investigation</u>	Observed Unit	<u>Biological</u>
	<u>Value</u>	Reference Interval

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)	36.8	mg/dL	Optimal(Negative Risk Factor): >= 60 Borderline: 40 - 59 High Risk: < 40
LDL Cholesterol (Serum/Calculated)	107	mg/dL	Optimal: < 100 Above Optimal: 100 - 129 Borderline: 130 - 159 High: 160 - 189 Very High: >= 190
VLDL Cholesterol (Serum/Calculated)	17.5	mg/dL	< 30
Non HDL Cholesterol (Serum/Calculated)	124.5	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)

4.4

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

Triglyceride/HDL Cholesterol Ratio 2.4 Optimal: < 2.5 (TG/HDL) Mild to moderate risk: 2.5 - 5.0 (Serum/Calculated) High Risk: > 5.0









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Investigation	<u>Observed</u> <u>Unit</u> <u>Value</u>	<u>Biological</u> Reference Interval
LDL/HDL Cholesterol Ratio (Serum/Calculated)	2.9	Optimal: 0.5 - 3.0 Borderline: 3.1 - 6.0 High Risk: > 6.0

Glycosylated Haemoglobin (HbA1c)

HbA1C **6.5** % Normal: 4.5 - 5.6 (Whole Blood/*HPLC*) Prediabetes: 5.7 - 6.4

Diabetic: \geq 6.5

INTERPRETATION: If Diabetes - Good control: 6.1 - 7.0 %, Fair control: 7.1 - 8.0 %, Poor control >= 8.1 %

Estimated Average Glucose 139.85 mg/dL

(Whole Blood)

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.

THYROID PROFILE / TFT

T3 (Triiodothyronine) - Total 1.06 ng/ml 0.7 - 2.04

(Serum/Chemiluminescent Immunometric Assay

(CLIA))

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 (Tyroxine) - Total 11.04 μg/dl 4.2 - 12.0

(Serum/Chemiluminescent Immunometric Assay

(CLIA))

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.









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Investigation	Observed Value	<u>Unit</u>	<u>Biological</u> <u>Reference Interval</u>
TSH (Thyroid Stimulating Hormone) (Serum/Chemiluminescent Immunometric Assay (CLIA))	3.240	μIU/mL	0.35 - 5.50

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

Urine Analysis - Routine

COLOUR (Urine)	Pale Yellow		Yellow to Amber
APPEARANCE (Urine)	Clear		Clear
Protein (Urine/Protein error of indicator)	Negative		Negative
Glucose (Urine/GOD - POD)	Negative		Negative
Pus Cells (Urine/Automated ¬ Flow cytometry)	0 - 1	/hpf	NIL
Epithelial Cells (Urine/Automated - Flow cytometry)	0 - 1	/hpf	NIL
RBCs (Urine/Automated - Flow cytometry)	NIL	/HPF	NIL
Casts (Urine/Automated - Flow cytometry)	NIL	/hpf	NIL
Crystals (Urine/Automated - Flow cytometry)	NIL	/hpf	NIL







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InvestigationObserved
ValueUnit
Perference IntervalBiological
Reference Interval

Others

(Urine)

INTERPRETATION: Note: Done with Automated Urine Analyser & Automated urine sedimentation analyser. All abnormal reports are reviewed and confirmed microscopically.

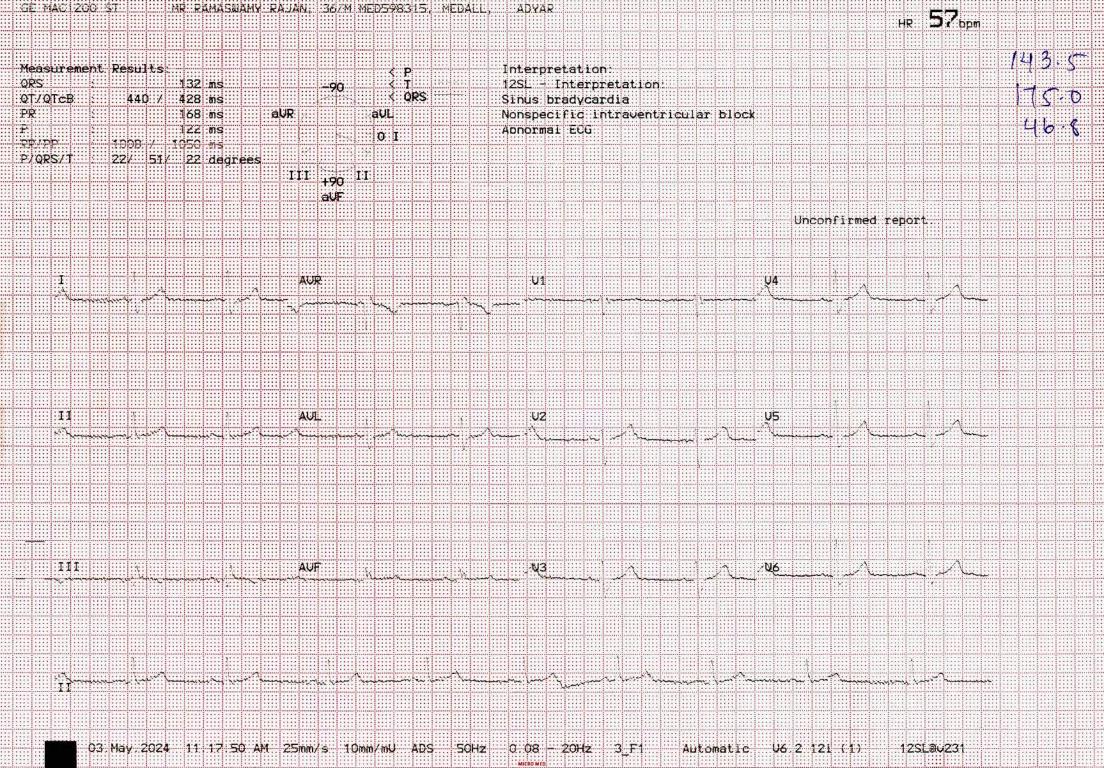






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-- End of Report --



Name	MR.RAMASWAMY RAJAN	ID	MED111598315
Age & Gender	36Y/MALE	Visit Date	May 3 2024 10:09AM
Ref Doctor Name	MediWheel		

SONOGRAM REPORT

WHOLE ABDOMEN

The enlarged is enlarged in size and shows diffuse fatty changes. No focal mass seen.

The gall bladder is normal sized and smooth walled and contains no calculus.

There is no intra or extra hepatic biliary ductal dilatation.

The pancreas shows a normal configuration and echotexture.

The pancreatic duct is normal.

The portal vein and IVC are normal.

The spleen is normal.

There is no free or loculated peritoneal fluid.

No para aortic lymphadenopathy is seen.

No abnormality is seen in the region of the adrenal glands.

The right kidney measures 12.4 x 4.8 cms.

The left kidney measures 11.5 x 4.8 cms.

Both kidneys are normal in size, shape and position.

Cortical echoes are normal bilaterally.

There is no calculus or calyceal dilatation.

The ureters are not dilated.

Name	MR.RAMASWAMY RAJAN	ID	MED111598315
Age & Gender	36Y/MALE	Visit Date	May 3 2024 10:09AM
Ref Doctor Name	MediWheel		

The bladder is smooth walled and uniformly transonic. There is no intravesical mass or calculus.

The prostate measures 2.6 x 3.6 x 3.5 cms and is normal sized with a volume of 18.5 cc.

The echotexture is homogeneous.

The seminal vesicles are normal.

Iliac fossae are normal.

No mass or fluid collection is seen in the right iliac fossa. The appendix is not visualized.

IMPRESSION:

- Enlarged fatty liver.
- Other organs are normal.

(Note: Study limited due to poor penetration of sound waves)

DR. S.GNANAM MBBS.,DMRD.,

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CONSULTANT RADIOLOGIST

Name	MR.RAMASWAMY RAJAN	ID	MED111598315
Age & Gender	36Y/MALE	Visit Date	May 3 2024 10:09AM
Ref Doctor Name	MediWheel		

ECHO CARDIOGRAPHY REPORT

Measurements:-

M Mode:

IVS d	1.0cm	IVS s	1.4cm
LVID d	5.2cm	LVID s	3.3cm
LVPW d	1.2cm	LVPW s	1.3cm
AO	2.5cm	LA	3.3cm

Doppler study:

_Location	m/sec	Location	m/sec
MP A vel	0.8	MV E	0.8
PGT	2mmHg	A	0.5
AV vel	0.8	Ratio	1.4
PGT	3mmHg	TV E	-
EF	65%	A	-
FS	36%	Ratio	-

<u>2D:</u>

LA : NORMAL RA: NORMAL

LV : NORMAL RV : NORMAL

AV : NORMAL PV : NORMAL

MV : NORMAL TV: NORMAL

AO : NORMAL PA : NORMAL

Name	MR.RAMASWAMY RAJAN	ID	MED111598315
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Observations:

- Suboptimal echo window
- Cardiac chambers dimension-normal
- No regional wall motion abnormality
- Normal LV systolic and diastolic function
- Valves are morphologically and functionally normal
- No stenosis / prolapse / regurgitation
- Doppler flow pattern normal
- No pulmonary hypertension
- Normal Pericardium
- IAS/ IVS appear Intact
- No mass

CONCLUSIONS:

- NORMAL CARDIAC DIMENSIONS.
- NO REGIONAL WALL MOTION ABNORMALITIES.
- GOOD LV SYSTOLIC FUNCTION.
- LVEF 65%
- NORMAL STUDY.

Name	MR.RAMASWAMY RAJAN	ID	MED111598315
Age & Gender	36Y/MALE	Visit Date	May 3 2024 10:09AM
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 ${\bf Prof.\ N.\ Subramanian\ MD,\ DM(CARD)\ FRCP,\ FACC}$

Consultant Cardiologist

Done by- Ms.Nivedha.P Cardiac Technologist

Name	Mr. RAMASWAMY RAJAN	Customer ID	MED111598315
Age & Gender	36Y/M	Visit Date	May 3 2024 10:09AM
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X - RAY CHEST PA VIEW

FINDINGS:

Bilateral lung fields appear normal.

Cardiac size is within normal limits.

Bilateral hilar regions appear normal.

Bilateral domes of diaphragm and costophrenic angles are normal.

Visualised bones and soft tissues appear normal.

IMPRESSION:

No significant abnormality detected.

Consultant Radiologist