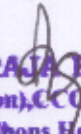


MER- MEDICAL EXAMINATION REPORT

Date of Examination	26/10/24.		
NAME	Vijaya.R		
AGE	37	Gender	F
HEIGHT(cm)	155	WEIGHT (kg)	58
B.P.	110/70, PR-76 BMI-24.1 kg/m ²		
ECG	/		
X Ray			
Vision Checkup	Color Vision : Far Vision Ratio : Near Vision Ratio :		
Present Ailments	-		
Details of Past ailments (If Any)	-		
Comments / Advice : She / He is Physically Fit	YES.		

Report Attached.


Dr. RAMESH RAJA PRABHU
 MBBS.,FRSH (London),CCGDM,ACMDC.,
 PG (Diab), Johns Hopkins
 University School of Medicine - USA
 Signature with Stamp of Medical Examiner
 Cardio-Diabetologist & Obesity Consultant
 Regd.No: 72228

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 D. No: 2, 1st Cross,
 SRP Ponnusamy Nagar,
 Behind Vvani Vidhyalaya School,
 Saibaba Colony, Coimbatore - 641 011

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Nijaya . R. on 26/10/22,

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

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

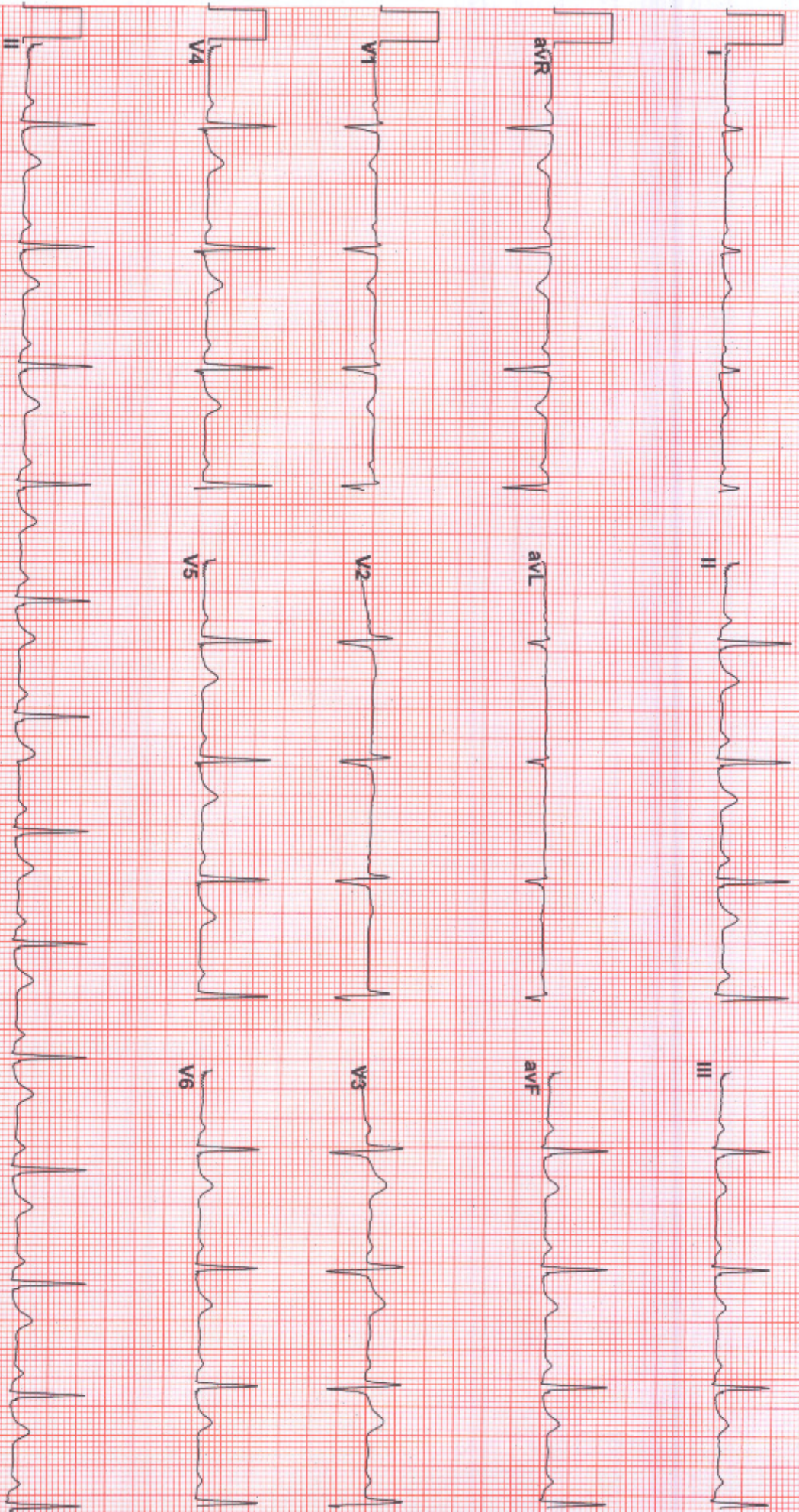
Dr. RAMESH RAJA PRABHOO
 MBBS.,FRSH (London),CCGDM,ACMDC.,
 Dr. PG (Diab), Johns Hopkins
 University School of Medicine - USA
 The Apollo Clinic (Coimbatore)
 Cardiologist & Obesity Consultant
 Regl.No: 72228

This certificate is not meant for medico-legal purposes

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 Behind Vvvani Vidhyalaya School,
 Saibaba Colony, Coimbatore - 641 011

12478530: MRS VIJAYA R; 37 Yrs 00 Mths
Ref.: Date: 26-10-2024; Time: 11:37:22

Ht: Cms; Wt: Kgs; BP: / ; HR: 76 bpm
Notch: 50 Hz; Filter: 0.05 Hz-T100Hz; Gain: 1.00 Cm/mV; Sweep: 25 mm/s Page: 1



FINDINGS: Normal Sinus Rhythm

Vent Rate : 76 bpm PR Interval: 148 ms QRS Duration: 156 ms QT/QTc Int : 293/330

P-QRS-T axis: 64° 73° 57° (Deg)

Comments :
Obesity
Thyroid
Snoring
& Sleep

NORMAL ECG

DR. RAMESH RAO PRABHU

MBBS, FRSH (London), GDMAC (Mumbai)

Cardio-Diabetologist & Obesity Consultant

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Advice:

P. Vijaya

123458065/MRS VJAYAR / 37 YRS / F

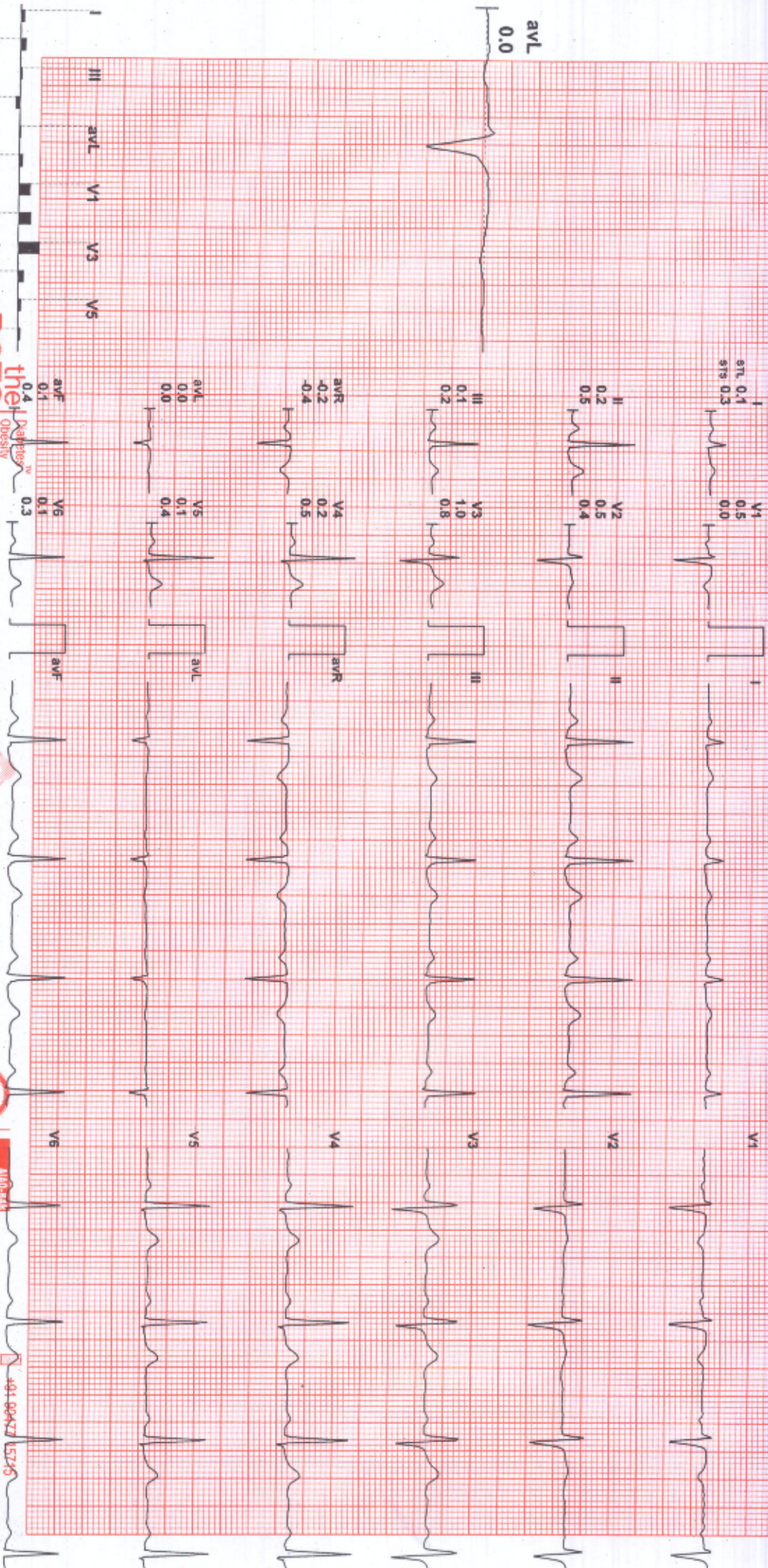
Date: 26-10-2024 11:43:36 AM METS: 1.0 HR: 73 bpm 39% Trgt. BP: 110/70 Raw ECG, B.C, Netch, (0.05-100)Hz
4X 80 mS Post J

Resting ECG



ExTime: 00:00 1.1 mpm, 0.0%

25 mm/Sec. 1.0 Cm/mV



COMMENTS:

the dots foundation
Specialty Medical Centre
Thyroid Obesity & Sleep

P. Vign

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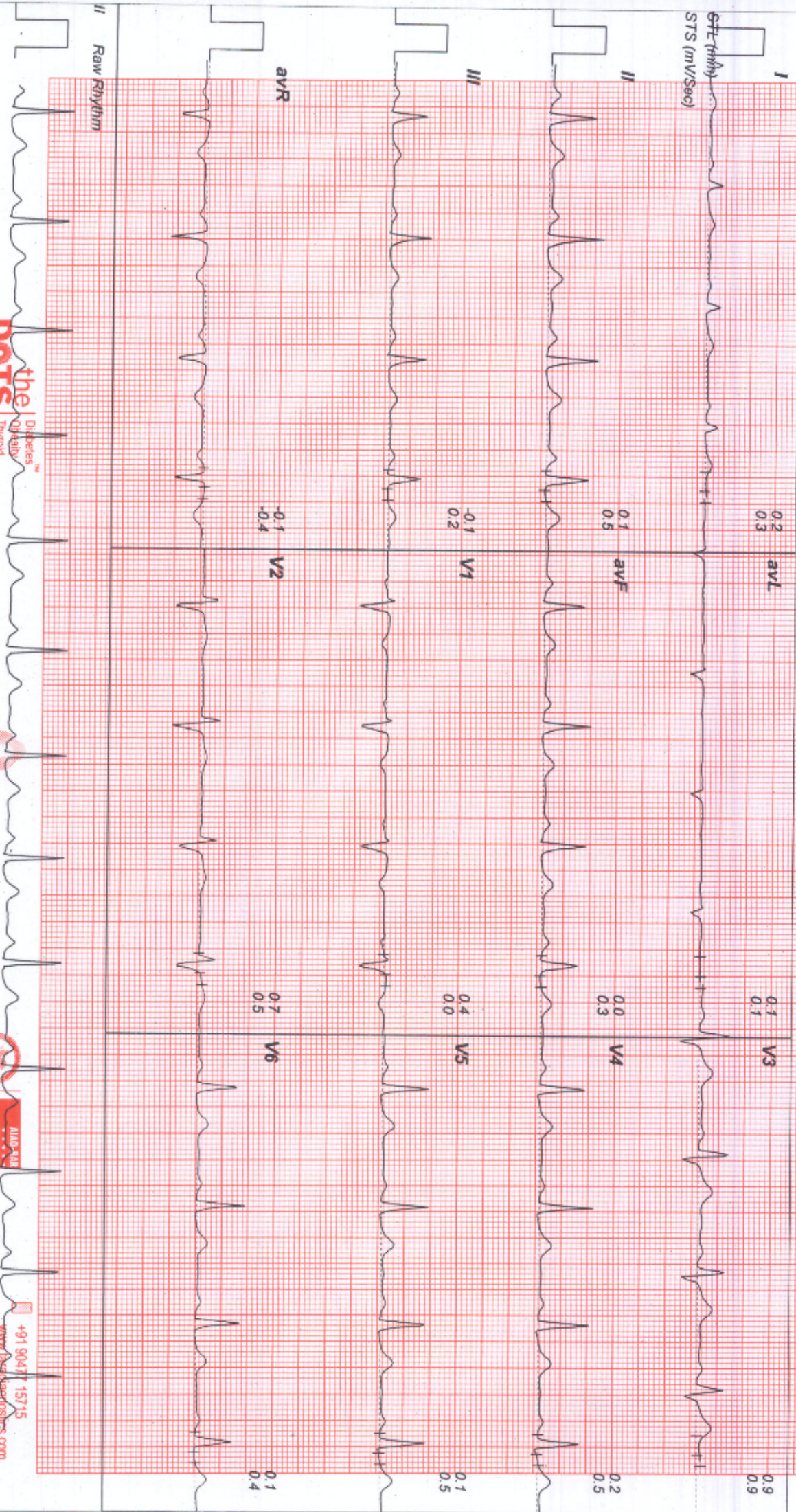
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123458065 / MRS VIJAYA R / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 11:43:36 AM METs: 01:00 HR: 78 Target HR: 42% of 183 BP: 110/70 Post @ 60ms Ex Time: 00:49 Speed: 00:00 mph Grade: 00:00 % 25 mm/Sec 1.0 Cm/IV

Linked Medians Report

SUPINE



the **DOTS** foundation
Diabetes
Dyslipidemia
Thyroid
Snoring
& Sleep
SPECIALITY MEDICAL CENTRE

Dr. Vijaya
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PROGRESSIVE WELLNESS CLINIC

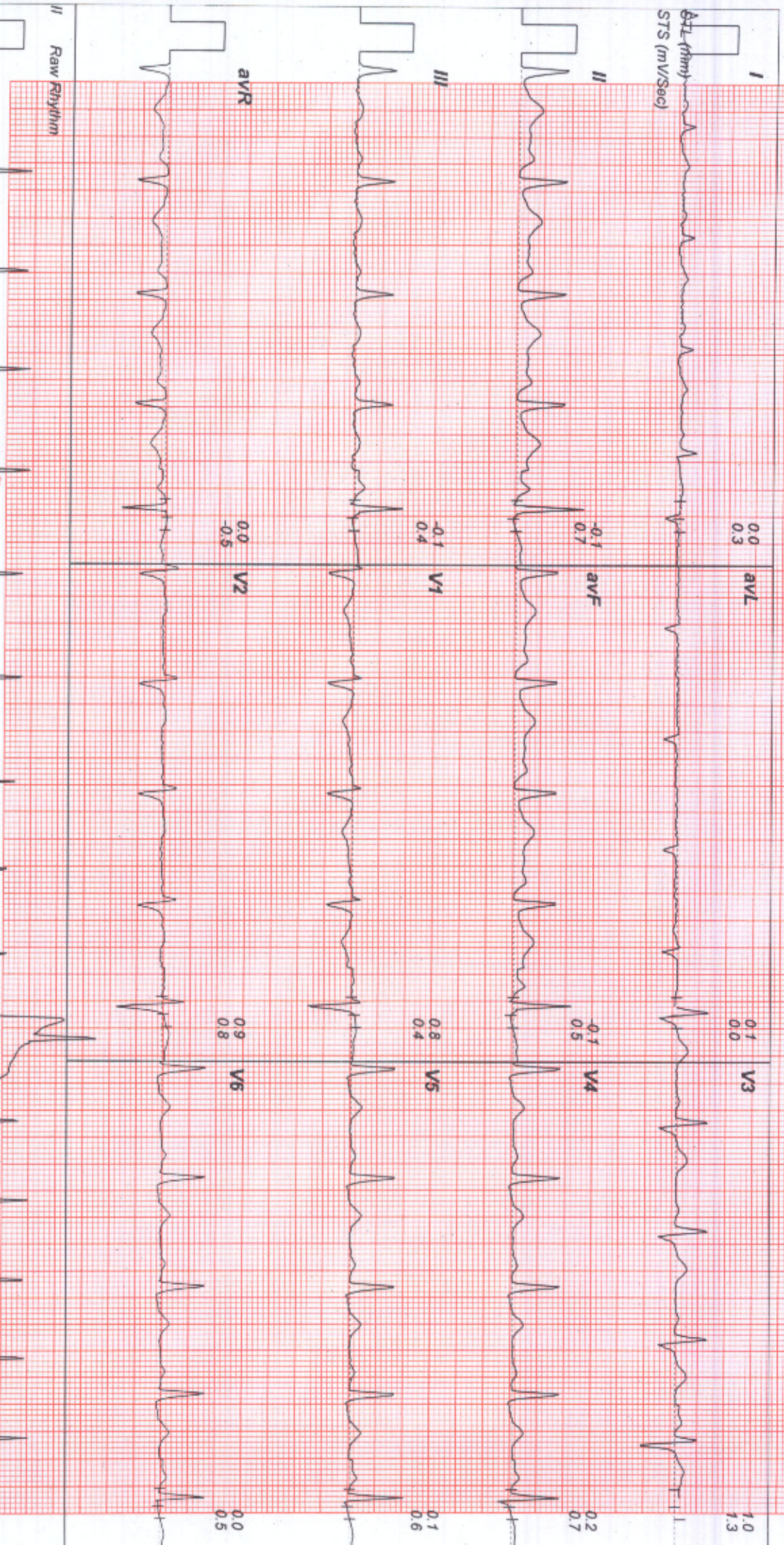


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123458065/MRS VIJAYA R / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 11:43:36 AM METs : 01.00 HR : 102 Target HR : 55% of 183 BP : 110/70 PostJ @80ms ExtTime : 02:14 Speed : 00:00 mph Grade : 00:00 % 25 mm/Sec 1.0 Cm/mV

Linked Medians Report STANDING



Raw Rhythm

the **Diabetes** foundation
 Diabetes Obesity Thyroid Screening & Sleep
DOTS SPECIALTY MEDICAL CLINIC

P. Vijaya

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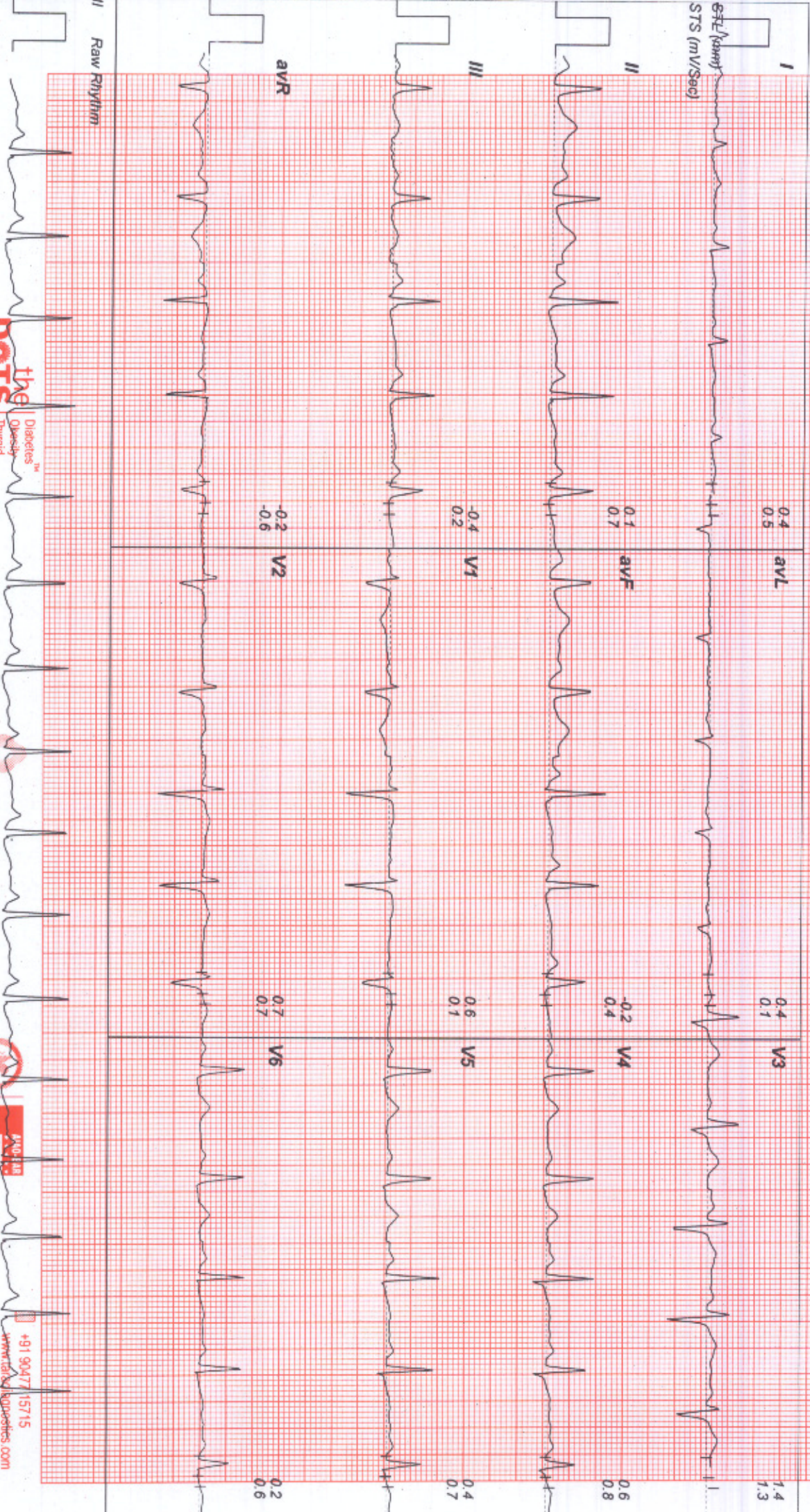


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123458065 / MRS VIJAYA R / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 11:43:36 AM METs: 01:00 HR: 86 Target HR: 46% of 183 BP: 110/70 PostU @ 70ms ExtTime: 02:29 Speed: 00:00 mph Grade: 00:00% 25 mm/Sec: 1.0 Cm/mV

Linked Medians Report



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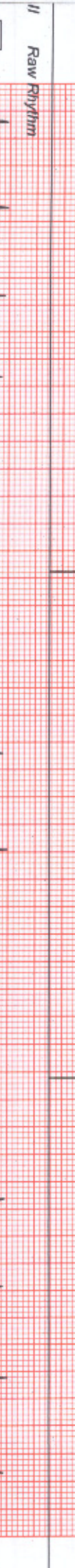
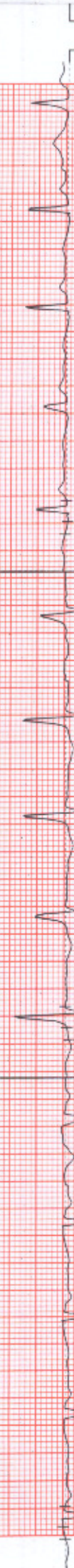
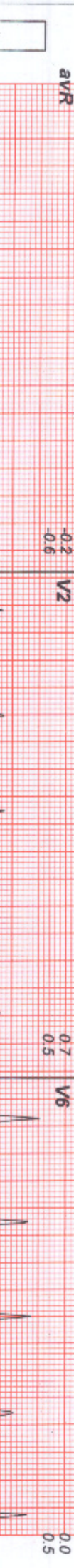
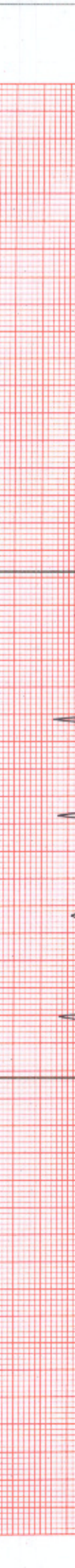
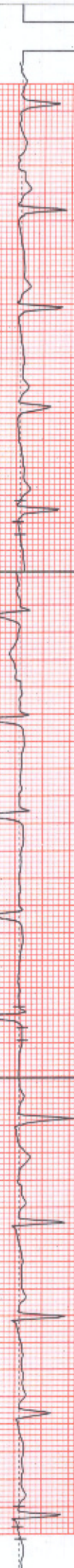
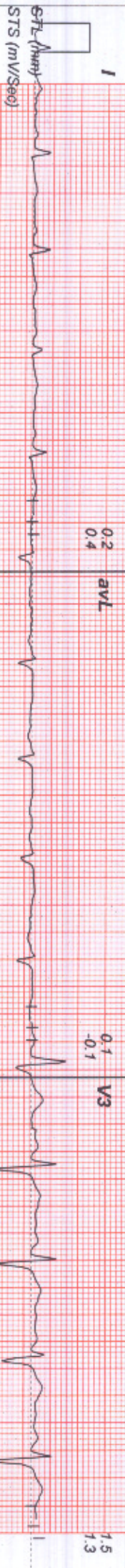
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123458065 / MRS VIJAYA R / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 11:43:36 AM METs : 01:00 HR : 90 Target HR : 49% of 183 BP : 110/70 Post@80ms ExTime : 00:00 Speed : 01:70 mmph Grade : 10:00 % 25 mm/Sec. 1.0 Cm/mV

Linked Medians Report

EXStit



the dots | Diabetes, Hypertension, Thyroid, Snoring & Sleep
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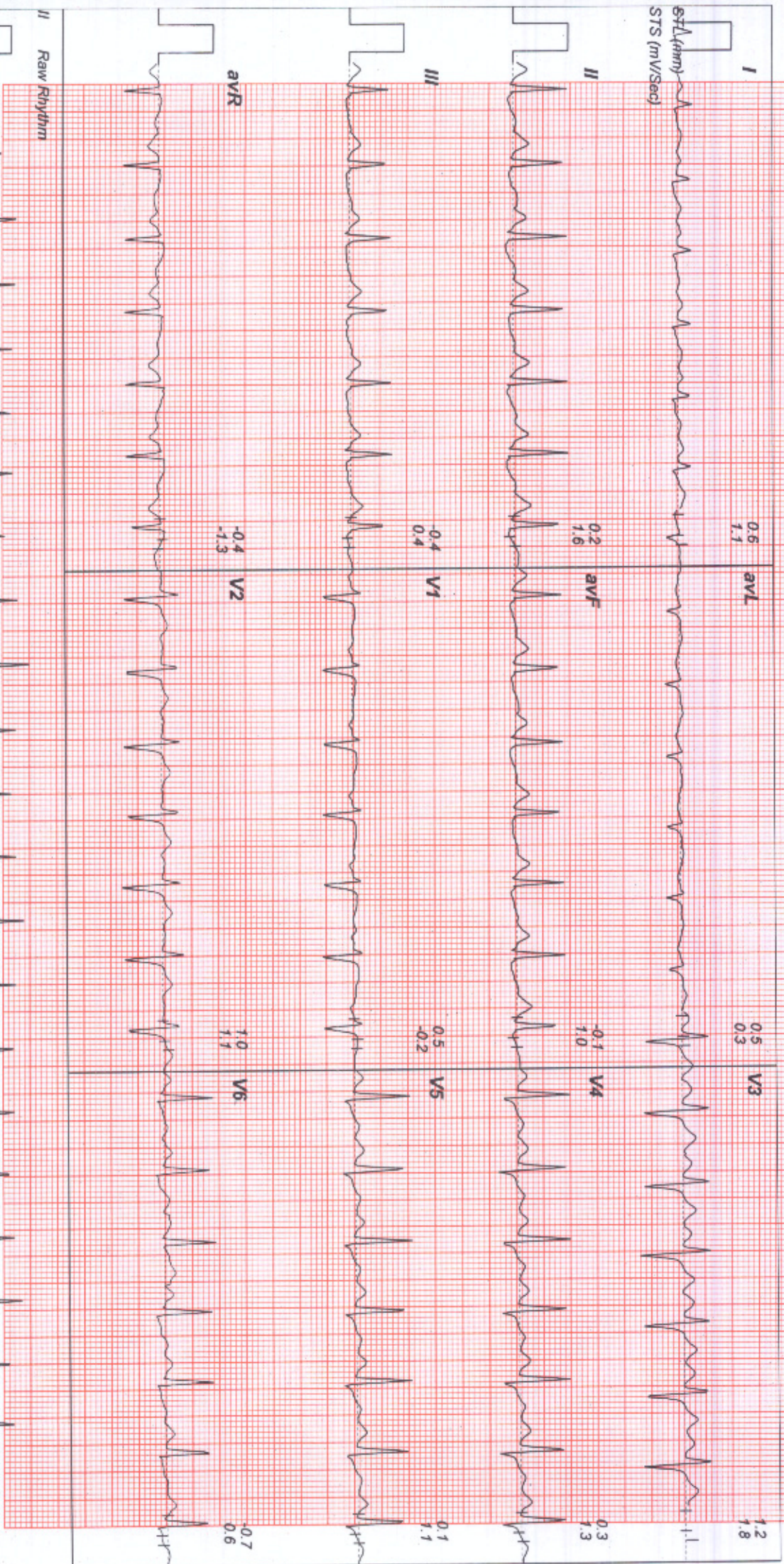


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123458065 / MRS VIJAYA R / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 11:43:36 AM METS : 04.70 HR : 133 Target HR : 72% of 183 BP : 120/80 Postl @60ms ExtTime : 03:00 Speed : 01.70 mph Grade : 10.00 % 25 mm/Sec : 1.0 Cm/mV

Linked Medians Report BRUCE : Stage 1 (03:00)



the Diabetes Obesity Snoring & Sleep foundation
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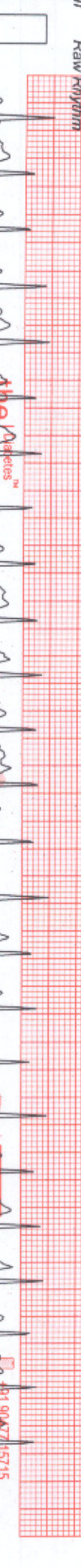
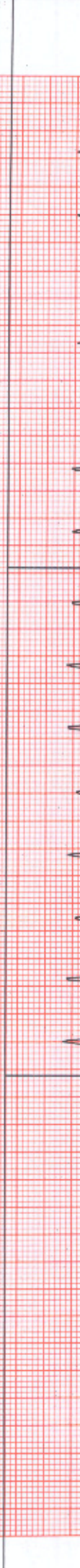
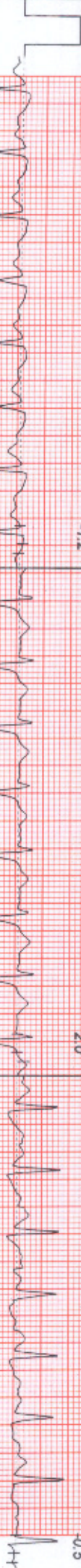
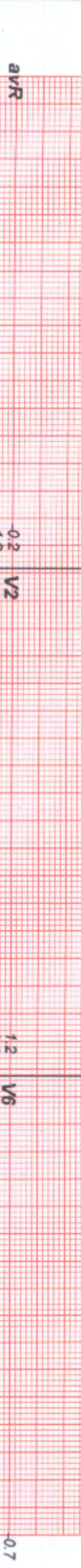
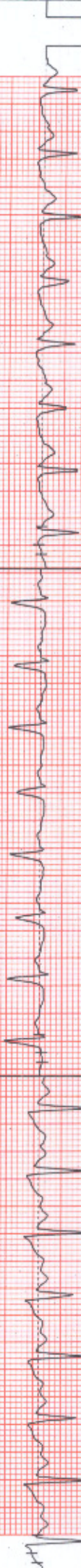
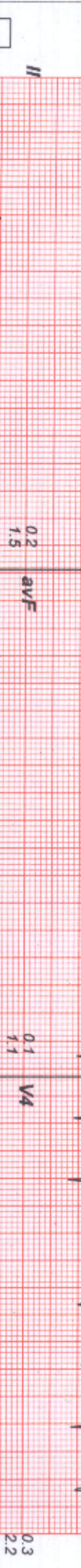
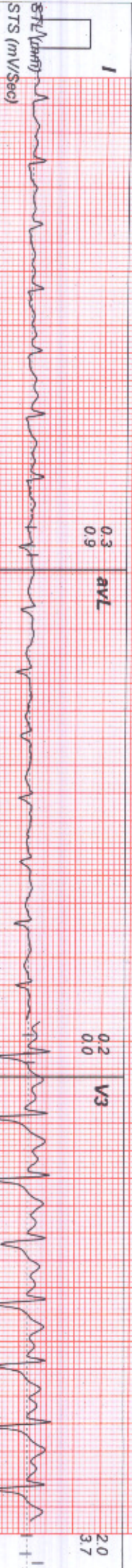


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123458065 / MRS VIJAYA R / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 11:43:36 AM METs: 07-10 HR: 154 Target HR: 84% of 183 BP: 130/90 PostU @60ms ExTime: 06:00 Speed: 02.50 mph Grade: 12.00 % 25 mmvSec: 1.0 Cm/mV

Linked Medians Report
BRUCE : Stage 2 (03:00)



Raw Rhythm

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the DOTS foundation
Diabetes
Obesity
Thyroid
Snoring
& Sleep
SPECIALTY MEDICAL CLINIC

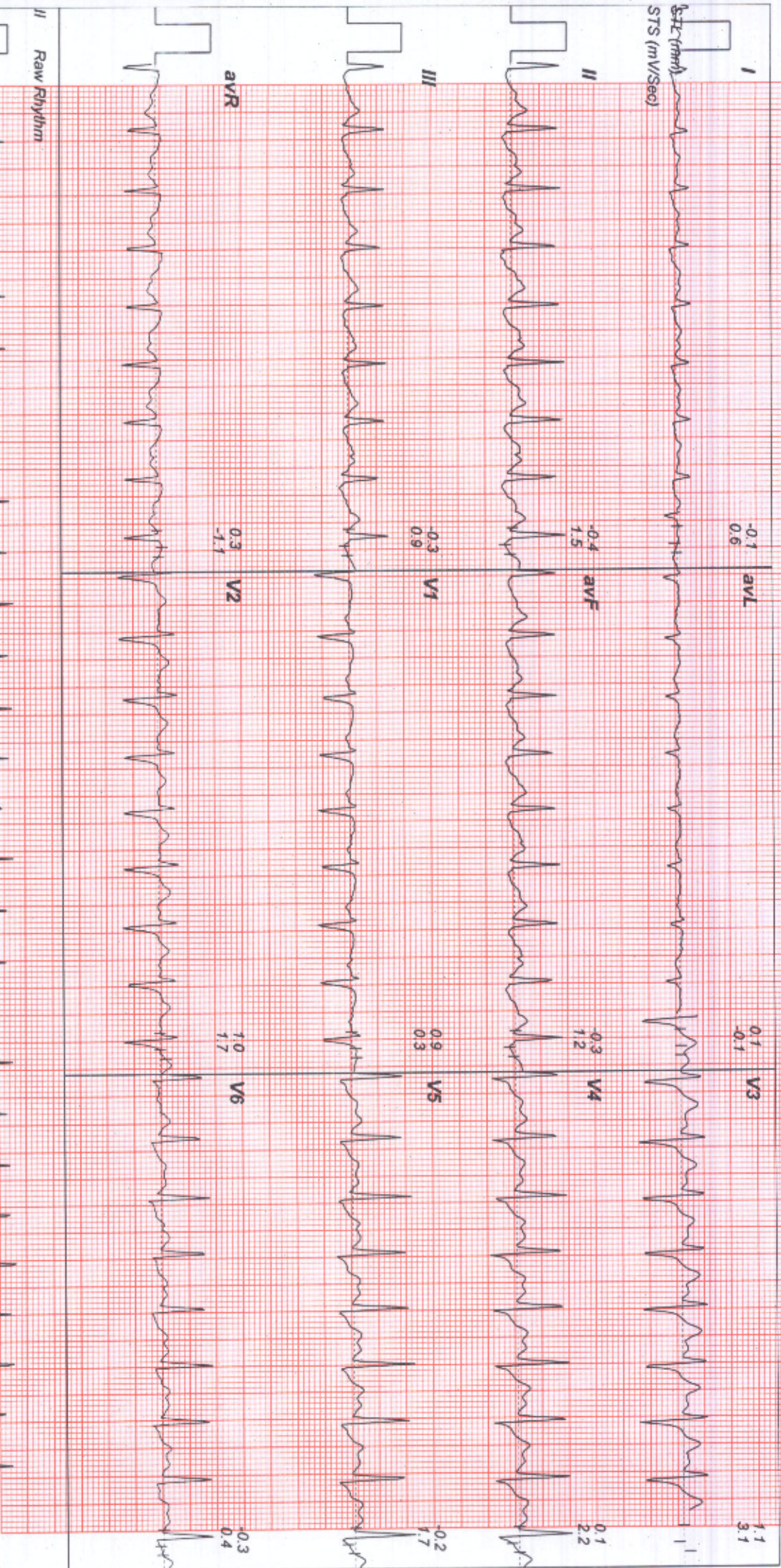


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123458065 / MRS VIJAYA R / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 11:43:36 AM METS : 08.50 HR : 167 Target HR : 91% of 183 BP : 130/90 PostL @ 60ms ExtTime : 07:21 Speed : 03.40 mph Grade : 14.00 % 25 mm/Sec. 1.0 Cm/mV

Linked Medians Report PeakEx



Raw Rhythm

the dots Diabetes
Specialty Medical
Foundation A Sleep
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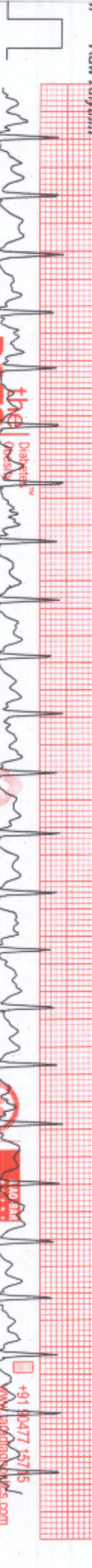
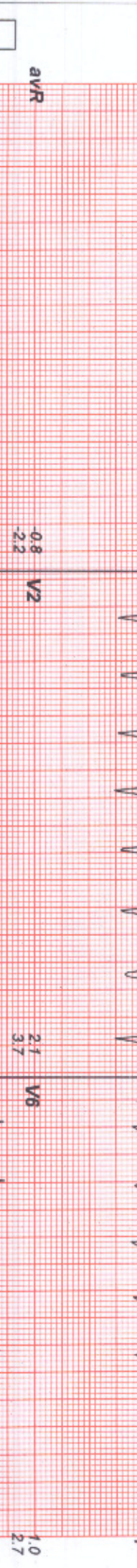
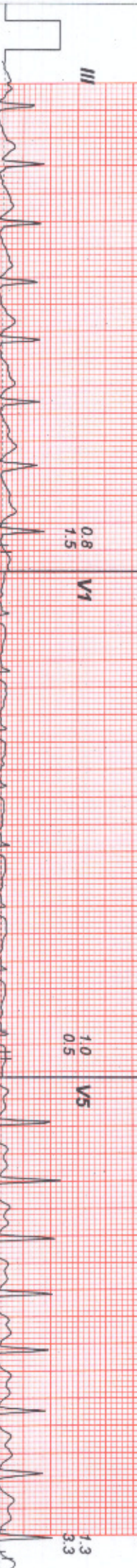
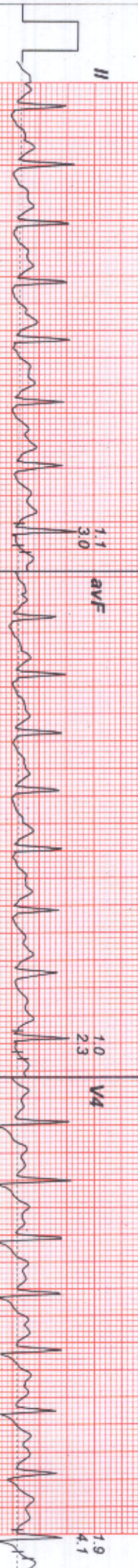
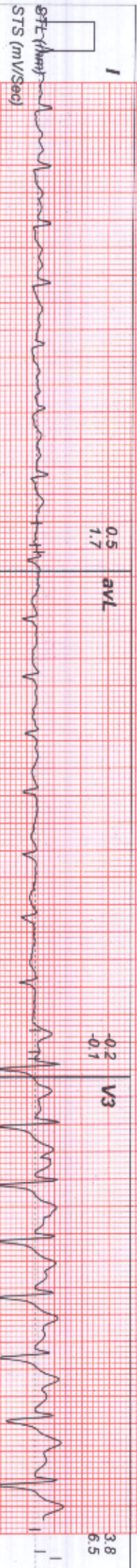


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123458065 / MRS VIJAYA R / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 11:43:36 AM METs: 01:10 HR: 142 Target HR: 77% of 183 BP: 130/90 PostU @ 43ms ExTime: 07:21 Speed: 01-10 mph Grade: 00:00 % 25 mm/Sec. 1.0 Cm/mV

Linked Medians Report Recovery: (01:00)



Raw Rhythm

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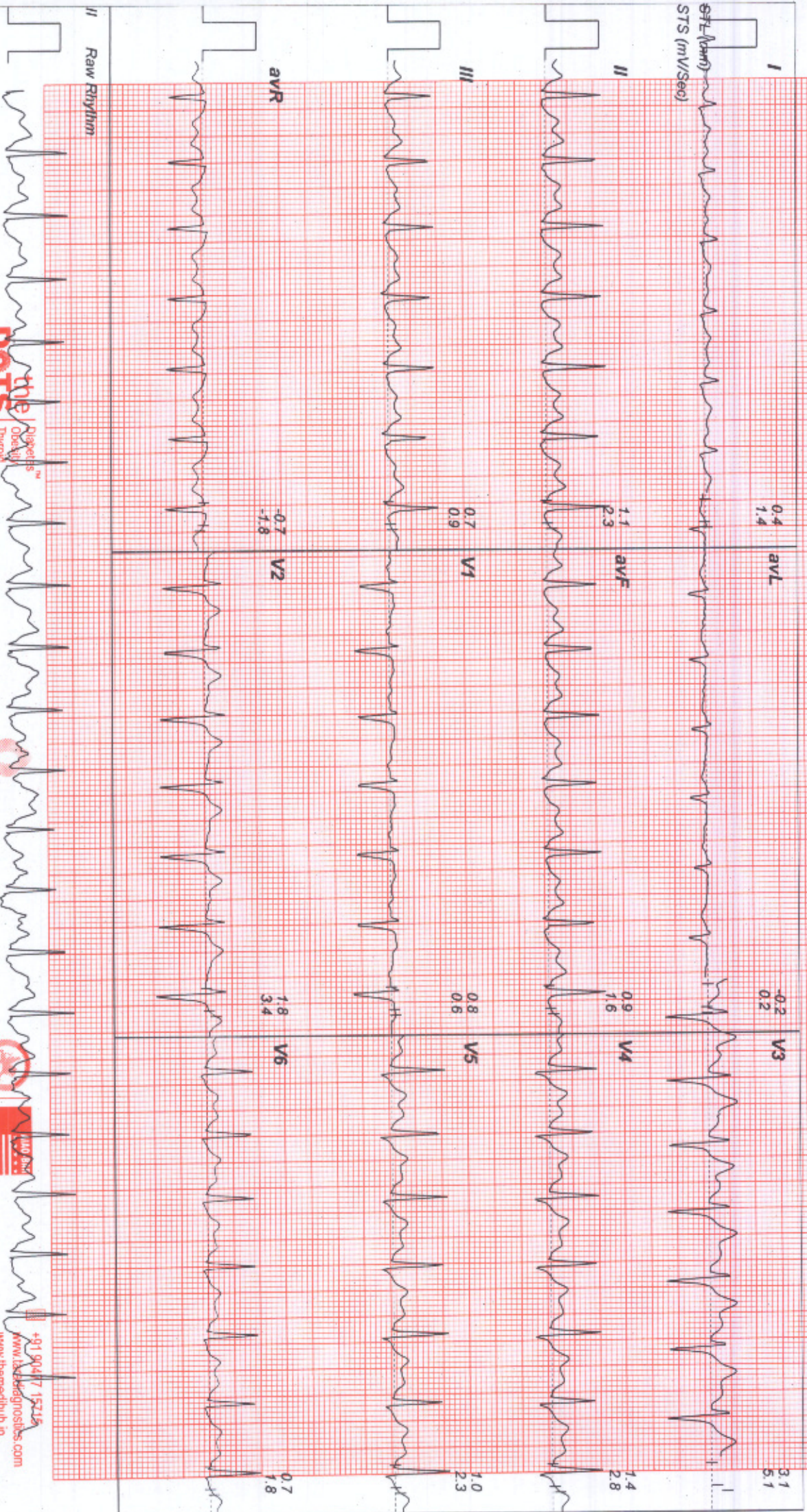


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Linked Medians Report
 Recovery : (02:00)



123458065 / MRS VIJAYA R / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
 Date: 26 - 10 - 2024 11:43:36 AM METs - 01:00 HR : 126 Target HR - 68% of 183 BP : 120/80 PostU @37ms EXTime : 07:21 Speed : 01:10 mph Grade : 00:00 % 25 mm/Sec. 1.0 Cm/mV



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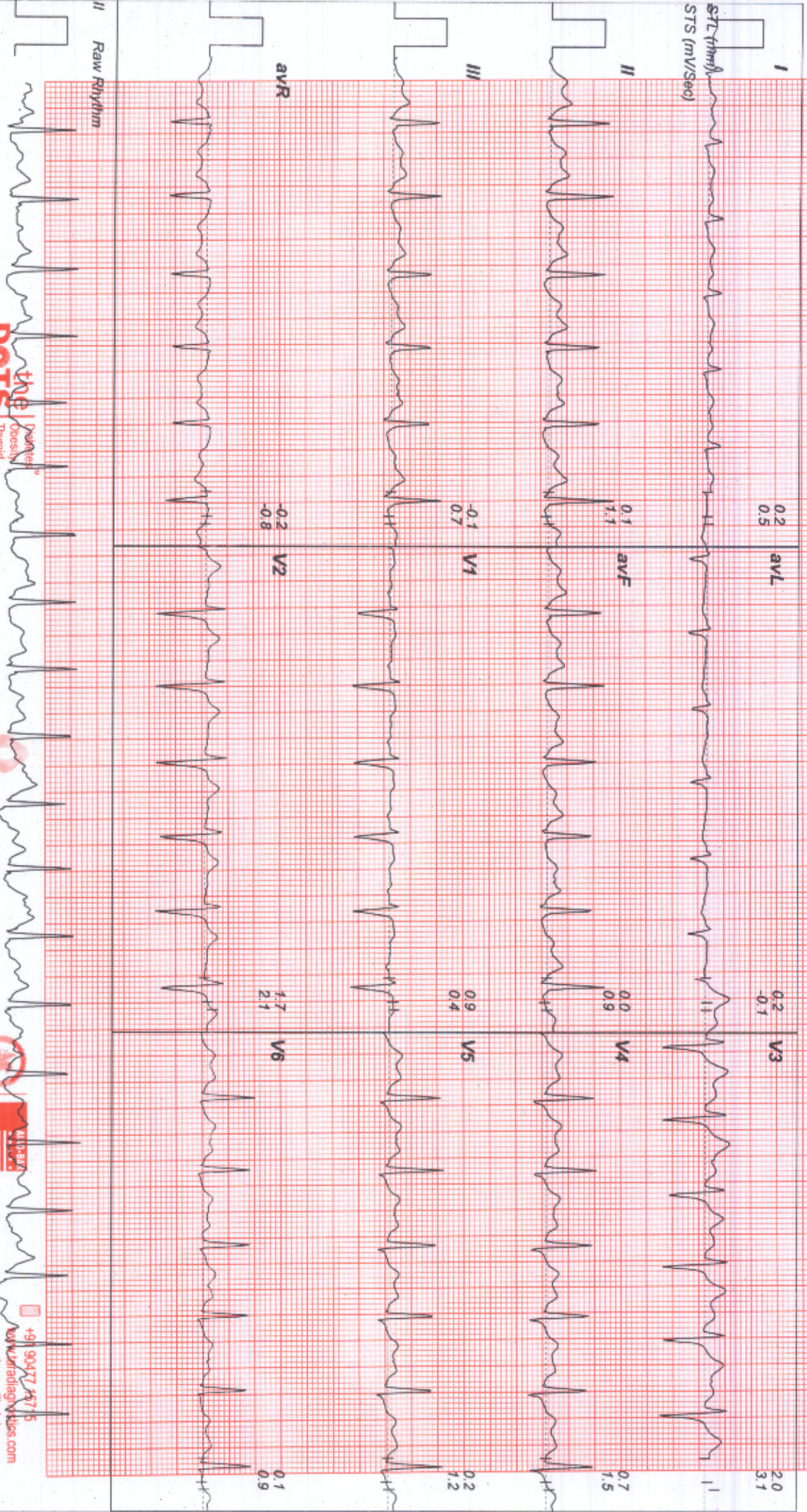
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123458065 / MRS VIJAYA R / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 26 - 10 - 2024 11:43:36 AM METS : 01:00 HR : 120 Target HR : 65% of 183 BP : 110/70 PosU @50ms ExTime : 01:21 Speed : 01:10 mph Grade : 00:00 % 25 mm/Sec 1.0 Cm/mV

Linked Medians Report Recovery : (03:00)



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Summary



123458065 / MRS VIJAYA R / 37 Yrs / F / 0 Kg / 0 Cms / NonSmoker

Date: 26 - 10 - 2024

Protocol : BRUCE

Medication : Nil
Ref.By : SELF

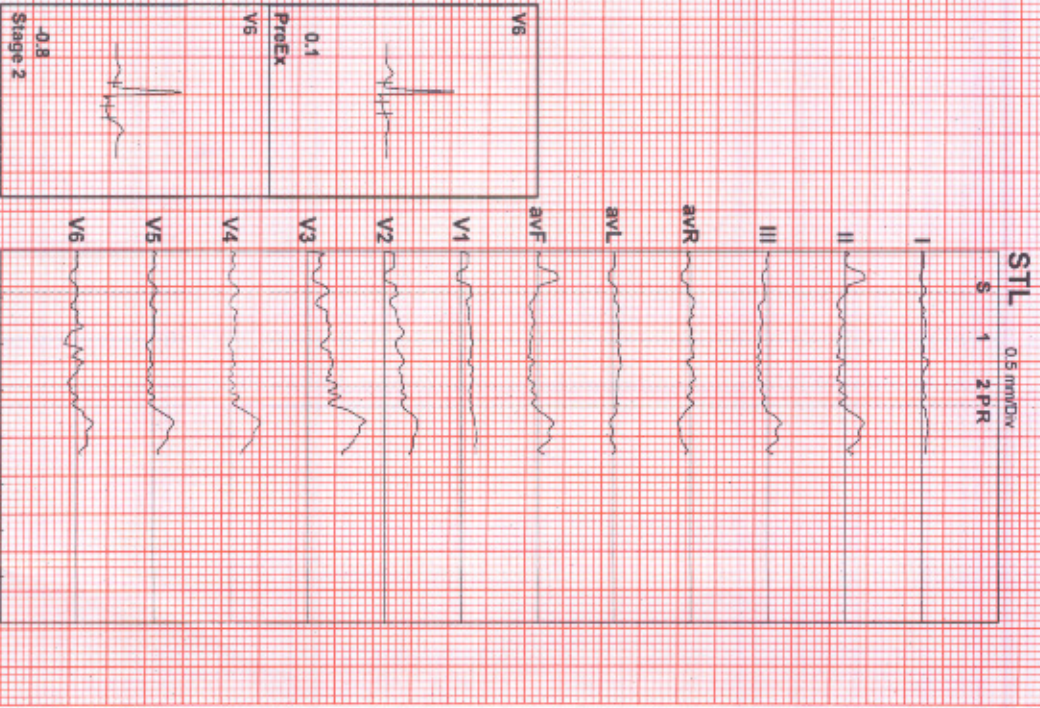
Objective : FOR TESTING PURPOSE ONLY
History : Nil

Stage	StageTime (Min:Sec)	Speed (mph)	Grade (%)	METS	H.R. (bpm)	B.P. (mmHg)	R.P.P. x100	PVC	Comments
Supine				1.0	79	110/70	86	-	
Standing				1.0	101	110/70	111	-	
HV				1.0	85	110/70	93	-	
ExStart				1.0	90	110/70	99	-	
Stage 1	3:00	1.7	10.0	4.7	133	120/80	159	-	
Stage 2	3:00	2.5	12.0	7.1	154	130/90	200	-	
PeakEx	1:21	3.4	14.0	8.5	167	130/90	217	-	
Recovery	1:00	1.1	0.0	1.2	142	130/90	184	-	
Recovery	2:00	1.1	0.0	1.0	126	120/80	151	-	
Recovery	3:00	1.1	0.0	1.0	120	110/70	132	-	
Recovery	3:10	1.1	0.0	1.0	118	110/70	129	-	

Findings:

Exercise Time : 07:22
Max HR Attained : 167 bpm 91% of Target 183
Max BP : 130/90
Max Workload attained : 8.5 (Fair Effort Tolerance)

TMT IS NEGATIVE FOR INDUCIBLE ISCHAEMIA



DR. RAJESH RAJA PRABHOO
MBBS, FRSH (London), CC (CPM), ACCMDC,
PG (Diab), Johns Hopkins,
University School of Medicine - USA
Cardio-Diabetologist & Obesity Specialist
Regd.No: 72228

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ALLIED PUBLIC HEALTH | INDUSTRIAL SAFETY & HEALTH

Name : MRS.VIJAYA.R
ID No : PDF 1319/2023 Sex : Female
Ref By : Dr. RAMESH RAJA PRABHOO M.B.B.S; F.R.S.H.
Date : 26-10-2024

Age:37 YRS

ULTRA SOUND SCAN OF ABDOMEN

Clinical status: Routine clinical examination

Liver:

Liver is mildly enlarged in size measures 15 cm with normal echoes.
No mass is seen.
Intrahepatic biliary radicles are not dilated.
Portal and hepatic veins are normal.
No focal lesion.

Gallbladder: Gallbladder is normal in size.
No calculi or sludge seen in the gallbladder.
Wall is not thickened.

Spleen: Normal in size and echo pattern.

Pancreas: Head, body and tail of pancreas is normal.

Kidneys:

Right kidney is normal in size with normal echoes.
Left kidney : is normal in size with normal echoes.
No calculi / pcs dilatation

Urinary Bladder: is EMPTY.
PELVIS COULD NOT BE ASSESTED.

IMPRESSION:
MILD HEPATOMEGALY

Dr. Rajalakshmi.C
M.B.B.S; D.M.R.D.
Registration No:58990

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Coimbatore - 641 011 Tamil Nadu India

SPK-80

SF

Optometry OP - Case Record

Name : Mrs. Vilaya R

Age/Gender : 37/F

Date : 26/10/24

Reg.No.: 1750997

Occupation :

PG months/years old

Complaints of

- Regular Check-up / Broken / Missed Spectacle
- Fall of Foreign body Redness / Watery / Irritation
- Pain LE RE Duration
- Defective Vision DV NV Duration
- Headache Duration

Medical history

Systemic Diseases :

Diabeties	Hypertension	Cardiac Disease
Others		

Present Spectacle Power

- No at home

Relevant Lab Report :

Parameters	OD	OS
Unaided Vision	6/9m	6/9m
Pin Hole Vision	6/6	
Vision With PG		
NCT	12	12

Automated Refractometry

R -1.25 -0.25 x 10
L -1.25 -0.25 x 15

+ +

Subjective Refraction :

	Sph	Cyl	Axis	V/A	Sph	Cyl	Axis	V/A
DV	-0.75			6/6	-0.75			6/6
NV ADD				No				No

Need Dilation / Cycloplegic Refraction
Tropicamide Plus / Cyclopentolate

	Sph	Cyl	Axis	V/A	Sph	Cyl	Axis	V/A
DV								

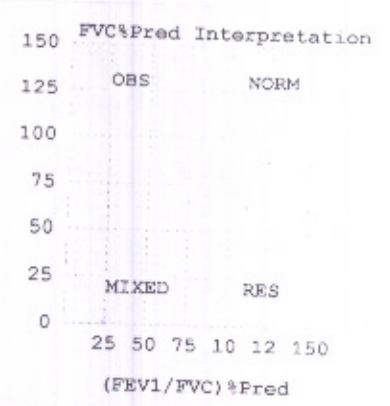
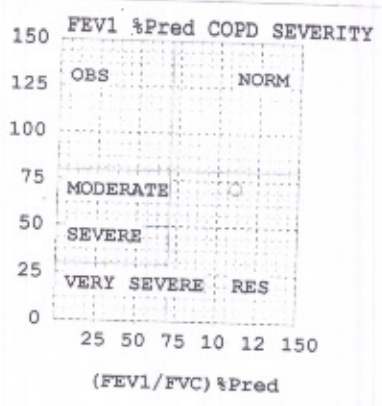
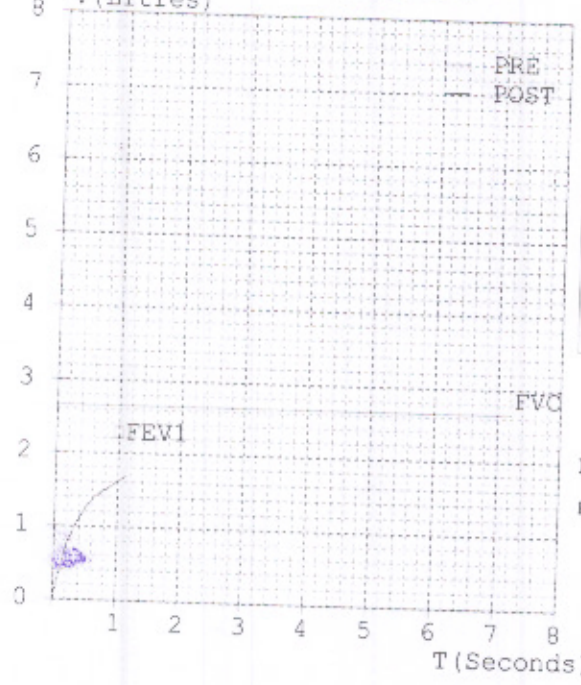
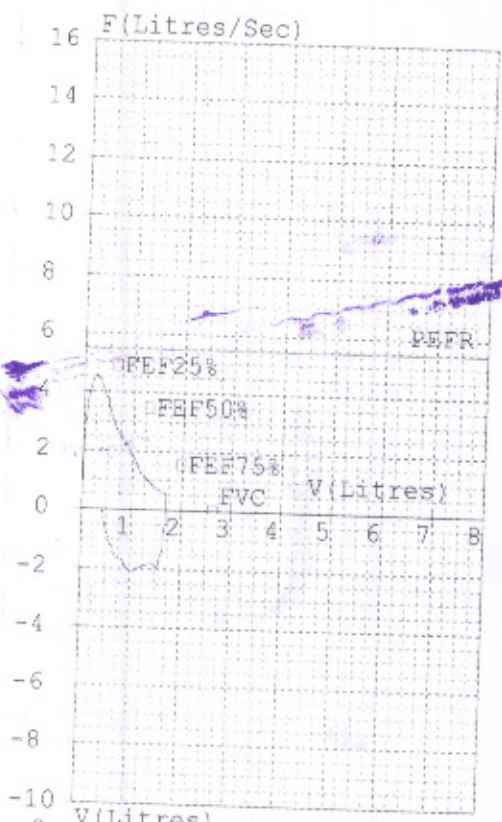
Lens Prescription

Need PMT

Optometrist Signature

Patient: MRS VIJAYA
 Refd. By:
 Pred.Eqns: ERS 93
 Date : 26-Oct-2024 01:32 PM

Age : 37 Years Gender : Female
 Height : 157 Cms Smoker : No
 Weight : 58 Kgs Eth. Corr: 85
 ID: 510 Temp :



Spirometry (FVC Results)

Parameter	Pred	M.Pre %Pred	M.Post %Pred	%Imp
FVC (L)	02.64	01.70	064	---
FEV1 (L)	02.28	01.63	071	---
FEV1/FVC (%)	86.36	95.88	111	---
FEF25-75 (L/s)	03.08	01.97	064	---
PEFR (L/s)	05.45	04.51	083	---
FIVC (L)	02.61	01.29	049	---
FEV.5 (L)	---	01.25	---	---
FEV3 (L)	---	01.70	---	---
PIFR (L/s)	---	02.08	---	---
FEF75-85 (L/s)	---	00.84	---	---
FEF.2-1.2 (L/s)	---	02.40	---	---
FEF 25% (L/s)	04.87	03.94	081	---
FEF 50% (L/s)	03.47	02.27	065	---
FEF 75% (L/s)	01.56	01.05	067	---
FEV.5/FVC (%)	---	73.53	---	---
FEV3/FVC (%)	---	100.00	---	---
FET (Sec)	---	01.14	---	---
ExptTime (Sec)	---	00.06	---	---
Lung Age (Yrs)	037	048	130	---
FEV6 (L)	02.64	---	---	---
FIF25% (L/s)	---	00.58	---	---
FIF50% (L/s)	---	01.89	---	---
FIF75% (L/s)	---	01.97	---	---

Pre Test COPD Severity
 Restrictive stage COPD as FEV1/FVC >= 70% and FEV1 < 80%

Dr. RAMESH RAJA PRABHOO
 MBBS, FRSH (London), CCGDM, ACMDC.,
 PG (Diab), Johns Hopkins
 University School of Medicine - USA
 Cardio-Diabetologist & Obesity Consultant
 Regd. No: 72228

Pre Medication Report Indicates
 Early Small Airway Obstruction as FEF 25-75 %Pred or PEFR %Pred < 70
 Moderate Restriction as (FEV1/FVC)%Pred >95 and FVC%Pred <64



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Name MRS VIJAYA Date 26.10.2024

AGE/SEX 37/F

CHEST X- RAY (PA VIEW)

- Both the lung fields are clear.
- Hilar shadows are normal.
- CP recesses are free bilaterally.
- Cardiac size and contour within normal limits.
- Diaphragmatic domes are regular bilaterally.

Impression: Normal X-Ray Chest.

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Regd.No: 72228

+91 915 916 0777
+91 9047 715 715



themedihubcorp@gmail.com
corporatedotsfoundation@gmail.com



No. 2, 1st Cross, SRP Ponnusamy Nagar
Behind V.V. Vani Vidhyalaya School, Saibaba Colony,
Coimbatore - 641 011. Tamil Nadu. India.



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Age / Sex:	37 YRS / F	Collected on:	26/10/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	26/10/2024
LAB.REGN NO:	3334	Reported on:	26/10/2024 02:24 PM



3334

**HAEMATOLOGY
CBC WITH ESR**

TEST	VALUE	UNIT	REFERENCE
Hemoglobin	12.9	g/dl	12 - 15
Total Leukocyte Count	5,100	cumm	4,000 - 10,000
Differential Leucocyte Count			
Neutrophils	65	%	45 - 75
Lymphocyte	30	%	20 - 45
Eosinophils	3	%	0 - 7
Monocytes	2	%	0 - 8
Basophils	0	%	< 2
Platelet Count	3.12	lakhs/cumm	1.5 - 4.1
Total RBC Count	4.56	million/cumm	4 - 5.5
Hematocrit Value, Hct	45.7	%	36 - 50
Mean Corpuscular Volume, MCV	100.2	fL	83 - 101
Mean Cell Haemoglobin, MCH	28.3	Pg	27 - 32
Mean Cell Haemoglobin CON, MCHC	31.8	%	31.5 - 34.5
Mean Platelet Volume, MPV	9.5	fL	7 - 13
Erythrocyte Sedimentation Rate (Wintrobe)	15	mm for 1st hour	0 - 20

TEST	VALUE	UNIT	REFERENCE
Blood Group & Rh.			
ABO	O		
Rh (ANTI -D)	NEGATIVE		

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✉ themedihubcorp@gmail.com
corporatedotsfoundation@gmail.com

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BIOCHEMISTRY

LIVER FUNCTION TEST (ALL PARAMETERS)

TEST	VALUE	UNIT	REFERENCE
Serum Bilirubin (Total)	0.8	mg/dl	0.2 - 1.2
Serum Bilirubin (Direct)	0.3	mg/dl	0 - 0.6
Serum Bilirubin (Indirect)	0.5	mg/dl	0 - 0.8
SGPT (ALT)	15.2	U/l	0 - 40
SGOT (AST)	22.9	U/l	0 - 40
Gamma Glutamyl Transferase, GGT	19.3	IU/L	12 - 43
Serum Alkaline Phosphatase	108.5	U/l	10 - 258
Serum Protein	7.9	g/dl	6.3 - 8.2
Serum Albumin	4.5	g/dl	3.5 - 5.2
Globulin	3.4	g/dl	2.8 - 5
A/G Ratio	1.32	g/dl	1.1 - 2.1

RFT

TEST	VALUE	UNIT	REFERENCE
Serum Creatinine	0.80	mg/dl	0.5 - 1.4
Serum Urea	18.0	mg/dl	13 - 40
Serum Uric Acid	4.4	mg/dl	3 - 8.5
Serum Calcium	8.5	mg/dl	8 - 11.5
Blood Urea Nitrogen	8.4	mg/dl	5 - 20

Method: Venipuncture
Instrument: Biochemical Analyzer

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LIPID PROFILE - IV

TEST	VALUE	UNIT	REFERENCE
Total Cholesterol	199.2	mg/dl	50 - 200
Triglycerides	135.6	mg/dl	25 - 160
HDL Cholesterol	42.5	mg/dl	35 - 70
LDL Cholesterol	129.60	mg/dl	50 - 130
VLDL Cholesterol	27.1	mg/dl	10 - 40
Total Cholesterol / HDL Ratio	4.69	mg/dL	2 - 5

TEST	VALUE	UNIT	REFERENCE
Fasting Blood Sugar	110.0	mg/dl	70 - 110
PP 2HRS BLOOD SUGAR	135.4	mg/dl	90 - 160
HbA1c (Glycosylated Hemoglobin)			
HbA1c	5.6	%	4 - 5.6
Estimated average glucose	114.0	mg/dL	90 - 160

Interpretation as per American Diabetes Association (ADA) Guidelines

Reference Group	Non-Diabetic adults \geq 18 years	At Risk (Prediabetes)	Diagnosing Diabetes	Therapeutic goals for glycemic control
HbA1c in%	4.0-5.6	5.7-6.4	\geq 6.5	$<$ 7.0

Clinical significance:

Hemoglobin A1c (HbA1c) level reflects the mean glucose concentration over the previous period (approximately 8-12 weeks).

The following ranges may be used for interpretation of results. However, factors such as duration of diabetes, adherence to therapy and the age of the patient should also be considered in assessing the degree of blood glucose control.

Haemoglobin A1c (%) NSGP	mmol/mol/IFCC Unit	eAG (mg/dl)	Degree of Glucose Control Unit
$>$ 8	$>$ 63.9	$>$ 183	Action Suggested*
7-8	53.0 - 63.9	154-183	Fair Control
$<$ 7	$<$ 63.9	$<$ 154	Goal**
6-7	42.1 - 63.9	126-154	Near-normal glycemia
$<$ 6	$<$ 42.1	$<$ 126	Non-Diabetic level

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Saibaba Colony, Coimbatore 641011

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corporatedotsfoundation@gmail.com

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Age / Sex: 37 YRS / F	Collected on: 26/10/2024
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3334

*High risk of developing long term complications such as Retinopathy, Nephropathy, Neuropathy etc.

**Some danger of hypoglycemic reaction in Type 1 diabetics. Some glucose intolerant individuals and "subclinical" diabetics may demonstrate HbA1c levels in this area.

OTHERS

THYROID FUNCTION TEST (TFT)

TEST	VALUE	UNIT	REFERENCE
Serum Triiodothyronine, T3	137.4	ng/dl	80 - 200
Serum thyroxine, T4	8.62	µg/dl	5.1 - 14.1
Thyroid-Stimulating Hormone, TSH	1.85	µIU/mL	0.27 - 4.2

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ROUTINE URINE ANALYSIS

ROUTINE URINE ANALYSIS

TEST	VALUE	UNIT	REFERENCE
Urine Routine Examination			
Physical Examination			
Quantity	30	ml	
Colour	Pale Yellow		Pale Yellow
Transparency	Clear		Clear
Specific Gravity	1.020		1.005 - 1.03
pH	6.1		5 - 7
Blood	Absent		Absent
Chemical Examination			
Protein / Albumin	Absent		Absent
Sugar / Glucose	Absent		Absent
Bilirubin	Absent		Absent
Microscopic Examination			
R.B.C.	Absent	/HPF	Absent
Pus Cells	0-3	/HPF	Absent
Epithelial Cells	1-4	/HPF	Absent
Casts	Absent		Absent
Crystals	Absent		
Bacteria	Absent		Absent
Others	Absent		

~~~ End of report ~~~

VERIFIED BY LAB IMAGE




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[corporatedotsfoundation@gmail.com](mailto:corporatedotsfoundation@gmail.com)

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