

CERTIFICATE OF MEDICAL FITNESS

NAME: Nidhin Thomas

AGE/ GENDER: 43 y / Male

HEIGHT: 178 cm

WEIGHT: 62.9 kg

IDENTIFICATION MARK: —

BLOOD PRESSURE: 120 / 80 mmHg

PULSE: 104 / min

CVS: } Normal

RS:P


ANY OTHER DISEASE DIAGNOSED IN THE PAST: HCCS - Colchicine

ALLERGIES, IF ANY: nil

LIST OF PRESCRIBED MEDICINES: - nil

ANY OTHER REMARKS: - NO.

I Certify that I have carefully examined Mr/Mrs. Nidhin Thomas son/daughter of Ms Thomas who has signed in my presence. He/ she has no physical disease and is fit for employment.


Signature of candidate

Dr. BINDURAJ. R
MBBS, MD
Internal Medicine
Reg. No. 25556
Signature of Medical Officer

Place: Spectrum Diagnostic & health care

Date: 22/06/24

Disclaimer: The patient has not been checked for COVID. This certificate does not relate to the covid status of the patient examined



Dr. Ashok S
Bsc., MBBS., D.O.M.S
Consultant Ophthalmologist
KMC No: 31827

DATE: 22.06.24

EYE EXAMINATION

NAME: *Ms. Nidhan Thomas* AGE: *43y* GENDER: *F / M*

	RIGHT EYE	LEFT EYE
Vision	<i>6/6: N</i>	<i>6/6: N</i>
Vision With glass		
Color Vision	Normal	Normal
Anterior segment examination	Normal	Normal
Fundus Examination	Normal	Normal
Any other abnormality	Nil	Nil
Diagnosis/ impression	Normal	Normal

Ashok S. H.O.
ASHOK SARODHE
B.Sc., M.B.B.S., D.O.M.S.
Eye Consultant & Surgeon
KMC 31827
Consultant (Ophthalmologist)



ID: 240007

22-06-2024 09:07:10

For BP

MR NIDHIN THOMMAS

Male 43Years

HR : 100 bpm

P : 107 ms

PR : 162 ms

QRS : 84 ms

QT/QTc : 264/341 ms

P/QRS/T : 59/33/-3 °

RV5/SV1 : 1.47/1.0.468 mV

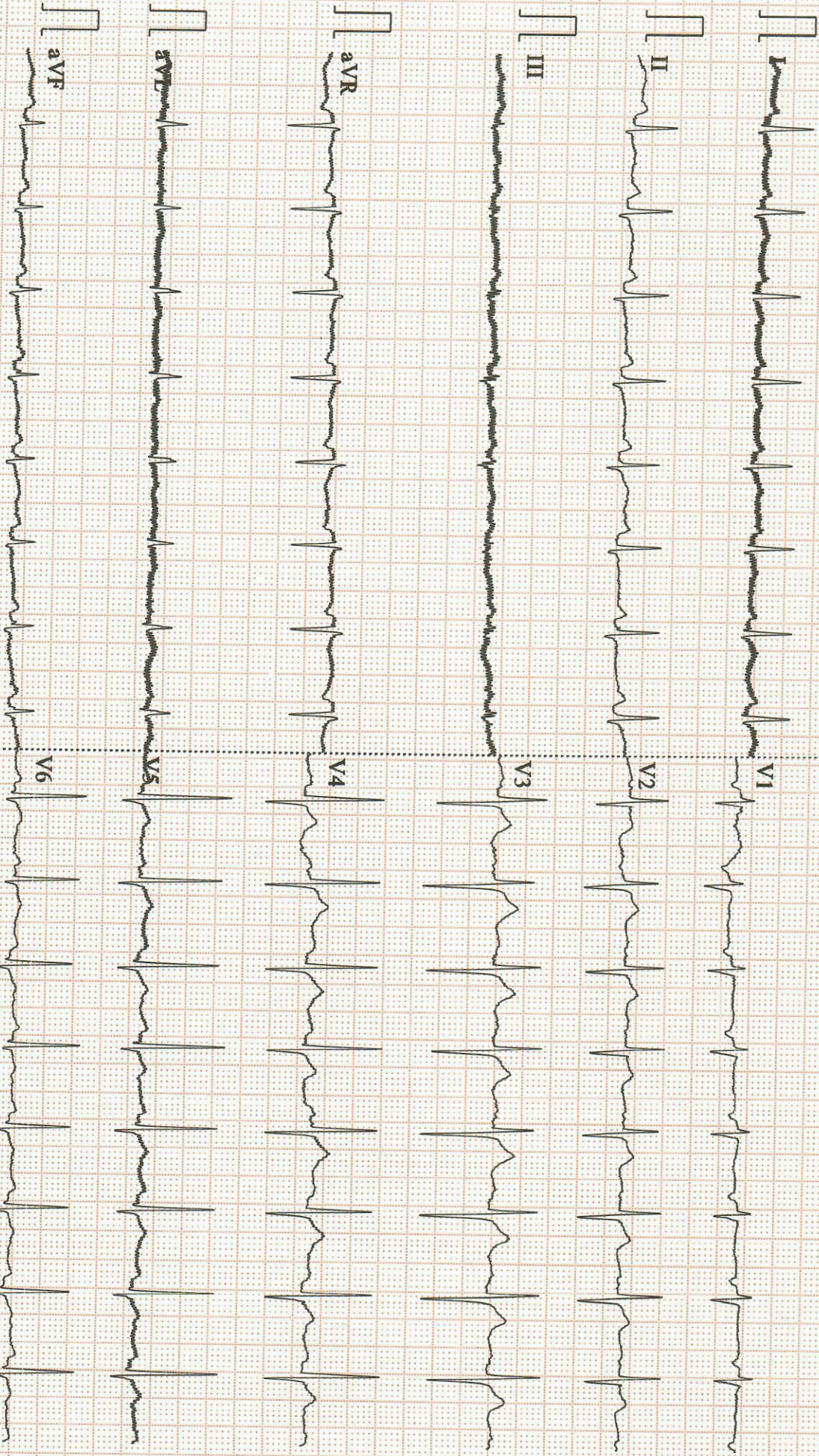
Diagnosis Information:

Sinus Rhythm

Largcd PtfV1

Low T Wave(V6)

Report Confirmed by:



0.15~35Hz AC50 25mm/s 10mm/mV 2*5.0s 100 V2.2 SEMIP V1.81 SPECTRUM DIAGNOSTICS & HEALTH CARE

ID: 240007

22-06-2024 09:06:27

For BPL

MR NIDHIN THOMMAS

Male 43years

HR : 97 bpm

P : 105 ms

PR : 158 ms

QRS : 86 ms

QT/QTc : 338/431 ms

P/QRS/T : 56/30/54 °

RV5/SV1 : 1.50/4.0 507 mV

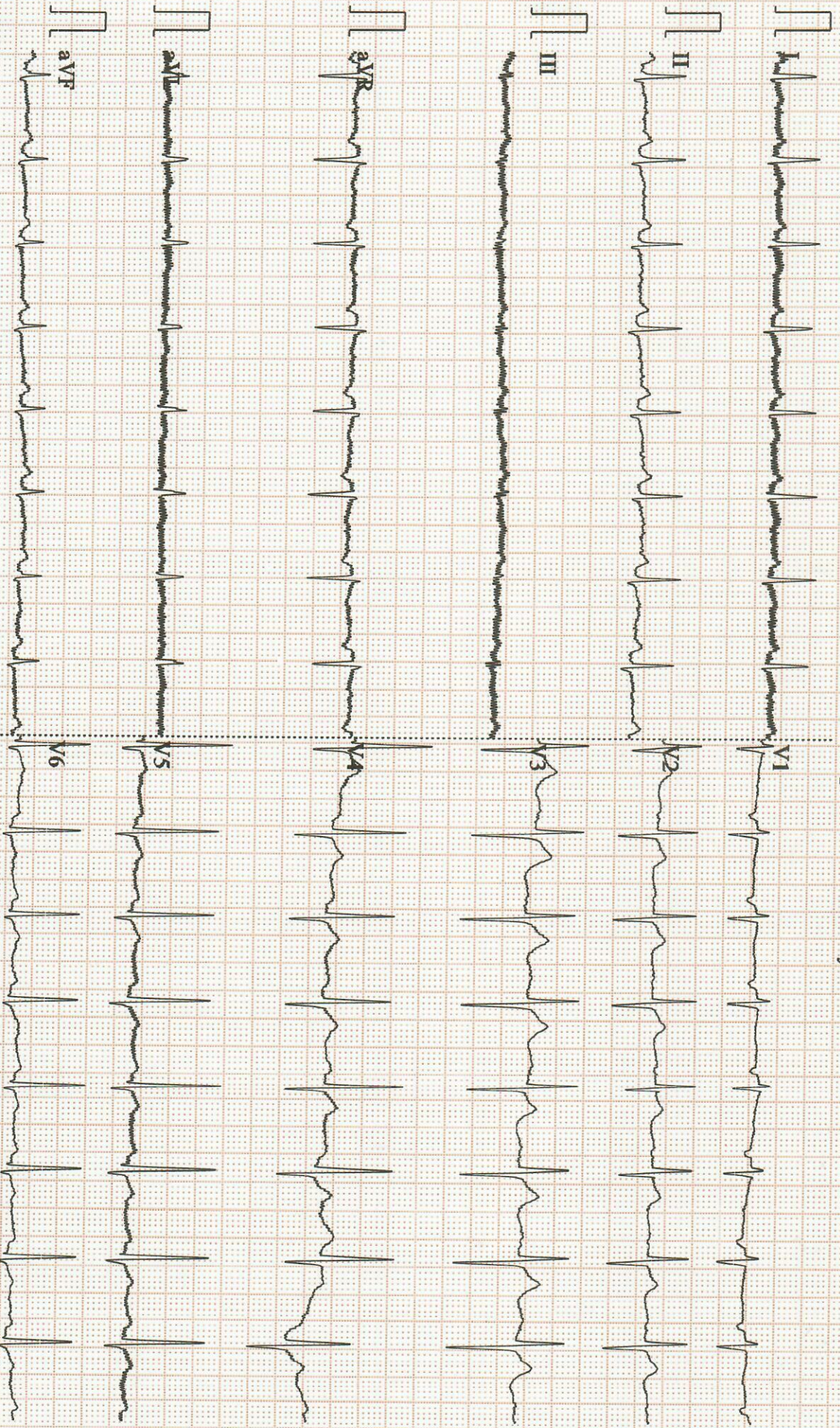
Diagnosis Information:

Sinus Rhythm

Largd PtfV1

Low T Wave(V5,V6)

Report Confirmed by:



0.15~35Hz AC50 25mm/s 10mm/mV 2*5.0s 97 V2.2 SEMIP V181 SPECTRUM DIAGNOSTICS & HEALTH CARE

Name	: MR. NIDHIN THOMAS	Uhid	: 2206240007	Bill Date	: 22-Jun-2024 07:59 AM
Age / Gender	: 43 years / Male			Sample Col. Date	: 22-Jun-2024 07:59 AM
Ref. By Dr.	: Dr. APOLO CLINIC			Result Date	: 22-Jun-2024 01:41 PM
Reg. No.	: 2206240007			Report Status	: Final
C/o	: Apollo Clinic				

Test Name	Result	Unit	Reference Value	Method
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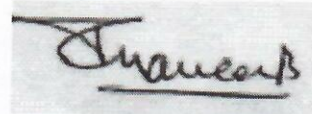
CHEST PA VIEW

- Visualised lungs are clear.
- Bilateral hila appears normal.
- Cardia is normal in size.
- No pleural effusion.

IMPRESSION: No significant abnormality.



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DR PRAVEEN B, MBBS, DMRD, DNB Consultant
Radiologist

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SCAN FOR LOCATION



Other Branch: #466/A, Ideal Homes Township, 80 Feet Road, Kenchanahalli, Rajarajeshwari Nagar, Bengaluru-560098 | +91 6361 253 097 | 080-2991 6944 | 080-49511985

Name : MR. NIDHIN THOMAS	UHID : 2206240007	Bill Date : 22-Jun-2024 07:59 AM
Age / Gender : 43 years / Male	 2206240007	Sample Col. Date : 22-Jun-2024 07:59 AM
Ref. By Dr. : Dr. APOLO CLINIC		Result Date : 22-Jun-2024 01:26 PM
Reg. No. : 2206240007		Report Status : Final
C/o : Apollo Clinic		

Test Name	Result	Unit	Reference Value	Method
Complete Haemogram-Whole Blood EDTA				
Haemoglobin (HB)	15.90	g/dL	Male: 14.0-17.0 Female:12.0-15.0 Newborn:16.50 - 19.50	Spectrophotmeter
Red Blood Cell (RBC)	5.29	million/cumm	3.50 - 5.50	Volumetric Impedance
Packed Cell Volume (PCV)	46.30	%	Male: 42.0-51.0 Female: 36.0-45.0	Electronic Pulse
Mean corpuscular volume (MCV)	87.60	fL	78.0- 94.0	Calculated
Mean corpuscular hemoglobin (MCH)	30.00	pg	27.50-32.20	Calculated
Mean corpuscular hemoglobin concentration (MCHC)	34.30	%	33.00-35.50	Calculated
Red Blood Cell Distribution Width SD (RDW-SD)	40.60	fL	40.0-55.0	Volumetric Impedance
Red Blood Cell Distribution CV (RDW-CV)	15.10	%	Male: 11.80-14.50 Female:12.20-16.10	Volumetric Impedance
Mean Platelet Volume (MPV)	10.10	fL	8.0-15.0	Volumetric Impedance
Platelet	3.11	lakh/cumm	1.50-4.50	Volumetric Impedance
Platelet Distribution Width (PDW)	11.20	%	8.30 - 56.60	Volumetric Impedance
White Blood cell Count (WBC)	6810.00	cells/cumm	Male: 4000-11000 Female 4000-11000 Children: 6000-17500 Infants : 9000-30000	Volumetric Impedance
Neutrophils	62.50	%	40.0-75.0	Light scattering/Manual
Lymphocytes	29.60	%	20.0-40.0	Light scattering/Manual
Eosinophils	2.30	%	0.0-8.0	Light scattering/Manual



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Test Name	Result	Unit	Reference Value	Method
Monocytes	5.50	%	0.0-10.0	Light scattering/Manual
Basophils	0.10	%	0.0-1.0	Light scattering/Manual
Absolute Neutrophil Count	4.24	10 ³ /uL	2.0- 7.0	Calculated
Absolute Lymphocyte Count	2.02	10 ³ /uL	1.0-3.0	Calculated
Absolute Monocyte Count	0.38	10 ³ /uL	0.20-1.00	Calculated
Absolute Eosinophil Count	160.00	cells/cumm	40-440	Calculated
Absolute Basophil Count	0.01	10 ³ /uL	0.0-0.10	Calculated
Erythrocyte Sedimentation Rate (ESR)	34	mm/hr	Female : 0.0-20.0 Male : 0.0-10.0	Westergren


Peripheral Smear Examination-Whole Blood EDTA

Method: (Microscopy-Manual)

RBC'S : Normocytic Normochromic.
WBC'S : Are normal in total number, morphology and distribution.
Platelets : Adequate in number and normal in morphology.
No abnormal cells or hemoparasites are present.
Impression : Normocytic Normochromic Blood picture.



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Dr. Nithun Reddy C, MD, Consultant Pathologist



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C/o	: Apollo Clinic				

Test Name	Result	Unit	Reference Value	Method
Fasting Blood Sugar (FBS)- Plasma	95	mg/dL	60.0-110.0	Hexo Kinase

Comments: Glucose, also called dextrose, one of a group of carbohydrates known as simple sugars (monosaccharides). Glucose has the molecular formula $C_6H_{12}O_6$. It is found in fruits and honey and is the major free sugar circulating in the blood of higher animals. It is the source of energy in cell function, and the regulation of its metabolism is of great importance (fermentation; gluconeogenesis). Molecules of starch, the major energy-reserve carbohydrate of plants, consist of thousands of linear glucose units. Another major compound composed of glucose is cellulose, which is also linear. Dextrose is the molecule D-glucose. Blood sugar, or glucose, is the main sugar found in the blood. It comes from the food you eat, and it is body's main source of energy. The blood carries glucose to all of the body's cells to use for energy. Diabetes is a disease in which your blood sugar levels are too high. Usage: Glucose determinations are useful in the detection and management of Diabetes mellitus.

Note: Additional tests available for Diabetic control are Glycated Hemoglobin (HbA1c), Fructosamine & Microalbumin urine

Comments: Conditions which can lead to lower postprandial glucose levels as compared to fasting glucose are excessive insulin release, rapid gastric emptying & brisk glucose absorption.

Probable causes : Early Type II Diabetes / Glucose intolerance, Drugs like Salicylates, Beta blockers, Pentamidine etc., Alcohol ,Dietary – Intake of excessive carbohydrates and foods with high glycemic index ? Exercise in between samples ? Family history of Diabetes, Idiopathic, Partial / Total Gastrectomy.



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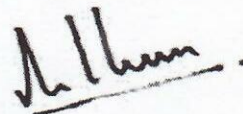
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Ref. By Dr. : Dr. APOLO CLINIC	2206240007	Result Date : 22-Jun-2024 01:26 PM
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C/o : Apollo Clinic		

Test Name	Result	Unit	Reference Value	Method
Alanine Aminotransferase (ALT/SGPT)-Serum	23.00	U/L	Male:16.0-63.0 Female:14.0-59.0	UV with Pyridoxal - 5 - Phosphate

Comments: Alanine Aminotransferase (ALT/SGPT) is an enzyme found mainly in liver tissue and to a lesser extent in heart, kidney and skeletal muscle. It's measurement is clinically useful in the diagnosis of liver and biliary disease. Normal ranges in Adult male:<45 and Adult female:<34 U/L.



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Age / Gender	: 43 years / Male	UHIP	: 2206240007
Ref. By Dr.	: Dr. APOLO CLINIC	Sample Col. Date	: 22-Jun-2024 07:59 AM
Reg. No.	: 2206240007	Result Date	: 22-Jun-2024 01:26 PM
C/o	: Apollo Clinic	Report Status	: Final

Test Name	Result	Unit	Reference Value	Method
Bilirubin Total-Serum	1.00	mg/dL	0.2-1.0	Caffeine Benzoate

Comments: Bilirubin is a yellowish waste product of red cell breakdown in the blood. High levels in the blood indicate inability of the liver to excrete bilirubin leading to jaundice.

Normal ranges in premature: Cord:<2.0,0-1 Day:1.0-8.0,1-2 Days:6.0-12.0,3-5 Days:10.0-14.0. Normal ranges in full term: Cord: <2.0,0-1 Day:2.0-6.0,1-2 Days:6.0-10.0,3-5 Days:4.0-8.0.Adult :0.0-2.0.

Creatinine, Serum	0.88	mg/dL	Male: 0.70-1.30 Female: 0.55-1.02	Modified kinetic Jaffe
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Comments: Creatinine is the product of creatine metabolism.Creatinine is a chemical compound left over from energy-producing processes in your muscles. Healthy kidneys filter creatinine out of the blood. Creatinine exits your body as a waste product in urine It is a measure of renal function and elevated levels are observed in patients typically with 50% or greater impairment of renal function.

<u>BUN/Creatinine (BUN,Creatinine) Ratio</u>				
Blood urea nitrogen (BUN) -Serum	7.40	mg/dL	7.0-18.0	GLDH,Kinetic Assay
Creatinine-Serum	0.88	mg/dL	Male: 0.70-1.30 Female: 0.55-1.02	Modified kinetic Jaffe
BUN/Creatinine Ratio	8.4	Ratio	5.0-20.0	Calculated

Comments: The BUN/Creatinine ratio is useful in the differential diagnosis of acute or chronic renal disease. Reduced renal perfusion, e.g. congestive heart failure or recent onset of urinary tract obstruction, will result in an increase in BUN/Creatinine ratio. Increased urea formation also results in an increase in the ratio, e.g. gastrointestinal bleeding, trauma, etc. When there is decreased formation of urea, as seen in liver disease, there is a decrease in the BUN/Creatinine ratio. In most cases of chronic renal disease, the ratio remains relatively normal.



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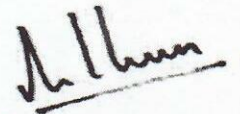
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C/o	: Apollo Clinic				

Test Name	Result	Unit	Reference Value	Method
Urine Routine Examination-Urine				
Physical Examination				
Colour	Pale Yellow		Pale Yellow	Visual
Appearance	Clear		Clear	Visual
Reaction (pH)	6.0		5.0-7.5	Dipstick
Specific Gravity	1.025		1.000-1.030	Dipstick
Biochemical Examination				
Albumin	Negative		Negative	Dipstick/Precipitation
Glucose	Negative		Negative	Dipstick/Benedicts
Bilirubin	Negative		Negative	Dipstick/Fouchets
Ketone Bodies	Negative		Negative	Dipstick/Rotheras
Urobilinogen	Normal		Normal	Dipstick/Ehrlichs
Nitrite	Negative		Negative	Dipstick
Microscopic Examination				
Pus Cells	2-3	hpf	0.0-5.0	Microscopy
Epithelial Cells	2-3	hpf	0.0-10.0	Microscopy
RBCs	Absent	hpf	Absent	Microscopy
Casts	Absent		Absent	Microscopy
Crystals	Absent		Absent	Microscopy
Others	Absent		Absent	Microscopy

Comments: The kidneys help infiltration of the blood by eliminating waste out of the body through urine. They also regulate water in the body by conserving electrolytes, proteins, and other compounds. But due to some conditions and abnormalities in kidney function, the urine may encompass some abnormal constituents, which are not normally present. A complete urine examination helps in detecting such abnormal constituents in urine. Several disorders can be detected by identifying and measuring the levels of such substances. Blood cells, bilirubin, bacteria, pus cells, epithelial cells may be present in urine due to kidney disease or infection. Routine urine examination helps to diagnose kidney diseases, urinary tract infections, diabetes and other metabolic disorders.



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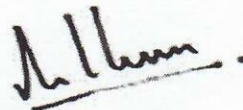
Test Name	Result	Unit	Reference Value	Method
Blood Group & Rh Typing-Whole Blood EDTA				
Blood Group	B			Slide/Tube agglutination
Rh Type	Positive			Slide/Tube agglutination

Note: Confirm by tube or gel method.

Comments: ABO blood group system, the classification of human blood based on the inherited properties of red blood cells (erythrocytes) as determined by the presence or absence of the antigens A and B, which are carried on the surface of the red cells. Persons may thus have type A, type B, type O, or type AB blood.



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Ref. By Dr.	: Dr. APOLO CLINIC			Result Date	: 22-Jun-2024 02:24 PM
Reg. No.	: 2206240007			Report Status	: Final
C/o	: Apollo Clinic				

Test Name	Result	Unit	Reference Value	Method
Post prandial Blood Glucose (PPBS)-Plasma	101	mg/dL	70-140	Hexo Kinase

Comments: Glucose, also called dextrose, one of a group of carbohydrates known as simple sugars (monosaccharides). Glucose has the molecular formula $C_6H_{12}O_6$. It is found in fruits and honey and is the major free sugar circulating in the blood of higher animals. It is the source of energy in cell function, and the regulation of its metabolism is of great importance (fermentation; gluconeogenesis). Molecules of starch, the major energy-reserve carbohydrate of plants, consist of thousands of linear glucose units. Another major compound composed of glucose is cellulose, which is also linear. Dextrose is the molecule D-glucose. Blood sugar, or glucose, is the main sugar found in the blood. It comes from the food you eat, and it is body's main source of energy. The blood carries glucose to all of the body's cells to use for energy. Diabetes is a disease in which your blood sugar levels are too high. Usage: Glucose determinations are useful in the detection and management of Diabetes mellitus.

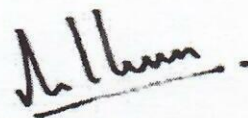
Note: Additional tests available for Diabetic control are Glycated Hemoglobin (HbA1c), Fructosamine & Microalbumin urine

Comments: Conditions which can lead to lower postprandial glucose levels as compared to fasting glucose are excessive insulin release, rapid gastric emptying & brisk glucose absorption.

Probable causes : Early Type II Diabetes / Glucose intolerance, Drugs like Salicylates, Beta blockers, Pentamidine etc., Alcohol ,Dietary – Intake of excessive carbohydrates and foods with high glycemic index ? Exercise in between samples ? Family history of Diabetes, Idiopathic, Partial / Total Gastrectomy.



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