



# Balaji Medical Centre

An ISO 9001:2015 Accredited Organization  
info@balajimedicalcentre.com, dr@balajimedicalcentre.com



CHENNAI : No.5 (3/2), Jagadeeswaran Street,T.Nagar,Chennai-600 017. INDIA ☎ : 044-24364651 / 52 / 53  
No.38, Manikodi Srinivasan Nagar Main Road, Rajiv Gandhi Salai, Perungudi, Chennai-600 096. INDIA ☎ : 044-29865513 / 14  
TUTICORIN : Plot No.51, Door No.20/10, Roche Colony, South Beach Road,Tuticorin - 628 001.INDIA ☎ : 0461-2332719 / 20  
CUDDALORE : No.26, Dowlath Nagar, Semmandalam, Cuddalore - 607001.INDIA ☎ : 04142-202150,203150  
KOCHI : No.66/2345A, Veekshnam Road, Ernakulam,Kochi-682018 . INDIA ☎ : 0484-2395006 / 07 / 08  
VIZAG : Door No.39-11- 63/4-1, Murali Nagar, Visakhapatnam,Andhra Pradesh-530 007. INDIA ☎ : 0891-2710299 / 399  
MANGALORE : Shop No.5, Door No.1-65/31, Kulur-Kavoor Airport Road, Vivek Nagar, Panjimogaru, Mangalore-575 013.INDIA ☎ : 0824-2972719 / 20.  
KAKINADA : 70-17-15/1,RR Nagar,Road No.2, Kakinada, Andhra Pradesh -533003.INDIA ☎ : 0884-2345555, 0884-3500132.

REG. NO: MA23060000037

DATE:05/06/2023

## MEDICAL FITNESS CERTIFICATE

This is to certify that I have examined Mr. NITESH SAINI (38/M)

Who is found to be Medically FIT.

He is not found to be suffering from any contagious Disease or Ailment.

He is FIT to perform his duty .

Dr. VIDYA KUMARI

Reg.No. 10306

DGS Approval No. KA/MG/08/2022

**“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”**



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## PHYSICAL EXAMINATION

Date Of Exam : 05/06/2023 Reg. No:MA23060000037  
Name : Mr. NITESH SAINI (38/Male)  
Type Of Exam : Physical  
Reference : Apollo Health and Lifestyle Limited

The doctor has examined this client at Balaji Medical Centre Mangalore for updated Physical examination and found the following.

Temperature : 36.1C  
Blood Pressure : 140/90mmHg  
Pulse : 60/min  
Respiration Rate : 16/min  
Waist (cm) : 80Cms  
Height : 172Cms  
Weight : 76.7Kgs  
BMI : 25.9kg/m<sup>2</sup>

**Dr. VIDYA KUMARI**  
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**Name: Mr. NITESH SAINI**

**Date:05/06/2023**

**Reg. No :MA23060000037**

**Ref : Dr. A . H. Balaji**

## OPHTHALMIC REPORT

	RIGHT	LEFT
Distant:	6/6	6/6
Near:	N/5	N/5
Colour:	Normal	Normal
Anterior Segment:	Normal	Normal
Intra Ocular Pressure:	Normal	Normal
Fundus:	Normal	Normal

  
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## LABORATORY REPORT

DATE : 05/06/2023 REG. NO : MA23060000037

NAME : Mr. NITESH SAINI

AGE : 38YRS SEX : MALE

REF BY : DR.A.H.BALAJI

### COMPLETE BLOOD COUNT (CBC)

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ERYTHROCYTE (RBC) COUNT	5.0	mill/cu.mm	4.7-6.0
HAEMOGLOBIN (Hb)	15.8	gm/dl	13.5-18
PCV (PACKED CELL VOLUME)	47.4	%	42-52
MCV (MEAN CORPUSCULAR VOLUME)	83.5	fl	78-100
MCH (MEAN CORPUSCULAR HAEMOGLOBIN )	29.7	pg	27-31
MCHC (MEAN CORPUSCULAR Hb CONC.N.)	35.2	g/dl	32-36
RDW (RED CELL DISTRIBUTION WIDTH)	12.3	%	11.5-14.0
TOTAL LEUCOCYTES (WBC) COUNT	6700	Cells /cu.mm	4000-10500
ABSOLUTE NEUTROPHILS COUNT	3700	/c.mm	2000-7000
ABSOLUTE LYMPHOCYTE COUNT	2100	/c.mm	1000-3000
ABSOLUTE MONOCYTE COUNT	530	/c.mm	200-1000
ABSOLUTE EOSINOPHIL COUNT	260	/c.mm	20-500
ABSOLUTE BASOPHIL COUNT	70	/c.mm	20-100
NEUTROPHILS	56.0	%	40-80
LYMPHOCYTES	34.0	%	20-40
MONOCYTES	5.0	%	2-10
EOSINOPHILS	4.0	%	1-6
BASOPHILS	1.0	%	0-2
PLATELET COUNT	2.4	10 <sup>3</sup> /μl	1.50-4.50
MPV (MEAN PLATELET VOLUME)	7.9	fL	6-9.5
PCT (PLATELET HAEMATOCRIT)	0.2	%	0.2-0.5
PDW (PLATELET DISTRIBUTION WIDTH)	15.5	%	9-17

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NAME : Mr. NITESH SAINI

AGE : 38YRS SEX : MALE

REF BY : DR.A.H.BALAJI

### ROUTINE EXAMINATION URINE

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
<b><u>GENERAL EXAMINATION:</u></b>			
COLOUR	PALE YELLOW		PALE YELLOW
APPEARANCE	CLEAR		CLEAR
REACTION (pH)	5.5		4.5 - 8
SPECIFIC GRAVITY	1.025		1.010 - 1.030
<b><u>CHEMICAL EXAMINATION (AUTOMATED DIPSTICK METHOD):</u></b>			
URINE PROTEIN(ALBUMIN)	ABSENT		ABSENT
URINE GLUCOSE(SUGAR)	ABSENT		ABSENT
URINE KETONES(ACETONE)	ABSENT		ABSENT
BILE SALTS	ABSENT		ABSENT
BILE PIGMENTS	ABSENT		ABSENT
UROBILINOGEN	NORMAL		NORMAL
NITRITE	NEGATIVE		NEGATIVE
<b><u>MICROSCOPIC EXAMINATION</u></b>			
RED BLOOD CELLS	NIL	/hpf	0 - 2
PUS CELLS (WBCs)	0-1	/hpf	0 - 5
EPITHELIAL CELLS	1-2	/hpf	0 - 5
CRYSTALS	ABSENT	/hpf	ABSENT
CAST	ABSENT	/hpf	ABSENT
AMORPHOUS DEPOSITS	ABSENT	/hpf	ABSENT
BACTERIA	ABSENT	/hpf	ABSENT

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## LABORATORY REPORT

Date : 05/06/2023 Reg. No : MA23060000037

Name : Mr. NITESH SAINI

Age : 38Yrs Sex : Male

Ref By : DR.A.H.BALAJI

## BIOCHEMISTRY

<u>Investigation</u>	<u>Observed value</u>	<u>unit</u>	<u>biological reference interval</u>
HbA1C-Glycated Haemoglobin (HPLC)	5.2	%	non-diabetic: <= 5.6 pre- diabetic: 5.7-6.4 Diabetic : > = 6.5
Estimated Average glucose (e AG)	102.5	mg/dl	

### INTERPRETATION & REMARK:

- HbA1c is used for monitoring diabetic control.it reflects the estimated average glucose. (eAG)
- HbA1c has been endorsed by clinical group & ADA (American Diabetes Association) guidelines 2017, for diagnosis of diabetes using a cut-off point of 6.5%.
- Trends in HbA1Care a better indicator of diabetic control than a solitary test.
- Low glycated haemoglobin (below 4%) in a non-diabetic individual are often associated with systemic inflammatory diseases, chronic anemia (especially severe iron deficiency & haemolytic), chronic renal failure and liver diseases.clinical correlation suggested.
- To estimate the eAG from the HbA1C value, the following equation is used:  
 $eAG(mg/dl) = 28.7 * A1c - 46.7$
- Interference of heamogloblinopathies in HbA1c estimation.
  - for HbF >25%, an alternate platform (Fructosamine ) is recommended for testing of HbA1c
  - Homozygous hemoglobinopathy is detected, fructosamine is recommended for monitoring Diabetic status.
  - Heterozygous state detected (D10/turbo is corrected for HbS & HbC trait)
- In known diabetic patients, following values can be considered as a tool for monitoring the glycemic control. Excellent control-6 to 7%, fair to good control -7 to 8%, unsatisfactory control -8 to 10 % and poor control -More than 10%

NOTE: Hemoglobin electrophoresis (HPLC method) is recommended for detecting hemoglobinopathy.

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Name : Mr. NITESH SAINI

Age : 38yrs Sex : Male

Reference : APOLLO HEALTH AND LIFESTYLE LIMITED

Ref By : DR.A.H. BALAJI

Test Name	Result	Units	Ref.Interval
<b>LIPID SCREEN, SERUM (Spectrophotometry)</b>			
Cholesterol	186.00	mg/dL	(<200.00)
Triglycerides	147.00	mg/dL	(<150.00)
HDL Cholesterol	31.6	mg/dL	(<40.00)
LDL Cholesterol, Calculated	92.5	mg/dL	(<100.00)
VLDL Cholesterol, Calculated	29.4	mg/dL	(<30.00)

### Note:

1. Measurements in the same patient can show physiological & analytical variations. Three serial samples 1 week apart are recommended for Total cholesterol, Triglycerides, HDL & LDL Cholesterol.
2. ATP III recommends a complete lipoprotein profile as the initial test for evaluating cholesterol.
3. Fried Ewald equation to calculate LDL cholesterol is most accurate when Triglyceride level is <400 mg/dL. Measurement of Direct LDL cholesterol is recommended when Triglyceride level is >400 mg/dL.

INTERPRETATION	TOTAL CHOLESTEROL in mg/dL	Triglyceride in mg/dL	LDL CHOLESTEROL in mg/dL
Optimal	< 200	<150	<100
Above Optimal	-	-	100-129
Borderline High	200-239	150-199	130-159
High	>=240	200-499	160-189
Very High	-	>=500	>=190

  
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Age : 38yrs Sex : Male

Reference : Apollo Health and Lifestyle Limited

Ref By : DR. A.H. BALAJI

### LIVER FUNCTION TEST

TEST	PATIENT'S VALUES	UNITS	NORMAL RANGE	
			FROM	TO
Serum Bilirubin (Total)	0.6	mg/dl	0.1	1.2
Serum Bilirubin (Direct)	0.1	mg/dl	-	<0.3
Serum Bilirubin (Indirect)	0.5	mg/dl	0.1	1
S. Alkaline Phosphatase	82.0	U/L	-	<150
Serum Gamma G.T.	26.0	U/L	4	40
Serum G. P. T.	34.0	U/L	10	40
Serum G. O. T.	32.0	U/L	10	42
Serum Total Proteins	7.3	gm/dl	6.0	7.8
Albumin	4.1	gm/dl	3.5	5.0
Globulin	3.2	gm/dl	2.6	3.5
Albumin: Globulin Ratio	1.2	U/L	50	60

  
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<u>Tests</u>	<u>Value/Results</u>	<u>Units</u>	<u>Reference Interval</u>
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### BIO-CHEMISTRY

Blood Sugar (F)	: 97	mg/dl	70-110
Blood Sugar (PPBS)	: 131	mg/dl	120-140
Bun	: 10	mg/dl	6-21
Creatinine	: 0.6	mg/dl	0.2-1.2
Uric Acid	: 5.5	mg/dl	4.7-6.1
Urea	: 23	mg/dl	15-40

  
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## LABORATORY REPORT

Reg. No : MA23060000037

Name : Mr. NITESH SAINI Sex: Male

Age : 38Yrs

Reference : Apollo Health and Lifestyle Limited

Ref By : DR. A.H. BALAJI

---

### HAEMOTOLOGY

Blood Group & Rh Type : "A" POSITIVE

**Dr. VIDYA KUMARI**  
Reg.No. 10306

DGS Approval No. KA/MG/08/2021

**"HEALTHIER MARINERS TOWARDS A WEALTHIER NATION"**





# Balaji Medical Centre

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## LABORATORY REPORT

Reg No : MA23060000037  
Name : Mr. NITESH SAINI Date : 05/06/2023  
Age : 38yrs Sex : Male  
Reference : Apollo Health and Lifestyle Limited.  
Ref By : DR. A.H. BALAJI

### PERIPHERAL SMEAR EXAMINATION

RED BLOOD CELL MORPHOLOGY : **NORMAL**  
W B C MORPHOLOGY : **NORMAL**  
PLATELET MORPHOLOGY : **NORMAL**

  
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## LABORATORY REPORT

Reg. No : MA23060000037 Date : 05/06/2023

Name : Mr. NITESH SAINI

Age : 38yrs Sex : Male

Ref By : DR.A.H. BALAJI

Test Name	Result	Units	Ref.Range
<b>THYROID PROFILE, TOTAL, SERUM (CLIA)</b>			
T3, Total	150.0	ng/dl	(70-204)
T4, Total	10.05	ug/dL	(5.0-12.5)
TSH	4.00	uIU/ml	(0.45-4.5)

### Reference Range for pregnancy:

TSH	REFERENCE RANGE IN Uiu/mL
<b>Pregnancy</b>	
1 <sup>st</sup> Trimester	0.30-4.50
2 <sup>nd</sup> Trimester	0.50-4.60
3 <sup>rd</sup> Trimester	0.80-5.20

**Note:**1 TSH levels are subject to circadian variation, reaching peak levels between 2-4.a.m.and at a Minimum between 6-10pm.The variation is of the order of 50%,hence time of the day has Influence on the measured serum TSH concentrations.  
2 Recommended test for T3 and T4 is unbound fraction or free levels as it is metabolically active.  
3 Physiological rise in Total T3 /T4 levels is seen in pregnancy and in patients on steroid therapy.

### Clinical Use

- Primary Hypothyroidism
- Hyperthyroidism
- Hypothalamic-Pituitary hypothyroidism
- Inappropriate TSH secretion
- Non thyroidal illness
- Autoimmune thyroid disease
- Pregnancy associated thyroid disorders
- Thyroid dysfunction in infancy and early childhood



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## DIGITAL RADIOGRAPH – CHEST PA- VIEW

Date : 05/06/2023 Reg.No : MA23060000037  
Name : Mr. NITESH SAINI  
Age : 38yrs  
Sex : Male  
Ref By : DR.A.H.BALAJI

The cardiomediastinal silhouette is normal.

The lungs are well inflated.No focal mass lesion, lobar collapse or consolidation is seen.  
No pleural effusion is detected.

The soft tissues and bones appear unremarkable.

### Conclusion:

- Normal chest radiograph.

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## ECG REPORT

Date : 05/06/2023 Reg. No :MA23060000037

Name : Mr. NITESH SAINI

Age : 38yrs

Sex : Male

Ref By : DR. A. H. BALAJI

Impression : Normal Sinus Rhythm.

  
**Dr. VIDYA KUMARI**  
Reg.No. 10306

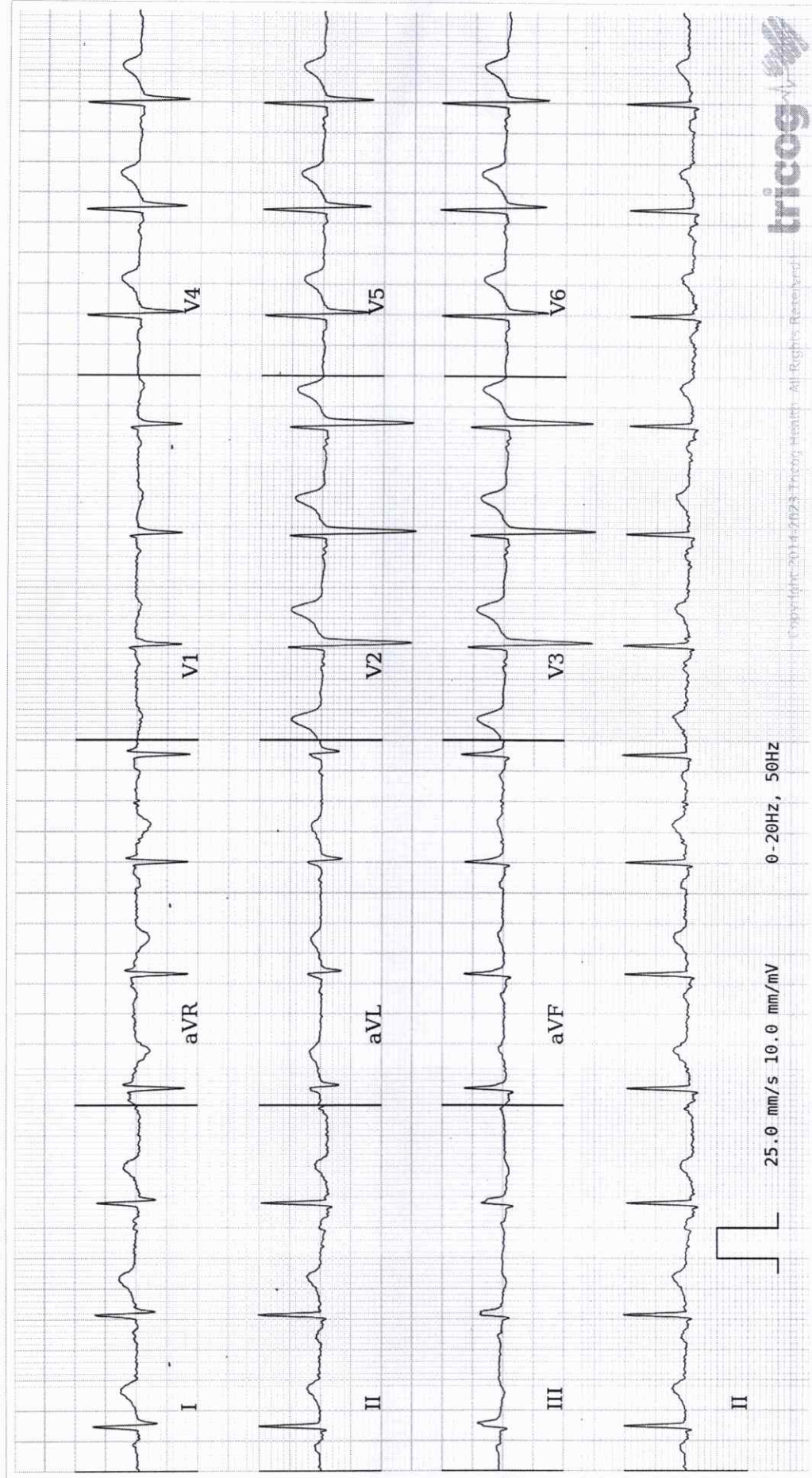
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**“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”**



Age / Gender: 38/Male  
Patient ID: MA23060000037

Date and Time: 5th Jun 23 11:11 AM



25.0 mm/s 10.0 mm/mV 0-20HZ, 50HZ

AR: 83bpm VR: 83bpm QRS: 86ms QT: 368ms QTcB: 432ms PRI: 144ms P-R-T: 47° 55° 32°

ECG Within Normal Limits: Sinus Rhythm. Please correlate clinically.

REPORTED BY



Dr. Bhagyalakshmi Sunil Bailwad

Disclaimer: Analysis in this report is based on ECG alone and should only be used as an adjunct to clinical history, symptoms and results of other invasive and non-invasive tests and must be interpreted by a qualified physician.



भारत सरकार

Government of India



नितेश सैनी

Nitesh Saini

जन्म तिथि / DOB : 18/01/1985

पुरुष / Male



8858 0380 3230

मेरा आधार, मेरी पहचान

*Saini*