



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: MA23120000250

DATE: 23/12/2023

MEDICAL FITNESS CERTIFICATE

This is to certify that I have examined **Ms. PRATHIMA** . **(36/F)**

Who is found to be Medically **FIT**.

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

She is FIT to perform her duty.

Dietary Counseling was provided from our end.

Deeksha
Dr. DEEKSHA. V. SHETTY
Reg.No. 32158
DGS Approval No. KAMG/082889

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



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PHYSICAL EXAMINATION

Date Of Exam : 23/12/2023 Reg. No: MA23120000250

Name : Ms. PRATHIMA (36/Female)

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	:	36.0C
Blood Pressure	:	110/70mmHg
Pulse	:	80/min
Respiration Rate	:	16/min
Waist (cm)	:	85Cms
Height	:	149Cms
Weight	:	53.7Kgs
BMI	:	24.2 kg/m ²

Deeksha

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Name: Ms. PRATHIMA

Date: 23/12/2023

Reg. No : MA23120000250

Ref: Apollo Health and Lifestyle Limited

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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REG. NO : MAZ3120000250

LABORATORY REPORT

DATE : 23/12/2023

NAME : Ms. PRATHIMA

AGE : 36YRS

SEX : FEMALE

REF BY : Apollo Health and Lifestyle Limited

COMPLETE BLOOD COUNT (CBC)

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ERYTHROCYTE (RBC) COUNT	3.9	mill/cu.mm	4.7-6.0
HAEMOGLOBIN (Hb)	13.6	gm/dl	13.5-18
PCV (PACKED CELL VOLUME)	40.8	%	42-52
MCV (MEAN CORPUSCULAR VOLUME)	90.1	fl	78-100
MCH (MEAN CORPUSCULAR HAEMOGLOBIN)	31.0	pg	27-31
MCHC (MEAN CORPUSCULAR Hb CONC.N.)	36.0	g/dl	32-36
RDW (RED CELL DISTRIBUTION WIDTH)	12.2	%	11.5-14.0
TOTAL LEUCOCYTES (WBC) COUNT	7700	Cells /cu.mm	4000-10500
ABSOLUTE NEUTROPHILS COUNT	5300	/c.mm	2000-7000
ABSOLUTE LYMPHOCYTE COUNT	1700	/c.mm	1000-3000
ABSOLUTE MONOCYTE COUNT	380	/c.mm	200-1000
ABSOLUTE EOSINOPHIL COUNT	310	/c.mm	20-500
ABSOLUTE BASOPHIL COUNT	40	/c.mm	20-100
NEUTROPHILS	69.0	%	40-80
LYMPHOCYTES	21.0	%	20-40
MONOCYTES	5.0	%	2-10
EOSINOPHILS	4.0	%	1-6
BASOPHILS	1.0	%	0-2
PLATELET COUNT	2.2	10 ³ /μl	1.50-4.50
MPV (MEAN PLATELET VOLUME)	7.7	fL	6-9.5
PCT (PLATELET HAEMATOCRIT)	0.2	%	0.2-0.5
PDW (PLATELET DISTRIBUTION WIDTH)	16.9	%	9-17

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DATE : 23/12/2023 REG. NO : MA23120000250
 NAME : Ms. PRATHIMA
 AGE : 36YRS SEX : FEMALE
 REF BY : Apollo Health and Lifestyle Limited

ROUTINE EXAMINATION URINE

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
<u>GENERAL EXAMINATION:</u>			
COLOUR	PALE YELLOW		PALE YELLOW
APPEARANCE	CLEAR		CLEAR
REACTION (pH)	6.0		4.5 - 8
SPECIFIC GRAVITY	1.010		1.010 - 1.030
<u>CHEMICAL EXAMINATION (AUTOMATED DIPSTICK METHOD):</u>			
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
<u>MICROSCOPIC EXAMINATION</u>			
RED BLOOD CELLS	NIL	/hpf	0 - 2
PUS CELLS (WBCs)	2-4	/hpf	0 - 5
EPITHELIAL CELLS	3-5	/hpf	0 - 5
CRYSTALS	ABSENT	/hpf	ABSENT
CAST	ABSENT	/hpf	ABSENT
AMORPHOUS DEPOSITS	ABSENT	/hpf	ABSENT
BACTERIA	ABSENT	/hpf	ABSENT

Deeksha
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LABORATORY REPORT

Date : 23/12/2023 Reg. No : MA23120000250

Name : Ms. PRATHIMA

Age : 36 Yrs Sex : Female

Ref By : Apollo Health and Lifestyle Limited


INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ESR - Erythrocyte Sedimentation Rate (EDTA Whole Blood, Automated-Capillary photometry aggregation/ Manual - Westergrens method)	12	mm/hr	0-15

Method: Automated Westergren

Interpretation;

1. It indicates presence and intensity of an inflammatory process, never diagnosis of a specific disease, Chance are more significant than a single abnormal test.
2. It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis, polymyalgia rheumatica.
3. It is also increased in pregnancy, multiple myeloma, menstruation and hypothyroidism.

Remark: ESR Performed using capillary photometric aggregation (for automated analysis) & westergrens (for manual testing).


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Name : Ms. PRATHIMA

Age : 36Yrs Sex : Female

Ref By : Apollo Health and Lifestyle Limited

BIOCHEMISTRY

<u>Investigation</u>	<u>Observed value</u>	<u>unit</u>	<u>biological reference interval</u>
HbA1C-Glycated Haemoglobin (HPLC)	4.7	%	non-diabetic: <= 5.6 pre-diabetic: 5.7-6.4 Diabetic :> = 6.5
Estimated Average glucose (e AG)	88.19	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 glyceimic control. Excellent control-6 to 7%, fair to good control -7 to 8%, unsatisfactory control -8 to 10 % and poor control -More than 10%

Deeksha

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DGS Assesment No. KANG080000

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Name : Ms. PRATHIMA

Age : 36yrs Sex : Female

Reference : APOLLO HEALTH AND LIFESTYLE LIMITED

Test Name	Result	Units	Ref.Interval
LIPID SCREEN, SERUM (Spectrophotometry)			
Cholesterol	198	mg/dL	(<200.00)
Triglycerides	65.00	mg/dL	(<150.00)
HDL Cholesterol	39.4	mg/dL	(<40.00)
LDL Cholesterol, Calculated	98.5	mg/dL	(<100.00)
VLDL Cholesterol, Calculated	13.0	mg/dL	(<30.00)

Note:

- 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.
- ATP III recommends a complete lipoprotein profile as the initial test for evaluating cholesterol.
- Friedewald 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
Boderline High	200-239	150-199	130-159
High	>=240	200-499	160-189
Very High	-	>=500	>=190

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Name : Ms. PRATHIMA (36/Female)
Reference : Apollo Health and Lifestyle Limited
Reported On : 23/12/2023

<u>TEST</u>	<u>Value/Results</u>	<u>Units</u>	<u>REFERENCE INTERVAL</u>
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RENAL FUNCTION TEST

Urea	:	21	mg/dL	15-40
Creatinine	:	0.8	mg/dL	0.2-1.2
BUN	:	07	mg/dL	6-21
Blood Uric Acid	:	5.0	mg/dL	4.7-6.1


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Name : Ms. PRATHIMA

Age : 36 Yrs

Sex : Female

Reference : Apollo Health and Lifestyle Limited

<u>Tests</u>	<u>Value/Results</u>	<u>Units</u>	<u>Reference Interval</u>
<u>BIO-CHEMISTRY</u>			
Blood Sugar (F)	: 99	mg/dl	70-110
Blood Sugar (PPBS)	: 131	mg/dl	120-140
GGT	: 12	U/L	4-40

Deeksha

Dr. DEEKSHA V. SHETTY

Reg.No. 32158

DGS Approval No. KA/MG/08/2023

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



Balaji Medical Centre

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LABORATORY REPORT

Date : 23/12/2023 Reg. No : MA23120000250

Name : Ms. PRATHIMA

Age : 36yrs Sex : Female

Reference : Apollo Health and Lifestyle Limited

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	74.0	U/L	-	<150
Serum G. P. T.	22.0	U/L	10	40
Serum G. O. T.	20.0	U/L	10	42
Serum Total Proteins	7.1	gm/dl	6.0	7.8
Albumin	4.1	gm/dl	3.5	5.0
Globulin	3.0	gm/dl	2.6	3.5
Albumin: Globulin Ratio	1.3	-	-	-

Deeksha

Dr. DEEKSHA V. SHETTY
Reg.No. 32158
DGS Approval No. KAR60802023

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LABORATORY REPORT

Reg No : MA23120000250

Name : Ms. PRATHIMA Date : 23/12/2023

Age : 36 yrs Sex : Female

Reference : Apollo Health and Lifestyle Limited.

PERIPHERAL SMEAR EXAMINATION

RED BLOOD CELL MORPHOLOGY : **NORMAL**

W B C MORPHOLOGY : **NORMAL**

PLATELET MORPHOLOGY : **NORMAL**


Dr. DEEKSHA. V. SHETTY
Reg.No. 32158
DGS Approval No. KAMG/09/2023

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LABORATORY REPORT

Reg. No : MA23120000250 Date: 23/12/2023

Name : Ms. PRATHIMA

Age : 36Yrs Sex: Female

Reference : Apollo Health and Lifestyle Limited

HAEMATOLOGY

Blood Group & Rh Type : "O" POSITIVE

Deeksha

Dr. DEEKSHA V. SHETTY

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DENTAL CERTIFICATE

LAST NAME	FIRST NAME	DATE OF BIRTH	CDC NO./AADHAR CARD
	Ms. PRATHIMA	22/02/1987	384124706151



Please tick box if treatment pending or recommended

Please provide details of any dental/orthodontic work that is recommended or anticipated in the next 2 years.

-----NIL-----

Please tick box if no treatment pending or recommended

NAME OF DENTIST	QUALIFICATION OF DENTIST	SIGNATURE & STAMP	DATE
DR. S. NARESH	BDS	 BDS Reg. No.: 11291	23/12/2023

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DIGITAL RADIOGRAPH – CHEST PA- VIEW

Date : 23/12/2023 Reg. No : MA23120000250

Name : Ms. PRATHIMA

Age : 36 yrs

Sex : Female

Ref By : Apollo Health and Lifestyle Limited

The cardio mediastinal 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.

Deeksha
Dr. DEEKSHA. V. SHETTY
Reg.No. 32158
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ECG REPORT

Date : 23/12/2023 Reg. No : MA23120000250

Name : Ms. PRATHIMA

Age : 36 yrs

Sex : Female

Ref By : Apollo Health and Lifestyle Limited

Impression : Normal Sinus Rhythm.

Deeksha
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NAME : Ms. PRATHIMA **AGE/SEX** : 36YRS /FEMALE

STUDY DATE : 23/12/2023 **PATIENT ID** : MA23120000250

Description: Female-Whole Abdomen REF. DOCTOR : Apollo Health and Lifestyle Limited

Real time B-mode ultrasonography of abdomen, KUB, Uterus and Ovaries Done.

Abdomen

Liver Filled with homogeneous parenchymal echoes. No abscess or mass lesion in the liver.
Gallbladder walls appeared normal. No calculi seen in the gallbladder.
Common duct appeared normal. No calculi seen in the common duct.
Pancreas appeared normal.
Spleen appeared normal.
No free fluid in the peritoneal cavity.
No Para aortic lymphadenopathy.
Adrenal glands appeared normal.

KUB

Cortex and collecting system of both kidneys appeared normal. No calculi seen.
Right Kidney measured 9.0x4.2cms.
Left Kidney measured 9.5x4.5cms.
Both Ureters appeared normal. No dilatation seen.
Bladder appeared normal.

Pelvis

Normal appearing uterus with homogenous myometrial echoes. Cavity echo appeared normal.
Right Ovary appeared normal. Left Ovary appeared normal. Both adnexae appeared normal.

Impression

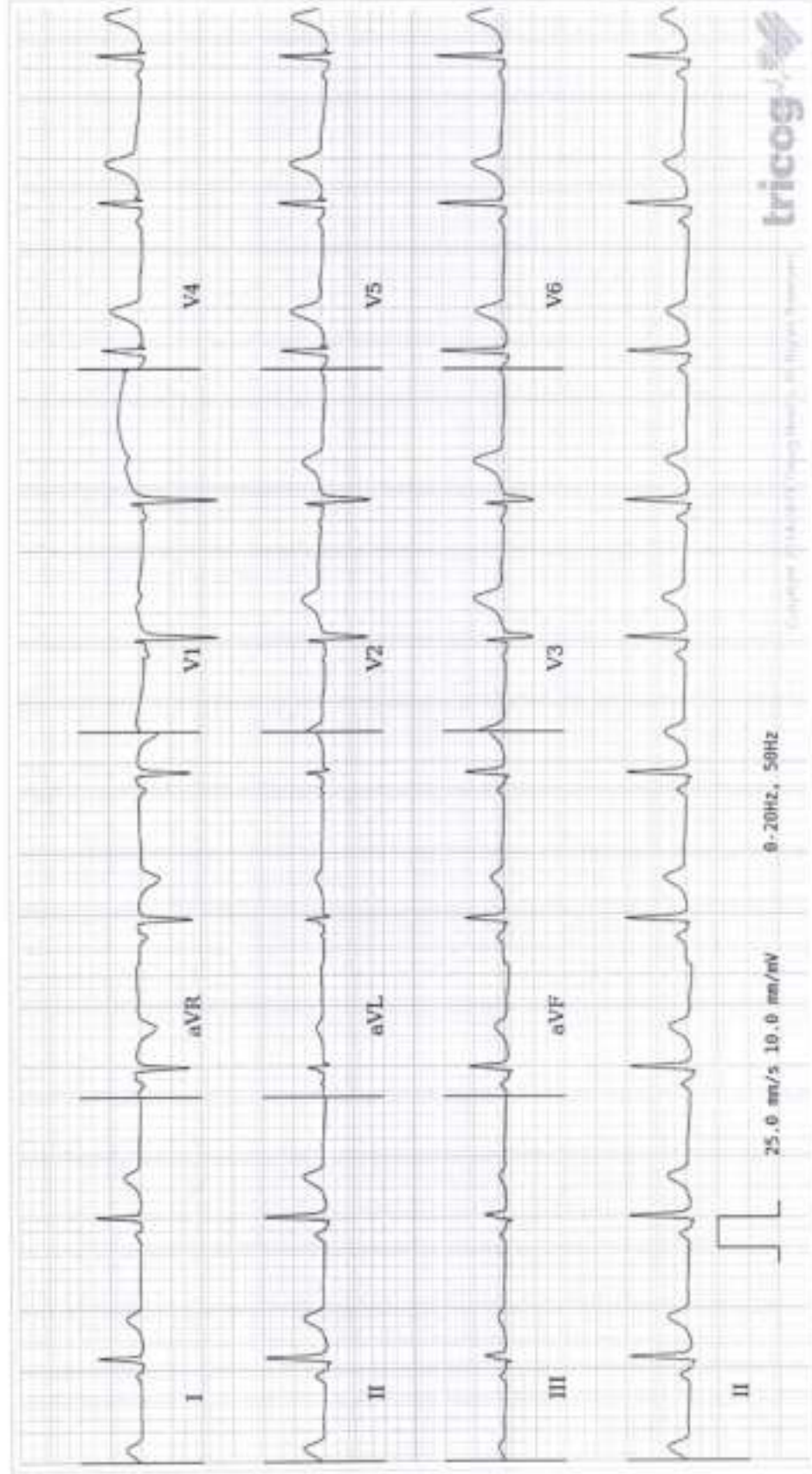
- **NORMAL APPEARING LIVER, GALL BLADDER, COMMON DUCT, PANCREAS, SPLEEN, BOTH KIDNEYS, BLADDER, UTERUS BOTH OVARIES.**
- Deeksha V. Shetty*
Dr. DEEKSHA V. SHETTY
Reg.No. 32158
DGS Approval No. KAMG/09/2023

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



Balaji Medical Centre Mangalore

Age / Gender: 36/Female
Date and Time: 23rd Dec 23 9:37 AM
Patient ID: MA23120000250



AR: 63bpm VR: 63bpm QRSD: 80ms QT: 390ms QTcB: 399ms PRI: 132ms P-R-T: 55° 46° 45°

ECG Within Normal Limits: Sinus Rhythm. Please correlate clinically

REPORTED BY
hyale.com
Dr. Pragna Kumari
78213

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.



ಭಾರತ ಸರ್ಕಾರ

Government of India



ಪ್ರತಿಮಾ

Prathima

ಜನ ದಿನಾಂಕ/DOB: 22/02/1987

ಸ್ತ್ರೀ/FEMALE

Issue Date 08/09/2013

3841 2470 6151

VID : 9162 3818 8241 4321

Balaji Medical Centre Mangalore

Address: shree Heights building ,Shop no 5, Door no 1-65/31,Kulur-Kavoor,Airport Road Vivek Nagar Panjimogaru, Mangaluru 575013 Karnataka India

Echocardiography Report

PATIENT NAME PRATHIMA	AGE 36 yrs	HEIGHT 149 cm	WEIGHT 54 kg	BSA 1.47 m ²	DATE TIME 2023/12/23 15:02
PATIENT ID MA23120000250	GENDER Female	REFERRING PHYSICIAN DR.DEEKSHA.V.SHETTY	REPORTED BY DR. JEEVARATHINAM. N		

PROCEDURE

An ECHO exam was performed including 2D, M-mode, Spectral, Color-flow.

SUMMARY

Normal chamber size and shape
Normal LV systolic function, LVEF - 60%(Eyeball assessment)
No regional wall motion abnormality
Normal LV diastolic filling pattern
Normal valves
No intracardiac clot /vegetation / pericardial effusion

LEFT VENTRICLE

Measurement	Value	Reference	Measurement	Value	Reference
Systolic Function			Dimensions		
EF(Teich) (%)	75.74	(74-54)	LVIDd (cm)	3.96	(3.8-5.2)
SV(Teich) (ml)	51.77	(57-117)	LVIDd Index (cm/m ²)	2.69	(2.3-3.1)
SI(Teich) (ml/m ²)	35.22	(38-66)	LVIDs (cm)	2.22	(2.2-3.5)
EDV(Teich) (ml)	68.35	(46-106)	LVIDs Index (cm/m ²)	1.51	(1.3-2.1)
ESV(Teich) (ml)	16.58	(14-42)	IVSd (cm)	0.68	(0.6-0.9)
Diastolic Function			LVPWd (cm)	0.68	(0.6-0.9)
MV E Vel (m/s)	0.61	(0.6-0.8)	LVd Mass (g)	74.21	(67-162)
MV A Vel (m/s)	0.49	(0.2-0.35)	LVd Mass Index (g/m ²)	50.48	(43-95)
MV E/A Ratio	1.24	(>=0.8)	RWT	0.34	(0.22-0.42)

LEFT ATRIUM

Measurement	Value	Reference	Measurement	Value	Reference
LA Diam (cm)	3.56	(2.7-3.8)	LAESV MOD A4C (ml)	20.96	(-)
LA/Ao	1.38	(<1.3)	LAESVInd MOD A4C (ml/m ²)	14.26	(16-34)

RIGHT ATRIUM

Measurement	Value	Reference
RAAs A4C (cm ²)	9.27	(<=18)
RALs A4C (cm)	3.70	(-)

AORTIC VALVE & AORTA

Measurement	Value	Reference
AV Outflow		
AV Vmax (m/s)	0.75	(<2.6)
AV maxPG (mmHg)	2.25	(<30)

LVOT/ Aorta

Ao Diam (cm)	2.58	(<3.7)
Ao/LA	0.93	(-)

TRICUSPID VALVE

Measurement	Value	Reference
TR Vmax (m/s)	1.10	(<2.8)
TR maxPG (mmHg)	4.84	(<35)

OBSERVATIONS :

Left Ventricle	Size - Left ventricle normal in size LV geometry - Normal LV geometry Systolic function - LV systolic function - normal Regional wall motion - No regional wall motion abnormality Diastolic function - LV diastolic function - normal filling pattern
Left Atrium	Size - Normal left atrium size
Right Atrium	Size - Normal right atrium size
Right Ventricle	Size - Normal right ventricular size Systolic function - Right ventricular systolic function - normal
Aortic Valve	Structure and function - Normal trileaflet aortic valve Regurgitation - No aortic regurgitation
Mitral Valve	Structure and function - Normal mitral valve Regurgitation - No mitral regurgitation
Tricuspid Valve	Structure and function - Normal tricuspid valve Regurgitation - Trivial tricuspid regurgitation
Pulmonic Valve	Structure and function - Normal pulmonic valve Regurgitation - No pulmonic regurgitation
Pericardium	Effusion - No pericardial effusion
Aorta	Size - Normal aorta
Pulmonary Artery	Size - Normal pulmonary artery size
Inter Ventricular Septum	IVS - Intact interventricular septum
Inter Atrial Septum	IAS - Intact interatrial septum, thinned FO region
Pulmonary Hypertension	Probability - Low probability of pulmonary hypertension
Heart Failure	HF Category - No evidence of heart failure with preserved ejection fraction

Disclaimer: This report is generated based on the review of Echocardiography images transmitted and does not consider the patient's current symptoms or medical history. The quality or accuracy of the report is dependent on the quality and accuracy of the Echo images transmitted. The report is not meant or valid for any medico legal purposes



Reported By:
DR. JEEVARATHINAM. N
Clinical Cardiologist

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