

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mr Hanish Basavarajji on 13/01/24

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 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. Review after <u>Angogram & Control - BP</u> recommended 	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> • Unfit 	<input type="checkbox"/>

Dr. [Signature]
Medical Officer

The Apollo Clinic, Mysore

Apollo Clinic
#22, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41
TO BOOK AN APPOINTMENT

Apollo Health and Lifestyle Limited

(CIN: U85110TG2000PLC115819)
Regd Office: 110-10/02, Ashoka Raghupathi Chandra Road, 1st Floor, Bengaluru - 560001, Karnataka
Ph: No. (081) 4304 7777 Fax No: 4304 7744 | Email ID: enquiry@apollohl.com | www.apollohl.com

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Bangalore: Basavanagudi | Bellandur | Electronic City | Fraser Town | HSR Layout | Indira Nagar | JP Nagar | Kundalahalli |
Koramangala | Sarjapur Road | Mysore: (VV Mohalla)

Online appointments: www.apolloclinic.com

1860 500 7788

Date : 13-01-2024
MR NO : CMYS.0000059233
Name : Mr. HARISH BASAVARAJU
Age/ Gender : 53 Y / Male

Department : GENERAL
Doctor : Dr. Umesh H B
Registration No : 67084
Qualification : M.B.B.S - MD

Consultation Timing: 09:16

Height: 165	Weight: 70.9	BMI:	Waist Circum: 160/100
Temp:	Pulse: 70/10	Resp: 20/1	B.P:

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

C_o HFN-

^{12hr}
F Azobor A/S 75/10 (30)
807
F overi- AM- 5 + 20 (30)

Angrogram -

Strict Regular Exercise/ Control of B/L

Ref to Cardiologist

Ag
RC
PA / mm
TMS - Bantam

Follow up date :


Doctor Signature

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 13-01-2024
 MR NO : CMYS.0000059233
 Name : Mr. HARISH BASAVARAJU
 Age/ Gender : 53 Y / Male

Department : GENERAL
 Doctor :
 Registration No : Dr. Praveen Kumar R
 Qualification : MS (Gen)

Consultation Timing: 09:18

Height : 165	Weight : 70.9	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 60/100

General Examination /
 Allergies History

Clinical Diagnosis & Management Plan

Come for regular health check

Ears Bilaterals TM - normal

- nose - normal mucosa (N)
 onyx (N)

oral cavity & oropharynx. normal
 neck (N)

As
 - heard

PK

Follow up date :

Doctor Signature

Apollo Clinic
 # 23, 1st Floor,
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 Ph : 0821-4006040/41

Date : 13-01-2024
MR NO : CMYS.0000059233

Department : GENERAL
Doctor :

Name : Mr. HARISH BASAVARAJU
Age/ Gender : 53 Y / Male

Registration No :
Qualification :

Consultation Timing: 09:18

Height : 165	Weight : 70.9	BMI :	Waist Circum : 160/100
Temp :	Pulse :	Resp :	B.P :

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

Rt eye

Lf eye

Near
vision
corrected with glasses,
Distant
vision

n/18.
n/6
6/6

n/18
n/6
6/6

Colour
vision

(n)

(n)

Follow up date :

Doctor Signature

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 13-01-2024
MR NO : CMYS.0000059233

Department : GENERAL Dietetics
Doctor : Madhura. B.P

Name : Mr. HARISH BASAVARAJU
Age/ Gender : 53 Y / Male

Registration No :
Qualification : M.Sc Nutrition & Dietetics
PhD

Consultation Timing: 09:18

IRW - 65kg

Height : 165	Weight : 70.9	BMI : 26.0	Waist Circum : 160
Temp :	Pulse :	Resp : 16	B.P : 160/100

General Examination /
Allergies History

FBS - 125
NON HDL - 140
LDL - 122.38

Clinical Diagnosis & Management Plan

- 1st - TMT +ve
- > Advised low fat diet with fiber rich food.
- > Use skimmed / toned milk instead of whole fat milk.
- > cholest P given.
- > Regular physical exercise.

Follow up date :


Doctor Signature - B.P
13/01/2024
Apollo Clinic
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Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Name-

Age-

Height-

Weight-

BMI-

~~IBW-~~

Department- Dietetics

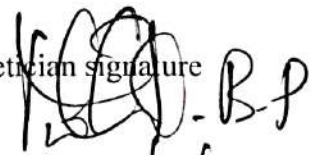
Name- Madhura B P

Qualification- M.Sc Nutrition & Dietetic

PhD*

- ~~Advised~~
- Do not skip any of the meals, take small frequent meals.
- Include all variety of seasonal fruits, vegetables and green leafy vegetables on regular basis.
- Include nuts like Almond, Walnuts and dry-fruits like dried dates and raisins regularly.
- Include seeds like Flax seeds, Pumpkin seeds, Sunflower seeds, Sesame seeds and watermelon seeds- 1 teaspoon each and dry roasted.
- Avoid 5 white slow poisons like Sugar, Salt, Maida, Baking soda and creams.
- Cooking oil- ½ litre/person/month.
- Use combination of oils like Rice bran oil, Groundnut oil, Sesame oil, Mustard oil/ Coconut oil and Ghee. Change the oil every month or 2 months. But do not mix the oils.
- Drink at least 2-3 liters of water in a day.
- Skimmed or toned milk can be used on regular basis. Since it's a rich source of protein and low in calories.
- Avoid Butter, Vanaspati and Dalda.
- Avoid deep-fried foods, Biscuits, Cookies, Bakery products, Pastries, Papad, packed and processed foods, chocolates, Alcohol, caffeine and carbonated beverages.
- Avoid junk foods like Pizza and Burger.

Dietician signature



13/01/2024

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

ID: 59233

13-01-2024 12:07:25 PM

MR HARISH BASAVARAJU

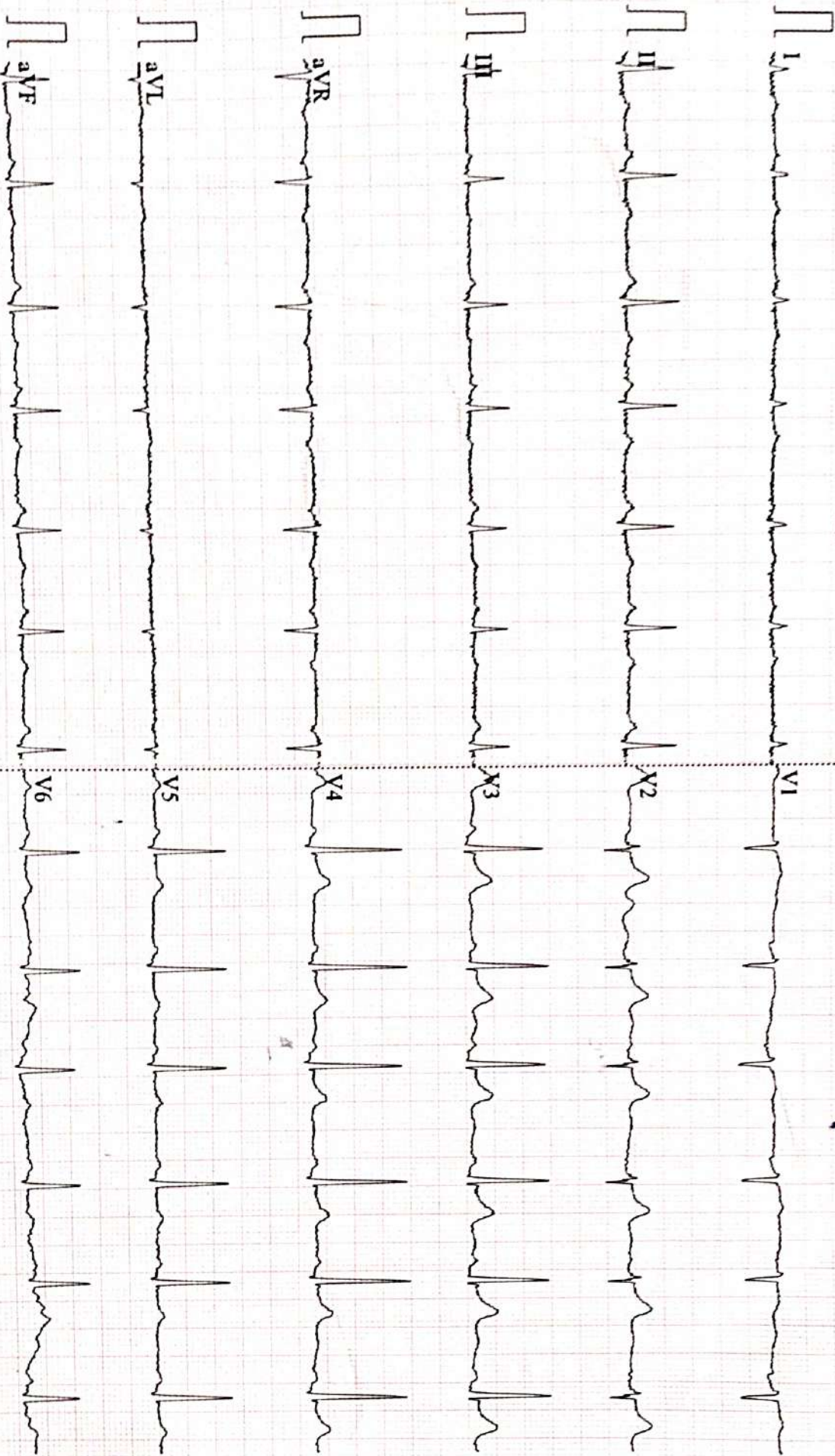
Male 53Years

165cm 70kg 160/100mmHg

Diagnosis Information:

Unconfirmed Report.

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0.5-45Hz AC50 25mm/s 10mm/mV 2*5.0s 76 CARDIART

D V1.43 Glasgow V28.60 APOLLO CLINIC MYSURU

Patient Name	: Mr. HARISH BASAVARAJU	Age	: 53 Y M
UHID	: CMYS.0000059233	OP Visit No	: CMYSOPV121318
Reported on	: 13-01-2024 16:30	Printed on	: 13-01-2024 16:41
Adm/Consult Doctor	:	Ref Doctor	: SELF

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .
No obvious active pleuro-parenchymal lesion seen .
Both costophrenic and cardiophrenic angles are clear .
Both diaphragms are normal in position and contour .
Thoracic wall and soft tissues appear normal.

IMPRESSION :NORMAL STUDY.

Pradeep

Printed on:13-01-2024 16:30

---End of the Report---

Dr. PRADEEP KUMAR C N
MBBS DNB(RADIOLOGY)
Radiology

Apollo Health and Lifestyle Limited

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Regd Office: 11D-6D/62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
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TO BOOK AN APPOINTMENT

1860 500 7788

Scanned with CamScanner

Patient Name: Mr .Hrish Basavaraju	Date: 13.01.2024	Doctor: Dr. Self
Age / Sex : 53yrs /Male	UHID No : 59233	OP:
ULTRASONOGRAPHY – ABDOMEN & PELVIS		

LIVER: It is normal in size and echotexture. No focal lesions seen. IHBR are not dilated. CBD and Portal vein are normal.

GALL BLADDER: It is well distended and normal. No e/o calculi.

SPLEEN: It is normal in size, outline and echopattern. No e/o focal lesions.

PANCREAS: It is normal in size, outline and echopattern.

RIGHT KIDNEY: It Measures 97x53mm with parenchymal thickness of 15 mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 115x55mm with parenchymal thickness of 14mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

URINARY BLADDER: It is well distended. The UB wall is normal. No e/o calculi.

PROSTATE: It measures 37x38x37 mm with a volume of 12 cc. It is normal in size, outline and echotexture. The vascularity of prostate is normal.

RIF: No evidence of focal collection or mass lesion seen. Appendix is not visualized.

OTHERS: No e/o free fluid in the abdomen. No e/o lymphadenopathy. No e/o gut wall thickening. No mass lesion seen in the abdomen.

IMPRESSION: NORMAL STUDY.

Pradeep
Dr. Pradeep Kumar C N, DNB
Consultant Radiologist.

Apollo Health and Lifestyle Limited

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APOLLO CLINIC
KALIDASA ROAD
MYSORE

EXERCISE STRESS TEST REPORT

Patient Name: MR HARISH . BASAVARAJU
Patient ID: 59233
Height: 165 cm
Weight: 70.5 kg

DOB: 25.12.1970
Age: 53 yrs
Gender: Male
Race:

Study Date: 13.01.2024
Test Type: --
Protocol: BRUCE
Medications:

Referring Physician: --
Attending Physician: DR. GURUPRASAD B V
Technician: --

Medical History:

Reason for Exercise Test:

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed [mph]	Grade [%]	HR [bpm]	BP [mmHg]	Comment
PRETEST	SUPINE	01:02	0.50	0.00	80	150/90	
EXERCISE	STAGE 1	03:00	1.70	10.00	129	150/90	
	STAGE 2	03:00	2.50	12.00	141	150/90	
	STAGE 3	03:00	3.40	14.00	157	160/100	
	STAGE 4	00:04	0.00	14.50	157	160/100	
RECOVERY		03:32	0.00	0.00	106	160/100	

The patient exercised according to the BRUCE for 9:03 mins, achieving a work level of Max. METS: 10.10. The resting heart rate of 87 bpm rose to a maximal heart rate of 160 bpm. This value represents 95 % of the maximal, age-predicted heart rate. The resting blood pressure of 150/90 mmHg, rose to a maximum blood pressure of 160/100 mmHg. The exercise test was stopped due to Target heart rate achieved.

Interpretation

Summary: Resting ECG: normal.
Functional Capacity: normal.
HR Response to Exercise: appropriate.
BP Response to Exercise: normal resting BP - appropriate response.
Chest Pain: none.
Arrhythmias: none.
ST Changes: Depression horizontal.
Overall impression: Positive stress test suggestive of ischemia.

Conclusions

GOOD EFFORT TOLERANCE
NORMAL HR AND BP RESPONCE
2MM ST DEPRESSIONS NOTED DURING EXERCISE AND
RECOVERY
NO ANGINA . OR NO ARRHYTHMIAS.
TMT POSITIVE FOR EXERCISE INDUCTED ISICHEMIA

Physician _____

Technician _____

Ph : 0821-4066040/41
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APOLLO CLINIC

DR. GURUPRASAD B V

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