



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: MA23100000151

DATE:14/10/2023

MEDICAL FITNESS CERTIFICATE

This is to certify that I have examined MR. SURESH NAIK

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.

Dietary Counseling was provided from our end.

Known case of Hypertension since 5 years on treatment & under control.

Dr. DEEKSHA. V. SHETTY

Reg.No. 32158

DGS Approval No. KA/MG/09/2023

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



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PHYSICAL EXAMINATION

Date Of Exam : 14/10/2023 Reg. No:MA23100000151
Name : MR. SURESH NAIK (49/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 : 36.0C
Blood Pressure : 120/80mmHg
Pulse : 80/min
Respiration Rate : 16/min
Waist (cm) : 90Cms
Height : 154Cms
Weight : 65.8Kgs
BMI : 27.7kg/m²

Deeksha V. Shetty
Dr. DEEKSHA. V. SHETTY
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Name: MR. SURESH NAIK

Date: 14/10/2023

Reg. No : MA23100000151

Ref : APOLLO HEALTH & LIFESTYLE LIMITED.

OPHTHALMIC REPORT

	RIGHT	LEFT
Distant: (Unaided)	6/12	6/12
Distant: (Aided)	6/6	6/6
Near: (Unaided)	N/10	N/10
Near: (Aided)	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 : 14/10/2023 REG. NO : MA23100000151

NAME : MR. SURESH NAIK

AGE : 49YRS SEX : MALE

REF BY : APOLLO HEALTH & LIFESTYLE LIMITED

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)	14.8	gm/dl	13.5-18
PCV (PACKED CELL VOLUME)	44.4	%	42-52
MCV (MEAN CORPUSCULAR VOLUME)	83.6	fl	78-100
MCH (MEAN CORPUSCULAR HAEMOGLOBIN)	28.7	pg	27-31
MCHC (MEAN CORPUSCULAR Hb CONC.N.)	32.1	g/dl	32-36
RDW (RED CELL DISTRIBUTION WIDTH)	12.5	%	11.5-14.0
TOTAL LEUCOCYTES (WBC) COUNT	8200	Cells /cu.mm	4000-10500
ABSOLUTE NEUTROPHILS COUNT	5200	/c.mm	2000-7000
ABSOLUTE LYMPHOCYTE COUNT	2200	/c.mm	1000-3000
ABSOLUTE MONOCYTE COUNT	410	/c.mm	200-1000
ABSOLUTE EOSINOPHIL COUNT	250	/c.mm	20-500
ABSOLUTE BASOPHIL COUNT	90	/c.mm	20-100
NEUTROPHILS	63.0	%	40-80
LYMPHOCYTES	28.0	%	20-40
MONOCYTES	5.0	%	2-10
EOSINOPHILS	3.0	%	1-6
BASOPHILS	1.0	%	0-2
PLATELET COUNT	2.6	10 ³ /μl	1.50-4.50
MPV (MEAN PLATELET VOLUME)	7.6	fL	6-9.5
PCT (PLATELET HAEMATOCRIT)	0.2	%	0.2-0.5
PDW (PLATELET DISTRIBUTION WIDTH)	15.4	%	9-17

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AGE : 49YRS SEX : MALE

REF : APOLLO HEALTH & 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)	5.0		4.5 - 8
SPECIFIC GRAVITY	1.020		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)	1-2	/hpf	0 - 5
EPITHELIAL CELLS	0-1	/hpf	0 - 5
CRYSTALS	ABSENT	/hpf	ABSENT
CAST	ABSENT	/hpf	ABSENT
AMORPHOUS DEPOSITS	ABSENT	/hpf	ABSENT
BACTERIA	ABSENT	/hpf	ABSENT

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Name : MR. SURESH NAIK
Age : 49Yrs Sex : Male
Ref : APOLLO HEALTH & LIFESTYLE LIMITED

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ESR – Erythrocyte Sedimentation Rate (EDTA Whole Blood, Automated-Capillary photometry aggregation/ Manual – Westergrens method)	05	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 : MR. SURESH NAIK

Age : 49yrs Sex : Male

Reference : APOLLO HEALTH AND LIFESTYLE LIMITED

Test Name	Result	Units	Ref.Interval
LIPID SCREEN, SERUM (Spectrophotometry)			
Cholesterol	206.00	mg/dL	(<200.00)
Triglycerides	198.00	mg/dL	(<150.00)
HDL Cholesterol	35.1	mg/dL	(<40.00)
LDL Cholesterol, Calculated	98.5	mg/dL	(<100.00)
VLDL Cholesterol, Calculated	39.6	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. 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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Age : 49yrs

Sex : Male

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	68.0	U/L	-	<150
Serum Gamma G.T.	18.0	U/L	4	40
Serum G. P. T.	15.0	U/L	10	40
Serum G. O. T.	13.0	U/L	10	42
Serum Total Proteins	7.3	gm/dl	6.0	7.8
Albumin	4.0	gm/dl	3.5	5.0
Globulin	3.3	gm/dl	2.6	3.5
Albumin: Globulin Ratio	1.2	-	-	-


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Name : MR. SURESH NAIK
 Age : 49Yrs Sex : Male
 Ref : APOLLO HEALTH & LIFESTYLE LIMITED

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)	102.54	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 HbA1c are 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 hemoglobinopathies 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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KAKINADA : 70-17-15/1,RR Nagar,Road No.2, Kakinada, Andhra Pradesh -533003.INDIA ☎ : 0884-2345555, 0884-3500132.

LABORATORY REPORT

Date : 14/10/2023 Reg. No: MA23100000151
Name : MR. SURESH NAIK
Age : 49Yrs Sex : Male
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)	: 103	mg/dl	70-110
Blood Sugar (PPBS)	: 136	mg/dl	120-140


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

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



Balaji Medical Centre

An ISO 9001:2015 Accredited Organization
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LABORATORY REPORT

Reg. No : MA23100000151 Date:14/10/2023
Name : MR. SURESH NAIK
Age : 49Yrs Sex: Male
Reference : Apollo Health and Lifestyle Limited

HAEMOTOLOGY

Blood Group & Rh Type : "A" POSITIVE

Dr. DEEKSHA V. SHETTY
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LABORATORY REPORT

Reg. No : MA23100000151
Name : MR. SURESH NAIK (49/Male)
Reference : Apollo Health and Lifestyle Limited
Reported On : 14/10/2023

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

Urea	:	18	mg/dL	15-40
Creatinine	:	0.9	mg/dL	0.2-1.2
BUN	:	08	mg/dL	6-21
Blood Uric Acid	:	5.4	mg/dL	4.7-6.1

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LABORATORY REPORT

Reg No : MA23100000151

Name : MR. SURESH NAIK Date : 14/10/2023

Age : 49 yrs Sex : Male

Reference : Apollo Health and Lifestyle Limited.

PERIPHERAL SMEAR EXAMINATION

RED BLOOD CELL MORPHOLOGY : **NORMAL**

W B C MORPHOLOGY : **NORMAL**

PLATELET MORPHOLOGY : **NORMAL**


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LABORATORY REPORT

Reg. No : MA23100000151
Name : MR. SURESH NAIK (49/M)
Reference : Apollo Health and Lifestyle Limited
Reported On : 14/10/2023

IMMUNOLOGY

PSA (Prostate Specific Antigen) : 2µg/l

Deeksha V. Shetty

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LABORATORY REPORT

Reg. No : MA23100000151 Date : 14/10/2023

Name : MR. SURESH NAIK

Age : 49yrs Sex : Male

Ref : APOLLO HEALTH & LIFESTYLE LIMITED

Test Name	Result	Units	Ref.Range
THYROID PROFILE,TOTAL,SERUM (CLIA)			
T3,Total	165.0	ng/dl	(70-204)
T4,Total	9.30	ug/dL	(5.0-12.5)
TSH	2.5	uIU/ml	(0.45-4.5)

Reference Range for pregnancy:

TSH	REFERENCE RANGE IN Uiu/mL
Pregnancy	
1 st Trimester	0.30-4.50
2 nd Trimester	0.50-4.60
3 rd 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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Date: 14/10/2023

Reg. No : MA23100000151

TO WHOMSOEVER IT MAY CONCERN

This is to certify that I have examined MR. SURESH NAIK (49/M)

for his Dental condition.

No dental issues, His Dental condition and oral hygiene are good.


Dr. S. Naresht
BDS
Reg. No.: 11291

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DIGITAL RADIOGRAPH – CHEST PA- VIEW

Date : 14/10/2023 Reg. No : MA23100000151
Name : MR. SURESH NAIK
Age : 49yrs
Sex : Male
Ref By : APOLLO HEALTH & 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.


Dr. DEEKSHA. V. SHETTY
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ECG REPORT

Date : 14/10/2023 Reg. No:MA23100000151
Name : MR. SURESH NAIK
Age : 49yrs
Sex : Male
Ref By : APOLLO HEALTH & LIFESTYLE LIMITED.
Impression : Normal Sinus Rhythm.


Dr. DEEKSHA. V. SHETTY
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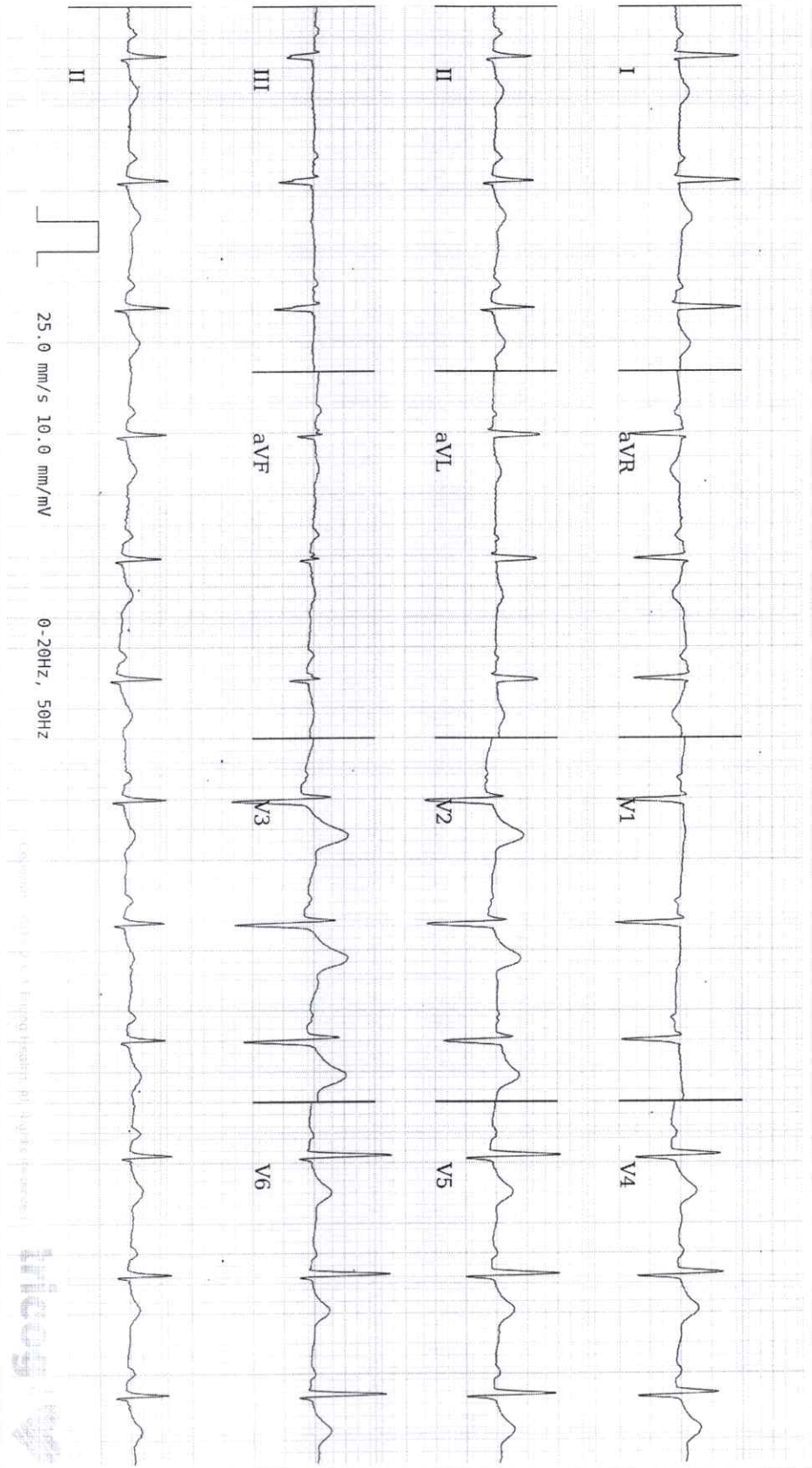
“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



Balaji Medical Centre Mangalore

Age / Gender: 49/Male
Patient ID: MA23100000151

Date and Time: 14th Oct 23 10:57 AM



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

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.

REPORTED BY

Dr. Sudha Parvatha





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NAME : MR. SURESH NAIK **AGE** : 49YRS /M

STUDY DATE : 13/10/2023 **REG.NO** : MA23100000151

PNDT. REG. NO : 06/2018-19 **REF. BY** : APOLLO

USG COMPLETE ABDOMEN

LIVER:

Is Normal in size. Hepatic Parenchyma is intrinsically normal.
No focal lesion seen in liver.
IHBR and CBD are normal in caliber. Portal vein is normal

Gall Bladder:

Is well distended and is normal. No calculus seen. No abnormal wall thickening.

Pancreas:

The head, tail and body of the pancreas are normal. No dilatation of pancreatic duct.

Spleen:

Is normal in size. No focal parenchymal lesions.

RT. Kidneys measures 9.0x4.0cms, normal in size.
Cortico medullary differentiation is maintained.
No calculus noted. Pelvicalyceal system is normal.

LT. Kidneys measures 9.5x4.3cms, normal in size.
Cortico medullary differentiation is maintained.
No calculus noted. Pelvicalyceal system is normal.

Urinary Bladder:

Is well distended and normal. No abnormal wall thickening.
No intraluminal echoes/calculus.

Prostate:

Normal in size and measures 3.3x2.6x3.0cms (Volume~13.4cc).
Seminal vesicles are normal.
No free fluid in abdomen.
No evidence of any significant lymphadenopathy seen.

Impression:

- Normal Study of Liver, Gall bladder, Spleen, Pancreas, Right kidney, Left kidney, Urinary bladder and Prostate.

Deeksha V. Shetty
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Reg.No. 32158
DGS Approval No. KA/MG/09/2023

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ಭಾರತೀಯ ನಿಕಟ ನುಡುಕಿನ ಪ್ರಾಧಿಕಾರ

ಭಾರತ ಸರ್ಕಾರ

Unique Identification Authority of India

Government of India

ನೋಂದಾಯಣ ಕ್ರಮ ಸಂಖ್ಯೆ / Enrollment No.: 2008/00022/07560

To
13/09/2012
ಸುರೇಶ ನಾಯ್ಕ
SURESH NAIK
5-B D DARKHAS HOUSE
GUDDE ANGADI ALEVOOR Alevoor
Udyavara Udupi
Karnataka 574118
9964005286

2119442



MN021194426DF



ನಿಮ್ಮ ಆಧಾರ್ ಸಂಖ್ಯೆ / Your Aadhaar No. :

4562 4387 7630

ಆಧಾರ್ - ಶ್ರೀಸಾಮಾನ್ಯನ ಅಧಿಕಾರ



ಭಾರತ ಸರ್ಕಾರ
GOVERNMENT OF INDIA



ಸುರೇಶ ನಾಯ್ಕ
SURESH NAIK
ತಂದೆ : ನಾರಾಯಣ ತಿ ನಾಯ್ಕ
Father : NARAYANA T NAIK
ಪುಟ್ಟಿದ ವರ್ಷ / Year of Birth : 1974
ವ್ಯವಸ್ಥೆ / Male



4562 4387 7630

ಆಧಾರ್ - ಶ್ರೀಸಾಮಾನ್ಯನ ಅಧಿಕಾರ

Suresh N.