

**Patient Name** : Mr. NIZAR U

**Age/Gender** : 42 Y/M

**UHID/MR No.** : CMYS.0000059970

**OP Visit No** : CMYSOPV123217

**Sample Collected on** :

**Reported on** : 09-03-2024 15:45

**LRN#** : RAD2260710

**Specimen** :

**Ref Doctor** : SELF

**Emp/Auth/TPA ID** : 622772587815

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**DEPARTMENT OF RADIOLOGY**

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**X-RAY CHEST PA**

Both lung fields and hila are normal .

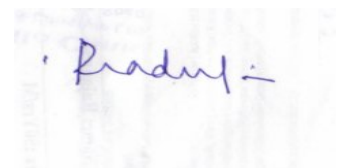
No obvious active pleuro-parenchymal lesion seen .

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 .**



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

<b>Patient Name</b>	: Mr. NIZAR U	<b>Age/Gender</b>	: 42 Y/M
<b>UHID/MR No.</b>	: CMYS.0000059970	<b>OP Visit No</b>	: CMYSOPV123217
<b>Sample Collected on</b>	:	<b>Reported on</b>	: 09-03-2024 10:50
<b>LRN#</b>	: RAD2260710	<b>Specimen</b>	:
<b>Ref Doctor</b>	: SELF		
<b>Emp/Auth/TPA ID</b>	: 622772587815		

## DEPARTMENT OF RADIOLOGY

### ULTRASOUND - WHOLE ABDOMEN

**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 shows multiple calculi of 4-6 mm.

**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 100x47 mm with parenchymal thickness of 14 mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

**LEFT KIDNEY:** It measures 104x52 mm with parenchymal thickness of 16 mm. 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.

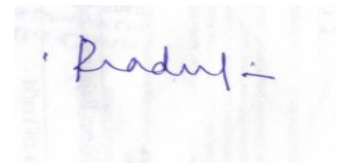
**PROSTATE:** It measures 31x32x30mm with a volume of 13 cc. It is normal in size, outline and echotexture. The vascularity of prostate is normal.

**LIVER:** 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: CHOLELITHIASIS.**

Pradeep Kumar C N, DNB  
Consultant Radiologist.



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




## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Mr Nizar. U on 09/03/24

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none"> <li>• Medically Fit</li> </ul>	✓
<ul style="list-style-type: none"> <li>• Fit with restrictions/recommendations</li> </ul> <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1..... <u>Strict glycaemic control</u> .....</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>	
<ul style="list-style-type: none"> <li>• Currently Unfit.</li> </ul> <p>Review after _____ recommended</p>	
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

Dr.   
 Medical Officer  
 The Apollo Clinic, Mysore.

*This certificate is not meant for medico-legal purposes*

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

**Apollo Health and Lifestyle Limited**

(CIN - U85110TG2000PLC115819)

Regd. Office: 1-10-60/62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016.

Ph No: 040-4904 7777, Fax No: 4904 7744 | Email ID: enquiry@apollohl.com | www.apollohl.com

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Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

 **1860 500 7788**



Date : 09-03-2024  
MR NO : CMYS.0000059970

Department : GENERAL  
Doctor : *D. Umashankar*

Name : Mr. NIZAR U

Registration No : 67024

Age/ Gender : 42 Y / Male

Qualification :

Consultation Timing: 07:50

Height: 162	Weight: 69	BMI:	Waist Circum: 70
Temp:	Pulse:	Resp:	B.P: 100/70

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

*C/S  
AS  
PT / N/A*

Adv

T- OXZA-MET-S x 2 30  
1000 + 1000

Start glycaemic control

Regular Screen

Follow up date :

*D. Umashankar*  
Doctor Signature

**Apollo Clinic**  
# 23, 1st Floor,  
Kallidasa Road, Mysore - 02  
Ph : 0821-4009040/41

Date : 09-03-2024  
 MR NO : CMYS.0000059970  
 Name : Mr. NIZAR U  
 Age/ Gender : 42 Y / Male

Department : GENERAL (Ophthal)  
 Doctor :  
 Registration No :  
 Qualification :

Consultation Timing: 07:50

Height : 162	Weight : 69	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /  
 Allergies History

Clinical Diagnosis & Management Plan

CUS  
 NS  
 PRX } WAC

Vision                      RT                      Lt  
 Far                      - 6/6                      6/6  
 Near                      N-6                      N-8  
 Color                      (N)                      (N)

Regular Exam / Dieting  
 Strict glycaemic control  
 I- Op RFA MET- 5 x 12      1000 (30)  
 100

Follow up date :

*[Signature]*  
 Doctor Signature

**Apollo Clinic**  
 # 23, 1st Floor,  
 Kalidasa Road, Mysore - 02  
 Ph : 0821-4000040 \*11

Date : 09-03-2024  
MR NO : CMYS.0000059970

Department : GENERAL  
Doctor :

Name : Mr. NIZAR U  
Age/ Gender : 42 Y / Male

Registration No : *Dr Praveen Kumar*  
Qualification : *MS (ENT)*

Consultation Timing: 07:50

Height : <i>162</i>	Weight : <i>69</i>	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : <i>100/70</i>

General Examination /  
Allergies History

Clinical Diagnosis & Management Plan

came for regular hearing check

Eor Bilateral SM - *(a)*

Nose - Nasal Mucosa *(a)* : *DMS to R*

oral cavity & oropharynx - *(a)*

neck *(a)*

*for*  
*hearing*

Follow up date :

*(Signature)*

Doctor Signature

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



Date : 09-03-2024  
MR NO : CMYS.0000059970

Department : GENERAL Dietetics  
Doctor : Madhura . B . P

Name : Mr. NIZAR U  
Age/ Gender : 42 Y / Male

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

Consultation Timing: 07:50

IRW - 62

Height : 162	Weight : 69	BMI : 26 kg/m <sup>2</sup>	Waist Circum : 100 cm
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /  
Allergies History

FBS - 164  
PPBS - 221  
HbA1c - 7.3  
Triglycerides - 206  
HDL - 32  
NON HDL - 144  
LDL - 102.98  
VLDL - 41.19  
Chol/HDL - 5.53

Clinical Diagnosis & Management Plan

Cholelithiasis.  
→ Advised low fat, diabetic diet with complex carbohydrates and avoid simple sugars.  
→ Fruits like Apple, Papaya, Muskmelon, Orange, Mosambi, Guava if FBS is below 100mg/dl 100gms/day.  
→ Avoid root vegetables like potato, sweet potato, Yam & Arbi.

klclo - T2DM

Follow up date :

Doctor Signature - B.P.  
Apolo Clinic  
# 23, 1st Floor,  
Kalidasa Road, Mysore - 02  
Ph : 0821-4006040/41  
9/3/2024



Patient Name	: Mr. NIZAR U	Age	: 42 Y M
UHID	: CMYS.0000059970	OP Visit No	: CMYSOPV123217
Reported on	: 09-03-2024 15:45	Printed on	: 09-03-2024 15:45
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:09-03-2024 15:45

---End of the Report---

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

Radiology

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Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

**1860 500 7788**

<b>Patient Name: Mr. Nizar U</b>	<b>Date: 09.03.2024</b>	<b>Doctor: Dr. Self</b>
<b>Age / Sex: 42yrs / Male</b>	<b>UHID No: 59970</b>	<b>OP:</b>
<b>ULTRASONOGRAPHY – ABDOMEN &amp; PELVIS</b>		

**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 shows multiple calculi of 4-6 mm.

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

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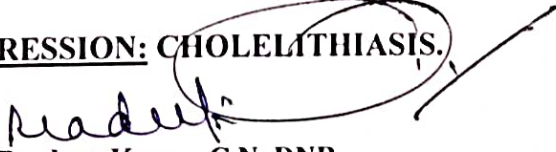
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**PROSTATE:** It measures 31x32x30mm with a volume of 13 cc. It is normal in size, outline and echotexture. The vascularity of prostate is normal.

**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: CHOLELITHIASIS.**

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

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Koramangala | Sarjapur Road | Mysore: IVV Mahalla

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TO BOOK AN APPOINTMENT

**1860 500 7788**

<b>Patient's Name : Mr. Nizar U</b>	<b>Age &amp; Sex; 47Yrs /Male</b>
<b>Date : 09.03.2024</b>	<b>UHID No:059970</b>

**2D ECHOCARDIOGRAPHY STUDY**

**Impression:**

- Normal chambers and valves
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 61 %
- No clots. No pericardial effusion

**Findings**

Left Ventricle:	No RWMA
Right Ventricle	Normal
Left Atrium	Normal
Right Atrium	Normal
Aorta	Normal
Pulmonary Artery	Normal
IAS	Intact
IVS	Intact
Valves	Normal
Pericardium	Normal
Doppler	Normal

**Apollo Health and Lifestyle Limited**

REGD. 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110/102/103/104/105/106/107/108/109/110/111/112/113/114/115/116/117/118/119/120/121/122/123/124/125/126/127/128/129/130/131/132/133/134/135/136/137/138/139/140/141/142/143/144/145/146/147/148/149/150/151/152/153/154/155/156/157/158/159/160/161/162/163/164/165/166/167/168/169/170/171/172/173/174/175/176/177/178/179/180/181/182/183/184/185/186/187/188/189/190/191/192/193/194/195/196/197/198/199/200/201/202/203/204/205/206/207/208/209/210/211/212/213/214/215/216/217/218/219/220/221/222/223/224/225/226/227/228/229/230/231/232/233/234/235/236/237/238/239/240/241/242/243/244/245/246/247/248/249/250/251/252/253/254/255/256/257/258/259/260/261/262/263/264/265/266/267/268/269/270/271/272/273/274/275/276/277/278/279/280/281/282/283/284/285/286/287/288/289/290/291/292/293/294/295/296/297/298/299/300/301/302/303/304/305/306/307/308/309/310/311/312/313/314/315/316/317/318/319/320/321/322/323/324/325/326/327/328/329/330/331/332/333/334/335/336/337/338/339/340/341/342/343/344/345/346/347/348/349/350/351/352/353/354/355/356/357/358/359/360/361/362/363/364/365/366/367/368/369/370/371/372/373/374/375/376/377/378/379/380/381/382/383/384/385/386/387/388/389/390/391/392/393/394/395/396/397/398/399/400/401/402/403/404/405/406/407/408/409/410/411/412/413/414/415/416/417/418/419/420/421/422/423/424/425/426/427/428/429/430/431/432/433/434/435/436/437/438/439/440/441/442/443/444/445/446/447/448/449/450/451/452/453/454/455/456/457/458/459/460/461/462/463/464/465/466/467/468/469/470/471/472/473/474/475/476/477/478/479/480/481/482/483/484/485/486/487/488/489/490/491/492/493/494/495/496/497/498/499/500/501/502/503/504/505/506/507/508/509/510/511/512/513/514/515/516/517/518/519/520/521/522/523/524/525/526/527/528/529/530/531/532/533/534/535/536/537/538/539/540/541/542/543/544/545/546/547/548/549/550/551/552/553/554/555/556/557/558/559/560/561/562/563/564/565/566/567/568/569/570/571/572/573/574/575/576/577/578/579/580/581/582/583/584/585/586/587/588/589/590/591/592/593/594/595/596/597/598/599/600/601/602/603/604/605/606/607/608/609/610/611/612/613/614/615/616/617/618/619/620/621/622/623/624/625/626/627/628/629/630/631/632/633/634/635/636/637/638/639/640/641/642/643/644/645/646/647/648/649/650/651/652/653/654/655/656/657/658/659/660/661/662/663/664/665/666/667/668/669/670/671/672/673/674/675/676/677/678/679/680/681/682/683/684/685/686/687/688/689/690/691/692/693/694/695/696/697/698/699/700/701/702/703/704/705/706/707/708/709/710/711/712/713/714/715/716/717/718/719/720/721/722/723/724/725/726/727/728/729/730/731/732/733/734/735/736/737/738/739/740/741/742/743/744/745/746/747/748/749/750/751/752/753/754/755/756/757/758/759/760/761/762/763/764/765/766/767/768/769/770/771/772/773/774/775/776/777/778/779/780/781/782/783/784/785/786/787/788/789/790/791/792/793/794/795/796/797/798/799/800/801/802/803/804/805/806/807/808/809/810/811/812/813/814/815/816/817/818/819/820/821/822/823/824/825/826/827/828/829/830/831/832/833/834/835/836/837/838/839/840/841/842/843/844/845/846/847/848/849/850/851/852/853/854/855/856/857/858/859/860/861/862/863/864/865/866/867/868/869/870/871/872/873/874/875/876/877/878/879/880/881/882/883/884/885/886/887/888/889/890/891/892/893/894/895/896/897/898/899/900/901/902/903/904/905/906/907/908/909/910/911/912/913/914/915/916/917/918/919/920/921/922/923/924/925/926/927/928/929/930/931/932/933/934/935/936/937/938/939/940/941/942/943/944/945/946/947/948/949/950/951/952/953/954/955/956/957/958/959/960/961/962/963/964/965/966/967/968/969/970/971/972/973/974/975/976/977/978/979/980/981/982/983/984/985/986/987/988/989/990/991/992/993/994/995/996/997/998/999/1000/1001/1002/1003/1004/1005/1006/1007/1008/1009/1010/1011/1012/1013/1014/1015/1016/1017/1018/1019/1020/1021/1022/1023/1024/1025/1026/1027/1028/1029/1030/1031/1032/1033/1034/1035/1036/1037/1038/1039/1040/1041/1042/1043/1044/1045/1046/1047/1048/1049/1050/1051/1052/1053/1054/1055/1056/1057/1058/1059/1060/1061/1062/1063/1064/1065/1066/1067/1068/1069/1070/1071/1072/1073/1074/1075/1076/1077/1078/1079/1080/1081/1082/1083/1084/1085/1086/1087/1088/1089/1090/1091/1092/1093/1094/1095/1096/1097/1098/1099/1100/1101/1102/1103/1104/1105/1106/1107/1108/1109/1110/1111/1112/1113/1114/1115/1116/1117/1118/1119/1120/1121/1122/1123/1124/1125/1126/1127/1128/1129/1130/1131/1132/1133/1134/1135/1136/1137/1138/1139/1140/1141/1142/1143/1144/1145/1146/1147/1148/1149/1150/1151/1152/1153/1154/1155/1156/1157/1158/1159/1160/1161/1162/1163/1164/1165/1166/1167/1168/1169/1170/1171/1172/1173/1174/1175/1176/1177/1178/1179/1180/1181/1182/1183/1184/1185/1186/1187/1188/1189/1190/1191/1192/1193/1194/1195/1196/1197/1198/1199/1200/1201/1202/1203/1204/1205/1206/1207/1208/1209/1210/1211/1212/1213/1214/1215/1216/1217/1218/1219/1220/1221/1222/1223/1224/1225/1226/1227/1228/1229/1230/1231/1232/1233/1234/1235/1236/1237/1238/1239/1240/1241/1242/1243/1244/1245/1246/1247/1248/1249/1250/1251/1252/1253/1254/1255/1256/1257/1258/1259/1260/1261/1262/1263/1264/1265/1266/1267/1268/1269/1270/1271/1272/1273/1274/1275/1276/1277/1278/1279/1280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Patient's Name : Mr. Nizar U	Age & Sex: 47 Yrs / Male
Date : 09.03.2024	UHID No: 059970

Measurements

AO : 2.6 cm  
LA : 2.4 cm

RV : 2.6 cm  
LVIDd : 4.89 cm  
LVIDs : 3.27 cm  
IVSd : 0.92 cm  
IVSs : 1.17 cm  
PWd : 1.15 cm  
PWs : 1.27 cm  
EF : 61.0 %  
FS : 33.0 %

Doppler

	MV		TV		AV		PV	
E	0.83 m/s	E	---	m/s	V max	1.05 m/s	V max	0.91 m/s
A:	0.48 m/s	A	---	m/s				

**Dr. GURU PRASAD. B. V, MBBS, PGDCC**  
**CONSULTANT – NON-INVASIVE CARDIOLOGY**

Dr. GURU PRASAD. B. V  
MBBS, PGDCC (CARDIO)  
CC(EM), EM(CCPH), PGCC, CC(EDM)  
Consultant - Non-Invasive Cardiology  
KMC, Sec. 6/9/83

**Apollo Health and Lifestyle Limited**

REGD. OFFICE: 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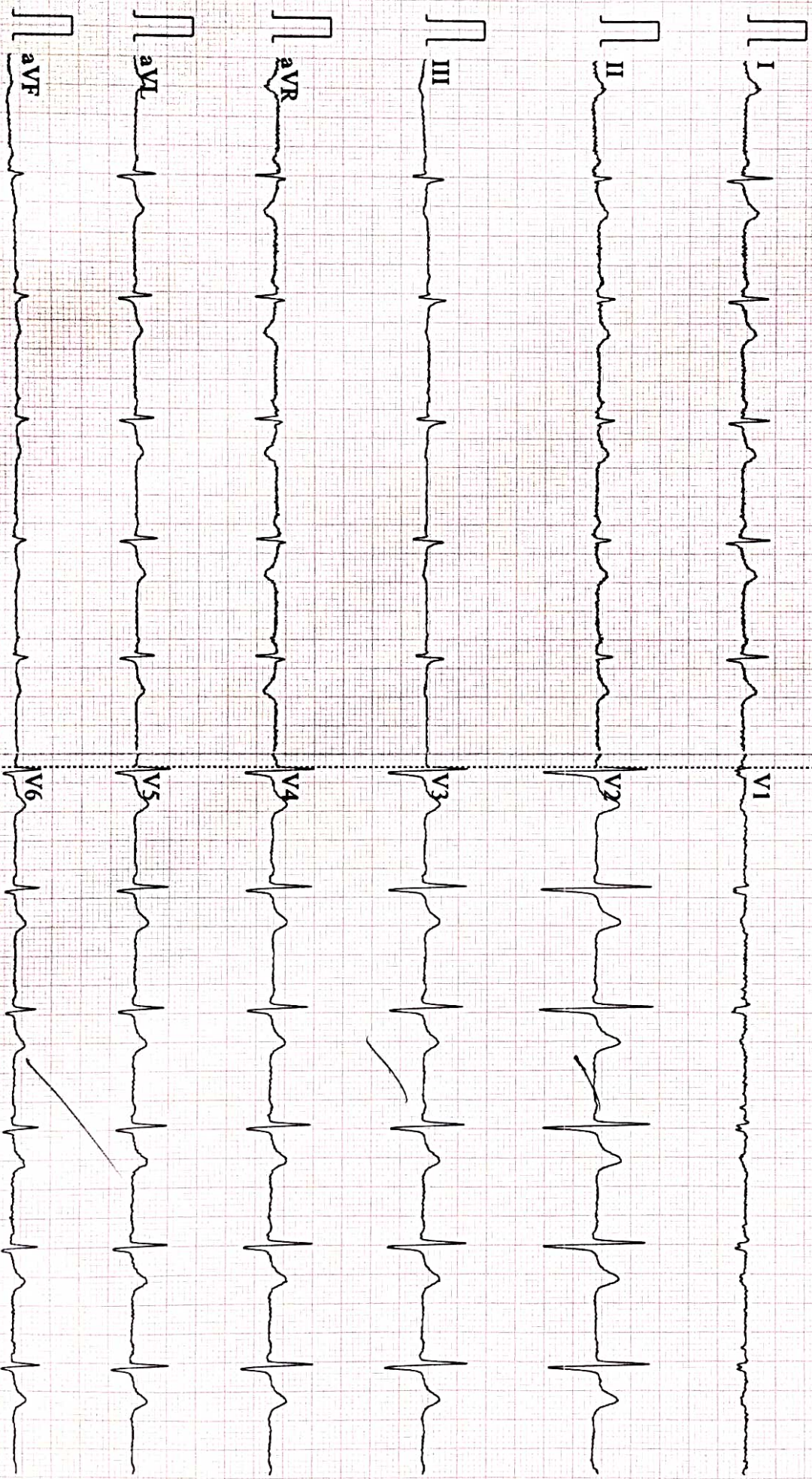
ID: 59970  
MR NIZAR U  
Male 42Years  
162cm 69kg 100/70 mmHg

09-03-2024 09:44:31 AM

Diagnosis Information:

Unconfirmed Report.

**Apollo Clinic**  
# 23, 1st Floor,  
Kalidasa Road, Mysore - 02  
Ph : 0821-42821-42820/41



0.5-45Hz AC50 25mm/s 10mm/mV 2\*5.0s 71 CARDIART 8 D V1.43 Glasgow V28.60 APOLLO CLINIC MYSURU



Name: Mr. NIZAR U  
Age/Gender: 42 Y/M  
Address: MYSORE  
Location: MYSORE, KARNATAKA  
Doctor:  
Department: GENERAL  
Rate Plan: MYSORE\_06042023  
Sponsor: ARCOFEMI HEALTHCARE LIMITED  
Consulting Doctor: Dr. SABAH JAVED

MR No: CMYS.0000059970  
Visit ID: CMYSOPV123217  
Visit Date: 09-03-2024 07:50  
Discharge Date:  
Referred By: SELF

## HT-CHIEF COMPLAINTS AND PRESENT KNOWN ILLNESS

### Chief Complaints

COMPLAINTS:::: For Corporate Health Checkup,

## SYSTEMIC REVIEW

### \*\*Weight

--->: Stable,

Number of kgs: 69,

-=: 162,

## HT-HISTORY

### Past Medical History

PAST MEDICAL HISTORY: Nil Significant,

\*\*Cancer: NILL,

## PHYSICAL EXAMINATION

### SYSTEMIC EXAMINATION

### IMPRESSION

### IMPRESSION

Finding Category : within normal limits,

## ECG

: normal,

## RECOMMENDATION

### DISCLAIMER

Disclaimer: The health checkup examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the consulting physician. Additional tests, consultations and follow up may be required in some cases.,

Doctor's Signature