



Balaji Medical Centre

An ISO 9001:2015 Accredited Organization
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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: MA23060000267

DATE: 24/06/2023

MEDICAL FITNESS CERTIFICATE

This is to certify that I have examined **Mr. SHIVASHANKAR K (57/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 .

Known case of diabetes on treatment and under control


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 : 24/06/2023 Reg. No:MA23060000267
Name : Mr. SHIVASHANKAR K (57/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 : 120/90mmHg
Pulse : 88/min
Respiration Rate : 16/min
Waist (cm) : 85Cms
Height : 161Cms
Weight : 45.2Kgs
BMI : 17.4kg/m²


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Name: Mr. SHIVASHANKAR K

Date: 24/06/2023

Reg. No : MA23060000267

Ref : Dr. A.H.Balaji

OPHTHALMIC REPORT

	RIGHT	LEFT
Distant: (Unaided)	6/9	6/9
Distant: (Aided)	6/6	6/6
Near: (Unaided)	N/5	N/5
Near: (Aided)	-	-
Colour:	Normal	Normal
Anterior Segment:	Normal	Normal
Intra Ocular Pressure:	Normal	Normal
Fundus:	Normal	Normal


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LABORATORY REPORT

DATE : 24/06/2023 REG. NO : MA23060000267

NAME : Mr. SHIVASHANKAR K

AGE : 57YRS 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)	16.1	gm/dl	13.5-18
PCV (PACKED CELL VOLUME)	48.3	%	42-52
MCV (MEAN CORPUSCULAR VOLUME)	82.6	fl	78-100
MCH (MEAN CORPUSCULAR HAEMOGLOBIN)	30.7	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	7300	Cells /cu.mm	4000-10500
ABSOLUTE NEUTROPHILS COUNT	4300	/c.mm	2000-7000
ABSOLUTE LYMPHOCYTE COUNT	2200	/c.mm	1000-3000
ABSOLUTE MONOCYTE COUNT	530	/c.mm	200-1000
ABSOLUTE EOSINOPHIL COUNT	210	/c.mm	20-500
ABSOLUTE BASOPHIL COUNT	50	/c.mm	20-100
NEUTROPHILS	58.0	%	40-80
LYMPHOCYTES	34.0	%	20-40
MONOCYTES	4.0	%	2-10
EOSINOPHILS	3.0	%	1-6
BASOPHILS	1.0	%	0-2
PLATELET COUNT	2.3	10 ³ /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)	14.7	%	9-17

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 NAME : Mr. SHIVASHANKAR K
 AGE : 57YRS SEX : MALE
 REF BY : DR.A.H.BALAJI

ROUTINE EXAMINATION URINE

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
<u>GENERAL EXAMINATION:</u>			
COLOUR	PALE YELLOW		PALE YELLOW
APPEARANCE	CLEAR		CLEAR
REACTION (pH)	5.5		4.5 - 8
SPECIFIC GRAVITY	1.030		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)	2-3	/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 : 24/06/2023 Reg. No : MA23060000267
Name : Mr. SHIVASHANKAR K
Age : 57yrs Sex : Male
Reference : APOLLO HEALTH AND LIFESTYLE LIMITED
Ref By : DR.A.H. BALAJI

Test Name	Result	Units	Ref.Interval
LIPID SCREEN, SERUM (Spectrophotometry)			
Cholesterol	195.00	mg/dL	(<200.00)
Triglycerides	148.00	mg/dL	(<150.00)
HDL Cholesterol	32.7	mg/dL	(<40.00)
LDL Cholesterol, Calculated	93.4	mg/dL	(<100.00)
VLDL Cholesterol, Calculated	29.6	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 : Mr. SHIVASHANKAR K

Age : 57yrs Sex : Male

Reference : Apollo Health and Lifestyle Limited

Ref By : DR. A.H. BALAJI

LIVER FUNCTION TEST

TEST	PATIENT'S	UNITS	NORMAL RANGE	
	VALUES		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	61.0	U/L	-	<150
Serum Gamma G.T.	21.0	U/L	4	40
Serum G. P. T.	22.0	U/L	10	40
Serum G. O. T.	25.0	U/L	10	42
Serum Total Proteins	6.9	gm/dl	6.0	7.8
Albumin	4.0	gm/dl	3.5	5.0
Globulin	2.9	gm/dl	2.6	3.5
Albumin: Globulin Ratio	1.3	U/L	50	60


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HAEMATOLOGY

Blood Group & Rh Type : "B" POSITIVE


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PERIPHERAL SMEAR EXAMINATION

RED BLOOD CELL MORPHOLOGY : **NORMAL**

W B C MORPHOLOGY : **NORMAL**

PLATELET MORPHOLOGY : **NORMAL**


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<u>Tests</u>	<u>Value/Results</u>	<u>Units</u>	<u>Reference Interval</u>
<u>BIO-CHEMISTRY</u>			
Blood Sugar (F)	: 102	mg/dl	70-110
Blood Sugar (PPBS)	: 130	mg/dl	120-140
Creatinine	: 0.8	mg/dl	0.2-1.2
Uric Acid	: 6.0	mg/dl	4.7-6.1
Urea	: 20	mg/dl	15-40
BUN	: 9	mg/dl	6-21

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LABORATORY REPORT

Date : 24/06/2023 Reg. No : MA23060000267

Name : Mr. SHIVASHANKAR K

Age : 57Yrs 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)	6.3	%	non-diabetic: <= 5.6 pre- diabetic: 5.7-6.4 Diabetic :> = 6.5
Estimated Average glucose (e AG)	134.11	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 heamoglobinopathies 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 glycemc 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.

DR. VIDYA KUMARI

Reg.No. 10306

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“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



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LABORATORY REPORT

Reg. No : MA23060000267 Date : 24/06/2023
 Name : Mr. SHIVASHANKAR K
 Age : 57yrs Sex : Male
 Ref By : DR.A.H. BALAJI

Test Name	Result	Units	Ref.Range
THYROID PROFILE,TOTAL,SERUM (CLIA)			
T3>Total	185.0	ng/dl	(70-204)
T4>Total	8.05	ug/dL	(5.0-12.5)
TSH	2.42	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
- Hyperthroidism
- 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 : 24/06/2023 Reg. No : MA23060000267
Name : Mr. SHIVASHANKAR K
Age : 57yrs
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 : 24/06/2023 Reg. No :MA23060000267
Name : Mr. SHIVASHANKAR K
Age : 57yrs
Sex : Male
Ref By : DR. A. H. BALAJI
Impression : Normal Sinus Rhythm.

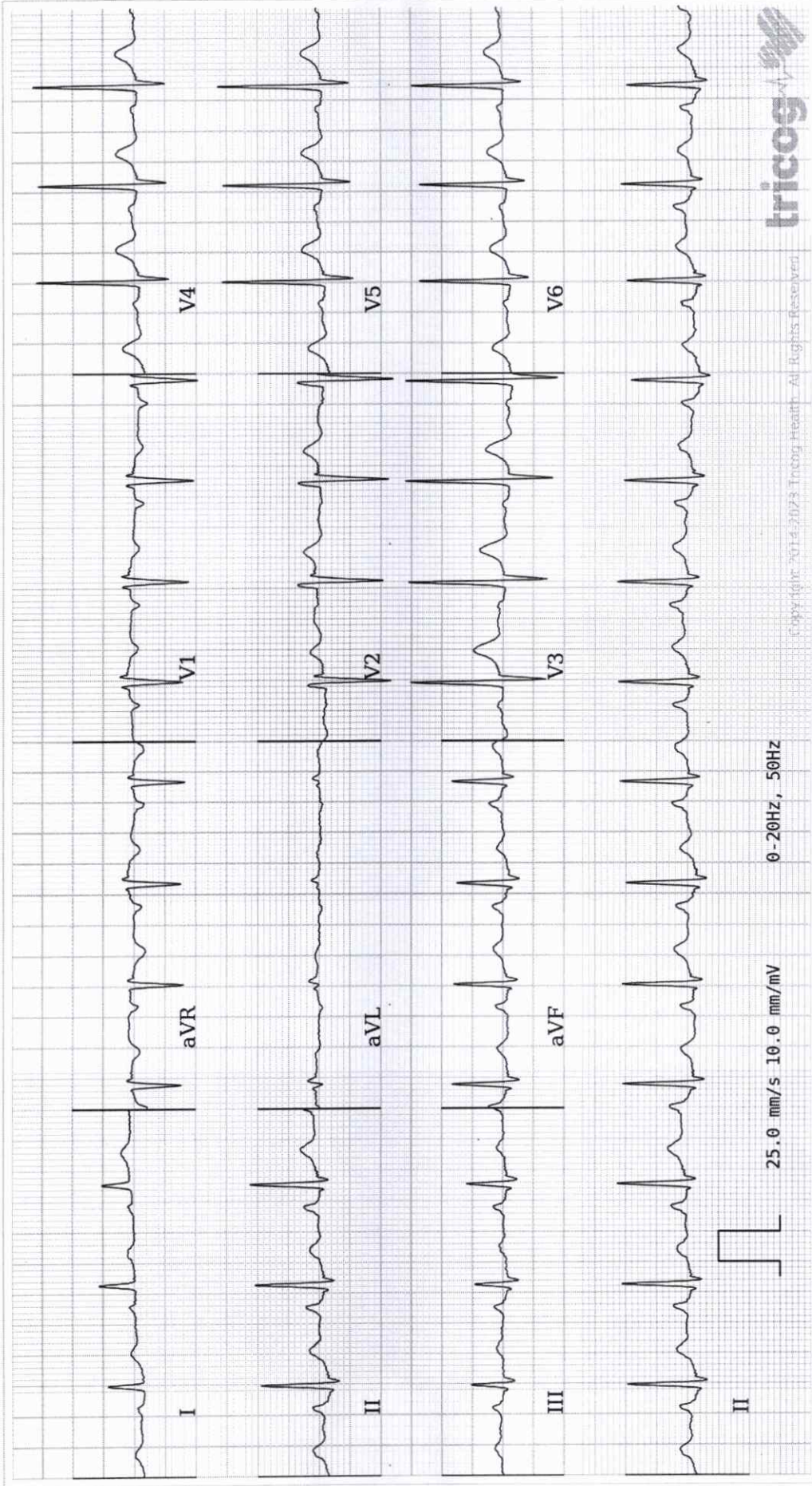

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Balaji Medical Centre Mangalore

Age / Gender: 57/Male Date and Time: 24th Jun 23 11:35 AM
Patient ID: MA23060000267



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

REPORTED BY

Sowmya
 ASSURED
 Dr. Sowmya G Dath
 BIABAGH
 MCI-68047

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.



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NAME : Mr. SHIVASHANKAR K **AGE** : 57YRS /M
STUDY DATE : 24/06/2023 **REG.NO** : MA23060000267
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 7.4x3.6cms, normal in size.
Cortico medullary differentiation is maintained.
No calculus noted. Pelvicalyceal system is normal.

LT. Kidneys measures 7.8x4.2cms, 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 3.0x2.7x3.0cms (Volume~12.7cc).
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.


Dr. Right Kidney, Left
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भारत सरकार
Government of India

आधार

Issue Date: 17/08/2013



Shivashankar K
DOB: 26/05/1966
MALE



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