

Name : Mrs. Shubha S Baliga

Age: 59 Y

Sex: F

Address : mysore

 Plan : ARCOFEMI MEDIWHEEL FEMALE AHC CREDIT PAN
 INDIA OP AGREEMENT

UHID:CMYS.0000060067



OP Number:CMYSOPV123475

Bill No :CMYS-OCR-22665

Date : 16.03.2024 08:10

Sno	Service Type/ServiceName	Department
1	ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS CHECK ADVANCED - FEMALE - 2D ECHO - PAN INDIA - FY2324	
1	GAMMA GLUTAMYL TRANSFERASE (GGT)	
2	DECHO → P	
3	LIVER FUNCTION TEST (LFT)	
4	GLUCOSE, FASTING	
5	HEMOGRAM + PERIPHERAL SMEAR	
6	GYNACEOLOGY CONSULTATION → P	
7	DIET CONSULTATION → P	
8	COMPLETE URINE EXAMINATION	
9	URINE GLUCOSE(POST PRANDIAL)	
10	PERIPHERAL SMEAR	
11	ECG	with Gluc
12	LBC PAP TEST- PAPSURE + Stix	with - 153
13	RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT)	
14	DENTAL CONSULTATION	
15	GLUCOSE, POST PRANDIAL (PP), 2 HOURS (POST MEAL)	Bp - 110/80
16	URINE GLUCOSE(FASTING)	
17	SONO MAMOGRAPHY - SCREENING → P	/
18	HbA1c, GLYCATED HEMOGLOBIN	
19	X-RAY CHEST PA	
20	ENT CONSULTATION → P	
21	FITNESS BY GENERAL PHYSICIAN → P	
22	BLOOD GROUP ABO AND RH FACTOR	
23	LIPID PROFILE	
24	BODY MASS INDEX (BMI)	
25	OPHTHAL BY GENERAL PHYSICIAN	
26	ULTRASOUND - WHOLE ABDOMEN → P	
27	THYROID PROFILE (TOTAL T3, TOTAL T4, TSH)	

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Shruthi S. Baliga on 16/8/24

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 	✓
<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. <u>Strict Glycemic 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"> • Currently Unfit. <p>Review after _____ recommended</p>	
<ul style="list-style-type: none"> • Unfit 	

Dr. Dr. B. M. Reddy
Medical Officer
The Apollo Clinic, Mysore.

Apollo Health and Lifestyle Limited

This certificate is not meant for medico-legal purposes

REGD. OFFICE: 110, 60-62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
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Apollo Clinic
23, 1st Floor,

Kalidasa Road, Mysore AN 0201MENT

Ph : 0821- **1860 500 7788**

Date : 16-03-2024
MR NO : CMYS.0000060067

Department : GENERAL
Doctor : Dr. Umesh H B

Name : Mrs. Shubha S Baliga

Registration No : 67084
Qualification : MBBS - MD

Age/ Gender : 59 Y / Female

Consultation Timing: 08:09

Height : 154	Weight : 64 kg	BMI :	Waist Circum :
Temp :	Pulse : 76 bpm	Resp : 20 bpm	B.P : 110/80

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

CUG
RS
BM

Ad

T- OXRA MET- S x R 1000

1000 - (30)

T- Melmet 500 0-0-d- (30)

T- Fibrohep 20 (30)

T- Azota- ES 0-0-1- (30)

Follow up date :


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

Date : 16-03-2024
 MR NO : CMYS.0000060067
 Name : Mrs. Shubha S Baliga
 Age/ Gender : 59 Y / Female

Department : GENERAL
 Doctor :
 Registration No :
 Qualification :

Consultation Timing: 08:09

Height : 153	Weight : 64.6	BMI :	Waist Circum : 80
Temp :	Pulse :	Resp :	B.P : 110/80

General Examination /
 Allergies History
 FH - DM since 5 yrs on Rx.

Clinical Diagnosis & Management Plan
 menopause 5 yrs back.
 hysterectomy done 2 yrs back.

ml - 31 yrs. P212
 FTND 3
 Subclonised

FH - DM +.

Adv :- Regular walk.
 - sugar control, physician advice.

slam - cholelithiasis
 gr. I fatty liver
 uterus & ovaries absent
 mammogram - normal

- diabetic diet.
 - TAB. SHELICAL XT (30)
 0-1-0
 x 6m.

FBS ↑
 PPBS ↑

Follow up date :

Dr.
 Doctor Signature
Apollo Clinic
 # 23, 1st Floor,
 Kalidasa Road, Mysore - 02
 Ph : 0821-4006040/41



Date : 16-03-2024
MR NO : CMYS.0000060067

Department : GENERAL Dietetics
Doctor : Madhura. B.P

Name : Mrs. Shubha S Baliga

Registration No :

Age/ Gender : 59 Y / Female

Qualification : M.Sc Nutrition & Dietetics
PhD*

Consultation Timing: 08:09

Height : 153	Weight : 64.6	BMI : 27 kg/m ²	Waist Circum : 101.80
Temp :	Pulse :	Resp :	B.P : 160/80

IBW - 51kg

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

K/C/O - T2DM

ESR - 28
FBS - 173
PPBS - 255
HSAIC - 8-2
Total cholesterol - 268
Triglycerides - 241
HDL - 34
Non HDL - 234
LDL - 185.42
VLDL - 48.21
chol/HDL - 7.80

Diagnosis - Grade I Fatty liver, cholelithiasis
→ Advised low fat, diabetic diet with complex carbohydrates.
→ Fruits like Apple, Papaya, Muskmelon, orange, Mosambi, Guava & Pear can be taken in quantity.
→ Avoid starchy vegetables potato, sweet, Yams & Arbi.

Follow up date :

Doctor Signature
16/3/2024
Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Department- Dietetics

Name- Madhura B P

Qualification- M.Sc Nutrition & Dietetic
PhD*

- 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.


16/3/2024
Dietician signature

Date : 16-03-2024
 MR NO : CMYS.0000060067
 Name : Mrs. Shubha S Baliga
 Age/ Gender : 59 Y / Female

Department : GENERAL
 Doctor : *optical*
 Registration No :
 Qualification :

Consultation Timing: 08:09

Height : 53	Weight : 64.6	BMI : High	Waist Circum :
Temp : (91)	Pulse : 92/min	Resp : 22/min	B.P : 110/80

General Examination /
 Allergies History

- NO -

16/3/24

Clinical Diagnosis & Management Plan

Eye examination

Wearing short sightedness glass

Not a Kelo HTN.

Kelo Ty II DM - on regular R

Vision	R	L
Far	6/6	6/6
Hear	Wearing corrected lens.	

- colour vision - (N)

Follow up date :

Doctor Signature *[Signature]*

Regular eye checkups required.

Date : 16-03-2024
MR NO : CMYS.0000060067
Name : Mrs. Shubha S Baliga
Age/ Gender : 59 Y / Female

Department : GENERAL
Doctor :
Registration No :
Qualification :

Consultation Timing: 08:09

Height : 153	Weight : 64.6	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/80

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

Came for regular health checkup

Chest x ray (PA view) - Normal

ECG - EF 54%

EKG - Normal

ESR - 28 , FBS - 173

PPBS - 255 , HbA1c - 8.2

TC - 268 , TG - 241 , LDL - 185

Urine - Clean trace

DR

- Diabetologist opinion

Follow up date :

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

Date : 16-03-2024
MR NO : CMYS.0000060067

Department : GENERAL Dental
Doctor : Dr. Jayathishree

Name : Mrs. Shubha S Baliga
Age/ Gender : 59 Y / Female

Registration No :
Qualification :

Consultation Timing: 08:09

Height : 153	Weight : 64.6	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 110/86

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

O/E

CU +1, SG +1

Axv: - oral prophylaxis

~~6/6~~ Missing

Axv: - Replacement

Follow up date :

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

MRS SHUBHA S BALIGA
Female 59Years
BSM 64kg 110/80 mmHg

Unconfirmed Report.

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



Patient Name	: Mrs. Shubha S Baliga	Age	: 59 Y F
UHID	: CMYS.0000060067	OP Visit No	: CMYSOPV123475
Reported on	: 16-03-2024 15:45	Printed on	: 16-03-2024 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 .

Printed on:16-03-2024 15:45

---End of the Report---


Dr. CHETAN HOLEPPAGOL
MBBS, DNB(RADIO DIAGNOSIS)
Radiology

Apollo Health and Lifestyle Limited

(CIN: U65110TG2000PLC115819)

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TO BOOK AN APPOINTMENT

 **1860 500 7788**

Page 1 of 1

Patient Name: Mrs. Shubha S Baliga	Date : 16.03.2024	Referring Doctor: Self
Age / Sex: 59Yrs/Female	UHID No : 0060067	Location : OP
ULTRASONOGRAPHY- BREAST		

RIGHT BREAST: It is normal in echopattern. No e/o focal nodular or mass lesions seen. No e/o calcifications. The skin over the breast is normal. Nipple and areola are normal. The subcutaneous, mammary and retro mammary zones are normal.

LEFT BREAST: It is normal in echopattern. No e/o focal nodular or mass lesions seen. No e/o calcifications. The skin over the breast is normal. Nipple and areola are normal. The subcutaneous, mammary and retro mammary zones are normal.

No e/o axillary lymphadenopathy.

IMPRESSION: NORMAL STUDY.


Dr. Chetan S H. DMRD DNB
Consultant Radiologist.

Apollo Health and Lifestyle Limited

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TO BOOK AN APPOINTMENT

1860 500 7788

Patient Name: Mrs. Shubha S Baliga	Date : 16.03.2024	Referring Doctor:Dr. Self
Age / Sex: 59Yrs/Female	UHID No : 0060067	Location : OP
ULTRASONOGRAPHY- ABDOMEN & PELVIS		

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

GALL BLADDER: It is well distended and shows few calculi, largest measuring 8mm.

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

PANCREAS: It is normal.

RIGHT KIDNEY: It measures 10.7x3.4 cm with parenchymal thickness of 1.2 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 11.3x4.3cm with parenchymal thickness of 1.4 cm. 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 calculi seen.

UTERUS & OVARIES : Post operative status.

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:

- **GRADE I FATTY LIVER**
- **CHOLELITHIASIS.**

Dr. Chetan H DNB
Consultant Radiologist.

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TO BOOK AN APPOINTMENT

1860 500 7788

Patient's Name : Mrs Shubha S Baliga	Age & Sex: 59Yrs /Female
Date :16/03/2024	UHID No:60067

2D ECHOCARDIOGRAPHY STUDY

Impression:

- Normal chamber volumes
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 64 %
- Grade 1 LVDD
- 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	Grade 1 LVDD

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 **1860 500 7788**

Patient's Name : Mrs Shubha S Baliga	Age & Sex: 59Yrs /Female
Date :16/03/2024	UHID No:60067

Measurements

AO : 2.6 cm
 LA : 3.7 cm

 RV : 2.2 cm
 LVIDd : 4.67 cm
 LVIDs : 3.04 cm
 IVSd : 0.95 cm
 IVSs : 1.27 cm
 PWd : 0.90 cm
 PWs : 1.27 cm

 EF : 64.0 %
 FS : 34.0 %

Doppler
 MV TV AV PV
 E: 0.69 m/s E --- m/s V max 0.72 m/s V max 0.83 m/s
 A: 0.81 m/s A --- m/s
 MR Nil TR Nil AR Nil PR Nil

Dr. GURU PRASAD. B. V, MBBS, PGDCC

Dr. GURU PRASAD. B. V
 MBBS, PGDCC (CARDIO)
 Consultant - Non Invasive Cardiology
 KMC No 69949

CONSULTANT - NON-INVASIVE CARDIOLOGY

Apollo Health and Lifestyle Limited

ICIN: U65110TG2000PLC115819

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TO BOOK AN APPOINTMENT

1860 500 7788

Informed Consent/Declaration For Test Exclusion

Patient Name: Mrs Shubha S. Baliga Age: 59 y 1 F

UHID Number: 60067

Please tick and sign the relevant part

I certify that I will skip P LBC pap smear Test from my own.

No refund is provided for the above excluded test and i have been informed about the same.

Patient signature x Shubha Date 16/3/2024

Witness signature: [Signature] Date: 16/3/2024