

Niravagi

Name : Mrs. MADHUSHREE M

Age: 34 Y

UHID:CMYS.0000060187

Sex: F



OP Number:CMYSOPV123769

Address : MYSORE

Plan : ARCOFEMI MEDIWHEEL FEMALE AHC CREDIT PAN
INDIA OP AGREEMENT

Bill No :CMYS-OCR-22787

Date : 23.03.2024 08:46

Sno	Service Type/ServiceName	Department
1	ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324	
1	GAMMA GLUTAMYL TRANSFERASE (GGT)	
2	D ECHO → P	
3	LIVER FUNCTION TEST (LFT)	
4	GLUCOSE, FASTING	
5	HEMOGRAM + PERIPHERAL SMEAR	60.2
6	GYNAECOLOGY CONSULTATION → P	
7	DIET CONSULTATION → P	MI - 166
8	COMPLETE URINE EXAMINATION	
9	URINE GLUCOSE (POST PRANDIAL)	BP 100/70
10	PERIPHERAL SMEAR	
11	ECG	
12	LBC PAP TEST - PAPSURE	
13	RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT)	
14	DENTAL CONSULTATION	
15	GLUCOSE, POST PRANDIAL (PP), 2 HOURS (POST MEAL)	
16	URINE GLUCOSE (FASTING)	
17	HbA1c, GLYCATED HEMOGLOBIN	
18	X-RAY CHEST PA - skip	
19	ENT CONSULTATION → P	
20	FITNESS BY GENERAL PHYSICIAN → P	
21	BLOOD GROUP ABO AND RH FACTOR	
22	LIPID PROFILE	
23	BODY MASS INDEX (BMI)	
24	OPHTHAL BY GENERAL PHYSICIAN	
25	ULTRASOUND - WHOLE ABDOMEN	
26	THYROID PROFILE (TOTAL T3, TOTAL T4, TSH)	

Niravagi done.

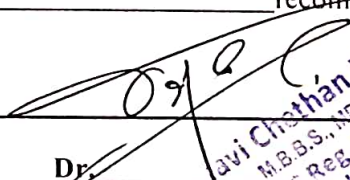
CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Madhushree M on 23/3/2024

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.....</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. Review after _____ • Unfit 	recommended


 Dr. Lavi Chathan Kumar
 Medical Officer

The Apollo Clinic, Mysore.

Apollo Health and Lifestyle Limited

ICIN: URS11GTG2000PLC115R191

King's Office - 1, 10 to 62, Ashoka Raghupathi Chattram, 5th Floor, Begur Road, 560001, Bangalore
 Ph: No. (44) 4304 7777 Fax No. 4304 7744 | E-mail ID: enquiry@apollohl.com | www.apollohl.com

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 Kuvempunagar | Sarjapur Road | Mysore (VV Mohalla)

Online appointments: www.apolloclinic.com

This certificate is not meant for medico-legal purposes

Apollo Clinic
 # 23, 1st Floor,
 Kalidasa Road, Mysore - 02

Ph : 0821-43047777
1880/500 7788

Date : 23-03-2024
MR NO : CMYS.0000060187

Department : GENERAL
Doctor :

Name : Mrs. MADHUSHREE M

Registration No :
Qualification :

Age/ Gender : 34 Y / Female

Consultation Timing: 08:45

Height : 166	Weight : 60.2	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /
Allergies History

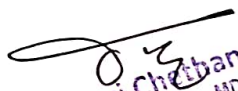
Clinical Diagnosis & Management Plan

~~AC~~
AC
CG
P
or
CG
CG

~~AC~~
T. Calcium - 12
to 0

30

Follow up date :


Dr. Ravi Chetan Kumar
M.B.B.S., MD (General Medicine)
KMC Reg. No. 82
Apollo Hospital, K.D. Road, Mysore.
Doctor Signature
Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 23-03-2024
MR NO : CMYS.0000060187

Department : GENERAL
Doctor :

Name : Mrs. MADHUSHREE M
Age/ Gender : 34 Y / Female

Registration No :
Qualification :

Consultation Timing: 08:45

Height : 166	Weight : 60.2	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /
Allergies History

- No -

Clinical Diagnosis & Management Plan

No complaints

Not wearing Spectacles

No H/o T2DM + HTN

vision	(R)	(L)
Far	6/6	6/6
Near	NS	NS
colour	NAD	

Follow up date :

- Regular checkup

Doctor Signature

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

Date : 23-03-2024
 MR NO : CMYS.0000060187
 Name : Mrs. MADHUSHREE M
 Age/ Gender : 34 Y / Female
 Department : GENERAL [Dental]
 Doctor :
 Registration No :
 Qualification :

Consultation Timing: 08:45

Height : 166	Weight : 60.2	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

O/E

Upper & Lower arch crowding noted

Asv - ortho intervention

Follow up date :


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

Date : 23-03-2024
 MR NO : CMYS.0000060187
 Name : Mrs. MADHUSHREE M
 Age/ Gender : 34 Y / Female

Department : GENERAL
 Doctor :
 Registration No :
 Qualification :

Consultation Timing: 08:45

Height : 166	Weight : 60.2	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /
 Allergies History

Clinical Diagnosis & Management Plan

PH → NS
 AH - hypertension +.
 scan → normal fluids.

OH regular walk
 MP → 28/3/24.

OH → 5 yrs. Pili - I -
 18/8m
 Sig
 AVH

adv: Regular walk
 avoid junk food.

Follow up date :

[Signature]
 Doctor Signature

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

Date : 23-03-2024
 MR NO : CMYS.0000060187
 Name : Mrs. MADHUSHREE M
 Age/ Gender : 34 Y / Female

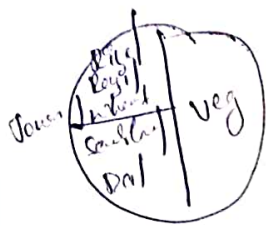
Department : RADIOLOGY - Dietetics
 Doctor : Madhura. B. P
 Registration No :
 Qualification : M.Sc Nutrition & Dietetics
 PhD

Consultation Timing: 11:36

Height : 166	Weight : 60.2	BMI : 22.1 kg/m ²	Waist Circum : ^{120 - 61cm}
Temp :	Pulse :	Resp :	B.P :

General Examination /
 Allergies History

Clinical Diagnosis & Management Plan ^{Iron - 61g} No constipation
 → Advised Balanced diet with fiber rich foods.
 → Drink 12-14 sig glasses of water / day.
 → Dietary guideline chart is given.



Follow up date :

Doctor Signature
 B. P
 23/3/2024

Apollo Clinic
 # 23, 1st Floor,
 Kalidasā Road, Mysore - 02
 Ph : 0824-440000/41

0.5~45Hz AC50 25mm/s 10mm/mV 2*5.0s 63 CARDIART 18 D V1.43 Glasgow V28.60 APOLLO CLINIC MYSURU

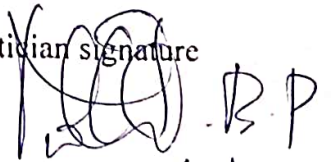
Department- Dietetics

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.

Dietician signature



23/3/2024

Apollo Clinie
23, 1st Floor,
Kalidasā Road, Mysore - 07
Ph : 0821-4096040/41

Date : 23-03-2024
MR NO : CMYS.0000060187
Name : Mrs. MADHUSHREE M
Age/ Gender : 34 Y / Female

Department : GENERAL
Doctor :
Registration No :
Qualification :

Consultation Timing: 08:45

Height : 166	Weight : 60.2	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

Ch. Head of hearing -

Sh - Sh. tm - normal.

normal / - NAD

Sh

- PTA -

Follow up date :

Shree
Doctor Signature

Apollo Clinic
23, 1st Floor,
Kalldasa Road, Mysore - 01
Ph : 0821-4006040/41

Date : 23-03-2024
MR NO : CMYS.0000060187

Department : GENERAL [Ophthal]
Doctor :

Name : Mrs. MADHUSHREE M

Registration No :

Age/ Gender : 34 Y / Female

Qualification :

Consultation Timing: 08:45

Height : 166	Weight : 60.2	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 100/70

General Examination /
Allergies History

- No -

Clinical Diagnosis & Management Plan

NOT wearing Spectacles.
No watering + Head aches
on and off.

No H/o Ty II DM / HTN.

vision	(R)	(L)
Far	6/6	6/6
Near	N6	N6

Follow up date :

- Refractor error
- Regular checkup.

Doctor Signature
Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 07
Ph : 0821-4006040/41

ID: 60187
MRS MADHUSHREE M
Female 34Years
166cm 60kg 100/70 mmHg

23-03-2024 09:14:28 AM

Diagnosis Information:

Unconfirmed Report.

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



0.5~45Hz AC50 25mm/s 10mm/mV 2*5.0s 63 CARDIART

8 D V1.43 Glasgow V28.6.0 APOLLO CLINIC MYSURU

Patient Name: Mrs. MADHUSHREE M	Date : 23.03.2024	Referring Doctor: DR Self
Age / Sex: 34Yrs/Female	UHID No :060187	Location : 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 calculi seen.

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

PANCREAS: It is normal.

RIGHT KIDNEY: It measures 9.9x3.7 cm with parenchymal thickness of 1.2cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 10.4x4.6cm with parenchymal thickness of 1.1 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: It is anteverted and measures 7.9x4.2x5.2 cm with ET= 11.4mm. It is normal in size, outline and echotexture. No mass lesion.

Rt. OVARY: It measures 5.5x2.3 cm. It is normal. No mass lesion seen.

Lt. OVARY: It measures 4.1x1.9cm. It is normal. No mass lesion seen.

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.


Dr. Chetan H, DNB
Consultant Radiologist.

Apollo Health and Lifestyle Limited

CIN: UAS110TG20X0PLC115819
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TO BOOK AN APPOINTMENT

 **1860 500 7788**

Patient's Name : Mrs. MADHUSHREE M	Age & Sex; 34Yrs /Female
Date : 23.03.2024	UHID No:060187

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

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 Kolar: Mangaluru, Sarjapur Road, Mysore | VV Mohalla |
 Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

1860 500 7788

Patient's Name : Mrs. MADHUSHREE M

Age & Sex: 34 Yrs / Female

Date : 23.03.2024

UHID No: 060187

Measurements

AO : 2.5 cm
LA : 2.4 cm

RV : 2.4 cm

LVIDd : 2.17 cm

LVIDs : 2.81 cm

IVSd : 0.90 cm

IVSs : 1.31 cm

PWd : 0.90 cm

PWs : 1.18 cm

EF : 61.0 %

FS : 32.0 %

Doppler
MV TV
E 0.98 m/s E --- m/s V max AV 1.01 m/s V max PV 0.71 m/s
:
A: 0.45 m/s A --- m/s

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

Dr. GURU PRASAD. B. V
MBBS, PGDCC (CARDIO)
CMB, CACI, CCFPR, PGCC, CCEBDM
Consultant - Non Invasive Cardiology
MCC No: 69949

Apollo Health and Lifestyle Limited

CIN : D85110TG2000PLC115819

Regd. Office: 110 RD 62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
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Karnataka: Vasugol Road, Mysore (VV Mahalla)

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

1860 500 7788

Informed Consent/Declaration For Test Exclusion

Patient Name: Mrs. Madhushree M Age: 30y 17
UHID Number: 60187

Please tick and sign the relevant part

I certify that I will skip Chest X-ray Test from my own.

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

Patient signature Madhushree Date 23/03/24

Witness signature: [Signature] Date: 23/03/2024