

**CERTIFICATE OF MEDICAL FITNESS**

NAME: Apaana premkumar munigety

AGE/ GENDER: 33y / Female

HEIGHT: 155cm

WEIGHT: 66.5kg

IDENTIFICATION MARK: Black mole on the upper lip

BLOOD PRESSURE: 120/80 mmHg

PULSE: 88 b/m

CVS: } Normal  
RS:P }

ANY OTHER DISEASE DIAGNOSED IN THE PAST: NO

ALLERGIES, IF ANY: NO

LIST OF PRESCRIBED MEDICINES: NO

ANY OTHER REMARKS: NO

I Certify that I have carefully examined Mr/Mrs. Apaana premkumar son/daughter of Mr premkumar who has signed in my presence. He/ she has no physical disease and is fit for employment.

Paung

Signature of candidate

Dr. BINDURAJ. R  
MBBS, MD

Signature of Medical Officer

Place: Spectrum Diagnostics & health care

Date: 24/2/24

**Disclaimer: The patient has not been checked for COVID. This certificate does not relate to the covid status of the patient examined**

SCAN FOR LOCATION



Dr. Ashok S  
Bsc., MBBS., D.O.M.S  
Consultant Ophthalmologist  
KMC No: 31827

DATE: 24.02.24.

**EYE EXAMINATION**

NAME: *Ms. Aparna pramkumbh M.* AGE: *38y* GENDER: F / M

	RIGHT EYE	LEFT EYE
Vision	<u>6/6:06</u>	<u>6/6:06</u>
Vision With glass	_____	_____
Color Vision	<u>Normal</u>	<u>Normal</u>
Anterior segment examination	<u>Normal</u>	<u>Normal</u>
Fundus Examination	<u>Normal</u>	<u>Normal</u>
Any other abnormality	<u>Nil</u>	<u>Nil</u>
Diagnosis/ Impression	<u>Normal</u>	<u>Normal</u>

**Dr. ASHOK SARODHE**  
B.Sc., M.B.B.S., D.O.M.S.  
Consultant (Ophthalmologist)  
KMC 31827

SCAN FOR LOCATION



NAME	AGE	GENDER
Mrs. Akshaya P.M.	33 yrs	female.

**DENTAL EXAMINATION REPORT:**

8	7	6	5	4	3	2	1	1	2	3	4	5	6	7	8
8	7	6	5	4	3	2	1	1	2	3	4	5	6	7	8

C: CAVITY → none.

M: MISSING → none.

O: OTHERS

ADVISED: ✓

CLEANING / SCALING / ROOTS PLANNING / FLOSSING & POLISHING / OTHERS

REMARKS:

*[Signature]*  
24/02/24.

SIGNATURE OF THE DENTAL SURGEON

SEAL

DATE

**Dr. SACHDEV NAGARKAR**  
B.D.S., F.A.G.E., F.P.F.A. (USA)  
Reg. No : 2247/A





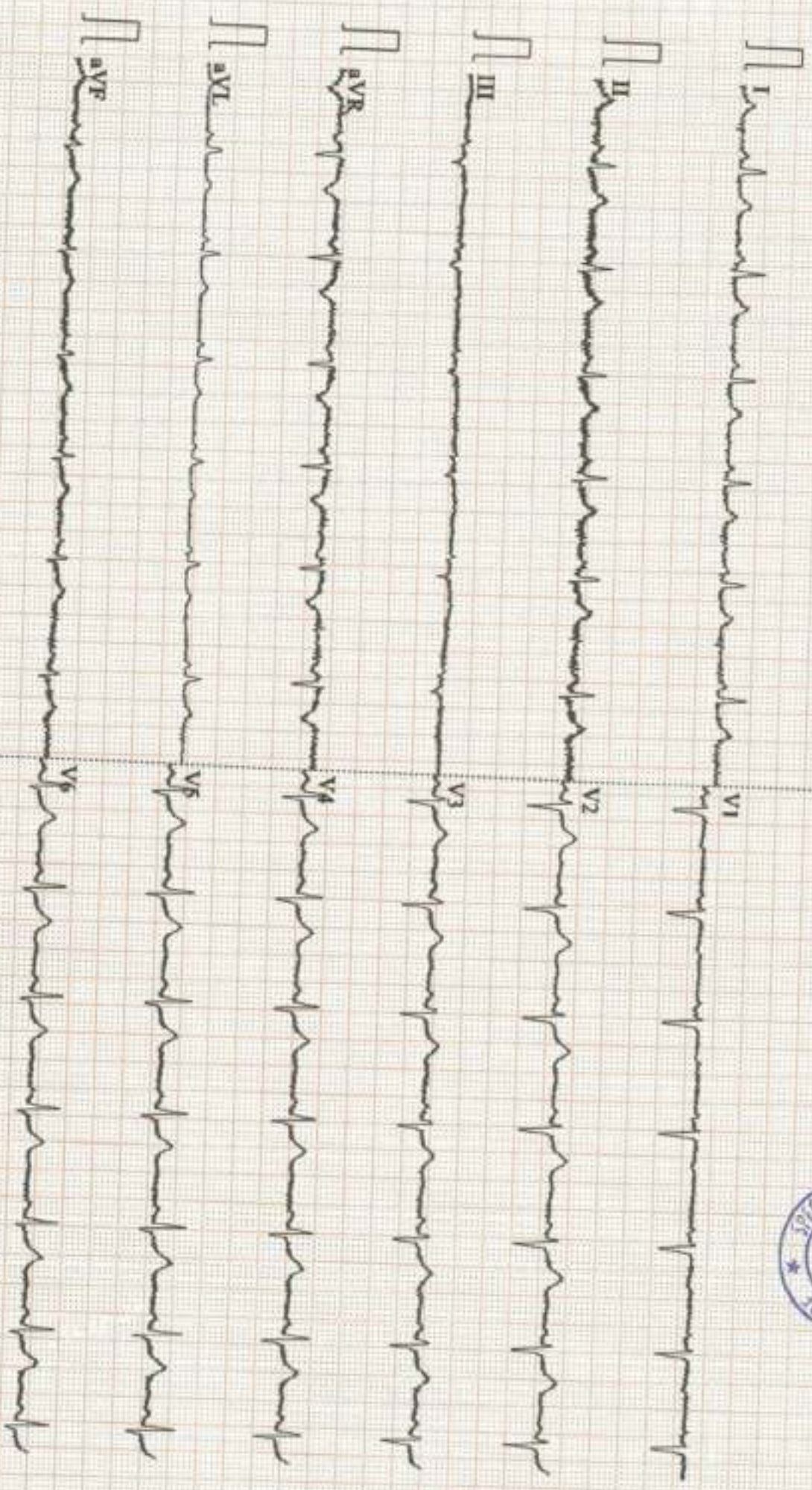
UIC: 4490/20  
MRS APARNA PREMKUMAR  
Female 33Y ears

24-02-2024 10:10:11

HR : 78 bpm  
P : 82 ms  
PR : 124 ms  
QRS : 82 ms  
QT/QTc : 357/408 ms  
PQRST : 42/12/41  
RV5/SV1 : 0.55/0.574 mV

Diagnosis Information:  
Sinus Arrhythmia  
Abnormal Q Wave(III)  
Low Voltage(Chest Leads)

Report Confirmed by:



0.15-35Hz AC50 25mm/s 10mm/mV 2\*5.0s 78 V2.2 SEMIP V1.81 SPECTRUM DIAGNOSTICS & HEALTH CARE

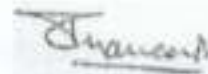


NAME : MRS.APARNA PREMKUMAR MUNIGETY	DATE : 24/02/2024
AGE/SEX : 33YEARS/FEMALE	REG NO: 2402240020
REF BY : APOLLO CLINIC	

## **CHEST PA VIEW**

- Visualised lungs are clear .
- Bilateral hila appears normal .
- Cardia is normal in size
- No pleural effusion

**IMPRESSION: No Significant Abnormality Detected**



**DR PRAVEEN B,DMRD ,DNB  
Consultant Radiologist**





# SPECTRUM DIAGNOSTICS

Bangalore

Patient ID : 0151

Name : MRS APARNA PREMKUMAR MUNIGETY

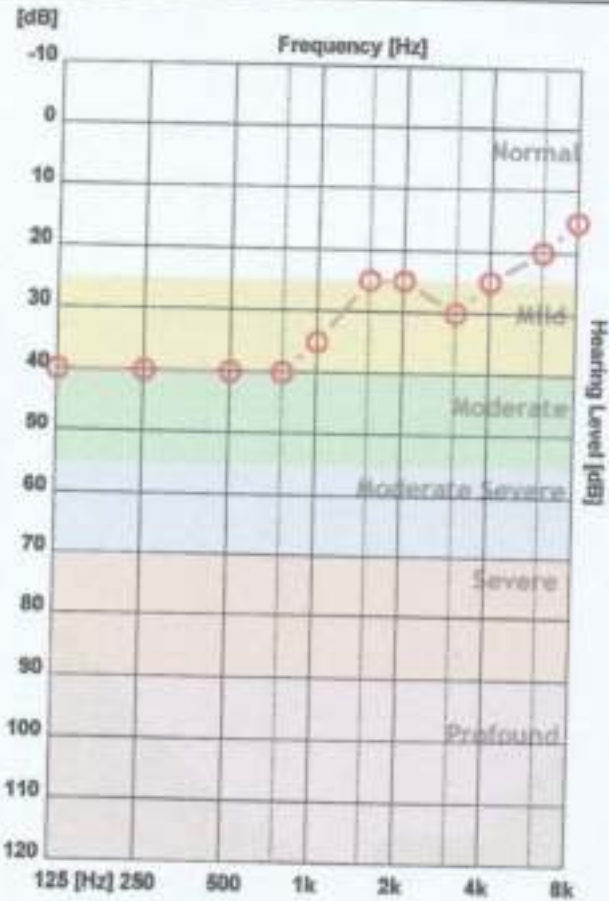
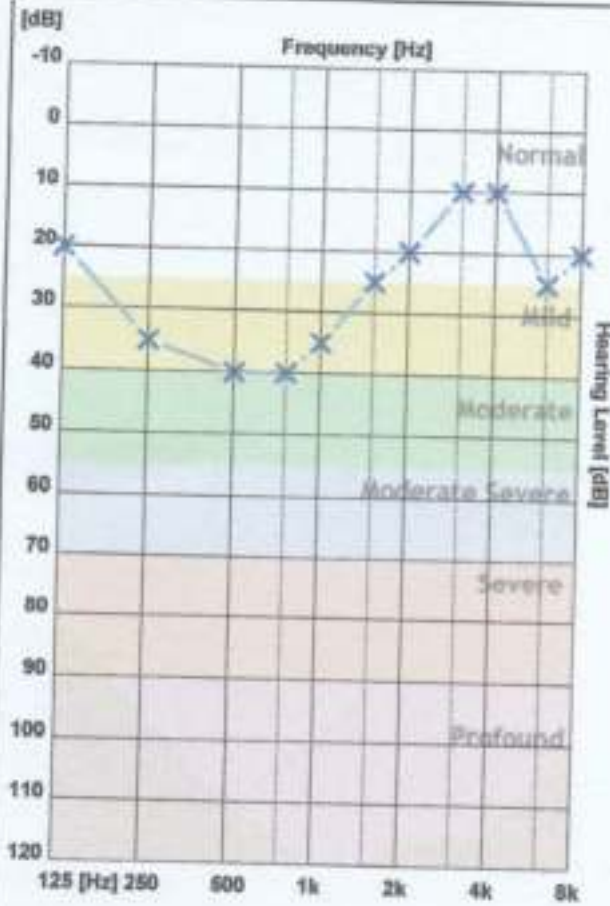
CR Number : 20240224100555

Registration Date : 24-Feb-2024

Age : 33

Gender : Female

Operator : spectrum diagnostics



	125 Hz	250 Hz	500 Hz	750 Hz	1000 H	1500 H	2000 H	3000 H	4000 H	6000 H	8000 H
X - Air Left	20	35	40	40	35	25	20	10	10	25	20
O - Air Right	40	40	40	40	35	25	25	30	25	20	15
> - Bone Left											
< - Bone Right											

	Average	High	Mid	Low
AIR Left	25.45 dB	16.25 dB	26.67 dB	33.75 dB
AIR Right	30.45 dB	22.50 dB	28.33 dB	40.00 dB

Clinical Notes :

Not Found



PATIENT NAME	MRS APARNA PREMKUMAR MUNIGETY	ID NO	2402240020
AGE	33YEARS	SEX	FEMALE
REF BY	DR.APOLO CLINIC	DATE	24.02.2024

**2D ECHO CARDIOGRAHIC STUDY**

**M-MODE**

AORTA	36mm
LEFT ATRIUM	31mm
RIGHT VENTRICLE	20mm
LEFT VENTRICLE (DIASTOLE )	44mm
LEFT VENTRICLE(SYSTOLE)	32mm
VENTRICULAR SEPTUM (DIASTOLE)	10mm
VENTRICULAR SEPTUM (SYSTOLE)	11mm
POSTERIOR WALL (DIASTOLE)	12mm
POSTERIOR WALL (SYSTOLE)	11mm
FRACTIONAL SHORTENING	30%
EJECTION FRACTION	58%

**DOPPLER /COLOUR FLOW**

Mitral Valve Velocity : MVE- 0.99m/s MVA – 0.63m/s E/A-0.64

Tissue Doppler : e' ( Septal) -10cm/s E/e'(Septal) -9

Velocity/ Gradient across the Pulmonic valve : 0.83m/s 3mmHg

Max. Velocity / Gradient across the Aortic valve : 1.19m/s 4mmHg

Velocity / Gradient across the Tricuspid valve : 2.27 m/s 20mmHg





PATIENT NAME	MRS APARNA PREMKUMAR MUNIGETY	ID NO	2402240020
AGE	33YEARS	SEX	FEMALE
REF BY	DR.APOLO CLINIC	DATE	24.02.2024

### 2D ECHO CARDIOGRAPHIC STUDY

LEFT VENTRICLE	SIZE & THICKNESS	NORMAL
CONTRACTILITY	REGIONAL GLOBAL	NO RWMA

RIGHT VENTRICLE	: NORMAL
LEFT ATRIUM	: NORMAL
RIGHT ATRIUM	: NORMAL
MITRAL VALVE	: NORMAL
AORTIC VALVE	: NORMAL
PULMONARY VALVE	: NORMAL
TRICUSPID VALVE	: NORMAL
INTER ATRIAL SEPTUM	: INTACT
INTER VENTRICULAR SEPTUM	: INTACT
PERICARDIUM	: NORMAL
OTHERS	: - NIL

### IMPRESSION

- NO REGIONAL WALL MOTION ABNORMALITY PRESENT
- NORMAL VALVES AND DIMENSIONS
- NORMAL BIVENTRICULAR FUNCTION, LVEF- 60%
- TRIVIAL MR / TRIVIAL TR / NO PAH
- NO CLOT / VEGETATION / EFFUSION

  
**DURGA V**  
 ECHO TECHNICIAN

*The science of radiology is based upon interpretation of shadows of normal and abnormal tissue. This is neither complete nor accurate; hence, findings should always be interpreted in the light of clinico-pathological correlation.*





NAME AND LAB NO	MRS APARNA PREMKUMAR	REG -40020
AGE & SEX	33 YRS	FEMALE
DATE AND AREA OF INTEREST	24.02.2024	ABDOMEN & PELVIS
REF BY	C/O APOLO CLINIC	

**USG ABDOMEN AND PELVIS**

- LIVER:** Normal in size and echotexture.  
No e/o IHBR dilatation. No evidence of focal lesion  
Portal vein appears normal.  
CBD appears normal.
- GALL BLADDER:** Well distended. Wall appears normal.No e/o calculus.
- SPLEEN:** Normal in size and echotexture. No focal lesion
- PANCREAS:** Head and body appears normal . Tail obscured by bowel gas shadows
- RETROPERITONEUM:** Suboptimal visualised due to bowel gas.
- RIGHT KIDNEY:** Measures 10.2 X1.4 cm Right kidney is normal in size & echotexture  
No evidence of calculus/ hydronephrosis.
- LEFT KIDNEY:** Measures 10.4 x1.4 cm .Left kidney is normal in size & echotexture  
No evidence of calculus/ hydronephrosis.
- URINARY BLADDER:** Well distended. No wall thickening/ calculi.
- UTERUS:** Anteverted, Normal in size and echotexture  
Endometrium is normal.ET - 7 mm.
- OVARIES:** Multiple small peripherally arranged follicles with thick echogenic central stroma.  
RO -3.1 X1.4 X2.7 cm , volume 6 cc  
LO -3.2 X1.8 X2.4 cm, volume 7.4 cc  
No obvious adnexal mass lesions .

- No evidence of ascites/pleural effusion.

**IMPRESSION:**

- *Bilateral polycystic ovarian appearance.*  
*-Suggested clinical and lab correlation.*



**DR PRAVEEN B , DMRD , DNB**  
**CONSULTANT RADIOLOGIST**



Name	: MRS. APARNA PREMKUMAR MUNIGETY	UHID	: 2402240020	Bill Date	: 24-Feb-2024 08:24 AM
Age / Gender	: 33 years / Female			Sample Col. Date	: 24-Feb-2024 08:24 AM
Ref. By Dr.	: Dr. APOLO CLINIC			Result Date	: 24-Feb-2024 10:46 AM
Reg. No.	: 2402240020			Report Status	: Final
C/o	: Apollo Clinic				



Test Name	Result	Unit	Reference Value	Method
<b>Thyroid function tests (TFT)- Serum</b>				
Tri-Iodo Thyronine (T3)-Serum	1.36	ng/mL	Female: 0.60 - 1.81	Chemiluminescence Immunoassay (CLIA)
Thyroxine (T4)-Serum	9.5	µg/dL	Female: 5.50 - 12.10	Chemiluminescence Immunoassay (CLIA)
Thyroid Stimulating Hormone (TSH)-Serum	3.47	µIU/mL	Female: 0.35 - 5.50	Chemiluminescence Immunoassay (CLIA)

**Comments:** Triiodothyronine (T3) assay is a useful test for hyperthyroidism in patients with low TSH and normal T4 levels. It is also used for the diagnosis of T3 toxicosis. It is not a reliable marker for Hypothyroidism. This test is not recommended for general screening of the population without a clinical suspicion of hyperthyroidism.

Reference range: Cord: (37 Weeks): 0.5-1.41, Children: 1-3 Days: 1.0-7.40, 1-11 Months: 1.05-2.45, 1-5 Years: 1.05-2.69, 6-10 Years: 0.94-2.41, 11-15 Years: 0.82-2.13, Adolescents (16-20 Years): 0.80-2.10

Reference range: Adults: 20-50 Years: 0.70-2.04, 50-90 Years: 0.40-1.81, Reference range in Pregnancy: First Trimester : 0.81-1.90, Second Trimester : 1.0-2.60

**Increased Levels:** Pregnancy, Graves disease, T3 thyrotoxicosis, TSH dependent Hyperthyroidism, increased Thyroid-binding globulin (TBG).  
**Decreased Levels:** Nonthyroidal illness, hypothyroidism, nutritional deficiency, systemic illness, decreased Thyroid-binding globulin (TBG).

**Comments:** Total T4 levels offer a good index of thyroid function when TBG is normal and non-thyroidal illness is not present. This assay is useful for monitoring treatment with synthetic hormones (synthetic T3 will cause low total T4). It also helps to monitor treatment of Hyperthyroidism with Thiouracil or other anti-thyroid drugs.

Reference Range: Males : 4.6-10.5, Females : 5.5-11.0, > 60 Years: 5.0-10.70, Cord : 7.40-13.10, Children: 1-3 Days : 11.80-22.60, 1-2 Weeks : 9.90-16.60, 1-4 Months: 7.20-14.40, 1-5 Years : 7.30-15.0, 5-10 Years: 6.4-13.3

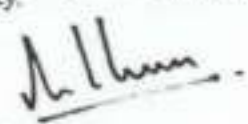
1-15 Years: 5.60-11.70, Newborn Screen: 1-5 Days: >7.5, 6 Days : >6.5  
**Increased Levels:** Hyperthyroidism, increased TBG, familial dysalbuminemic hyperthyroxinemia, Increased transthyretin, estrogen therapy, pregnancy.  
**Decreased Levels:** Primary hypothyroidism, pituitary TSH deficiency, hypothalamic TRH deficiency, non thyroidal illness, decreased TBG.

**Comments:** TSH is a glycoprotein hormone secreted by the anterior pituitary. TSH is a labile hormone & is secreted in a pulsatile manner throughout the day and is subject to several non-thyroidal pituitary influences. Significant variations in TSH can occur with circadian rhythm, hormonal status, stress, sleep deprivation, caloric intake, medication & circulating antibodies. It is important to confirm any TSH abnormality in a fresh specimen drawn after ~ 3 weeks before assigning a diagnosis, as the cause of an isolated TSH abnormality.

Reference range in Pregnancy: I- trimester: 0.1-2.5; II- trimester: 0.2-3.0; III- trimester: 0.3-3.0  
Reference range in Newborns: 0-4 days: 1.0-39.0; 2-20 Weeks: 1.7-9.1  
**Increased Levels:** Primary hypothyroidism, Subclinical hypothyroidism, TSH dependent Hyperthyroidism and Thyroid hormone resistance.  
**Decreased Levels:** Graves disease, Autonomous thyroid hormone secretion, TSH deficiency.



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Dr. Nithin Reddy, C.M.D., Consultant Pathologist





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Age / Gender	: 33 years / Female	Sample Col. Date	: 24-Feb-2024 08:24 AM
Ref. By Dr.	: Dr. APOLO CLINIC	Result Date	: 24-Feb-2024 10:49 AM
Reg. No.	: 2402240020	Report Status	: Final
C/o	: Apollo Clinic		

UHID : 2402240020



2402240020

Test Name	Result	Unit	Reference Value	Method
<b>Urine Routine Examination-Urine</b>				
<b>Physical Examination</b>				
Colour	Pale Yellow		Pale Yellow	Visual
Appearance	Clear		Clear	Visual
Reaction (pH)	5.5		5.0-7.5	Dipstick
Specific Gravity	1.025		1.000-1.030	Dipstick
<b>Biochemical Examination</b>				
Albumin	Negative		Negative	Dipstick/Precipitation
Glucose	Negative		Negative	Dipstick/Benedicts
Bilirubin	Negative		Negative	Dipstick/Fouchets
Ketone Bodies	Negative		Negative	Dipstick/Rotheras
Urobilinogen	Normal		Normal	Dipstick/Ehrlichs
Nitrite	Negative		Negative	Dipstick
<b>Microscopic Examination</b>				
Pus Cells	1-2	hpf	0.0-5.0	Microscopy
Epithelial Cells	2-3	hpf	0.0-10.0	Microscopy
RBCs	Absent	hpf	Absent	Microscopy
Casts	Absent		Absent	Microscopy
Crystals	Absent		Absent	Microscopy
Others	Absent		Absent	Microscopy

Comments: The kidneys help infiltration of the blood by eliminating waste out of the body through urine. They also regulate water in the body by conserving electrolytes, proteins, and other compounds. But due to some conditions and abnormalities in kidney function, the urine may encompass some abnormal constituents, which are not normally present. A complete urine examination helps in detecting such abnormal constituents in urine. Several disorders can be detected by identifying and measuring the levels of such substances. Blood cells, bilirubin, bacteria, pus cells, epithelial cells may be present in urine due to kidney disease or infection. Routine urine examination helps to diagnose kidney diseases, urinary tract infections, diabetes and other metabolic disorders.



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Dr. Nithun Reddy C,MD, Consultant Pathologist

Page 2 of 13

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Name	: MRS. APARNA PREMKUMAR MUNIGETY	Bill Date	: 24-Feb-2024 08:24 AM
Age / Gender	: 33 years / Female	Sample Col. Date	: 24-Feb-2024 08:24 AM
Ref. By Dr.	: Dr. APOLO CLINIC	Result Date	: 24-Feb-2024 10:55 AM
Reg. No.	: 2402240020	Report Status	: Final
C/o	: Apollo Clinic		



Test Name	Result	Unit	Reference Value	Method
<b>Blood Group &amp; Rh Typing-Whole Blood EDTA</b>				
Blood Group	B			Slide/Tube agglutination
Rh Type	Positive			Slide/Tube agglutination

Note: Confirm by tube or gel method.

Comments: ABO blood group system, the classification of human blood based on the inherited properties of red blood cells (erythrocytes) as determined by the presence or absence of the antigens A and B, which are carried on the surface of the red cells. Persons may thus have type A, type B, type O, or type AB blood.



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Age / Gender	: 33 years / Female	Sample Col. Date	: 24-Feb-2024 08:24 AM
Ref. By Dr.	: Dr. APOLO CLINIC	Result Date	: 24-Feb-2024 11:39 AM
Reg. No.	: 2402240020	Report Status	: Final
C/o	: Apollo Clinic		

UHID : 2402240020  
  
 2402240020

Test Name	Result	Unit	Reference Value	Method
<b>Complete Haemogram-Whole Blood EDTA</b>				
Haemoglobin (HB)	13.30	g/dL	Male: 14.0-17.0 Female: 12.0-15.0 Newborn: 16.50 - 19.50	Spectrophotometer
Red Blood Cell (RBC)	4.15	million/cumm	3.50 - 5.50	Volumetric Impedance Electronic Pulse
Packed Cell Volume (PCV)	38.20	%	Male: 42.0-51.0 Female: 36.0-45.0	Calculated
Mean corpuscular volume (MCV)	91.90	fL	78.0- 94.0	Calculated
Mean corpuscular hemoglobin (MCH)	32.10	pg	27.50-32.20	Calculated
Mean corpuscular hemoglobin concentration (MCHC)	34.90	%	33.00-35.50	Calculated
Red Blood Cell Distribution Width SD (RDW-SD)	55.80	fL	40.0-55.0	Volumetric Impedance
Red Blood Cell Distribution CV (RDW-CV)	17.90	%	Male: 11.80-14.50 Female: 12.20-16.10	Volumetric Impedance
Mean Platelet Volume (MPV)	8.60	fL	8.0-15.0	Volumetric Impedance
Platelet	3.49	lakh/cumm	1.50-4.50	Volumetric Impedance
Platelet Distribution Width (PDW)	11.40	%	8.30 - 56.60	Volumetric Impedance
White Blood cell Count (WBC)	8090.00	cells/cumm	Male: 4000-11000 Female 4000-11000 Children: 6000-17500 Infants : 9000-30000	Volumetric Impedance
Neutrophils	64.20	%	40.0-75.0	Light scattering/Manual
Lymphocytes	26.60	%	20.0-40.0	Light scattering/Manual
Eosinophils	5.10	%	0.0-8.0	Light scattering/Manual



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Test Name	Result	Unit	Reference Value	Method
Monocytes	3.90	%	0.0-10.0	Light scattering/Manual
Basophils	0.20	%	0.0-1.0	Light scattering/Manual
Absolute Neutrophil Count	5.19	10 <sup>3</sup> /uL	2.0- 7.0	Calculated
Absolute Lymphocyte Count	2.15	10 <sup>3</sup> /uL	1.0-3.0	Calculated
Absolute Monocyte Count	0.32	10 <sup>3</sup> /uL	0.20-1.00	Calculated
Absolute Eosinophil Count	410.00	cells/cumm	40-440	Calculated
Absolute Basophil Count	0.02	10 <sup>3</sup> /uL	0.0-0.10	Calculated
Erythrocyte Sedimentation Rate (ESR)	36	mm/hr	Female : 0.0-20.0 Male : 0.0-10.0	Westergren

**Peripheral Smear Examination-Whole Blood EDTA**

Method: (Microscopy-Manual)

RBC'S : Normocytic Normochromic.  
WBC'S : Are normal in total number, morphology and distribution.  
Platelets : Adequate in number and normal in morphology.  
No abnormal cells or hemoparasites are present.  
Impression : Normocytic Normochromic Blood picture.



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Dr. Nithun Reddy C,MD,Consultant Pathologist





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Age / Gender	: 33 years / Female			Sample Col. Date	: 24-Feb-2024 08:24 AM
Ref. By Dr.	: Dr. APOLO CLINIC			Result Date	: 24-Feb-2024 12:12 PM
Reg. No.	: 2402240020			Report Status	: Final
C/o	: Apollo Clinic				

Test Name	Result	Unit	Reference Value	Method
<b>LFT-Liver Function Test -Serum</b>				
Bilirubin Total-Serum	0.77	mg/dL	0.2-1.0	Caffeine Benzoate
Bilirubin Direct-Serum	0.16	mg/dL	0.0-0.2	Diazotised Sulphanilic Acid
Bilirubin Indirect-Serum	0.61	mg/dL	Female: 0.0 - 1.10	Direct Measure
Aspartate Aminotransferase (AST/SGOT)-Serum	21.00	U/L	Female: 15.0 - 37.0	UV with Pyridoxal - 5 - Phosphate
Alanine Aminotransferase (ALT/SGPT)-Serum	17.00	U/L	Female: 14.0 - 59.0	UV with Pyridoxal - 5 - Phosphate
Alkaline Phosphatase (ALP)-Serum	148.00	U/L	Female: 45.0 - 117.0	PNPP,AMP-Buffer
Protein, Total-Serum	6.92	g/dL	6.40-8.20	Biuret/Endpoint- With Blank
Albumin-Serum	4.42	g/dL	Female: 3.40 - 5.50	Bromocresol Purple
Globulin-Serum	2.50	g/dL	2.0-3.50	Calculated
Albumin/Globulin Ratio-Serum	1.77	Ratio	0.80-2.0	Calculated
Gamma-Glutamyl Transferase (GGT)-Serum	33.00	U/L	Male: 15.0-85.0 Female: 5.0-55.0	Other g-Glut-3-carboxy-4 nitro



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C/o	: Apollo Clinic		

UHID : 2402240020



Test Name	Result	Unit	Reference Value	Method
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**Comments:** Gamma-glutamyltransferase (GGT) is primarily present in kidney, liver, and pancreatic cells. Small amounts are present in other tissues. Even though renal tissue has the highest level of GGT, the enzyme present in the serum appears to originate primarily from the hepatobiliary system, and GGT activity is elevated in any and all forms of liver disease. It is highest in cases of intra- or posthepatic biliary obstruction, reaching levels some 5 to 30 times normal. GGT is more sensitive than alkaline phosphatase (ALP), leucine aminopeptidase, aspartate transaminase, and alanine aminotransferase in detecting obstructive jaundice, cholangitis, and cholecystitis; its rise occurs earlier than with these other enzymes and persists longer. Only modest elevations (2-5 times normal) occur in infectious hepatitis, and in this condition, GGT determinations are less useful diagnostically than are measurements of the transaminases. High elevations of GGT are also observed in patients with either primary or secondary (metastatic) neoplasms. Elevated levels of GGT are noted not only in the sera of patients with alcoholic cirrhosis but also in the majority of sera from persons who are heavy drinkers. Studies have emphasized the value of serum GGT levels in detecting alcohol-induced liver disease. Elevated serum values are also seen in patients receiving drugs such as phenytoin and phenobarbital, and this is thought to reflect induction of new enzyme activity.



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Dr. Nitish Reddy C,MD,Consultant Pathologist





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Reg. No.	: 2402240020	Report Status	: Final
C/o	: Apollo Clinic		

UHID : 2402240020  
  
 2402240020

Test Name	Result	Unit	Reference Value	Method
<b>KFT ( Kidney Function Test ) :</b>				
Blood Urea Nitrogen (BUN)-Serum	11.50	mg/dL	7.0-18.0	GLDH,Kinetic Assay
Creatinine-Serum	0.55	mg/dL	Male: 0.70-1.30 Female: 0.55-1.02	Modified kinetic Jaffe
Uric Acid-Serum	4.32	mg/dL	Male: 3.50-7.20 Female: 2.60-6.00	Uricase PAP
Sodium (Na+)-Serum	139.60	mmol/L	135.0-145.0	Ion-Selective Electrodes (ISE)
Potassium (K+)-Serum	4.33	mmol/L	3.5 to 5.5	Ion-Selective Electrodes (ISE)
Chloride(Cl-)-Serum	99.40	mmol/L	96.0-108.0	Ion-Selective Electrodes (ISE)
Calcium,Total- Serum	8.60	mg/dL	8.50-10.10	Spectrophotometry (O-Cresolphthalein complexone)



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Dr. Nithin Reddy C,MD,Consultant Pathologist



Name	: MRS. APARNA PREMKUMAR MUNIGETY	Bill Date	: 24-Feb-2024 08:24 AM
Age / Gender	: 33 years / Female	Sample Col. Date	: 24-Feb-2024 08:24 AM
Ref. By Dr.	: Dr. APOLO CLINIC	Result Date	: 24-Feb-2024 12:12 PM
Reg. No.	: 2402240020	Report Status	: Final
C/o	: Apollo Clinic		

UHID : 2402240020  
  
 2402240020

Test Name	Result	Unit	Reference Value	Method
Glycosylated Haemoglobin (HbA1c)-Whole Blood EDTA				
Glycosylated Haemoglobin (HbA1c)	5.80	%	Non diabetic adults : <5.7 At risk (Prediabetes) : 5.7 - 6.4 Diagnosing Diabetes : >= 6.5 Diabetes Excellent Control : 6-7 Fair to good Control : 7-8 Unsatisfactory Control : 8-10 Poor Control : >10	HPLC
Estimated Average Glucose(eAG)	119.76	mg/dL		Calculated

**Note:** 1. Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled.  
 2. Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate.  
**Comments:** HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycaemic control as compared to blood and urinary glucose determinations.

Fasting Urine Glucose-Urine	Negative		Negative	Dipstick/Benedicts (Manual)
Fasting Blood Sugar (FBS)-Plasma	88	mg/dL	60.0-110.0	Hexo Kinase





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**Comments:** Glucose, also called dextrose, one of a group of carbohydrates known as simple sugars (monosaccharides). Glucose has the molecular formula  $C_6H_{12}O_6$ . It is found in fruits and honey and is the major free sugar circulating in the blood of higher animals. It is the source of energy in cell function, and the regulation of its metabolism is of great importance (fermentation; gluconeogenesis). Molecules of starch, the major energy-reserve carbohydrate of plants, consist of thousands of linear glucose units. Another major compound composed of glucose is cellulose, which is also linear. Dextrose is the molecule D-glucose. Blood sugar, or glucose, is the main sugar found in the blood. It comes from the food you eat, and it is body's main source of energy. The blood carries glucose to all of the body's cells to use for energy. Diabetes is a disease in which your blood sugar levels are too high. Usage: Glucose determinations are useful in the detection and management of Diabetes mellitus.

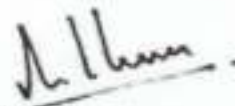
**Note:** Additional tests available for Diabetic control are Glycated Hemoglobin (HbA1c), Fructosamine & Microalbumin urine

**Comments:** Conditions which can lead to lower postprandial glucose levels as compared to fasting glucose are excessive insulin release, rapid gastric emptying & brisk glucose absorption.

**Probable causes :** Early Type II Diabetes / Glucose intolerance, Drugs like Salicylates, Beta blockers, Pentamidine etc., Alcohol, Dietary - Intake of excessive carbohydrates and foods with high glycemic index ? Exercise in between samples ? Family history of Diabetes, Idiopathic, Partial / Total Gastrectomy.



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Test Name	Result	Unit	Reference Value	Method
<b>Lipid Profile-Serum</b>				
Cholesterol Total-Serum	231.00	mg/dL	Female: 0.0 - 200	Cholesterol Oxidase/Peroxidase Lipase/Glycerol Dehydrogenase Accelerator/Selective Detergent
Triglycerides-Serum	69.00	mg/dL	Female: 0.0 - 150	Calculated
High-density lipoprotein (HDL) Cholesterol-Serum	51.00	mg/dL	Female: 40.0 - 60.0	Cholesterol esterase and cholesterol oxidase
Non-HDL cholesterol-Serum	180	mg/dL	Female: 0.0 - 130	Calculated
Low-density lipoprotein (LDL) Cholesterol-Serum	165.00	mg/dL	Female: 0.0 - 100.0	Calculated
Very-low-density lipoprotein (VLDL) cholesterol-Serum	14	mg/dL	Female: 0.0 - 40	Calculated
Cholesterol/HDL Ratio-Serum	4.53	Ratio	Female: 0.0 - 5.0	Calculated

**Interpretation:**

Parameter	Desirable	Borderline High	High	Very High
Total Cholesterol	<200	200-239	>240	
Triglycerides	<150	150-199	200-499	>500
Non-HDL cholesterol	<130	160-189	190-219	>220
Low-density lipoprotein (LDL) Cholesterol	<100	100-129	160-189	>190

**Comments:** As per Lipid Association of India (LAI), for routine screening, overnight fasting preferred but not mandatory. Indians are at very high risk of developing Atherosclerotic Cardiovascular (ASCVD). Among the various risk factors for ASCVD such as dyslipidemia, Diabetes Mellitus, sedentary lifestyle, Hypertension, smoking etc., dyslipidemia has the highest population attributable risk for MI both because of direct association with disease pathogenesis and very high prevalence in Indian population. Hence monitoring lipid profile regularly for effective management of dyslipidemia remains one of the most important healthcare targets for prevention of ASCVD. In addition, estimation of ASCVD risk is an essential, initial step in the management of individuals requiring primary prevention of ASCVD. In the context of lipid management, such a risk estimate forms the basis for several key therapeutic decisions, such as the need for and aggressiveness of statin therapy.



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Ref. By Dr.	: Dr. APOLO CLINIC			Result Date	: 24-Feb-2024 03:19 PM
Reg. No.	: 2402240020			Report Status	: Final
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Test Name	Result	Unit	Reference Value	Method
Post prandial Blood Glucose (PPBS)-Plasma	95	mg/dL	70-140	Hexo Kinase

**Comments:** Glucose, also called dextrose, one of a group of carbohydrates known as simple sugars (monosaccharides). Glucose has the molecular formula  $C_6H_{12}O_6$ . It is found in fruits and honey and is the major free sugar circulating in the blood of higher animals. It is the source of energy in cell function, and the regulation of its metabolism is of great importance (fermentation; gluconeogenesis). Molecules of starch, the major energy-reserve carbohydrate of plants, consist of thousands of linear glucose units. Another major compound composed of glucose is cellulose, which is also linear. Dextrose is the molecule D-glucose. Blood sugar, or glucose, is the main sugar found in the blood. It comes from the food you eat, and it is body's main source of energy. The blood carries glucose to all of the body's cells to use for energy. Diabetes is a disease in which your blood sugar levels are too high. Usage: Glucose determinations are useful in the detection and management of Diabetes mellitus.

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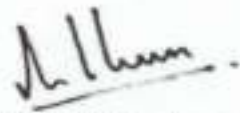
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Test Name	Result	Unit	Reference Value	Method
Post Prandial Urine Sugar	Negative		Negative	Dipstick/Benedicts(Manual)



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