



Balaji Medical Centre

An ISO 9001:2015 Accredited Organization
info@balajimedicalcentre.com, dr@balajimedicalcentre.com



- 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: MA23060000266

DATE:24/06/2023

MEDICAL FITNESS CERTIFICATE

This is to certify that I have examined Ms. SUDHARANI N(55/F)

Who is found to be Medically **FIT**.

She is not found to be suffering from any contagious Disease or Ailment.

She is FIT to perform her duty.

Dietary Counseling was provided from our end.

Known case of diabetes on treatment & 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:MA23060000266
Name : Ms. SUDHARANI N (55/Female)
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 : 36.0C
Blood Pressure : 120/80mmHg
Pulse : 91/min
Respiration Rate : 18/min
Waist (cm) : 85Cms
Height : 155Cms
Weight : 47.2Kgs
BMI : 19.6 kg/m²


Dr. VIDYA KUMARI
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Name: Ms. SUDHARANI N

Date: 24/06/2023

Reg. No : MA23060000266

Ref : Dr. A.H.Balaji

OPHTHALMIC REPORT

	RIGHT	LEFT
Distant: (Unaided)	6/12	6/6
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 : MA23060000266

NAME : Ms. SUDHARANI N

AGE : 55 YRS SEX : FEMALE

REF BY : DR.A.H.BALAJI

COMPLETE BLOOD COUNT (CBC)

INVESTIGATION	OBSERVED VALUE	UNIT	BIOLOGICAL REFERENCE INTERVAL
ERYTHROCYTE (RBC) COUNT	4.7	mill/cu.mm	4.7-6.0
HAEMOGLOBIN (Hb)	12.4	gm/dl	13.5-18
PCV (PACKED CELL VOLUME)	37.2	%	42-52
MCV (MEAN CORPUSCULAR VOLUME)	75.3	fl	78-100
MCH (MEAN CORPUSCULAR HAEMOGLOBIN)	30.4	pg	27-31
MCHC (MEAN CORPUSCULAR Hb CONC.N.)			
RDW (RED CELL DISTRIBUTION WIDTH)	34.7	g/dl	32-36
	13.8	%	11.5-14.0
TOTAL LEUCOCYTES (WBC) COUNT	5800	Cells /cu.mm	4000-10500
ABSOLUTE NEUTROPHILS COUNT	3000	/c.mm	2000-7000
ABSOLUTE LYMPHOCYTE COUNT	1900	/c.mm	1000-3000
ABSOLUTE MONOCYTE COUNT	570	/c.mm	200-1000
ABSOLUTE EOSINOPHIL COUNT	230	/c.mm	20-500
ABSOLUTE BASOPHIL COUNT	60	/c.mm	20-100
NEUTROPHILS	55.0	%	40-80
LYMPHOCYTES	35.0	%	20-40
MONOCYTES	5.0	%	2-10
EOSINOPHILS	4.0	%	1-6
BASOPHILS	1.0	%	0-2
PLATELET COUNT	2.5	10 ³ /μl	1.50-4.50
MPV (MEAN PLATELET VOLUME)	7.5	fL	6-9.5
PCT (PLATELET HAEMATOCRIT)	0.2	%	0.2-0.5
PDW (PLATELET DISTRIBUTION WIDTH)	15.9	%	9-17


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LABORATORY REPORT

DATE : 24/06/2023 REG. NO :MA23060000266

NAME : Ms. SUDHARANI N

AGE : 55YRS SEX : FEMALE

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)	6.0		4.5 - 8
SPECIFIC GRAVITY	1.020		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)	1-2	/hpf	0 - 5
EPITHELIAL CELLS	2-4	/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 : MA23060000266
Name : Ms. SUDHARANI N
Age : 55yrs Sex : Female
Reference : APOLLO HEALTH AND LIFESTYLE LIMITED
Ref By : DR.A.H. BALAJI

Test Name	Result	Units	Ref.Interval
LIPID SCREEN, SERUM (Spectrophotometry)			
Cholesterol	186.00	mg/dL	(<200.00)
Triglycerides	129.00	mg/dL	(<150.00)
HDL Cholesterol	36.9	mg/dL	(<40.00)
LDL Cholesterol, Calculated	89.5	mg/dL	(<100.00)
VLDL Cholesterol, Calculated	25.8	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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LABORATORY REPORT

Date : 24/06/2023

Reg. No : MA23060000266

Name : Ms. SUDHARANI N

Age : 55 yrs

Sex : Female

Reference : Apollo Health and Lifestyle Limited

Ref By : DR. A.H. BALAJI

LIVER FUNCTION TEST

TEST	PATIENT'S VALUES	UNITS	NORMAL RANGE	
			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. Akaline Phosphatas	74.0	U/L	-	<150
Serum Gamma G.T.	13.0	U/L	4	40
Serum G. P. T.	20.0	U/L	10	40
Serum G. O. T.	17.0	U/L	10	42
Serum Total Proteins	6.7	gm/dl	6.0	7.8
Albumin	3.5	gm/dl	3.5	5.0
Globulin	3.2	gm/dl	2.6	3.5
Albumin: Globulin Ratio	1.1	-	-	-

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Age : 55Yrs Sex : Female

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)	5.3	%	non-diabetic: <= 5.6 pre- diabetic: 5.7-6.4 Diabetic :>= 6.5
Estimated Average glucose (e AG)	119.7	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 glyceimic 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.

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Name : Ms. SUDHARANI N
Age : 55Yrs Sex: Female
Reference : Apollo Health and Lifestyle Limited
Ref By : DR. A.H. BALAJI

HAEMOTOLOGY

Blood Group & Rh Type : "A" POSITIVE


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Name : Ms. SUDHARANI N (55/Female)
Reference : Apollo Health and Lifestyle Limited
Ref. By : DR.A.H.BALAJI
Reported On : 24/06/2023

<u>TEST</u>	<u>Value/Results</u>	<u>Units</u>	<u>REFERENCE INTERVAL</u>
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RENAL FUNCTION TEST

Urea	:	23	mg/dL	15-40
Creatinine	:	0.9	mg/dL	0.2-1.2
BUN	:	10	mg/dL	6-21
Blood Uric Acid	:	5.7	mg/dL	4.7-6.1


Dr. VIDYA KUMARI
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DGS Approval No. KAMG/08/2022

“HEALTHIER MARINERS TOWARDS A WEALTHIER NATION”



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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
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KAKINADA : 70-17-15/1, RR Nagar, Road No.2, Kakinada, Andhra Pradesh -533003.INDIA ☎ : 0884-2345555, 0884-3500132.

LABORATORY REPORT

Date : 24/06/2023 Reg. No : MA23060000266
Name : Ms. SUDHARANI N
Age : 55Yrs Sex : Female
Reference : Apollo Health and Lifestyle Limited
Ref By : DR. A.H. BALAJI

<u>Tests</u>	<u>Value/Results</u>	<u>Units</u>	<u>Reference Interval</u>
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BIO-CHEMISTRY

Blood Sugar (F)	: 114	mg/dl	70-110
BUN	: 10	mg/dl	6-21
CREATININE	: 0.9	mg/dl	0.2-1.2
URIC ACID	: 5.7	mg/dl	4.7-6.1

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LABORATORY REPORT

Reg No : MA23060000266
Name : Ms. SUDHARANI N Date : 24/06/2023
Age : 55 yrs Sex : Female
Reference : Apollo Health and Lifestyle Limited.
Ref By : DR. A.H. BALAJI

PERIPHERAL SMEAR EXAMINATION

RED BLOOD CELL MORPHOLOGY : NORMAL
W B C MORPHOLOGY : NORMAL
PLATELET MORPHOLOGY : NORMAL


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LABORATORY REPORT

Reg. No : MA23060000266 Date : 24/06/2023

Name : Ms. SUDHARANI N

Age : 55yrs Sex : Female

Ref By : DR.A.H. BALAJI

Test Name	Result	Units	Ref.Range
THYROID PROFILE,TOTAL,SERUM (CLIA)			
T3>Total	156.0	ng/dl	(70-204)
T4>Total	8.10	ug/dL	(5.0-12.5)
TSH	2.3	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
- Hyperthyroidism
- 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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ECG REPORT

Date : 24/06/2023 Reg. No :MA23060000266

Name : Ms. SUDHARANI N

Age : 55 yrs

Sex : Female

Ref By : DR. A. H. BALAJI

Impression : Normal Sinus Rhythm.


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NAME : Ms. SUDHARANI N **AGE/SEX** : 55YRS /FEMALE
STUDY DATE : 24/06/2023 **PATIENT ID** : MA23060000266
Description: Female-Whole Abdomen **REF. DOCTOR** : DR.A.H. BALAJI

Real time B-mode ultrasonography of abdomen, KUB, Uterus and Ovaries Done.

Abdomen

Liver Filled with homogeneous parenchymal echoes. No abscess or mass lesion in the liver.
Gallbladder walls appeared normal. No calculi seen in the gallbladder.
Common duct appeared normal. No calculi seen in the common duct.
Pancreas appeared normal.
Spleen appeared normal.
No free fluid in the peritoneal cavity.
No Para aortic lymphadenopathy.
Adrenal glands appeared normal.

KUB

Cortex and collecting system of both kidneys appeared normal. No calculi seen.
Right Kidney measured 8.2x3.0cms.
Left Kidney measured 8.7x3.2cms.
Both Ureters appeared normal. No dilatation seen.
Bladder appeared normal.

Pelvis

Normal appearing uterus with homogenous myometrial echoes. Cavity echo appeared normal.
Right Ovary appeared normal. Left Ovary appeared normal. Both adnexae appeared normal.

Impression

- **NORMAL APPEARING LIVER, GALL BLADDER, COMMON DUCT, PANCREAS, SPLEEN, BOTH KIDNEYS, BLADDER, UTERUS BOTH OVARIES.**

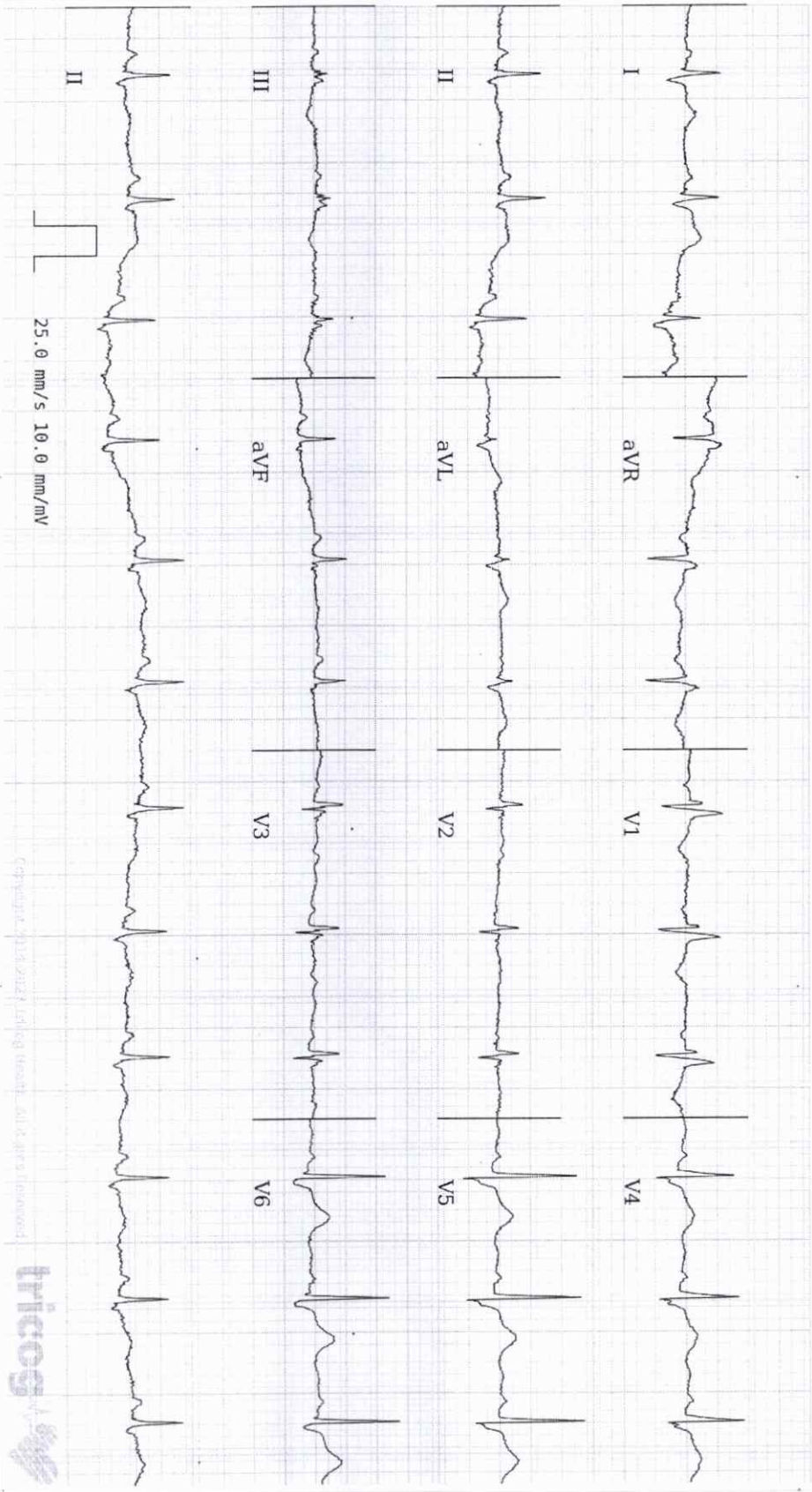
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Age / Gender: 55/Female
Patient ID: MA23060000266

Date and Time: 24th Jun 23 10:40 AM



AR: 75bpm VR: 75bpm QRSD: 112ms QT: 416ms QTcB: 464ms PRI: 130ms P-R-T: 55° 59° 13°

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

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.

REPORTED BY




 भारत सरकार
Government of India

 Sudharani.N
DOB : 14/05/1968
Female






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