


MER- MEDICAL EXAMINATION REPORT

Date of Examination	09/11/24	
NAME	Jayanthi palpandian	
AGE	37	Gender F
HEIGHT(cm)	159	WEIGHT (kg) 72
B.P.	110/70, 90/min BMI - 28.5	
ECCG	/	
X Ray		
Vision Checkup		
Present Ailments	Color Vision : Report attached Far vision Ratio : Near Vision Ratio :	
Details of Past ailments (If Any)	-	
Comments / Advice : She He is Physically Fit	YES	

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 Saibaba Colony, Coimbatore - 641 011


Dr. RAMESH RADA PRABHOO
 MBBS, FRSH (London), CGDMLACMDC.,
 PG (Diab), Johns Hopkins
 University School of Medicine - USA
 Cardio-Diabetologist & Obesity Consultant
 Signature with Stamp of Medical Examiner
 Regi. No. 72228

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Jayanthi Palpandian on 09/11/24

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	<input checked="" type="checkbox"/>
<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>	<input type="checkbox"/>
<ul style="list-style-type: none">• Currently Unfit. <p>Review after _____ recommended</p>	<input type="checkbox"/>
<ul style="list-style-type: none">• Unfit	<input type="checkbox"/>

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MBBS, FRSH (London), CCGDM, ACMD,.,
Medical Officer, Johns Hopkins
The Apollo School of Medicine - USA
Cardio-Diabetologist & Obesity Consultant
Regd.No: 72223

This certificate is not meant for medico-legal purposes

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SDK - (21)

Optometry OP - Case Record

Name : Mrs. Jayanthi P. Age/Gender : 37/F. Date : 9/11/24.

Reg.No.: 1754970 Occupation : 42765

Complaints of

MAC

PG ^m / months/years old

- Regular Check-up / Broken / Misted Spectacle
- Fall of Foreign body Redness / Watering / Irritation
- Pain LE RE Duration
- Defective Vision DV NV Duration
- Headache Duration

Systemic Diseases :

15/

Diabetes	Hypertension	Cardiac Disease
Others		

Present Spectacle Power

Relevant Lab Report :

Parameters	OD	OS
Unaided Vision	6/6	6/6
Pin Hole Vision		
Vision With PG		
NCT	13 mmHg	13 mmHg

+ +

Automated Refractometry

RO -0.25 x 90°
LA +0.25 / -0.25 / 110°

Subjective Refraction :

	Sph	Cyl	Axis	V/A	Sph	Cyl	Axis	V/A
DV		plane	—	6/6		plane	—	6/6
NV ADD				16				16

Need Dilation / Cycloplegic Refraction
Tropicamide Plus / Cyclopentolate

	Sph	Cyl	Axis	V/A	Sph	Cyl	Axis	V/A
DV								

Lens Prescription

Need PMT

Kavita
Optometrist Signature

12478643; MRS JAYANTHI PALPANDIAN: 37 Yrs 00 Mths
Ref.: Date: 09-11-2024; Time: 15:06:01

Ht: Cms: Wt: Kgs: BP: / / HR: 81 bpm
Notch: 50 Hz; Filter: 0.05 Hz-100 Hz; Gain: 1.00 Cm/mV; Sweep: 25 mm/s Page: 1



FINDINGS: Abnormal ECG with indication of Right Bundle Branch Block

Heart Rate: 81 bpm PR Interval: 145 ms QRS Duration: 145 ms QT/QTc Int: 414/336 ms

P-QRS-T axis: 72° -19° -82°

Comments: **DeBTS** Foundation & Store

Advice: *S.P. Jasty*

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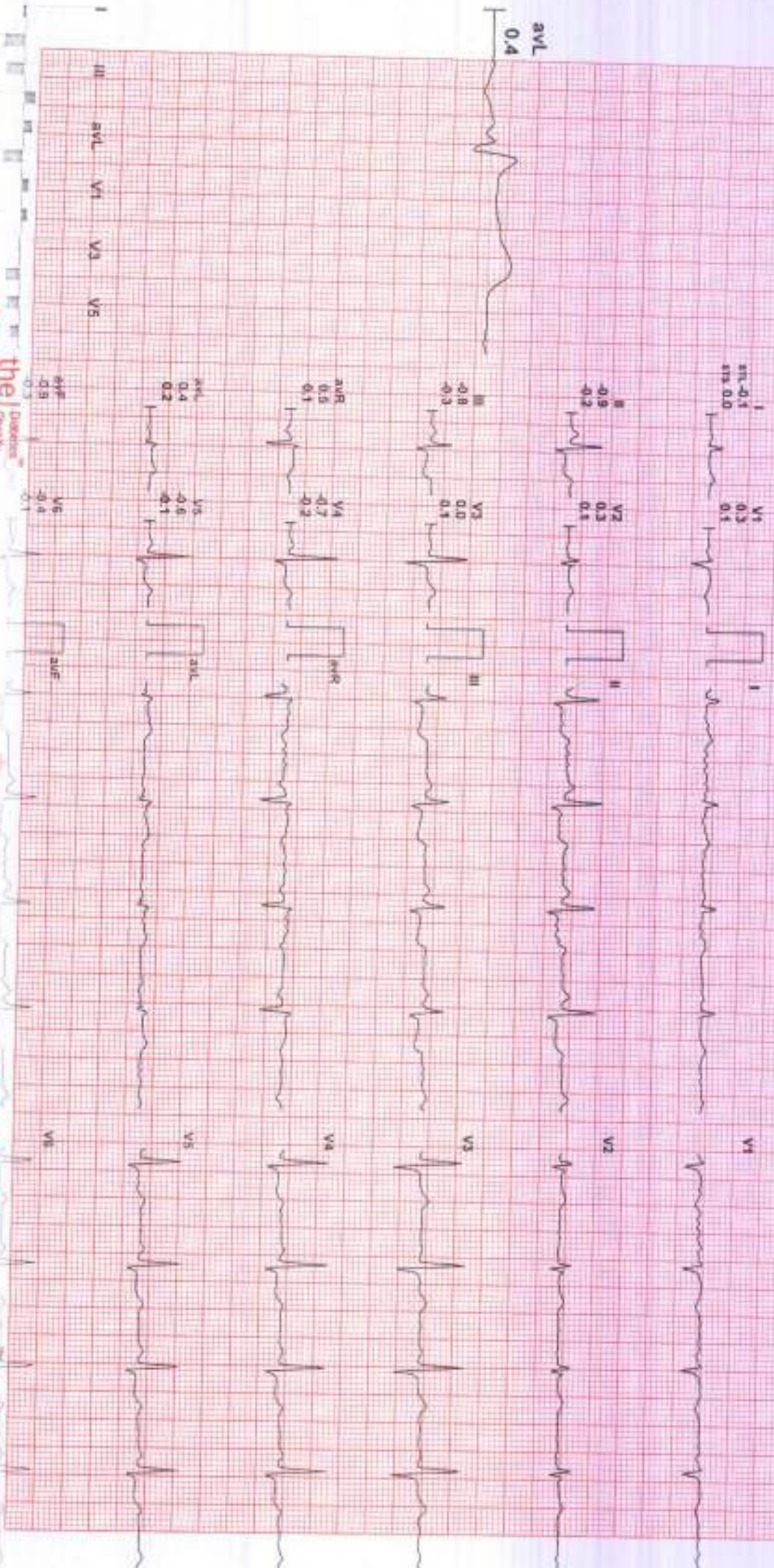
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L.M.S. (LONDON), D.I.B.C. (MUMBAI)
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12345678107 / MRS JAYANTHI PALPANDIAN / 37 YRS / F

Date: 06-11-2024 03:07:13 PM
4X
80 ms Post J

METS: 1.0 HR: 82 bpm 44% Tgt. BP: 120/80 Raw ECG: BLC, NICH, (0.05-100)/Hz

Resting ECG
Extreme: 00:00 1.1 mph 0.0%
25 mm/Sec. 1.0 Cm/mV



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Prevent
Stroke & Stroke
Prevention

Dr. P. Sanyal

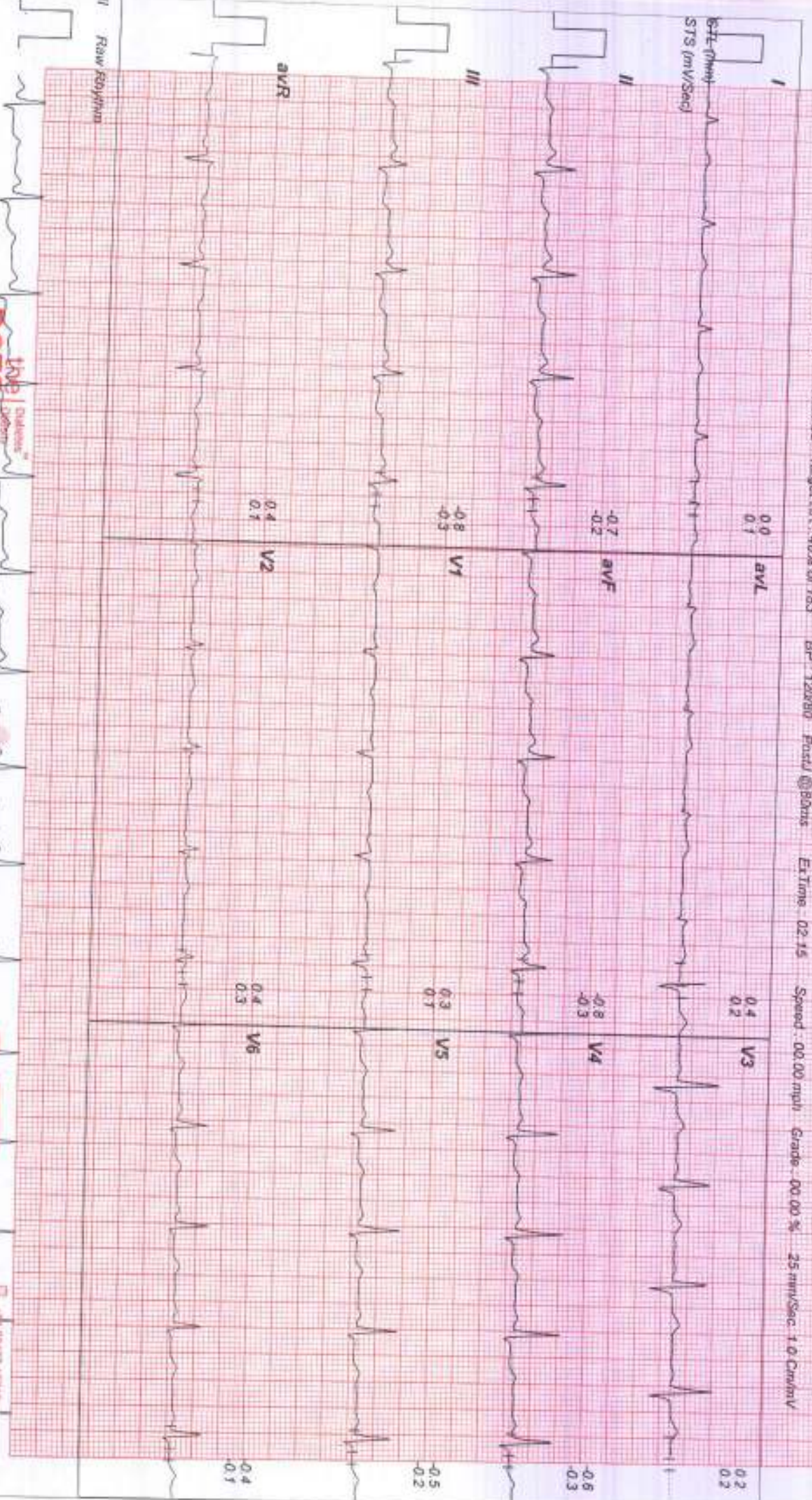
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123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
 Date: 09 - 11 - 2024 03:07:13 PM METs: 01:00 HR: 85 Target HR: 46% of 183 BP: 120/80 Pwll @ 90ms ETime: 02:15
 Speed: 00:00 mm/s Grade: 00:00 % 25 mm/Sec. 1.0 Cm/mV

Linked Medians Report
 SUPINE



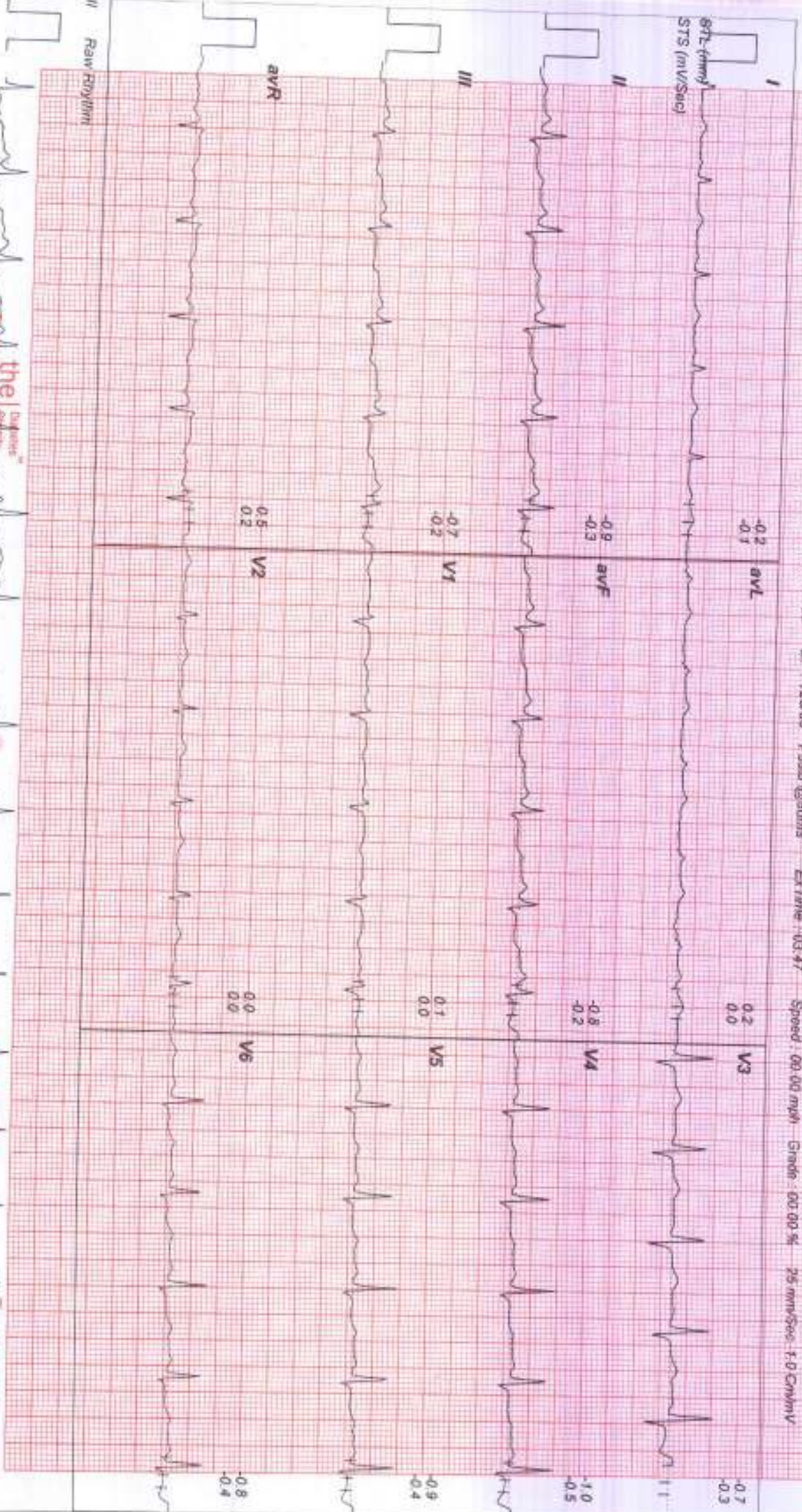
Raw ECG
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123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker
 Date: 09 - 11 - 2024 09:07:13 PM METs : 01.00 HR : 111 Target HR : 60% of 169 BP : 120/80 Pwll @ 50ms Ex Time : 03:47

Linked Medians Report
STANDING



Speed : 00.00 mph Grade : 00.00 % 25 mm/Sec 1.0 Cm/mV



Raw Rhythm
 STS (mV/Sec)
 STS (mm)
 I
 II
 III
 aVR
 aVL
 aVF
 V1
 V2
 V3
 V4
 V5
 V6

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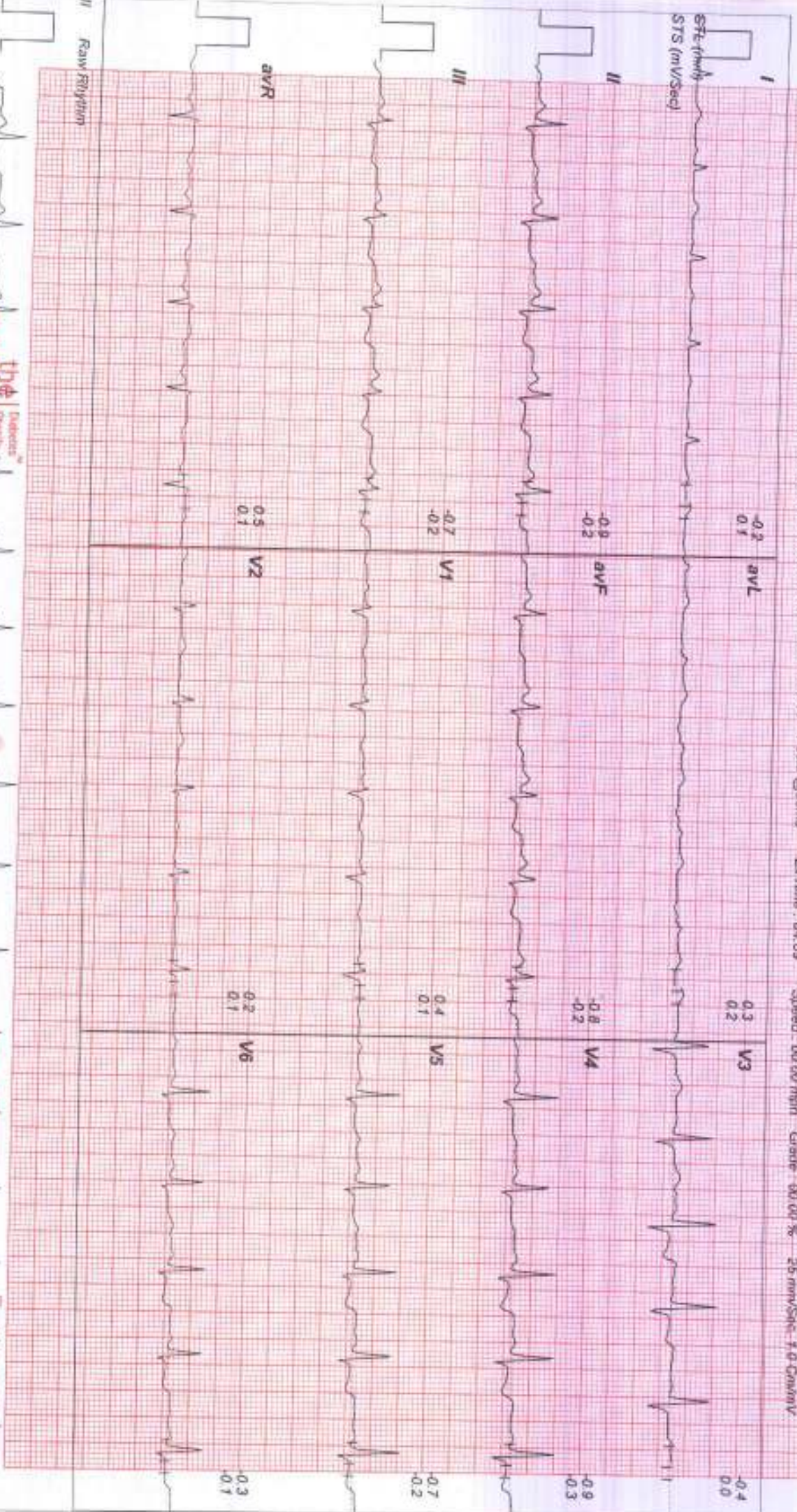


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Date: 09 - 11 - 2024 03:07:13 PM METs: 01:00 HR: 92 Target HR: 90% of 153 Bp: 120/80 Poul @ 80ms Ex Time: 04:09 Speed: 00.50 mm/s Grade: 00.00 % 25 mm/Sec 1.0 Cm/Div

Linked Medians Report HV



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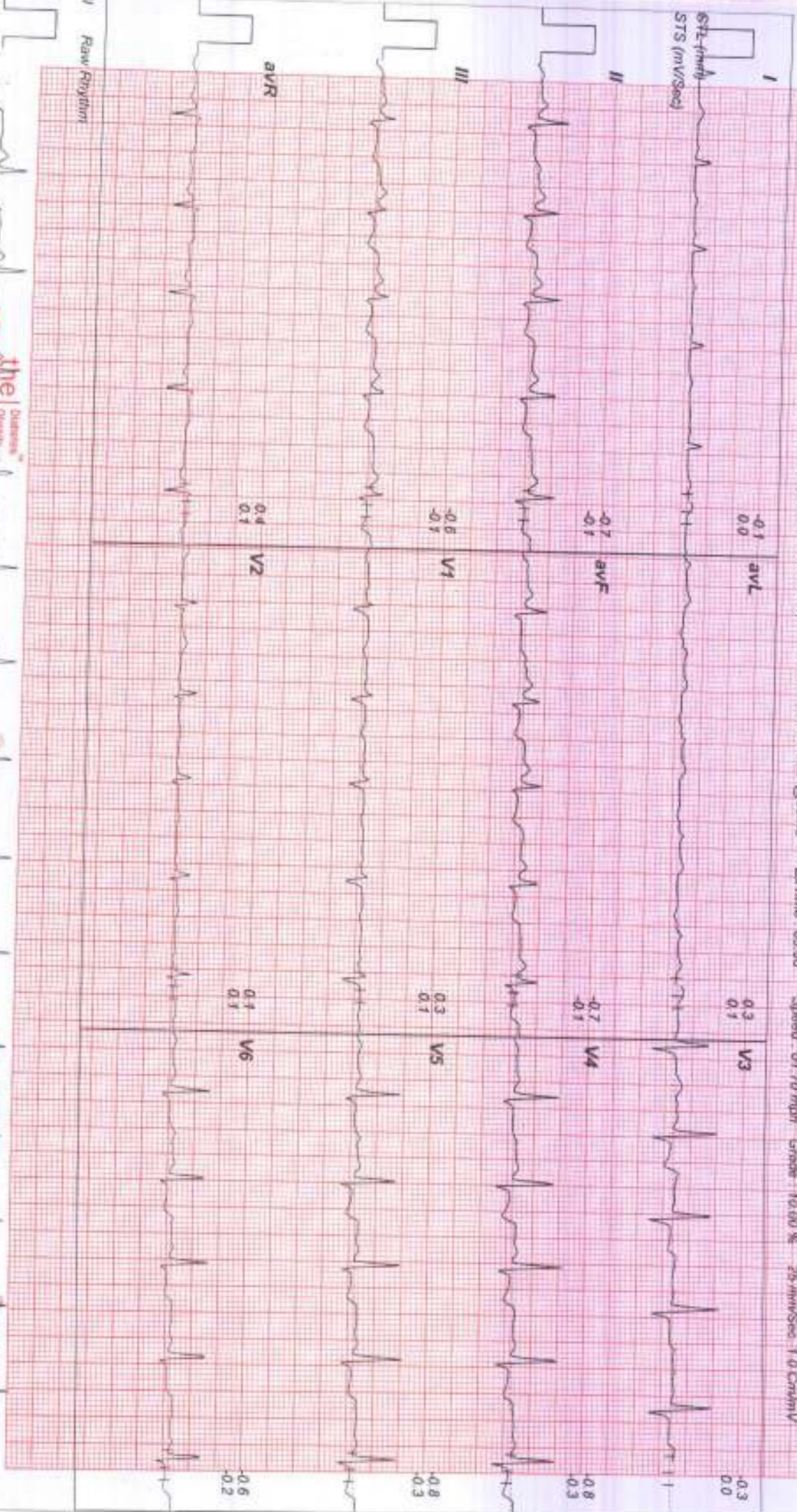
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123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 09 - 11 - 2024 03:07:13 PM METs: 01:00 HR: 743 Target HR: 76% of 183 BP: 120/80 Peds@80ms ExTime: 00:00 Speed: 01.79 mph Grade: 10.00 % 25mmVSec 1.0 Cm/mV

Linked Medians Report

ExStit



Raw Rhythm



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Date: 09 - 11 - 2024 03:07:13 PM METs : 06.10 HR : 165 Target HR : 90% of 163 BP : 140/100 Postd @60ms ExTime : 04:47 Speed : 02.50 mph Grade : 12.00 % 25 mm/Sec. 1.0 Cm/mV

Linked Medians Report PeakX



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123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / Female / 10 Kg / 10 Cm / Non Smoker / D 3 W 3 H 1
 Date: 09 - 11 - 2024 09:07:13 PM METs : 01.00
 BP: 140/100 Posu @ 60ms
 HR: 80% of 183
 Ex Time: 04:47
 Speed: 01.70 mm/s
 Graphe: 00.00 % 25 mm/Sec 1.0 Cm/mV

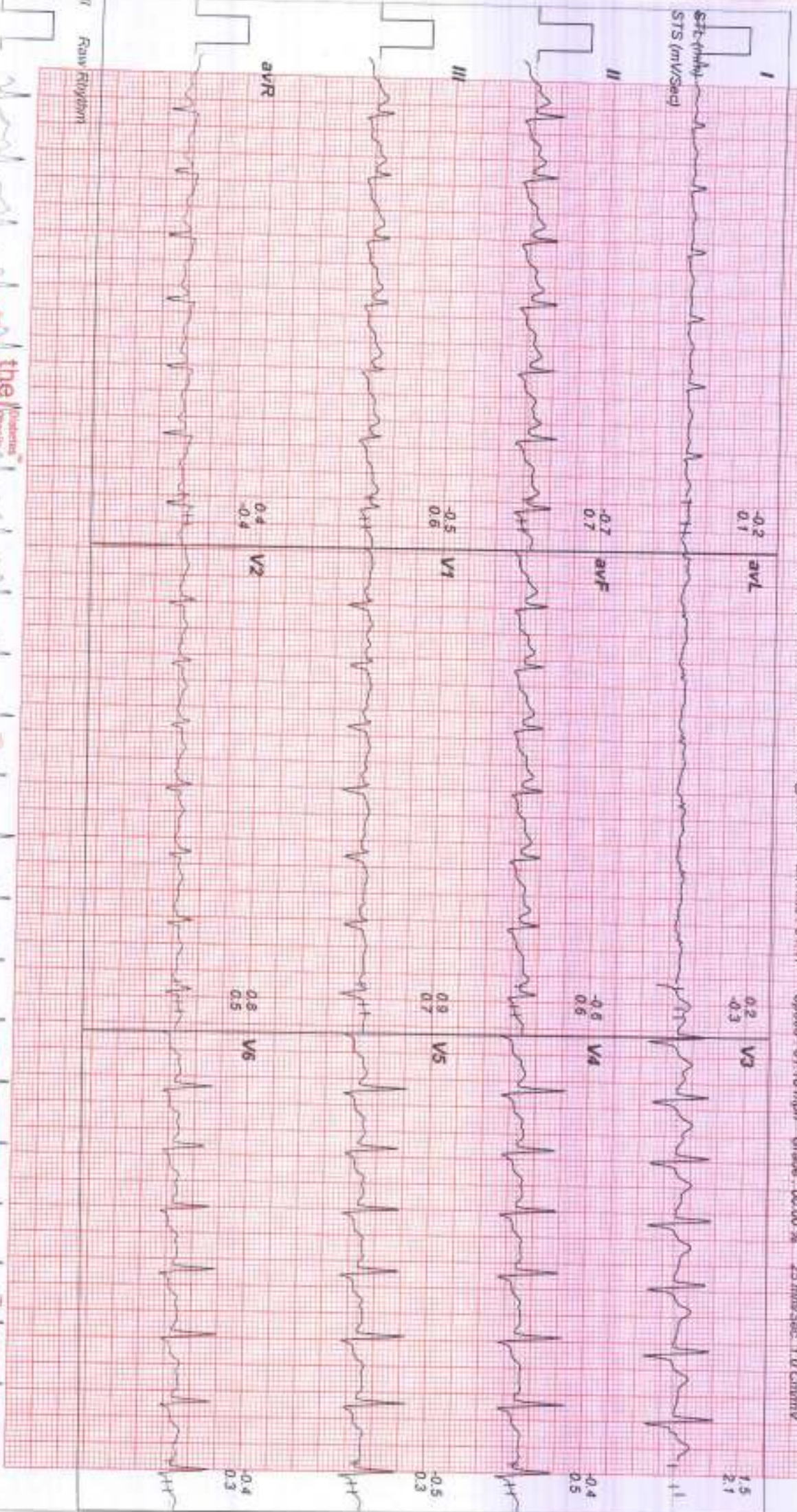
Linked Medians Report
 Recovery (01:00)
 RMS



12345678901 / MRS JAYANTHI PALPANDIAN / 37 Yrs / Female / 0 Kg / 0 Cm / Non Smoker

Date: 09 - 11 - 2024 03:07:13 PM METS: 01 00 HR: 132 Target HR: 72% of 183 BP: 130/90 Pw/ @ 60ms EXTime: 04:47 Speed: 01:10 mph Grade: 00.00 % 25 mm/Sec 1.0 Cm/mV

Linked Medians Report
Recovery: (02:00)



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Signal
& Sharp
ST-T
Wave
Center

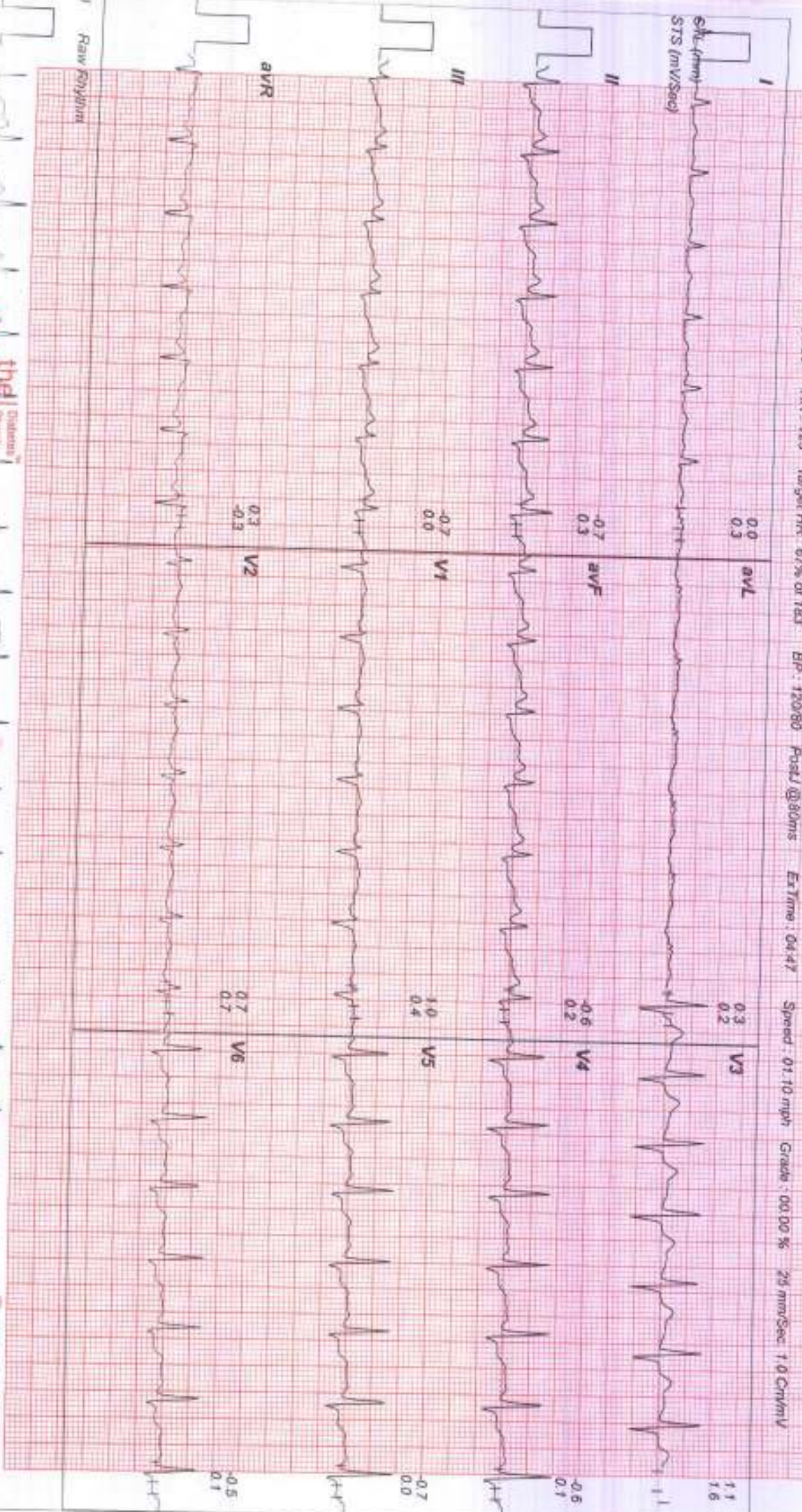
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123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / Female / 10 Kg / 10 Cm / Non Smoker
 Date: 09 - 11 - 2024 03:07:13 PM METs: 01:00 HR: 123 Target HR: 67% of 183 BP: 120/80 Post @ 80ms ExTime: 04:47

Linked Medians Report
 Recovery: (03:00)



Summary



123458107 / MRS JAYANTHI PALPANDIAN / 37 Yrs / F / 0 Kg / 0 Cms / NonSmoker
 Date: 09 - 11 - 2024

Protocol : BRUCE

Medication : Nil
 Ref.By : SELF

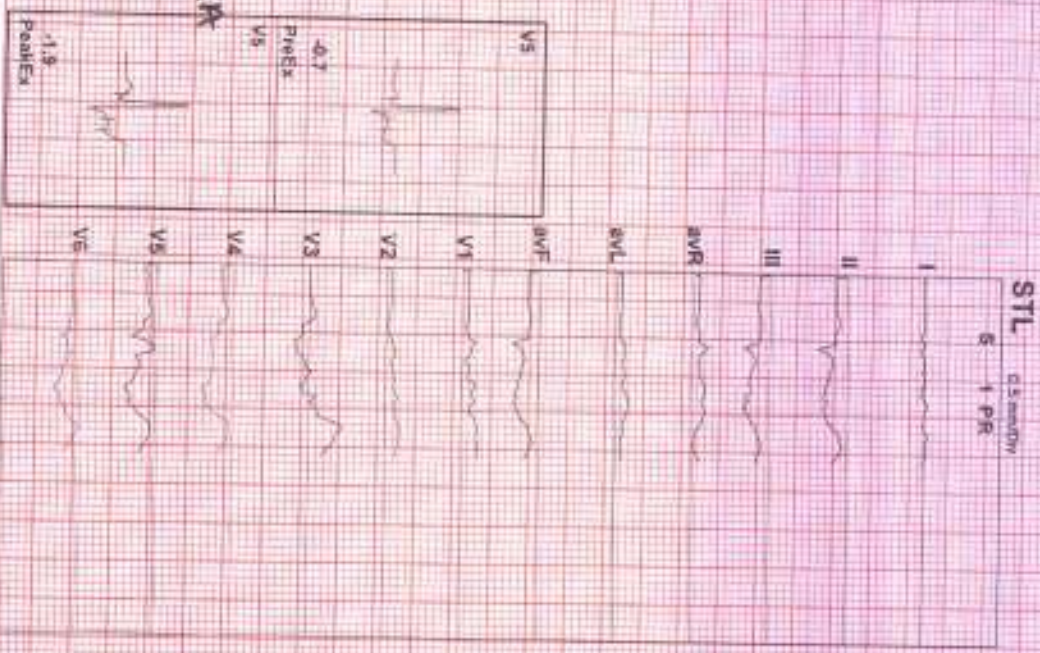
Objective : FOR TESTING PURPOSE ONLY
 History : Nil

Stage	StageTime (Min:Sec)	Speed (km/hr)	Grade (%)	METS	H.R. (b/min)	B.P. (mmHg)	R.P.P. (x100)	PVC	Comments
Supine				1.0	83	120/80	99	-	
Supine				1.0	85	120/80	102	-	
Standing				1.0	111	120/80	133	-	
HV				1.0	91	120/80	109	-	
ExStart				1.0	118	120/80	141	-	
Stage-1	3:00	1.7	10.0	4.7	153	130/90	198	-	
PeakEx	1:47	2.5	12.0	6.1	165	140/100	231	-	
Recovery	1:00	1.1	0.0	1.0	148	140/100	207	-	
Recovery	2:00	1.1	0.0	1.0	132	130/90	171	-	
Recovery	3:00	1.1	0.0	1.0	123	120/80	147	-	
Recovery	3:14	1.1	0.0	1.0	119	120/80	142	-	

Findings :

Exercise Time : 04:48
 Max HR Attained : 165 bpm 90% of Target 183
 Max BP : 140/100
 Max Workload attained : 6.1 (Fair Effort Tolerance)

**THIS IS NEGATIVE
 FOR INDUCIBLE ISCHEMIA**



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 Cardia-Diabytologist & Obesity Consultant

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ALLIED PUBLIC HEALTH | INDUSTRIAL SAFETY & HEALTH

Name : MRS . JAYANTHI PALPANDI
ID No : PDF 1319/2023
Ref By : Dr. RAMESH RAJA PRABHOO M.B.B.S; F.R.S.H.
Date : 09-11-2024

Age: 37 YRS
Sex : Female

ULTRA SOUND SCAN OF ABDOMEN

Clinical status: Routine clinical examination

Liver:

Liver is normal in size with normal echoes.
No mass is seen.
Intrahepatic biliary radicles are not dilated.
Portal and hepatic veins are normal.
No focal lesion.

Gallbladder: Gallbladder is normal in size.
No calculi or sludge seen in the gallbladder.
Wall is not thickened.

Spleen: Normal in size and echo pattern.

Pancreas: Head, body and tail of pancreas is normal.

Kidneys:

Right kidney is normal in size with normal echoes.
Left kidney : is normal in size with normal echoes.
No calculi / pcs dilatation

Urinary Bladder: is NORMAL.

UTERUS : is normal

Em: 8 mm

BOTH OVARIES: NORMAL

IMPRESSION:

NORMAL STUDY

Dr. Rajalakshmi.C
M.B.B.S; D.M.R.D.
Registration No:58990



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Name	MRS.JAYANTHI PALPANDOIAN	Date	09.11.2024
AGE/SEX	37/F		

CHEST X- RAY (PA VIEW)

- Both the lung fields are clear.
- Hilar shadows are normal.
- CP recesses are free bilaterally.
- Cardiac size and contour within normal limits.
- Diaphragmatic domes are regular bilaterally.

Impression: Normal X-Ray Chest.

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Regd.No: 72228



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Patient Name:	Mrs. JAYANTHI PALPANDIAN	Registered on:	09/11/2024 03:22 PM
Age / Sex:	37 YRS / F	Collected on:	09/11/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	09/11/2024
LAB.REGN NO:	3440	Reported on:	09/11/2024 06:15 PM



3440

LIPID PROFILE - III

TEST	VALUE	UNIT	REFERENCE
Total Cholesterol	158.0	mg/dl	50 - 200
Triglycerides	105.2	mg/dl	25 - 160
HDL Cholesterol	57.3	mg/dl	35 - 70
LDL Cholesterol	79.66	mg/dl	50 - 130
VLDL Cholesterol	21.04	mg/dl	10 - 40

LABORATORY



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BIOCHEMISTRY

LIVER FUNCTION TEST (ALL PARAMETERS)

TEST	VALUE	UNIT	REFERENCE
Serum Bilirubin (Total)	0.59	mg/dl	0.2 - 1.2
Serum Bilirubin (Direct)	0.45	mg/dl	0 - 0.6
Serum Bilirubin (Indirect)	0.14	mg/dl	0 - 0.8
SGPT (ALT)	22.7	U/l	0 - 40
SGOT (AST)	25.9	U/l	0 - 40
Gamma Glutamyl Transferase, GGT	27.6	U/L	12 - 43
Serum Alkaline Phosphatase	141.2	U/l	10 - 258
Serum Protein	7.9	g/dl	6.3 - 8.2
Serum Albumin	4.9	g/dl	3.5 - 5.2
Globulin	3.00	g/dl	2.8 - 5
A/G Ratio	1.63	g/dl	1.1 - 2.1

RFT

TEST	VALUE	UNIT	REFERENCE
Serum Creatinine	0.7	mg/dl	0.5 - 1.4
Serum Urea	15.0	mg/dl	13 - 40
Serum Uric Acid	6.5	mg/dl	3 - 8.5
Serum Calcium	9.9	mg/dl	8 - 11.5
Blood Urea Nitrogen	7.0	mg/dl	5 - 20

Method: Venipuncture
Instrument: Biochemical Analyzer



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Age : Sex:	37 YRS / F	Collected on:	09/11/2024
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HAEMATOLOGY

CBC WITH ESR

TEST	VALUE	UNIT	REFERENCE
Hemoglobin	13.1	g/dl	12 - 15
Total Leukocyte Count	8,700	cumm	4,000 - 10,000
Differential Leucocyte Count			
Neutrophils	67	%	45 - 75
Lymphocyte	27	%	20 - 45
Eosinophils	04	%	0 - 7
Monocytes	02	%	0 - 8
Basophils	00	%	< 2
Platelet Count	2.52	lakhs/cumm	1.5 - 4.1
Total RBC Count	4.63	million/cumm	4 - 5.5
Hematocrit Value, Hct	41.1	%	36 - 50
Mean Corpuscular Volume, MCV	88.8	fL	83 - 101
Mean Cell Haemoglobin, MCH	28.3	Pg	27 - 32
Mean Cell Haemoglobin CON, MCHC	31.9	%	31.5 - 34.5
Erythrocyte Sedimentation Rate (Wintrobe)	14	mm for 1st hour	0 - 20

TEST	VALUE	UNIT	REFERENCE
Blood Group & Rh.			
ABO	O		
Rh (ANTI-D)	POSITIVE		

VALIDATED BY LABORATORY



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Age / Sex:	37 YRS / F	Collected on:	09/11/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	09/11/2024
LAB.REGN NO:	3440	Reported on:	09/11/2024 06:15 PM



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FASTING & POST PRANDIAL BLOOD SUGAR WITH HBA1C

TEST	VALUE	UNIT	REFERENCE
Fasting Blood Sugar	93.0	mg/dl	70 - 110
PP 2HRS BLOOD SUGAR	123.6	mg/dl	80 - 160
HbA1c (Glycosylated Hemoglobin)			
HbA1c	5.1	%	4 - 5.8
Estimated average glucose	99.67	mg/dL	90 - 160

Interpretation as per American Diabetes Association (ADA) Guidelines

Reference Group	Non-Diabetic adults >= 18 years	At Risk (Prediabetes)	Diagnosing Diabetes	Therapeutic goals for glycemic control
HbA1c in%	4.0-5.6	5.7-6.4	>= 6.5	<7.0

Clinical significance:

Hemoglobin A1c (HbA1c) level reflects the mean glucose concentration over the previous period (approximately 8-12 weeks).

The following ranges may be used for interpretation of results. However, factors such as duration of diabetes, adherence to therapy and the age of the patient should also be considered in assessing the degree of blood glucose control.

Haemoglobin A1c (%) NSGP	mmol/mol/IFCC Unit	eAG (mg/dl)	Degree of Glucose Control Unit
>8	>63.9	>183	Action Suggested*
7-8	53.0 - 63.9	154-183	Fair Control
<7	<63.9	<154	Goal**
6-7	42.1 - 63.9	126-154	Near-normal glycemia
<6	<42.1	<126	Non-Diabetic level

*High risk of developing long term complications such as Retinopathy, Nephropathy, Neuropathy etc.

**Some danger of hypoglycemic reaction in Type 1 diabetics. Some glucose intolerant individuals and "subclinical" diabetics may demonstrate HbA1c levels in this area.

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Patient Name:	Mrs. JAYANTHI PALPANDIAN	Registered on:	08/11/2024 03:22 PM
Age / Sex:	37 YRS / F	Collected on:	09/11/2024
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LAB. REGN NO:	3440	Reported on:	09/11/2024 06:15 PM



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OTHERS

THYROID FUNCTION TEST (TFT)

TEST	VALUE	UNIT	REFERENCE
Serum Triiodothyronine, T3	97.61	ng/dl	80 - 200
Serum thyroxine, T4	8.41	µg/dl	5.1 - 14.1
Thyroid-Stimulating Hormone, TSH	2.25	µIU/mL	0.27 - 4.2

ROUTINE URINE ANALYSIS

ROUTINE URINE ANALYSIS

TEST	VALUE	UNIT	REFERENCE
Urine Routine Examination			
Physical Examination			
Quantity	30	ml	
Colour	Pale Yellow		Pale Yellow
Transparency	Clear		Clear
Specific Gravity	1.012		1.005 - 1.03
pH	5.6		5 - 7
Blood	Absent		Absent
Chemical Examination			
Protein / Albumin	Absent		Absent
Sugar / Glucose	Absent		Absent
Bilirubin	Absent		Absent
Microscopic Examination			
R.B.C.	Absent	/HPF	Absent
Pus Cells	0-1	/HPF	Absent
Epithelial Cells	3-4	/HPF	Absent
Casts	Absent		Absent
Crystals	Absent		Absent
Bacteria	Absent		Absent
Others	Absent		Absent

--- End of report ---



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