

**MER- MEDICAL EXAMINATION REPORT**

Date of Examination	09/11/24	
NAME	M. Ramesh Kumar	
AGE	41	Gender M
HEIGHT(cm)	175	WEIGHT (kg) 72
B.P.	130/80 , 83/min BMI - 23.5	
ECG		
X Ray		
Vision Checkup	Color Vision :-	
	Far Vision Ratio :	
	Near Vision Ratio :	
Present Ailments	-	
Details of Past ailments (If Any)	-	
Comments / Advice : <del>She</del> / He is Physically Fit	Yes	

Report attached.

**Dr. RAMESH RAJA PRABHOO**  
 MBBS, FRSH (London), CCGDM, ACMD, C,  
 PG (Diab), J. J. Hopkins  
 University School of Medicine - USA  
 Cardio-Diabetologist & Obesity Consultant  
 Regd. No: 72228

Signature with Stamp of Medical Examiner

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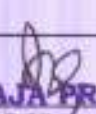
## CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of M. Rameshkeuman 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"> <li>• Medically Fit</li> </ul>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> <li>• Fit with restrictions/recommendations</li> </ul> <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"> <li>• Currently Unfit.</li> </ul> <p>Review after _____ recommended</p>	
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

  
**Dr. RAMESH RAJA PRABHU**  
 MBBS., FRS, M.D., D.I.C.M., M.A.C.M.D.C.,  
 PGT (General Medicine) (Location)  
 University School of Medicine - USA  
 Cardio-Diabetologist & Obesity Consultant  
 Regd.No: 72228

*This certificate is not meant for medico-legal purposes*

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h2696

GRD-18

Optometry OP - Case Record

Name : Mr. Rameshkumar Age/Gender : 41/m Date : 9/11/24

Reg.No. : 1754969 Occupation :

Complaints of

MHC

PG m/ months/years old

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

Systemic Diseases :

m/

Diabetics	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	11 mmHg	12 mmHg

+ +

Automated Refractometry

RE -0.50DS  
LE -0.25/-0.25/150

Subjective Refraction :

	Sph	Cyl	Axis	V/A	Sph	Cyl	Axis	V/A
DV	Plano			6/6	plano			6/6
NV ADD	BC	+	1.25DS NB		@ 35cm NB			40cm NB

Need Dilation / Cycloplegic Refraction  
Tropicamide Plus / Cyclopentolate

System uses

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

Lens Prescription

Need PMT

Kavita  
Optometrist Signature







123458106 / MR M RAMESH KUMAR / 41 Yrs / M

Date: 09 - 11 - 2024 02:43:24 PM METS: 1.0 HR: 84 bpm 46% Tigt BP: 130/80 Raw ECG, BLC, Noisy, (0.05-100Hz) 4X 80 ms Post J

Resting ECG



ExTime: 00:00 1.1 mph, 0.0% 25 mm/Sec 1.0 Cm/mV



COMMENTS: the dots foundation

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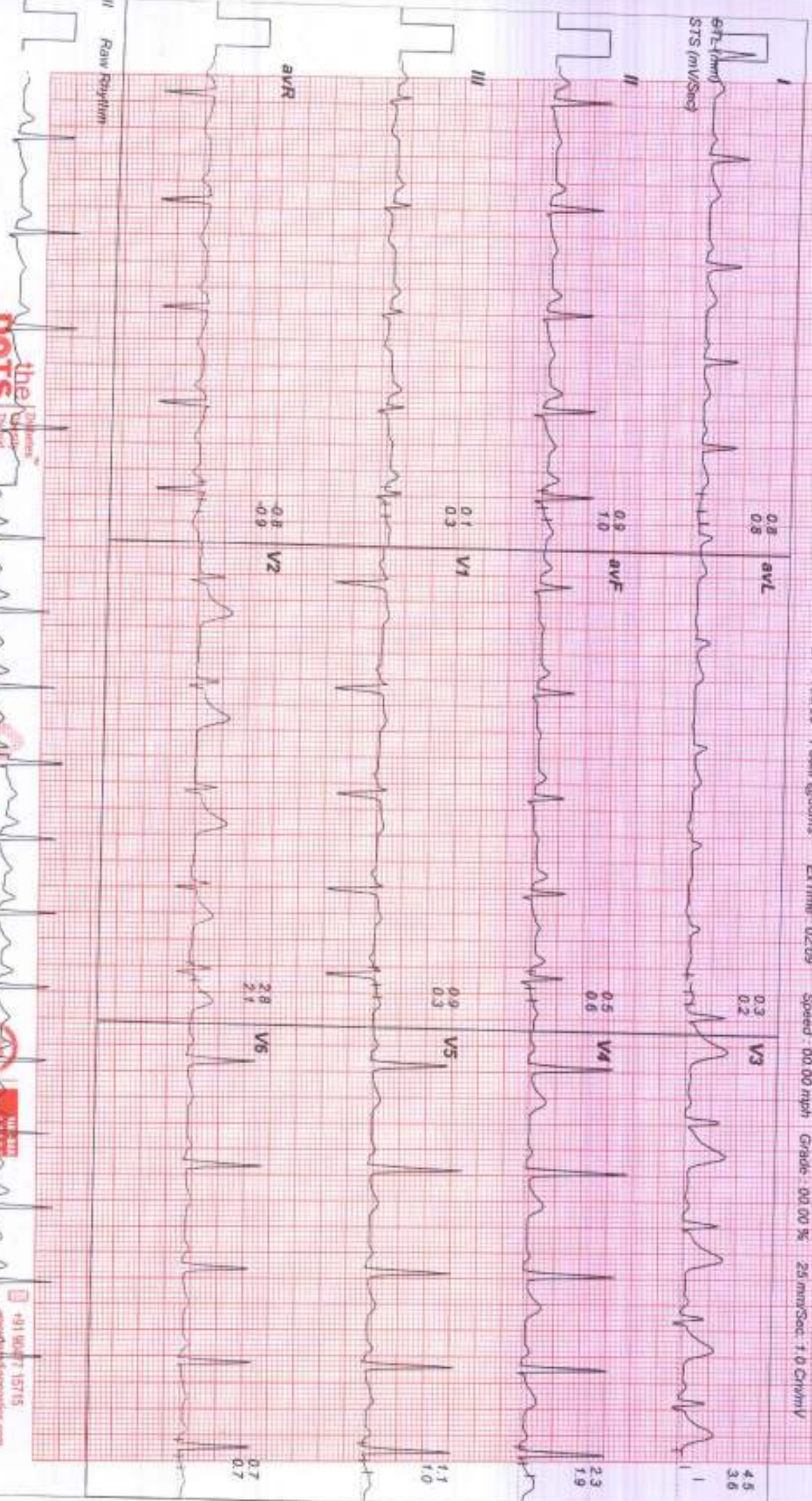




123458106 / MR M RAMESH KUMAR / 41 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 09 - 11 - 2024 02:43:24 PM METs : 01.00 HR : 103 Target HR : 57% of 179 BP : 130/80 Post/ @30ms Ex Time : 02:09 Speed : 00.00 r/spt Grade : 00.00 % 25 mm/Sec 1.0 Cm/mV

Linked Medians Report  
STANDING



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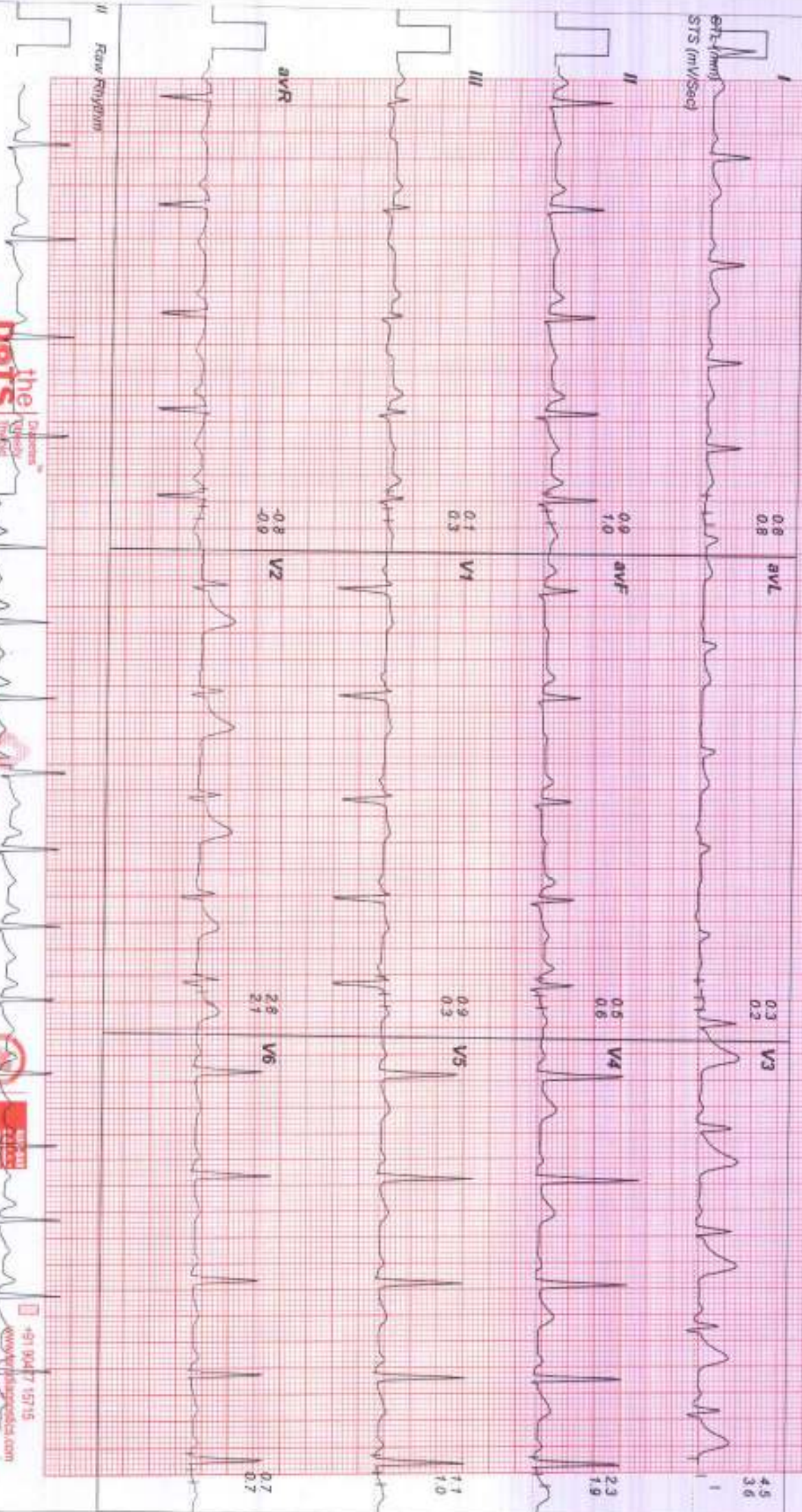
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123456789 / MR M RAMESH KUMAR / 41 Yrs / Male / 10 Kg / 10 Cm / Non Smoker

Date: 09 - 11 - 2024 02:43:24 PM METS: 01:00 HR: 106 Target HR: 99% of 179 BP: 130/80 PostU @ Norms ExTime: 02:14 Speed: 00:00 mph Grade: 00:00 % 25 mm/Sec 1.0 Cm/TV

Linked Medians Report  
HV



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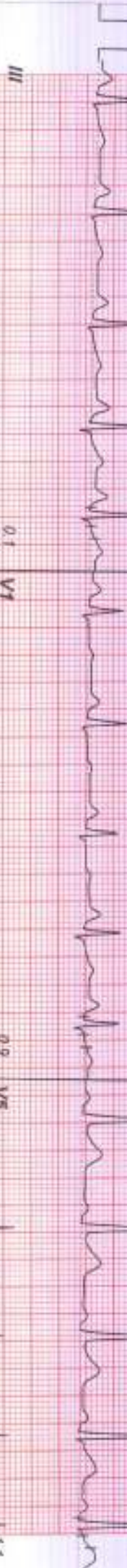


123456789 / MR M RAMESH KUMAR / 41 Yrs / Male / 10 Kg / 10 Cm / Non Smoker

Date: 09.11.2024 02:43:24 PM METs: 01:00 HR: 106 Target HR: 50% of 179 BP: 130/80 PpdJ@8hms ExTime: 00:00 Speed: 01.70 mph Grade: 10.00% 25 mm/Sec 1.0 Ch/My

### Linked Medians Report

ExStn



Raw Rhythm

the DOTS foundation

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123458106 / MR M RAMESH KUMAR / 41 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 09-11-2024 02:43:24 PM METs: 04.70 HR: 159 Target HR: 88% of 179 BP: 140/90 Psa/ @6cms ExTime: 03:00 Speed: 01.70 mph Grade: 10.00 % 25 mm/Sec 1.0 Cm/Div

### Linked Medians Report

BRUCE : Stage 1 ( 03:00 )



Raw rhythm

**the DOTS** foundation  
Datta Trivedi Srivastava & Shrivastava

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123458106 / MR M RAMESH KUMAR / 41 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 09 - 11 - 2024 02:43:24 PM METs : 07.10 HR : 780 Target HR : 100% of 179 EP : 150/100 Post@60bts

BP : 150/100 Pos@60bts ETime : 06:00 Speed : 02.50 mph Grade : 12.00 % 25 mm/Sec 1.0 Cm/mV

### Linked Medians Report

BRUCE : Stage 2 ( 03:00 )



Raw Program



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123458106 / MR M RAMESH KUMAR / 41 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 09 - 11 - 2024 02:43:24 PM METs : 08.20 HR : 186 Target HR : 103% of 179 BP : 150/100 Postd @57mic ExtTime : 07:04 Speed : 03.40 mph Grade : 14.00 % 25 mmv/Sec 1.0 Cm/Div

### Linked Medians Report PeakEx



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123458106 / MR M RAMESH KUMAR / 41 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 09 - 11 - 2024 02:43:24 PM METs: 01:10 HR: 178 Target HR: 99% at 179 BP: 150/100 Post @ 50ms

Ext Time: 07:04 Speed: 01:10 mph Grade: 00:00 % 25 mm/Sec 1.0 Cm/Div

### Linked Medians Report

Recovery: (01:00)



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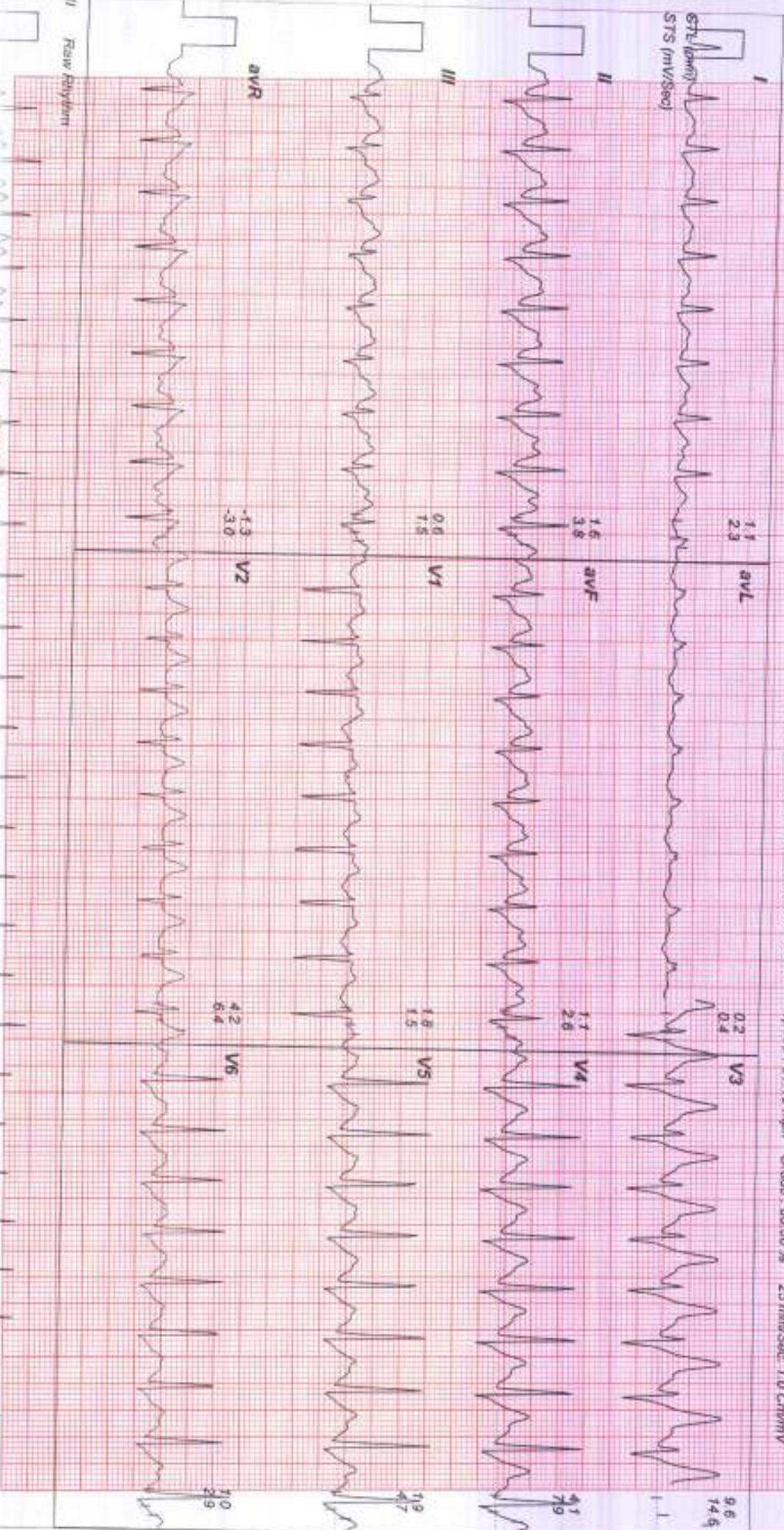


123458106 / MR M RAMESH KUMAR / 41 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 09 - 11 - 2024 02:43:24 PM METs : 01.00 HR : 167 Target HR : 93% of 179 BP : 140/90 Puff@57ms

EXTIME : 07:04 Speed : 01.10 mph Grade : 00.00 % 25 mm/Sec 1.0 Cm/IV

### Linked Medians Report Recovery : ( 02:00 )



Raw Rhythm

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Diabetes Openly Discussed  
Diagnosed & Solved

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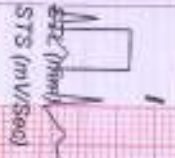
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123458106 / MR M RAMESH KUMAR / 41 Yrs / Male / 0 Kg / 0 Cm / Non Smoker

Date: 09 - 11 - 2024 02:43:24 PM METS: 01:00 HR: 161 Target HR: 89% of 179 BP: 130/80 PostU @60ms E-Trace 07:04 Speed: 01.10 mph Grade: 00.00 % 25 mm/Sec 1.0 Cm/Div

### Linked Medians Report Recovery: ( 03:00 )



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# Summary



123456789 / MR M RAMESH KUMAR / 41 Yrs / M / 10 Kg / 0 Cms / Non-Smoker

Date: 09-11-2024

Protocol: BRUCE

Medication: Nil  
Ref By: SELF

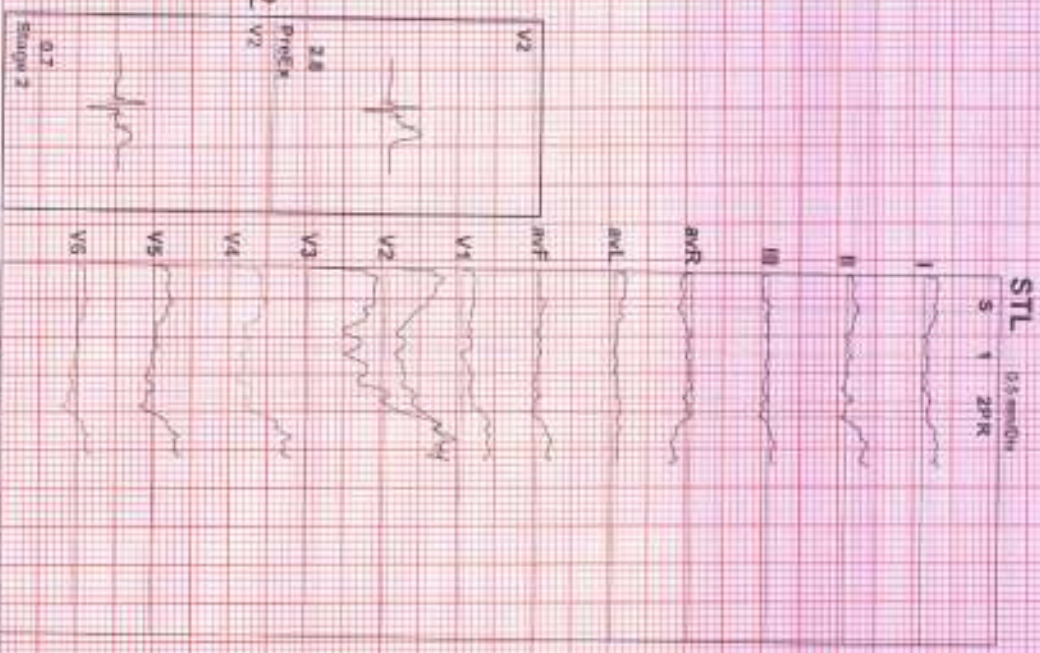
Objective: FOR TESTING PURPOSE ONLY  
History: Nil

Stage	StageTime (Min:Sec)	Speed (km/h)	Grade (%)	METS	H.R. (bpm)	B.P. (mmHg)	R.P.P. (x10 <sup>9</sup> )	PVC	Comments
Supine				1.0	90	130/80	117	-	
Standing				1.0	103	130/80	133	-	
HV				1.0	106	130/80	137	-	
ExStart				1.0	106	130/80	137	-	
Stage 1	3:00	1.7	10.0	4.7	159	140/90	222	-	
Stage 2	3:00	2.5	12.0	7.1	180	150/100	270	-	
PeakEx	1:04	3.4	14.0	8.2	186	150/100	279	-	
Recovery	1:00	1.1	0.0	1.2	178	150/100	267	-	
Recovery	2:00	1.1	0.0	1.0	167	140/90	233	-	
Recovery	3:00	1.1	0.0	1.0	161	130/80	209	-	
Recovery	3:16	1.1	0.0	1.0	161	130/80	209	-	

### Findings:

Exercise Time : 07:05  
 Max HR Attained : 186 bpm 104% of Target 179  
 Max BP : 150/100  
 Max Workload attained : 8.2 (Fail Effort Tolerance)

**TMT NEGATIVE FOR INDUCIBLE ISCHEMIA**



**Dr. RAMESH K. PRABHOO**  
 MBBS, FRSH (General Medicine), CC(DM), ACCNIDC,  
 PG (Diabetology), Honorary Lecturer

University School of Medicine - USA  
 Cardio-Diabetologist & Obesity Consultant  
 THE Regent, Sri 92228

Advice/Comments:







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Name: MR . RAMESH KUMAR  
ID No: PDF 1891/2024  
Ref By: Dr. RAMESH RAJA PRABHOO M.B.B.S; F.R.S.H.  
Date : 09.11.2024

Age: 41 YRS  
Sex: Male

### ULTRA SOUND SCAN OF ABDOMEN

Clinical status: Routine clinical examination.

Liver:

Liver is normal in size with normal echoes.  
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.

Spleen: Normal in size and echo pattern.

Pancreas: Head, body and tail of pancreas is normal.  
No ductal calculi/ calcifications.

Kidneys:

Right kidney is normal in size with normal echoes.  
Left kidney is normal in size with normal echoes.  
Corticomedullary differentiation is maintained.

There is no free fluid in peritoneal cavity.

Urinary Bladder: is NORMAL.

Prostate: NORMAL

#### IMPRESSION:

FATTY LIVER

GRADE - I

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





Name	MR.M.RAMESH KUMAR	Date	09.11.2024
AGE/SEX	41/M		

**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.**

**Dr. RAMESH RAJA PRABHOO**  
MBBS., FRSH (London), CCGDM, ACMD, MDC,  
PG (Diab), Johns Hopkins  
University School of Medicine - USA  
Cardio-Diabetologist & Obesity Consultant  
Regl.No: 72228





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Patient Name:	Mr. M.RAMESH KUMAR	Registered on:	09/11/2024 03:26 PM
Age / Sex:	41 YRS / M	Collected on:	09/11/2024
Referred By:	Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on:	09/11/2024
LAB.REGN NO:	3441	Reported on:	09/11/2024 06:18 PM



3441

HAEMATOLOGY  
CBC WITH ESR

TEST	VALUE	UNIT	REFERENCE
Hemoglobin	14.9	g/dl	13 - 17
Total Leukocyte Count	6.900	cumm	4,000 - 10,000
Differential Leucocyte Count			
Neutrophils	71	%	45 - 75
Lymphocyte	25	%	20 - 45
Eosinophils	09	%	0 - 7
Monocytes	01	%	0 - 8
Basophils	00	%	< 2
Platelet Count	1.64	lakhs/cumm	1.5 - 4.1
Total RBC Count	5.21	million/cumm	4 - 5.5
Hematocrit Value, Hct	46.1	%	40 - 50
Mean Corpuscular Volume, MCV	88.5	fL	83 - 101
Mean Cell Haemoglobin, MCH	28.6	Pg	27 - 32
Mean Cell Haemoglobin CON, MCHC	32.3	%	31.5 - 34.5
Erythrocyte Sedimentation Rate (Wintrobe)	12	mm for 1st hour	0 - 15

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

WINDOTC BY LAB2000G1



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3441

BIOCHEMISTRY

LIVER FUNCTION TEST (ALL PARAMETERS)

TEST	VALUE	UNIT	REFERENCE
Serum Bilirubin (Total)	0.87	mg/dl	0.2 - 1.2
Serum Bilirubin (Direct)	0.29	mg/dl	0 - 0.6
Serum Bilirubin (Indirect)	0.58	mg/dl	0 - 0.8
SGPT (ALT)	27.3	U/l	0 - 40
SGOT (AST)	32.1	U/l	0 - 40
Gamma Glutamyl Transferase, GGT	30.1	IU/L	15 - 73
Serum Alkaline Phosphatase	125.4	U/l	10 - 258
Serum Protein	7.4	g/dl	6.3 - 8.2
Serum Albumin	4.0	g/dl	3.5 - 5.2
Globulin	3.40	g/dl	2.8 - 5
A/G Ratio	1.18	g/dl	1.1 - 2.1

RFT

TEST	VALUE	UNIT	REFERENCE
Serum Creatinine	0.8	mg/dl	0.5 - 1.4
Serum Urea	26.0	mg/dl	19 - 45
Serum Uric Acid	5.0	mg/dl	3 - 8.5
Serum Calcium	10.3	mg/dl	8 - 11.5
Blood Urea Nitrogen	12.1	mg/dl	5 - 20

ANALYZED BY LAB ENGINEER



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TEST	LIPID PROFILE - III		
	VALUE	UNIT	REFERENCE
Total Cholesterol	H 220.8	mg/dl	50 - 200
Triglycerides	H 200.6	mg/dl	25 - 160
HDL Cholesterol	L 30.8	mg/dl	35 - 70
LDL Cholesterol	H 149.88	mg/dl	50 - 130
VLDL Cholesterol	H 40.12	mg/dl	10 - 40

VALIDATED BY LAB ENGINEER



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Patient Name: Mr. M.RAMESH KUMAR	Registered on: 09/11/2024 03:26 PM
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Referred By: Dr. RAMESH PRABHOO (MBBS, FRSH)	Received on: 09/11/2024
LAB.REGN NO: 3441	Reported on: 09/11/2024 06:18 PM



3441

FASTING & POST PRANDIAL BLOOD SUGAR WITH HBA1C

TEST	VALUE	UNIT	REFERENCE
Fasting Blood Sugar	H 111.8	mg/dl	70 - 110
PP 2HRS BLOOD SUGAR	H 170.9	mg/dl	80 - 160
HbA1c (Glycosylated Hemoglobin)			
HbA1c	H 5.9	%	4 - 5.8
Estimated average glucose	122.63	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.

TEST	VALUE	UNIT	REFERENCE
SERUM PSA	1.547	ng/mL	0 - 4



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3441

OTHERS

THYROID FUNCTION TEST (TFT)

TEST	VALUE	UNIT	REFERENCE
Serum Triiodothyronine, T3	109.6	ng/dl	80 - 200
Serum thyroxine, T4	7.84	µg/dl	5.1 - 14.1
Thyroid-Stimulating Hormone, TSH	2.39	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	1.030		1.005 - 1.03
pH	5.9		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	1-3	/HPF	Absent
Epithelial Cells	1-3	/HPF	Absent
Casts	Absent		Absent
Crystals	Absent		Absent
Bacteria	Absent		Absent
Others	Absent		Absent

--- End of report ---

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