

# CERTIFICATE OF MEDICAL FITNESS

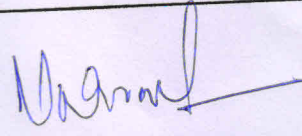
This is to certify that I have conducted the clinical examination

of Sunil Mishra on 03/5/2019

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>	✓
<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> <ol style="list-style-type: none"> <li>1. <u>Dyslipidemia</u></li> <li>2. <u>Bilateral renal calculi</u></li> <li>3. <u>Right renal cortical cyst</u></li> <li>④ <u>Fatty liver 9-1</u></li> </ol> <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 <u>15</u> _____ recommended</p>	
<ul style="list-style-type: none"> <li>• Unfit</li> </ul>	

Dr. \_\_\_\_\_

  
**Dr. RAKESH SHARMA**  
 Medical Officer (Consultant)  
 The Apollo Clinic, (Location)  
 Gurugram

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

## उपलब्ध ओ.पी.डी. सुविधाएँ

- हृदय रोग चिकित्सा  
(Cardiology)
- बाल एवं भ्रूण रोग चिकित्सा  
(Paediatrics & Fetal Medicine)
- बाल रोग चिकित्सा  
(Paediatrics)
- स्त्री रोग चिकित्सा  
(Gynaecology)
- हड्डी रोग चिकित्सा  
(Orthopaedics)
- दन्त चिकित्सा  
(Dental Care)
- सामान्य चिकित्सा  
(General Physician)
- फिजियोथैरेपी  
(Physiotherapy)
- चर्म रोग चिकित्सा  
(Dermatology)
- मूत्र रोग चिकित्सा  
(Urology)
- गुर्दा रोग चिकित्सा  
(Nephrology)

## उपलब्ध जाँच

- डायलिसिस (Dialysis)
- अल्ट्रासाउण्ड (Ultrasound)
- ईको (Echo)
- स्ट्रेस ईको (Stress Echo)
- टी.एम.टी. (T.M.T.)
- पी.एफ.टी. (Lung Function Test)
- ई.सी.जी. (E.C.G.)
- ई.ई.जी. (E.E.G.)
- एक्स-रे (X-Ray)
- मैमोग्राफी (Mammography)
- ओ.पी.जी. (Dental X-Ray)
- हॉल्टर टेस्ट (Holter Test)

Ref. No.:.....

Date:.....

<b>Name of patient:</b> Mr. Sunil Mishra	<b>Age:</b> 42	<b>M/F:</b> M
<b>Consultant:</b>	<b>Speciality:</b> Package	
<b>MR No :</b> MR006416	<b>Visit No:</b> OP013148	<b>Date:</b> 03-05-2019

Ht/m - 175  
Wt/m - 73.8  
BMB - 24.11

No relevant H.I.

R.P. - 160/98 mm Hg.  
Pulse - 82/min regular.

1/2 General -  
Pallor - nil  
Cyanosis - nil  
Oedema - nil  
Lymphadenopathy - nil

Impression:  
• Hypertension

Sys/Exam:  
Chest - clinically normal  
CRS - S1S2,  
No murmur.

Abdomen - Soft.  
Liver - not enlarged  
Spleen - not palpable.

*(Signature)*

Not for Medico Legal Purpose

खून एवं मल-मूत्र की जाँच NABL द्वारा मान्यता प्राप्त MoIQ लैब द्वारा की जाती है।

सम्पर्क सूत्र: 0124-2224102 / 103 / 104 | Mob.: 8683061905, 8683061906

ओ.पी.डी. पर्ची का शुल्क केवल तीन दिन के लिए मान्य रहेगा।

Observations:

- ① Blood sugar  $88 - 141.6 \text{ mg/dl}$
- ② Lipid profile -  
Total cholesterol  $- 200.3 \text{ mg/dl}$   
LDL  $- 156.88 \text{ mg/dl}$
- ③ Fatty liver G-I
- ④ Bilateral renal calculi
- ⑤ (R) Renal cortical cyst

Adv ① Life style modification

- ↓ Body wt
  - ↓ fatty diet
  - Regular physical activity
- ② Check up by Physician for Hypertension & Fatty liver / Border line NIDDM
  - ③ Check up by Urologist

Vadim

ID: 006416

03-05-2019 15:38:37

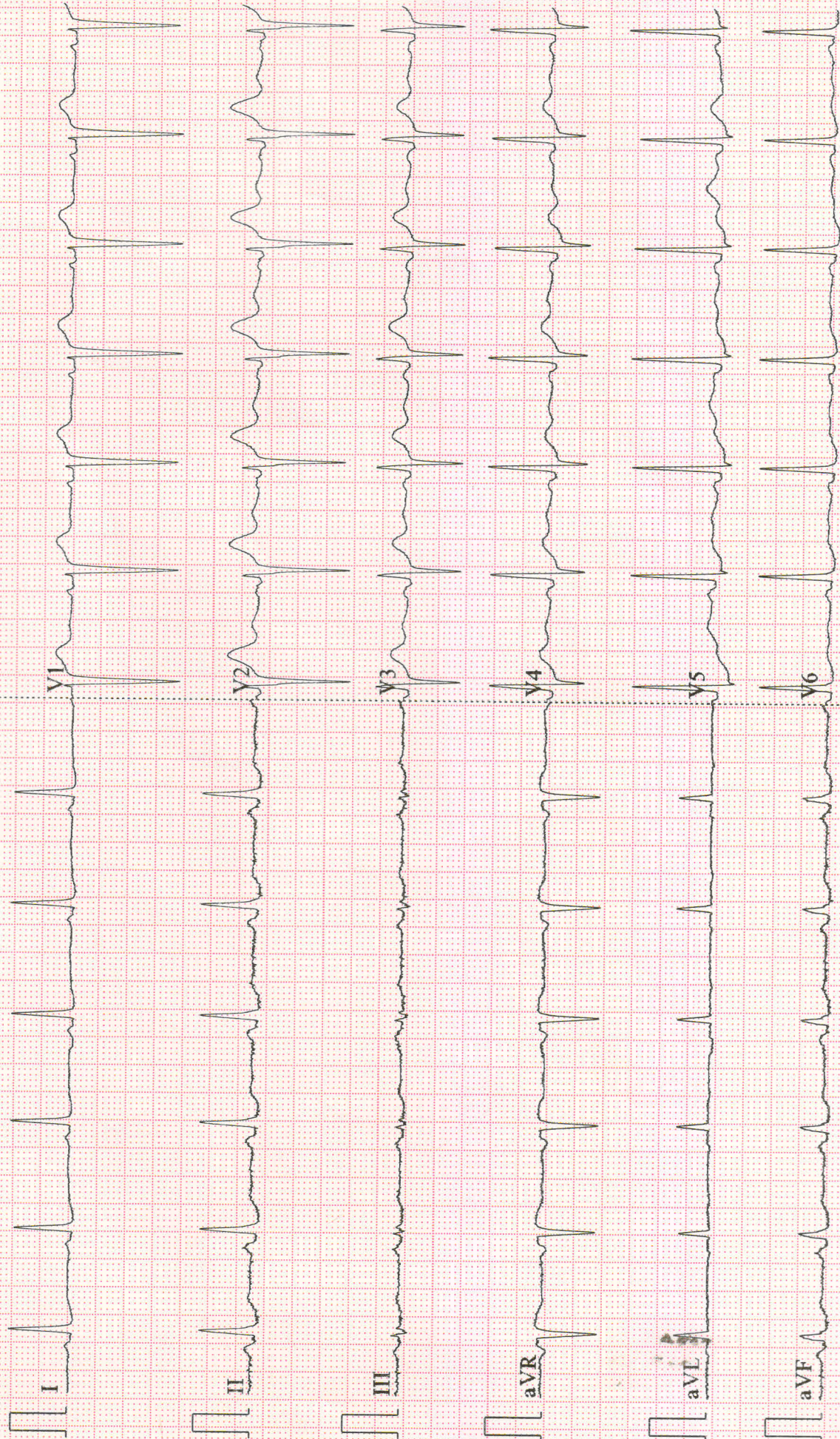
Mr. Sunil Mishra  
Male 42 Years

Diagnosis Information:

Sinus Rhythm  
T Wave Abnormality(I,aVL,V5,V6)

HR : 76 bpm  
P : 104 ms  
PR : 144 ms  
QRS : 90 ms  
QT/QTc : 371/419 ms  
P/QRS/T : 63/35/77 °  
RV5/SV1 : 1.528/1.887 mV

Report Confirmed by:



## ECHO REPORT

NAME Ref. No.:	Mr. Sunil Mishra	AGE/SEX	Date: 42/M
MR.NO	006416	HOSPITAL NO.	OPD
REF. BY	Health Check up	DATE	03.05.2019

PROCEDURES : M-MODE / 2D / DOPPLER / COLOUR / CONTRAST B.B.A. M2  
MEASUREMENTS :

		NORMALS
Aortic Root Diameter	2.4	2.0-3.7 cm < 2.2 cm/M2
Aortic Valve Opening		1.5-2.6 cm
Right Ventricular Dimension		0.7-2.6 cm < 1.4 cm/M2
Right Ventricular Thickness		0.3-0.9 cm
Left Atrial Dimension	3.3	1.9-4.0 cm < 2.2 cm/M2
Left Ventricular ED Dimension	2.9	3.7-5.6 cm < 3.2 cm/M2
Left Ventricular ES Dimension	4.1	2.2-4.0 cm
Interventricular Septal Thickness	0.9 ED ES	0.6-1.2 cm
Left Vent PW Thickness	0.9 ED ES	0.5-1.0 cm
IVS / LVPW		

### INDICES OF LEFT VENT. FUNCTION

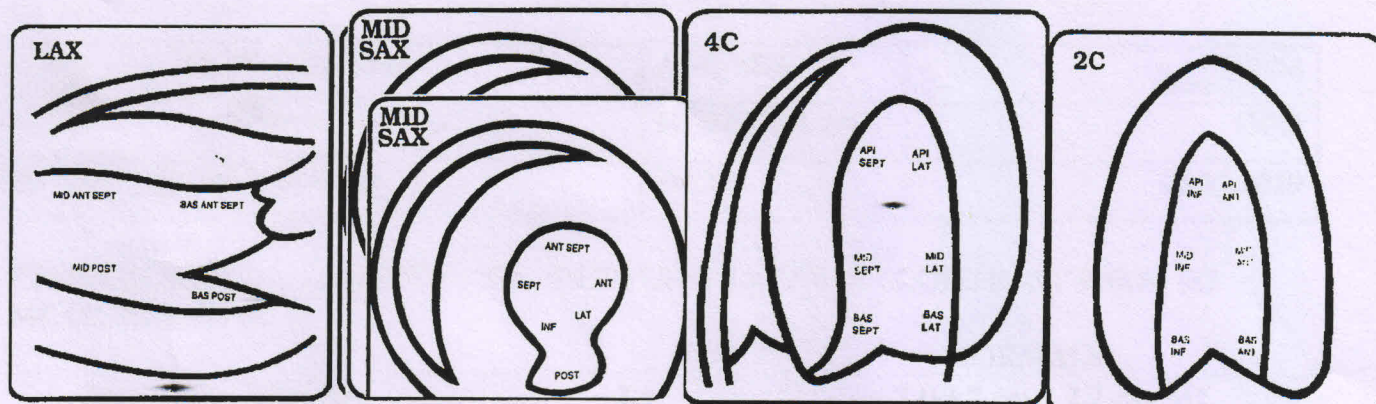
Mitral E-Septal separation		<0.9 cm
Minor axis		24.42%
LV Ejection Fraction	60%	55-65%

### IMAGING:

M-Mode examination revealed normal movement of both mitral leaflets during diastole. No SAM or mitral valve prolapse is seen. Aortic cusps are not thickened and closure line is central. Tricuspid valve is normal. Pulmonary valve is normal. Aortic root is normal in size. Dimension of left atrium and left ventricle are normal. No LVH present.

2-D imaging in PLAX, SAX and apical views revealed a normal sized left ventricle. Movement of septum, inferior, anterior, posterior and lateral walls is normal. Global LVEF is 60%. Mitral valve opening is normal. No evidence of mitral valve prolapse is seen. Aortic valve has three cusps and its opening is not restricted. Tricuspid valve leaflets move normally. Pulmonary valve is normal. Interatrial and interventricular septa are intact. No intracardiac mass or thrombus is seen. No pericardial pathology is observed.

## LV WALL MOTION



## DOPPLER

MV	E = cm/sec A = cm/sec	MR	Nil
AV	cm/sec	AR	Nil
TV	cm/sec	TR	Nil
PV	cm/sec	PR	Nil

## COLOUR FLOW

Normal colour flow

## FINAL DIAGNOSIS:

2D Colour Doppler Exam of Mr. Sunil Mishra revealed:

1. No regional wall motion abnormalities seen in resting state. LVEF - 60%.
2. No LVH. All cardiac chambers dimensions are normal.
3. All valves are normal.
4. Normal left ventricular systolic function.
5. No diastolic Dysfunction .
6. No intracardiac mass or thrombus
7. No pericardial pathology seen. No clot /veg seen.

DR. ASHISH GUPTA  
CONSULTANT  
NON INVASIVE CLINICAL CARDIOLOGY

**Dr. ASHISH GUPTA**  
MBBS, MD(Medicine), DM(Cardiology)  
Consultant Cardiology  
Vivekanand Arogya Kendra  
Regn. No. HMC-10365

## Radiology Report

Name : Mr. Sunil Mishra  
Age/Gender : 42 Y/M  
Prescribed Doctor : Self

MR No : MR006416  
Visit ID : OP013148  
Report Date : 03-05-2019 14:37

## Ultrasound

### USG EXAMINATION : WHOLE ABDOMEN

**Liver** shows normal shape and size (12.7cm) with mildly increased echogenicity, suggestive of fatty change. Intrahepatic biliary radicals are not dilated. No focal lesion is seen.

**Gall bladder** shows physiological distension and normal wall thickness. No calculus or mass is seen in the lumen.

**CBD** is normal in diameter. No calculus is seen

**PV, Aorta & IVC** show normal calibre. No evidence of para-aortic lymphadenopathy is seen.

**Pancreas** is normal in size, shape and echo texture.

**Spleen** is normal in shape, size and echo texture.

**Right kidney** show normal shape & size. Two small anechoic cortical cysts are seen in upper & middle poles of right kidney largest measuring 8.3 x 7.9 mm with one of them showing focal mural calcification. Right kidney show no calculus or hydronephrosis. Right kidney measures 102 x 49 mm.

**Left kidney** show normal shape & size. Cortico-medullary differentiation is maintained. No hydronephrosis. Left kidney measures 97 x 49 mm.

**Multiple small echogenic foci** are seen in both kidneys measuring upto 5-6 mm .

No free fluid is seen in the intra-peritoneal cavity.

**Urinary bladder** is over distended and is normal shape and size with normal wall thickness. No mass or calculus is seen.


**Prostate** is normal in shape, size & echo texture. Volume of prostate is 16 ml.

**IMP : Fatty liver grade-I.** ✓

**Bilateral small renal calculi.** ✓

**Right renal cortical cysts.** ✓

PLEASE CORRELATE CLINICALLY

  
**Dr. PAWAN JOON**  
MD (Radio Diagnosis)  
Vivekanand Arogya Kendra  
Regn. No. HMC-13523

## Radiology Report

Name : Mr. Sunil Mishra  
Age/Gender : 42 Y/M  
Prescribed Doctor : Self

MR No : MR006416  
Visit ID : OP013148  
Report Date : 03-05-2019 15:11

## X-Ray

### X-RAY CHEST PA VIEW

*Mild expiratory radiograph.*

Bilateral lungs fields are appears to be grossly normal.

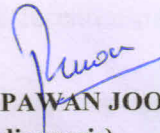
Trachea is central.

Both costo phrenic angles and domes of diaphragm are normal.

Cardiac shadows can not be commented upon due to expiratory radiograph.

Soft tissue and bony thoracic cage are normal.

PLEASE CORRELATE CLINICALLY.



DR.PAWAN JOON  
MD (Radio-diagnosis)