

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination of Vaib Nagpal on 11/5/19

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 	✓
<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. <u>Obesity</u> <u>Dietary limit (detailed lipid profile)</u></p> <p>2.</p> <p>3.</p> <p>However the employee should follow the advice/medication that has been communicated to him/her. <u>overweight by 25 kg</u> <u>life style modification advised</u></p> <p>Review after _____</p>	
<ul style="list-style-type: none"> • Currently Unfit. Review after _____ recommended • Unfit 	

Dr. Vishesh Sharma

Medical Officer
The Apollo Clinic, (Location)
Vivekanand Arogya Kendra
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:.....

Name of patient: Mr. Udit Nagpal	Age: 24	M/F: M
Consultant:	Speciality: Package	
MR No : MR006825	Visit No: OP014053	Date: 11-05-2019

Height - 165 cm
Weight - 90.5 kg
BMI - 33.27

B.P. - 120/88 mm of Hg
Pulse - 78/min, regular

G/E -
Pallor - Nil
Oedema - Nil
Lymphadenopathy - Nil

Sys/Exam -

Heart - clinically normal

CVS - S1S2 of normal character
no murmurs

Abdomen - soft, Liver & spleen
not palpable
Intestines - normal

Vision -
distant - 6/6 c spec
Near - NS

No relevant Hx of
any illness
No H/O any past illness
Not addicted to
Smoking or Alcohol.

Observation:

Obesity - moderate
by 25kg.

Normal

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।

15/5/19

Investigations:

- ① HbA1c - WNL
- ② CBC - WNL
- ③ Blood urea - WNL
- ④ b. Uric acid - WNL
- ⑤ Blant sugar (F PP) - WNL
- ⑥ S. creatinine - WNL
- ⑦ LFT - WNL
- ⑧ S. lipid profile → Dyslipidaemia
- ⑨ PSA - WNL
- ⑩ TFT - WNL
- ⑪ ECG - WNL
- ⑫ X-ray chest - NML
- ⑬ U.S. Abdomen - NML (Fatty liver G-2)
- ⑭ ECHO - WNL

Observations:

- ① obesity
- ② Fatty liver G-2.

Dr.

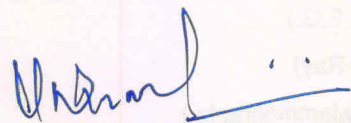
① life style modification

↑ physical activity

↓ body wt by 25%

Early & light dinner

avoid fatty diet processed & junk foods



Dr. RAKESH SHARMA
M.B.B.S. (Sr. Consultant)
Vivekanand Arogya Kendra
Gurugram

Radiology Report

Name : Mr. Udit Nagpal
Age/Gender : 30 Y/M
Prescribed Doctor : Self

MR No : MR006825
Visit ID : OP014053
Report Date : 11-05-2019 11:32

X-Ray

X-RAY CHEST PA VIEW

Mid expiratory radiograph.

Soft tissue and bony thoracic cage are normal.

Trachea is central.


Cardiac configuration is normal with normal cardio-thoracic ratio.

Pulmonary vasculature is within normal limits.

Both costo phrenic angles and domes of diaphragm are normal.

No pulmonary parenchymal lesion is seen.

PLEASE CORRELATE CLINICALLY.


DR. PAWAN JOON
MD (Radio-diagnosis)

TRANSTHORACIC ECHO-DOPPLER REPORT

Name	- MR Udit Nagpal	Age/Sex	- 24 YEARS MALE
Regn No.	-	Date	-11/05/2019
Diagnosis	- ECHOCARDIOGRAPHY	OPD NO.-	014053

M-Mode/2 -D Description:

- Left Ventricle: No LVRWMA seen, normal LVEF=55%
- Left Atrium : It is normal sized.
- Right Atrium: It is normal sized.
- Right Ventricle: It is normal sized. RV systolic function normal.
- Aortic Valve : Aortic cusps normal.
- Mitral Valve: It opens normally.
- Tricuspid Valve: It appears normal.
- Pulmonic Valve: its appears normal.
- Main Pulmonary artery& its branches: Appear Normal.
- Pericardium: There is no pericardial effusion.
- Inter atrial septum: It is intact
- Inter ventricular Septum: It is intact.
- IVC: Normal size & respiratory variability.

Measurement (mm)

LEFT HEART			RIGHT HEART		
	<u>Observed values (mm)</u>	<u>Normal values</u>		<u>Observed values (mm)</u>	<u>Normal values</u>
Aortic root	24	20-36 (22mm/m2)	IVC size	11	17-24 mm
Aortic valve opening	13	15-26(mm/m2)	IVC respiratory variability	normal	>50%
La size	30	19-40(mm/m2)	RA size	normal	<18cm2

LA volume index (ml/m ²)		<34ml/m ²		-	
LVID(D)	46	(ED=37-56)	RV basal	-	24-42mm
LVID(S)	34		RV mid cavity	-	20-35mm
IVS(D)	06	(ED=6-12)	RV longitudinal	-	56-86mm
IVS(S)	08		RVOT PROXIMAL	-	18-33mm
PW(D)	05	ED=(5-10)	RVTDI		>12cm/sec
PW(S)	07		RV free wall thickness	-	<5mm
LVEF (%)	55%	55%-80%	RVEF	normal	>44%

Doppler velocities (cm/sec)

Aortic valve			Pulmonary valve	
Max/Mean velocity cm/sec	normal		Max velocity	normal
Max /Mean PG	mmHg		Max PG	-
Mitral valve			Tricuspid valve	
E cm/sec	84	Max PG =	Max Velocity cm/sec	134
A cm/sec	68	Max Velocity =	E/A (0.8 -2.1)	-
DT	-	Max PG =	E/E(>6)	-
E/E'	-	Mean Velocity =	S, Velocity(10 cm ² /sec)	-

Regurgitation

MR		TR	
Severity	Nil	Severity	nil
VC(mm)		VC (mm)	
ERO (mm)			
RV (ml)			
Max velocity		RVSP	10mmHg

AR		PR	
Severity	nil	Severity	nil
PHT (m sec)			
VC (mm)			

Final Interpretation

Study done at HR of 77 beats per minute.

1. No LVRWMA seen, normal LVEF=55% seen.
2. Rest CCD normal.
3. Nil MR, nil TR (RVSP~ 10 mmHg), RV function normal present.
4. MIP normal.
5. Aortic cusps normal, nil AR seen.
6. IVC small calibre and respiratory variability >50% Present.
7. No I/C Clot / no Vegetation / no PE seen.

DR. ARUN KUMAR GARG

(MBBS PGDCC FNIC FICC)

(CLINICAL CARDIOLOGIST)

Radiology Report

Name : Mr. Udit Nagpal
Age/Gender : 30 Y/M
Prescribed Doctor : Self

MR No : MR006825
Visit ID : OP014053
Report Date : 11-05-2019 09:45

Ultrasound

USG EXAMINATION : WHOLE ABDOMEN

Liver shows normal shape and size (149 mm) with mildly increased parenchymal 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. Cortico-medullary differentiation is maintained. Right kidney show no calculus or hydronephrosis. Right kidney measures 100 x 43 mm.

Left kidney show normal shape & size. Cortico-medullary differentiation is maintained. Left kidney show no calculus or hydronephrosis. Left kidney measures 101 x48 mm.

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

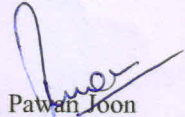
UB is sub - optimally distended and is normal in shape, size & wall thickness. No mass or calculus is seen

Prostate is normal in shape, size & echo texture. Volume of prostate is 12 ml.

IMP :

Fatty liver Grade-1

PLEASE CORRELATE CLINICALLY.


Dr. Pawan Joon
MD (Radio- diagnosis)