

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of Rakesh Kumar Verma on _____

After reviewing the medical history and on clinical examination it has been found that he/she is

<ul style="list-style-type: none"> • Medically Fit 	Tick
<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>Dyslipidemia with Fatty Liver Gr. I</u></p> <p>2. <u>Increased Hb Plasma Glucose</u></p> <p>3. <u>Raised S. Bilirubin</u></p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after <u>6 m</u></p>	
<ul style="list-style-type: none"> • Currently Unfit. <p>Review after _____ recommended</p>	
<ul style="list-style-type: none"> • Unfit 	

Dr. [Signature]
 Medical Officer
 The Apollo Clinic, (Location) **DR. ASHOK K. GUPTA**
MBBS, MD
Consulting Physician
Regd. No. 7513 (HMC)

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)
- नाक, कान, गला रोग विशेषज्ञ (ENT)
- नेत्र रोग विशेषज्ञ (Ophthalmology)
- कैंसर रोग विशेषज्ञ (Oncology)
- IVF क्लिनिक

डायलिसिस (Dialysis)

उपलब्ध जाँच

- 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)
- ऑडियोमिट्री (Audiometry)

बच्चों एवं वयस्कों के टीकाकरण
की सुविधा उपलब्ध है।

Name of patient: Mr. Rakesh Kumar V	Age: 37	M/F: M
Consultant:	Speciality: Package	
MR No : MR008514	Visit No: OP017934	Date: 18-06-2019

Hearness in Chest
- Anasly
- Disc prolapse 4-5

HT = 5'8"
Wt 76.5 kg

Paracetamol
Pain 1107 70m 111

Chest
CNS
Ausc

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।

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Not for Medico Legal Purpose

Radiology Report

Name : Mr. Rakesh Kumar Verma

MR No : MR008514

Age/Gender : 37 Y/M

Visit ID : OP017934

Prescribed Doctor : Self

Report Date : 18-06-2019 12:57

Ultrasound

USG EXAMINATION : WHOLE ABDOMEN

Liver shows normal shape and size **with mildly increased echogenicity, suggestive of fatty changes.**

Intrahepatic biliary radicals are not dilated. No focal lesion is seen. **Portal Vein** shows normal calibre.

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

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.

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

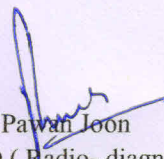
No free fluid is seen in the intra-peritoneal cavity. No evidence of mesenteric lymphadenopathy is seen.

Urinary bladder is normal in shape, size and wall thickness. No mass or calculus is seen.

Prostate is normal in shape, size & echo texture. Volume of prostate is 10.5cc.

Imp:- Fatty liver grade-I.

PLEASE CORRELATE CLINICALLY.


Dr. Pawan Joon
MD (Radio- diagnosis)



विवेकानन्द आरोग्य केन्द्र

डायलिसिस, डायग्नोस्टिक एवं ओ.पी.डी.
भारत विकास परिषद्, महाराणा प्रताप न्यास द्वारा संचालित



Radiology Report

Name : Mr. Rakesh Kumar Verma
Age/Gender : 37 Y/M
Prescribed Doctor : Self

MR No : MR008514
Visit ID : OP017934
Report Date : 19-06-2019 13:08

X-Ray

X-RAY CHEST PA VIEW

Bilateral lung fields appears to be clear. No obvious pulmonary parenchymal lesion is seen.

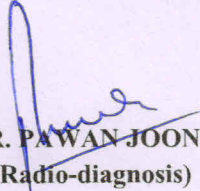
Trachea is central.

Cardiac configuration appears to be normal with normal cardio-thoracic ratio.

Both costo phrenic angles and domes of diaphragm are normal.

Visualized soft tissue and bony thoracic cage appears to be normal.

PLEASE CORRELATE CLINICALLY.


DR. PAWAN JOON
MD (Radio-diagnosis)

VIVEKANAND AROGYA KENDRA

466 P, SECTOR 12 A, GURGAON-122001 PHONE 0124-2224102-104

Patient: RAKESH KUMAR

Refd. By:

Pred. Eqns: RECORDERS

Date : 18-Jun-2019 09:31 AM

Age : 37 Yrs

Height : 172 Cms

Weight : 79 Kgs

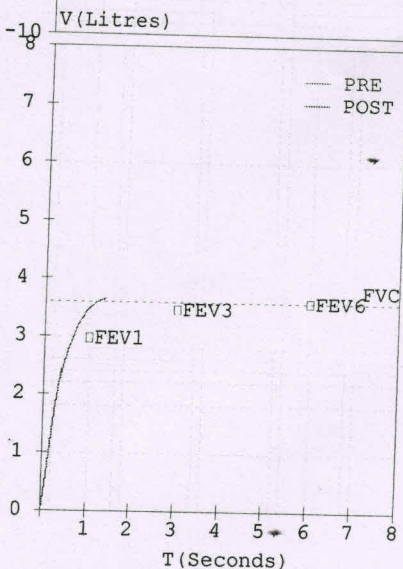
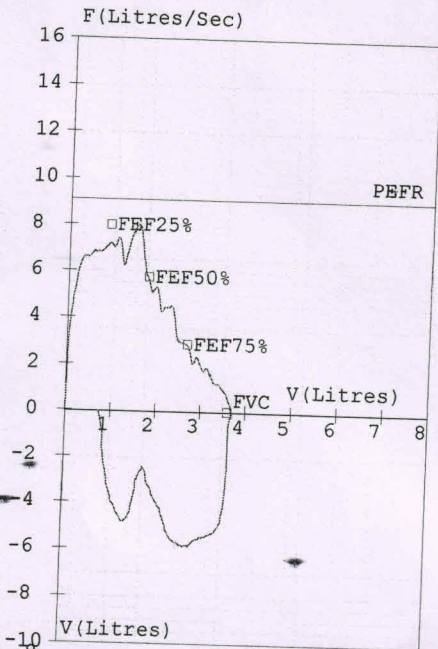
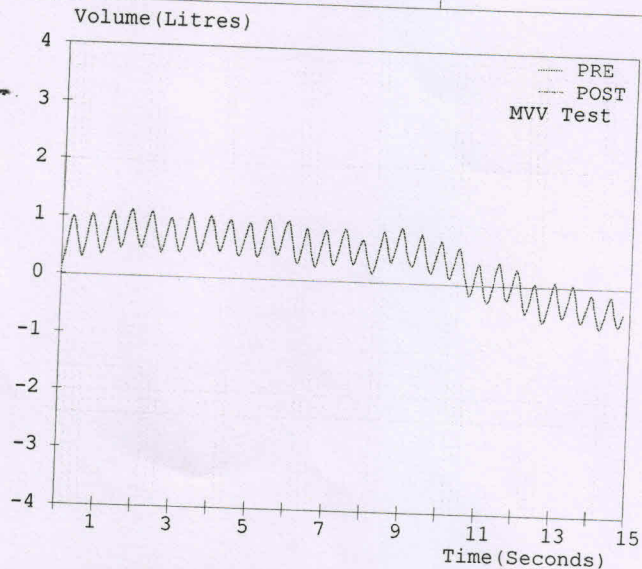
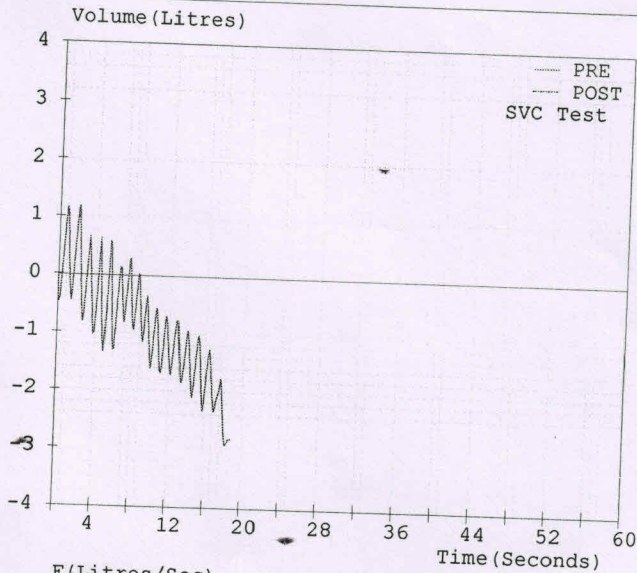
ID : MR008514

Gender : Male

Smoker : No

Eth. Corr: 100

Temp :



Spirometry Results

Parameter	Pred	M.Pre	%Pred	M.Post	%Pred	%Imp
FVC (L)	03.59	03.67	102	-----	---	---
FEV1 (L)	02.97	03.50	118	-----	---	---
FEV1/FVC (%)	82.73	95.37	115	-----	---	---
FEF25-75 (L/s)	04.11	04.80	117	-----	---	---
PEFR (L/s)	09.10	07.92	087	-----	---	---
FIVC (L)	-----	02.95	---	-----	---	---
FEV.5 (L)	-----	02.71	---	-----	---	---
FEV3 (L)	03.48	03.67	105	-----	---	---
PIFR (L/s)	-----	05.81	---	-----	---	---
FEF75-85 (L/s)	-----	01.98	---	-----	---	---
FEF.2-1.2 (L/s)	07.20	06.72	093	-----	---	---
FEF 25% (L/s)	08.01	07.13	089	-----	---	---
FEF 50% (L/s)	05.76	05.13	089	-----	---	---
FEF 75% (L/s)	02.87	02.42	084	-----	---	---
FEV.5/FVC (%)	-----	73.84	---	-----	---	---
FEV3/FVC (%)	96.94	100.00	103	-----	---	---
FET (Sec)	-----	01.37	---	-----	---	---
ExptTime (Sec)	-----	00.05	---	-----	---	---
Lung Age (Yrs)	037	030	081	-----	---	---
FEV6 (L)	03.59	-----	---	-----	---	---
FIF 25% (L/s)	-----	00.24	---	-----	---	---
FIF 50% (L/s)	-----	05.56	---	-----	---	---
FIF 75% (L/s)	-----	04.36	---	-----	---	---
SVC (L)	-----	04.09	---	-----	---	---
ERV (L)	01.43	00.58	041	-----	---	---
IRV (L)	-----	00.03	---	-----	---	---
VE (L/min)	-----	73.38	---	-----	---	---
Rf (l/min)	-----	46.15	---	-----	---	---
Ti (sec)	-----	00.70	---	-----	---	---
Te (sec)	-----	00.60	---	-----	---	---
VT (L)	-----	01.59	---	-----	---	---
VT/Ti	-----	02.27	---	-----	---	---
Ti/Ttot	-----	00.54	---	-----	---	---
IC (L)	-----	01.62	---	-----	---	---
MVV (L/min)	138	075	054	-----	---	---
MRf (l/min)	-----	119.19	---	-----	---	---
MVT (L)	-----	00.63	---	-----	---	---

Pre Medication Report Indicates
Spirometry within normal limits as (FEV1/FVC)%Pred >95 and FVC%Pred >



Ref. No.:.....

Date:.....

TRANSTHORACIC ECHO-DOPPLER REPORT

Name	- MR.RAKESH KUMAR	Age/Sex	- 37 YEARS/ MALE
Regn No.	- 008514	Date	- 18/06/2019
Diagnosis	- ECHOCARDIOGRAPHY	OPD NO	- 017934

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	30	20-36 (22mm/m2)	IVC size	16	17-24 mm
Aortic valve opening	15	15- 26(mm/m2)	IVC respiratory variability	normal	>50%
La size	33	19-	RA size	normal	<18cm2

		40(mm/m2)			
LA volume index (ml/m2)		<34ml/m2		-	
LVID(D)	44	(ED=37-56)	RV basal	-	24-42mm
LVID(S)	30		RV mid cavity	-	20-35mm
IVS(D)	9	(ED=6-12)	RV longitudinal	-	56-86mm
IVS(S)	12		RVOT PROXIMAL	-	18-33mm
PW(D)	9	ED=(5-10)	RVTDI	13	>12cm/sec
PW(S)	11		RV free wall thickness	-	<5mm
LVEF (%)	~ 55%	55%	RVEF	normal	>44%

Doppler velocities (cm/sec)

Aortic valve			Pulmonary valve	
Max/Mean velocity cm/sec	150		Max velocity	normal
Max /Mean PG	mmHg		Max PG	-
Mitral valve			Tricuspid valve	
E cm/sec	74	Max PG =	Max Velocity cm/sec	107
A cm/sec	61	Max Velocity =	E/A (0.8 -2.1)	-
DT	-	Max PG =	E/E(>6)	-
E'	12	Mean Velocity =	S, Velocity(10 cm2/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 93 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. Peak Aortic Velocity around 150 cm/sec.
6. IVC normal size 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)

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 Reg. No. H-8027