

Name : Mrs. BACKIALAKSHMI S (50 /F)

Date : 21/04/2023

Address : NO 18/19 KARUPPASAMY NAGAR INDIRA NAGAR EX S.ALANGULAM ANAIYUR,
MADURAI, MADURAI, TAMIL NADU, INDIA

Examined by: Dr .KUMARAN O R

UHID : ASM1.0000660940

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE
40YRS

AHC No : MDUMH104137



CHIEF COMPLAINTS

No specific complaints

PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,
Hypertension,
Dyslipidemia, Thyroid
disorder, Heart disease,
Stroke, Asthma, COPD,
Cancer, Impaired Glycemia



DRUG ALLERGY

NO KNOWN ALLERGY

:21/04/2023



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

General symptoms

- Nil Significant



Past medical history

Covid 19 - No



Surgical history

Lower segment - 1
caesarean section



Personal history

Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Sedentary



Family history

Coronary artery disease - none
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - moderate
Height - 152
Weight - 62.6
BMI - 27.09
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 86
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 120
Diastolic(mm of Hg) - 80
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

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Gynaec findings

Gynaec checkup done by - Dr.SHREEDEVI
Marital status - married
No of Children - 1
Deliveries - LSCS
Periods - irregular, heavy
L M P - 24/3/23
Breast examination - soft
P/A - soft
P/S - cervix normal
P/V - uterus bulky, FF
Pap smear - Taken
Advice : - Endometrial biopsy .R/W
reports

Printed By : Makarasi T S

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	11.4 *	gm%	●	11.5-16.5
Packed cell volume(Calculated)	35 *	%	●	37-47
WBC Count	9.0	10 ³ /m ³	●	4-11
Platelet Count	218	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	17	mm/1st hr	●	0-20
RBC Count	4.9	Million/ul	●	3.7-5.6
MCV	72 *	fl	●	75-95
MCH(Calculated)	23 *	pg	●	26-32
MCHC(Calculated)	32	g/dl	●	31-36
Neutrophils	62	%	●	40-80
Lymphocytes	30	%	●	20-40
Eosinophils	04	%	●	01-06
Monocytes	04	%	●	2-10

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.005		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Clear			Clear
pH	7		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	Nil			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT
Urobilinogen	Normal	E.U./dL		Normal
RBC	1-2	/hpf		0-2
Pus Cells	1-2	/hpf		Male : 2 - 3 Female : 2 - 5
Epithelial Cells	2-4	/hpf		3 - 5

ALT(SGPT) - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
ALT(SGPT)	10	U/L	●	Adult Female : <34

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.5	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.1	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	91	U/L	●	Adult(Female): < 104

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	14	U/L	●	Adult Female: <31

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.5	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	175	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.8	mg/dL	●	Female: 0.6 - 1.1

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	14	U/L	●	Female: < 38

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
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Glucose - Serum / Plasma (Fasting) 100 * mg/dL ● 60-99

Total Cholesterol / HDL Cholesterol Ratio (Calculated) 4.7 * ● < 4.5

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	117	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	15	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	3.6	mg/dL	●	Adult Female: 2.6 - 6.0

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.4	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% Diabetes >= 6.5%

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	13		●	Desirable:<30
Triglycerides - Serum	64	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	37 *	mg/dL	●	Low: <40 High: >=60

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.2	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.3	mg/dL	●	0.0-1.0

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	131 *	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10	mg/dL	●	Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	87	ng/dL	●	60-180

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	6.6	g/dL	●	>2 Year: 6.0 - 8.0

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	9.0	µg/dL	●	3.5 - 12.5

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
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**TSH: THYROID STIMULATING HORMONE -
SERUM**

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	2.17	µIU/mL	●	0.35 - 5.50

Liver shows uniform echopattern with no evidence of focal or diffuse pathology. The intra or extra hepatic biliary radicles are not dilated.

Gall bladder is distended with no evidence of calculus. Wall thickness appears normal.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 9.3 x 3.5 cms.

Left kidney measures 9.5 x 3.6 cms.

Both kidneys show normal echopattern with no evidence of calculi or calyceal dilatation.

Bladder shows normal contour.

Uterus is bulky, measures 8.1 x 5.6 cms and shows seedling myoma, measures 9 x 8 mm in fundal region. Intramural myoma is seen in posterior wall, measures 2.5 x 1.7 cm. Endometrium is thickened, measures 1.4 cms.

Both ovaries show normal size and echopattern.

IMPRESSION:

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN
STUDY DONE ON 21.04.2023 SHOWS,

- BULKY UTERUS WITH MULTIPLE MYOMAS AND THICKENED ENDOMETRIUM

REPORTED BY,

DR. C.RAVIKUMAR, MBBS., DMRD.,

CONSULTANT RADIOLOGIST.

2D-ECHO WITH COLOUR DOPPLER

PAP SMEAR /CERVICAL SMEAR

Ref No:

G 816/2023.

SPECIMEN TYPE:

Cervical smear

SPECIMEN ADEQUACY:

Satisfactory for evaluation with metaplastic squamous cells.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy, Reactive cellular changes associated with inflammation (includes typical repair)

COMMENTS AND SUGGESTIONS:

SUGGESTED TO REPEAT AFTER A COURSE OF TREATMENT.

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

ULTRASOUND SCREENING WHOLE ABDOMEN

● Within Normal Range ● Borderline High/Low ● Out of Range

NORMAL CHAMBERS DIMENSIONS.
 STRUCTURALLY NORMAL VALVES.
 NO REGIONAL WALL MOTION ABNORMALITY.
 NORMAL LV SYSTOLIC FUNCTION.
 NORMAL LV DIASTOLIC FUNCTION.
 NO PERICARDIAL EFFUSION/ CLOT.
 LVEF - 68%

CARDIOLOGY

ECG

MAMOGRAPHY

CRANIO CAUDAL AND OBLIQUE MEDIOLATERAL VIEWS OF BOTH BREASTS WERE STUDIED.

Predominantly fatty parenchyma – Breast composition A.

No micro calcifications.

No mass lesions.

No significant duct dilatation.

Skin and nipple areolar complex normal.

Retroareolar and retromammary region normal.

No significant axillary lymphnodes.

USG screening reveals no significant abnormality is detected

IMPRESSION:

No significant abnormality is detected

BIRADS I.

Suggested clinical correlation.

REPORTED BY

Dr. JASLYN JAMES., MD, RD.,
Consultant radiologist.


INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)

Haematology

STOOL ROUTINE


 Within Normal Range
  Borderline High/Low
  Out of Range

Executive Summary


 Physical Examination and routine Investigation in AHC Package reveals the following :
- Bulky uterus Myomas

Wellness Prescription

Advice On Diet :-

 - Healthy diet

Advice On Physical Activity :-

 - Regular walking

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
OBSTETRICS AND GYNAECOLOGY		1 Week(s)	

Printed By : Sasikala T

Dr.KUMARAN O R
AHC Physician / Consultant Internal Medicine

Note :- The Health Check-up examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the Consulting Physician. Additional tests, consultations and follow up may be required in some cases.