

Name : Mr. MANOJ NASKAR (30 /M)

Date : 29/03/2023

Address : VATTI PILLIYAR KOVIL STREET KUMBAKONAM, THANJAVUR, THANJAVUR,
TAMIL NADU, INDIA

Examined by: Dr .AHC DOCTOR TRICHY

UHID : AT01.0000224071

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW
40YRS

AHC No : TRYMH44861



CHIEF COMPLAINTS

For Annual health checkup
No specific complaints

PRESENT KNOWN ILLNESS

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



DRUG ALLERGY

NO KNOWN ALLERGY

:29/03/2023



Past medical history

Do you have any - No
allergies?
Do you have any drug - No
allergies?
Covid 19 - Yes
- 2020
Hospitalization for - No
Covid 19



Surgical history

Others - URETHROPLASTY -2020

Immunization history

- Covid Dose1,Covid Dose2



Personal history

Marital status - Single
Profession - government employee
Diet - Mixed Diet
Alcohol - consumes alcohol
occasionally
Smoking - Yes

Duration of smoking(in - 6 YRS
years)
Type - Cigarette
Number - 3
Frequency - weekly
Chews tobacco - No
Physical activity - Active



Family history

Father - alive
Mother - alive
Coronary artery - none
disease
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - normal
Height - 170
Weight - 75.1
BMI - 25.99
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 88
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

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Tenderness - No

Printed By : Elvis Matthew Gomes

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ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	13	mm/1st hr	●	0-15

Platelet Count	250	10 ³ /m ³	●	150-450
Neutrophils	64	%	●	40-80
Lymphocytes	28	%	●	20-40
Eosinophils	03	%	●	01-06
Monocytes	05	%	●	2-10

STOOL ROUTINE

Test Name	Result	Unit	Level	Range
Colour:	Brown			
Consistency :	Soft			
Mucus:	Absent			
Blood:	Absent			
Ova:	Absent			
Cysts:	Absent			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
Blood Group	B			
Rh (D) Type:	POSITIVE			

LIVER FUNCTION TEST WITH GGTP

Test Name	Result	Unit	Level	Range
ALT(SGPT)	82 *	U/L	●	Adult Male : < 45
Globulin - Serum: (Calculated)	3.5	g/dL	●	Adult (2.0 - 3.5)
Alkaline Phosphatase - Serum	117 *	U/L	●	ADULT(MALE) < 129 ADULT(FEMALE) < 104
AST (SGOT)	51 *	U/L	●	Adult Male: <35
Bilirubin, Total - Serum	0.4	mg/dL		

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.015 *		●	1.016 - 1.026
Colour:	Pale Straw			
Transparency:	Clear			
pH	5.5 *		●	4.6 -8.0
Protein :	Nil			Negative
Sugar:	Nil			
Ketone	Negative			
Bile Pigments:	Negative			
Bile Salts :	Negative			
Urobilinogen	Normal	E.U./dL		
RBC	Nil	/hpf		0-5
Pus Cells	2-4 /h.p.f			
Epithelial Cells	1-2 /h.p.f			0-5 /HPF
Reaction:	Acidic			
Blood:	Absent			

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	193	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	1.2	mg/dL	●	Male: 0.9 - 1.3

LIVER FUNCTION TEST WITH GGTP

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	51	U/L	●	Male: < 55

CBC

Test Name	Result	Unit	Level	Range
Hemoglobin	15.1	gm%	●	13.0-18.0
Packed cell volume(Calculated)	45.3	%	●	40-54
WBC Count	7.12	10 ³ /m ³	●	4-11

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

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GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	112 *	mg/dL	●	70 - 100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	97	mg/dL	●	< 140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	6.0	%	●	4 - 6 % (NGSP)

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL Cholesterol	39 *	mg/dL	●	Low: <40 High: >=60
LDL Cholesterol (Direct LDL)	144 *	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

LIVER FUNCTION TEST WITH GGTP

Test Name	Result	Unit	Level	Range
Protein Total - Serum	8.0	g/dL	●	>2 Year: 6.0 - 8.0
Albumin - Serum	4.5	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.5	g/dL	●	Adult (2.0 - 3.5)

TOTAL T3 T4 TSH

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	89.40	ng/dL	●	Adults(20-50 Yrs Male): 70 - 204

TOTAL T4: THYROXINE - SERUM	3.8 *	µg/dL	●	Adults(15-60 Yrs Male): 4.6 - 10.5
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LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	177 *	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.9 *		●	< 4.5

TOTAL T3 T4 TSH

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	81.94 *	µIU/mL	●	Adults(21 - 54 Years): 0.5 - 5.0

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	19	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	6.7	mg/dL	●	Adult Male: 3.5 - 7.2

LIVER FUNCTION TEST WITH GGTP

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.1	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.3	mg/dL	●	0.0-1.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8.8	mg/dL	●	Adult : 6 - 20

2D-ECHO WITH COLOUR DOPPLER

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

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NO REGIONAL WALL MOTION ABNORMALITY
LEFT VENTRICLE NORMAL IN SIZE
NORMAL LEFT VENTRICULAR FUNCTION
NO LV CLOT
TRIVIAL MITRAL REGURGITATION
TRIVIAL TRICUSPID REGURGITATION
NO PULMONARY ARTERY HYPERTENSION
NO PERICARDIAL EFFUSION
IAS/IVS INTACT

ULTRASOUND - WHOLE ABDOMEN

Grade I fatty liver.

Suggested Clinical Correlation and Further Evaluation.

Please note that this report is a radiological professional opinion. It has to be correlated clinically and interpreted along with other investigations.

CARDIOLOGY



ECG

X Ray

X-RAY CHEST PA


 Within Normal Range  Borderline High/Low  Out of Range

Executive Summary


-  Overweight
-  Impaired Glycemia
- Mild Dyslipidaemia
- Elevated liver function tests

Wellness Prescription


Advice On Diet :-

-  Low calorie, low sugar, low fat diet
- Low sugar diet
- Low fat diet

Advice On Physical Activity :-

-  30 minutes brisk walk 5 days a week

Follow-up and Review Plan

-  Weight reduction
- Regular Diabetology follow up and to repeat FBS,PPBS , HbA1c in 3months and review
- To repeat lipid profile after 3 months
- To repeat liver function tests after 3 months



Scan the QR code in AskApollo App to book your follow-up appointments and investigations

Printed By : Elvis Matthew Gomes

Dr.AHC DOCTOR TRICHY
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.