

Name : Mr. RAJAKUMARAN M (43 /M)

Date : 22/06/2024

Address : NO 624A,AMBETHKAR STREET,KARAIYUR,PUDUKOTTAI, MADURAI, MADURAI,
TAMIL NADU, INDIA

Examined by: Dr .SENTHILKUMAR S

UHID : ASM1.0000709490

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE ABOVE
40YRS

AHC No : MDUMH129531



CHIEF COMPLAINTS

Sleep disturbance

PRESENT KNOWN ILLNESS

Diabetes mellitus - Known, type 2; Since -
2021, stopped for past 1
month; Medication -
regular; - T. Metformin 500
1-0-1



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

Dysuria/burning micturition - yes

Central nervous system

Sleep - disturbed, inadequate, early morning
Wakening

Musculoskeletal system

Spine and joints

- Nil Significant

General symptoms

- Nil Significant



Surgical history

Surgical history - Nil



Personal history

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No
Chews tobacco - No
Physical activity - Moderate
- level ground walking



Family history

Diabetes - mother
Coronary artery
disease - mother
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Height - 167
Weight - 63.2
BMI - 22.66
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 85
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 100
Diastolic(mm of Hg) - 60
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath
sounds



Abdomen

Organomegaly - No
Tenderness - No

Ophthalmology consultation

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Ophthalmology findings - RE VN 6/6 LE 6/6
DIAGNOSE PRESBYOPIC,
SEEN BY DR.S.B.
RAJKUMAR YADAV AT
MAXIVISION EYE
HOSPITAL
ADV

GP -

Printed By : Sasikala T

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	16	gm%	●	13.0-16.5
Packed cell volume(Calculated)	47	%	●	40-54
WBC Count	6.2	10 ³ /m m ³	●	4-11
Platelet Count	285	10 ³ /m m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	03	mm/1st hr	●	0-15
RBC Count	5.7	Million/ul	●	4.2-6.5
MCV	83	fl	●	75-95
MCH(Calculated)	28	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Neutrophils	62	%	●	40-80
Lymphocytes	30	%	●	20-40
Eosinophils	03	%	●	01-06
Monocytes	05	%	●	2-10

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.020		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Clear			Clear
pH	5.5		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	+++			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT
Urobilinogen	Normal	E.U./d L		Normal
RBC	Nil	/hpf		<2
Pus Cells	2-4	/hpf		Male : 2 - 3 Female : 2 - 5
Epithelial Cells	Occasional	/hpf		3 - 5

ALT(SGPT) - SERUM / PLASMA

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

Test Name	Result	Unit	Level	Range
ALT(SGPT)	20	U/L	●	Adult Male : < 45

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	5.0	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.5	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	110	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	20	U/L	●	Adult Male: <35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.9	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	236 *	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	1.1	mg/dL	●	Male: 0.9 - 1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	19	U/L	●	Male: < 55

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
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Glucose - Serum / Plasma (Fasting) 297 * mg/dL ● 60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	533 *	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.7 *		●	< 4.5

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	26	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	2.7 *	mg/dL	●	Adult Male: 3.5 - 7.2

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	13.1 *	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4%--male Diabetes > = 6.5%

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	16		●	Desirable:<30
Triglycerides - Serum	79	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	50	mg/dL	●	Low: <40 High: >=60

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.3 *	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.6	mg/dL	●	0.0-1.0

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	163 *	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)	12.2	mg/dL	●	Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	99	ng/dL	●	60-180

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	8.5 *	g/dL	●	>2 Year: 6.0 - 8.0

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	8.8	µg/dL	●	3.5 - 12.5

TRIGLYCERIDES - SERUM

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

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	2.63	µIU/mL	●	0.35 - 5.50

Liver Normal in size and increased echoes . No focal lesions are seen in the liver. No IHBR dilatation. Portal vein is normal in course, caliber and outline.

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

Test Name	Result	Unit	Level	Range
Prostatic Specific Antigen (PSA Total)	0.6	ng/mL	●	Healthy Men: <= 4.0 Males: 40-49 yrs: 0 - 2.5 50-59 yrs: 0 - 3.5 60-69 yrs: 0 - 4.5 70-79 Yrs: 0 - 6.5

Gall Bladder is partially distended. Multiple polyps near the neck region, each measuring 4 to 5 mm.

Pancreas is normal in size, shape and parenchymal echotexture; with no duct dilatation or calcifications. Peripancreatic fat is normal.

Spleen measures 9.7 cm, Normal in size with no focal lesions.

Right kidney: Measures 10.1 x 5.3 cm, is normal in size. Cortical echoes normal. Corticomedullary differentiation is maintained. Pelvicaliceal system normal. No hydronephrosis is seen. Calculus is seen, measures 4 mm.

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

Left kidney: Measures 9.8 x 5.3 cm is normal in size. Cortical echoes normal. Corticomedullary differentiation is maintained. Pelvicaliceal system normal. No calculi / hydronephrosis is seen.

ULTRASOUND SCREENING WHOLE ABDOMEN

Urinary Bladder is partially distended.

Prostate: Normal in size, measures 3.3 x 3.1 x 3.3 cm. Volume 18 cc.

There is no ascites / pleural effusion.

IMPRESSION:

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 22.06.2024 SHOWS,

- Grade I fatty liver.
- Multiple gall bladder polyps.
- Right tiny intra renal calculus.

REPORTED BY,

● Within Normal Range
 ● Borderline High/Low
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DR. RAJAPRIYA., MBBS., DMRD.,
CONSULTANT RADIOLOGIST.

2D-ECHO WITH COLOUR DOPPLER

NORMAL CHAMBERS DIMENSIONS.
STRUCTURALLY NORMAL VALVES.
NO REGIONAL WALL MOTION ABNORMALITY.
NORMAL LV SYSTOLIC FUNCTION.
NORMAL LV DIASTOLIC FUNCTION.
NO PERICARDIAL EFFUSION/ CLOT.
LVEF:65%

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

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG



Within Normal Range




Borderline High/Low




Out of Range

Executive Summary


-  Physical Examination and routine Investigation in AHC Package reveals the following :
- T2DM - Un controlled
 - Dyslipidemia

Wellness Prescription

Advice On Diet :-

-  - Diabetic low fat diet

Advice On Physical Activity :-

-  - Regular walking

Medications

- Tab. Gerner sita IR 1-0-1 (Before food) x 1 Month
- Tab.Aztor 20mg 0-0-1 x 1 Month

Printed By : Sasikala T

Dr.SENTHILKUMAR S
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.

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