

Name : Mr. NIMA TSHERING LAMA (39 /M)

Date : 08/10/2022

Address :

Examined by:

UHID : AMHL.0002026756

Package : MEDI WHEEL FULL BODY HCK - MALE (BELOW 40 YRS WITH TMT/ECHO)

AHC No : AMHLAH158509



## CHIEF COMPLAINTS

For corporate health checkup

## PRESENT KNOWN ILLNESS

### Present known illness

- Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke, Asthma  
Since - 8 yrs Medication - regular



## DRUG ALLERGY

NO KNOWN ALLERGY

:08/10/2022



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Gastrointestinal system

Appetite - normal; Bowel habits - regular

### Genitourinary system

Frequency - normal; Dysuria/burning micturition - no

### Central nervous system

- Nil Significant

### Eyes

Vision - normal with glasses; Glasses - yes; Glasses for - reading

### ENT

- Normal hearing

### Musculoskeletal system

Spine and joints

- Nil Significant

### Weight

- stable



### Present medications

- Jardiance Met 12,5/1000

Rybelsus 7 mg; Compliance - regular



### Past medical history

Covid 19 - Yes  
- 2022

Hospitalization for Covid 19 - No



### Surgical history

Fracture - 2008

Open reduction and internal fixation - 2008

### Immunization history

- Covid Dose1,Covid Dose2,Precaution Dose

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### Personal history

Marital status - Married  
No. of children - 1  
Diet - Non Vegetarian  
Alcohol - does not consume alcohol  
Smoking - No  
Chews tobacco - No  
Physical activity - Moderate  
- swimming

Breath sounds

- Normal vesicular breath sounds



### Abdomen

Appearance - Normal  
Organomegaly - No  
Tenderness - No  
Bowel sounds - Normal



### Family history

Father - alive  
Mother - alive  
Sisters - 2  
Diabetes - father  
Hypertension - mother  
Coronary artery disease - none  
Cancer - None

## PHYSICAL EXAMINATION



### General

Build - over weight  
Height - 166  
Weight - 71  
BMI - 25.77  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 74  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 124  
Diastolic(mm of Hg) - 92  
Heart sounds - S1S2+

### Respiratory system

Printed By : Benazir Begaum

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**COMPLETE HAEMOGRAM PROFILE**

Test Name	Result	Unit	Level	Range
Hemoglobin	14.0	g/dl	●	13.0-17.0
RBC COUNT	5.57 *	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	43.8	%	●	41-53
MCV	78.6 *	fl	●	83-101
MCH	25.1 *	pg	●	27-32
MCHC	32.0	%	●	31.5-34.5
RDW	14.3 *	%	●	11.8-14.0
WBC Count	5200	/cu mm	●	4000-10000
Platelet Count	1.75	lacs/cu mm	●	1.5-4.0
Neutrophils	63	%	●	40-80
Lymphocytes	26	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	02	mm/1st hr	●	0-15

**URINE ROUTINE AND MICROSCOPY**

Test Name	Result	Unit	Level	Range
Volume:	50	mL		
Colour:	Pale Straw			
Appearance	Clear			
Specific Gravity	1.005			
pH:	5.5			
Albumin:	Not Detected			
Glucose	+++			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		

Pus Cells	Occasionalhpf
Epithelial Cells	Occasionalhpf
Casts:	Not Found
Crystals:	Not Found
Note	Biological reference interval RBC- 0-2/hpf Pus Cell - 0-5/hpf.
NOTE : -	Urine glucose rechecked and confirmed by Benedict's test

**URINE SUGAR - POST PRANDIAL (QUALITATIVE)**

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(POST PRANDIAL)	+++			

**URINE SUGAR- FASTING(QUALITATIVE)**

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(FASTING)	+++			

**BLOOD GROUPING AND TYPING (ABO AND RH)**

Test Name	Result	Unit	Level	Range
ABO Group:	A			
Rh (D) Type:	POSITIVE			

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	40	U/L	●	10-40
ALBUMIN - SERUM	4.6	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	76	U/L	●	53-128
AST (SGOT) - SERUM	26	U/L	●	10-42
BILIRUBIN TOTAL - SERUM	1.1 *	mg/dL	●	0.0-1.0

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

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**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	214 *	mg/dL	●	0-200

LDL CHOLESTEROL -SERUM	132 *	mg/dL	●	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	24	mg/dL	●	0-35

**CREATININE - SERUM**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.9	mg/dL	●	0.9-1.3

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.3	g/dL	●	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	2.7	g/dL	●	1.8-3.6

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	80 *	U/L	●	7-64

**THYROID PROFILE - I(T3,T4 AND TSH)**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.0	ng/ml	●	0.8-2
TOTAL T4: THYROXINE - SERUM	8.1	µg/dL	●	5.1-14.1

**GLUCOSE - PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	110 *	mg/dL	●	70-99

**GLUCOSE - PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	230 *	mg/dL	●	70-140

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	87	mg/dL	●	0-150

**HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	6.2 *	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >/= 6.5% ADA Therapeutic goal : <7%

**THYROID PROFILE - I(T3,T4 AND TSH)**

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	1.5	µIU/mL	●	0.270-4.200

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.0	mg/dL	●	3.5-7.2

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	58	mg/dL	●	30-70

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.2	mg/dL	●	0.0-0.2

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
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● Within Normal Range    ● Borderline High/Low    ● Out of Range

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BUN (BLOOD UREA NITROGEN) 19.7 \* mg/dL ● 7.0-18.0

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
A/G - RATIO	1.7:1.0			1.0-2.0

### ECG

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

### TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

### ULTRASOUND SCREENING WHOLE ABDOMEN

\* Grade-I fatty liver.

### X-RAY CHEST PA

Chest skiagram does not reveal any significant abnormality.

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

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**Other Lifestyle Changes & Recommendations :-**

**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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