

Name : Mr. MAHIMAIRAJ S (43 /M)

Date : 25/03/2023

Address : 37/1 MOHAMED SAPURAM 4TH STREET,, THIRUMANGALAM, MADURAI, TAMIL NADU, INDIA

Examined by: Dr .JEYASURIYA

UHID : ASM1.0000459541

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE ABOVE 40YRS

AHC No : MDUMH103047



## CHIEF COMPLAINTS

For corporate health checkup  
No specific complaints

## PRESENT KNOWN ILLNESS

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

Diabetes mellitus - type 2; Since - 6 years;  
Medication - regular; - T.TRIGLYIRAY-2; 1-0-0;  
Are your sugar levels well – controlled? - No



## DRUG ALLERGY

NO KNOWN ALLERGY :10/02/2019



## Past medical history

Do you have any allergies? - No  
Allergies - Nil  
Do you have any drug allergies? - No  
Past medical history - nil significant  
Covid 19 - No



## Surgical history

Surgical history - Nil

## Immunization history

- Covid Dose1,Covid Dose2



## Personal history

Ethnicity - Indian Asian  
Marital status - Married  
No. of children - 2

Female - 1  
Male - 1  
Profession - corporate employed  
Diet - Mixed Diet  
Alcohol - consumes alcohol occasionally  
Frequency - occasional  
Consuming alcohol for - 10 YRS  
Smoking - No  
Chews tobacco - No  
Physical activity - Moderate  
- home exercise,level ground walking



## Family history

Father - has expired  
Mother - alive  
Brothers - 2  
Family history - Nil significant  
Coronary artery disease - none  
Cancer - None

## PHYSICAL EXAMINATION



### General

General appearance - normal  
Build - normal  
Height - 170  
Weight - 69.4  
BMI - 24.01  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 85  
Rhythm - Regular  
Systolic(mm of Hg) - 130  
Diastolic(mm of Hg) - 80  
- B.P. Sitting

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Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds

### Abdomen

Organomegaly - No  
Tenderness - No

### ENT consultation

ENT consultation done by - Dr.ARUN PRABHU  
GANESAN  
ENT findings - EAR/NOSE/THROAT/NECK  
NORMAL  
NO OTHER SPECIFIC  
COMPLAINTS

### Dental consultation

Dental findings - Adv Oral Prophylaxis Scaling

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**HEMOGRAM**

Test Name	Result	Unit	Level	Range
Hemoglobin	15.9	gm%	●	13.0-18.0
Packed cell volume(Calculated)	47	%	●	40-54
WBC Count	5.0	10 <sup>3</sup> /m <sup>3</sup>	●	4-11
Platelet Count	251	10 <sup>3</sup> /m <sup>3</sup>	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	07	mm/1st hr	●	0-15
RBC Count	5.34	Million/ul	●	4.2-6.5
MCV	87	fl	●	75-95
MCH(Calculated)	30	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Reticulocytes	0.6	%		
Neutrophils	58	%	●	40-80
Lymphocytes	33	%	●	20-40
Eosinophils	01	%	●	01-06
Monocytes	08	%	●	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:	Slightly Turbid			Clear
pH	6		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	+			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT
Urobilinogen	Normal	E.U./dL		Normal
RBC	Nil	/hpf		0-2
Pus Cells	6-8	/hpf		Male : 2 - 3 Female : 2 - 5
Epithelial Cells	Occasional	/hpf		3 - 5

**ALT(SGPT) - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
ALT(SGPT)	24	U/L	●	Adult Male : < 45

**ALBUMIN - SERUM**

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.6	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.5	g/dL	●	Adult (2.0 - 3.5)

**ALKALINE PHOSPHATASE - SERUM/PLASMA**

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	71	U/L	●	Adult(Male): < 129

**AST (SGOT) - SERUM**

Test Name	Result	Unit	Level	Range
AST (SGOT)	27	U/L	●	Adult Male: <35

**BILIRUBIN, TOTAL - SERUM**

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	1.0	mg/dL	●	NORMAL : 0.2 TO 1.1

**CHOLESTEROL - SERUM / PLASMA**

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

**CREATININE - SERUM / PLASMA**

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

**GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM**

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	31	U/L	●	Male: < 55

**GLUCOSE - SERUM / PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range

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

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Glucose - Serum / Plasma (Fasting) 267 \* mg/dL ● 60-99

Test Name Result Unit Level Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated) 4.9 \* ● < 4.5

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name Result Unit Level Range
Glucose - Serum / Plasma (Post Prandial) 352 \* mg/dL ● < 140
Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

UREA - SERUM / PLASMA

Test Name Result Unit Level Range
Urea 18 mg/dL ● Adult: 13 - 43

URIC ACID - SERUM

Test Name Result Unit Level Range
Uric Acid - Serum 2.4 \* mg/dL ● Adult Male: 3.5 - 7.2

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name Result Unit Level Range
Glycosylated Hemoglobin (HbA1c) 9.8 \* % ● 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 23 ● Desirable:<30
Triglycerides - Serum 117 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 49 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) 0.7 mg/dL ● 0.0-1.0

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name Result Unit Level Range
LDL Cholesterol (Direct LDL) 158 \* 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) 9.1 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 7.1 g/dL ● >2 Year: 6.0 - 8.0

TOTAL T4: THYROXINE - SERUM

Test Name Result Unit Level Range
TOTAL T4: THYROXINE - SERUM 6.0 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	2.11	µIU/mL	●	0.35 - 5.50

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

Gall bladder is mildly distended.

**PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM**

Test Name	Result	Unit	Level	Range
Prostatic Specific Antigen (PSA Total)	0.3	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

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 11.0 x 5.3 cm

Left kidney measures 10.9 x 5.4 cm

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

Bladder shows normal contour.

Prostate shows normal echo pattern.

**X-RAY CHEST PA**

NO SIGNIFICANT ABNORMALITY IS DETECTED.

**IMPRESSION**

Grade II fatty liver.

**ULTRASOUND SCREENING WHOLE ABDOMEN**

REPORTED BY,  
DR.A.PANDIAN, 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:70%

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

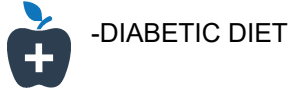
 Physical Examination and routine Investigation in AHC Package reveals the following :

- DIABETES MELLITUS
- HYPERLIPIDEMIA

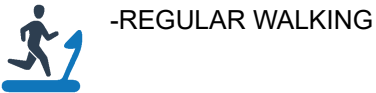
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## Wellness Prescription

### Advice On Diet :-



### Advice On Physical Activity :-



## Medications

- T.GLUCONORM VG1 1-0-1 B/F FOR 15 DAYS
- T.VYSOV XR 100MG 0-1-0 A/F FOR 15 DAYS
- T.ROSEDAY 10MG 0-0-1 A/F FOR 30 DAYS
- FBS, PPBS,

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**Dr.JEYASURIYA**

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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**Dr.JEYASURIYA**

AHC Physician / Consultant Internal Medicine