

Name : Mr. SHAHULHAMEED RAHIM (42 /M)

Date : 10/01/2023

Address : PLOT NO 406 NEO APARTMENT OPP SB OFFICE SURVEYAR COLONY, MADURAI,
MADURAI, TAMIL NADU, INDIA

Examined by: Dr .VANI N

UHID : ASM1.0000461650

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE ABOVE
40YRS

AHC No : MDUMH99252



CHIEF COMPLAINTS

No specific complaints

PRESENT KNOWN ILLNESS

Diabetes mellitus - Known, type 2; Since - 2017; Medication - regular; - Glycomet GP 1 1-0-1, Janumet 50/500 1-0-1

Dyslipidaemia Since - 2021; Medication - regular; - Atorvastatin 10 0-0-1

Cancer Since - 2005; Are you on treatment - Completed Treatment; Treatment - Chemotherapy and Radiotherapy; Type of Cancer - Rectal; Treatment - Stopped treatment



DRUG ALLERGY

NO KNOWN ALLERGY

:03/08/2021



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
Cancer type(P-S) - Rectal Cancer



Personal history

Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Mild
- level ground walking



Family history

Diabetes - mother
Coronary artery disease - none
Cancer - father
Type - Throat

PHYSICAL EXAMINATION



General

General appearance - normal
Build - well built
Height - 165
Weight - 78.1
BMI - 28.69
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 86
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

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Respiratory system

Breath sounds - Normal vesicular breath sounds

Abdomen

Organomegaly - No

Tenderness - No

Dental consultation

Dental findings - Adv Oral prophylaxis
Anterior smile designing

Printed By : Makarasi T S

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	14.0	gm%	●	13.0-18.0
Packed cell volume(Calculated)	42	%	●	40-54
WBC Count	8.6	10 ³ /m ³	●	4-11
Platelet Count	337	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	16 *	mm/1st hr	●	0-15
RBC Count	4.88	Million/ul	●	4.2-6.5
MCV	87	fl	●	75-95
MCH(Calculated)	29	pg	●	26-32
MCHC(Calculated)	33	g/dl	●	31-36
Reticulocytes	1.0	%		
Neutrophils	55	%	●	40-80
Lymphocytes	37	%	●	20-40
Eosinophils	02	%	●	01-06
Monocytes	06	%	●	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	6		●	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	Nil	/hpf		0-2
Pus Cells	1-2	/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)	68 *	U/L	●	Adult Male : < 45

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)	3.6 *	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	85	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

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

BILIRUBIN, TOTAL - SERUM

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

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	185	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	1.0	mg/dL	●	Male: 0.9 - 1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	34	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) 125 * mg/dL ● 60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	209 *	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	7.9 *	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4%--male Diabetes > = 6.5%

HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	46	mg/dL	●	Low: <40 High: >=60

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	117	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	8.1 *	g/dL	●	>2 Year: 6.0 - 8.0

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.0		●	< 4.5

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	5.9	mg/dL	●	Adult Male: 3.5 - 7.2

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	32 *		●	Desirable:<30
Triglycerides - Serum	159 *	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

BILIRUBIN CONJUGATED (DIRECT) - SERUM

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

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9.8	mg/dL	●	Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	131	ng/dL	●	60-180

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	9.8	µg/dL	●	3.5 - 12.5

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

**TSH: THYROID STIMULATING HORMONE -
SERUM**

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	6.14 *	µIU/mL	●	0.35 - 5.50

Liver shows increased echopattern with no evidence of focal pathology.

The intra or extra hepatic biliary radicles are not dilated.

Gall bladder is contracted.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 9.8 x 4.0 cms.

Left kidney measures 10.1 x 4.2 cms.

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

Bladder shows normal contour.

Prostate shows normal echopattern.

**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

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

IMPRESSION:

ULTRASOUND SCREENING WHOLE ABDOMEN

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 10.01.2023 SHOWS,

- GRADE III FATTY LIVER.

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:65%

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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 :


- Known case of T2DM / DL - On drug
- Fatty liver
- Subclinical hypothyroid

Wellness Prescription

Advice On Diet :-

-  - Low fat diabetic diet


Advice On Physical Activity :-

-  - Regular walking

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
THYROID PROFILE	3 Month(s)		

Follow-up and Review Plan

-  - Continue routine drug



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

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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.