

Name : Mrs. SANGEETHA K (32 /F)

Date : 27/06/2022

Address : 95/B KUDIYANALLUR,KALLAKURICHI TK, KALLAKURICHI, VILLUPURAM, TAMIL NADU, INDIA

Examined by: Dr .PAUL SUDHAKAR

UHID : ASM1.0000630059

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH89901



## CHIEF COMPLAINTS

No specific complaints

## PRESENT KNOWN ILLNESS

### Present known illness

- Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke, Asthma, COPD, Cancer



## DRUG ALLERGY

NO KNOWN ALLERGY

:27/06/2022



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Oral and dental

- Nil Significant

### Gastrointestinal system

- Nil Significant

### Genitourinary system

- Nil Significant

### Central nervous system

- Nil Significant

### Eyes

- Nil Significant

### ENT

- Nil Significant

### Musculoskeletal system

Spine and joints

- Nil Significant

### Skin

- Nil Significant

### General symptoms

- Nil Significant



## Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No

Covid 19 - Yes  
- 2020

Post detection (3 Weeks) - Yes

Hospitalization for Covid 19 - Yes

Oxygen support - No



## Surgical history

Lower segment caesarean section - 2



## Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 2

Female - 1

Male - 1

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No

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Chews tobacco	- No	Periods	- regular
Physical activity	- Moderate - domestic work	L M P	- 5/6/22
		Breast examination	- soft
		P/A	- soft
		P/S	- cervix healthy
		P/V	- uterus normal size, FF
		Pap smear	- Taken
		Advice :	- Review with reports

### Family history

Coronary artery disease - none  
Cancer - None

## PHYSICAL EXAMINATION

### General

General appearance - normal  
Build - moderate  
Height - 154 Cm  
Weight - 46.1 Kg  
BMI - 19.44  
Pallor - No  
Oedema - no  
SpO2 - 99

### Cardiovascular system

Heart rate (Per minute) - 76  
Rhythm - Regular  
Systolic(mm of Hg) - 110  
Diastolic(mm of Hg) - 60  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sound

### Abdomen

Organomegaly - No  
Tenderness - No

### Gynaec findings

Gynaec checkup done by - Dr.SHREEDEVI  
Marital status - married  
No of Children - 2  
Deliveries - both LSCS. sterilised

Printed By : Sasikala T

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**HEMOGRAM**

Test Name	Result	Unit	Level	Range
Hemoglobin	12.1	gm%	●	11.5-16.5
Packed cell volume(Calculated)	37	%	●	37-47
WBC Count	7.6	10 <sup>9</sup> /m <sup>3</sup>	●	4-11
Platelet Count	253	10 <sup>9</sup> /m <sup>3</sup>	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	11	mm/1st hr	●	0-20
RBC Count	4.52	Million/ul	●	3.7-5.6
MCV	82	fl	●	75-95
MCH(Calculated)	27	pg	●	26-32
MCHC(Calculated)	33	g/dl	●	31-36
Reticulocytes	0.7	%		
Neutrophils	55	%	●	40-80
Lymphocytes	34	%	●	20-40
Eosinophils	03	%	●	01-06
Monocytes	08	%	●	2-10

**URINE ROUTINE (CUE)**

Test Name	Result	Unit	Level	Range
Specific Gravity	1.010		●	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	2-4	/hpf		Male : 2 - 3 Female : 2 - 5

Epithelial Cells 1-2 /hpf 3 - 5

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

Test Name	Result	Unit	Level	Range
ALT(SGPT)	21	U/L	●	Adult Female : <34

**ALBUMIN - SERUM**

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.7	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.8	g/dL	●	Adult (2.0 - 3.5)

**ALKALINE PHOSPHATASE - SERUM/PLASMA**

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	53	U/L	●	Adult(Female): < 104

**AST (SGOT) - SERUM**

Test Name	Result	Unit	Level	Range
AST (SGOT)	24	U/L	●	Adult Female: <31

**BILIRUBIN, TOTAL - SERUM**

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.6	mg/dL	●	NORMAL : 0.2 TO 1.1

**CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Total Cholesterol	182	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	●	Female: 0.6 - 1.1

**GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM**

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	12	U/L	●	Female: < 38

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

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	86	mg/dL	●	60-99

**GLUCOSE - SERUM / PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	90	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)	5.4	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% Diabetes >= 6.5%

**HDL CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
HDL Cholesterol	56	mg/dL	●	Low: <40 High: >=60

**LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)**

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	79	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	7.5	g/dL	●	>2 Year: 6.0 - 8.0

**TRIGLYCERIDES - SERUM**

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	34	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.2		●	< 4.5

**UREA - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Urea	16	mg/dL	●	Adult: 13 - 43

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	3.4	mg/dL	●	Adult Female: 2.6 - 6.0

**VLDL CHOLESTEROL - SERUM**

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	6.9		●	Desirable:<30

**BILIRUBIN CONJUGATED (DIRECT) - SERUM**

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.2	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.4	mg/dL	●	0.0-1.0

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	7	mg/dL	●	Adult : 6 - 20

**TOTAL T3: TRI IODOTHYRONINE - SERUM**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	91	ng/dL	●	60-180

**TOTAL T4: THYROXINE - SERUM**

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	8.0	µg/dL	●	3.5 - 12.5

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**TSH: THYROID STIMULATING HORMONE -  
SERUM**

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.66	µU/mL	●	0.35 - 5.50

**PAP SMEAR /CERVICAL SMEAR**

Ref No:  
G1020/2022  
SPECIMEN TYPE:  
Cervical smear  
SPECIMEN ADEQUACY:  
Satisfactory for evaluation  
INTERPRETATION/RESULT:  
\*

- Negative for intraepithelial lesion or malignancy,  
Reactive cellular changes associated with mild  
inflammation.

**X-RAY CHEST PA**

NO SIGNIFICANT ABNORMALITY IS DETECTED.

**ULTRASOUND SCREENING WHOLE ABDOMEN**

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

Gall bladder is distended with no evidence of calculus. Wall thickness appears normal.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 9.3 x 3.4 cms.

Left kidney measures 9.9 x 3.1 cms.

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

Bladder shows normal contour.

Uterus measures 9.1 x 3.8 cms and shows normal endometrial and myometrial echoes. Endometrial thickness measures 8.1 mm.

Both ovaries show normal size and echopattern.

**IMPRESSION**

- NO SIGNIFICANT ABNORMALITY IS DETECTED.

REPORTED BY,  
DR.C.RAVIKUMAR, 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:68%

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

**Haematology**

STOOL ROUTINE

 Within Normal Range     Borderline High/Low     Out of Range

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## Executive Summary



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

- Normal Study

## Wellness Prescription

### Advice On Diet :-



- Healthy Diet

### Advice On Physical Activity :-



- Regular Walking

Printed By : Leelashivani R

**Dr.PAUL SUDHAKAR**  
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.