

Name : Mrs. SOUNDARYA .K (27 /F)

Date : 11/03/2023

Address : NO:22 EAST ST, VEERESWARAM, SRIRANGAM, TIRUCHIRAPPALLI,
TIRUCHIRAPPALLI, TAMIL NADU, INDIA

Examined by: Dr .PAUL SUDHAKAR

UHID : AT01.0000089428

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW
40YRS

AHC No : MDUMH102260



CHIEF COMPLAINTS

Nose block
Snoring

PRESENT KNOWN ILLNESS

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



DRUG ALLERGY

NO KNOWN ALLERGY

:11/03/2023



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

Blocked nose - yes; - intermittent, difficulty breathing
when having URTI; Dyspnoea - yes; Dyspnoea
exacerbated by - lying down; - breathing difficulty
due to blocked nose at night

Oral and dental

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

Eyes

- Nil Significant

ENT

- Snoring

General symptoms

- Nil Significant



Past medical history

Covid 19 - Yes
Post detection (3
Weeks) - Yes
Hospitalization for
Covid 19 - No



Surgical history

Lower segment - 1
caesarean section



Personal history

Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Moderate
- home exercise



Family history

Diabetes - grandmother,grandfather
Hypertension - grandmother,grandfather
Coronary artery
disease - none
Cancer - None,maternal grandfather

PHYSICAL EXAMINATION



General

General appearance - normal
Build - moderate
Height - 172
Weight - 88
BMI - 29.75
Pallor - No

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Oedema - no



Cardiovascular system

Heart rate (Per minute) - 87
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 60
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

Gynaec findings

Gynaec checkup done by - Dr.HEMALEKHA
Past surgical history - LSCS
Marital status - married
No of Children - 1
Periods - regular
Breast examination - NAD
P/A - SOFT
P/S - CX HYPERTROPHIED ,
CONGESTED, CU T thread
seen
P/V - UT RV, NORMAL SIZE, FF
Pap smear - Taken

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	11.9	gm%	●	11.5-16.5
Packed cell volume(Calculated)	37	%	●	37-47
WBC Count	7	10 ³ /m ³	●	4-11
Platelet Count	302	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	25 *	mm/1st hr	●	0-20
RBC Count	4.48	Million/ul	●	3.7-5.6
MCV	81	fl	●	75-95
MCH(Calculated)	26	pg	●	26-32
MCHC(Calculated)	33	g/dl	●	31-36
Reticulocytes	0.9	%		
Neutrophils	57	%	●	40-80
Lymphocytes	34	%	●	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:	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	2-4	/hpf		3 - 5

ALT(SGPT) - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
ALT(SGPT)	26	U/L	●	Adult Female : <34

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.4	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.1	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	55	U/L	●	Adult(Female): < 104

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	36 *	U/L	●	Adult Female: <31

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.4	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	174	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.7	mg/dL	●	Female: 0.6 - 1.1

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	15	U/L	●	Female: < 38

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

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GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	83	mg/dL	●	60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	81	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)	5.1	%	●	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	49	mg/dL	●	Low: <40 High: >=60

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	93	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
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.6		●	< 4.5

UREA - SERUM / PLASMA

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

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	4.0	mg/dL	●	Adult Female: 2.6 - 6.0

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	13		●	Desirable:<30
Triglycerides - Serum	65	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	0.2	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.2	mg/dL	●	0.0-1.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	6.2	mg/dL	●	Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	150	ng/dL	●	60-180

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range

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

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TOTAL T4: 7.8 µg/dL ● 3.5 - 12.5
THYROXINE - SERUM

**TSH: THYROID STIMULATING HORMONE -
SERUM**

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	3.91	µIU/mL	●	0.35 - 5.50

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 10.6 x 3.6 cms.

Left kidney measures 10.0 x 3.4 cms.

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

Bladder shows normal contour.

Uterus measures 8.0 x 4.2 cms and shows normal myometrial echoes. IUCD insitu.

Both ovaries show normal size and echopattern.

PAP SMEAR /CERVICAL SMEAR

Ref No:
G 525/2023.

SPECIMEN TYPE:

Cervical smear

SPECIMEN ADEQUACY:

Satisfactory for evaluation

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy.

*

- Reactive cellular changes associated with dense inflammation.

COMMENTS AND SUGGESTIONS:

SUGGESTED TO REPEAT AFTER A COURSE OF TREATMENT.

IMPRESSION:

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN
STUDY DONE ON 11.03.2023 SHOWS,

- IUCD insitu.

REPORTED BY,

DR. C.RAVIKUMAR, MBBS., DMRD.,

CONSULTANT RADIOLOGIST.

2D-ECHO WITH COLOUR DOPPLER

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

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NORMAL CHAMBERS DIMENSIONS.
STRUCTURALLY NORMAL VALVES.
NO REGIONAL WALL MOTION ABNORMALITY.
NORMAL LV SYSTOLIC FUNCTION.
NORMAL LV DIASTOLIC FUNCTION.
NO PERICARDIAL EFFUSION/ CLOT.
LVEF:67%

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

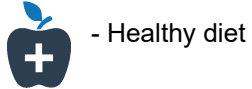
Executive Summary

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

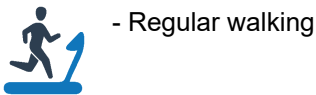
- Overweight
- Chronic Nasal block

Wellness Prescription

Advice On Diet :-



Advice On Physical Activity :-



Medications

-CANDID V6 - VAGINAL -0-0-1 X6 DAYS

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
ENT		1 Week(s)	

Dr.PAUL SUDHAKAR

AHC Physician / Consultant Internal Medicine

Printed By : Makarasi T S

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.PAUL SUDHAKAR

AHC Physician / Consultant Internal Medicine