

Name : Mr. NIJO JOSE J		OP Number: MDUMH102864	Bill No: MMH-OCR-139943
Package Information			
S.No	Service Type/Service Name	Department	
1	MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS		
1	2D-ECHO WITH COLOUR DOPPLER	CARDIOLOGY	
2	ALBUMIN - SERUM	BioChemistry	
3	ALKALINE PHOSPHATASE - SERUM/PLASMA	BioChemistry	
4	ALT(SGPT) - SERUM / PLASMA	BioChemistry	
5	AST (SGOT) - SERUM	BioChemistry	
6	BILIRUBIN CONJUGATED (DIRECT) - SERUM	BioChemistry	
7	BILIRUBIN, TOTAL - SERUM	BioChemistry	
8	BREAKFAST	F & B Main Kitchen	
9	BUN (BLOOD UREA NITROGEN)	BioChemistry	
10	CHOLESTEROL - SERUM / PLASMA	BioChemistry	
11	CONSULTATION - DENTAL	Dental	
12	CONSULTATION - OPHTHALMOLOGY	Ophthalmology	
13	CONSULTATION CHARGES	Consultation	
14	CREATININE - SERUM / PLASMA	BioChemistry	
15	ECG	CARDIOLOGY	
16	GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	BioChemistry	
17	GLUCOSE - SERUM / PLASMA (FASTING)	BioChemistry	
18	GLUCOSE - SERUM / PLASMA (POST PRANDIAL)	BioChemistry	
19	GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	BioChemistry	
20	HDL CHOLESTEROL - SERUM / PLASMA	BioChemistry	
21	HEMOGRAM	Haematology	
22	HISTORY TAKING - AHC	Apollo Health Check	
23	LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)	BioChemistry	
24	PHYSICAL EXAMINATION/CONSULTATION BY INTERNAL MEDICINE SPECIALIST	General Medicine	
25	PROTEIN TOTAL - SERUM / PLASMA	BioChemistry	
26	STOOL ROUTINE	Haematology	

Name : Mr. NIJO JOSE J		OP Number: MDUMH102864	Bill No: MMH-OCR-139943
27	TOTAL T3: TRI IODOTHYRONINE - SERUM		BioChemistry
28	TOTAL T4: THYROXINE - SERUM		BioChemistry
29	TRIGLYCERIDES - SERUM		BioChemistry
30	TSH: THYROID STIMULATING HORMONE - SERUM		BioChemistry
31	ULTRASOUND SCREENING WHOLE ABDOMEN		Ultrasound Radiology
32	UREA - SERUM / PLASMA		BioChemistry
33	URIC ACID - SERUM		BioChemistry
34	URINE ROUTINE (CUE)		Haematology
35	VLDL CHOLESTEROL - SERUM		BioChemistry
36	X-RAY CHEST PA		X Ray

Amount saved on availing Health Check Package INR 15340

Note: Cancellation of individual test will not be refunded.

Amount saved on availing Health Check Package INR 15340

Name : Mr. NIJO JOSE J (35 /M)

Date : 22/03/2023

Address : NO 22, JAWAHAR 4TH STREET, SS COLONY., MADURAI, MADURAI TAMIL NADU, INDIA

AHC MEDICAL SUMMARY

Examined by: Dr .GIRIDHAR BABU M K

ASH - OF - PHC - 14
UHID : ASM1.0000657912

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS

AHC No : MDUMH102864



CHIEF COMPLAINTS

Anxiety
Stress

PRESENT KNOWN ILLNESS

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



Surgical history

Surgical history - Nil



Personal history

Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Sedentary



Family history

Coronary artery disease - none
Cancer - mother



DRUG ALLERGY

NO KNOWN ALLERGY :22/03/2023



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Central nervous system

- Nil Significant

General symptoms

General symptoms - stress; - Feeling stress and anxiety



Past medical history

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



General

General appearance - normal
Build - moderate
Height - 178
Weight - 95
BMI - 29.98
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 95
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 120
Diastolic(mm of Hg) - 80
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

Surgical

Surgical exam done by - Dr.JAGADEESAPANDIAN P
Hernia - nil
Scrotum and testis - Normal
Penis - Normal
Anal and rectal examination - Normal
Surgical findings - Normal

ENT consultation

ENT consultation done by - Dr.ARUN PRABHU
GANESAN
ENT findings - DNS with Eustachian Block

Ear : Retracted TM
Throat: NAD

Adv: CT PNS

Printed By : Makarasi T S

HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	14.9	gm%	●	13.0-18.0
Packed cell volume(Calculated)	45	%	●	40-54
WBC Count	7.9	10 ³ /m ³	●	4-11
Platelet Count	334	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	11	mm/1st hr	●	0-15
RBC Count	5.15	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	0.9	%		
Neutrophils	67	%	●	40-80
Lymphocytes	23	%	●	20-40
Eosinophils	01	%	●	01-06
Monocytes	09	%	●	2-10

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.025		●	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	Occasional/hpf			0-2
Pus Cells	2-4	/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)	61 *	U/L	●	Adult Male : < 45

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.8	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.2	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	82	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	43 *	U/L	●	Adult Male: <35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.5	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	218 *	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.8 *	mg/dL	●	Male: 0.9 - 1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	36	U/L	●	Male: < 55

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

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



Glucose - Serum / Plasma (Fasting) 108 * mg/dL ● 60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	112	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)	6.0	%	●	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	40	mg/dL	●	Low: <40 High: >=60

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	138 *	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	7.0	g/dL	●	>2 Year: 6.0 - 8.0

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	5.4 *		●	< 4.5

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	20	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	6.3	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	161 *	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)	0.3	mg/dL	●	0.0-1.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9.4	mg/dL	●	Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	126	ng/dL	●	60-180

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	7.4	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	0.88	µIU/mL	●	0.35 - 5.50

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

ULTRASOUND SCREENING WHOLE ABDOMEN

Liver shows increased echopattern with no evidence of focal pathology.

The intra or extra hepatic biliary radicles are not dilated.

Gall bladder is mildly distended.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 10.3 x 5.1 cm.

Left kidney measures 10.8 x 5.2 cm.

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

Bladder shows normal contour.

Prostate shows normal echopattern

IMPRESSION:

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN
STUDY DONE ON 22.03.2023 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%

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 :

- OBESE
- DYSLIPIDEMIA
- FATTY LIVER

Wellness Prescription

Advice On Diet :-

- LOW FAT LOW CALORIE DIET

Advice On Physical Activity :-



Other Lifestyle Changes & Recommendations :-

EXERCISE AS ADVISED

Medications

-
-
-

Printed By : Makarasi T S


Dr.GIRIDHAR BABU M K
 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.