

Name : Mrs. LALITHA P

OP Number: MMH102833

Bill No: MMH-00R-2023-000034

Package Information

S.No	Service Type/Service Name	Department
1	MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE 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 - GYNAECOLOGICAL	OB & Gynaec Ultrasound
13	CONSULTATION - OPHTHALMOLOGY	Ophthalmology
14	CONSULTATION CHARGES	Consultation
15	CREATININE - SERUM / PLASMA	BioChemistry
16	ECG	CARDIOLOGY
17	GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	BioChemistry
18	GLUCOSE - SERUM / PLASMA (FASTING)	BioChemistry
19	GLUCOSE - SERUM / PLASMA (POST PRANDIAL)	BioChemistry
20	GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	BioChemistry
21	HDL CHOLESTEROL - SERUM / PLASMA	BioChemistry
22	HEMOGRAM	Haematology
23	HISTORY TAKING - AHC	Apollo Health Check
24	LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)	BioChemistry
25	MAMOGRAPHY	X Ray
26	PAP SMEAR /CERVICAL SMEAR	Histopathology

Name : Mrs: LALITHA P		OP Number: MDL/MH102833	Bill No: MMH-00R-239934
27	PHYSICAL EXAMINATION/CONSULTATION BY INTERNAL MEDICINE SPECIALIST		General Medicine
28	PROTEIN TOTAL - SERUM / PLASMA		BioChemistry
29	STOOL ROUTINE		Haematology
30	TOTAL T3: TRI IODOTHYRONINE - SERUM		BioChemistry
31	TOTAL T4: THYROXINE - SERUM		BioChemistry
32	TRIGLYCERIDES - SERUM		BioChemistry
33	TSH: THYROID STIMULATING HORMONE - SERUM		BioChemistry
34	ULTRASOUND SCREENING WHOLE ABDOMEN		Ultrasound Radiology
35	UREA - SERUM / PLASMA		BioChemistry
36	URIC ACID - SERUM		BioChemistry
37	URINE ROUTINE (CUE)		Haematology
38	VLDL CHOLESTEROL - SERUM		BioChemistry
39	X-RAY CHEST PA		X Ray

Amount saved on availing Health Check Package INR 18090

Note: Cancellation of individual test will not be refunded.

Amount saved on availing Health Check Package INR 18090

Name : Mrs. LALITHA P (59 /F)

Date : 22/03/2023

Address : 65/6 MUNIYANDI KOIL STREET, PONMENI, MADURAI, MADURAI, TAMIL NADU, INDIA

AHC MEDICAL SUMMARY

Examined by: Dr .PAUL SUDHAKAR

ASH - QF - PHC - 14
UHID : ASM1.0000487990

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE 40YRS

AHC No : MDUMH102833



CHIEF COMPLAINTS

No specific complaints

PRESENT KNOWN ILLNESS

Thyroid disease - hypothyroidism; Since - 2007; Medication - regular; - Thyronorm 100 mcg 1-0-0

Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Moderate
- level ground walking

Family history

Diabetes - father,mother,grandfather
Coronary artery disease - none
Cancer - None



DRUG ALLERGY

NO KNOWN ALLERGY :08/02/2020



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

Surgical history

Appendicectomy - yes
Hysterectomy - 2013

Personal history

Diet - Mixed Diet

PHYSICAL EXAMINATION

General

General appearance - normal
Build - moderate
Height - 155
Weight - 74.9
BMI - 31.18
Pallor - No
Oedema - no

Cardiovascular system

Heart rate (Per minute) - 88
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 120
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

Abdomen

Organomegaly - No
Tenderness - No

Gynaec findings



Gynaec checkup done by - Dr.LALITHA
Known to have - Thyroid disease
Past surgical history - hysterectomy 2013
Marital status - married
No of Children - 2
Female - 2
Deliveries - vaginal
Last child birth - 34 yrs
Menopause - surgical 13 yrs
Breast examination - nad
Pap smear - Not taken

Printed By : Makarasi T S

HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	12.0	gm%	●	11.5-16.5
Packed cell volume(Calculated)	37	%	●	37-47
WBC Count	6.0	10 ³ /m ³	●	4-11
Platelet Count	275	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	15	mm/1st hr	●	0-20
RBC Count	4.63	Million/ul	●	3.7-5.6
MCV	80	fl	●	75-95
MCH(Calculated)	26	pg	●	26-32
MCHC(Calculated)	32	g/dl	●	31-36
Neutrophils	59	%	●	40-80
Lymphocytes	31	%	●	20-40
Eosinophils	04	%	●	01-06
Monocytes	06	%	●	2-10

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.020		●	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)	23	U/L	●	Adult Female : <34

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)	2.1	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	67	U/L	●	Adult(Female): < 104

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	33 *	U/L	●	Adult Female: <31

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.3	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	232 *	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

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

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	11	U/L	●	Female: < 38

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range

Glucose - Serum / Plasma (Fasting) 132 * mg/dL ● 60-99

Total Cholesterol / HDL Cholesterol Ratio (Calculated) 5.9 * ● < 4.5

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	164 *	mg/dL	⊗	< 140 Increase risk of diabetes (Impaired Glucose tolerance): 140-199; Diabetic >=200

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	4.6	mg/dL	●	Adult Female: 2.6 - 6.0

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	6.9 *	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% Diabetes >= 6.5%

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	22		●	Desirable: <30
Triglycerides - Serum	108	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	39 *	mg/dL	●	Low: <40 High: >=60

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)	0.2	mg/dL	●	0.0-1.0

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	159 *	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)	7.0	mg/dL	●	Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	81	ng/dL	●	60-180

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	6.6	g/dL	●	>2 Year: 6.0 - 8.0

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	7.5	µg/dL	●	3.5 - 12.5

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
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● Within Normal Range ⊗ Borderline High/Low ● Out of Range

TSH: THYROID STIMULATING HORMONE -**SERUM**

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.27	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 partially distended.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 10.5 x 5.6 cms.

Left kidney measures 10.6 x 4.6 cms.

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

Bladder shows normal contour.

Uterus is not seen – Post hysterectomy status.

Ovaries are not seen.

IMPRESSION:

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN
STUDY DONE ON 22.03.2023 SHOWS,

- Grade III fatty liver.
- Post hysterectomy status.

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%



Within Normal Range



Borderline High/Low



Out of Range

MAMMOGRAPHY

CRANIO CAUDAL AND OBLIQUE MEDIOLATERAL VIEWS OF BOTH BREASTS WERE STUDIED.

Both breasts show normal architecture of glandular tissue interspersed with adiposed tissue and fibrous strands

The skin does not show focal or diffuse thickening or retraction.

The nipples are not retracted.

The retromammary spaces are clear on both sides.

Subcutaneous tissues over both breasts appear normal.

No evidence of axillary lymphadenopathy.

USG screening reveals few enlarged axillary lymphnodes are seen in both axilla, largest measures 1.2 x 0.7 cm in right side and 1.3 x 0.6 cm in left side.

IMPRESSION:

NO SIGNIFICANT ABNORMALITY IS DETECTED IN BOTH BREASTS.

BILATERAL NON – SPECIFIC AXILLARY LYMPHNODES.

Suggested clinical correlation.

REPORTED BY,

DR. A. PANDIAN, MBBS., DMRD.,

CONSULTANT RADIOLOGIST.

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

Haematology

STOOL ROUTINE

Histopathology

PAP SMEAR /CERVICAL SMEAR

CARDIOLOGY

ECG

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

Executive Summary



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

- Obesity
- Hypothyroidism
- Dyslipidemia
- T2DM
- Fatty liver
- ECG - Diffuse T -Changes

Wellness Prescription

Advice On Diet :-



- Diabetic low fat diet

Advice On Physical Activity :-



- Regular walking

Medications

- Continue Thyroxine
- Tab. Rose day 5 0-0-1

Recommended Follow-up Consultations

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

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
GLUCOSE - SERUM / PLASMA (FASTING)		1 Month(s)	
GLUCOSE - SERUM / PLASMA (POST PRANDIAL)		1 Month(s)	
LIPID PROFILE TEST (PACKAGE)		1 Month(s)	

Name : Mrs. LALITHA P (59 /F)

UHID : ASM1.0000487990

Date : 22/03/2023



Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE 40 YRS

AHC MEDICAL SUMMARY

ASH - QF - PHC - 14

Printed By : Sasikala T

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.