

Name : Mr. ARUMUGALAKSHMANAN C (34 /M)

Date : 28/01/2023

Address : 177/1 DEVIPATTINAM ROAD VELIPATTINAM POST, RAMNAD, RAMNAD, TAMIL NADU, INDIA

Examined by: Dr .JEYASURIYA

UHID : ASM1.0000461647

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS

AHC No : MDUMH99995



CHIEF COMPLAINTS

Urticaria

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 :09/03/2019



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

Symptoms - acidity, heart burn; Upper GI endoscopy - yes; - On Rx

Central nervous system

- Nil Significant

Eyes

- Nil Significant

ENT

- Nil Significant

Skin

- urticarial; - on Antihistamine weekly once

General symptoms

- Nil Significant



Past medical history

Covid 19 - No



Surgical history

Haemorrhoidectomy - yes



Personal history

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



Family history

Coronary artery disease - none
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - moderate
Height - 176
Weight - 73.6
BMI - 23.76
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 69
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 100
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

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Respiratory system

Breath sounds - Normal vesicular breath sounds



Organomegaly - No
Tenderness - No

Dental consultation

Dental findings - Adv Surgical removal of 18,38
Oral prophylaxis Scaling

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	14.6	gm%	●	13.0-18.0
Packed cell volume(Calculated)	44	%	●	40-54
WBC Count	6.7	10 ³ /m ³	●	4-11
Platelet Count	343	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	07	mm/1st hr	●	0-15
RBC Count	5.32	Million/ul	●	4.2-6.5
MCV	83	fl	●	75-95
MCH(Calculated)	27	pg	●	26-32
MCHC(Calculated)	33	g/dl	●	31-36
Reticulocytes	0.7	%		
Neutrophils	61	%	●	40-80
Lymphocytes	26	%	●	20-40
Eosinophils	05	%	●	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	7.5		●	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	Occasional/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)	20	U/L	●	Adult Male : < 45

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)	3.4	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	88	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	31	U/L	●	Adult Male: <35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.7	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	183	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	●	Male: 0.9 - 1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	17	U/L	●	Male: < 55

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GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	75	mg/dL	●	60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	95	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)	5.7	%	●	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)	110	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	21	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	4.5	mg/dL	●	Adult Male: 3.5 - 7.2

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	17		●	Desirable:<30
Triglycerides - Serum	86	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)	0.5	mg/dL	●	0.0-1.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10	mg/dL	●	Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	113	ng/dL	●	60-180

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TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	4.7	µg/dL	●	3.5 - 12.5

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.45	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 10.4 x 5.0 cm.

Left kidney measures 10.6 x 4.0 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 28.01.2023 SHOWS,

- GRADE I 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.
IMPAIRED 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

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

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CARDIOLOGY

ECG

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Executive Summary

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


- PREDIABTES

Wellness Prescription

Advice On Diet :-

 - BALANCED DIET

Advice On Physical Activity :-

 - REGULAR WALKING

Printed By : Makarasi T S

Dr.JEYASURIYA
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.