

Name : Ms. MAUSUMI BHATTACHARYYA (35 /F)

Date : 03/12/2022

Address :

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AMHL.0002054415

Package : MEDI WHEEL FULL BODY HCK - FEMALE (BELOW 40 YRS WITH TMT/ECHO)

AHC No : AMHLAH162229



CHIEF COMPLAINTS

For corporate health checkup

C/O Iron deficiency anaemia - on treatment

C/O Insomnia, not on regular medications

PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,
Hypertension,
Dyslipidemia, Thyroid
disorder, Heart disease,
Asthma



DRUG ALLERGY

NO KNOWN ALLERGY

:03/12/2022



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

Appetite - normal; Dyspepsia - no; Bowel habits -
regular; Piles - no; Hernia - no

Genitourinary system

- Nil Significant

Gynaec history

Last menstrual period - 26/11/2022; Periods -
regular

Eyes

Vision - normal with glasses; Glasses - yes

ENT

Hearing loss both ears - mild; - H/O Sensorineural
hearing loss in left ear and Perforated TM in right
ear

Musculoskeletal system

Spine and joints

Back (lower) - pain

Skin

- Nil Significant

Weight

- has gained weight without effort



Present medications

- T Lupiheme OD



Past medical history

Do you have any - No
allergies?

Do you have any drug - No
allergies?

Covid 19 - No



Surgical history

Surgical history - Nil



Personal history

Marital status - Married

Diet - Non Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Mild



Family history

Father - alive

Aged - 69

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Mother	- alive
Aged	- 64
Brothers	- 1
Diabetes	- paternal grandmother,aunt
Hypertension	- mother
Coronary artery disease	- none
Cancer	- None
Asthma	- paternal grandfather
Dyslipidemia	- father

PHYSICAL EXAMINATION



General

Build	- obese
Height	- 163
Weight	- 84
BMI	- 31.62
Pallor	- No
Oedema	- no



Cardiovascular system

Heart rate (Per minute)	- 90
Rhythm	- Regular
	- B.P. Sitting
Systolic(mm of Hg)	- 128
Diastolic(mm of Hg)	- 88
Heart sounds	- S1S2+

Respiratory system

Breath sounds	- Normal vesicular breath sounds
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Abdomen

Organomegaly	- No
Tenderness	- No



Skin

- No significant finding

Printed By : Suchismita Bhaumik

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COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	9.9 *	g/dl	●	12.0-15.0
RBC COUNT	4.29	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	32.4 *	%	●	36-46
MCV	75.6 *	fl	●	83-101
MCH	23.0 *	pg	●	27-32
MCHC	30.4 *	%	●	31.5-34.5
RDW	18.2 *	%	●	11.8-14.0
WBC Count	7500	/cu mm	●	4000-10000
Platelet Count	1.88	lacs/cu mm	●	1.5-4.0
Neutrophils	62	%	●	40-80
Lymphocytes	31	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Anisocytosis++, Predominantly Microcytic Hypochromic			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	22 *	mm/1st hr	●	0-20

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	40	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.005			
pH:	6.0			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			

Bile Pigments	Not Detected
RBC	Nil /hpf
Pus Cells	Occasional/hpf
Epithelial Cells	Occasional/hpf
Casts:	Not Found
Crystals:	Not Found
Note	Biological reference interval RBC- 0-2/hpf Pus Cell - 0-5/hpf.

URINE SUGAR- FASTING(QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(FASTING)	Nil			

BLOOD GROUPING AND TYPING (ABO AND RH)

Test Name	Result	Unit	Level	Range
ABO Group:	AB			
Rh (D) Type:	POSITIVE			

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	25	U/L	●	10-40
ALBUMIN - SERUM	4.4	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	75	U/L	●	42-98
AST (SGOT) - SERUM	21	U/L	●	10-42
BILIRUBIN TOTAL - SERUM	0.4	mg/dL	●	0.0-1.0

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	181	mg/dL	●	0-200

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

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CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.6	mg/dL	●	0.6-1.1

GLOBULIN: (CALCULATED) - SERUM	3.0	g/dL	●	1.8-3.6
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LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	21	U/L	●	7-64

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	0.9	ng/ml	●	0.8-2
TOTAL T4: THYROXINE - SERUM	8.0	µg/dL	●	5.1-14.1

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	85	mg/dL	●	70-99

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	69	mg/dL	●	0-150

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.4	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >/= 6.5% ADA Therapeutic goal : <7%

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	3.3	µIU/mL	●	0.270-4.200

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	4.4	mg/dL	●	2.6-6.0

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	49	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	113 *	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	19	mg/dL	●	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.1	mg/dL	●	0.0-0.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.2	mg/dL	●	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.4	g/dL	●	6.4-8.3

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
A/G - RATIO	1.5:1.0			1.0-2.0

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ECG

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

ULTRASOUND SCREENING WHOLE ABDOMEN

- * Hepatomegaly with grade-I fatty changes.
- * Bulky uterus with fobroid.

- Suggested TVS correlation if clinically indicated.

X-RAY CHEST PA

Chest skiagram does not reveal any significant abnormality.

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

Haematology

STOOL ROUTINE

URINE SUGAR - POST PRANDIAL (QUALITATIVE)

Biochemistry

GLUCOSE - PLASMA (POST PRANDIAL)

Histopathology

PAP SMEAR /CERVICAL SMEAR



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary



1. C/O Insomnia - not on regular medication.
2. H/O Iron deficiency Anaemia - on treatment (Hb - 9.9 g/dl).
3. Obesity.
4. Slightly elevated LDL Cholesterol.
5. USG - A. Hepatomegaly with grade-I fatty changes.
B. Bulky uterus with fibroid.

Wellness Prescription

Advice On Diet :-



- * Low fat, low calorie, high protein healthy balanced diet.
- * Drink plenty of fluids.

Advice On Physical Activity :-



- * Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

- * Weight reduction advised.

Medications

- * To continue all medication as before.

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
CBC	2 Month(s)		review with report
LIPID PROFILE TEST (PACKAGE)	2 Month(s)		review with report

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Follow-up and Review Plan



* Annual health check-up.



Scan the QR code in AskApollo App to book your follow-up appointments and investigations

Printed By : AVIJIT DAS

Dr.SUCHISMITA BHAUMIK
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.

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