

Name : Mr. SOUMIK PAUL (40 /M)

Date : 21/01/2023

Address : 2/448, KAPASDANGA, HOOGHLY, HOOGHLY, HOOGHLY, WEST BENGAL, INDIA

Examined by: Dr .SHARMISTHA MALLIK

UHID : AMHL.0001927620

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

AHC No : AMHLAH165437



## CHIEF COMPLAINTS

For corporate health checkup

## PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,  
Thyroid disorder, Heart  
disease, Asthma  
Hypertension Since - 10 yrs; Medication  
- regular  
Dyslipidaemia Medication - regular



## DRUG ALLERGY

NO KNOWN ALLERGY :14/03/2022



## SYSTEMIC REVIEW

### Cardiovascular system

High blood pressure - yes; Medication - yes

### Respiratory system

- Nil Significant

### Gastrointestinal system

- Nil Significant

### Genitourinary system

- Nil Significant

### Central nervous system

Sleep - disturbed

### Eyes

Vision - normal with glasses; Glasses - yes; Glasses  
for - refractive error

### ENT

- Nil Significant

### Musculoskeletal system

Spine and joints  
- Nil Significant

### Skin

- Nil Significant

### Weight

- stable



## Past medical history

Past medical history - nil significant  
Hospitalization for - No  
Covid 19



## Surgical history

Surgical history - Nil



## Personal history

Marital status - Married  
No. of children - 1  
Diet - Non Vegetarian  
Alcohol - does not consume alcohol  
Smoking - No  
Chews tobacco - No  
Physical activity - Mild



## Family history

Father - has expired  
Mother - alive  
Sisters - 1  
Hypertension - mother  
Coronary artery  
disease - none  
Cancer - None

## PHYSICAL EXAMINATION



### General

Build - over weight  
Height - 168  
Weight - 81  
BMI - 28.7  
Pallor - No  
Oedema - no

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### Cardiovascular system

Heart rate (Per minute) - 82  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 146  
Diastolic(mm of Hg) - 90  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds



### Abdomen

Appearance - Normal  
Organomegaly - No  
Tenderness - No  
Bowel sounds - Normal

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**COMPLETE HAEMOGRAM PROFILE**

Test Name	Result	Unit	Level	Range
Hemoglobin	13.5	g/dl	●	13.0-17.0
RBC COUNT	4.59	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	39.7 *	%	●	41-53
MCV	86.5	fl	●	83-101
MCH	29.3	pg	●	27-32
MCHC	33.9	%	●	31.5-34.5
RDW	13.8	%	●	11.8-14.0
WBC Count	7900	/cu mm	●	4000-10000
Platelet Count	1.28 *	lacs/cu mm	●	1.5-4.0
Neutrophils	65	%	●	40-80
Lymphocytes	27	%	●	20-40
Monocytes	04	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	10	mm/1st hr	●	0-15

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:	B			
Rh (D) Type:	POSITIVE			

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	79 *	U/L	●	10-40
ALBUMIN - SERUM	4.7	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	71	U/L	●	53-128
AST (SGOT) - SERUM	45 *	U/L	●	10-42
BILIRUBIN TOTAL - SERUM	0.4	mg/dL	●	0.0-1.0

**URINE ROUTINE AND MICROSCOPY**

Test Name	Result	Unit	Level	Range
Volume:	30	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.010			
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		

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	116	mg/dL	●	0-200

**CREATININE - SERUM**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.8 *	mg/dL	●	0.9-1.3

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	30	U/L	●	7-64

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**GLUCOSE - PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	105 *	mg/dL	●	70-99

**HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	6.2 *	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >/= 6.5% ADA Therapeutic goal : <7%

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	43	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	63	mg/dL	●	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	10	mg/dL	●	0-35

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.4	g/dL	●	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	2.7	g/dL	●	1.8-3.6

**THYROID PROFILE - I(T3,T4 AND TSH)**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.0	ng/ml	●	0.8-2
TOTAL T4: THYROXINE - SERUM	7.7	µg/dL	●	5.1-14.1

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
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TRIGLYCERIDES - SERUM 60 mg/dL ● 0-150

**THYROID PROFILE - I(T3,T4 AND TSH)**

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	5.1 *	µIU/mL	●	0.270-4.200

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	7.9 *	mg/dL	●	3.5-7.2

**LIVER FUNCTION TEST (PACKAGE)**

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

**PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM**

Test Name	Result	Unit	Level	Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM	0.62	ng/mL	●	0.00-6.50

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9.0	mg/dL	●	7.0-18.0

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
A/G - RATIO	1.7		●	1.0-2.0

**ECG**

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

**TREADMILL TEST / STRESS TEST**

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

**ULTRASOUND SCREENING WHOLE ABDOMEN**

\* Grade-I fatty liver.

**X-RAY CHEST PA**

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Chest skiagram does not reveal any significant abnormality.

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

**Haematology**

URINE SUGAR - POST PRANDIAL (QUALITATIVE)

STOOL ROUTINE

**Biochemistry**

GLUCOSE - PLASMA (POST PRANDIAL)



Within Normal Range



Borderline High/Low



Out of Range

### Executive Summary



1. H/O Hypertension - on medication.
2. H/O Dyslipidaemia - on medication.
3. Overweight (BMI - 28.7).
4. Pre-diabetic.
5. Hypothyroidism (TSH - 5.1  $\mu$ IU/mL).
6. Serum uric acid level raised (Uric Acid - 7.9 mg/dL).
7. USG Whole Abdomen - Grade-I fatty liver.

### Wellness Prescription

#### Advice On Diet :-



- \* Low calorie, low carbohydrate, low fat, low salt, low purine healthy balanced diet.
- \* Drink plenty of fluids.

#### Advice On Physical Activity :-



- \* Regular exercise and maintain ideal weight.

#### Other Lifestyle Changes & Recommendations :-

- \* Advised to lose weight.

### Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
NUTRITION & DIETETICS		1 Day(s)	for diet plan

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## Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
GLUCOSE - PLASMA (FASTING)	3 Month(s)		review with report
GLUCOSE - PLASMA (POST PRANDIAL)	3 Month(s)		review with report
HBA1C - BLOOD	3 Month(s)		review with report
TSH: THYROID STIMULATING HORMONE - SERUM	3 Month(s)		review with report
URIC ACID - SERUM	3 Month(s)		review with report
LIPID PROFILE TEST (PACKAGE)	3 Month(s)		review with report
LIVER FUNCTION TEST (PACKAGE)	3 Month(s)		review with report

## 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.SHARMISTHA MALLIK**  
AHC Physician / Consultant Internal Medicine

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**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.