

Name : Mr. KARUPPIAH G (31 /M)

Date : 25/03/2023

Address : NO 6/31, SILVARPATTY, JOTHAMPATTY POST, VEMBARPATTY VIA, DINDIGUL, DINDIGUL, TAMIL NADU, INDIA

Examined by: Dr .VANI N

UHID : ASM1.0000476199

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS

AHC No : MDUMH103042



CHIEF COMPLAINTS

For corporate health checkup
No specific complaints

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 :14/09/2019



Past medical history

Do you have any - No
allergies?
Allergies - Nil
Do you have any drug - No
allergies?
Past medical history - nil significant
Covid 19 - No



Surgical history

Accident history - Left maxilla fracture ORIF
2019

Immunization history

- Covid Dose1,Covid Dose2



Personal history

Ethnicity - Indian Asian
Marital status - Married
No. of children - 1
Female - 1
Profession - corporate employed
Diet - Mixed Diet

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



Family history

Father - alive
Mother - alive
Brothers - 1
Sisters - 3
Family history - Nil significant
Coronary artery
disease - none
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - normal
Height - 167
Weight - 80.8
BMI - 28.97
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 84
Rhythm - Regular
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 80
- B.P. Sitting
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath
sounds



Abdomen

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Organomegaly - No

Tenderness - No

Dental consultation

Dental findings - Adv Oral Hygiene
instructions

Printed By : Makarasi T S

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	15.4	gm%	●	13.0-18.0
Packed cell volume(Calculated)	46	%	●	40-54
WBC Count	6.4	10 ³ /m ³	●	4-11
Platelet Count	276	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	06	mm/1st hr	●	0-15
RBC Count	4.88	Million/ul	●	4.2-6.5
MCV	93	fl	●	75-95
MCH(Calculated)	32	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Reticulocytes	1.2	%		
Neutrophils	52	%	●	40-80
Lymphocytes	35	%	●	20-40
Eosinophils	05	%	●	01-06
Monocytes	08	%	●	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	5.5		●	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	1-2	/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)	50 *	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)	2.6	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	63	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	34	U/L	●	Adult Male: <35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	1.0	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	193	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	1.1	mg/dL	●	Male: 0.9 - 1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	28	U/L	●	Male: < 55

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range

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

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Glucose - Serum / Plasma (Fasting) 136 * mg/dL ● 60-99

Test Name Result Unit Level Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated) 5.5 * ● < 4.5

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name Result Unit Level Range
Glucose - Serum / Plasma (Post Prandial) 89 mg/dL ● < 140
Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

UREA - SERUM / PLASMA

Test Name Result Unit Level Range
Urea 29 mg/dL ● Adult: 13 - 43

URIC ACID - SERUM

Test Name Result Unit Level Range
Uric Acid - Serum 7.0 mg/dL ● Adult Male: 3.5 - 7.2

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%

VLDL CHOLESTEROL - SERUM

Test Name Result Unit Level Range
VLDL CHOLESTEROL - SERUM 13 ● Desirable:<30
Triglycerides - Serum 65 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 35 * mg/dL ● Low: <40
High: >=60

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name Result Unit Level Range
Bilirubin Conjugated - Serum 0.3 * mg/dL ● 0.0-0.2
Bilirubin Unconjugated - Serum (Calculated) 0.7 mg/dL ● 0.0-1.0

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name Result Unit Level Range
LDL Cholesterol (Direct LDL) 120 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) 10.1 mg/dL ● Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name Result Unit Level Range
TOTAL T3: TRI IODOTHYRONINE - SERUM 97 ng/dL ● 60-180

PROTEIN TOTAL - SERUM / PLASMA

Test Name Result Unit Level Range
Protein Total - Serum 7.3 g/dL ● >2 Year: 6.0 - 8.0

TOTAL T4: THYROXINE - SERUM

Test Name Result Unit Level Range
TOTAL T4: THYROXINE - SERUM 6.6 µg/dL ● 3.5 - 12.5

TRIGLYCERIDES - SERUM

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

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**TSH: THYROID STIMULATING HORMONE -
SERUM**

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	4.48	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 10.1 x 5.0 cm

Left kidney measures 10.5 x 4.6 cm

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

Bladder shows normal contour.

Prostate shows normal echo pattern.

IMPRESSION

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:66%

**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 :


- T2DM - Newly detected
- Fatty liver

Wellness Prescription

Advice On Diet :-

 - Diabetic low fat diet

Advice On Physical Activity :-

 - Regular walking

Medications

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
GLUCOSE - SERUM / PLASMA (FASTING)		3 Month(s)	
GLUCOSE - SERUM / PLASMA (POST PRANDIAL)		3 Month(s)	

Printed By : Sasikala T

Dr.VANI N
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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Medications

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