



Name : Mr. KAMAL KR DEKA (38 /M)

Address : KHANAPARA, RUPKUWAR PATH, GUWAHATI, KAMRUP(M), ASSAM, INDIA

Examined by : Dr .PRABIN KUMAR SAIKIA

Package : MediWheel Full Body Health Check up-Male below 40Yrs

Date : 23/03/2024

AHC MEDICAL SUMMARY

UHID : AHLG2.0000039189

AHC No : APHCAH23457



CHIEF COMPLAINTS

MediWheel Full Body Health Check up-Male below 40Yrs



DRUG ALLERGY

NO KNOWN ALLERGY

:23/03/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

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

Central nervous system

Sleep - good

Musculoskeletal system

Spine and joints
- Nil Significant



Surgical history

Surgical history - Nil

Immunization history

- Covid Dose2



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
Aged - 72 years
Cause - cancer
Mother - has expired
Aged - 53 years
Cause - cancer
Sisters - 2
Coronary artery disease - none
Cancer - father, mother
Thyroid/other endocrine disorder - mother

PHYSICAL EXAMINATION



General

Height - 174
Weight - 77
BMI - 25.43
Waist circumference - 97
Hip - 105
Waist/ Hip ratio - 0.92
Pallor - No
Oedema - no
SpO2 - 97% RA



Cardiovascular system

Heart rate (Per minute) - 74
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

Respiratory system

Rate of respiration(per minute) - 18
Breath sounds - Normal vesicular breath sounds

Age : MediWheel Full Body Health Check up-Male below 40Yrs

Abdomen

-
- Hepatomegaly - No
- Splenomegaly - No
- Tenderness - No

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Age : MediWheel Full Body Health Check up-Male below 40Yrs

Executive Summary



- 1. Fatty liver Grade I (SGOT 45 U/L, Serum Bil 3.1)
- 2. Hyperuricaemia (S uric acid 7.8 mg/dl)
- 3. Dyslipidemia (Ch 182 mg/dl, LDL 103 mg/dl, Tg 190 mg/dl, VLDL 38 mg/dl)
- 4. Subclinical hypothyroidism (TSH 5.09 uIU/ml)

Wellness Prescription

Advice On Diet :-



Dietician consultation

Advice On Physical Activity :-



Regular exercise

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
VITAMIN D-SERUM	Immediate/Urgent		

Dr. PRABIN KUMAR SAIKIA

AHC Physician / Consultant Internal Medicine

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Dr. Prabin Kumar Saikia
 MD (Gen Medicine), FCGP, FICP, PGDHHM
 Registration No.-7523, Assam
 Consultant Physician, APHC
 Apollo Hospitals Guwahati-781005

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.

Name : Mr. KAMAL KR DEKA Age : 38Yr 2Mth 23Days Gender : Male
 UHID : AHLG2.0000039189 / APHCAH23457 W/BNo/RefNo : AHC
 SIN \ LRN : 123685960 \ 123686005 \ 123686002 \ 10438878
 Specimen : Serum
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 23-MAR-2024 11:22:11 AM Received on : 23-MAR-2024 01:53:36 PM Reported on : 23-MAR-2024 04:58:56 PM

MediWheel Full Body Health Check up-Male below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
TOTAL T3: TRI IODOTHYRONINE - SERUM (Eclia)	1.6	Healthy Adults Euthyroid: 1.2-3.1	nmol/L
TOTAL T4: THYROXINE - SERUM (Eclia)	92	Healthy Adults Euthyroid: 66-181	nmol/L
TSH: THYROID STIMULATING HORMONE - SERUM (Eclia)	5.09 *	Healthy Adults Euthyroid:0.270 - 4.20	uIU/mL
ALT(SGPT) - SERUM (UV With P5P-IFCC)	56	Healthy Males:-16-63 U/L	U/L
ALBUMIN - SERUM (Brom Cresol Green)	4.4	Healthy Adults-3.5-5.2	g/dL
GLOBULIN-SERUM(Calculated)	3.2	Healthy Adults :1.8 - 3.6	
ALBUMIN:GLOBULIN-SERUM(RATIO)(Calculated)	1 *	0 - 0	
ALKALINE PHOSPHATASE - SERUM PNPP,AMP Buffer-IFCC	95	Healthy Adults:40-150	U/L
AST (SGOT) - SERUM (UV With P5P-IFCC)	45 *	Healthy Adults:15 - 37	U/L
BILIRUBIN, TOTAL - SERUM (Modified Doumas Ref. method/Jendrassik & Grof.)	3.1 *	Healthy Adults:<=1.0	mg/dL

CONSULTANTS

DR. T. SARMA, DCP DR. P. GOSWAMI, MD DR. M. SAIKIA, MD(BIOCHEMISTRY) DR. A. VERMA, DCP DR. M. BARMAN, MD
 DR. D.J. LAHON, MD (MICRO) DR. M. SARMA, MD (MICRO) DR. POOJA KESHAN, MD (PATHO) DR. N. MAHANTA, MD (PATHO)

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CHOLESTEROL - SERUM (Cholesterol Oxidase)	182	Desirable:<200 Borderline:200 - 240 High Risk:>=240	mg/dL
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM (L-gamma-glutamyl-3-carboxy-4-nitranilide)	63	Healthy Men:15 - 85	U/L
GLUCOSE -PLASMA (FASTING) Hexokinase	86	Non-Diabetic: <=100 Pre-Diabetic: 100-125 Diabetic: >=126	mg/dL
HDL CHOLESTEROL - SERUM / PLASMA (Direct Measurement)	58	Low: <40 High: >=60	mg/dL
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	3.1	Desirable :< 4.5	
LDL CHOLESTEROL - SERUM(DIRECT LDL) (Homogenous Method)	103 *	Optimal:<100 Near Optimal:100-129 Borderline High:130-159 High:160-189 Very High:>=190	mg/dL
PROTEIN, TOTAL - SERUM (Biuret)	7.6	Healthy Adults:6.4-8.3	mg/dl

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TRIGLYCERIDES - SERUM (Glycerol Phosphate Oxidase)	190 *	Normal : <150 Borderline High :150-199 High : 200-499 Very High : >=500	mg/dL
UREA - SERUM (Enzymatic,Urease-GLDH) (Urease)	34	<50 years:19-44	mg/dL
URIC ACID - SERUM (Modified Uricase)	7.8 *	Healthy Men: 3.5 - 7.2	mg/dL
VLDL CHOLESTEROL - SERUM CALCULATED.	38 *	Desirable:<30	
BILIRUBIN CONJUGATED (DIRECT) - SERUM (Jendrassik & Grof)	0.5	Healthy Adults:0.0-0.5	mg/dL
CREATININE - SERUM JAFTE METHOD	1.00	Healthy Men: 0.72 - 1.25	mg/dL
GLUCOSE - PLASMA (POST PRANDIAL) Hexokinase	139	Normal: <140 Pre-Diabetic: 140-199 Diabetic :->=200	mg/dL

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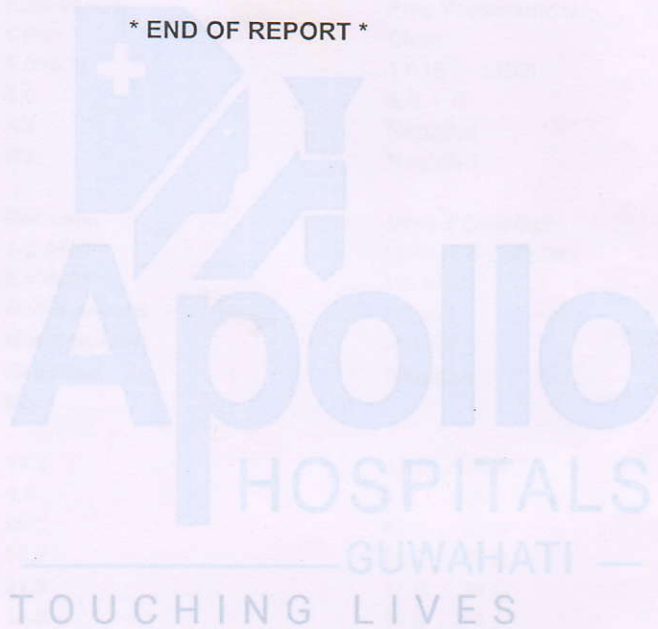
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Report Status:Final

* END OF REPORT *



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Dr. MOUSHUMI SAIKIA,
MBBS,MD
REG NO.14979 AMC
CONSULTANT BIOCHEMIST

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 SIN ILRN : 123685961 \ 123686004 \ 10438878
 Specimen : Urine
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 23-MAR-2024 11:22:11 AM Received on : 23-MAR-2024 01:12:46 PM Reported on : 23-MAR-2024 01:22:24 PM

MediWheel Full Body Health Check up-Male below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
URINE- BENCE JONES PROTEINS	Negative	Negative	
URINE ROUTINE (CUE)			
Color,:	Pale yellow	Pale Yellow/amber	
Transparency:	Clear	Clear	
Specific Gravity(Strip Method)	1.015 *	1.016 - 1.026	
pH(Strip Method+ Ph Paper)	6.0	4.6 - 8	
Glucose:(Benedicts+Strip Method)	Nil	Negative	
Protein :(Strip+Heat Method)	Nil	Negative	
DEPOSITS:(Microscopy)			
RBC	Not seen	Upto 3 Cells/hpf	
WBC/Pus Cells	1-2 /HPF	Upto to 5 Cells/hpf	
Squamous epithelial cells	0-1 /HPF	Up to 20	
Casts:(Microscopy)	Not Detected	Absent	/lpf
Crystals:	Not Detected	Absent	/lpf
Nitrite	Negative	Negative	
URINE SUGAR	Nil		
HEMOGRAM(CBC+ESR+RECTIC+PS)			
Hemoglobin	14.5	13.0 - 18.0	g/dl
RBC COUNT	4.8	4.5 - 5.5	Million/ul
MCV	95 *	82.0 - 92.0	fl
MCH	30.2	26.0 - 32.0	pg
MCHC	31.8	31.0 - 36.0	g/dl
RDW-CV	12.5	11.6 - 14	%
RETICULOCYTE COUNT	2.85 *	Healthy Adult :-0.5-2.5%	%

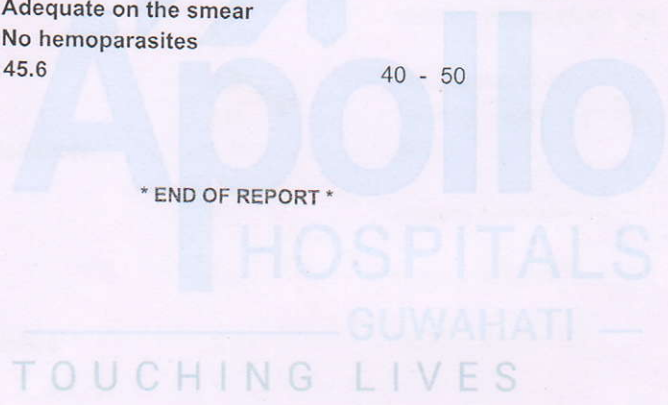
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 Specimen : Urine
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Corrected TLC/WBC Count	5.60		
Platelet Count	190	150 - 400	
ERYTHROCYTE SEDIMENTATION RATE (ESR)	7	0 - 10	10 ³ /mm ³ mm/1st hr
Differential Count			
Neutrophils	54.4	45 - 75	%
Lymphocytes	37.9	20 - 40	%
Eosinophils	4.1	1 - 6	%
Monocytes	2.9	2 - 10	%
Basophils	0.7	0 - 2	%
PERIPHERAL SMEAR			
RBC:	Normocytic & normochromic		
WBC:	Total and Differential counts are within normal limits		
Platelets:	Adequate on the smear		
Hemoparasites	No hemoparasites		
PACKED CELL VOLUME [PCV]	45.6	40 - 50	%
Report Status:Final			

* END OF REPORT *



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DR. ASHWIN VERMA, D.C.P
ASSOCIATE CONSULTANT PATHOLOGIST
REGD NO. 5340 AMC

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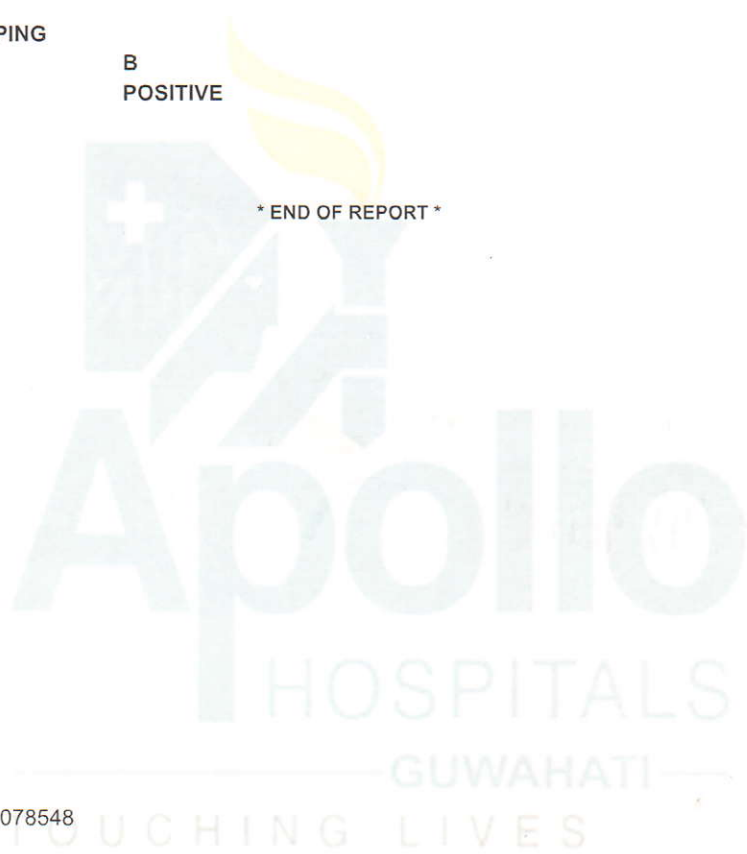
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UHID : AHLG2.0000039189 / APHCAH23457 W/BNo/RefNo : AHC
SIN \LRN : 123686003 \ 10438878
Specimen : Blood
Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 23-MAR-2024 11:22:11 AM Received on : 23-MAR-2024 01:37:22 PM Reported on : 23-MAR-2024 01:38:01 PM

TEST NAME	RESULT
BLOOD GROUPING AND TYPING	
ABO Group:	B
Rh (D) Type:	POSITIVE
Report Status:Final	


* END OF REPORT *



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First Report Printed On : 23-MAR-2024 01:38:07 PM

Printed On : 23-MAR-2024 01:38:39 PM


CONSULTANTS
DR. DEEPA BHUYAN
MOIC, BLOOD BANK

DEPARTMENT OF RADIOLOGY & IMAGING

Division of Colour Doppler & Ultrasonography

Patient ID:	AHLG20000039189	Patient Name:	KAMAL KR DEKA
Age:	38 Years	Sex:	M
Accession Number:	17002.124079472	Modality:	DX
Study Date:	23-Mar-2024	Study:	Chest PA
Referring Physician:	Prabin Kumar Saikia		

CHEST PA VIEW

- No active parenchymal lesion is seen in the lung fields.
- Hilar shadows are normal.
- Cardiac size is normal.
- Hemidiaphragms are normal. CP angles are normal.
- Bony thorax is intact.

M. Gohain

Dr. Meghali Gohain, MD
Consultant Radiology

Date: 23-Mar-2024 14:45:29

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S Hazarika, MD R. Baruah, DMRD P. Hatimota, MD R. Sarmah, MD A. Agarwal, MD M. Gohain, MD, S. Choudhury, MD Zohaib Hussain MD DNB
Discrepancy or transcription error if detected should be sent for correction

DEPARTMENT OF RADIOLOGY & IMAGING

Division of Colour Doppler & Ultrasonography

Patient ID:	0000039189	Patient Name:	KAMAL KR DAS
Age:	38	Sex:	M
Accession Number:		Modality:	US
Study Date:	23-Mar-2024	Study:	W/A
Referring Physician:	DR P KR SAIKIA		

USG OF WHOLE ABDOMEN

LIVER

The liver is normal in size with increased parenchymal echotexture. No focal lesion is seen. The intrahepatic portal and hepatic venous system are normal. The intrahepatic bile ducts are not dilated.

GALL BLADDER

The gall bladder is normally distended and shows smooth contour. There is no obvious echoreflexive calculus in the gall-bladder. GB wall thickness is within normal limit.

CBD

The CBD is normal in course and calibre. No obvious luminal pathology in visualized portion.

SPLEEN

The spleen is normal in size and echotexture. No focal lesion is noted.

PANCREAS

The pancreas is normal in size and echotexture. No focal lesion is seen. Pancreatic duct is not dilated.

KIDNEYS

Both the kidneys are normal in size, shape, position and echotexture. Cortico-medullary differentiation is maintained. No evidence of calculi or calyceal dilatation on either side. Ureters are not dilated.

Right kidney measures – 108 mm

Left kidney measures – 107 mm

URINARY BLADDER

The urinary bladder is normal in capacity and contour. The wall is not thickened. No intraluminal calculus or mass is seen.

PROSTATE

The prostate gland is normal in size. It weighs about 12 gms.

SEMINAL VESICLE

Both the seminal vesicles appear normal.

No ascites is seen.

Impression: Grade I hepatic steatosis.



Dr. Meghali Gohain, MD
Consultant Radiology

Date: 23-Mar-2024 13:45:51

APOLLO HOSPITALS GHY
RG BARUAH ROAD
GUWAHATI

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: MR. KAMAL KR DAS,
Patient ID: 54617
Height:
Weight:

DOB: 31.12.1985
Age: 38yrs
Gender: Male
Race: Indian

Study Date: 23.03.2024
Test Type: --
Protocol: BRUCE

Referring Physician: --
Attending Physician: --
Technician: --

Medications:
--

Medical History:
--

Reason for Exercise Test:
--

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	01:10	0.00	0.00	78	120/80	
	STANDING	01:03	0.00	0.00	101		
	WARM-UP	00:17	1.50	0.00	90		
EXERCISE	STAGE 1	03:00	2.70	10.00	133	130/80	
	STAGE 2	03:00	4.00	12.00	169	140/80	
	STAGE 3	01:02	5.50	14.00	181	150/80	
RECOVERY		03:08	0.00	0.00	111	130/80	

The patient exercised according to the BRUCE for 7:01 min:s, achieving a work level of Max. METS: 10.20. The resting heart rate of 79 bpm rose to a maximal heart rate of 184 bpm. This value represents 101 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 150/80 mmHg. The exercise test was stopped due to Target heart rate achieved.

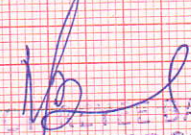
Interpretation

Summary: Resting ECG: normal.
Functional Capacity: normal.
HR Response to Exercise: appropriate.
BP Response to Exercise: normal resting BP - appropriate response.
Overall impression: Normal stress test.

Conclusions

TMT IS NEGATIVE FOR INDUCIBLE MYOCARDIAL ISCHAEMIA.

Physician


DR. M. V. BARUA
MBBS, FCOCC
Jr. Consultant Cardiologist
Apollo Hospitals, Guwahati
Unit: International Hospital

Technician

Patient Details : Mr. KAMAL KR DEKA | Male | 38Yr 2Mth 23Days

UHID : AHLG2.0000039189

Patient Location: AHC

Patient Identifier: APHCAH23457



DRN : 100059552

Completed on : 23-MAR-2024 11:52

Ref Doctor : Dr. Prabin Kumar Saikia

ECG

IMPRESSION .:

ECG TRACING IS WITHIN NORMAL LIMITS

--- END OF THE REPORT ---

DR. MAITREYEE BARUAH
MBBS, PGDCC
Jr. Consultant Cardiologist
Anello Hospitals, Guwahati