



Name : Mr. MUNIN BARO (39 /M)

AHC MEDICAL SUMMARY Date: 14/09/2024

Address : BHANGAGHAR, GUWAHATI, KAMRUP(M), ASSAM, INDIA

Examined by: Dr .PRABIN KUMAR SAIKIA

UHID : AHLG2.00000445

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

AHC No : APHCAH28095



### CHIEF COMPLAINTS

MediWheel Full Body Health Check up-Male below 40Yrs



### SYSTEMIC REVIEW

#### Cardiovascular system

- Nil Significant

#### Respiratory system

- Nil Significant

#### Oral and dental

- Adv: Scaling and polishing. Restoration

#### Gastrointestinal system

Appetite - normal; Dyspepsia - yes

#### Genitourinary system

- Nil Significant

#### Central nervous system

Head ache - occasional; Concentration - good

#### Weight

- stable



#### Personal history

Marital status - Married  
 No. of children - 1  
 Diet - Non Vegetarian  
 Alcohol - consumes alcohol occasionally  
 Smoking - No  
 Chews tobacco - No  
 Physical activity - Mild



#### Family history

Father - alive  
 Aged - 64 yrs  
 Mother - alive

Aged - 56 yrs  
 Brothers - 1  
 Sisters - 1  
 Diabetes - father  
 Hypertension - father  
 Coronary artery disease - none  
 Cancer - None

### PHYSICAL EXAMINATION



#### General

Height - 172  
 Weight - 72  
 BMI - 24.34  
 Waist circumference - 92  
 Hip - 90  
 Waist/ Hip ratio - 1.02  
 Pallor - No  
 Oedema - no  
 SpO2 - 98%RA



#### Head and ENT

Others - Nose : Bilateral HIT +



#### Cardiovascular system

Heart rate (Per minute) - 88  
 Rhythm - Regular  
 - B.P. Sitting  
 Systolic(mm of Hg) - 120  
 Diastolic(mm of Hg) - 70  
 Heart sounds - S1S2+

#### Respiratory system

Rate of respiration(per minute) - 22  
 Breath sounds - Normal vesicular breath sounds



#### Abdomen

Organomegaly - No  
 Tenderness - No

 **Eyes**

Eye vision	- Normal
Eye vision	- BE 6/6. N6
Colour vision	- Normal
Pupil	- Normal
Intraocular pressure	- 18 mmHg (R), 19 mmHg (L)
Advice for spectacle	- Yes



Executive Summary

- 1. Fatty liver Grade II
- 2. Subclinical Hypothyroid (TSH 5 uIU/mL)
- 3. Hypochromic microcytic Anaemia (Hb 9.0 g/dL)

Wellness Prescription

Advice On Diet :-



Dietician consultation

Advice On Physical Activity :-



Regular exercise

*FOLW TB Sup  
1x bedtime daily & continue*

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
HB ELECTROPHORESIS	Immediate/Urgent		
IRON - SERUM	Immediate/Urgent		
IRON BINDING CAPACITY TOTAL - SERUM	Immediate/Urgent		

*FIBROSCAN*

Dr.PRABIN KUMAR SAIKIA

AHC Physician / Consultant Internal Medicine

Printed By : HEALTH CHECK REPORT

Dr. Prabin Kumar Saikia  
 MD (Gen Medicine), FCGP, FICP, PGDHHM  
 Registration No.-7523, Assam  
 Consultant Physician, APHC  
 Assam Health & Family Welfare Deptt-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.



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 UHID : AHLG2.0000044594 / APHCAH28095      W/BNo/RefNo : AHC  
 SIN \ LRN : 125323165 \ 125323267 \ 125323270 \ 11043881  
 Specimen : Serum  
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 14-SEP-2024 09:15:51 AM      Received on : 14-SEP-2024 10:54:17 AM      Reported on : 14-SEP-2024 12:48:56 PM

MediWheel Full Body Health Check up-Male below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
TOTAL T3: TRI IODOTHYRONINE - SERUM (Eclia)	1.4	Healthy Adults Euthyroid: 1.2-3.1	nmol/L
TOTAL T4: THYROXINE - SERUM (Eclia)	72	Healthy Adults Euthyroid: 66-181	nmol/L
TSH: THYROID STIMULATING HORMONE - SERUM (Eclia)	5.000 *	Healthy Adults Euthyroid:0.270 - 4.20	uIU/mL
ALT(SGPT) - SERUM (UV With P5P-IFCC)	54	Healthy Males:-16-63 U/L	U/L
ALBUMIN - SERUM (Brom Cresol Green)	4.2	Healthy Adults-3.5-5.2	g/dL
GLOBULIN-SERUM(Calculated)	3.1	Healthy Adults :1.8 - 3.6	
ALKALINE PHOSPHATASE - SERUM PNPP,AMP Buffer-IFCC	61	Healthy Adults:40-150	U/L
AST (SGOT) - SERUM (UV With P5P-IFCC)	11 *	Healthy Adults:15 - 37	U/L
BILIRUBIN, TOTAL - SERUM (Modified Doumas Ref. method/Jendrassik & Grof.)	2.8 *	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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MC-3480

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CHOLESTEROL - SERUM (Cholesterol Oxidase)	103	Desirable:<200 Borderline:200 - 240 High Risk:>=240	mg/dL
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM (L-gamma-glutamyl-3-carboxy-4-nitranilide)	27	Healthy Men:15 - 85	U/L
GLUCOSE -PLASMA (FASTING) Hexokinase	118 *	Non-Diabetic: <=100 Pre-Diabetic: 100-125 Diabetic: >=126	mg/dL
HDL CHOLESTEROL - SERUM / PLASMA (Direct Measurement)	35 *	Low: <40 High: >=60	mg/dL
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	2.9	Desirable :< 4.5	
LDL CHOLESTEROL - SERUM(DIRECT LDL) (Homogenous Method)	56	Optimal:<100 Near Optimal:100-129 Borderline High:130-159 High:160-189 Very High:>=190	mg/dL
PROTEIN, TOTAL - SERUM (Biuret)	7.3	Healthy Adults:6.4-8.3	mg/dl

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<b>TRIGLYCERIDES - SERUM</b> (Glycerol Phosphate Oxidase)	159 *	Normal : <150 Borderline High :150-199 High : 200-499 Very High : >=500	mg/dL
<b>UREA - SERUM</b> (Enzymatic,Urease-GLDH) (Urease)	26	<50 years:19-44	mg/dL
<b>URIC ACID - SERUM</b> (Modified Uricase)	6.3	Healthy Men: 3.5 - 7.2	mg/dL
<b>VLDL CHOLESTEROL - SERUM</b> CALCULATED.	31 *	Desirable:<30	
<b>BILIRUBIN CONJUGATED (DIRECT) - SERUM</b> (Jendrassik & Grof)	0.5	Healthy Adults:0.0-0.5	mg/dL
<b>CREATININE - SERUM</b> JAFTE METHOD	0.8	Healthy Men: 0.72 - 1.25	mg/dL
<b>GLUCOSE - PLASMA (POST PRANDIAL)</b> Hexokinase	93	Normal: <140 Pre-Diabetic: 140-199 Diabetic :->=200	mg/dL

ApollO HOSPITALS  
GUWAHATI  
TOUCHING LIVES

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Report Status:Final

\* END OF REPORT \*



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1078553

Printed On : 16-SEP-2024 10:38:35 AM

  
DR. TRIDIB SARMA, D.C.P  
CONSULTANT PATHOLOGIST

**CONSULTANTS**

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 SIN ILRN : 125323166 \ 125323269 \ 11043881  
 Specimen : Urine  
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 14-SEP-2024 09:15:51 AM Received on : 14-SEP-2024 02:41:34 PM Reported on : 14-SEP-2024 03:36:21 PM

**MediWheel Full Body Health Check up-Male below 40Yrs**

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
<b>HEMOGRAM(CBC+ESR+RECTIC+PS)</b>			
Hemoglobin	9.0 *	13.0 - 18.0	g/dl
RBC COUNT	4.69	4.5 - 5.5	Million/ul
MCV	62.7 *	82.0 - 92.0	fl
MCH	19.2 *	26.0 - 32.0	pg
MCHC	30.6 *	31.0 - 36.0	g/dl
RDW-CV	18 *	11.6 - 14	%
RETICULOCYTE COUNT	2.8 *	Healthy Adult :-0.5-2.5%	%
Platelet Count	100 *	150 - 400	10 <sup>3</sup> /mm <sup>3</sup>
ERYTHROCYTE SEDIMENTATION RATE (ESR)	22 *	0 - 10	mm/1st hr
<b>Differential Count</b>			
Neutrophils	75.8 *	45 - 75	%
Lymphocytes	17.6 *	20 - 40	%
Eosinophils	1.9	1 - 6	%
Monocytes	4.1	2 - 10	%
Basophils	0.6	0 - 2	%
<b>PERIPHERAL SMEAR</b>			
RBC:	Anisopoikilocytosis is seen with microcytic hypochromic blood picture. Few target cells are seen. Hypochromia+.		
WBC:	Total and Differential counts are within normal limits		
Platelets:	Mild thrombocytopenia is seen. Few large platelets are seen.		
Hemoparasites	No hemoparasites		
PACKED CELL VOLUME [PCV]	29.4 *	40 - 50	%

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URINE- BENCE JONES PROTEINS	Negative	Negative
URINE ROUTINE (CUE)		
Color,:	Pale yellow	Pale Yellow/amber
Transparency:	Clear	Clear
Specific Gravity(Strip Method)	1.000 *	1.016 - 1.026
pH(Strip Method+ Ph Paper)	6.5	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	
Report Status:Final		

\* END OF REPORT \*

TOUCHING LIVES

CHECKED BY : 1078438

Dr.Pooja Keshan MBBS,MD  
Reg No 21460 AMC

Printed On : 16-SEP-2024 10:39:03 AM

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**DEPARTMENT OF RADIOLOGY & IMAGING**

Division of Computerised Radiography & IITV, DEXA, Computed Tomography & MRI

Patient ID:	AHLG2.0000044594	Patient Name:	MUNIN BARO
Age:	39 Years	Sex:	M
Accession Number:	149202494929516	Modality:	DX
Study Date:	14-Sep-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.
- There is cardiomegaly.
- Hemidiaphragms are normal. CP angles are normal.
- Bony thorax is intact.

*Meghali*

Dr. Meghali Gohain, MD  
Consultant Radiology

Date: 14-Sep-2024 13:59:20

APOLLO  
HOSPITALS  
GUWAHATI  
TOUCHING LIVES

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*



<b>Patient ID:</b>	0000044594	<b>Patient Name:</b>	MUNIN BARO
<b>Age:</b>	39	<b>Sex:</b>	M
<b>Accession Number:</b>		<b>Modality:</b>	US
<b>Study Date:</b>	14-Sep-2024	<b>Study:</b>	W/A
<b>Referring Physician:</b>	DR P KR SAIKIA		

**USG OF WHOLE ABDOMEN**

**LIVER**

The liver is mildly enlarged 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 mildly enlarged in size (167 mm) with normal 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 – 100 mm                      Left kidney measures – 109 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**

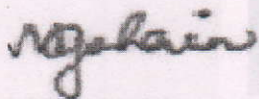
The prostate gland is normal in size. It weighs about 12 gms.

**SEMINAL VESICLE**

Both the seminal vesicles appear normal.

No ascites is seen.

**Impression: Mild hepatomegaly with grade II hepatic steatosis.  
Mild splenomegaly.**



Dr. Meghali Gohain, MD  
Consultant Radiology

Date: 14-Sep-2024 11:04:47



APOLLO HOSPITALS GHY  
RG BARUAH ROAD  
GUWAHATI

Station  
Telephone:

## EXERCISE STRESS TEST REPORT

Patient Name: MR. MUNIN BARO.  
Patient ID: 18096  
Height:  
Weight:

DOB: 17.02.1985  
Age: 39yrs  
Gender: Male  
Race: Indian

Study Date: 14.09.2024  
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	01:46	0.00	0.00	65	120/80	
	STANDING	00:52	0.00	0.00	78		
	WARM-UP	00:08	1.60	0.00	77		
EXERCISE	STAGE 1	03:00	2.70	10.00	120	120/80	
	STAGE 2	03:00	4.00	12.00	146	130/80	
	STAGE 3	01:30	5.50	14.00	164	140/80	
RECOVERY		03:04	0.00	0.00	111	120/80	

The patient exercised according to the BRUCE for 7:29 min:s, achieving a work level of Max. METS: 10.20. The resting heart rate of 65 bpm rose to a maximal heart rate of 164 bpm. This value represents 90 % 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.

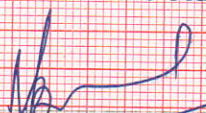
BP Response to Exercise: normal resting BP - appropriate response.

Overall impression: Normal stress test.

### Conclusions

TMT IS NEGATIVE FOR INDUCIBLE MYOCARDIAL ISCHAEMIA.

Physician

  
DR. MONTREYEE BARUAH  
MBBS, PGDCC  
Jr. Consultant Cardiologist  
Apollo Hospitals, Guwahati  
Unit: International Hospital

Technician



**Patient Details** : Mr. MUNIN BARO | Male | 39Yr 0Mth 0Days

**UHID** : AHLG2.0000044594

**Patient Location:** AHC

**Patient Identifier:** APHCAH28095



**DRN** : 100177307

**Completed on :** 14-SEP-2024 09:37


**Ref Doctor** : Dr. Prabin Kumar Saikia

ECG

**IMPRESSION .:**

ECG TRACING IS WITHIN NORMAL LIMITS

--- END OF THE REPORT ---

  
**DR. MOITREYEE BARUAH**  
MBBS, PGDCC  
Jr. Consultant Cardiologist  
Apollo Hospitals, Guwahati  
Unit: International Hospital