



Name : Mrs. SHIMAKSHI DEKA (37 /F)

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

AHC MEDICAL SUMMARY

Date : 09/03/2024

Examined by: Dr .PRABIN KUMAR SAIKIA

UHID : AHLG2.00000272

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

AHC No : APHCAH22963



CHIEF COMPLAINTS

Package Name: MediWheel Full Body Health Check up-Female below 40Yrs Doctor Name : Prabin Kumar Saikia



Surgical history

Breast lump removal - RT ; LONG BACK

Immunization history

- Covid Dose2



DRUG ALLERGY

NO KNOWN ALLERGY :15/03/2024



Personal history

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



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Oral and dental

- Dental staining; - Calculus ++. Adv - Scaling

Gastrointestinal system

Appetite - normal; Abdominal pain - no; Dyspepsia - yes; Nature - intermittent; Peptic ulcer - yes; Bowel habits - regular; Piles - no

Genitourinary system

- Nil Significant

Gynaec history

Last menstrual period - 20 /02/24

Central nervous system

Dizziness - no; Concentration - good; Sleep - good

Eyes

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

Musculoskeletal system

Spine and joints
Knee (bilateral) - pain

Weight

- stable



Family history


Father - alive
Mother - alive
Aged - 60 YRS
Brothers - 2
Diabetes - father
Hypertension - father
Coronary artery disease - none
Cancer - None

PHYSICAL EXAMINATION



General

Height - 157
Weight - 70
BMI - 28.4
Waist circumference - 93
Hip - 104
Waist/ Hip ratio - 0.89
Pallor - No
Oedema - no
SpO2 - 100% RA

 **Head and ENT**

Ear - Wax
 Nose - Deviation of septum to left
 Others - Nose Bilateral HIT +

P/S

- Cervix healthy, Vagina healthy

P/V

- NAD

Pap smear


- Taken

 **Cardiovascular system**

Heart rate (Per minute) - 82
 Rhythm - Regular
 - B.P. Sitting
 Systolic(mm of Hg) - 100
 Diastolic(mm of Hg) - 60
 Heart sounds - S1S2+

Respiratory system

Rate of respiration(per minute) - 20
 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

Gynaec findings

Gynaec findings - Dysmenorrhoea
 Known to have - Diabetes
 Past surgical history - Breast cyst surgery, LSCS
 Marital status - married
 No of Children - 1
 Deliveries - LSCS
 Last child birth - 5 years
 Abortion - 1
 L M P - 20 02 24
 P/A - Soft, nontender

Printed By : HEALTH CHECK REPORT

Executive Summary

- 1. Overweight (BMI 28.4)
- 2. Subclinical hypothyroid (TSH 4.57 uIU/ml)
- 3. Hypochromic normocytic anaemia (Hb 10.2 g/dl)
- 4. Bulky uterus with multiple myomas (Largest 30 x 25 mm)
- 5. Rule out UTI (Nitrite +ve)

Wellness Prescription

Advice On Diet :-



Dietician consultation

Advice On Physical Activity :-



Regular exercise

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
CULTURE AND SENSITIVITY [URINE]	Immediate/Urgent		
IRON - SERUM	Immediate/Urgent		
IRON BINDING CAPACITY TOTAL - SERUM	Immediate/Urgent		
HB ELECTROPHORESIS	Immediate/Urgent		

Follow-up and Review Plan



Referred to Gynaecologist.



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

: Mrs. SHIMAKSHI DEKA (37 /F)

UHID : AHLG2000027210

Date : 09/09/2024

PHYSICIAN MEDICAL SUMMARY

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

AHC No : APHCAH22963

Printed By : HEALTH CHECK REPORT



Dr. PRABIN KUMAR SAIKIA

AHC Physician / Consultant Internal Medicine

Dr. Prabin Kumar Saikia
MD (Gen Medicine), FCGP, FICP, PGDHHM
Additional Director Medical Education
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 : Mrs. SHIMAKSHI DEKA Age : 37Yr 10Mth 14Days Gender : Female
 UHID : AHLG2.0000027210 / APHCAH22963 W/BN/RefNo : AHC
 SIN \ LRN : 123559003 \ 123558941 \ 123559008 \ 10393737
 Specimen : Serum
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 15-MAR-2024 12:40:42 PM Received on : 15-MAR-2024 03:28:52 PM Reported on : 15-MAR-2024 04:13:18 PM

MediWheel Full Body Health Check up-Female below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
ALT(SGPT) - SERUM (UV With P5P-IFCC)	33	Healthy Females:14-59 U/L	U/L
ALBUMIN - SERUM (Brom Cresol Green)	3.7	Healthy Adults-3.5-5.2	g/dL
GLOBULIN-SERUM(Calculated)	3.8 *	Healthy Adults: 1.8 - 3.6	
ALBUMIN:GLOBULIN-SERUM(RATIO)(Calculated)	1 *	0 - 0	
ALKALINE PHOSPHATASE - SERUM PNPP,AMP Buffer-IFCC	77	Healthy Adults:40-150	U/L
AST (SGOT) - SERUM (UV With P5P-IFCC)	27	Healthy Adults:15 - 37	U/L
BILIRUBIN, TOTAL - SERUM (Modified Doumas Ref. method/Jendrassik & Grof.)	0.4	Healthy Adults:<=1.0	mg/dL
CHOLESTEROL - SERUM (Cholesterol Oxidase)	183	Desirable:<200 Borderline:200 - 240 High Risk:>=240	mg/dL
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM (L-gamma-glutamyl-3-carboxy-4-nitranilide)	29	Healthy Women:5 - 55	U/L

Page 1 of 3
CONSULTANTS

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GLUCOSE -PLASMA (FASTING)

Hexokinase 101 * Non-Diabetic: <=100 mg/dL
 Pre-Diabetic: 100-125
 Diabetic: >=126

**HDL CHOLESTEROL - SERUM / PLASMA
(Direct Measurement)**

53 Low: <40 mg/dL
 High: >=60

**TOTAL CHOLESTEROL/HDL CHOLESTEROL
RATIO(Calculated)**

3.5 Desirable :< 4.5

**LDL CHOLESTEROL - SERUM(DIRECT LDL)
(Homogenous Method)**

113 * Optimal:<100 mg/dL
 Near Optimal:100-129
 Borderline High:130-159
 High:160-189
 Very High:>=190

**PROTEIN, TOTAL - SERUM
(Biuret)**

7.5 Healthy Adults:6.4-8.3 mg/dl

**TRIGLYCERIDES - SERUM
(Glycerol Phosphate Oxidase)**

95 Normal : <150 mg/dL
 Borderline High :150-199
 High : 200-499
 Very High : >=500

**UREA - SERUM
(Enzymatic,Urease-GLDH)**

(Urease) 19 <50 years:15-40 mg/dL

**URIC ACID - SERUM
(Modified Uricase)**

4.0 Healthy Women:2.6 - 6.0 mg/dL

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VLDL CHOLESTEROL - SERUM CALCULATED.	19	Desirable:<30	
BILIRUBIN CONJUGATED (DIRECT) - SERUM (Jendrassik & Grof)	0.1	Healthy Adults:0.0-0.5	mg/dL
CREATININE - SERUM JAFJE METHOD	0.7	Healthy Women: 0.57 - 1.11	mg/dL
TOTAL T3: TRI IODOTHYRONINE - SERUM (Eclia)	2.3	Healthy Adults Euthyroid:1.3-3.1	nmol/L
TOTAL T4: THYROXINE - SERUM (Eclia)	136	Healthy Adults Euthyroid: 66-181	nmol/L
TSH: THYROID STIMULATING HORMONE - SERUM (Eclia)	4.57 *	Healthy Adults Euthyroid: 0.270-4.20	uIU/mL
GLUCOSE - PLASMA (POST PRANDIAL) Hexokinase	138	Normal: <140 Pre-Diabetic: 140-199 Diabetic :->=200	mg/dL

Report Status:Final

* END OF REPORT *

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

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 UHID : AHLG2.0000027210 / APHCAH22963 W/BN/RefNo : AHC
 SIN \ LRN : 123559006 \ 10393737
 Specimen : Whole blood
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 15-MAR-2024 09:19:30 AM Received on : 15-MAR-2024 10:03:20 AM Reported on : 15-MAR-2024 11:02:26 AM

MediWheel Full Body Health Check up-Female below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.1	GOAL:<6.5% Prediabetic:5.7-6.4%	%
GLYCOSYLATED HEMOGLOBIN (HbA1C) - WHOLE BLOOD		Diabetic:>6.5% Non-diabetic:<5.7%	
		Uncontrolled-diabetics>8%	
Mean Plasma Glucose (MPG) Estimate:	99.6700		mg/dL

Report Status:Final

* END OF REPORT *

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

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 UHID : AHLG2.0000027210 / APHCAH22963 W/BNNo/RefNo : AHC
 SIN \LRN : 123559002 \ 123559005 \ 10393737
 Specimen : Urine
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 15-MAR-2024 09:19:30 AM Received on : 15-MAR-2024 12:34:37 PM Reported on : 15-MAR-2024 12:55:18 PM

MediWheel Full Body Health Check up-Female below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
HEMOGRAM(CBC+ESR+RECTIC+PS)			
Hemoglobin	10.2 *	12.0 - 15.0	g/dl
RBC COUNT	4.01	3.8 - 4.8	Million/ul
MCV	82.3	82.0 - 92.0	fl
MCH	25.4 *	26.0 - 32.0	pg
MCHC	30.9 *	31.0 - 36.0	g/dl
RDW-CV	16.7 *	11.6 - 14	%
RETICULOCYTE COUNT	2.57 *	Healthy Adult -0.5-2.5%	%
Platelet Count	152	150 - 400	10 ⁹ /mm ³
TLC/WBC Count	6.37	4.0 - 11.0	10 ⁹ /mm ³
ERYTHROCYTE SEDIMENTATION RATE (ESR)	33 *	0 - 20	mm/1st hr
Differential Count			
Neutrophils	58.4	40 - 70	%
Lymphocytes	33.4	20 - 40	%
Eosinophils	5.3	1 - 6	%
Monocytes	2.7	2 - 10	%
Basophils	0.2	0 - 2	%
PERIPHERAL SMEAR			
RBC:	Normocytic with hypochromia +		
WBC:	Total and Differential counts are within normal limits		
Platelets:	Adequate on the smear		
Hemoparasites	No hemoparasites		
PACKED CELL VOLUME [PCV]	33 *	36 - 46	%

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 SIN \LRN : 123559002 \ 123559005 \ 10393737
 Specimen : Urine
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 15-MAR-2024 09:19:30 AM Received on : 15-MAR-2024 12:34:37 PM Reported on : 15-MAR-2024 12:55:18 PM

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)	Trace	Negative
DEPOSITS:(Microscopy)		
RBC	Not seen	Upto 3 Cells/hpf
WBC/Pus Cells	2-4/HPF	Upto to 5 Cells/hpf
Squamous epithelial cells	++	Up to 20
Casts:(Microscopy)	Not Detected	Absent /lpf
Crystals:	Not Detected	Absent /lpf
Nitrite	Positive	Negative
URINE SUGAR	Nil	
Report Status:Final		

* END OF REPORT *

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

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DR. M. SARMA, MD (MICRO)

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Name : Mrs. SHIMAKSHI DEKA Age : 37Yr 10Mth 14Days Gender : Female
UHID : AHLG2.0000027210 / APHCAH22963 W/BNo/RefNo : AHC
SIN \LRN : 123559007 \ 10393737
Specimen : Blood
Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 15-MAR-2024 09:19:30 AM Received on : 15-MAR-2024 10:53:29 AM Reported on : 15-MAR-2024 10:54:11 AM

TEST NAME

RESULT

BLOOD GROUPING AND TYPING

ABO Group:

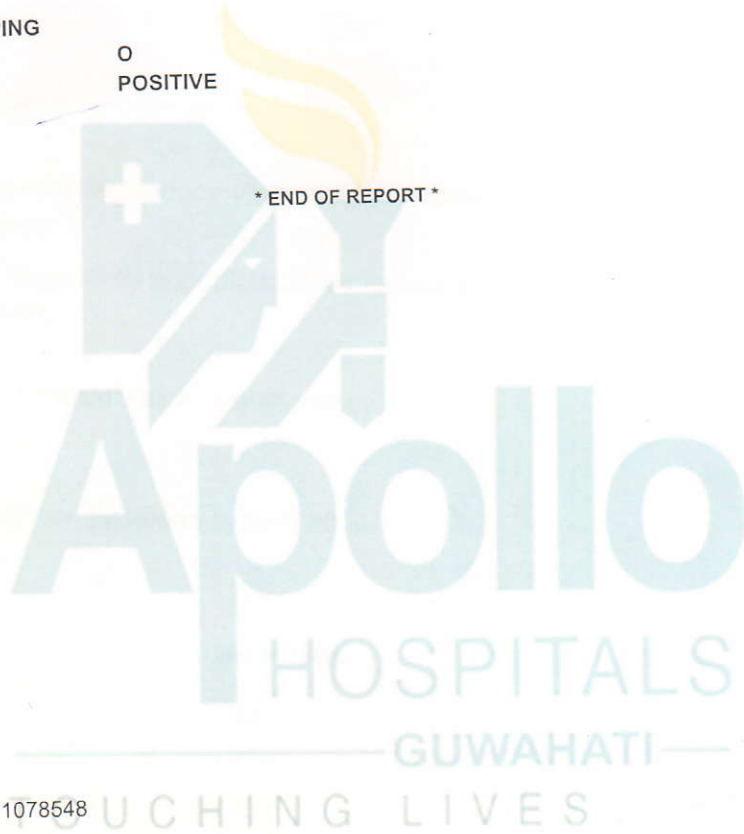
O

Rh (D) Type:

POSITIVE

Report Status:Final

* END OF REPORT *



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Printed On : 15-MAR-2024 10:55:03 AM

CONSULTANTS
DR. DEEPA BHUYAN
MOIC, BLOOD BANK

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Name : Mrs. SHIMAKSHI DEKA Age : 37Yr Gender : Female
UHID : AHLG2.0000027210 / APHCAH22963 W/BNo/RefNo : AHC
Lab No : AHLG.2400001 LRN : 10393737
Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 15-MAR-2024 03:34:37 PM Received on : 16-MAR-2024 12:45:46 PM Reported on : 16-MAR-2024 01:40:47

CERVICAL/VAGINAL SMEAR

Specimen No :

C/581/24

Specimen Type

Liquid Based Preparation from cervix.

Adequacy of Smears

Satisfactory for evaluation, endocervical / transformation zone component present.

Microscopic Description:

Smears show predominantly superficial, intermediate squamous cells. Few parabasal cells and neutrophils are seen.

Impression:

Negative for intraepithelial lesion or malignancy.

Comments: Reported as per Bethesda system 2014.

* END OF REPORT *

GUWAHATI
TOUCHING LIVES

Dr. Pooja Keshan, MBBS, MD, PATHOLGY
Reg No-21460 AMC

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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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DEPARTMENT OF RADIOLOGY & IMAGING

Division of Colour Doppler & Ultrasonography

Patient ID:	AHLG20000027210	Patient Name:	SHIMAKSHI DEKA
Age:	37 Years	Sex:	F
Accession Number:	153202493117987	Modality:	DX
Referring Physician:	Dr.PRABIN KUMAR SAIKIA	Study:	Chest PA
Study Date:	15-Mar-2024		

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.



Dr. Zohaib Hussain, MD, DNB
Consultant Radiologist
Reg No - 26584 (AMC)

Date: 15-Mar-2024 17:08:38

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:	0000027210	Patient Name:	SHIMAKSHI DEKA
Age:	37	Sex:	F
Accession Number:		Modality:	US
Referring Physician:	DR P KR SAIKIA	Study:	W/A
Study Date:	15-Mar-2024		

USG OF WHOLE ABDOMEN

LIVER

The liver is normal in size with homogenous midlevel 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 – 97 mm

Left kidney measures – 115 mm

URINARY BLADDER

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

UTERUS

The uterus is bulky in size and is anteverted in position. The midline endometrial echo is normal. There are multiple subserosal and intramural myomas, largest measuring 30 x 25 mm in the fundal region. Cervix appears normal. Uterus measures about 110 x 57 x 53 mm.

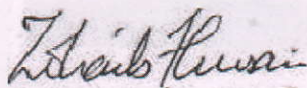
ADNEXAE

Both the ovaries are normal in size and echoanatomy. There is no evidence of any abnormal solid or cystic lesion in the ovaries. The right and left ovary respectively measures 24 x 17 mm & 22 x 15 mm in size.

No ascites is seen.

Impression:

- **Bulky uterus with multiple myomas.**
- **Rest of the organs are within normal limit.**



Dr. Zohaib Hussain, MD, DNB
Consultant Radiologist
Reg No - 26584 (AMC)

Date: 15-Mar-2024 16:28:16

APOLLO HOSPITALS GHY
RG BARUAH ROAD
GUWAHATI

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: MRS. SHIMAKSHI, DEKA
Patient ID: 15751
Height:
Weight:

DOB: 19.09.1986
Age: 37yrs
Gender: Female
Race: Indian

Study Date: 15.03.2024
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	00:53	0.00	0.00	102	120/80	
	STANDING	00:08	0.00	0.00	114		
	WARM-UP	00:07	1.10	0.00	100		
EXERCISE	STAGE 1	03:00	2.70	10.00	146	120/80	
	STAGE 2	03:00	4.00	12.00	166	130/80	
	STAGE 3	01:01	5.40	14.00	179	140/80	
RECOVERY		03:03	0.00	0.00	113	130/80	

The patient exercised according to the BRUCE for 7:00 min:s, achieving a work level of Max. METS: 10.00. The resting heart rate of 80 bpm rose to a maximal heart rate of 181 bpm. This value represents 98 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 140/80 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 BARUAN
M.B.S., P.D.C.C.
Jr. Consultant Cardiologist
Apollo Hospitals, Guwahati
Unit: International Hosp

Technician

Patient Details : Mrs. SHIMAKSHI DEKA | Female | 37Yr 10Mth 8Days

UHID : AHLG2.0000027210

Patient Location: AHC

Patient Identifier: APHCAH22963



DRN : 100049709

Completed on : 09-MAR-2024 11:14


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