



CHIEF COMPLAINTS

MediWheel Full Body Health Check up-Female below 40Yrs



DRUG ALLERGY

NO KNOWN ALLERGY :23/03/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

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

Genitourinary system

- Nil Significant

Gynaec history

Last menstrual period - 28-02-24

Central nervous system

Sleep - disturbed

Musculoskeletal system

Spine and joints
- Nil Significant



Surgical history

Caesarian section - 2023

Immunization history

- Covid Dose2



Personal history

Marital status - Married

No. of children - 1

Female - 1
Diet - Non Vegetarian
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Mild



Family history

Father - has expired
Aged - 67 years
- Heart attack
Mother - alive
Aged - 60 years
Brothers - 1
Sisters - 1
Diabetes - father,mother
Hypertension - father,mother
Coronary artery disease - none
Cancer - None
CVA - mother

PHYSICAL EXAMINATION



General

Height - 159
Weight - 71
BMI - 28.08
Waist circumference - 100
Hip - 109
Waist/ Hip ratio - 0.92
Pallor - No
Oedema - no
SpO2 - 98% RA



Cardiovascular system

Heart rate (Per minute) - 96
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 120
Diastolic(mm of Hg) - 80

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ids - S1S2+

Respiratory system

Rate of respiration(per minute) - 20

Breath sounds - Normal vesicular breath sounds

 **Abdomen**

Organomegaly - No

Tenderness - No

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MediWheel Full Body Health Check up-Female below 40Yrs

e Summary

1. Overweight (BMI 28.1)
2. Fatty liver Grade I

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

Dr. Prabin Kumar Saikia

MD (Gen Medicine), FCGP, FICP, PGDHHM

Registration No.-7523, Assam

Consultant Physician, APHC

Apollo Hospitals Guwahati-781005

Printed By : HEALTH CHECK REPORT

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 : Ms. SIKHAMONI KALITA Age : 33Yr 5Mth 16Days Gender : Female
UHID : AHLG2.0000039188 / APHCAH23455 W/BNo/RefNo : AHC
SIN \ LRN : 123685867 \ 123685874 \ 123685869 \ 10438894
Specimen : Serum
Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 23-MAR-2024 11:31:11 AM Received on : 23-MAR-2024 12:27:52 PM Reported on : 23-MAR-2024 06:26:38 PM

MediWheel Full Body Health Check up-Female below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
TOTAL T3: TRI IODOTHYRONINE - SERUM (Eclia)	1.6	Healthy Adults Euthyroid:1.3-3.1	nmol/L
TOTAL T4: THYROXINE - SERUM (Eclia)	98	Healthy Adults Euthyroid: 66-181	nmol/L
TSH: THYROID STIMULATING HORMONE - SERUM (Eclia)	2.57	Healthy Adults Euthyroid: 0.270-4.20	uIU/mL
GLUCOSE - PLASMA (POST PRANDIAL) Hexokinase	199 *	Normal: <140 Pre-Diabetic: 140-199 Diabetic :->=200	mg/dL
ALT(SGPT) - SERUM (UV With P5P-IFCC)	51	Healthy Females:14-59 U/L	U/L
ALBUMIN - SERUM (Brom Cresol Green)	4.4	Healthy Adults-3.5-5.2	g/dL
GLOBULIN-SERUM(Calculated)	3.9 *	Healthy Adults: 1.8 - 3.6	
ALBUMIN:GLOBULIN-SERUM(RATIO)(Calculated)	1 *	0 - 0	
ALKALINE PHOSPHATASE - SERUM PNPP,AMP Buffer-IFCC	101	Healthy Adults:40-150	U/L
AST (SGOT) - SERUM (UV With P5P-IFCC)	29	Healthy Adults:15 - 37	U/L

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BILIRUBIN, TOTAL - SERUM (Modified Doumas Ref. method/Jendrassik & Grof.)	0.3	Healthy Adults:<=1.0	mg/dL
CHOLESTEROL - SERUM (Cholesterol Oxidase)	173	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
GLUCOSE -PLASMA (FASTING) Hexokinase	99	Non-Diabetic: <=100 Pre-Diabetic: 100-125 Diabetic: >=126	mg/dL
HDL CHOLESTEROL - SERUM / PLASMA (Direct Measurement)	55	Low: <40 High: >=60	mg/dL
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	3.1	Desirable :< 4.5	
LDL CHOLESTEROL - SERUM(DIRECT LDL) (Homogenous Method)	104 *	Optimal:<100 Near Optimal:100-129 Borderline High:130-159 High:160-189 Very High:>=190	mg/dL
PROTEIN, TOTAL - SERUM (Biuret)	8.3	Healthy Adults:6.4-8.3	mg/dl

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TRIGLYCERIDES - SERUM (Glycerol Phosphate Oxidase)	107	Normal : <150 Borderline High :150-199 High : 200-499 Very High : >=500	mg/dL
UREA - SERUM (Enzymatic,Urease-GLDH) (Urease)	19	<50 years:15-40	mg/dL
URIC ACID - SERUM (Modified Uricase)	3.7	Healthy Women:2.6 - 6.0	mg/dL
VLDL CHOLESTEROL - SERUM CALCULATED.	21	Desirable:<30	
BILIRUBIN CONJUGATED (DIRECT) - SERUM (Jendrassik & Grof)	0.1	Healthy Adults:0.0-0.5	mg/dL
CREATININE - SERUM JAFTE METHOD	0.7	Healthy Women: 0.57 - 1.11	mg/dL

Report Status:Final

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* END OF REPORT *

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

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CONSULTANTS

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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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MC-3480

Name : Ms. SIKHAMONI KALITA Age : 33Yr 5Mth 16Days Gender : Female
UHID : AHLG2.0000039188 / APHCAH23455 W/BNNo/RefNo : AHC
SIN \ LRN : 123685872 \ 10438894
Specimen : Whole blood
Ref Doctor : Dr. Prabin Kumar Saikia



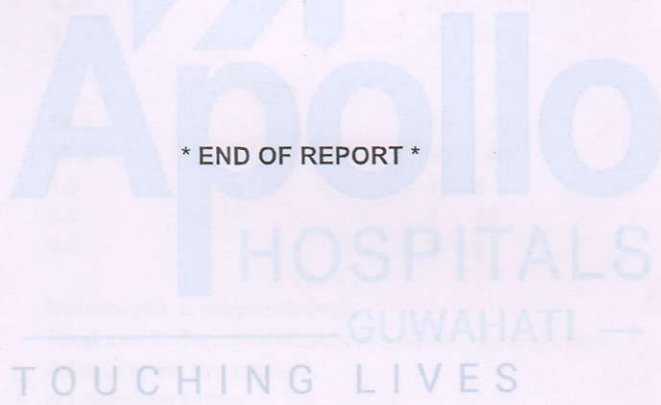
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MediWheel Full Body Health Check up-Female below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.9	GOAL:<6.5% Prediabetic:5.7-6.4%	%
GLYCOSYLATED HEMOGLOBIN (HbA1C) - WHOLE BLOOD		Diabetic:>6.5% Non-diabetic:<5.7%	
Mean Plasma Glucose (MPG) Estimate:	122.6300	Uncontrolled-diabetics>8%	mg/dL

Report Status:Final

* END OF REPORT *



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

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 UHID : AHLG2.0000039188 / APHCAH23455 W/BNo/RefNo : AHC
 SIN \LRN : 123685868 \ 123685871 \ 10438894
 Specimen : Urine
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 23-MAR-2024 11:31:11 AM Received on : 23-MAR-2024 01:12:46 PM Reported on : 23-MAR-2024 01:17:39 PM

MediWheel Full Body Health Check up-Female below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
HEMOGRAM(CBC+ESR+RECTIC+PS)			
Hemoglobin	12.5	12.0 - 15.0	g/dl
RBC COUNT	4.88 *	3.8 - 4.8	Million/ul
MCV	83	82.0 - 92.0	fl
MCH	25.6 *	26.0 - 32.0	pg
MCHC	30.9 *	31.0 - 36.0	g/dl
RDW-CV	13.9	11.6 - 14	%
RETICULOCYTE COUNT	1.54	Healthy Adult :-0.5-2.5%	%
Platelet Count	196	150 - 400	10 ³ /mm ³
TLC/WBC Count	8.22	4.0 - 11.0	10 ³ /mm ³
ERYTHROCYTE SEDIMENTATION RATE (ESR)	8	0 - 20	mm/1st hr
Differential Count			
Neutrophils	56.3	40 - 70	%
Lymphocytes	39.3	20 - 40	%
Eosinophils	1.6	1 - 6	%
Monocytes	2.2	2 - 10	%
Basophils	0.6	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]	40.5	36 - 46	%



Name : **Ms. SIKHAMONI KALITA** Age : **33Yr 5Mth 16Days** Gender : **Female**
 UHID : **AHLG2.0000039188 / APHCAH23455** W/BNo/RefNo : **AHC**
 SIN \LRN : **123685868 \ 123685871 \ 10438894**
 Specimen : **Urine**
 Ref Doctor : **Dr. Prabin Kumar Saikia**



Collected on : **23-MAR-2024 11:31:11 AM** Received on : **23-MAR-2024 01:12:46 PM** Reported on : **23-MAR-2024 01:17:39 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)	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	+	Up to 20
Casts:(Microscopy)	Not Detected	Absent
Crystals:	Not Detected	Absent
Nitrite	Negative	Negative
URINE SUGAR	Nil	
Report Status:Final		

* END OF REPORT *

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UHID : AHLG2.0000039188 / APHCAH23455 W/BNo/RefNo : AHC
SIN \LRN : 123685873 \ 10438894
Specimen : Blood
Ref Doctor : Dr. Prabin Kumar Saikia



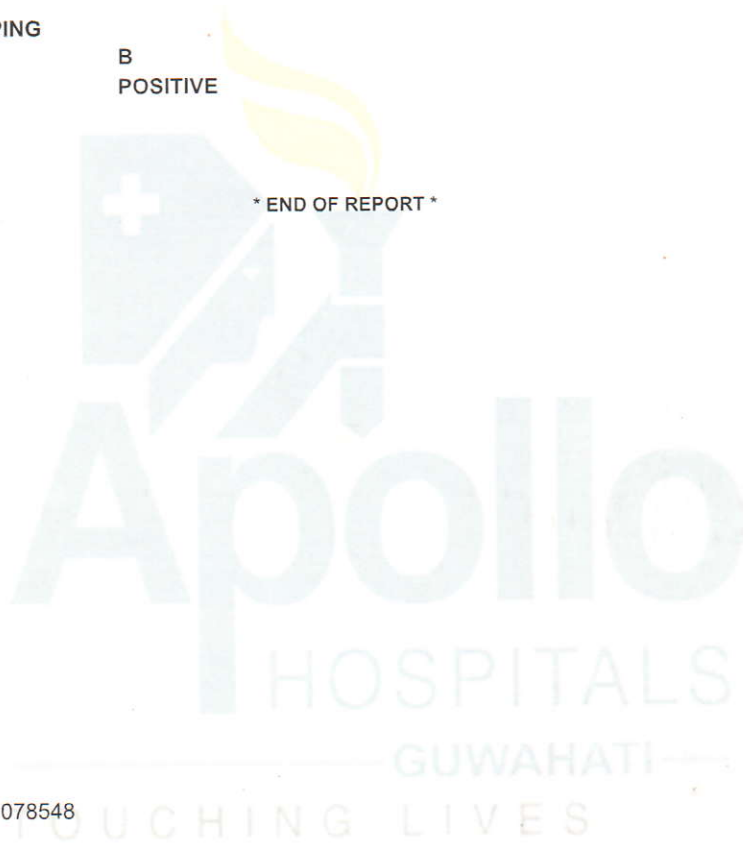
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TEST NAME **RESULT**

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 01:02:42 PM

Printed On : 23-MAR-2024 01:03:13 PM

CONSULTANTS

DR. DEEPA BHUYAN
MOIC, BLOOD BANK

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DEPARTMENT OF RADIOLOGY & IMAGING

- Division of Colour Doppler & Ultrasonography

Patient ID:	AHLG2000039188	Patient Name:	SIKHAMONI KALITA
Age:	33 Years	Sex:	F
Accession Number:	17002.124079430	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 15:03:51



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:	0000039188	Patient Name:	SIKHAMONI KALITA
Age:	33	Sex:	F
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 – 98 mm

Left kidney measures – 102 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

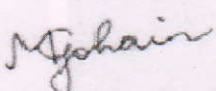
The uterus is normal in size and is anteverted in position. The midline endometrial echo is normal. The myometrium shows homogenous echotexture. No focal myometrial lesion is seen. Cervix appears normal.

ADNEXAE

Both the ovaries are normal in size and echoanatomy. There is no evidence of any abnormal solid or cystic lesion in the ovaries.

No ascites is seen.

Impression: Grade I hepatic steatosis.



Dr. Meghali Gohain, MD
Consultant Radiology

Date: 23-Mar-2024 15:48:37

APOLLO HOSPITALS GHY
RG BARUAH ROAD
GUWAHATI

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: MRS. SIKHAMONI, KALITA
Patient ID: 72840
Height:
Weight:

DOB: 07.10.1990
Age: 33yrs
Gender: Female
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	00:55	0.00	0.00	111	120/80	
	STANDING	00:12	0.00	0.00	96		
	WARM-UP	00:07	1.00	0.00	103		
EXERCISE	STAGE 1	03:00	2.70	10.00	129	120/80	
	STAGE 2	03:00	4.00	12.00	150	140/80	
	STAGE 3	01:04	5.50	14.00	166	150/84	
RECOVERY		03:04	0.00	0.00	112	130/80	

The patient exercised according to the BRUCE for 7:03 min:s, achieving a work level of Max. METS: 10.20. The resting heart rate of 90 bpm rose to a maximal heart rate of 166 bpm. This value represents 88 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 150/84 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. MOTTREYEE BARUAH
MBBS, PGDCC
Jr. Consultant Cardiologist
Apollo Hospitals, Guwahati
Unit: International Hospital

Technician

Patient Details : Ms. SIKHAMONI KALITA | Female | 33Yr 5Mth 16Days

UHID : AHLG2.0000039188 **Patient Location:** AHC

Patient Identifier: APHCAH23455



DRN : 100059549

Completed on : 23-MAR-2024 11:41

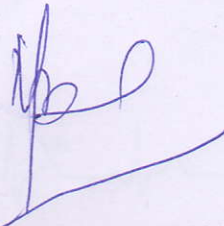
Ref Doctor : Dr. Prabin Kumar Saikia

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