



Name : Mr. GAURAV KUMAR (31 /M)

AHC MEDICAL SUMMARY Date: 24/08/2024

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

Examined by: Dr .PRABIN KUMAR SAIKIA

UHID : APJ1.0028888127

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

AHC No : APHCAH27702



### CHIEF COMPLAINTS

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



### DRUG ALLERGY

NO KNOWN ALLERGY :24/08/2024



### SYSTEMIC REVIEW

#### Cardiovascular system

- Nil Significant

#### Respiratory system

- Nil Significant

#### Oral and dental

- Adv: Scaling, polishing

#### Gastrointestinal system

Appetite - normal; Abdominal pain - yes; Dyspepsia - yes; Peptic ulcer - no; Bowel habits - constipation; Piles - no

#### Genitourinary system

- Nil Significant

#### Central nervous system

Dizziness - no; Concentration - good; Sleep - good

#### Musculoskeletal system

Spine and joints  
- Nil Significant

#### Weight

- stable



#### Surgical history

Inguinal hernia repair - LONG BACK Left  
Inguinal hernia repair - LONG BACK Right

### Immunization history

- Precaution Dose



### 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 - alive  
Aged - 56 YRS  
Mother - alive  
Aged - 52 YRS  
Brothers - 2  
Diabetes - paternal grandmother  
Hypertension - father  
Coronary artery disease - none  
Cancer - None

### PHYSICAL EXAMINATION



#### General

Height - 190  
Weight - 91  
BMI - 25.21  
Waist circumference - 89  
Hip - 92  
Waist/ Hip ratio - 0.97  
Pallor - No  
Oedema - no  
SpO2 - 99%



#### Head and ENT

Nose - Deviation of septum to right  
 Others - Nose CD (L), Bilateral HIT +



**Cardiovascular system**

Heart rate (Per minute) - 72  
 Rhythm - Regular  
 - B.P. Sitting  
 Systolic(mm of Hg) - 110  
 Diastolic(mm of Hg) - 80  
 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 - BCVA. BE 6/6. N6  
 Colour vision - Normal  
 Pupil - Normal  
 Intraocular pressure - 16 mmHg (R), 14 mmHg (L)  
 Advice for spectacle - Yes

Executive Summary

- 1. Dyslipidemia (Ch 174 mg/dL, LDL 110 mg/dL, Tg 146 mg/dL)
- 2. Subclinical Hypothyroidism (TSH 4.57 uIU/mL)
- 3. Eosinophilia (E Count 9.3%)

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		

Follow-up and Review Plan



Review check after 6 months.



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

Dr. PRABIN KUMAR SAIKIA

AHC Physician / Consultant Internal Medicine

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.

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

Name : Mr. GAURAV KUMAR Age : 31Yr 1Mth 11Days Gender : Male  
 UHID : APJ1.0028888127 / APHCAH27702 W/BNo/RefNo : AHC  
 SIN \ LRN : 125107750 \ 125107755 \ 125107752 \ 10959767  
 Specimen : Serum  
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 24-AUG-2024 11:16:23 AM Received on : 24-AUG-2024 12:49:16 PM Reported on : 24-AUG-2024 02:13:47 PM

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

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
ALT(SGPT) - SERUM (UV With P5P-IFCC)	31	Healthy Males:-16-63 U/L	U/L
ALBUMIN - SERUM (Brom Cresol Green)	4.1	Healthy Adults-3.5-5.2	g/dL
GLOBULIN-SERUM(Calculated)	3.3	Healthy Adults :1.8 - 3.6	
ALBUMIN:GLOBULIN-SERUM(RATIO)(Calculated)	1 *	0 - 0	
ALKALINE PHOSPHATASE - SERUM PNPP,AMP Buffer-IFCC	85	Healthy Adults:40-150	U/L
AST (SGOT) - SERUM (UV With P5P-IFCC)	24	Healthy Adults:15 - 37	U/L
BILIRUBIN, TOTAL - SERUM (Modified Doumas Ref. method/Jendrassik & Grof.)	0.8	Healthy Adults:<=1.0	mg/dL
CHOLESTEROL - SERUM (Cholesterol Oxidase)	174	Desirable:<200 Borderline:200 - 240 High Risk:>=240	mg/dL
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM (L-gamma-glutamyl-3-carboxy-4-nitranilide)	21	Healthy Men:15 - 85	U/L

**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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**GLUCOSE -PLASMA (FASTING)**

Hexokinase 82 Non-Diabetic: <=100 mg/dL  
 Pre-Diabetic: 100-125  
 Diabetic: >=126

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

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

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

4.2 Desirable : < 4.5

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

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

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

7.4 Healthy Adults:6.4-8.3 mg/dl

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

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

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

19 <50 years:19-44 mg/dL

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

5.1 Healthy Men: 3.5 - 7.2 mg/dL

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MC-3480

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SIN \ LRN : 125107750 \ 125107755 \ 125107752 \ 10959767  
Specimen : Serum  
Ref Doctor : Dr. Prabin Kumar Saikia

Age : 31Yr 1Mth 11Days  
Gender : Male  
W/BNo/RefNo : AHC



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TEST NAME	RESULT	REFERENCE RANGE	UNIT
VLDL CHOLESTEROL - SERUM CALCULATED.	29	Desirable:<30	
BILIRUBIN CONJUGATED (DIRECT) - SERUM (Jendrassik & Grof)	0.1	Healthy Adults:0.0-0.5	mg/dL
CREATININE - SERUM JAFTE METHOD	0.8	Healthy Men: 0.72 - 1.25	mg/dL
TOTAL T3: TRI IODOTHYRONINE - SERUM (Eclia)	2.1	Healthy Adults Euthyroid: 1.2-3.1	nmol/L
TOTAL T4: THYROXINE - SERUM (Eclia)	94	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	81	Normal: <140 Pre-Diabetic: 140-199 Diabetic :->=200	mg/dL

Report Status:Final

\* END OF REPORT \*

CHECKED BY 1078452  
1078550

Printed On : 25-AUG-2024 12:14:22 PM

*M. Saikia*

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

CONSULTANTS

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MC-3480

Name : Mr. GAURAV KUMAR  
UHID : APJ1.0028888127 / APHCAH27702  
SIN ILRN : 125107751 \ 125107754 \ 10959767  
Specimen : Urine  
Ref Doctor : Dr. Prabin Kumar Saikia

Age : 31Yr 1Mth 11Days Gender : Male  
W/BNo/RefNo : AHC



Collected on : 24-AUG-2024 11:16:23 AM Received on : 24-AUG-2024 04:02:46 PM Reported on : 24-AUG-2024 04:08:15 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	15.4	13.0 - 18.0	g/dl
RBC COUNT	6.53 *	4.5 - 5.5	Million/ul
MCV	82.6	82.0 - 92.0	fl
MCH	23.6 *	26.0 - 32.0	pg
MCHC	29.6 *	31.0 - 36.0	g/dl
RDW-CV	15.5 *	11.6 - 14	%
RETICULOCYTE COUNT	1.24	Healthy Adult -:0.5-2.5%	%
Platelet Count	150	150 - 400	10 <sup>3</sup> /mm <sup>3</sup>
TLC/WBC Count	5.39	4.0 - 11.0	10 <sup>3</sup> /mm <sup>3</sup>
ERYTHROCYTE SEDIMENTATION RATE (ESR)	4	0 - 10	mm/1st hr
<b>Differential Count</b>			
Neutrophils	48.3	45 - 75	%
Lymphocytes	36.9	20 - 40	%
Eosinophils	9.3 *	1 - 6	%
Monocytes	4.6	2 - 10	%
Basophils	0.9	0 - 2	%
<b>PERIPHERAL SMEAR</b>			
RBC:	Normocytic & normochromic		
WBC:	Eosinophilia +		
Platelets:	Adequate on the smear		
Hemoparasites	No hemoparasites		
PACKED CELL VOLUME [PCV]	52 *	40 - 50	%

**CONSULTANTS**

Page 1 of 2

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 Specimen : Urine  
 Ref Doctor : Dr. Prabin Kumar Saikia



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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)	1.015 *	1.016 - 1.026
pH(Strip Method+ Ph Paper)	5.5	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
Crystals:	Not Detected	Absent
Nitrite	Negative	Negative
URINE SUGAR	Nil	
Report Status:Final		

\* END OF REPORT \*

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Printed On : 25-AUG-2024 12:15:38 PM

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

CONSULTANTS

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Page 2 of 2

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UHID : APJ1.0028888127 / APHCAH27702      W/BN/RefNo : AHC  
SIN \LRN : 125107753 \ 10959767  
Specimen : Blood  
Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 24-AUG-2024 11:16:23 AM      Received on : 24-AUG-2024 01:19:13 PM      Reported on : 24-AUG-2024 01:19:42 PM

**TEST NAME**

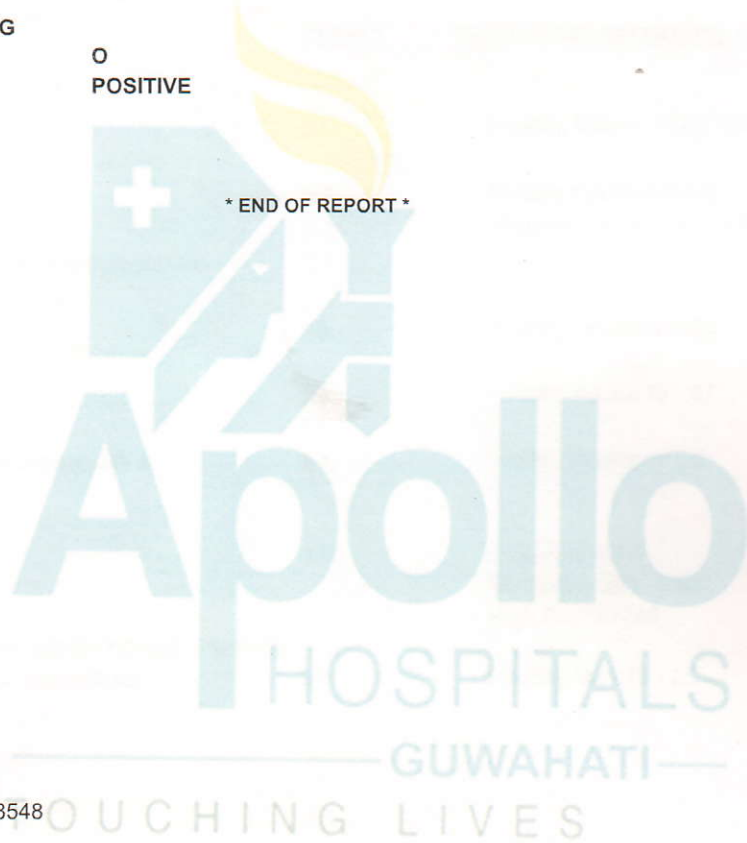
**RESULT**

**BLOOD GROUPING AND TYPING**

ABO Group:  
Rh (D) Type:  
Report Status:Final

O  
POSITIVE

\* END OF REPORT \*



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First Report Printed On : 24-AUG-2024 01:19:50 PM

Printed On : 24-AUG-2024 01:20:10 PM

**CONSULTANTS**

DR. DEEPA BHUYAN  
MOIC, BLOOD BANK

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**DEPARTMENT OF RADIOLOGY & IMAGING**

Division of Colour Doppler & Ultrasonography

Patient ID:	APJ1.0028888127	Patient Name:	GAURAV KUMAR
Age:	31 Years	Sex:	M
Accession Number:	h17002.124221101	Modality:	DX
Study Date:	24-Aug-2024	Study:	X-RAY 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.

*Meghali*

Dr. Meghali Gohain, MD  
Consultant Radiology

Date: 24-Aug-2024 16:01:20

**Apollo**  
HOSPITALS  
GUWAHATI  
TOUCHING LIVES

**DEPARTMENT OF RADIOLOGY & IMAGING**

Division of Colour Doppler & Ultrasonography

Patient ID:	0028888127	Patient Name:	GAURAV KUMAR
Age:	31	Sex:	M
Accession Number:		Modality:	US
Study Date:	24-Aug-2024	Study:	W/A
Referring Physician:	DR P KR SAIKIA		

**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 – 115 mm

Left kidney measures – 119 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 8 gms.

**SEMINAL VESICLE**

Both the seminal vesicles appear normal.

No ascites is seen.

**Impression: No significant abnormality is noted on this scan.**

*Meghali Gohain*

Dr. Meghali Gohain, MD  
Consultant Radiology

Date: 24-Aug-2024 13:13:46

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

**Patient Details** : Mr. GAURAV KUMAR | Male | 31Yr 1Mth 11Days

**UHID** : APJ1.0028888127

**Patient Location:** AHC

**Patient Identifier:** APHCAH27702



**DRN** : 100163483

**Completed on :** 24-AUG-2024 13:26

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

ECG

**IMPRESSION .:**

SINUS BRADYCARDIA

--- END OF THE REPORT ---

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