

Name : Mr. THANIGAINATHAN S (34 /M)

Date : 26/11/2022

Address : 1-5/48 SANJEEVI NAGAR 5TH STREET, ANAIYUR, MADURAI, MADURAI, TAMIL NADU, INDIA

Examined by: Dr .PAUL SUDHAKAR

UHID : ASM1.0000646263

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS

AHC No : MDUMH97078



CHIEF COMPLAINTS

For Annual health checkup
No specific complaints

PRESENT KNOWN ILLNESS

Present known illness

No history of : - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke, Asthma, COPD



DRUG ALLERGY

NO KNOWN ALLERGY

:26/11/2022



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

Eyes

- Nil Significant

ENT

- Nil Significant

Musculoskeletal system

Spine and joints

- Nil Significant

Skin

- Nil Significant

General symptoms

- Nil Significant



Past medical history

Covid 19

- No



Surgical history

Others

- LEFT KNEE ORIF 2021

Immunization history

- Covid Dose1, Covid Dose2



Personal history

Ethnicity

- Indian Asian

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Marital status - Married
No. of children - 3
Female - 1
Male - 2
Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Moderate

Tenderness - No

Dental consultation

Dental findings - Adv Oral
prophylaxis - Scaling



Family history

Diabetes - father
Coronary artery disease - none
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Height - 170
Weight - 87.1
BMI - 30.14
Pallor - No
Oedema - no
SpO2 - 98%



Cardiovascular system

Heart rate (Per minute) - 72
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	15.1	gm%	●	13.0-18.0
Packed cell volume(Calculated)	44	%	●	40-54
WBC Count	8.2	10 ³ /m ³	●	4-11
Platelet Count	391	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	06	mm/1st hr	●	0-15
RBC Count	5.15	Million/ul	●	4.2-6.5
MCV	86	fl	●	75-95
MCH(Calculated)	29	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Reticulocytes	0.8	%		
Neutrophils	55	%	●	40-80
Lymphocytes	31	%	●	20-40
Eosinophils	07 *	%	●	01-06
Monocytes	07	%	●	2-10

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.030		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Clear			Clear
pH	6		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	Nil			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT
Urobilinogen	Normal	E.U./dL		Normal
RBC	Nil	/hpf		0-2

Pus Cells 2-4 /hpf Male : 2 - 3
Female : 2 - 5

Epithelial Cells 1-2 /hpf 3 - 5

ALT(SGPT) - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
ALT(SGPT)	23	U/L	●	Adult Male : < 45

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.5	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.1	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	65	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	20	U/L	●	Adult Male: <35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.9	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	169	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	1.1	mg/dL	●	Male: 0.9 - 1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

● Within Normal Range ● Borderline High/Low ● Out of Range

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Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	27	U/L	●	Male: < 55

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	77	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	94	mg/dL	●	60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	95	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.6	g/dL	●	>2 Year: 6.0 - 8.0

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.6 *		●	< 4.5

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.6	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4%--male Diabetes > = 6.5%

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	24	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	6.7	mg/dL	●	Adult Male: 3.5 - 7.2

HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	37 *	mg/dL	●	Low: <40 High: >=60

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	10		●	Desirable:<30
Triglycerides - Serum	51	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
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BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.3 *	mg/dL	●	0.0-0.2

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Bilirubin Unconjugated - Serum (Calculated) 0.6 mg/dL ● 0.0-1.0

Liver shows increased echopattern with no evidence of focal pathology.
The intra or extra hepatic biliary radicles are not dilated.

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	12.1	mg/dL	●	Adult : 6 - 20

Gall bladder is mildly distended.

Pancreas and spleen appear normal.

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	111	ng/dL	●	60-180

No evidence of ascites.

Right kidney measures 10.1 x 5.0 cms.

Left kidney measures 10.6 x 5.3 cms.

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	8.8	µg/dL	●	3.5 - 12.5

Both kidneys show normal echopattern with no evidence of calculi or calyceal dilatation.

Bladder shows normal contour.

Prostate shows normal echo pattern.

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	2.19	µIU/mL	●	0.35 - 5.50

IMPRESSION

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 26.11.2022 SHOWS,

- GRADE III FATTY LIVER.

ULTRASOUND SCREENING WHOLE ABDOMEN

REPORTED BY,
DR.A.PANDIAN, MBBS.,DMRD.,
CONSULTANT RADIOLOGIST.

2D-ECHO WITH COLOUR DOPPLER

NORMAL CHAMBERS DIMENSIONS.
STRUCTURALLY NORMAL VALVES.
NO REGIONAL WALL MOTION ABNORMALITY.
NORMAL LV SYSTOLIC FUNCTION.
NORMAL LV DIASTOLIC FUNCTION.
NO PERICARDIAL EFFUSION/ CLOT.
EF : 65%.

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INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT
PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary



Physical Examination and routine Investigation in AHC Package reveals the following :

- Obesity
- Fatty liver

Wellness Prescription

Advice On Diet :-



- Low fat diet

Advice On Physical Activity :-



- Regular walking

Printed By : Sasikala T

Dr.PAUL SUDHAKAR
AHC Physician / Consultant Internal Medicine

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.