

Name : Mr. PARTHIBAN M (31 /M)

Date : 27/06/2022

Address : 95/B KUDIYANALLUR,KALLAKURICHI TK, KALLAKURICHI, VILLUPURAM, TAMIL NADU, INDIA

Examined by: Dr .PAUL SUDHAKAR

UHID : ASM1.0000630057

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS

AHC No : MDUMH89899



CHIEF COMPLAINTS

K/C/O RHD
Palpitations
,Knee pain,

PRESENT KNOWN ILLNESS

Present known illness

- Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Stroke, Asthma, COPD, Cancer
- Rheumatic - mitral, regurgitation Year - 2021
Medication - regular - T.PENTIDS 400 BD, T.CONCOR 2.5 BD



DRUG ALLERGY

NO KNOWN ALLERGY

:27/06/2022



SYSTEMIC REVIEW

Cardiovascular system

Breathing difficulty - yes; Since - 2018; Exacerbated by - mild exertion; Relieved by - rest; Palpitation - yes, for few seconds, On and off; Since - ON/OFF; Exacerbated by - stress; Relieved by - rest; Effort tolerance - Mild

Oral and dental

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

Sleep - adequate

Eyes

- Nil Significant

ENT

- Nil Significant

Musculoskeletal system

Spine and joints

Knee (left) - pain; - PAIN BELOW THE KNEE ON EXERTION

Skin

- Nil Significant

General symptoms

General symptoms - stress, tiredness



Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No

Covid 19 - No

Rheumatic heart disease - 2021



Surgical history

Surgical history - Nil



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 2

Female - 1

Male - 1

Diet - Mixed Diet

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Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Moderate
- level ground walking

Family history

Diabetes - grandfather,uncle
Hypertension - uncle
Coronary artery disease - uncle
Cancer - None

PHYSICAL EXAMINATION

General

General appearance - normal
Build - over weight
Height - 171 Cm
Weight - 83.6 Kg
BMI - 28.59
Pallor - No
Oedema - no
SpO2 - 98

Cardiovascular system

Heart rate (Per minute) - 65
Rhythm - Regular
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sound

Abdomen

Organomegaly - No
Tenderness - No

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	16.3	gm%	●	13.0-18.0
Packed cell volume(Calculated)	48	%	●	40-54
WBC Count	7.3	10 ⁹ /m ³	●	4-11
Platelet Count	230	10 ⁹ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	08	mm/1st hr	●	0-15
RBC Count	5.51	Million/ul	●	4.2-6.5
MCV	87	fl	●	75-95
MCH(Calculated)	30	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Neutrophils	58	%	●	40-80
Lymphocytes	32	%	●	20-40
Eosinophils	01	%	●	01-06
Monocytes	09	%	●	2-10

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.010		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Clear			Clear
pH	7		●	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)	44	U/L	●	Adult Male : < 45

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	5.0	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.0	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	62	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	33	U/L	●	Adult Male: <35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.6	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	162	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	1.2	mg/dL	●	Male: 0.9 - 1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	30	U/L	●	Male: < 55

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	95	mg/dL	●	60-99

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

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GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	126	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

Triglycerides - Serum	84	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.2		●	< 4.5

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.3	%	●	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	20	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	7.6 *	mg/dL	●	Adult Male: 3.5 - 7.2

HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	51	mg/dL	●	Low: <40 High: >=60

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	16.8		●	Desirable:<30

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	70	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.2	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.4	mg/dL	●	0.0-1.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10	mg/dL	●	Adult : 6 - 20

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.0	g/dL	●	>2 Year: 6.0 - 8.0

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	139	ng/dL	●	60-180

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	11.8	µg/dL	●	3.5 - 12.5

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
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TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range

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TSH: Thyroid Stimulating Hormone 1.38 μ U/mL ● 0.35 - 5.50

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

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

ULTRASOUND SCREENING WHOLE ABDOMEN

Liver shows increased echopattern with no evidence of focal pathology.

The intra or extra hepatic biliary radicles are not dilated.

Gall bladder is distended with no evidence of calculus. Wall thickness appears normal.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 11.3 x 3.9 cms.

Left kidney measures 9.7 x3.7 cms.

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

Bladder shows normal contour.

Prostate shows normal echopattern

IMPRESSION

- GRADE I FATTY LIVER.

REPORTED BY,
DR.C.RAVIKUMAR, MBBS.,DMRD.,
CONSULTANT RADIOLOGIST.

2D-ECHO WITH COLOUR DOPPLER

NORMAL CHAMBERS DIMENSIONS.
AML PROLAPSED INTO LA.
TRIVIAL MITRAL REGURGITATION.
NO REGIONAL WALL MOTION ABNORMALITY.
NORMAL LV SYSTOLIC FUNCTION.
NORMAL LV DIASTOLIC FUNCTION.
NO PERICARDIAL EFFUSION/ CLOT.
LVEF:70%

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG

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Executive Summary



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

- Known Case of Rheumatic Heart Disease
- Hyperuricemia
- Fatty Liver
- Pain Knee

Wellness Prescription

Advice On Diet :-



- Low Fat Healthy Diet

Advice On Physical Activity :-



- Regular Walking

Medications

- T. Feburic 40 1-0-0

Follow-up and Review Plan



- Cardiologist Opinion
- Ortho Opinion
- Check Uric Acid after 2 Months



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

Printed By : Leelashivani R

Dr.PAUL SUDHAKAR
AHC Physician / Consultant Internal Medicine

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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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Medications

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Dr.PAUL SUDHAKAR

AHC Physician / Consultant Internal Medicine