

Name : Mr. RAM PRAKASH M (30 /M)

Date : 10/12/2022

Address : NO:35-C PERUMAL KOVIL STREET TENKASI TIRUNELVELI, TIRUNELVELI,  
TIRUNELVELI, TAMIL NADU, INDIA

Examined by: Dr .VANI N

UHID : ASM1.0000647641

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE  
BELOW 40YRS

AHC No : MDUMH97740



## CHIEF COMPLAINTS

Nose block  
Head ache

## PRESENT KNOWN ILLNESS

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



## DRUG ALLERGY

NO KNOWN ALLERGY

:10/12/2022



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

Blocked nose - yes

### Oral and dental

- Nil Significant

### Gastrointestinal system

- Nil Significant

### Genitourinary system

Renal calculi - intermittent

### Central nervous system

Head ache - on and off; Site of pain - like a band  
around head, one sided; Triggered by - cold;  
Relieved by - sleep

## ENT

- Change in voice; - in winter

### Musculoskeletal system

Spine and joints  
- Nil Significant

### Skin

- Nil Significant

### General symptoms

- Nil Significant



### Past medical history

Covid 19 - Yes  
Post detection (3 - Yes  
Weeks)  
Hospitalization for - No  
Covid 19



### Surgical history

Surgical history - Nil



### Personal history

Diet - Vegetarian  
Alcohol - does not consume alcohol  
Smoking - No  
Chews tobacco - No  
Physical activity - Moderate  
- yoga



### Family history

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

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## PHYSICAL EXAMINATION



### General

General appearance - normal  
Build - moderate  
Height - 162  
Weight - 79.6  
BMI - 30.33  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 69  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 120  
Diastolic(mm of Hg) - 80  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds



### Abdomen

Organomegaly - No  
Tenderness - No

### Dental consultation

Dental findings - Adv Extraction of wisdom teeth 48,28  
Orthodontic treatment

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**HEMOGRAM**

Test Name	Result	Unit	Level	Range
Hemoglobin	14.6	gm%	●	13.0-18.0
Packed cell volume(Calculated)	43	%	●	40-54
WBC Count	7.5	10 <sup>3</sup> /m m <sup>3</sup>	●	4-11
Platelet Count	388	10 <sup>3</sup> /m m <sup>3</sup>	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	05	mm/1st hr	●	0-15
RBC Count	5.2	Million/ ul	●	4.2-6.5
MCV	83	fl	●	75-95
MCH(Calculated)	28	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Neutrophils	56	%	●	40-80
Lymphocytes	30	%	●	20-40
Eosinophils	07 *	%	●	01-06
Monocytes	07	%	●	2-10

Colour:	Straw Yellow	Straw Yellow
Transparency:	Slightly Turbid	Clear
pH	6.5	● 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./d L Normal
RBC	Occasional/hpf	0-2
Pus Cells	4-6 /hpf	Male : 2 - 3 Female : 2 - 5
Epithelial Cells	Occasional/hpf	3 - 5

**ALT(SGPT) - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
ALT(SGPT)	38	U/L	●	Adult Male : < 45

**ALBUMIN - SERUM**

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.7	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.8	g/dL	●	Adult (2.0 - 3.5)

**ALKALINE PHOSPHATASE - SERUM/PLASMA**

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	77	U/L	●	Adult(Male): < 129

**AST (SGOT) - SERUM**

Test Name	Result	Unit	Level	Range
AST (SGOT)	27	U/L	●	Adult Male: <35

**BILIRUBIN, TOTAL - SERUM**

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	1.0	mg/dL	●	NORMAL : 0.2 TO 1.1

**STOOL ROUTINE**

Test Name	Result	Unit	Level	Range
Colour:	Brown			Straw Yellow
Consistency :	Soft			NA
Mucus:	Absent			ABSENT
Blood:	Absent			ABSENT
Pus:	Nil			2-3
RBC	Nil	/hpf		0-2
Vegetable Matter	Present			ABSENT
Trophozoite	Absent			ABSENT
Ova:	Absent			ABSENT
Cysts:	Absent			ABSENT

**URINE ROUTINE (CUE)**

Test Name	Result	Unit	Level	Range
Specific Gravity	1.005		●	1.001 - 1.035

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**CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Total Cholesterol	198	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

**HDL CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
HDL Cholesterol	48	mg/dL	●	Low: <40 High: >=60

**CREATININE - SERUM / PLASMA**

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

**LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)**

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	93	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

**GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM**

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	25	U/L	●	Male: < 55

**PROTEIN TOTAL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.5	g/dL	●	>2 Year: 6.0 - 8.0

**GLUCOSE - SERUM / PLASMA (FASTING)**

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

**TRIGLYCERIDES - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.1		●	< 4.5

**GLUCOSE - SERUM / PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	105	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

**UREA - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Urea	20	mg/dL	●	Adult: 13 - 43

**GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	6.2	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4%--male Diabetes > = 6.5%

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	6.0	mg/dL	●	Adult Male: 3.5 - 7.2

**VLDL CHOLESTEROL - SERUM**

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	12		●	Desirable:<30

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Triglycerides - Serum 61 mg/dL ● Normal: <150  
High: 150 - 199  
Hypertriglyceridemic: 200 - 499  
Very High: >=500

Liver shows uniform echopattern with no evidence of focal or diffuse pathology. The intra or extra hepatic biliary radicles are not dilated.  
Gall bladder is distended. It shows few polyps, largest measures 4 mm.

### BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.1	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.9	mg/dL	●	0.0-1.0

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 11.2 x 3.5 cms. No evidence of calculi or calyceal dilatation.

### BUN (BLOOD UREA NITROGEN)

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

Left kidney measures 10.9 x 3.3 cms. It shows moderate calyceal dilatation. Pelvis dilated. Calculus seen in the PUJ junction, measures 1.9 cm.

Both kidneys show normal echo pattern.

### TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	173	ng/dL	●	60-180

Bladder shows normal contour.

Prostate shows normal echo pattern.

### TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	10.4	µg/dL	●	3.5 - 12.5

### IMPRESSION

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 10.12.2022 SHOWS,

### TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.69	µIU/mL	●	0.35 - 5.50

• POLYPS IN GALL BLADDER.

• LEFT PUJ CALCULUS WITH MODERATE HYDRONEPHROSIS.

### X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

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

### ULTRASOUND SCREENING WHOLE ABDOMEN

2D-ECHO WITH COLOUR DOPPLER

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NORMAL CHAMBERS DIMENSIONS.  
STRUCTURALLY NORMAL VALVES.  
NO REGIONAL WALL MOTION ABNORMALITY.  
NORMAL LV SYSTOLIC FUNCTION.  
NORMAL LV DIASTOLIC FUNCTION.  
NO PERICARDIAL EFFUSION/ CLOT.  
LVEF:70%

**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 :
- Left PUJ Calculus with hydronephrosis
  - 
  -

## Wellness Prescription

### Advice On Diet :-

-  - Balanced Diet

### Advice On Physical Activity :-

-  - Regular walking

## Medications

-  
-  
-

## Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
UROLOGY		1 Week(s)	

**Dr.VANI N**

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.VANI N**

AHC Physician / Consultant Internal Medicine