

Name : Mr. SAIKAT GHOSH (40 /M)

Date : 06/10/2022

Address : 30 M M GHOSH ROAD PS-DUMDUM, KOLKATA, KOLKATA, WEST BENGAL, INDIA

Examined by: Dr .JHUMA BAGCHI

UHID : AGHL.0001358180

Package : NTPC ANNUAL HCK PACKAGE - A

AHC No : AMHLAH158362



CHIEF COMPLAINTS

For corporate health checkup

Feeling full,Flatulance

Corn at sole

PRESENT KNOWN ILLNESS

Present known illness

- Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

Symptoms - flatulence

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

Eyes

Vision - normal with glasses

ENT

- Nil Significant



Past medical history

Covid 19 - Yes



Personal history

Marital status - Married

No. of children - 2

Diet - Non Vegetarian

Alcohol - does not consume alcohol

Smoking - Yes

Type - Cigarette

Frequency - occasional

Chews tobacco - No

Physical activity - Mild



Family history

Father - alive

Mother - has expired

Sisters - 1

Coronary artery - none

disease

Cancer - None

PHYSICAL EXAMINATION



General

Build - over weight

Height - 171

Weight - 77.60

BMI - 26.54

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Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 68

Rhythm - Regular

- B.P. Sitting

Systolic(mm of Hg) - 130

Diastolic(mm of Hg) - 78

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No

Tenderness - No



Central nervous system

- No neurological deficit

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HB,TC,DC

Test Name	Result	Unit	Level	Range
Hemoglobin	13.7	g/dl	●	13.0-17.0
MCV	88.6	fl	●	83-101
MCH	29.5	pg	●	27-32
MCHC	33.3	%	●	31.5-34.5
Packed cell volume	41.0	%	●	40-50
WBC Count	6700	/cu mm	●	4000-10000
Neutrophils	62	%	●	40-80
Lymphocytes	25	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	07 *	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			

Volume:	50	mL
Colour:	Pale Straw	
Appearance	Clear	
Specific Gravity	1.025	
pH:	6.0	
Albumin:	Not Detected	
Glucose	Not Detected	
Ketone:	Not Detected	
Bile Pigments	Not Detected	
RBC	Nil	/hpf
Pus Cells	Occasional/hpf	
Epithelial Cells	Occasional/hpf	
Casts:	Not Found	
Crystals:	Not Found	
Note	Biological reference interval RBC- 0-2/hpf Pus Cell - 0-5/hpf.	

ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	14	mm/1st hr	●	0-15

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	89	mg/dL	●	70-99

CBC

Test Name	Result	Unit	Level	Range
Hemoglobin	13.7	g/dl	●	13.0-17.0
Packed cell volume	41.0	%	●	40-50
WBC Count	6700	/cu mm	●	4000-10000
Platelet Count	1.62	lacs/cu mm	●	1.5-4.0
Neutrophils	62	%	●	40-80
Lymphocytes	25	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	07 *	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate on the smear			

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	4.9	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4 % Diabetes : >= 6.5 % ADA Therapeutic goal : <7%

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.6	mg/dL	●	3.5-7.2

URINE ROUTINE AND MICROSCOPY

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

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UREA - SERUM

Test Name	Result	Unit	Level	Range
UREA - SERUM	30	mg/dL	●	13-43

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.8 *	mg/dL	●	0.9-1.3

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	196	mg/dL	●	0-200
TRIGLYCERIDES - SERUM	98	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM	49	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	125	mg/dL	●	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	22	mg/dL	●	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALKALINE PHOSPHATASE - SERUM	83	U/L	●	53-128
PROTEIN TOTAL - SERUM	7.1	g/dL	●	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	2.9	g/dL	●	1.8-3.6
ALT(SGPT) - SERUM	40	U/L	●	10-40
A/G - RATIO	1.5:1.0			1.0-2.0
AST (SGOT) - SERUM	28	U/L	●	10-42

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM 105 * U/L ● 7-64

BILIRUBIN TOTAL - SERUM 1.6 * mg/dL ● 0.0-1.0

BILIRUBIN CONJUGATED (DIRECT) - SERUM 0.2 mg/dL ● 0.0-0.2

ALBUMIN - SERUM 4.2 g/dL ● 3.5-5.1

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	3.3	μIU/mL	●	0.270-4.200

ECG

SINUS BRADYCARDIA. OTHERWISE WITHIN NORMAL LIMITS.

ULTRASOUND SCREENING WHOLE ABDOMEN

* Grade-I fatty liver.

X-RAY CHEST PA

Chest skiagram does not reveal any significant abnormality.

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

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Executive Summary



1. C/O Feeling full and flatulence.
2. C/O Corn at sole.
3. Smoker.
4. Overweight.
5. Grade I fatty liver with elevated GGTP.

Wellness Prescription

Advice On Diet :-



- * Low calorie healthy balanced diet.
- * Drink plenty of fluids.

Advice On Physical Activity :-



- * Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

- * Stop smoking.
- * Diet and life style modification.

Medications

- * Cap. RABIUM DSR (DOMPERIDONE+RABEPRAZOLE) 1 capsule once daily before breakfast for 1 month.
- * Tab. GOLBI 150MG (URSODEOXYCHOLIC ACID) 1 tablet twice daily after food for 6 weeks.

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
GENERAL SURGERY		1 Day(s)	for corn at sole

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
LIVER FUNCTION TEST (PACKAGE)	2 Month(s)		review with report

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Follow-up and Review Plan



* Annual health check-up.



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

Printed By : AVIJIT DAS

Dr.JHUMA BAGCHI
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.

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Dr.JHUMA BAGCHI

AHC Physician / Consultant Internal Medicine