

Name : Mrs. GOKILA DEVI M (33 /F)

Date : 26/11/2022

Address : 185 PALANIAPPA NAGAR, THIRUGOKKARNAM PO, PUDUKKOTTAI, PUDUKOTTAI, TAMIL NADU, INDIA

Examined by: Dr .PAUL SUDHAKAR

UHID : ASM1.0000646264

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH97080



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

Oral and dental

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

Musculoskeletal system

Spine and joints
- Nil Significant

Skin

- Nil Significant

General symptoms

- Nil Significant



Past medical history

Covid 19 - No



Surgical history

Caesarian section - 2020 AND 2022

Immunization history

- Covid Dose1, Covid Dose2



Personal history

Ethnicity - Indian Asian
Marital status - Married
No. of children - 3
Diet - Mixed Diet
Alcohol - does not consume alcohol

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Smoking - No
Chews tobacco - No
Physical activity - Moderate

 **Family history**

Diabetes - father
Coronary artery disease - none
Cancer - None

PHYSICAL EXAMINATION

 **General**

General appearance - normal
Build - normal
Height - 168
Weight - 81.3
BMI - 28.81
Pallor - No
Oedema - no
SpO2 - 95%

 **Cardiovascular system**

Heart rate (Per minute) - 82
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 100
Diastolic(mm of Hg) - 60
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

 **Abdomen**

Organomegaly - No
Tenderness - No

Gynaec findings

Gynaec checkup done by - Dr.SHAHIDA PARVEENA

Gynaec findings - on period
Drug allergies - Nil specific
Marital status - married
No of Children - 3
Deliveries - cs
Periods - regular
L M P - on period
Breast examination - nor,mal
P/A - soft
Pap smear - Not taken

Dental consultation

Dental findings - Adv Surgical removal of 18,28,38,48

Printed By : SHAHIDA PARVEEN A

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	12	gm%	●	11.5-16.5
Packed cell volume(Calculated)	36 *	%	●	37-47
WBC Count	9	10 ³ /m ³	●	4-11
Platelet Count	269	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	24 *	mm/1st hr	●	0-20
RBC Count	4.38	Million/ul	●	3.7-5.6
MCV	82	fl	●	75-95
MCH(Calculated)	27	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Reticulocytes	1.2	%	●	
Neutrophils	51	%	●	40-80
Lymphocytes	37	%	●	20-40
Eosinophils	05	%	●	01-06
Monocytes	07	%	●	2-10

Pus Cells 6-8 /hpf Male : 2 - 3
Female : 2 - 5

Epithelial Cells 2-4 /hpf 3 - 5

ALT(SGPT) - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
ALT(SGPT)	21	U/L	●	Adult Female : <34

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.3	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.6	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	100	U/L	●	Adult(Female): < 104

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	19	U/L	●	Adult Female: <31

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.020		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Slightly Turbid			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	8-10	/hpf		0-2

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.4	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	190	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	●	Female: 0.6 - 1.1

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

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GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	19	U/L	●	Female: < 38

LDL Cholesterol (Direct LDL)	95	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190
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GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	90	mg/dL	●	60-99

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	6.9	g/dL	●	>2 Year: 6.0 - 8.0

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	97	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	5.9 *		●	< 4.5

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	6.0	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% Diabetes >= 6.5%

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	19	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	5.3	mg/dL	●	Adult Female: 2.6 - 6.0

HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	32 *	mg/dL	●	Low: <40 High: >=60

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	26		●	Desirable:<30
Triglycerides - Serum	131	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	0.2	mg/dL	●	0.0-0.2

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Bilirubin Unconjugated - 0.2 mg/dL ● 0.0-1.0
Serum (Calculated)

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)	11.9	mg/dL	●	Adult : 6 - 20

Gall bladder is contracted.

Pancreas and spleen appear normal.

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	91	ng/dL	●	60-180

No evidence of ascites.

Right kidney measures 9.4 x 5.1 cms.

Left kidney measures 9.8 x 5.2 cms.

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	6.5	µg/dL	●	3.5 - 12.5

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

Bladder is partially distended.

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	8.04 *	µIU/mL	●	0.35 - 5.50

Uterus is elongated, measures 9.9 x 4.3 cms and shows normal endometrial and myometrial echoes. Endometrial thickness measures 6 mm.

Both ovaries are appear normal.

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

IMPRESSION

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 26.11.2022 SHOWS,

- GRADE III FATTY LIVER.
- ELONGATED UTERUS.

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

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.
EF : 65%.

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

Haematology

STOOL ROUTINE

Histopathology

PAP SMEAR /CERVICAL SMEAR

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 :
- Hypothyroidism
- Fatty liver

Wellness Prescription

Advice On Diet :-

 - Healthy diet

Advice On Physical Activity :-

 - Regular walking

Medications

- Tab. Thyrox 12.5 1-0-0

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
ULTRASOUND NECK		1 Week(s)	
THYROID PACKAGE		2 Month(s)	

Dr.PAUL SUDHAKAR

AHC Physician / Consultant Internal Medicine

Printed By : Sasikala T

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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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Dr.PAUL SUDHAKAR

AHC Physician / Consultant Internal Medicine