

Name : Mr. PARTHIBAN R (33 /M)

Date : 28/01/2023

Address : 3/94VOCNAGAR, RAMANATHAPURAM, RAMANATHAPURAM, TAMIL NADU, INDIA

Examined by: Dr .JEYASURIYA

UHID : ASM1.0000178856

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS

AHC No : MDUMH99994



CHIEF COMPLAINTS

No specific complaints

PRESENT KNOWN ILLNESS

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



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

General symptoms

- Nil Significant



Past medical history

Covid 19 - No
Dengue - yes



Surgical history

Fracture - 2010 - Right Mandible -
ORIF



Personal history

Diet - Mixed Diet

Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Moderate
- gym



Family history

Coronary artery disease - none
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - moderate
Height - 161
Weight - 64.7
BMI - 24.96
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 70
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
Tenderness - No

Dental consultation

Dental findings - Adv Restoration in 47
Oral prophylaxis Scaling

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	14.0	gm%	●	13.0-18.0
Packed cell volume(Calculated)	43	%	●	40-54
WBC Count	9.4	10 ³ /m ³	●	4-11
Platelet Count	304	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	06	mm/1st hr	●	0-15
RBC Count	4.99	Million/ul	●	4.2-6.5
MCV	85	fl	●	75-95
MCH(Calculated)	28	pg	●	26-32
MCHC(Calculated)	33	g/dl	●	31-36
Reticulocytes	0.7	%		
Neutrophils	57	%	●	40-80
Lymphocytes	32	%	●	20-40
Eosinophils	03	%	●	01-06
Monocytes	08	%	●	2-10

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.025		●	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	1-2	/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)	44	U/L	●	Adult Male : < 45

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.8	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.0	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	86	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	44 *	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	172	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	38	U/L	●	Male: < 55

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range

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

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Glucose - Serum / Plasma (Fasting)	84	mg/dL	●	60-99
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Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.3		●	< 4.5

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	87	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	34	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

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.9	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4%--male Diabetes > = 6.5%

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	12		●	Desirable:<30
Triglycerides - Serum	60	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

HDL CHOLESTEROL - SERUM / PLASMA

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

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

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	113	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	12.0	mg/dL	●	Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	116	ng/dL	●	60-180

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.8	g/dL	●	>2 Year: 6.0 - 8.0

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	5.1	µg/dL	●	3.5 - 12.5

TRIGLYCERIDES - SERUM

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

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	0.97	µIU/mL	●	0.35 - 5.50

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%.

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 contracted.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 11.1 x 4.8 cm.

Left kidney measures 10.3 x 4.0 cm.

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

Bladder shows normal contour.

Prostate shows normal echopattern

IMPRESSION:

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 28.01.2023 SHOWS,

- GRADE II FATTY LIVER.

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

2D-ECHO WITH COLOUR DOPPLER

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


Executive Summary

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


- PREDIABETES
- FATTY LIVER

Wellness Prescription

Advice On Diet :-

 - BALANCED DIET

Advice On Physical Activity :-

 - REGULAR WALKING

Printed By : Makarasi T S

Dr.JEYASURIYA
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.