

Name : Mr. VICTORANTO G (51 /M)

Date : 27/01/2023

Address : 20,LOHIA NAGAR,MUNIASAMY PURAMEXTN, THOOTHUKKUDI, THOOTHUKKUDI,
TAMIL NADU, INDIA

Examined by: Dr .PAUL SUDHAKAR

UHID : ASM1.0000150036

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE ABOVE
40YRS

AHC No : MDUMH99963



CHIEF COMPLAINTS

Shoulder pain

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

:27/01/2023



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

Musculoskeletal system

Spine and joints

Shoulder (right) - pain, stiffness; - DIFFICULTY
MOVING THE RIGHT UPPER LIMB

General symptoms

- Nil Significant



Past medical history

Covid 19 - No



Surgical history

Fracture - 1998 - RIGHT WRIST
Hydrocelectomy - YES



Personal history

Diet - Mixed Diet
Alcohol - consumes alcohol
Frequency - weekly
Smoking - Yes
Type - Cigarette
Number - 10
Frequency - daily
Chews tobacco - No
Physical activity - Moderate



Family history

Diabetes - father, mother
Coronary artery
disease - father
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - moderate
Height - 159
Weight - 55.8
BMI - 22.07
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 77
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 80

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Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

Abdomen

Organomegaly - No

Tenderness - No

Dental consultation

Dental findings - Adv Oral prophylaxis Deep Scaling

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	19.1 *	gm%	●	13.0-18.0
Packed cell volume(Calculated)	58 *	%	●	40-54
WBC Count	10.9	10 ³ /m ³	●	4-11
Platelet Count	334	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	01	mm/1st hr	●	0-15
RBC Count	6.63 *	Million/ul	●	4.2-6.5
MCV	87	fl	●	75-95
MCH(Calculated)	29	pg	●	26-32
MCHC(Calculated)	33	g/dl	●	31-36
Reticulocytes	1.0	%		
Neutrophils	58	%	●	40-80
Lymphocytes	34	%	●	20-40
Eosinophils	02	%	●	01-06
Monocytes	06	%	●	2-10
RBC:	NORMOCHROMIC NORMOCYTIC RBCS WITH ERYTHROCYTOSIS.			
WBC:	WITHIN NORMAL LIMITS.			
Platelets:	ADEQUATE.			
Impression	POLYCYTHEMIA.			
Note	KINDLY CORRELATE CLINICALLY.			

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	1-2	/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)	26	U/L	●	Adult Male : < 45

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	5.2	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.7 *	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	118	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	24	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	224 *	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.8 *	mg/dL	●	Male: 0.9 - 1.3

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 ● 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	28	U/L	●	Male: < 55

LDL Cholesterol (Direct LDL)	146 *	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)	82	mg/dL	●	60-99

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	8.9 *	g/dL	●	>2 Year: 6.0 - 8.0

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	126	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)	5.6 *		●	< 4.5

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.8	%	●	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	12 *	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	4.9	mg/dL	●	Adult Male: 3.5 - 7.2

HDL CHOLESTEROL - SERUM / PLASMA

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

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	28		●	Desirable:<30
Triglycerides - Serum	142	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
Bilirubin Unconjugated - Serum (Calculated)	0.4	mg/dL	●	0.0-1.0

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BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	5.6 *	mg/dL	●	Adult : 6 - 20

Liver shows increased echopattern with no evidence of focal pathology.
The intra or extra hepatic biliary radicles are not dilated.

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	121	ng/dL	●	60-180

Gall bladder is contracted.
Pancreas and spleen appear normal.

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	11.0	µg/dL	●	3.5 - 12.5

No evidence of ascites.
Right kidney measures 9.6 x 4.5 cm.
Left kidney measures 10.1 x 4.9 cm.
Both kidneys show normal echopattern with no evidence of calculi or calyceal dilatation.

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.39	µIU/mL	●	0.35 - 5.50

Bladder shows normal contour.
Prostate measures 3.8 x 3.9 x 3.4 cm. Volume 27cc----shows normal echopattern

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

Test Name	Result	Unit	Level	Range
Prostatic Specific Antigen (PSA Total)	2.4	ng/mL	●	Healthy Men: <= 4.0 Males: 40-49 yrs: 0 - 2.5 50-59 yrs: 0 - 3.5 60-69 yrs: 0 - 4.5 70-79 Yrs: 0 - 6.5

IMPRESSION:
CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 27.01.2023 SHOWS,
• GRADE I FATTY LIVER.

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

ULTRASOUND SCREENING WHOLE ABDOMEN

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

2D-ECHO WITH COLOUR DOPPLER

NORMAL CHAMBERS DIMENSIONS.
STRUCTURALLY NORMAL VALVES.
NO REGIONAL WALL MOTION ABNORMALITY.
NORMAL LV SYSTOLIC FUNCTION.
IMPAIRED LV DIASTOLIC FUNCTION.
NO PERICARDIAL EFFUSION/ CLOT.
LVEF:60%

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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 :


- Polycythemia
- Dyslipidemia
- Fatty liver

Wellness Prescription

Advice On Diet :-

 - Low fat diet

Advice On Physical Activity :-

 - Regular walking

Medications

- Stop Smoking

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
CBC		1 Month(s)	

Dr.PAUL SUDHAKAR

AHC Physician / Consultant Internal Medicine

Printed By : Sasikala T

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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