

Name : Mrs. SUGANTHI R (48 /F)

Date : 25/03/2023

Address : B4, GREEN PARK APT, V P RATHINASAMY ROAD, VISALAKSHIPURAM,,  
MADURAI, MADURAI, TAMIL NADU, INDIA

Examined by: Dr .VANI N

UHID : ASM1.0000477531

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE  
40YRS

AHC No : MDUMH102982



## CHIEF COMPLAINTS

Back pain, Upper limb pain

## 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

### Eyes

- Nil Significant

### ENT

- Nil Significant

### Musculoskeletal system

Spine and joints  
Back (lower) - pain; Radiating to - legs on/off; -  
aggravated by sitting for prolonged duration  
Muscles and  
extremities  
Left - Upper limb(s) pain; - on/off

## General symptoms

- Nil Significant

## Mental Health Screening

PHQ 9 Score - 0



## Past medical history

Covid 19 - No



## Surgical history

Surgical history - Nil



## Personal history

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Chews paan - No

Physical activity - Sedentary



## Family history

Hypertension - father

Coronary artery  
disease - none

Cancer - mother

## PHYSICAL EXAMINATION



## General

General appearance - normal

Build - moderate

Height - 157

Weight - 89.6

BMI - 36.35

Pallor - No

Oedema - no



## Cardiovascular system

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Heart rate (Per minute) - 84  
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

### Gynaec findings

Gynaec checkup done by - Dr.LALITHA  
Marital status - married  
No of Children - 1  
Female - 1  
Deliveries - vaginal  
Last child birth - 20 yrs  
Menopause - 6 months  
Breast examination - nad  
P/V - ut rv ns ff  
S/E - cx feels healthy  
Pap smear - Taken

Printed By : Makarasi T S

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**HEMOGRAM**

Test Name	Result	Unit	Level	Range
Hemoglobin	12.8	gm%	●	11.5-16.5
Packed cell volume(Calculated)	39	%	●	37-47
WBC Count	8.5	10 <sup>3</sup> /m <sup>3</sup>	●	4-11
Platelet Count	262	10 <sup>3</sup> /m <sup>3</sup>	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	52 *	mm/1st hr	●	0-20
RBC Count	3.98	Million/ul	●	3.7-5.6
MCV	98 *	fl	●	75-95
MCH(Calculated)	32	pg	●	26-32
MCHC(Calculated)	33	g/dl	●	31-36
Reticulocytes	1.2	%	●	
Neutrophils	56	%	●	40-80
Lymphocytes	38	%	●	20-40
Eosinophils	02	%	●	01-06
Monocytes	04	%	●	2-10

**URINE ROUTINE (CUE)**

Test Name	Result	Unit	Level	Range
Specific Gravity	1.010		●	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	1-2	/hpf		3 - 5

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

Test Name	Result	Unit	Level	Range
ALT(SGPT)	23	U/L	●	Adult Female : <34

**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)	2.5	g/dL	●	Adult (2.0 - 3.5)

**ALKALINE PHOSPHATASE - SERUM/PLASMA**

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	98	U/L	●	Adult(Female): < 104

**AST (SGOT) - SERUM**

Test Name	Result	Unit	Level	Range
AST (SGOT)	25	U/L	●	Adult Female: <31

**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	200	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.9	mg/dL	●	Female: 0.6 - 1.1

**GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM**

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	18	U/L	●	Female: < 38

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

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

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	107 *	mg/dL	●	60-99

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

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	88	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

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

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

**HDL CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
HDL Cholesterol	44	mg/dL	●	Low: <40 High: >=60

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

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	114	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

**PROTEIN TOTAL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.2	g/dL	●	>2 Year: 6.0 - 8.0

**TRIGLYCERIDES - SERUM**

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

**UREA - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Urea	20	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

**VLDL CHOLESTEROL - SERUM**

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	17		●	Desirable:<30
Triglycerides - Serum	86	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

**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

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	11.2	mg/dL	●	Adult : 6 - 20

**TOTAL T3: TRI IODOTHYRONINE - SERUM**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	93	ng/dL	●	60-180

**TOTAL T4: THYROXINE - SERUM**

Test Name	Result	Unit	Level	Range

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

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TOTAL T4: 7.5 µg/dL ● 3.5 - 12.5  
THYROXINE - SERUM

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

**TSH: THYROID STIMULATING HORMONE -  
SERUM**

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	2.19	µIU/mL	●	0.35 - 5.50

Gall bladder is mildly distended.

Pancreas and spleen appear normal.

No evidence of ascites.

**PAP SMEAR /CERVICAL SMEAR**

Ref No:  
G 635/2023

Right kidney measures 9.0 x4.6 cms.

Left kidney measures 9.5 x 4.3 cms.

Previous Report: G2381/2019 - Cervical Pap smear.  
- Negative for intraepithelial lesion or malignancy,  
Reactive cellular changes associated with inflammation.

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

SPECIMEN TYPE:

Bladder shows normal contour.

Cervical smear

SPECIMEN ADEQUACY:

Uterus measures 6.6 x 3.4cms and shows normal endometrial and myometrial echoes. Endometrial thickness measures 4 mm.

Satisfactory for evaluation with metaplastic squamous cells.

INTERPRETATION/RESULT:

Both ovaries are appear normal.

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- Negative for intraepithelial lesion or malignancy,  
Reactive cellular changes associated with dense inflammation.

IMPRESSION:

COMMENTS AND SUGGESTIONS:

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

SUGGESTED TO REPEAT AFTER A COURSE OF TREATMENT.

ULTRASOUND SCREENING WHOLE ABDOMEN  
STUDY DONE ON 25.03.2023 SHOWS,

**X-RAY CHEST PA**

- Grade III fatty liver.

NO SIGNIFICANT ABNORMALITY IS DETECTED.

REPORTED BY,

DR. A. PANDIAN, MBBS., DMRD.,

CONSULTANT RADIOLOGIST.

**ULTRASOUND SCREENING WHOLE ABDOMEN**

**2D-ECHO WITH COLOUR DOPPLER**

NORMAL CHAMBERS DIMENSIONS.  
STRUCTURALLY NORMAL VALVES.  
NO REGIONAL WALL MOTION ABNORMALITY.  
NORMAL LV SYSTOLIC FUNCTION.  
NORMAL LV DIASTOLIC FUNCTION.  
NO PERICARDIAL EFFUSION/ CLOT.  
LVEF - 67%

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

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## MAMMOGRAPHY

CRANIO CAUDAL AND OBLIQUE MEDIOLATERAL VIEWS OF BOTH BREASTS WERE STUDIED.

Both breasts show normal architecture of glandular tissue interspersed with adiposed tissue and fibrous strands

The skin does not show focal or diffuse thickening or retraction.

The nipples are not retracted.

The retromammary spaces are clear on both sides.

Subcutaneous tissues over both breasts appear normal.

No evidence of axillary lymphadenopathy.

USG screening reveals few enlarged lymphnodes are seen in left axilla, largest measures 0.7 x0 .3 cm.

### IMPRESSION:

NO SIGNIFICANT ABNORMALITY IS DETECTED IN BOTH BREASTS.

NON – SPECIFIC LEFT AXILLARY LYMPHNODES.

Suggested clinical correlation.

REPORTED BY,

DR. A. PANDIAN, MBBS., DMRD.,

CONSULTANT RADIOLOGIST.

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

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## Executive Summary

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


 - Fatty liver

## Wellness Prescription

### Advice On Diet :-

 - Low fat diet

### Advice On Physical Activity :-

 - Regular walking

Printed By : Sasikala T

**Dr.VANI N**

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.