Name : Mr. JAYSUKH RAM (26 /M)	Date	: 24/09/2022
Address :		
Examined by : Dr. SHASHIKANT NIGAM	UHID	: AHIL.0000802659
MEDIWHEEL-FULL BODY CHK-BELOW40-MALE	AHC No	: AHILAH165928

Chief Complaints

For Annual health checkup No specific complaints

Systemic Review

Cardiovascular system	: - Nil Significant
Respiratory system	: - Nil Significant
Oral and dental	: - Nil Significant
Gastrointestinal system	: - Nil Significant
Genitourinary system	: - Nil Significant
Gynaec history	: - Nil Significant
Central nervous system	: - Nil Significant
Eyes	: - Nil Significant
ENT	: - Nil Significant
Musculoskeletal system	:
Spine and joints	
- Nil Significant	
Skin	: - Nil Significant
General symptoms	: - Nil Significant

Past medical history

Do you have any - No allergies? Do you have any drug - No allergies?



MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Surgical history	-	Nil
Personal history	V	
Ethnicity	-	Indian Asian
Marital status	-	Single
Profession	-	corporate employed
Diet	-	Vegetarian
Alcohol	-	does not consume alcohol
Smoking	-	No
Chews tobacco	-	No
Physical activity	-	Moderate
Family history		
Father	-	alive

Faulei	-	allve
Aged	-	59
Mother	-	alive
Aged	-	55
Brothers	-	3
Sisters	-	2
Coronary artery disease	-	none
Cancer	-	None

Physical Examination



General appearance - normal Build - normal Height - 175 Height In - Cm Weight - 65.2 Weight In - Kg BMI - 21.29 Pallor - No Oedema - no

Cardiovascular system

Heart rate (Per minute) - 83 Rhythm - Regular - B.P. Supine Systolic(mm of Hg) - 126 Diastolic(mm of Hg) - 74 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Organomegaly - No Tenderness - No

Date : 24/09/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No: AHILAH165928

Printed By : MUKTA S ADALTI

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No: AHILAH165928

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range			
Estimated Average Glucose.	91.06						
URINE GLUCOSE(POST PRANDIAL	<u>_)</u>						
Test Name	Result	Unit	Level	Range			
Urine Glucose (Post Prandial)	Nil						
URINE GLUCOSE(FASTING)							
Test Name	Result	Unit	Level	Range			
Urine Glucose (Post Prandial)	Nil						
COMPLETE BLOOD COUNT WITH B	<u>ESR</u>						
Test Name	Result	Unit	Level	Range			
Hemoglobin (Photometric Measurement)	15.1	gm%	٠	13.0-17.0			
THYROID PROFILE (T3,T4 AND TS)	<u>H)</u>						
Test Name	Result	Unit	Level	Range			
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.2	nmol/L	•	Adults(20-120 Yrs): 1.2 - 3.1 Pregnant Female : First Trimester : 1.61 - 3.53 Second Trimester : 1.98 - 4.02 Third Trimester : 2.07 - 4.02			
<u>GLUCOSE - SERUM / PLASMA (FASTING)</u>							
Test Name	Result	Unit	Level	Range			
Glucose - Plasma (Fasting)	86	mg/dL	•	70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance >= 126 : Diabetes Mellitus			

THYROID PROFILE (T3,T4 AND TSH)

TSH is a test that measures the amount of the hormone TSH in the blood. It can tell you if it's overactive (hyperthyroidism) or underactive (hypothyroidism). The test also detect thyroid disorder before you have any symptoms.



MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No: AHILAH165928

LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.



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Test Name	Result	Unit	Level	Range
Total Bilirubin	1.03	mg/dL	٠	0.300-1.200
BUN (BLOOD UREA NITROGEN)				
Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	11	mg/dL	٠	6-20

LFT (LIVER FUNCTION TEST)



MEDIWHEEL-FULL BODY CHK-BELOW	AHC No : AHILAH165928			
AST (SGOT) - SERUM	19	U/L	٠	> 1 year Male : <40
<u>GLUCOSE - SERUM / PLASMA (P</u>	OST PRANDI	<u>AL) - PPBS</u>		
Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	101	mg/dL	•	70-140

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.54	g/dL	•	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.54	g/dL	•	6.00-8.00
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	20	U/L	٠	Male : 10 - 71 Female : 6 - 42
GLYCOSYLATED HEMOGLOBIN (HB	A1C) - WHOL	E BLOOD		
Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	4.8	%	•	Normal < 5.7
				%Increased risk for Diabetes 5.7 - 6.4%
				Diabetes >= 6.5%
				Monitoring criteria for Diabetes Mellitus <7.0 : Well Controlled Diabetes 7.1 – 8.0 : Unsatisfactory Control > 8.0 : Poor Control & Needs Immediate Treatment

LFT (LIVER FUNCTION TEST)



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Uric acid is a product of the metabolic breakdown of purine. High blood concentrations of uric acid can lead to gout. It is also associated with other medical conditions including diabetes and the formation of kidney stones.

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	3.1 *	mg/dL	•	Male : 3.4-7.0 Female : 2.4-5.7
<u> CREATININE - SERUM / PLASMA</u>				
Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.74	mg/dL	٠	Adult Male: 0.6 - 1.3
COMPLETE BLOOD COUNT WITH E	SR			
Test Name	Result	Unit	Level	Range
Packed cell volume(Calculated)	44.5	%	•	40-50
BLOOD GROUPING AND TYPING (A	BO and Rh)			
Test Name	Result	Unit	Level	Range
BLOOD GROUP:	O Positive			
LIPID PROFILE - SERUM				
Test Name	Result	Unit	Level	Range
Triglycerides - Serum	108	mg/dL	٠	0-150

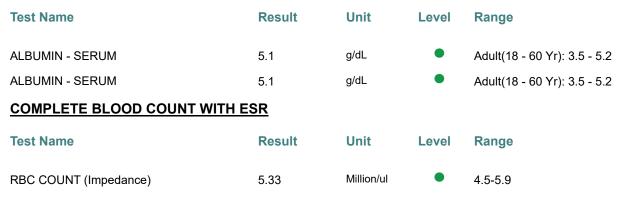
LFT (LIVER FUNCTION TEST)

Test Name	Result	Unit	Level	Range
Direct Bilirubin	0.308 *	mg/dL	•	Upto 0.3 mg/dl
BUN (BLOOD UREA NITROGEN	<u>)</u>			
Test Name	Result	Unit	Level	Range
UREA - SERUM / PLASMA	24	mg/dL	٠	15 - 50
LFT (LIVER FUNCTION TEST)				
Within Normal Range	e Borderline	High/Low	🛑 Out	of Range

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.



URINE FOR ROUTINE EXAMINATION

Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range
Volume	20	mL		
LIPID PROFILE - SERUM				
Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	49 *	mg/dL	•	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease

LFT (LIVER FUNCTION TEST)

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Borderline High/Low

Out of Range

Test Name	Result	Unit	Level	Range

Within Normal Range

UHID : AHIL.0000802659

Date : 24/09/2022

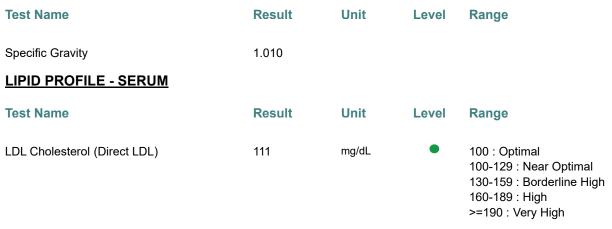
AHC No: AHILAH165928

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

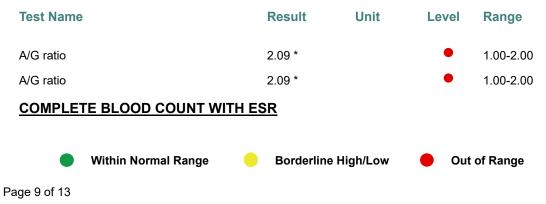
Indirect Bilirubin	0.722	mg/dL	•	1 Day ≤5.1 mg/dL 2 Days ≤7.2 mg/dL 3-5 Days ≤10.3 mg/dL 6-7 Days ≤8.4 mg/dL 8-9 Days ≤6.5 mg/dL 10-11 Days ≤4.6 mg/dL 12-13 Days ≤2.7 mg/dL 14 Days - 9 Years 0.2-0.8 mg/dL 10-19 Years 0.2-1.1 mg/dL ≥20 Years 0.2-1.2 mg/dL
Globulin-Serum/Plasma	2.44		٠	2.20-4.20
Globulin-Serum/Plasma	2.44		٠	2.20-4.20
COMPLETE BLOOD COUNT WITH E	<u>SR</u>			
Test Name	Result	Unit	Level	Range
MCV (From RBC Histogram)	83.6	fl	•	80-100

URINE FOR ROUTINE EXAMINATION

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LFT (LIVER FUNCTION TEST)



Date : 24/09/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Test Name	Result	Unit	Level	Range
MCH(Calculated)	28.42	pg	٠	27-32

URINE FOR ROUTINE EXAMINATION

Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range	
Colour:	Pale-Yellow				
LIPID PROFILE - SERUM					
Test Name	Result	Unit	Level	Range	
VLDL CHOLESTEROL	22		٠	< 40 mg/dl	
VLDL CHOLESTEROL COMPLETE BLOOD COUNT WITH ES			•	< 40 mg/dl	
		Unit	• Level	< 40 mg/dl	

URINE FOR ROUTINE EXAMINATION

Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range
Transparency:	Slightly Turbid			
LIPID PROFILE - SERUM				
Test Name	Result	Unit	Level	Range
C/H RATIO	4		•	0-4.5
COMPLETE BLOOD COUNT WITH E	<u>SR</u>			
Test Name	Result	Unit	Level	Range
RDW(Calculated)	12.8	%	•	11.5-14.5
URINE FOR ROUTINE EXAMINATION	<u>N</u>			
Within Normal Range	Borderline H	igh/Low	Out	of Range
		· · · · · · ·	•	.

Lymphocytes

Monocytes

Eosinophils

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Within Normal Range

Date : 24/09/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range
рН	5.5			
Protein :	Nil			
COMPLETE BLOOD COUNT WITH ES	<u>SR</u>			
Test Name	Result	Unit	Level	Range
WBC Count (Impedance)	7512	/cu mm	•	4000-11000

URINE FOR ROUTINE EXAMINATION

Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range		
Sugar:	Nil					
Blood:	3+					
Ketone	Absent					
Bile Pigments:	Negative					
Urobilinogen	Nil	E.U./dL				
Nitrite	Negative					
Pus Cells	1-2 /h.p.f			0-5		
RBC	18-20 /h.p.f	/hpf		0-5/hpf		
Epithelial Cells	1-2 /h.p.f					
Casts:	Absent					
Crystals:	Absent					
COMPLETE BLOOD COUNT WITH E	<u>SR</u>					
Test Name	Result	Unit	Level	Range		
Neutrophils	54	%	•	40-75		

30

09

07 *

%

%

%

Borderline High/Low

20-40

2-10

01-06

Out of Range

UHID : AHIL.0000802659

Date : 24/09/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Basophils	00	%	•	0-1
Platelet Count (Impedance)	404100	/cu mm	٠	150000-450000
MPV (Calculated)	6.7 *	fl	•	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic– electronic)	02	mm/1st hr	•	0-15

X-RAY CHEST PA

X-ray imaging creates pictures of the inside of your body. Chest X-ray can reveal abnormalities in the lungs, the heart, and bones that sometimes cannot be detected by examination.

NORMAL STUDY.

CARDIOLOGY ECHO/TMT

ECG



Within Normal Range





Out of Range

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH165928

Executive Summary

BODY WEIGHT 65.2 KG, DEAL BODY WEIGHT 58-71 KG
 ECG - NORMAL SINUS RHYTHM
 .TMT — TEST IS NEGATIVE, EXERCISE TIME 11.16 , WORKLOAD 13.4 METS
 .USG ABDOMEN - GRADE I FATTY LIVER
 .CHEST X-RAY - NORMAL
 .EYE - NORMAL
 .ENT - NORMAL
 .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



610

BALANCED DIET---LOW FAT DIET

Advice On Physical Activity :-



REGULAR WALK FOR30 MINS FOR HEALTH, 60 MINS WALK FOR WEIGHT REDUCTION PRACTICE YOGA AND MEDITATION MAINTAIN WEIGHT BETWEEN 58-71 KG

Dr.SHASHIKANT NIGAM

Printed By : MUKTA S ADALTI

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.