

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?



Surgical history

Surgical history - Nil



Personal history

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

Physical Examination



General

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



Abdomen

Organomegaly - No Tenderness - No

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Printed By : MUKTA S ADALTI

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Estimated Average Glucose.	91.06			

URINE GLUCOSE(POST PRANDIAL)

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 ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	15.1	gm%	●	13.0-17.0

THYROID PROFILE (T3,T4 AND TSH)

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

GLUCOSE - SERUM / PLASMA (FASTING)

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.

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	1.42	μIU/mL	●	14-120 years : 0.27 - 4.20

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

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.

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	25	U/L	●	0-50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	169	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	94	nmol/L	●	Adults(20-100 Yrs):66 - 181 Pregnant Female : First Trimester : 94.3 - 190 Second Trimester : 102 - 207 Third Trimester : 89 - 202

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Test Name	Result	Unit	Level	Range
Total Bilirubin	1.03	mg/dL	●	0.300-1.200

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	11	mg/dL	●	6-20

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Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range

AST (SGOT) - SERUM	19	U/L	●	> 1 year Male : <40
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GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

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	●	Male : 10 - 71 Female : 6 - 42

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE 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

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Test Name	Result	Unit	Level	Range
ALKALINE PHOSPHATASE - SERUM/PLASMA	72	U/L	●	Adult(Male): 40 - 129

URIC ACID - SERUM

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

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

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.74	mg/dL	●	Adult Male: 0.6 - 1.3

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Packed cell volume(Calculated)	44.5	%	●	40-50

BLOOD GROUPING AND TYPING (ABO 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	●	0-150

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Test Name	Result	Unit	Level	Range
Direct Bilirubin	0.308 *	mg/dL	●	Upto 0.3 mg/dl

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
UREA - SERUM / PLASMA	24	mg/dL	●	15 - 50

LFT (LIVER FUNCTION TEST)

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

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Test Name	Result	Unit	Level	Range
ALBUMIN - SERUM	5.1	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.1	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
RBC COUNT (Impedance)	5.33	Million/ul	●	4.5-5.9

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

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Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range

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		●	2.20-4.20
Globulin-Serum/Plasma	2.44		●	2.20-4.20

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
MCV (From RBC Histogram)	83.6	fl	●	80-100

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
Specific Gravity	1.010			

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	111	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High ≥190 : Very High

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Test Name	Result	Unit	Level	Range
A/G ratio	2.09 *		●	1.00-2.00
A/G ratio	2.09 *		●	1.00-2.00

COMPLETE BLOOD COUNT WITH ESR

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

Test Name	Result	Unit	Level	Range
MCH(Calculated)	28.42	pg	●	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		●	< 40 mg/dl

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
MCHC(Calculated)	34	%	●	31-36

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 ESR

Test Name	Result	Unit	Level	Range
RDW(Calculated)	12.8	%	●	11.5-14.5

URINE FOR ROUTINE EXAMINATION

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

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
pH	5.5			
Protein :	Nil			

COMPLETE BLOOD COUNT WITH ESR

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 ESR

Test Name	Result	Unit	Level	Range
Neutrophils	54	%	●	40-75
Lymphocytes	30	%	●	20-40
Monocytes	09	%	●	2-10
Eosinophils	07 *	%	●	01-06

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Basophils	00	%	●	0-1
Platelet Count (Impedance)	404100	/cu mm	●	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 ● Borderline High/Low ● Out of Range

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 :-



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

AHC Physician / Consultant Internal Medicine

Printed By : MUKTA S ADALTI

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.