

Name : Mr. ANUPAM DUTTA (34 /M)

Date : 03/12/2022

Address :

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AMHL.0002054421

Package : MEDI WHEEL FULL BODY HCK - MALE (BELOW 40 YRS WITH TMT/ECHO)

AHC No : AMHLAH162230



CHIEF COMPLAINTS

For corporate health checkup
No specific complaints

PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,
Hypertension,
Dyslipidemia, Thyroid
disorder, Heart disease
Asthma Since - childhood; Control
- good; Medication - nil



DRUG ALLERGY

NO KNOWN ALLERGY :03/12/2022



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

Appetite - normal; Dyspepsia - no; Bowel habits -
regular; Piles - no; Hernia - no

Genitourinary system

- Nil Significant

Eyes

Vision - normal

ENT

- Normal hearing

Musculoskeletal system

Spine and joints
- Nil Significant

Skin

- Nil Significant

Weight

- has gained weight without effort



Present medications

- Nil



Past medical history

Do you have any allergies? - Yes

Allergies - food

Do you have any drug allergies? - No

Covid 19 - No



Surgical history

Surgical history - Nil



Personal history

Marital status - Married

Diet - Non Vegetarian

Alcohol - consumes alcohol
occasionally

Units - 4 to 5

Frequency - weekly

Smoking - Yes

Type - Cigarette

Number - 7

Frequency - weekly

Chews tobacco - No

Physical activity - Mild



Family history

Father - alive

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Aged	- 72
Mother	- alive
Aged	- 60
Sisters	- 1
Diabetes	- mother
Hypertension	- father,mother
Coronary artery disease	- none
Cancer	- uncle

PHYSICAL EXAMINATION



General

Build	- over weight
Height	- 174
Weight	- 86
BMI	- 28.41
Pallor	- No
Oedema	- no



Cardiovascular system

Heart rate (Per minute)	- 76
Rhythm	- Regular - B.P. Sitting
Systolic(mm of Hg)	- 124
Diastolic(mm of Hg)	- 82
Heart sounds	- S1S2+

Respiratory system

Breath sounds	- Normal vesicular breath sounds
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Abdomen

Organomegaly	- No
Tenderness	- No



Skin

- No significant finding

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COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	15.6	g/dl	●	13.0-17.0
RBC COUNT	5.31	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	46.0	%	●	41-53
MCV	86.7	fl	●	83-101
MCH	29.3	pg	●	27-32
MCHC	33.8	%	●	31.5-34.5
RDW	13.1	%	●	11.8-14.0
WBC Count	7000	/cu mm	●	4000-10000
Platelet Count	1.91	lacs/cu mm	●	1.5-4.0
Neutrophils	49	%	●	40-80
Lymphocytes	41 *	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	06	mm/1st hr	●	0-15

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	30	mL		
Colour:	Pale Straw			
Appearance	Clear			
Specific Gravity	1.020			
pH:	6.0			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		

Pus Cells	Occasional/hpf
Epithelial Cells	Occasional/hpf
Casts:	Not Found
Crystals:	Not Found
Note	Biological reference interval RBC- 0-2/hpf Pus Cell - 0-5/hpf.

URINE SUGAR- FASTING(QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(FASTING)	Nil			

BLOOD GROUPING AND TYPING (ABO AND RH)

Test Name	Result	Unit	Level	Range
ABO Group:	A			
Rh (D) Type:	POSITIVE			

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	32	U/L	●	10-40
ALBUMIN - SERUM	4.4	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	45 *	U/L	●	53-128
AST (SGOT) - SERUM	22	U/L	●	10-42
BILIRUBIN TOTAL - SERUM	0.6	mg/dL	●	0.0-1.0

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	194	mg/dL	●	0-200

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.9	mg/dL	●	0.9-1.3

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LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	105 *	U/L	●	7-64

TOTAL T3: TRI IODOTHYRONINE - SERUM 1.0 ng/ml ● 0.8-2

TOTAL T4: THYROXINE - SERUM 10.0 µg/dL ● 5.1-14.1

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	82	mg/dL	●	70-99

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	95	mg/dL	●	0-150

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.4	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >= 6.5% ADA Therapeutic goal : <7%

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	3.9	µIU/mL	●	0.270-4.200

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.7	mg/dL	●	3.5-7.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	40	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	134 *	mg/dL	●	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	20	mg/dL	●	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.1	mg/dL	●	0.0-0.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.1	mg/dL	●	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.0	g/dL	●	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	2.6	g/dL	●	1.8-3.6

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
A/G - RATIO	1.7:1.0			1.0-2.0

ECG

SINUS RHYTHM WITH SINUS ARRHYTHMIA.

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

THYROID PROFILE - I(T3,T4 AND TSH)

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

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ULTRASOUND SCREENING WHOLE ABDOMEN

* Hepatomegaly with grade-I fatty changes.

* Cholelithiasis.

X-RAY CHEST PA

Chest skiagram does not reveal any significant abnormality.

INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)

Haematology

URINE SUGAR - POST PRANDIAL (QUALITATIVE)

STOOL ROUTINE

Biochemistry

GLUCOSE - PLASMA (POST PRANDIAL)



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary



1. H/O Asthma since childhood, well controlled.
2. Smoker.
3. Overweight.
4. Elevated GGTP.
5. Dyslipidaemia.
6. USG - A. Hepatomegaly with grade-I fatty changes.
B. Cholelithiasis.

Wellness Prescription

Advice On Diet :-



- * Low fat, low calorie, alcohol free healthy balanced diet.
- * Drink plenty of fluids.

Advice On Physical Activity :-



- * Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

- * Glasses advised.
- * Weight reduction advised.
- * Advised to quit smoking.

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
GENERAL SURGERY		7 Day(s)	for Cholelithiasis

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
LIVER FUNCTION TEST (PACKAGE)	2 Month(s)		review with report
LIPID PROFILE TEST (PACKAGE)	2 Month(s)		review with report

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Follow-up and Review Plan



* Annual health check-up.



Scan the QR code
in AskApollo App
to book your
follow-up
appointments and
investigations

Printed By : AVIJIT DAS

Dr.SUCHISMITA BHAUMIK
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.