



Name : Mr. RAHUL SAHA (37 /M)

Date : 02/03/2024

Address : SHILLONG, SHILLONG, EAST KHASI HILLS, MEGHALAYA, INDIA

AHC MEDICAL SUMMARY

Examined by : Dr .PRABIN KUMAR SAIKIA

UHID : AHLG2.0000038517

Package : MediWheel Full Body Health Check up-Male below 40Yrs

AHC No : APHCAH22717



CHIEF COMPLAINTS

Package Name: MediWheel Full Body Health
Check up-Male below 40Yrs

PRESENT KNOWN ILLNESS

Hypertension Since - 2023; Medication -
regular



DRUG ALLERGY

NO KNOWN ALLERGY :02/03/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

Appetite - normal; Abdominal pain - no; Dyspepsia -
no; Peptic ulcer - no; Bowel habits - regular; Piles -
no

Genitourinary system

- Nil Significant

Central nervous system

Dizziness - no; Concentration - good; Sleep - good

Eyes

Vision - normal with glasses; Glasses - yes; Glasses
for - refractive error

Musculoskeletal system

Spine and joints
- Nil Significant

Weight

- stable

Mind Health screening

Emotional Wellness
Assessment (PHQ9)
Score - 4
Depression Level -
None-Minimal



Present medications

- COVERSYL AM 8/ 10 MG ONCE



Surgical history

Surgical history - Nil

Immunization history

- Precaution Dose



Personal history

Marital status - Married
No. of children - 2
Female - 2
Diet - Non Vegetarian
How many meals in a
week do you eat hotel
food? - 2
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Sedentary



Family history

Father - alive
Aged - 67 YRS
Mother - alive
Aged - 64 YRS
Coronary artery
disease - none
Cancer - None
Osteoporosis - mother

PHYSICAL EXAMINATION

General

Height - 173
 Weight - 82
 BMI - 27.4
 Waist circumference - 90
 Hip - 91
 Waist/ Hip ratio - 0.99
 Pallor - No
 Oedema - no
 SpO2 - 100% RA

Head and ENT

Nose - Deviation of septum to left
 Others - Nasal mucosa congested

Cardiovascular system

Heart rate (Per minute) - 110
 Rhythm - Regular
 - B.P. Sitting
 Systolic(mm of Hg) - 160
 Diastolic(mm of Hg) - 90
 Heart sounds - S1S2+

Respiratory system

Rate of respiration(per minute) - 18
 Breath sounds - Normal vesicular breath sounds

Abdomen

Organomegaly - No
 Tenderness - No

Eyes

Eye vision - Normal
 Eye vision - BE 6/6. N6
 Colour vision - Normal
 Pupil - Normal
 Intraocular pressure - 18 mmHg (BE)
 Advice for spectacle - Yes

Printed By : SAMIMA YASMIN

Mr. RAHUL SAHA (37 /M)

UHID : AHLG2000038517

AHC MEDICAL SUMMARY

Age : MediWheel Full Body Health Check up-Male below 40Yrs

AHC No : APHCAH22717

Executive Summary *

1. Overweight (BMI 27.4)
2. Hypertensive on medication (BP 160/90)
3. Subclinical hypothyroid (TSH 5.99 uIU/ml)
4. Fatty liver Grade II

Wellness Prescription

Advice On Diet :-



Dietician consultation

Advice On Physical Activity :-



Regular exercise

Medications

1. TAB COVERSYL AM 8/10 x continue

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
VITAMIN D-SERUM	Immediate/Urgent		

Follow-up and Review Plan



Further Investigation

Fibroscan



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

Dr. PRABIN KUMAR SAIKIA

AHC Physician / Consultant Internal Medicine

Printed By : HEALTH CHECK REPORT

Dr. Prabin Kumar Saikia
MD (Gen Medicine), FCGP, FICP, PGDHHM
Registration No.-7523, Assam
Consultant Physician, APHC
Apollo Hospitals Guwahati-781005



APOLLO HOSPITALS GUWAHATI

Unit : International Hospital
(A unit of Assam Hospitals Ltd.)

Krishna

Check By

DEPARTMENT OF RADIOLOGY & IMAGING

Division of Computerised Radiography & IITV, DEXA, Computed Tomography & MRI

Patient ID:	AHLG20000038517	Patient Name:	RAHUL SAHA
Age:	37 Years	Sex:	M
Accession Number:	17002.124060109	Modality:	DX
Study Date:	02-Mar-2024	Study:	Chest PA
Referring Physician:	Prabin Kumar Saikia		

CHEST PA VIEW

- No active parenchymal lesion is seen in the lung fields.
- Hilar shadows are normal.
- Cardiac size is normal.
- Hemidiaphragms are normal. CP angles are normal.
- Bony thorax is intact.

Date: 02-Mar-2024 16:08:54

S Hazarika, MD R. Baruah, DMRD P. Hatimota, MD R. Sarmah, MD A. Agarwal, MD M. Gohain, MD, S. Choudhury, MD Zohaib Hussain MD DNB
Discrepancy or transcription error if detected should be sent for correction

DEPARTMENT OF RADIOLOGY & IMAGING

Division of Computerised Radiography & IITV, DEXA, Computed Tomography & MRI

Patient ID:	0000038517	Patient Name:	RAHUL SAHA
Age:	37 Years	Sex:	M
Accession Number:		Modality:	US
Referring Physician:	DR P KR SAIKIA	Study:	W/A
Study Date:	02-Mar-2024		

USG OF WHOLE ABDOMEN

LIVER

The liver is normal in size with increased parenchymal echotexture. No focal lesion is seen. The intrahepatic portal and hepatic venous system are normal. The intrahepatic bile ducts are not dilated.

GALL BLADDER

The gall bladder is normally distended and shows smooth contour. There is no obvious echoreflexive calculus in the gall-bladder. GB wall thickness is within normal limit.

CBD

The CBD is normal in course and calibre. No obvious luminal pathology in visualized portion.

SPLEEN

The spleen is normal in size and echotexture. No focal lesion is noted.

PANCREAS

The pancreas is normal in size and echotexture. No focal lesion is seen. Pancreatic duct is not dilated.

KIDNEYS

Both the kidneys are normal in size, shape, position and echotexture. Cortico-medullary differentiation is maintained. No evidence of calculi or calyceal dilatation on either side. Ureters are not dilated.

Right kidney measures – 99 mm

Left kidney measures – 103 mm

URINARY BLADDER

The urinary bladder is normal in capacity and contour. The wall is not thickened. No intraluminal calculus or mass is seen.

PROSTATE

The prostate gland is normal in size. It measures 30 x 29 x 27 mm in size and weighs about 12 gms.

SEMINAL VESICLE

Both the seminal vesicles appear normal.

No ascites is seen.

Impression:

- **Grade – II hepatic steatosis.**
- **No other significant abnormality is noted on this scan.**



Dr. Utpal Das, MD (Radiodiagnosis)
Senior Consultant Radiologist
Reg No-13621 (AMC)

Date: 02-Mar-2024 12:59:28

S Hazarika, MD R. Baruah, DMRD P. Hatimota, MD R. Sarmah, MD A. Agarwal, MD M. Gohain, MD, S. Choudhury, MD Zohaib Hussain MD DNB

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Patient Details : Mr. RAHUL SAHA | Male | 37Yr 0Mth 0Days

UHID : AHLG2.0000038517

Patient Location: AHC

Patient Identifier: APHCAH22717



DRN : 100044700

Completed on : 02-MAR-2024 10:14

Ref Doctor : Dr. Prabin Kumar Saikia

ECG

IMPRESSION .:

NONSPECIFIC T WAVE CHANGES

--- END OF THE REPORT ---

DR. MOITREYEE BARUAH
MBBS, PGDCC
Jr. Consultant Cardiologist
Apollo Hospitals, Guwahati
Unit: International Hospital

APOLLO HOSPITALS GHY
RG BARUAH ROAD
GUWAHATI

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: MR RAHUL SAHA.,
Patient ID: 38885
Height:
Weight:

DOB: 21.05.1986
Age: 37yrs
Gender: Male
Race: Indian

Study Date: 02.03.2024
Test Type: --
Protocol: BRUCE

Referring Physician: --
Attending Physician: --
Technician: --

Medications:
--

Medical History:
--

Reason for Exercise Test:
--

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	02:03	0.00	0.00	101	130/80	
	STANDING	00:25	0.00	0.00	100		
	HYPERV.	00:01	0.00	0.00	100		
	WARM-UP	00:08	1.00	0.00	99		
EXERCISE	STAGE 1	03:00	2.70	10.00	130	130/80	
	STAGE 2	03:00	4.00	12.00	146	140/80	
	STAGE 3	02:05	5.50	14.00	169	140/80	
RECOVERY		03:13	0.00	0.00	114	140/80	

The patient exercised according to the BRUCE for 8:05 min:s, achieving a work level of Max. METS: 10.20. The resting heart rate of 90 bpm rose to a maximal heart rate of 169 bpm. This value represents 92 % of the maximal, age-predicted heart rate. The resting blood pressure of 130/80 mmHg, rose to a maximum blood pressure of 150/80 mmHg. The exercise test was stopped due to Target heart rate achieved.


Interpretation

Summary: Resting ECG: normal.
Functional Capacity: normal.
HR Response to Exercise: appropriate.
BP Response to Exercise: normal resting BP - appropriate response.
Overall impression: Normal stress test.

Conclusions

TMT IS NEGATIVE FOR INDUCIBLE MYOCARDIAL ISCHAEMIA

Physician


DR. M. M. BARUAH
MBBS, PGDCC
Jr. Consultant Cardiologist
Apollo Hospitals, Guwahati
Unit: International Hospital

Technician



Name : Mr. RAHUL SAHA
UHID : AHLG2.0000038517 / APHCAH22717
SIN \ LRN : 123499238 \ 123499263 \ 123499240 \ 10371710
Specimen : Serum
Ref Doctor : Dr. Prabin Kumar Saikia

Age : 37Yr 0Mth 0Days
Gender : 3480 Male
W/BNo/RefNo : AHC



Collected on : 02-MAR-2024 10:15:10 AM Received on : 02-MAR-2024 11:50:50 AM Reported on : 02-MAR-2024 01:54:30 PM

MediWheel Full Body Health Check up-Male below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
ALT(SGPT) - SERUM (UV With P5P-IFCC)	49	Healthy Males:-16-63 U/L	U/L
ALBUMIN - SERUM (Brom Cresol Green)	4.1	Healthy Adults-3.5-5.2	g/dL
GLOBULIN-SERUM(Calculated)	3.7 *	Healthy Adults :1.8 - 3.6	
ALBUMIN:GLOBULIN-SERUM(RATIO)(Calculated)	1 *	0 - 0	
ALKALINE PHOSPHATASE - SERUM PNPP,AMP Buffer-IFCC	109	Healthy Adults:40-150	U/L
AST (SGOT) - SERUM (UV With P5P-IFCC)	34	Healthy Adults:15 - 37	U/L
BILIRUBIN, TOTAL - SERUM (Modified Dumas Ref. method/Jendrassik & Grof.)	0.6	Healthy Adults:<=1.0	mg/dL
CHOLESTEROL - SERUM (Cholesterol Oxidase)	141	Desirable:<200 Borderline:200 - 240 High Risk:>=240	mg/dL
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM (L-gamma-glutamyl-3-carboxy-4-nitranilide)	27	Healthy Men:15 - 85	U/L

CONSULTANTS

DR. I. KALITA, MD DR. T. SARMA, DCP DR. P. GOSWAMI, MD DR. M. SAIKIA, MD(BIOCHEMISTRY)
DR. A. VERMA, DCP DR. M. BARMAN, MD DR. D.J. LAHON, MD (MICRO) DR. M. SARMA, MD (MICRO)

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Specimen : Serum
Ref Doctor : Dr. Prabin Kumar Saikia

Age : 37Yr 0Mth 0Days
W/BNo/RefNo : AHC

Gender : Male



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GLUCOSE -PLASMA (FASTING)

Hexokinase 131 * Non-Diabetic: <=100 mg/dL
Pre-Diabetic: 100-125
Diabetic: >=126

HDL CHOLESTEROL - SERUM / PLASMA (Direct Measurement)

42 Low: <40 mg/dL
High: >=60

TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)

3.4 Desirable :< 4.5

LDL CHOLESTEROL - SERUM(DIRECT LDL) (Homogenous Method)

88 Optimal:<100 mg/dL
Near Optimal:100-129
Borderline High:130-159
High:160-189
Very High:>=190

PROTEIN, TOTAL - SERUM (Biuret)

7.8 Healthy Adults:6.4-8.3 mg/dl

TRIGLYCERIDES - SERUM (Glycerol Phosphate Oxidase)

57 Normal : <150 mg/dL
Borderline High :150-199
High : 200-499
Very High : >=500

UREA - SERUM (Enzymatic,Urease-GLDH) (Urease)

20 <50 years:19-44 mg/dL

URIC ACID - SERUM (Modified Uricase)

6.0 Healthy Men: 3.5 - 7.2 mg/dL

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VLDL CHOLESTEROL - SERUM CALCULATED.	11	Desirable:<30	
BILIRUBIN CONJUGATED (DIRECT) - SERUM (Jendrassik & Grof)	0.2	Healthy Adults:0.0-0.5	mg/dL
CREATININE - SERUM JAFJE METHOD	0.8	Healthy Men: 0.72 - 1.25	mg/dL
TOTAL T3: TRI IODOTHYRONINE - SERUM (Eclia)	1.7	Healthy Adults Euthyroid: 1.2-3.1	nmol/L
TOTAL T4: THYROXINE - SERUM (Eclia)	122	Healthy Adults Euthyroid: 66-181	nmol/L
TSH: THYROID STIMULATING HORMONE - SERUM (Eclia)	5.99 *	Healthy Adults Euthyroid:0.270 - 4.20	uIU/mL
GLUCOSE - PLASMA (POST PRANDIAL) Hexokinase	179 *	Normal: <140 Pre-Diabetic: 140-199 Diabetic :->=200	mg/dL

Report Status:Final

* END OF REPORT *

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1078550

Dr. Moushumi Saikia

Printed On : 03-MAR-2024 12:17:53 PM

Dr. MOUSHUMI SAIKIA,
MBBS,MD
REG NO.14979 AMC
CONSULTANT BIOCHEMIST

CONSULTANTS

- DR. I. KALITA, MD
- DR. T. SARMA, DCP
- DR. P. GOSWAMI, MD
- DR. M. SAIKIA, MD(BIOCHEMISTRY)
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 UHID : AHLG2.0000038517 / APHCAH22717 W/BNo/RefNo : AHC
 SIN IRLN : 123499239 \ 123499262 \ 10371710
 Specimen : Urine
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 02-MAR-2024 10:15:10 AM Received on : 02-MAR-2024 02:44:01 PM Reported on : 02-MAR-2024 03:20:42 PM

MediWheel Full Body Health Check up-Male below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
HEMOGRAM(CBC+ESR+RECTIC+PS)			
Hemoglobin	14.3	13.0 - 18.0	g/dl
RBC COUNT	5.8 *	4.5 - 5.5	Million/ul
MCV	76.6 *	82.0 - 92.0	fl
MCH	24.7 *	26.0 - 32.0	pg
MCHC	32.2	31.0 - 36.0	g/dl
RDW-CV	14	11.6 - 14	%
RETICULOCYTE COUNT	1.71	Healthy Adult -:0.5-2.5%	%
Platelet Count	234	150 - 400	10 ³ /mm ³
TLC/WBC Count	8.73	4.0 - 11.0	10 ³ /mm ³
ERYTHROCYTE SEDIMENTATION RATE (ESR)	6	0 - 10	mm/1st hr
Differential Count			
Neutrophils	64	45 - 75	%
Lymphocytes	27.3	20 - 40	%
Eosinophils	5.8	1 - 6	%
Monocytes	2.4	2 - 10	%
Basophils	0.5	0 - 2	%
PERIPHERAL SMEAR			
RBC:	Normocytic normochromic blood picture is seen.Few microcytes are seen.		
WBC:	Total and Differential counts are within normal limits		
Platelets:	Adequate on the smear		
Hemoparasites	No hemoparasites		
PACKED CELL VOLUME [PCV]	44.4	40 - 50	%

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 UHID : AHLG2.0000038517 / APHCAH22717
 SIN ILRN : 123499239 \ 123499262 \ 10371710
 Specimen : Urine
 Ref Doctor : Dr. Prabin Kumar Saikia

Age : 37Yr 0Mth 0Days
 W/BNo/RefNo : AHC
 Gender : Male
 MC-3480



Collected on : 02-MAR-2024 10:15:10 AM Received on : 02-MAR-2024 02:44:01 PM Reported on : 02-MAR-2024 03:20:42 PM

URINE- BENCE JONES PROTEINS	Negative	Negative
URINE ROUTINE (CUE)		
Color,:	Pale yellow	Pale Yellow/amber
Transparency:	Clear	Clear
Specific Gravity(Strip Method)	1.015 *	1.016 - 1.026
pH(Strip Method+ Ph Paper)	6.0	4.6 - 8
Glucose:(Benedicts+Strip Method)	Nil	Negative
Protein :(Strip+Heat Method)	Nil	Negative
DEPOSITS:(Microscopy)		
RBC	Not seen	Upto 3 Cells/hpf
WBC/Pus Cells	1-2/HPF	Upto to 5 Cells/hpf
Squamous epithelial cells	0-1/HPF	Up to 20
Casts:(Microscopy)	Not Detected	Absent
Crystals:	Not Detected	Absent
Nitrite	Negative	Negative
URINE SUGAR	Nil	
Report Status:Final		

* END OF REPORT *

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Pooja Keshan

Printed On : 03-MAR-2024 12:18:09 PM

Dr.Pooja Keshan MBBS,MD
Reg No 21460 AMC