



Name : Ms. NAMRATA KASHYAP (31 /F)

Date : 24/02/2024

Address : HENGRABARI, GUWAHATI, KAMRUP(M), ASSAM, INDIA

AHC MEDICAL SUMMARY

Examined by: Dr .PRABIN KUMAR SAIKIA

UHID : AHLG2.0000037912

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

AHC No : APHCAH21980



CHIEF COMPLAINTS

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



DRUG ALLERGY

NO KNOWN ALLERGY :24/02/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

Cough - yes

Oral and dental

- Nil Significant

Gastrointestinal system

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

Genitourinary system

- Nil Significant

Gynaec history

Last menstrual period - 15 /02 /24

Central nervous system

Head ache - occasional; Dizziness - no; Concentration - good; Sleep - inadequate

Musculoskeletal system

Spine and joints
Back (lower) - pain

Weight

- stable



Surgical history

Surgical history - Nil

Immunization history

- Precaution Dose



Personal history

Marital status

- Married

Diet

- Non Vegetarian

Alcohol

- does not consume alcohol

Smoking

- No

Chews tobacco

- No

Physical activity

- Moderate



Family history

Father

- alive

Aged

- 64 YRS

Mother

- alive

Aged

- 53 YRS

Brothers

- 1

Diabetes

- mother

Hypertension

- mother

Coronary artery disease

- none

Cancer

- None

PHYSICAL EXAMINATION



General

Height

- 160

Weight

- 60

BMI

- 23.44

Waist circumference

- 66

Hip

- 86

Waist/ Hip ratio

- 0.77

Pallor

- No

Oedema

- no

SpO2

- 100% RA



Cardiovascular system

Heart rate (Per minute)

- 72


Rhythm

- Regular

Systolic(mm of Hg) - B.P. Sitting
- 100
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

Respiratory system

Rate of respiration(per minute) - 20
Breath sounds - Normal vesicular breath sounds

 **Abdomen**

Organomegaly - No
Tenderness - No

Executive Summary

ACVD RISK SCORE REPORT

RISK SCORE

ASSIGNABLE SCORE

- 1. Fatty liver Grade I

Recommended Follow-up Tests

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



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

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.

Name : Ms. NAMRATA KASHYAP Age : 31Yr 3Mth 23Days Gender : Female
 UHID : AHLG2.0000037912 / APHCAH21980 W/BNo/RefNo : AHC
 SIN \ LRN : 123429493 \ 123429500 \ 123429495 \ 10347742
 Specimen : Serum
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 24-FEB-2024 10:09:07 AM Received on : 24-FEB-2024 10:39:04 AM Reported on : 24-FEB-2024 11:34:49 AM

MediWheel Full Body Health Check up-Female below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
ALT(SGPT) - SERUM (UV With P5P-IFCC)	38	Healthy Females:14-59 U/L	U/L
ALBUMIN - SERUM (Brom Cresol Green)	3.6	Healthy Adults-3.5-5.2	g/dL
GLOBULIN-SERUM(Calculated)	4.5 *	Healthy Adults: 1.8 - 3.6	
ALBUMIN:GLOBULIN-SERUM(RATIO)(Calculated)	1 *	0 - 0	
ALKALINE PHOSPHATASE - SERUM PNPP,AMP Buffer-IFCC	114	Healthy Adults:40-150	U/L
AST (SGOT) - SERUM (UV With P5P-IFCC)	23	Healthy Adults:15 - 37	U/L
BILIRUBIN, TOTAL - SERUM (Modified Doumas Ref. method/Jendrassik & Grof.)	0.3	Healthy Adults:<=1.0	mg/dL
CHOLESTEROL - SERUM (Cholesterol Oxidase)	178	Desirable:<200 Borderline:200 - 240 High Risk:>=240	mg/dL
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM (L-gamma-glutamyl-3-carboxy-4-nitranilide)	23	Healthy Women:5 - 55	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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 Ref Doctor : Dr. Prabin Kumar Saikia

Age : 31Yr 3Mth 23Days
 Gender : Female
 W/BNNo/RefNo : AHC
 MC-3480



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GLUCOSE -PLASMA (FASTING)

Hexokinase	93	Non-Diabetic: <=100 Pre-Diabetic: 100-125 Diabetic: >=126	mg/dL
HDL CHOLESTEROL - SERUM / PLASMA (Direct Measurement)	45	Low: <40 High: >=60 Desirable : < 4.5	mg/dL
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	4.0		
LDL CHOLESTEROL - SERUM(DIRECT LDL) (Homogenous Method)	115 *	Optimal:<100 Near Optimal:100-129 Borderline High:130-159 High:160-189 Very High:>=190	mg/dL
PROTEIN, TOTAL - SERUM (Biuret)	8.1	Healthy Adults:6.4-8.3	mg/dl
TRIGLYCERIDES - SERUM (Glycerol Phosphate Oxidase)	118	Normal : <150 Borderline High :150-199 High : 200-499 Very High : >=500	mg/dL
UREA - SERUM (Enzymatic,Urease-GLDH) (Urease)	38	<50 years:15-40	mg/dL
URIC ACID - SERUM (Modified Uricase)	4.8	Healthy Women:2.6 - 6.0	mg/dL

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VLDL CHOLESTEROL - SERUM CALCULATED.	23	Desirable:<30	
BILIRUBIN CONJUGATED (DIRECT) - SERUM (Jendrassik & Grof)	0.1	Healthy Adults:0.0-0.5	mg/dL
CREATININE - SERUM JAFJE METHOD	0.7	Healthy Women: 0.57 - 1.11	mg/dL
TOTAL T3: TRI IODOTHYRONINE - SERUM (Eclia)	2.1	Healthy Adults Euthyroid:1.3-3.1	nmol/L
TOTAL T4: THYROXINE - SERUM (Eclia)	124	Healthy Adults Euthyroid: 66-181	nmol/L
TSH: THYROID STIMULATING HORMONE - SERUM (Eclia)	2.06	Healthy Adults Euthyroid: 0.270-4.20	uIU/mL
GLUCOSE - PLASMA (POST PRANDIAL) Hexokinase	101	Normal: <140 Pre-Diabetic: 140-199 Diabetic :->=200	mg/dL

Report Status:Final

* END OF REPORT *

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1078550

M. Saikia

Printed On : 25-FEB-2024 09:50:47 AM

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

Page 3 of 3

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Age : 31Yr 3Mth 23Days

Gender : Female
MC-3480

UHID : AHLG2.0000037912 / APHCAH21980

W/BNo/RefNo : AHC

SIN \ LRN : 123429498 \ 10347742

Specimen : Whole blood

Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 24-FEB-2024 10:09:07 AM

Received on : 24-FEB-2024 10:35:04 AM

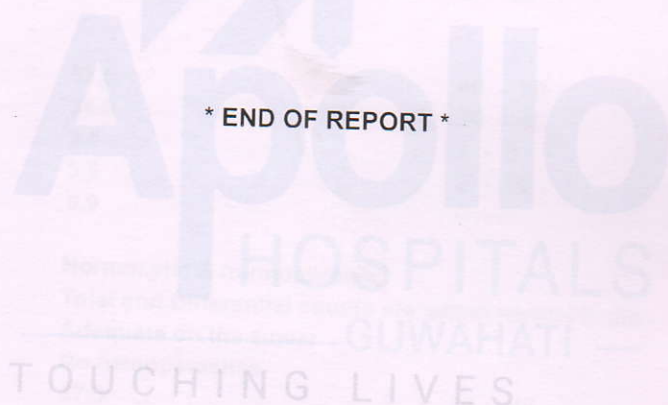
Reported on : 24-FEB-2024 12:30:44 PM

MediWheel Full Body Health Check up-Female below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.0	GOAL:<6.5% Prediabetic:5.7-6.4% Diabetic:>6.5% Non-diabetic:<5.7% Uncontrolled-diabetics>8%	%
GLYCOSYLATED HEMOGLOBIN (HbA1C) - WHOLE BLOOD			
Mean Plasma Glucose (MPG) Estimate:	96.8000		mg/dL

Report Status:Final

*** END OF REPORT ***



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First Report Printed On : 25-FEB-2024 09:51:09 AM
Printed On : 25-FEB-2024 09:51:24 AM

Ashwin

DR. ASHWIN VERMA, D.C.P
ASSOCIATE CONSULTANT PATHOLOGIST
REGD NO. 5340 AMC

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 UHID : AHLG2.0000037912 / APHCAH21980 W/BNo/RefNo : AHC MC-3480
 SIN \LRN : 123429494 \ 123429497 \ 10347742
 Specimen : Urine
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 24-FEB-2024 10:09:07 AM Received on : 24-FEB-2024 02:38:56 PM Reported on : 24-FEB-2024 02:46:18 PM

MediWheel Full Body Health Check up-Female below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
HEMOGRAM(CBC+ESR+RECTIC+PS)			
Hemoglobin	12.1	12.0 - 15.0	g/dl
RBC COUNT	4.24	3.8 - 4.8	Million/ul
MCV	88	82.0 - 92.0	fl
MCH	28.5	26.0 - 32.0	pg
MCHC	32.4	31.0 - 36.0	g/dl
RDW-CV	13.3	11.6 - 14	%
RETICULOCYTE COUNT	1.32	Healthy Adult -0.5-2.5%	%
Platelet Count	307	150 - 400	10 ³ /mm ³
TLC/WBC Count	5.72	4.0 - 11.0	10 ³ /mm ³
ERYTHROCYTE SEDIMENTATION RATE (ESR)	36 *	0 - 20	mm/1st hr
Differential Count			
Neutrophils	53.5	40 - 70	%
Lymphocytes	38.6	20 - 40	%
Eosinophils	3.5	1 - 6	%
Monocytes	3.5	2 - 10	%
Basophils	0.9	0 - 2	%
PERIPHERAL SMEAR			
RBC:	Normocytic & normochromic		
WBC:	Total and Differential counts are within normal limits		
Platelets:	Adequate on the smear		
Hemoparasites	No hemoparasites		
PACKED CELL VOLUME [PCV]	37.3	36 - 46	%

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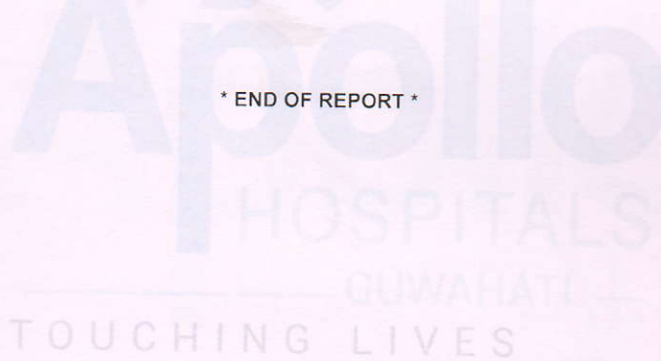
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URINE- BENCE JONES PROTEINS	Negative	Negative
URINE ROUTINE (CUE)		
Color,:	Pale yellow	Pale Yellow/amber
Transparency:	Turbid	Clear
Specific Gravity(Strip Method)	1.020	1.016 - 1.026
pH(Strip Method+ Ph Paper)	6.0	4.6 - 8
Glucose:(Benedicts+Strip Method)	Nil	Negative
Protein :(Strip+Heat Method)	Nil	Negative
DEPOSITS:(Microscopy)		
RBC	Not seen	Upto 3 Cells/hpf
WBC/Pus Cells	2-4/HPF	Upto to 5 Cells/hpf
Squamous epithelial cells	1-2/HPF	Up to 20
Casts:(Microscopy)	Not Detected	Absent /lpf
Crystals:	Not Detected	Absent /lpf
Nitrite	Negative	Negative
URINE SUGAR	Nil	
Report Status:Final		

* END OF REPORT *



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Pooja Keshan

Printed On : 25-FEB-2024 09:51:44 AM

Dr.Pooja Keshan MBBS,MD
 Reg No 21460 AMC

CONSULTANTS

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Sheng
Cheng

DEPARTMENT OF RADIOLOGY & IMAGING

Division of Colour Doppler & Ultrasonography

Patient ID:	AHLG20000037912	Patient Name:	NAMRATA KASHYAP
Age:	31 Years	Sex:	F
Accession Number:	17002.124052367	Modality:	DX
Study Date:	24-Feb-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.

Suman Hazarika

Date: 24-Feb-2024 14:16:10

Apollo
HOSPITALS
GUWAHATI
TOUCHING LIVES

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 Colour Doppler & Ultrasonography

Patient ID:	0000037912	Patient Name:	NAMRATA KASHYAP
Age:	31 Years	Sex:	F
Accession Number:		Modality:	US
Referring Physician:	DR P KR SAIKIA	Study:	W/A
Study Date:	24-Feb-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 – 95 mm

Left kidney measures – 109 mm

URINARY BLADDER

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

UTERUS

The uterus is normal in size and is anteverted in position. The midline endometrial echo is normal. The myometrium shows homogenous echotexture. No focal myometrial lesion is seen. Cervix appears normal. Uterus measures about 66 x 44 x 30 mm.

ADNEXAE

Both the ovaries are normal in size and echoanatomy. There is no evidence of any abnormal solid or cystic lesion in the ovaries. The right and left ovary respectively measures 22 x 14 mm & 24 x 18 mm in size.

No ascites is seen.

Impression:

- **Grade – I hepatic steatosis.**
- **Rest of the organs are within normal limit.**

[Signature]

Dr. Zohaib Hussain, MD, DNB
Consultant Radiologist
Reg No - 26584 (AMC)

Date: 24-Feb-2024 11:39:54

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

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EXERCISE STRESS TEST REPORT

Patient Name: MS. NAMRATA, KASHYAP
Patient ID: 03603
Height:
Weight:

DOB: 01.11.1992
Age: 31yrs
Gender: Female
Race: Indian

Study Date: 24.02.2024
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	01:04	0.00	0.00	104	120/80	
	STANDING	00:16	0.00	0.00	92		
	HYPERV.	00:02	0.00	0.00	90		
	WARM-UP	00:06	1.00	0.00	86		
EXERCISE	STAGE 1	03:00	2.70	10.00	134	120/80	
	STAGE 2	03:00	4.00	12.00	153	140/80	
	STAGE 3	02:02	5.50	14.00	173	150/84	
RECOVERY		03:04	0.00	0.00	94	130/80	


The patient exercised according to the BRUCE for 8:01 min:s, achieving a work level of Max. METS: 10.20. The resting heart rate of 69 bpm rose to a maximal heart rate of 173 bpm. This value represents 91 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 150/84 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. MOITREYEE BARUAH
MBBS, PQDCC
Jr. Consultant Cardiologist
Apollo Hospitals, Guwahati

Technician

Patient Details : Ms. NAMRATA KASHYAP | Female | 31Yr 3Mth 23Days

UHID : AHLG2.0000037912

Patient Location: AHC

Patient Identifier: APHCAH21980



DRN : 100038644

Completed on : 24-FEB-2024 10:22

Ref Doctor : Dr. Prabin Kumar Saikia

IMPRESSION .:

ECG

SINUS ARRHYTHMIA

--- END OF THE REPORT ---

DR. MOTTREYEE BARUAH
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Jr. Consultant Cardiologist
Apollo Hospitals, Guwahati
Unit: International Hospital