

Name : Mr. KISHORE BEZBARAUH (35 /M)  
 Address : BHANGAGARH, GUWAHATI, KAMRUP(M), ASSAM, INDIA  
 Examined by: Dr. PRABIN KUMAR SAIKIA  
 Package : MediWheel Full Body Health Check up-Male below 40Yrs

Date : 26/10/2024  
 UHID : AHLG2.0000045699  
 AHC No : APHCAH29006



## CHIEF COMPLAINTS

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



## DRUG ALLERGY

NO KNOWN ALLERGY :26/10/2024



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Oral and dental

- Adv: Scaling and polishing

### Gastrointestinal system

Appetite - normal; Dyspepsia - yes; Nature - intermittent; Peptic ulcer - no; Bowel habits - regular; Piles - no

### Genitourinary system

- Nil Significant

### Central nervous system

Dizziness - no; Concentration - good; Sleep - good

### Musculoskeletal system

Spine and joints

- Nil Significant

### Weight

- stable



## Surgical history

Surgical history - Nil

## Immunization history

- Precaution Dose



## Personal history

Marital status - Married  
 Diet - Non Vegetarian  
 Alcohol - consumes alcohol occasionally  
 Smoking - No  
 Chews tobacco - No  
 Physical activity - Moderate



## Family history

Father - alive  
 Aged - 75 YRS  
 Mother - alive  
 Aged - 57 YRS  
 Brothers - 1  
 Sisters - 1  
 Hypertension - father  
 Coronary artery disease - none  
 Cancer - None

## PHYSICAL EXAMINATION



## General

Height - 167  
 Weight - 65  
 BMI - 23.31  
 Waist circumference - 88  
 Hip - 89  
 Waist/ Hip ratio - 0.99  
 Pallor - No  
 Oedema - no  
 SpO2 - 99% RA



## Head and ENT

Nose - Deviation of septum to left  
 Others - Nose: CD (R), Bilateral HIT+



## Cardiovascular system

Heart rate (Per minute) - 86

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Rhythm - Regular  
 - B.P. Sitting  
 Systolic(mm of Hg) - 110  
 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

### Eyes

Eye vision - BE 6/6. N6  
 Colour vision - Normal  
 Pupil - Normal  
 Intraocular pressure - 15 mmHg (R), 14 mmHg (L)  
 Advice for spectacle - No

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## Executive Summary


-  1. Dyslipidemia (Ch 249 mg/dL, LDL 167 mg/dL, Tg 134 mg/dL)
-  2. Subclinical Hypothyroid (TSH 4.4 uIU/mL)

## Wellness Prescription

### Advice On Diet :-

 Dietician consultation


### Advice On Physical Activity :-

 Regular exercise

## Medications

1. TAB ROSUVAS 10 MG 1 tab once daily at bedtime x 6 months

## Follow-up and Review Plan

 Review check after 6 months with lipid profile and TSH.



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

Printed By : HEALTH CHECK REPORT



**Dr. PRABIN KUMAR SAIKIA**

AHC Physician / Consultant Internal Medicine

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.

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## Medications

1. TAB ROSUVAS 10 MG

1 tab once daily at bedtime x 6 months

**Dr.PRABIN KUMAR SAIKIA**

AHC Physician / Consultant Internal Medicine

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

DEPARTMENT OF BIOCHEMISTRY

Name : Mr. KISHORE BEZBARAUH Age : 35Yr 0Mth 0Days Gender : Male  
 UHID : AHLG2.0000045699 / APHCAH29006 W/BNo/RefNo : AHC  
 SIN \ LRN : 125770096 \ 125770097 \ 125770099 \ 11211182  
 Specimen : Serum  
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 26-OCT-2024 10:15:08 AM Received on : 26-OCT-2024 12:15:05 PM Reported on : 26-OCT-2024 02:13:30 PM

MediWheel Full Body Health Check up-Male below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
VLDL CHOLESTEROL - SERUM CALCULATED.	26	Desirable:<30	
AST (SGOT) - SERUM (UV With P5P-IFCC)	42 *	Healthy Adults:15 - 37	U/L
ALT(SGPT) - SERUM (UV With P5P-IFCC)	41	Healthy Males:-16-63	U/L
PROTEIN, TOTAL - SERUM (Biuret)	8.0	Healthy Adults:6.4-8.3	mg/dl
URIC ACID - SERUM (Modified Uricase)	6.7	Healthy Men: 3.5 - 7.2	mg/dL
ALKALINE PHOSPHATASE - SERUM PNPP,AMP Buffer-IFCC	112	Healthy Adults:40-150	U/L
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM (L-gamma-glutamyl-3-carboxy-4-nitranilide)	35	Healthy Men:15 - 85	U/L
BILIRUBIN, TOTAL - SERUM (Modified Doumas Ref. method/Jendrassik & Grof.)	0.3	Healthy Adults:<=1.0	mg/dL
BILIRUBIN CONJUGATED (DIRECT) - SERUM (Jendrassik & Grof)	0.1	Healthy Adults:0.0-0.5	mg/dL
CREATININE - SERUM JAFTE METHOD	0.9	Healthy Men: 0.72 - 1.25	mg/dL

CONSULTANTS

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)      DR. POOJA KESHAN, MD (PATHO)      DR. N. MAHANTA, MD (PATHO)

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ALBUMIN - SERUM (Brom Cresol Green)	4.3	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	
HDL CHOLESTEROL - SERUM / PLASMA (Direct Measurement)	38 *	Low: <40 High: >=60	mg/dL
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	6.6 *	Desirable :< 4.5	
LDL CHOLESTEROL - SERUM(DIRECT LDL) (Homogenous Method)	167 *	Optimal:<100 Near Optimal:100-129 Borderline High:130-159 High:160-189 Very High:>=190	mg/dL
CHOLESTEROL - SERUM (Cholesterol Oxidase)	249 *	Desirable:<200 Borderline:200 - 240 High Risk:>=240	mg/dL
TRIGLYCERIDES - SERUM (Glycerol Phosphate Oxidase)	134	Normal : <150 Borderline High :150-199 High : 200-499 Very High : >=500	mg/dL

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UREA - SERUM (Enzymatic,Urease-GLDH) (Urease)	18 *	<50 years:19-44*	mg/dL
GLUCOSE -PLASMA (FASTING) Hexokinase	85	Non-Diabetic: <=100 Pre-Diabetic: 100-125 Diabetic: >=126	mg/dL
TOTAL T3: TRI IODOTHYRONINE - SERUM (Eclia)	1.8	Healthy Adults Euthyroid: 1.2-3.1	nmol/L
TOTAL T4: THYROXINE - SERUM (Eclia)	115	Healthy Adults Euthyroid: 66-181	nmol/L
TSH: THYROID STIMULATING HORMONE - SERUM (Eclia)	4.4 *	Healthy Adults Euthyroid:0.270 - 4.20	uIU/mL
GLUCOSE - PLASMA (POST PRANDIAL) Hexokinase	108	Normal: <140 Pre-Diabetic: 140-199 Diabetic :->=200	mg/dL

Report Status:Final

\* END OF REPORT \*

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1078550

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

Name : Mr. KISHORE BEZBARAUH Age : 35Yr 0Mth 0Days Gender : Male  
 UHID : AHLG2.0000045699 / APHCAH29006 W/BNo/RefNo : AHC  
 SIN \LRN : 125770095 \ 125770094 \ 11211182  
 Specimen : Urine  
 Ref Doctor : Dr. Prabin Kumar Saikia



Collected on : 26-OCT-2024 10:15:08 AM Received on : 26-OCT-2024 12:23:27 PM Reported on : 26-OCT-2024 12:28:33 PM

MediWheel Full Body Health Check up-Male below 40Yrs

TEST NAME	RESULT	BIOLOGICAL REFERENCE INTERVALS	UNITS
URINE- BENCE JONES PROTEINS	Negative	Negative	
URINE SUGAR	Nil		
URINE ROUTINE (CUE)			
Color,:	Pale yellow	Pale Yellow/amber	
Transparency:	Clear	Clear	
Specific Gravity(Strip Method)	1.000 *	1.016 - 1.026	
pH(Strip Method+ Ph Paper)	5.5	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 5 Cells/hpf	
Squamous epithelial cells	0-1 /HPF	Up to 20	
Casts:(Microscopy)	Not Detected	Absent	/lpf
Crystals:	Not Detected	Absent	/lpf
Nitrite	Negative	Negative	
HEMOGRAM(CBC+ESR+RECTIC+PS)			
Hemoglobin	12.9 *	13.0 - 18.0	g/dl
RBC COUNT	5.83 *	4.5 - 5.5	Million/ul
MCV	74.1 *	82.0 - 92.0	fl
MCH	22.1 *	26.0 - 32.0	pg
MCHC	29.9 *	31.0 - 36.0	g/dl
RDW-CV	16.0 *	11.6 - 14	%
RETICULOCYTE COUNT	1.58	Healthy Adult -:0.5-2.5%	%

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 SIN \LRN : 125770095 \ 125770094 \ 11211182  
 Specimen : Urine  
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Collected on : 26-OCT-2024 10:15:08 AM Received on : 26-OCT-2024 12:23:27 PM Reported on : 26-OCT-2024 12:28:33 PM

Platelet Count	316	150 - 400	10 <sup>3</sup> /mm <sup>3</sup>
TLC/WBC Count	6.00	4.0 - 11.0	10 <sup>3</sup> /mm <sup>3</sup>
ERYTHROCYTE SEDIMENTATION RATE (ESR)	16 *	0 - 10	mm/1st hr
<b>Differential Count</b>			
Neutrophils	62.2	45 - 75	%
Lymphocytes	29.5	20 - 40	%
Eosinophils	4.0	1 - 6	%
Monocytes	4.0	2 - 10	%
Basophils	0.3	0 - 2	%
<b>PERIPHERAL SMEAR</b>			
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]	43.2	40 - 50	%
Report Status:Final			

\* END OF REPORT \*

APOLLO  
HOSPITALS  
GUWAHATI  
TOUCHING LIVES

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Dr.Pooja Keshan MBBS,MD  
Reg No 21460 AMC

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CONSULTANTS

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Name : Mr. KISHORE BEZBARAUH Age : 35Yr 0Mth 0Days Gender : Male  
UHID : AHLG2.0000045699 / APHCAH29006 W/BNo/RefNo : AHC  
SIN \LRN : 125770098 \ 11211182  
Specimen : Blood  
Ref Doctor : Dr. Prabin Kumar Saikia



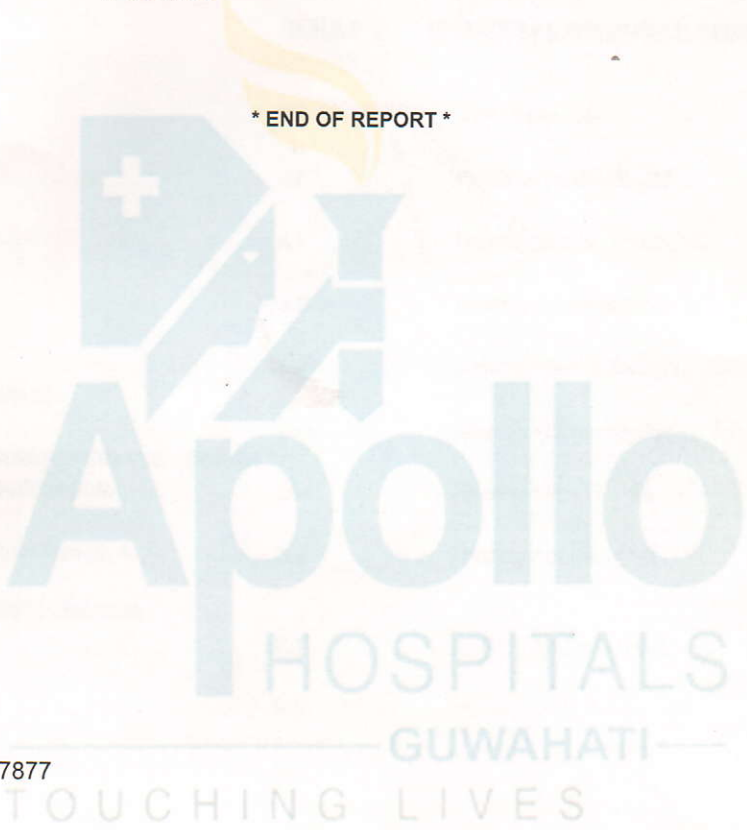
Collected on : 26-OCT-2024 10:15:08 AM Received on : 26-OCT-2024 11:50:29 AM Reported on : 26-OCT-2024 11:51:09 AM

**TEST NAME** **RESULT**

**BLOOD GROUPING AND TYPING**

ABO Group: AB  
Rh (D) Type: POSITIVE  
Report Status: Final

\* END OF REPORT \*



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**CONSULTANTS**  
DR. DEEPA BHUYAN  
MOIC, BLOOD BANK

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**DEPARTMENT OF RADIOLOGY & IMAGING**

• Division of Colour Doppler & Ultrasonography

Patient ID:	AHLG2.0000045699	Patient Name:	KISHORE BEZBARAUH
Age:	35 Years	Sex:	M
Accession Number:	17002.124283709	Modality:	DX
Study Date:	26-Oct-2024	Study:	X-RAY 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.

*Meghain*

Dr. Meghali Gohain, MD  
Consultant Radiology

Date: 26-Oct-2024 15:19:31

**Apollo**  
HOSPITALS  
GUWAHATI  
TOUCHING LIVES

**DEPARTMENT OF RADIOLOGY & IMAGING**

Division of Colour Doppler & Ultrasonography

Patient ID:	0000045699	Patient Name:	KISHORE BEZBARUAH
Age:	35	Sex:	M
Accession Number:		Modality:	US
Referring Physician:	DR P K SAIKIA	Study:	W/ABD
Study Date:	28-Oct-2024		

**USG OF WHOLE ABDOMEN**

**LIVER**

The liver is normal in size with homogenous midlevel 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 – 102 mm

Left kidney measures – 100 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 weighs about 13 gms.

**SEMINAL VESICLE**

Both the seminal vesicles appear normal.

No ascites is seen.

**Impression: No significant abnormality is noted on this scan.**



Dr. Utpal Das, MD (Radiodiagnosis)

Senior Consultant Radiologist

Reg No-13621 (AMC)

Date: 01-Nov-2024 10:36:49

APOLLO HOSPITALS GHY  
RG BARUAH ROAD  
GUWAHATI

Station  
Telephone:

## EXERCISE STRESS TEST REPORT

Patient Name: MR KISHORE BEZBARUAH.,  
Patient ID: 03915  
Height:  
Weight:

DOB: 20.01.1989  
Age: 35yrs  
Gender: Male  
Race: Indian

Study Date: 01.11.2024  
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	01:46	0.00	0.00	80	120/80	
	STANDING	00:10	0.00	0.00	81		
	HYPERV.	00:02	0.00	0.00	81		
	WARM-UP	00:09	1.00	0.00	86		
EXERCISE	STAGE 1	03:00	2.70	10.00	103	120/80	
	STAGE 2	03:00	4.00	12.00	131	130/80	
	STAGE 3	03:00	5.50	14.00	151	140/80	
	STAGE 4	01:01	6.70	16.00	171	150/80	
RECOVERY		03:09	0.00	0.00	108	120/80	

The patient exercised according to the BRUCE for 10:01 min:s, achieving a work level of Max. METS: 13.40. The resting heart rate of 75 bpm rose to a maximal heart rate of 171 bpm. This value represents 92 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 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. MOHREYEE BARUAH

MBBS, PGCC

Senior Consultant Cardiologist

Apollon Hospitals, Guwahati

Technician

**Patient Details** : Mr. KISHORE BEZBARAUH | Male | 35Yr 0Mth 0Days

**UHID** : AHLG2.0000045699      **Patient Location:** AHC

**Patient Identifier:** APHCAH29006



**DRN** : 100206907

**Completed on :** 26-OCT-2024 09:37

**Ref Doctor** : Dr. Prabin Kumar Saikia

ECG

**IMPRESSION .:**

ECG TRACING IS WITHIN NORMAL LIMITS

--- END OF THE REPORT ---

DR. MAITREYEE BARUA  
MBBS, PGDCC  
Jr. Consultant Cardiologist  
Apollo Hospitals, Guwahati  
Unit: International Hospital