

APOLLO HOSPITALS

Medical Examination Report

PATIENT INFORMATION

Name: Rajesh Kumar Sharma
Age/DOB: 45 years / 15-Mar-1979
Gender: Male
Contact: +91 98765 43210
Occupation: Software Engineer
Exam Date: 28-Jan-2024

PHYSICAL EXAMINATION

Height: 175 cm
Weight: 88 kg
BMI: 28.7 kg/m² (Elevated)
Blood Pressure: 142/92 mmHg (Stage 1 Hypertension)
Pulse Rate: 78 bpm

MEDICAL HISTORY

- Type 2 Diabetes Mellitus: Diagnosed 2021, on Metformin 500mg BD
- Hypertension: Newly detected during this examination
- Family History: Father - Cardiac arrest at age 58
- Surgical History: Appendectomy (2015)
- Allergies: Penicillin
- Smoking: Former smoker, quit 2 years ago (10 pack-years)
- Alcohol: Occasional, 2-3 drinks per week

LABORATORY RESULTS

Fasting Blood Sugar: 156 mg/dL (HIGH - Normal: 70-100)

HbA1c: 7.8% (DIABETIC - Normal: <5.7%)

Total Cholesterol: 242 mg/dL (HIGH - Normal: <200)

LDL Cholesterol: 158 mg/dL (HIGH - Normal: <100)

HDL Cholesterol: 38 mg/dL (LOW - Normal: >40)

Triglycerides: 210 mg/dL (HIGH - Normal: <150)

Creatinine: 1.1 mg/dL (Normal)

Hemoglobin: 14.2 g/dL (Normal)

PRIMARY DIAGNOSES

1. Type 2 Diabetes Mellitus - Suboptimally controlled
2. Essential Hypertension - Stage 1
3. Dyslipidemia - Mixed hyperlipidemia
4. Obesity Class I (BMI 28.7)

Risk Assessment: MODERATE TO HIGH cardiovascular risk