

# MEDICAL REPORT

City General Hospital

Mumbai, Maharashtra

Date: June 20, 2025

## PATIENT INFORMATION

Name: Sarah Johnson

Age: 32 years

Gender: Female

Patient ID: SJ-2025-001

Report Type: Comprehensive Health Checkup

## LABORATORY RESULTS

### CHOLESTEROL LEVELS:

Total Cholesterol: 185 mg/dL (Normal: <200 mg/dL)

LDL Cholesterol: 110 mg/dL (Normal: <130 mg/dL)

HDL Cholesterol: 58 mg/dL (Normal: >40 mg/dL)

Triglycerides: 85 mg/dL (Normal: <150 mg/dL)

Status: NORMAL

### BLOOD GLUCOSE:

Fasting Blood Glucose: 92 mg/dL (Normal: 70-100 mg/dL)

HbA1c: 5.2% (Normal: <5.7%)

Status: NORMAL

### BLOOD PRESSURE:

Systolic: 118 mmHg

Diastolic: 76 mmHg

Reading: 118/76 mmHg (Normal: <120/80 mmHg)

Pulse Rate: 72 bpm

Status: NORMAL

### BODY MASS INDEX (BMI):

Height: 165 cm

Weight: 61 kg

BMI: 22.4 (Normal range: 18.5-24.9)

Body Fat Percentage: 24%

Status: NORMAL WEIGHT

### ADDITIONAL TESTS:

Hemoglobin: 13.2 g/dL (Normal: 12.0-15.5 g/dL)

White Blood Cells: 6,800/ $\mu$ L (Normal: 4,000-11,000/ $\mu$ L)

Platelets: 285,000/ $\mu$ L (Normal: 150,000-400,000/ $\mu$ L)

Liver Function (ALT): 28 U/L (Normal: 10-40 U/L)

## CLINICAL ASSESSMENT

### Overall Health Score: 85/100 (EXCELLENT)

Patient shows excellent health parameters across all major indicators. All laboratory values are within normal ranges. No immediate health concerns identified. Continue current lifestyle practices.

## RECOMMENDATIONS

### Dietary:

- Continue balanced diet with adequate fiber intake
- Maintain current healthy eating patterns
- Include omega-3 rich foods twice weekly

### Exercise:

- Continue regular physical activity routine
- Maintain current fitness level with 150 minutes moderate exercise weekly
- Include strength training 2-3 times per week

### Lifestyle:

- Annual health checkups recommended
- Maintain healthy sleep schedule (7-8 hours)
- Continue stress management practices

**Next Follow-up:** 12 months (routine annual checkup)

**Prepared by:** Dr. Rajesh Sharma, MD

**Report Date:** June 20, 2025