



NUFFIELD
MEDICAL
SIGLAP



live life well

BASIC HEALTH SCREENING

Patient Name	: BINH BUI NGHIEM
Date of Birth	: 1 st DECEMBER 1996
Examining Doctor	: DR. LIN KAI WEI
Date of Screening	: 5 th FEBRUARY 2020



MEDICAL HISTORY

Age	: 23
Gender	: Male
Drug allergy	: Nil
Active Medical History	: Nil
Surgical History	: Nil
Current Medication/ Supplements	: Nil

PHYSICAL EXAMINATION

Measurements

Height (m)	: 1.74
Weight (kg)	: 74.1
Body Mass Index (BMI)	: 24.5
Ideal Weight (kg)	: < 69.6 (BMI 23)

Blood Pressure (mmHg)	: 110/70
Pulse (bpm)	: 65
Heart Sounds	: Normal
Breath Sounds	: Normal



DOCTOR'S COMMENTS & RECOMMENDATIONS

Congratulations on doing this health screen which is the first step towards a healthier life.

Results:

Blood Group – O Positive

Diabetic Screen – Normal

Renal Function Screen – Normal

Bone & Joint Screen – Normal

Lipid Screen – Elevated LDL Cholesterol

– Low HDL Cholesterol

Liver and Biliary Screen – Normal

Inflammatory Markers – ESR elevated suggesting inflammation

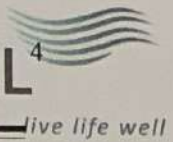
Infection Screen – Negative for Syphilis

Haematology – Normal

Urinalysis – Normal



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DOCTOR'S COMMENTS & RECOMMENDATIONS

You are recommended to do a health screening in 12 to 18 months. Please feel free to approach me with any questions.

Thank you and warmest regards.

Sincerely,

Dr LIN Kai Wei

Family Physician

MBChB (UK), GDFM (Singapore)

Nuffield Medical Siglap

NUFFIELD MED SIGLAP PTE LTD
914 EAST COAST RD
#01-03 THE DOMAIN
SIN 459108
DR LIN KAI WEI
Quest Ref: QN182

[E20]

BINH BUI NGHIEM
I/C C3042775
23 Years Male
Ref No: 06520

Requested: 05/02/20 14:23
Reported: 05/02/20 16:01
Printed: 05/02/20
Lab No: 20-2396412

Run: 12340-53 Page 1 of 4

HEALTH SCREEN (KC11)

LIPID PROFILE

SI UNITS

CONVENTIONAL UNITS

Total Cholesterol	总胆固醇	4.7	mmol/L	(< 5.2)	181	mg/dL	(< 200)
HDL Cholesterol	高密度蛋白(好)胆固醇	* 1.2	mmol/L	(> 1.5)	* 46	mg/dL	(> 59)
LDL Cholesterol	低密度蛋白(坏)胆固醇	* 3.0	mmol/L	(< 2.6)	* 116	mg/dL	(< 100)
Cholesterol/HDL Ratio	总胆固醇/高密度蛋白比率	3.9		(< 4.6)	3.9		(< 4.6)
Triglycerides	三酰甘油酯	1.1	mmol/L	(< 1.7)	97	mg/dL	(< 150)

Reference Interval for Lipid Panel:

	mg/dL	mmol/L	Classification
Total Cholesterol	< 200	< 5.2	Desirable
HDL-Cholesterol	≥ 60	≥ 1.6	Optimal
LDL-Cholesterol	< 100	< 2.6	Optimal
Triglyceride	< 150	1.7	Optimal

Remarks: Please refer to the MOH Clinical Practice Guideline 2/2016 on Lipids for the full classification of total cholesterol, HDL, LDL and triglyceride requirements.

DIABETES MELLITUS PROFILE

SI UNITS

CONVENTIONAL UNITS

Glucose (Fasting)	葡萄糖	4.4	mmol/L	(3.9 - 6.0)	79	mg/dL	(70 - 108)
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LIVER PROFILE

SI UNITS

CONVENTIONAL UNITS

Total Protein	总蛋白质	79	g/L	(60 - 82)	7.9	g/dL	(6.0 - 8.2)
Albumin	白蛋白	50	g/L	(35 - 50)	5.0	g/dL	(3.5 - 5.0)
Globulin	球蛋白	29	g/L	(20 - 34)	2.9	g/dL	(2.0 - 3.4)
A/G Ratio	白蛋白/球蛋白比率	1.7		(1.3 - 2.4)			
Bilirubin, total	总胆红素	16	umol/L	(3 - 24)	0.9	mg/dL	(0.2 - 1.4)
Alkaline Phosphatase	碱性磷酸酶	79	U/L	(< 130)			
SGPT/ALT	丙氨酸转氨酶	16	U/L	(< 37)			
SGOT/AST	天冬氨酸转氨酶	24	U/L	(< 41)			
Gamma GT	伽玛-转氨酶	28	U/L	(< 51)			

LABORATORY REPORT

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BONE/JOINT FUNCTION

SI UNITS

CONVENTIONAL UNITS

Phosphate	无机磷	1.38	mmol/L	(0.65 - 1.45)	4.3	mg/dL	(2.0 - 4.5)
Calcium	钙	2.39	mmol/L	(2.10 - 2.60)	9.6	mg/dL	(8.4 - 10.4)
Uric Acid	尿酸	0.44	mmol/L	(0.22 - 0.54)	7.4	mg/dL	(3.7 - 9.1)

KIDNEY PROFILE

SI UNITS

CONVENTIONAL UNITS

Sodium	钠	137	mmol/L	(136 - 145)			
Potassium	钾	4.1	mmol/L	(3.3 - 5.1)			
Chloride	氯化物	101	mmol/L	(95 - 110)			
Urea	尿素	5.1	mmol/L	(2.5 - 8.0)	31	mg/dL	(15 - 48)

SERUM CREATININE

SI UNITS

CONVENTIONAL UNITS

Creatinine	肌酸酐	77	umol/L	(50 - 120)	0.87	mg/dL	(0.57 - 1.36)
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URINE MICROALBUMIN/CREATININE

SI UNITS

CONVENTIONAL UNITS

Urine Microalbumin Random					11	mg/L	
Urine Creatinine Random		24.90	mmol/L		2.8	g/L	
Urine Alb/Cre Ratio		0.4	mg/mmol		3.9	mg/g	

Remarks For Albumin And Creatinine Ratio (ACR):

	mg/mmol	** mg/g
Normal	<2.5 mg/mmol (Male)	<30.0 mg/g
	<3.5 mg/mmol (Female)	
Microalbuminuria	2.5 to 30 mg/mmol (Male)	30 to 300 mg/g
	3.5 to 30 mg/mmol (Female)	
Macroalbuminuria	> 30 mg/mmol (Male/Female)	> 300 mg/g

** American Diabetes Association Guidelines

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INFLAMMATORY MARKERS

RESULT UNIT REF.RANGE

wr-CRP 宽范围c-反应蛋白 0.15 mg/L

Cardio-Vascular Disease (CVD) Risk Factor/Inflammatory:

Less than 1.0 mg/L Low Risk for CVD
Between 1.0-3.0 mg/L Average Risk for CVD
Greater than 3.0 mg/L Increased Risk for CVD
Greater than 5.0 mg/L Suggestion of infection/other sources of inflammation

STD SCREEN

RESULT UNIT REF.RANGE

VD (Syphilis TP Ab) 梅毒螺旋体抗体 Non-Reactive

HAEMATOLOGY

血液研究分析 RESULT UNIT REF.RANGE

Haemoglobin 血红蛋白 15.4 g/dL (13.5 - 18.0)
Red cell count 红血球计数 4.8 x10¹²/L (4.5 - 6.5)
Total White cell count 白血球计数 6.1 x10⁹/L (4.0 - 11.0)

Differential Count:

	白血球分类计数	%	Abs	绝对值	REF.RANGE
Neutrophils	中性白血球	44.0 %	2.68	x10 ⁹ /L	(2.00 - 7.50)
Lymphocytes	淋巴白血球	44.1 %	2.69	x10 ⁹ /L	(1.50 - 4.00)
Monocytes	单核白血球	9.7 %	0.59	x10 ⁹ /L	(0.20 - 0.80)
Eosinophils	嗜酸性白血球	1.5 %	0.09	x10 ⁹ /L	(0.04 - 0.40)
Basophils	嗜碱性白血球	0.7 %	0.04	x10 ⁹ /L	(< 0.21)

Haematocrit (PCV) 红血球压量 0.45 (0.40 - 0.54)
MCV 红血球平均球容积 92 fL (78 - 98)
MCH 红血球平均血红蛋白含量 32 pg (27 - 32)
MCHC 红血球平均血红蛋白浓度 35 g/dL (31 - 36)
RDW 红血球分布宽度 12.2 % (11.0 - 15.5)

Platelets 血小板计数 419 x10⁹/L (140 - 440)

Peripheral Blood Film 血液涂片检查: Red cells appear normochromic and normocytic.

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Blood Grouping

血型

ABO GROUP : O
Rh(D) : POSITIVE

ERYTHROCYTE SEDIMENTATION RATE

RESULT

UNIT

REF.RANGE

ESR 红血球沉降率 * 29 mm/hr (< 16)

URINALYSIS

尿液检验

RESULT

UNIT

REF.RANGE

Urine Colour 尿颜色 Amber
Urine Clarity 尿清晰度 Clear

Urine Chemistry

尿液化验

pH	酸碱值	6.0		5.0-8.0
Specific Gravity	尿比重	1.025		1.005-1.030
Nitrite	亚硝酸盐	Negative		Negative
Protein	蛋白质	Negative		Negative
Glucose	尿糖	Negative		Negative
Ketones	酮体	Negative		Negative
Urobilinogen	尿胆原	Normal		Normal
Bilirubin	尿胆红素	Negative		Negative
Blood	血	Negative		Negative

Urine Microscopy

显微镜检查

White Blood Cells	白血球	0	(/uL)	(< 7)
Red Blood Cells	红血球	0	(/uL)	(< 4)
Epithelial Cells	上皮细胞	0	(/uL)	
Mucus Threads	粘液线	Nil		
Bacteria	微生物	Nil		
Yeast	酵母菌	Nil		
Casts	尿管柱	Nil		
Crystals	晶状体	Nil		
Others	其他	Nil		