

# Health Check Report

## A\* STAR

### Confidential

#### PERSONAL PARTICULARS

NAME : KWOK PENG SENG ROYSTON  
NRIC NO. : S9046032C  
GENDER : MALE

DATE OF BIRTH : 22-NOV-90  
AGE : 26  
DATE OF SCREENING : 01-DEC-16

#### MEDICAL HISTORY

- |   |                 |     |
|---|-----------------|-----|
| 1) Are you a diabetic?  |                 | NO  |
| 2) Have you been vaccinated against   | i) Hepatitis A  | NO  |
|   | ii) Hepatitis B | YES |
| 3) Are you a known Hepatitis B carrier?   |                 | NO  |
| 4) Do you have high blood pressure?   |                 | NO  |
| 5) Are you on medication for your high blood pressure?                          |                 | NO  |
| 6) Have you ever been for mammography(X-ray of the breast)? ( For Female only ) |                 | NO  |

#### REPORT SUMMARY AND RECOMMENDATIONS

*Please note that these recommendations are based on the blood test results only.  
You are advised to consult your doctor for clarification if required.*

##### GENERAL INVESTIGATION

###### Blood Pressure

Normal: < 140/90 mm Hg  
Grade I Hypertension: 140/90 – 159/99  
Grade II Hypertension: >159/99

Your blood pressure is 129/79 mm Hg.  
Your blood pressure is normal.

###### Body Mass Index (BMI)

Underweight: <18.5 kg/m<sup>2</sup>  
Normal: 18.5 to 22.9 kg/m<sup>2</sup>  
Overweight: 23 to 27.4 kg/m<sup>2</sup>  
Obese: >=27.5 kg/m<sup>2</sup>

Your height is 175.0 cm.  
Your weight is 89.4 kg.  
Your body mass index is 29.19 kg/m<sup>2</sup>.

You are overweight. You should keep to the recommended body weight. Oily, fatty and too much starchy food should be avoided. Similarly ice-cream, chocolates, pastries, sweets are high in calories and should also be avoided. Please keep to 3 small meals a day and take more vegetables instead of rice, noodles or other starchy substitutes. Unsweetened coffee, Chinese tea, water should be taken instead of aerated water or sweetened coffee. This regime must be kept up everyday throughout the week. Weekend indulgence tends to destroy the diet and put back weight lost during the week. You are well advised to begin or continue regular exercises. You should also consult your doctor for further medical treatment.

##### FRAMINGHAM HEART STUDY

Based on these factors: Age, Total Cholesterol, HDL Cholesterol, Blood Pressure, Blood Glucose & Smoking Status.  
Cigarette smoker : No

We have estimated that your total Coronary Heart Disease (CHD) risk over the course of the next 10 years is 1%, which is equal to the average 10 year CHD risk of 1%\*, and it is equal to the low 10 year CHD risk of 1%\*\*.

Your CHD risk is approximately 1.00 times that of a person the same age and gender with a low risk profile.

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#### Visual Test

Colour Vision: Normal

Near Vision: N8

Visual Acuity: Aided Left 6/6 Right: 6/6

*Please refer to the enclosed Quest booklet for further explanation.*

#### A) LIPID PROFILE

##### Blood Cholesterol

*Normal Range*

*Total cholesterol level : < 200 mg/dL*

*HDL (Good) cholesterol level : > 40 mg/dL*

*LDL (Bad) cholesterol level : < 130 mg/dL*

*Cholesterol/HDL ratio : < 4.51*

Your blood cholesterol result is as follows:

Total cholesterol level : 230 mg/dL (Borderline High)

HDL (Good) cholesterol level : 61 mg/dL (Normal)

LDL (Bad) cholesterol level : 151 mg/dL (Borderline High)

Cholesterol/HDL ratio : 3.8 (Normal)

Your cholesterol profile is elevated due to:

**Borderline High Total Cholesterol**

**Borderline High LDL Cholesterol**

Excess cholesterol is deposited in the walls of your arteries, causing hardening and narrowing. The deposits once formed, cannot be easily removed. It is important for you to lower your cholesterol level early to prevent the deposits from forming. You should lower your blood cholesterol level through diet and exercise.

##### Triglycerides

*Normal: < 200 mg/dL*

Your triglycerides level is 89 mg/dl.

#### B) DIABETES MELLITUS PROFILE

##### Blood Glucose

*Fasting*                      *Non-Fasting (Random)*

*Normal: < 108 mg/dL*              *Normal: < 199 mg/dL*

Your blood glucose level is 88 mg/dL.

#### C) LIVER PROFILE

Raised SGPT/ALT level can be due to hepatitis, cholestasis / gall stone disease or liver cirrhosis. It is also seen in fatty infiltration of the liver and can also be drug-induced. A repeat liver function test is advised in 3 to 6 months' time. In the meanwhile, abstain from smoking, drinking and drugs / agents that are toxic to the liver.

#### D) BONE/JOINT FUNCTION

Your bone/joint function result is normal.

#### E) KIDNEY PROFILE

Your kidney profile is normal.

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#### F) INFLAMMATORY MARKERS

Your hsCRP (cardio-vascular disease risk factor) level is raised and may be influenced by any infection or inflammation in the body. One time measurement is generally not regarded as an adequate predictor of cardiovascular risk. Please see your family doctor for a review if you are symptomatic. Kindly repeat the test in 3 to 6 month's time for risk assessment as persistent elevation may represent non-cardiovascular inflammation.

#### G) HEPATITIS PROFILE

Hepatitis B Antigen : Non Reactive  
Hepatitis B Antibody : Reactive 299  
Hepatitis A Antibody : Non Reactive

You have adequate immunity against Hepatitis B. You do not require Hepatitis B vaccination. You should check your antibody levels every 5 to 10 years.

You have no immunity against Hepatitis A. Hepatitis A is a serious illness of the liver. It is transmitted through contaminated food and water. It is endemic in South East Asia, so your risk is particularly high if you travel to neighbouring countries. You should consider Hepatitis A vaccination.

#### H) STD SCREEN

Your VD (RPR) result is normal.

#### I) THYROID FUNCTION

Your TSH result is normal.

#### J) TUMOUR MARKERS PROFILE

Your Alpha Fetoprotein tumour profile is normal.

Your CEA result is normal.

Prostate Specific Antigen (PSA) result is within normal range.

#### K) HAEMATOLOGY PROFILE

Your RDW reading is marginally low. This is insignificant in the presence of a normal haemoglobin reading.

#### L) ERYTHROCYTE SEDIMENTATION RATE (ESR)

Your ESR result is normal.

#### M) URINE PROFILE

Traces of blood cells are seen in your urine specimen. This is insignificant.

#### N) ALLERGY TEST

Your Total IgE for allergy test is within the normal range.

We look forward to seeing you in good health. Thank you for your participation.