

Physician : Medical Check Up
Address : -

Reg No./Date : 1606040020 / 04-06-2016
Patient ID : 0138-1412.01241
Patient Name : Mr. Paul N. Matindas
Address : Wisma Aldiron Suite 36B
Jl. Gatot Subroto Kav.72

Gender : Male
DOB / Age : 06-11-1972 / 43 Year 6 Month
Phone : 021 79188095

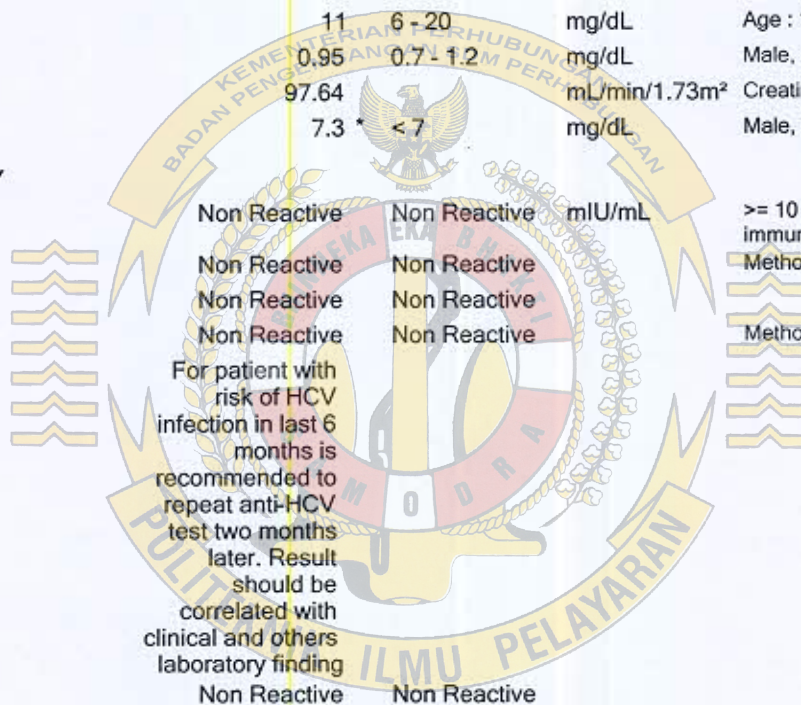
Result Status :

COPY

Parameter	Result	Ref. Range	Unit	Note
HEMATOLOGY				
Hematology				
• Haemoglobin	15.9	13.2 - 17.3	g/dL	Male
• White Cell Count	9.2	3.8 - 10.6	10 ³ /μL	Adult
• Red Cell Count	5.26	4.4 - 5.9	10 ⁶ /μL	Male, adult
• Thrombocyte Count	264	150 - 440	10 ³ /μL	Adult
• Hematocrit	43.8	40 - 52	%	Adult Male
• Sedimentation Rate 1 Hour	1	0 - 15	mm/hour	Male
MC Count				
• MCV	83.30	80 - 100	fL	Adult
• MCH	30.2	26.0 - 34.0	pg	Adult
• MCHC	36.3 *	32 - 36	g/dL	Adult
Differential Leucocyte Count :				
• Basophils	1	0 - 1	%	
• Eosinophils	1 *	2 - 4	%	
• Neutrophils	71 *	50 - 70	%	
• Lymphocytes	22 *	25 - 40	%	
• Monocytes	5	2 - 8	%	
Blood Type A, B, O	O			
Rhesus Blood Type	Positive			
CHEMISTRY				
AST (SGOT)	31	< 33	U/L	Male, adult
ALT (SGPT)	49	< 50	U/L	Male, Adult
Gamma GT	22	< 66	U/L	Male, > 18 years
Total Bilirubin	1.1	< 1.3	mg/dL	
Direct Bilirubin	0.4	< 0.5	mg/dL	Adult
Indirect Bilirubin	0.7		mg/dL	
Fasting glucose	97	< 100	mg/dL	Adult, Diabetes Mellitus Consensus 2011
2 hours post prandial glucose	103	< 140	mg/dL	Adult, Diabetes Mellitus Consensus 2011
Total Cholesterol	201 *	< 200	mg/dL	Adults, Consensus Lipid < 200 Which wanted 200 - 239 High boundary >= 240 High

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Parameter	Result	Ref. Range	Unit	Note
LDL Cholesterol direct	110 *	< 100	mg/dL	Adults, Consensus Lipid < 100 Optimal 100 - 129 Coming near optimal 130 - 159 High boundary 160 - 189 High >= 190 Very high
HDL Cholesterol	39 *	>= 40	mg/dL	Adults, Konsensus Lipid
Total Chol/HDL Chol Ratio	5.2 *	< 5		
Triglyceride	120	< 150	mg/dL	Adults, Consensus Lipid < 150 Normal 150 - 199 High Limit 200 - 499 High >= 500 Very High
Urea N	11	6 - 20	mg/dL	Age : 18 - 60 years
Creatinine	0.95	0.7 - 1.2	mg/dL	Male, Adults
eLFG (CKD-EPI)	97.64		mL/min/1.73m ²	Creatinine standarization IDMS
Uric Acid	7.3 *	< 7	mg/dL	Male, Adult
IMMUNO SEROLOGY				
Anti-HBs	Non Reactive	Non Reactive	mIU/mL	>= 10 mIU/mL indicative of immunity of HBV following Method : ELFA
HBsAg	Non Reactive	Non Reactive		
VDRL/RPR	Non Reactive	Non Reactive		
Anti-HCV #	Non Reactive	Non Reactive		Method : Chemiluminescent
Comment #	For patient with risk of HCV infection in last 6 months is recommended to repeat anti-HCV test two months later. Result should be correlated with clinical and others laboratory finding			
TPHA	Non Reactive	Non Reactive		
URINALYSIS				
Amphetamine	Negative	Negative		Negative result may not necessarily indicate drug-free urine. Negative result can be obtained when drug level < 100 ng/mL





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Parameter	Result	Ref. Range	Unit	Note
Morphine (Opiat)	Negative	Negative		Negative result may not necessarily indicate drug-free urine. Negative result can be obtained when drug level < 300 ng/mL This test provides only qualitative, preliminary analytical result. A secondary analytical method must be used to obtain a confirmed result
THC (Marijuana)	Negative	Negative		Negative result may not necessarily indicate drug-free urine. Negative result can be obtained when drug level < 50 ng/mL This test provides only qualitative, preliminary analytical result. A secondary analytical method must be used to obtain a confirmed result
Routine Urinalysis				
Macroscopic changes :				
• Color	Yellow			
• Clarity	Clear			
Chemical examination :				
• Specific Gravity	1.007	1.003 - 1.035		
• pH	6.5	4.5 - 8.0		
• Leucocytes Esterase	Negative	Negative	/μL	
• Nitrite	Negative	Negative		
• Albumin	Negative	Negative	mg/dL	
• Glucose	Negative (Normal)	Negative (Normal)	mg/dL	
• Ketone	Negative	Negative	mg/dL	
• Urobilinogen	Normal	Normal <=1	mg/dL	
• Bilirubin	Negative	Negative	mg/dL	
• Blood	Negative	Negative	/μL	
Sediment (Microscopic examination) :				
• Erythrocytes	Negative	0 - 2	/HPF	
• Leucocytes	Negative	0 - 5	/HPF	
• Hyaline Casts	Negative		/HPF	
• Squamous Epithelial Cells	Squamous 0 - 1 /LPF	< 10		
• Bacteria	(+)	Negative	/HPF	
• Crystals	Negative		/HPF	
• Others	Mucous threads (+)			

FECES ANALYSIS



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Parameter	Result	Ref. Range	Unit	Note
Routine Feces examination				
Macroscopic :				
• Color	Brown	Brown		
• Consistency	Soft	Formed and hardened		
• Mucus	Negative	Negative		
• Blood	Negative	Negative		
Microscopic				
Undigested food stuffs :				
1. Fecal fat	10	< 60	globule/LPB	
2. Fecal carbohydrate	(+)	Negative		
3. Fecal fibers	(++)	Negative		
• Leucocytes	Negative	Negative	/HPF	
• Erythrocytes	Negative	Negative	/HPF	
• Parasites	Not found	No organism identified		
• Egg worm	Not found	No organism identified		
• Yeasts	Not found	No organism identified		
OTHERS				
Teeth Examination by Dentist	Enclosed			

Specimen collection time :
 Blood - 04/06/2016 09:06
 Faeces - 04/06/2016 10:41
 Urine - 04/06/2016 09:06
 EDTA Blood - 04/06/2016 09:06
 Blood - 04/06/2016 09:06
 Lithium heparin Blood - 04/06/2016 09:06



Frentina Eka
 Authorized by



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Result Status :

Electrocardiogram Result (ECG)

Rhythm	Sinus
Heart Rate	Normal
Regularity	Regular
P Wave	Normal
PR Interval	Normal
QRS Complex	-
- Width	Normal
- Configuration	Normal
Axis	Normal
ST Segment	Isoelektrik
T Wave	Normal
U Wave	Normal
Comment	-
Conclusion/Impression	Normal
Suggestion	





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Result Status :

Parameter	Result
Rontgen	Heart and both of lungs within normal limit





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Result Status :

Parameter	Result
Audiometri	
• Air Conduction (Hz) Right Ear	
• 125	20 dB
• 250	25 dB
• 500	20 dB
• 1000	25 dB
• 2000	25 dB
• 3000	25 dB
• 4000	20 dB
• 6000	20 dB
• 8000	20 dB
• Air Conduction (Hz) Left Ear	
• 125	20 dB
• 250	25 dB
• 500	20 dB
• 1000	20 dB
• 2000	25 dB
• 3000	20 dB
• 4000	20 dB
• 6000	20 dB
• 8000	20 dB
• Bone Conduction (Hz) Right Ear	
• 250	-
• 500	-
• 1000	-
• 2000	-
• 3000	-
• 4000	-
• 6000	-
• 8000	-
• Bone Conduction (Hz) Left Ear	



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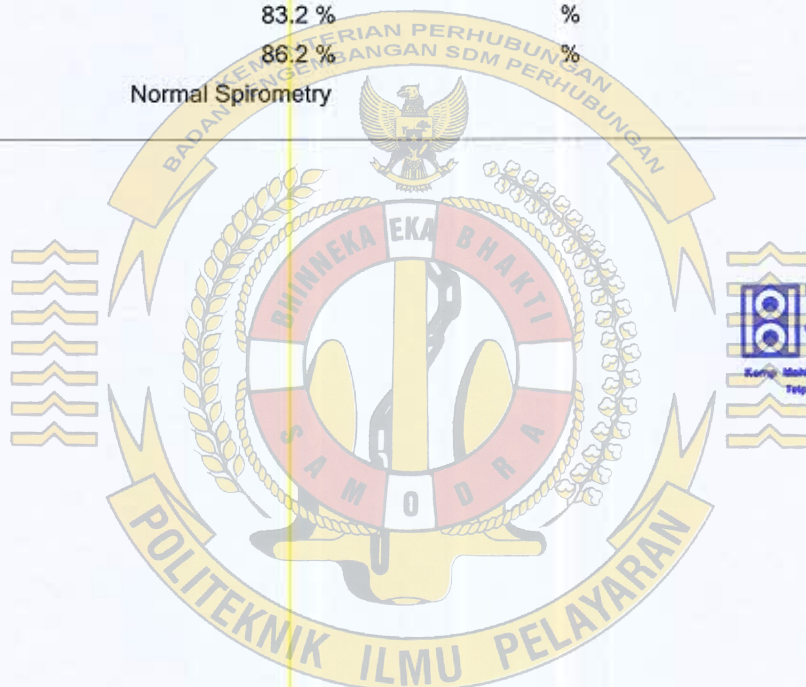
Parameter	Result
• 250	-
• 500	-
• 1000	-
• 2000	-
• 3000	-
• 4000	-
• 6000	-
• 8000	-
Conclusion	Normal Hearing



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Result Status :

Parameter	Result	Ref. Range	Unit	Note
Spirometri				
• SVC	85.2 %		%	
• FVC	83.2 %		%	
• FEV1	86.2 %		%	
• Conclusion	Normal Spirometry			





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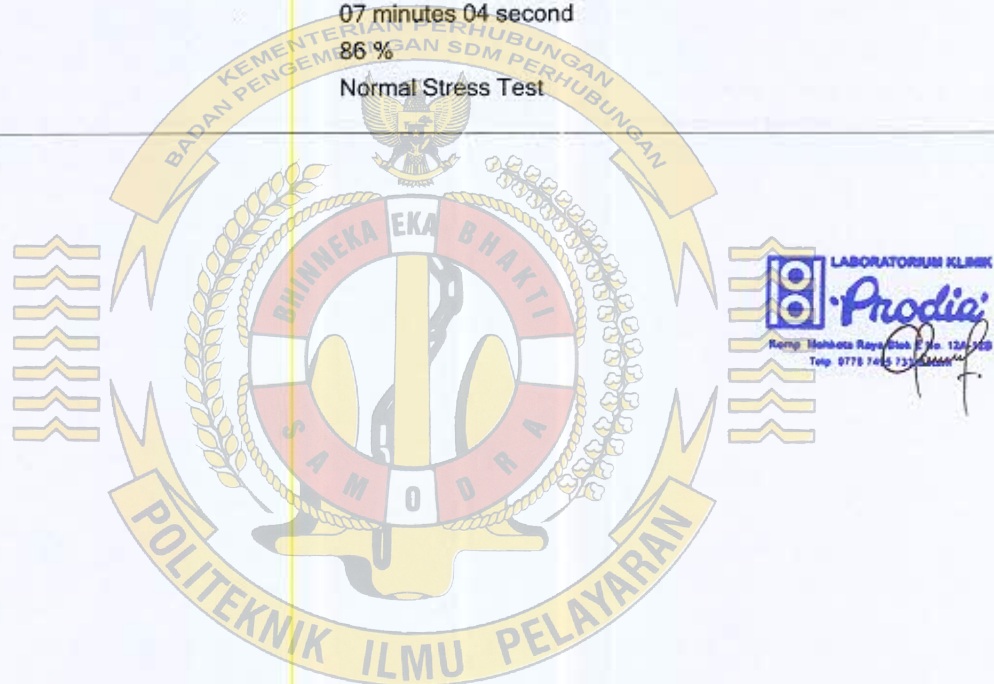
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Result Status :

Parameter	Result
Treadmill Test	
• METS	8.5 mets
• Exercise Time	07 minutes 04 second
• % HR	86 %
• Conclusion	Normal Stress Test



**RESULT OF RADIOLOGY EXAMINATION**

Patient Name : Paul N. Matindas , Mr
Age : 43 Years 6 months
Sex : Male
Date of Examination : June 04th , 2016
Doctor : Hafar Daya Konstruksi - BTM (AME)
Clinical Diagnoses : *Medical Check Up*
No. Lab : 1606040020

Dear colleague,

THORAX PA, GOOD INSPIRATION, SYMMETRIC POSITION :

Cor/heart Cardio Thoracic Ratio less than 50%

No enlargement of aorta and superior mediastinum

Trachea in the middle

Lung : Both of hila are not wide, bronchovascular pattern is not increase, no infiltrate found in both of lungs, no effusion or pleural thickening

Both of costophrenics angle are acute

Diaphragm and bones within normal limit

Soft tissue and bones within normal limit

IMPRESSION : HEART AND BOTH OF LUNGS WITHIN NORMAL LIMIT

Sincerely yours,


dr. DESSY, Sp. Rad

No SIP: 016.III/446.292.TM/DKK/2015



Referee : Hafar Daya Konstruksi - BTM (AME)
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 Division :
 Title :

Physician :
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 Department :
 Employee No. :

Parameter	Result
MEDICAL HISTORY	
Respiratory Tract	
- Diphtheria	No
- Sinusitis	No
- Bronchitis	No
- Hemoptoe	No
- TBC	No
- Lung Infection	No
- Asthma	No
- Dyspnoe	No
Kidneys and Urinary tract	
- Micturition	No
- Urinary tract disorder	No
- Kidney disease	No
- Renal calculi	No
- Urinary Incontinence	No
Nervous System	
- Meningitis	No
- Cerebral contusion	No
- Poliomyelitis	No
- Epilepsy	No
- Stroke	No
- Headache	Yes
Digestive Tract	
- Typhoid	No
- Blood vomiting	No
- Obstipation	No
- Dyspepsia	No
- Jaundice	No
- Gall bladder disease	No
- Swallowing disorder	No



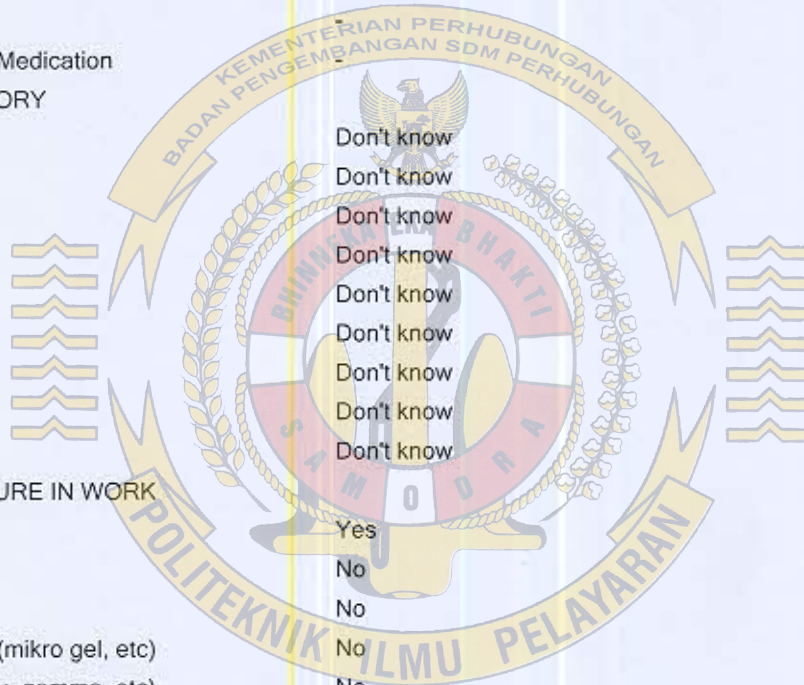
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Parameter	Result
- Alvi Incontinence	No
- Skin / Sexual organs	
- Chicken pox	No
- Fungal skin disease	No
- Sexually Transmitted Disease	No
Heart	
- Heart attack	No
- Chest pains	No
- Palpitations	No
- High blood pressure	No
Vascular system	
- Hemorrhoid	No
- Varicose veins	No
Glands	
- Thyroid disease	No
Joints and Bones	
- Rheumatoid arthritis	No
Others disease	
- Food Allergy	No
- Drug Allergy	No
- Tetanus	No
- Fainting	No
- Absentminded	Yes
- Difficulty in concentrating	No
- Vision Disorder	No
- Hearing disorder	No
- Waist Pain	Yes
- Neoplasma/Cancer	No
- Mental illness	No
- Skin TBC	No
- Bone TBC and other	No
- Measles	No
- Malaria	No
- Diabetes	No
- Sleep disturbance	No
Have you ever been hospitalized?	-
Have you ever been accident?	-
Have you ever been operated on?	-



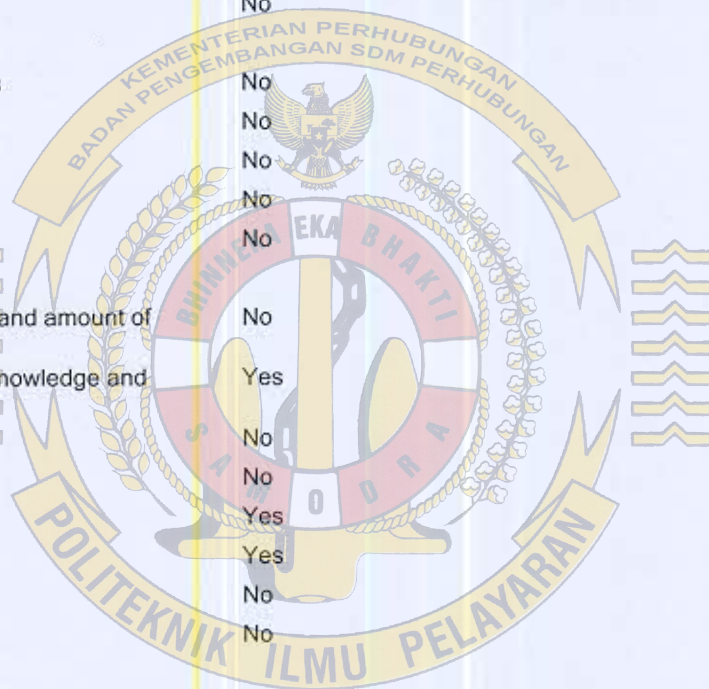
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Parameter	Result
Present Health complaint	-
Habit	
Alcoholic beverages	No
Smoking	No
Begin to smoke at age	-
Stop smoking in	-
Sport	Yes 3 x/week
Other Allergy	
Frequently consumed Medication	
IMMUNIZATION HISTORY	
Hepatitis A	Don't know
Hepatitis B	Don't know
Typhoid	Don't know
BCG	Don't know
Poliomyelitis	Don't know
DPT	Don't know
Measles	Don't know
Tetanus	Don't know
Others	Don't know
HISTORY OF EXPOSURE IN WORK	
Noise	Yes
Heat Stress	No
Cold Stress	No
Non ionizing radiation (mikro gel, etc)	No
Ionizing radiation (x-ray, gamma, etc)	No
Hand-arm vibration	No
Whole body vibration	No
Altitude	No
Others	No
CHEMICAL	
Anorganic dust (silica, cement, etc)	No
Oganic dust	
Cotton	No
Textile	No
Wheat	No
Fume	No
Dangerous chemicals :	



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Parameter	Result
Heavy metals (lead, mercury, etc)	No
Organic solvents (benze, alkyl, toluene, etc)	No
Acidic irritants (chloric acid, sulphuric acid)	No
Alkaly irritants (ammoniac, soda)	No
Others cleaning fluids (ammonia, chlorine)	No
Pesticides	No
Metalic fumes (manganese, Zinc)	No
Others	No
BIOLOGIC	
Bacteria/Viral/Fungus/Parasites	No
Blood/other body fluids	No
Mosquitoes/insects/others	No
Waste (human/animal excreta)	No
Others	No
PSYCHOLOGICAL	
Workload does not fit with time and amount of work	No
Workload does not match the knowledge and skills	Yes
Role ambiguity	No
Career development	No
Shift work	Yes
Conflict with fellow worker	Yes
Conflict with family	No
Others	No
ERGONOMIC	
Repetitive hand movements	Yes
Lifting/Handling	Yes
Sitting longer than 4 hours	No
Standing longer than 4 hours	No
Awkward Position	No
Unappropriate Lighting	No
Working with the monitor screen more than 4 hours	No
Others	No
FAMILY HEALTH HISTORY	
Hypertension	Yes
Cancer	Yes
Hemorrhoid	No



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Parameter	Result
Asthma	No
Heart	No
TB	No
Stroke	No
Diabetes	No
Mental illness	No
Jaundice	No
Blood disorder (Thallasemia, etc)	No
Have your parents passed away?	Yes
Menorrhoea History	-
First menarchea	-
First day last menorrhoea	-
Duration of menorrhoea	-
Dismenorrhoea	-
Menorrhoea	-
Maternity History	-
Pregnancy	-
Childbirth	-
Miscarriage	-
PHYSICAL EXAMINATION	
Vital signs	
- Pulse	80x/Minute
- Volume	Strong
- Rhythm	Regular
- Respiration	15x/Minutes
- Rhythm	Regular
Blood pressure (Sitting)	
- Systolic	140 mmHg
- Diastolic	90 mmHg
- Body Temperature	37.3 °C
Nutritional Status	
- Body Height	160 cm
- Body Weight	79.05 Kg
- BMI	30.9 kg/m ²
- Waist Circumference	96 cm
- Body type	Pycnic
Awareness	
- Compos mentis	Yes

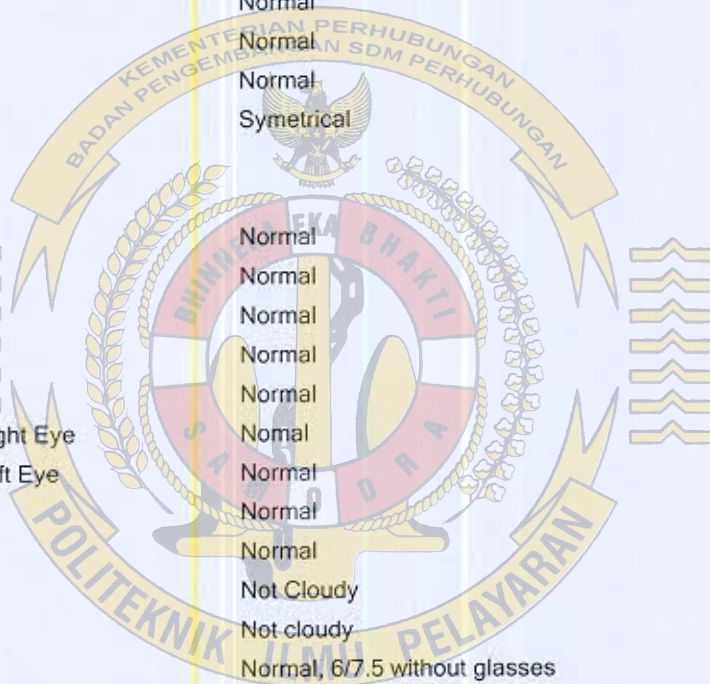




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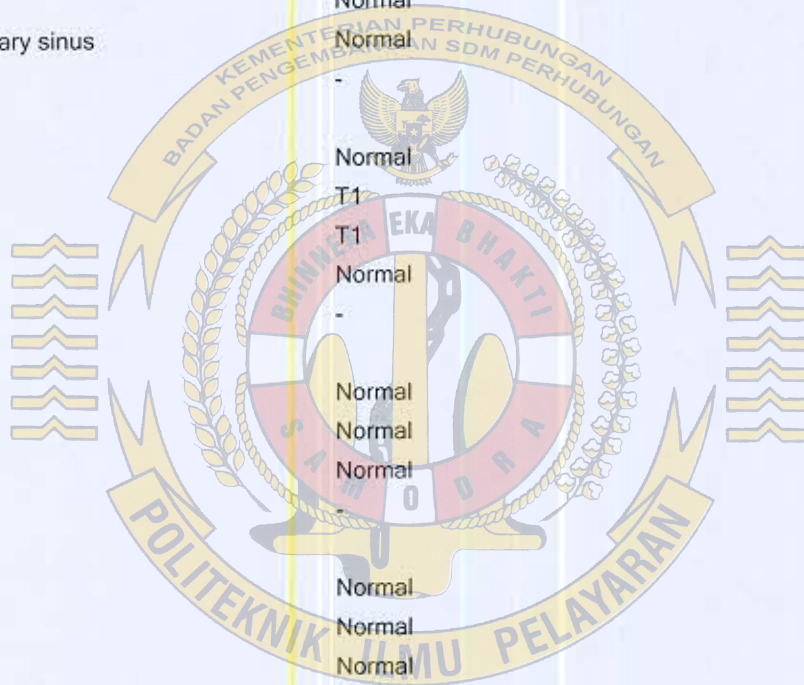
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Parameter	Result
- Quality of contact	Good
Skin and Nails	
- Skin	Normal
- Mucous membrane	Normal
- Nails	Normal
- Others	
Head	
- Bone	Normal
- Skin	Normal
- Hair	Normal
Shape of face	
- Bone	Symetrical
Eyes	
- Color blindness test	Normal
- Eyelids Right Eye	Normal
- Eyelids Left Eye	Normal
- Conjunctiva Right Eye	Normal
- Conjunctiva Left Eye	Normal
- Eye Alignment/Movement Right Eye	Normal
- Eye Alignment/Movement Left Eye	Normal
- Sclera Right	Normal
- Sclera Left	Normal
- Lens Right Eye	Not Cloudy
- Lens Left Eye	Not cloudy
- Right Distant Acuity	Normal, 6/7.5 without glasses
- Left Distant Acuity	Normal, 6/7.5 without glasses
- Right Near Acuity	Normal, Jaeger I
- Left Near Acuity	Normal, Jaeger I
- Others	
Ear Nose Throat	
Ears	
- Auricle Right Ear	Normal
- Auricle Left Ear	Normal
- MAE Right Ear	Normal
- MAE Left Ear	Normal
- Cerumen Right Ear	Some
- Cerumen Left Ear	Some
- Tympanic Membrane Right Ear	Intact



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Parameter	Result
- Tympanic Membrane Left Ear	Intact
- Impression of hearing Right Ear	Normal
- Impression of hearing Left Ear	Normal
- Others	-
Nose	
- Meatus Nasi	Normal
- Septum Nasi	Normal
- Nasal Conchae	Normal
- Percussion of maxillary sinus	Normal
- Others	-
Throat	
- Pharynx	Normal
- Right Tonsil	T1
- Left Tonsil	T1
- Palatum	Normal
- Others	-
Mouth	
- Lips	Normal
- Tongue	Normal
- Gums	Normal
- Others	-
Neck	
- Neck Movement	Normal
- Thyroid gland	Normal
- Carotid pulse	Normal
- Jugular venous pressure	Normal
- Trachea	Normal
- Others	-
Chest	
- Shape	Simetric
- Breasts	Normal
- Others	-
Lungs ang Heart	
- Palpation	Normal
- Right Percussion	Sonorous
- Left Percussion	Sonorous
- Ictus cordis	Normal
- Hearth border	Normal



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Parameter	Result
Auscultation	
- Right Respiratory Sound	Vesikular
- Left Respiratory Sound	Vesikular
- Right Additional Respiratory	Normal
- Left Additional Respiratory	Normal
- Heart sound	Normal
Abdomen, Genitalia and Perianal	
- Inspection	Normal
- Percussion	Tymphanic
- Auscultation Bowel Sounds	Normal
- Liver	Unpalpable
- Spleen	Normal
- Kidneys	Normal
- Right Kidney Percussion pain	Negative
- Left Kidney Percussion pain	Negative
- Right Ballotement	Negative
- Left Ballotement	Negative
- Bladder	Normal
- Anus/rectum/perianal	Not examined on patient's request
- External genitalia	Not examined on patient's request
- Prostate (for man)	Not examined on patient's request
Back and Extremity	
- Vertebrae	Normal
- Tendered pain	Not Present
- Spasm	Not Present
Upper Extremity	
- Right Shape and symmetry	Normal
- Left Shape and Symmetry	Normal
- Right Movement	Normal
- Left Movement	Normal
- Right Strenght	Normal
- Left Strenght	Normal
- Right Bones and Joints	Normal
- Left Bones and Joints	Normal
- Right Sensibility	Normal
- Left Sensibility	Normal
- Right Vascular	Normal
- Left Vascular	Normal





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Parameter	Result
Down Extremity	
- Right Shape and Symmetry	Normal
- Left Shape and Symmetry	Normal
- Right Movement	Normal
- Left Movement	Normal
- Right Strenght	Normal
- Left Strenght	Normal
- Right Bones and Joints	Normal
- Left Bones and Joints	Normal
- Right Sensibility	Good
- Left Sensibility	Good
- Right Vascular	Normal
- Left Vascular	Normal
- Others	
Nervous system/function	
- Memory	Good
Orientations	
- Time	Good
- People	Good
- Place	Good
- Attitude	Coorporate
- Impression of Cranial nerves	Good
- Right Sensoric function	Normal
- Left Sensoric function	Normal
- Right Otonomic function	Normal
- Left Otonomic function	Normal
- Right Abnormal movement	No
- Left Abnormal movement	No
- Right Physiological reflection of the patella	Normal
- Left Physiological reflection of the patella	Normal
- Right Biceps and Triceps reflex	Normal
- Left Biceps and Triceps reflex	Normal
- Right Babinsky Pathological Reflex	Normal
- Left Babinsky Pathological Reflex	Normal
Lymph Glands	
- Neck	Normal
- Submandibula	Normal
- Armpits	Normal





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- Inguinal

Normal

PEMERIKSAAN GIGI



KARANG GIGI =

GIGI HILANG =

CARIES =

SISA AKAR =

IMPAKSI/TIDAK TUMBUH =

PERAWATAN SAL. AKAR =

TUMPATAN =

GIGI PALSU =

OTHERS =





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CONCLUSION :

- Hypertension grade I
- Central obesity
- Gingivitis, pulpitis
- Hyperuricemia

SUGGESTION :

- Control blood pressure with restrict consumption salt, flavorings and caffeine, adequate rest, avoid stress , check blood pressure regularly, consult to doctor for the treatment
- Reduce body weight, regular exercise 3-5 times / week for 30 minute, low calorie diet
- Keep oral hygiene, brush teeth regularly at least 2 times / day, restrict consumption sweet food, drinks and snacks, control regularly to dentist at least once six months
- Low purine diet, drink water at least 2 liters / day, avoid alcohol

FITNESS STATUS :

Fit with medical note



PRAKTEK UMUM
[Signature]

dr. Dhiang Mulia Syfidi

Sip No. 363.1/446 - 862/SIP-TM/DKK/VII/2013

Authorized by