

MEDICAL CHECK UP REPORT

HASIL MEDICAL CHECK UP

Patient Name :

Nama Pasien

ISKANDAR DESTARIKA

Doctor Name :

Nama Dokter

dr. Michael Jansen Sulaiman

Package :

Paket

PT. INSPEKTINDO SINERGI PERSADA

SILOAM HOSPITALS LIPPO CIKARANG

07 Juli 2022

ISKANDAR DESTARIKA

Appointment ID: 122244

No. Appointment

Date of Birth : 28 Desember 1977

Tanggal Lahir

Gender : Male

Jenis Kelamin

Phone Number : +6281212501515

Nomor Telepon

E-mail : sarni@inspektindo.com

E-mail

Form Kuesioner Website

No Significant History

Riwayat Penyakit Dahulu

Riwayat Vaksinasi

- Hepatitis A : Tidak
- Hepatitis B : Tidak
- Influenza : Tidak
- Human Papilloma Virus : Tidak
- Varicella : Tidak
- Mumps Measles Rubella : Tidak
- Tifoid : Tidak
- Lain-lain : Ya, Vaksin covid-19 (Dosis ke 3)

Riwayat Penyakit Keluarga

- Diabetes Mellitus : Ya, Kakek

Riwayat Kebiasaan

- Apakah Anda pernah merokok secara teratur? : Ya

- Bila 'Ya', apakah Anda saat ini masih tetap merokok? : Ya, ½ Bungkus/Hari
- Apakah Anda berolahraga secara teratur? : Ya, (Mini Soccer(120 minutes/week))
- Apakah Anda mengonsumsi minuman beralkohol? : Tidak

Untuk wanita - Riwayat Kesehatan Reproduksi

No Significant History

Antropometri

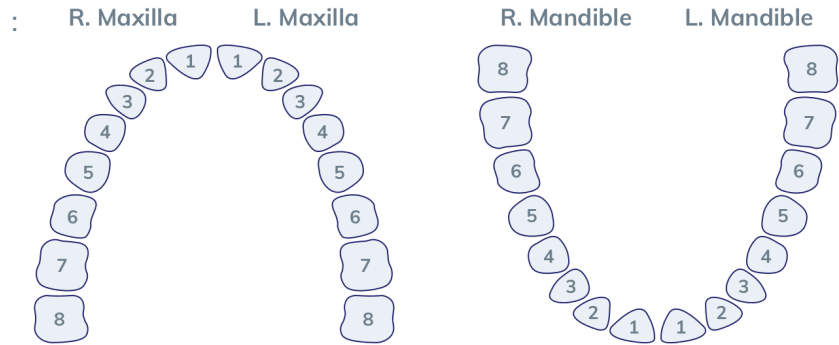
● Tekanan Darah Sistolik	: 100
● Tekanan Darah Diastolik	: 70
● Tekanan Darah	: 100/70 mmHg
● Lingkar Perut	: -
● Nadi	: 70x/menit
● Lingkar Dada Inspirasi	: -
● Lingkar Dada Ekspirasi	: -
● Laju Napas	: 20x/menit
● Berat Badan	: 51.1 kg
● Tinggi Badan	: 165 cm
● Indeks Massa Tubuh	: 18.77
● Lingkar Pergelangan Tangan	: -
● Lingkar Leher	: -
● Penampakan Umum	: Normal
● Kulit	: Normal
● Nodus Limfe	: Normal

Status Generalis

● Ketajaman Visus Mata Kiri	: 20/20
● Lapang Pandang Mata Kiri	: +1.50
● Adisi Mata Kiri	: Normal
● Koreksi Mata Kiri	: Normal
● Ketajaman Visus Mata Kanan	: 20/20
● Lapang Pandang Mata Kanan	: +1.50
● Adisi Mata Kanan	: Normal
● Koreksi Mata Kanan	: Normal
● Buta Warna	: Normal
● Telinga Kiri	: Serumen (+)

- Telinga Kanan
- Hidung
- Mulut
- Gigi
- Gambar Gigi

- : Perforasi Membran Timpani
- : Tidak ada pemeriksaan selama pandemi
- : Tidak ada pemeriksaan selama pandemi
- : Tidak ada pemeriksaan selama pandemi



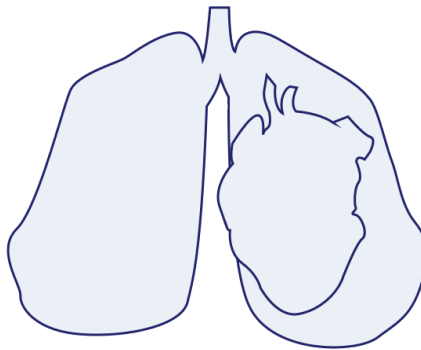
- Tiroid
- Tumor
- Lainnya

- : Normal
- : Normal
- : Normal

Toraks

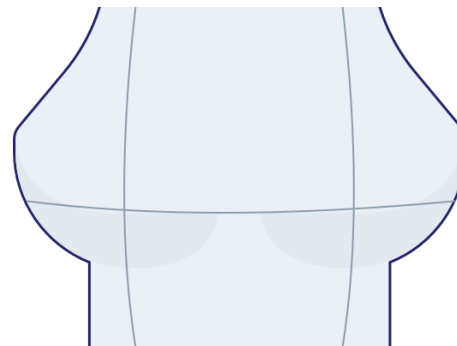
- Paru
- Gambar Toraks

- : Normal
- :



- Payudara
- Gambar Payudara

- : Normal
- :

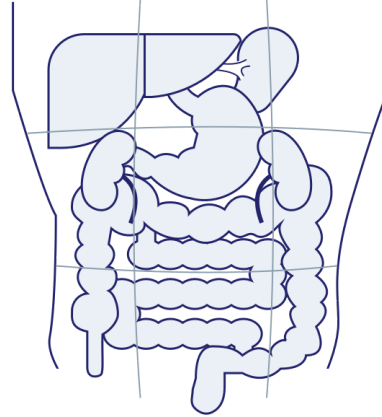


● Jantung : Normal

Abdomen

● Abdomen : Normal

● Gambar Abdomen :



● Lambung : Normal

● Liver : Normal

● Usus : Normal

● Lien : Normal

● Rektum : Tidak dilakukan pemeriksaan

● Ginjal : Normal

● Tes Hernia : Tidak Dilakukan Pemeriksaan

Ekstremitas

● Ekstremitas Atas Kanan : Normal

● Ekstremitas Atas Kiri : Normal

● Ekstremitas Bawah Kanan : Normal

● Ekstremitas Bawah Kiri : Normal

Saraf

● Motorik : Normal

● Koordinasi : Normal

● Sensorik : Normal

● Refleks : Normal

Pemeriksaan Dokter Spesialis

● MATA : ODS Presbiopia

Pemeriksaan Laboratorium

JENIS PEMERIKSAAN	HASIL	NILAI NORMAL
● Darah Lengkap		
● Hemoglobin	14.7 g/dL	13.0 - 18.0
● Jumlah Lekosit	5.7 10 ³ /ul	5.0 - 10.0
● Hitung Jenis		
● Basofil	0 %	0 - 1
● Eosinofil (H)	4 %	1 - 3
● Batang (L)	1 %	2 - 6
● Segmen	54 %	50 - 70
● Limfosit	35 %	20 - 40
● Absolute Lymphocyte Count	2.00 10 ³ /ul	
● Neutrophyl Lymphocyte Rat	1.5	
● Monosit	6 %	2 - 8
● Jumlah Eritrosit	4.96 10 ⁶ /uL	4.60 - 6.20
● Hematokrit	45.3 %	40.0 - 54.0
● MCV	91.3 fL	80.0 - 96.0
● MCH	29.6 pg	27.0 - 31.0
● MCHC	32.5 g/dL	32.0 - 36.0
● Jumlah Trombosit	275 10 ³ /ul	150 - 400
● Laju Endap Darah	9 mm/jam	0 - 15
● Golongan Darah + Rhesus		
● Golongan Darah	A	
● Rhesus	Positif	
● ALT (SGPT)	13 U/L	0 - 45
● AST (SGOT)	15 U/L	13 - 33
● Gamma GT	25 U/L	5 - 86
● Trigliserida	139 mg/dL	50 - 150
● Kolesterol Total (H)	263 mg/dL	100 - 200
● HDL Direk	57 mg/dL	>= 40
● LDL Direk (H)	180 mg/dL	0 - 130
● Glukosa Puasa		
● Glukosa Darah Puasa	83 mg/dL	60 - 100
● Kreatinin Darah		

● Kreatinin Darah	0.86 mg/dL	0.8 - 1.3
● eGFR	105.5 mL/mnt/1.73 m ²	CKD EPI GFR Comment >= 60 Normal kidney function Reff : National Kidney Foundation, 2006
● Asam Urat	4.5 mg/dL	3.5 - 7.2
● Lengkap		
● Warna	kuning	Kuning
● Kejernihan	jernih	Jernih
● Berat Jenis	1.005	1.005 - 1.030
● pH	6.0	5.0 - 7.0
● Lekosit Esterase	75	Negatif
● Nitrit	Negatif	Negatif
● Protein	Negatif	Negatif
● Glukosa	Negatif	Negatif
● Keton	Negatif	Negatif
● Urobilinogen	0.6 mg/dL	0.1 - 0.9
● Bilirubin	Negatif	Negatif
● Darah Samar	Negatif	Negatif
● Sedimen		
● Eritrosit	1 /uL	<3
● Lekosit	6 /uL	<10
● Silinder	Negatif /lpk	
● Sel Epitel	(+)	(+)
● Kristal	Negatif	Negatif
● Lain-lain	Negatif	
● Analisa Faeces Lengkap		
● Warna	coklat	Coklat
● Konsistensi	lembek	Lembek
● Lendir	Negatif	Negatif
● Darah	Negatif	Negatif
● Mikroskopik		
● Eritrosit	2-3 /lpb	
● Leukosit	4-6 /lpb	
● Epitel	Positif /lpb	
● Telur Cacing	Negatif	Negatif

● Amoeba	Negatif	Negatif
● Sisa Makanan		
● Amilum	Negatif	Negatif
● Lemak	Negatif	Negatif
● Serat Tumbuhan	Positif	Negatif
● Darah Samar	Negatif	Negatif
● pH	6.5	
● Glukosa	Negatif	
● Pewarnaan Gram	Ditemukan batang gram negatif	
● Lain - lain	Negatif	
● Keterangan	Tidak ditemukan kelainan spesifik	

Pemeriksaan Penunjang

● Rontgen Thoraks	: Tidak tampak kelainan signifikan cor dan pulmo pada pemeriksaan saat ini. Aorta elongasi
● USG Abdomen	: Multiple lesi padat di parenkim lobus kanan hepar DD/focal nodular hyperplasia, hemangioma, focal fatty changes. Tidak tampak kelainan pada organ intraabdomen lain yang tervisualisasi saat ini
● Audiometri	: ADS Dalam batas normal
● EKG	: Normal Sinus Rythm
● Treadmill	: Negative Ischemic Response

Diagnosa

- Perforasi membran timpani AD
- Serumen AS
- Presbiopia
- Kolesterol total dan LDL meningkat
- Elongasi aorta
- USG Abdomen Abnormal
- Lesi padat di lobus kanan hepar, suspek liver hemangioma

Saran

- Irigasi telinga
- Gunakan kacamata baca sesuai ukuran
- Diet rendah lemak atau kolesterol, Olahraga teratur minimal 3 kali seminggu (kurang lebih 30menit tiap kali olahraga)
- Perbanyak minum air putih 8 gelas atau 2 liter per hari

Konsultasi

- Konsultasi dokter Spesialis THT bila ada keluhan
- Kontrol teratur dokter spesialis Mata
- Konsultasi dokter Spesialis Jantung bila ada keluhan
- Konsultasi dokter Spesialis Penyakit Dalam

Kesimpulan

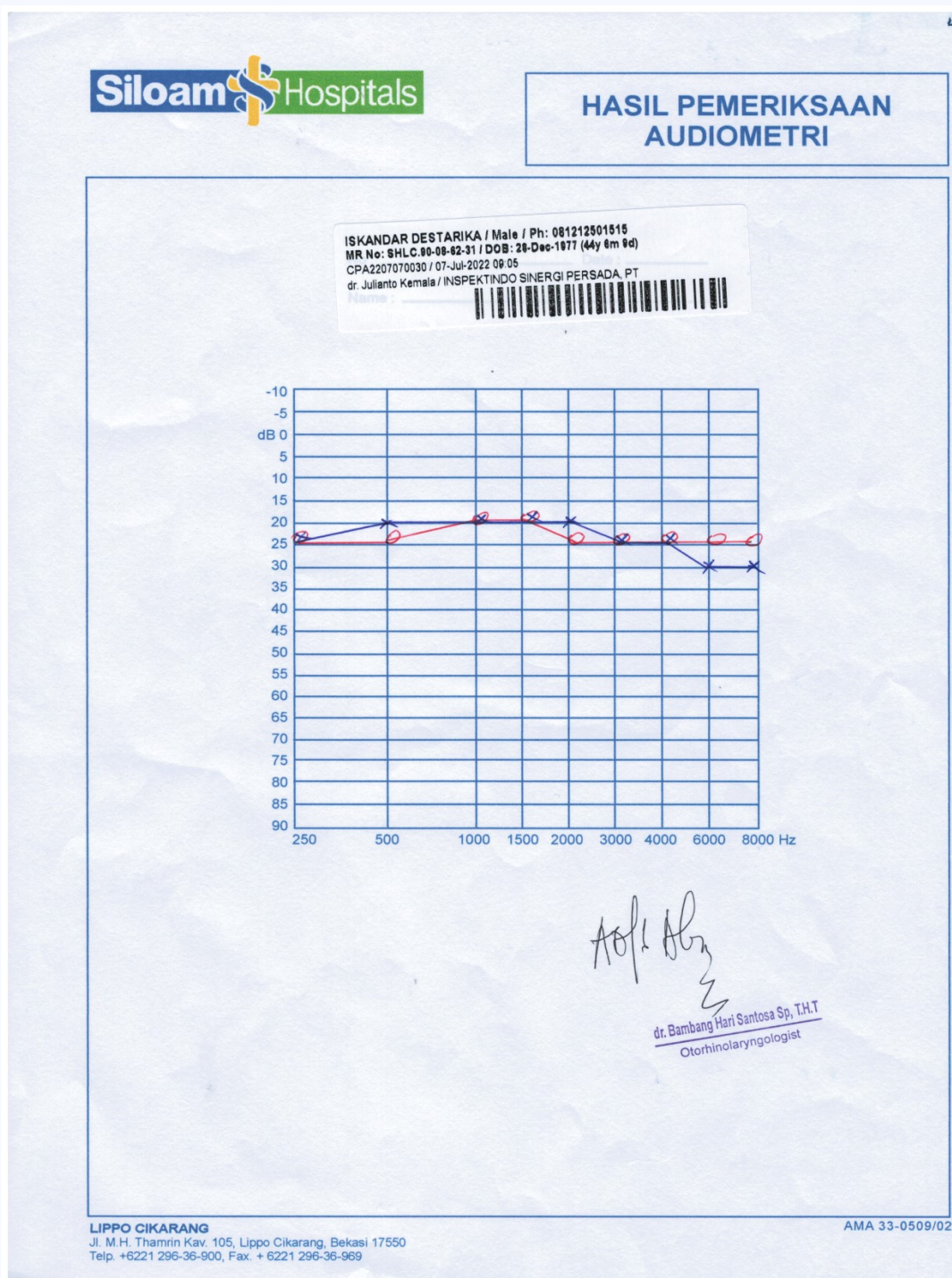
- Fit dengan Restriksi

- Jaeger Test : Jaeger 2

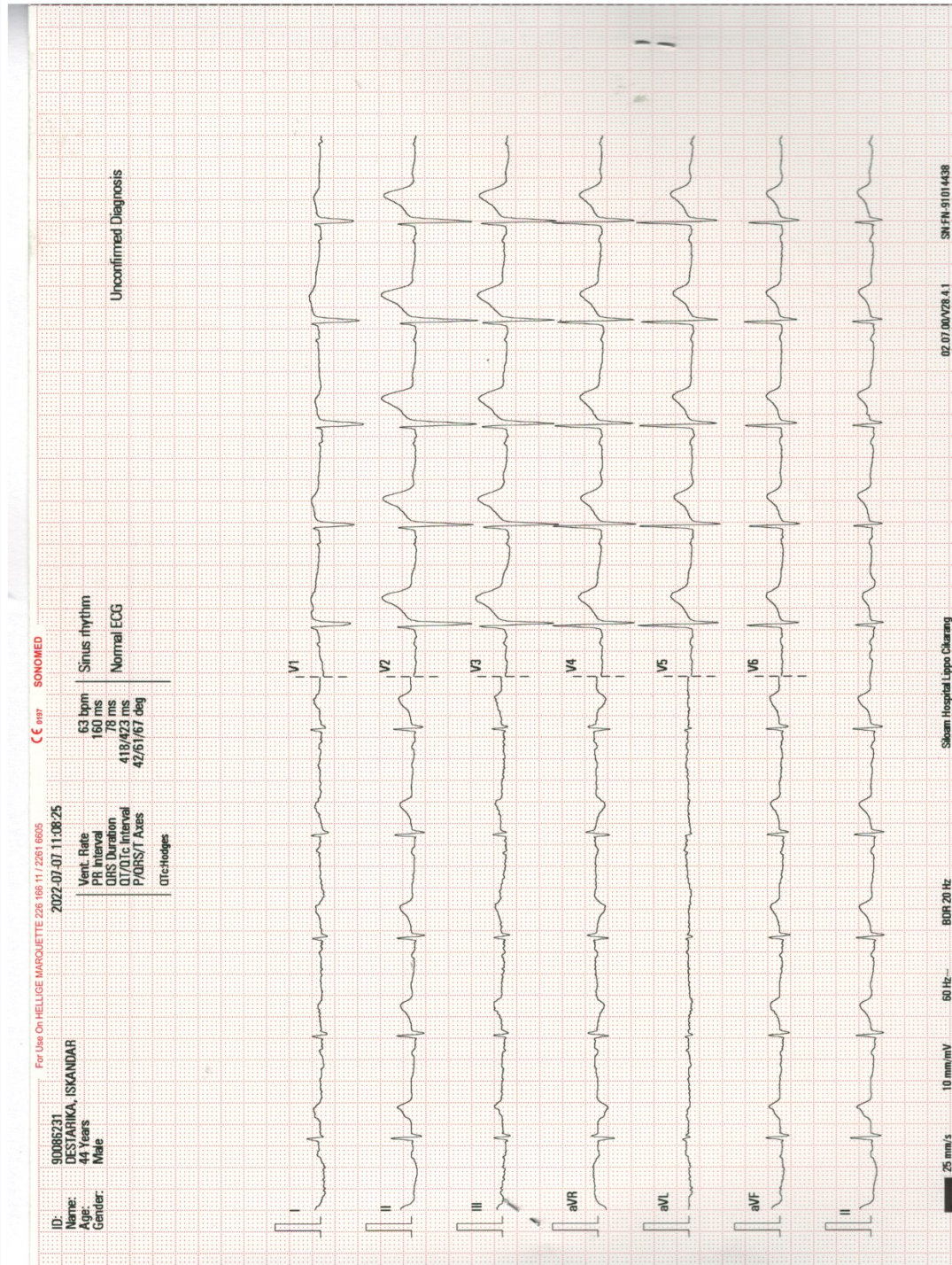


dr. Michael Jansen Sulaiman

Audiometry




EKG 1



EKG 2

Atrial rate	_____	Rhythm	<u>Normal Sinus rythm bpm</u> <u>(Normal ECG)</u>
Vent.rate	_____	P Waves	_____
P-R Interval	_____	T Waves	_____
QRS Interval	_____	S-T Sagment	_____
Q-T Interval	_____	Remarks	_____
Elec.Axis	_____		
Eles. Pos	_____		
Patient Pos	_____		


dr. Christine Anita, SpJP
Dokter Spesialis Jantung & Pembuluh Darah
No. SIP 503/286/DPMP/Sp/2019
SHLC

Treadmill

RS. Siloam
Jl. MH Thamrin Kav.105
Lippo Cikarang

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EXERCISE STRESS TEST REPORT

Patient Name: DESTARIKA, ISKANDAR DOB: 12/28/1977
Patient ID: 90086231.. Age: 44yrs
Height: 165 cm Gender: Male
Weight: 51.1 kg Race: Asian

Study Date: 07/07/2022 Referring Physician: dr.Christine Anita SpJP
Test Type: Treadmill Stress Test Attending Physician: dr.Christine Anita SpJP
Protocol: BRUCE Technician: REYNALDI

Medications:
--

Medical History:
MCU

Reason for Exercise Test:
MCU

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:38	0.00	0.00	70	100/70	
	STANDING	00:47	0.00	0.00	74		
	HYPERV.	00:02	0.00	0.00	74		
	WARM-UP	00:18	1.60	0.00	66		
EXERCISE	STAGE 1	03:00	2.70	10.00	100	100/70	
	STAGE 2	03:00	4.00	12.00	109	130/80	
	STAGE 3	03:00	5.40	14.00	141	140/80	
	STAGE 4	00:32	6.70	16.00	153	140/80	
RECOVERY		01:09	2.30	0.00	121	140/80	

The patient exercised according to the BRUCE for 9:32 min:s, achieving a work level of Max. METS: 10.80. The resting heart rate of 66 bpm rose to a maximal heart rate of 153 bpm. This value represents 86 % of the maximal, age-predicted heart rate. The resting blood pressure of 100/70 mmHg, rose to a maximum blood pressure of 140/80 mmHg. The exercise test was stopped due to --.

Interpretation
--

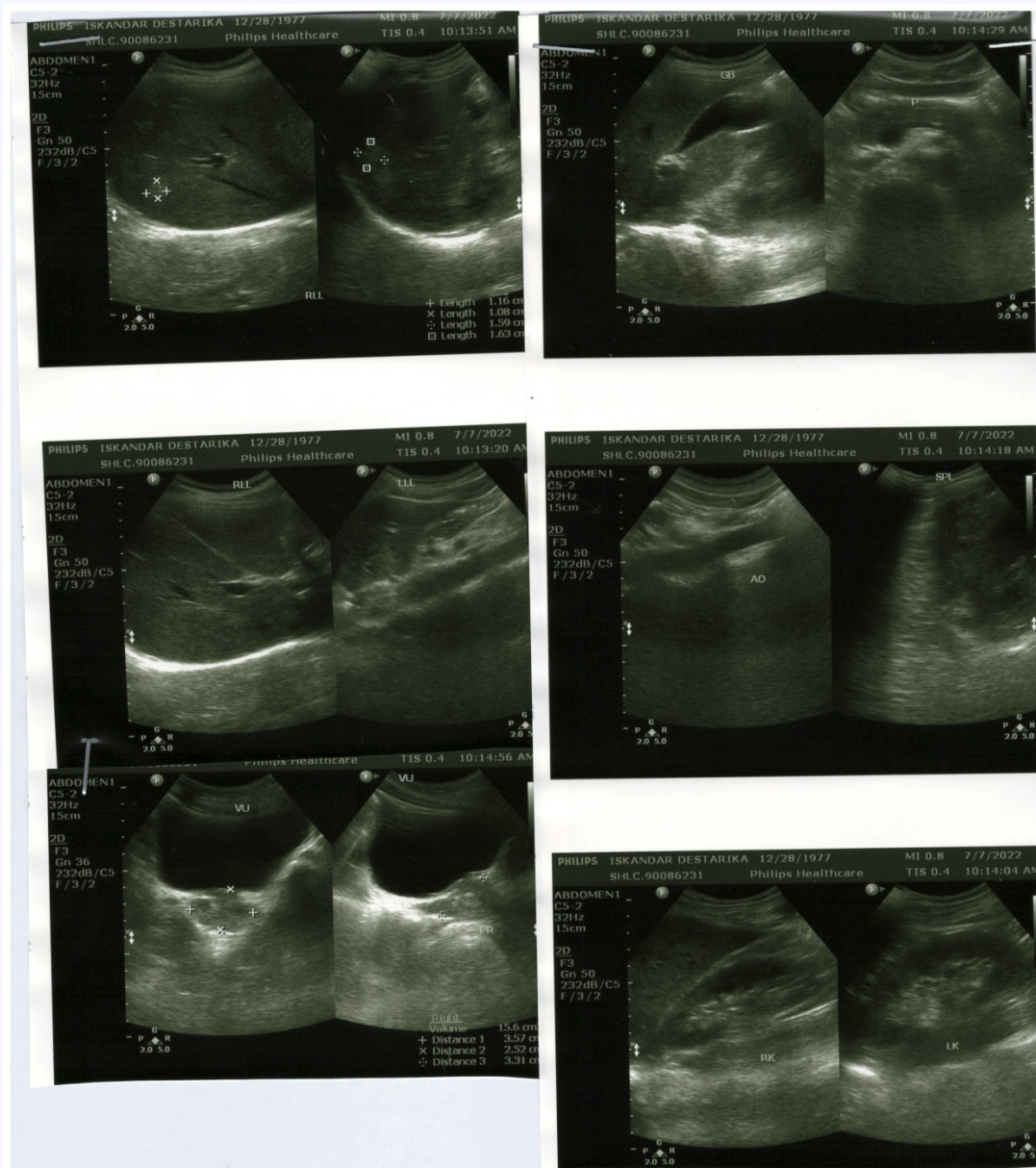
Conclusions
--

Physician _____ Technician _____



Negative isches respon
Average fba class

dr. Christine Anita, SpJP
Dokter Spesialis Jantung & Pembuluh Darah
No. SIP 503/286/DPMP/Sp/2019
SHLC

USG Abdomen



Cara membuka CD INFINITT RISPACS:

1. Double click "Open Folder to View Files".
2. Double click Folder  CDVIEWER
3. Double click ikon  CDVIEWER

Teknik:

USG whole abdomen

Temuan:

HEPAR: Bentuk dan ukuran normal, lesi hiperekoik di parenkim lobus kanan hepar berbatas tegas tepi reguler berukuran +/- 1,16 x 1,08 cm dan +/- 1,59 x 1,63 cm.

LIEN: Normal

SISTEM VENA PORTA: Normal

VENA CAVA INFERIOR, VENA HEPATIKA: Normal

SISTEM BILIER: Normal

KANTUNG EMPEDU: Normal

PANKREAS: Normal

GINJAL:

- KANAN: Normal

- KIRI: Normal

SISTEM PELVIOKALISES: Normal

BULI-BULI: Normal

KELENJAR GETAH BENING: Tidak tampak membesar

CAIRAN BEBAS: Tidak ditemukan

PROSTAT: Normal

VESIKULA SEMINALIS: Normal

===== [Conclusion] =====

Kesan:

Multiple lesi padat di parenkim lobus kanan hepar DD/ focal nodular hyperplasia, hemangioma, focal fatty changes.

Tidak tampak kelainan pada organ intraabdomen lain yang tervisualisasi saat ini

Teknik:

Thorax proyeksi PA

Temuan:

PARU: Normal

MEDIASTINUM: Normal

TRAKEA DAN BRONKUS: Normal

HILUS: Normal

PLEURA: Normal

DIAFRAGMA: Normal

JANTUNG: Normal CTR: <50%

AORTA: Aorta elongasi

VERTEBRA THORAKAL DAN TULANG-TULANG LAINNYA: Normal

JARINGAN LUNAK: Normal

ABDOMEN YANG TERVISUALISASI: Normal

LEHER YANG TERVISUALISASI: Normal

==== [Conclusion] =====

Kesan:

Tidak tampak kelainan signifikan cor dan pulmo pada pemeriksaan saat ini.

Aorta elongasi



RS. Siloam
 Jl. MH Thamrin Kav.105
 Lippo Cikarang

Station
 Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: DESTARIKA, ISKANDAR
 Patient ID: 90086231..
 Height: 165 cm
 Weight: 51.1 kg

DOB: 12/28/1977
 Age: 44yrs
 Gender: Male
 Race: Asian

Study Date: 07/07/2022
 Test Type: Treadmill Stress Test
 Protocol: BRUCE

Referring Physician: dr.Christine Anita SpJP
 Attending Physician: dr.Christine Anita SpJP
 Technician: REYNALDI

Medications:
 --

Medical History:
 MCU

Reason for Exercise Test:
 MCU

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:38	0.00	0.00	70	100/70	
	STANDING	00:47	0.00	0.00	74		
	HYPERV.	00:02	0.00	0.00	74		
	WARM-UP	00:18	1.60	0.00	66		
EXERCISE	STAGE 1	03:00	2.70	10.00	100	100/70	
	STAGE 2	03:00	4.00	12.00	109	130/80	
	STAGE 3	03:00	5.40	14.00	141	140/80	
	STAGE 4	00:32	6.70	16.00	153	140/80	
RECOVERY		01:09	2.30	0.00	121	140/80	

The patient exercised according to the BRUCE for 9:32 min:s, achieving a work level of Max. METS: 10.80. The resting heart rate of 66 bpm rose to a maximal heart rate of 153 bpm. This value represents 86 % of the maximal, age-predicted heart rate. The resting blood pressure of 100/70 mmHg, rose to a maximum blood pressure of 140/80 mmHg. The exercise test was stopped due to --.

Interpretation

--

Conclusions

--

Physician _____

Technician _____

- Negative ische-respon
 - Average ptn class

dr. Christine Anita, SpJP
 Dokter Spesialis Jantung & Pembuluh Darah
 No. SIP 503/286/DPMPSTP/Sp/2019
 SHLC

DESTARIKA, ISKANDAR

Patient ID 90086231...

07/07/2022

11:51:36

Male 165 cm 51.1 kg

44yrs Asian

Meds:

Test Reason: MCU

Medical History: MCU

Ref. MD: dr.Christine Anita SpJP Ordering MD: dr.Christine Anita SpJP

Technician: REYNALDI Test Type: Treadmill Stress Test

Comment:

Tabular Summary

BRUCE: Total Exercise Time 09:32

Max HR: 153 bpm 86% of max predicted 176 bpm HR at rest: 66

Max BP: 140/80 mmHg BP at rest: 100/70 Max RPP: 21140 mmHg*bpm

Maximum Workload: 10.80 METS

Max. ST: -0.70 mm, 0.00 mV/s in I; EXERCISE STAGE 3 07:00

Arrhythmia: A:28, VBI6:1, PVC:7, PCAP:1

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	Workload (METS)	HR (bpm)	BP (mmHg)	RPP (mmHg*bpm)	VE (/min)	ST Level (I mm)	Comment
PRETEST	SUPINE	00:38	0.00	0.00	1.0	70	100/70	7000	0	0.70	
	STANDING	00:47	0.00	0.00	1.0	74			1	0.30	
	HYPERV.	00:02	0.00	0.00	1.0	74			1	0.40	
	WARM-UP	00:18	1.60	0.00	1.0	66			1	0.65	
EXERCISE	STAGE 1	03:00	2.70	10.00	4.6	100	100/70	10000	0	0.40	
	STAGE 2	03:00	4.00	12.00	7.0	109	130/80	14170	0	0.35	
	STAGE 3	03:00	5.40	14.00	10.0	141	140/80	19740	0	-0.35	
	STAGE 4	00:32	6.70	16.00	10.8	153	140/80	21420	5	0.30	
RECOVERY		01:09	2.30	0.00	5.8	121	140/80	16940	1	0.85	

DESTARIKA, ISKANDAR

Patient ID 90086231..
07/07/2022
11:51:36

Selected Medians Report

RS. Siloam

BASELINE EXERCISE	MAX. ST EXERCISE	PEAK EXERCISE	TEST END RECOVERY	BASELINE EXERCISE	MAX. ST EXERCISE	PEAK EXERCISE	TEST END RECOVERY
0:01 67 bpm	7:00 121 bpm	9:32 153 bpm 140/80 mmHg	0:58 127 bpm 140/80 mmHg	0:01 67 bpm	7:00 121 bpm	9:32 153 bpm 140/80 mmHg	0:58 127 bpm 140/80 mmHg
I 0.60 mV 0.17 mV/s	I -0.70 -1.87	I 0.30 1.39	I 1.00 1.35	V1 0.45 -0.50	V1 1.05 0.99	V1 -0.10 -2.81	V1 -0.10 -1.99
II 0.95 0.66	II 0.90 3.37	II 1.25 3.46	II 1.65 4.13	V2 1.50 0.70	V2 2.05 3.40	V2 1.20 0.75	V2 1.60 1.91
III 0.35 0.17	III 1.50 4.84	III 0.05 0.88	III 0.70 2.69	V3 1.80 1.52	V3 2.50 4.43	V3 2.15 3.23	V3 3.15 4.54
aVR -0.80 -1.06	aVR 0.00 -1.06	aVR -0.95 -3.76	aVR -1.30 -4.04	V4 0.75 0.94	V4 1.40 4.20	V4 1.40 2.65	V4 2.05 4.21
aVL 0.10 -0.18	aVL -1.05 -3.53	aVL 0.25 -0.07	aVL 0.20 -0.72	V5 0.40 0.49	V5 1.05 3.13	V5 0.55 1.21	V5 1.15 2.71
aVF 0.70 0.51	aVF 1.30 4.32	aVF 0.65 1.69	aVF 1.15 3.45	V6 0.20 -0.12	V6 -0.15 2.02	V6 0.25 0.81	V6 0.35 1.60

12-Lead Report

BRUCE
0.0 km/h
0.0 %

PRETEST
SUPINE
00:22

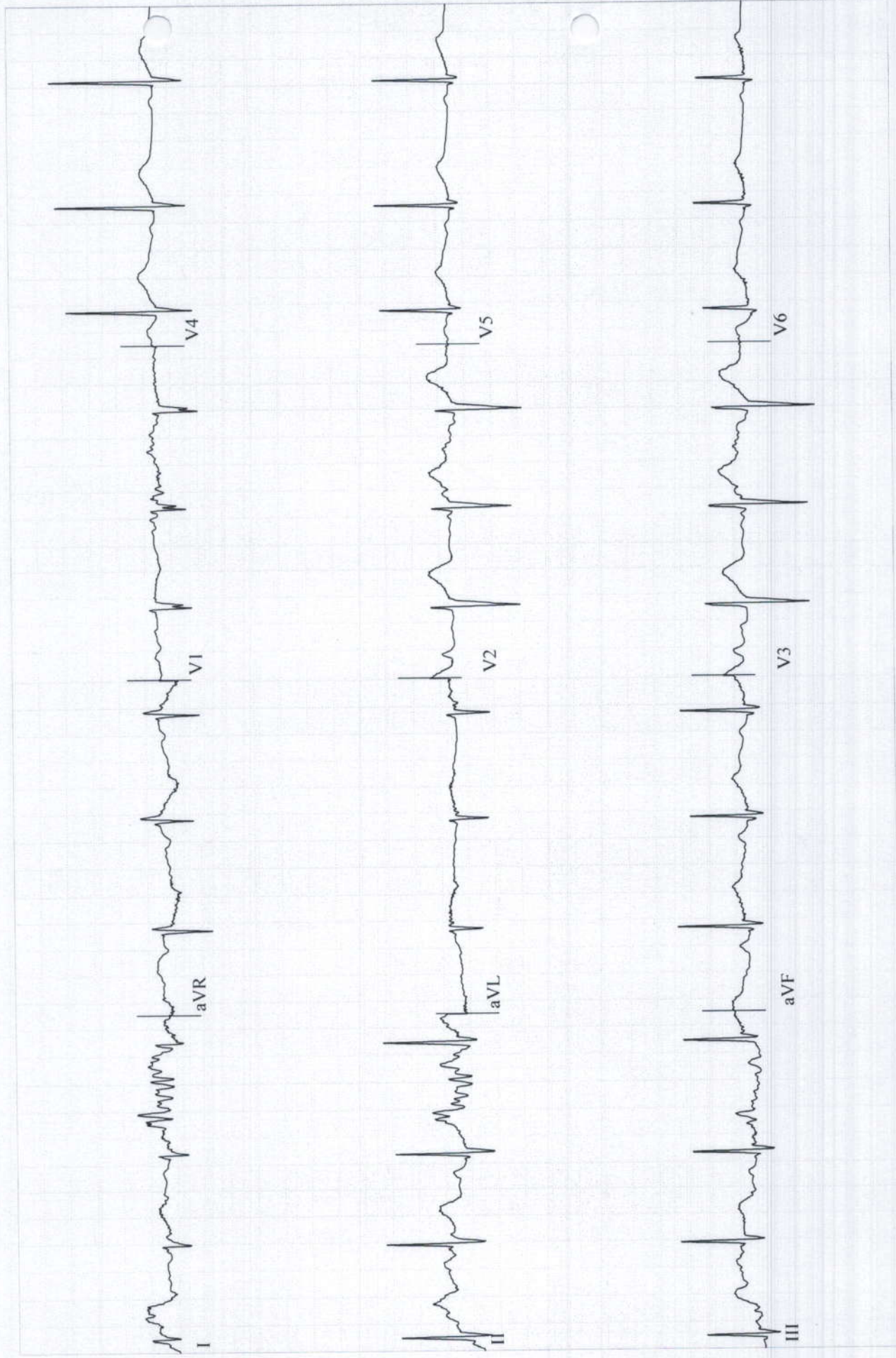
69 bpm
100/70 mmHg

DESTARIKA, ISKANDAR

Patient ID 90086231..

07/07/2022

11:52:04



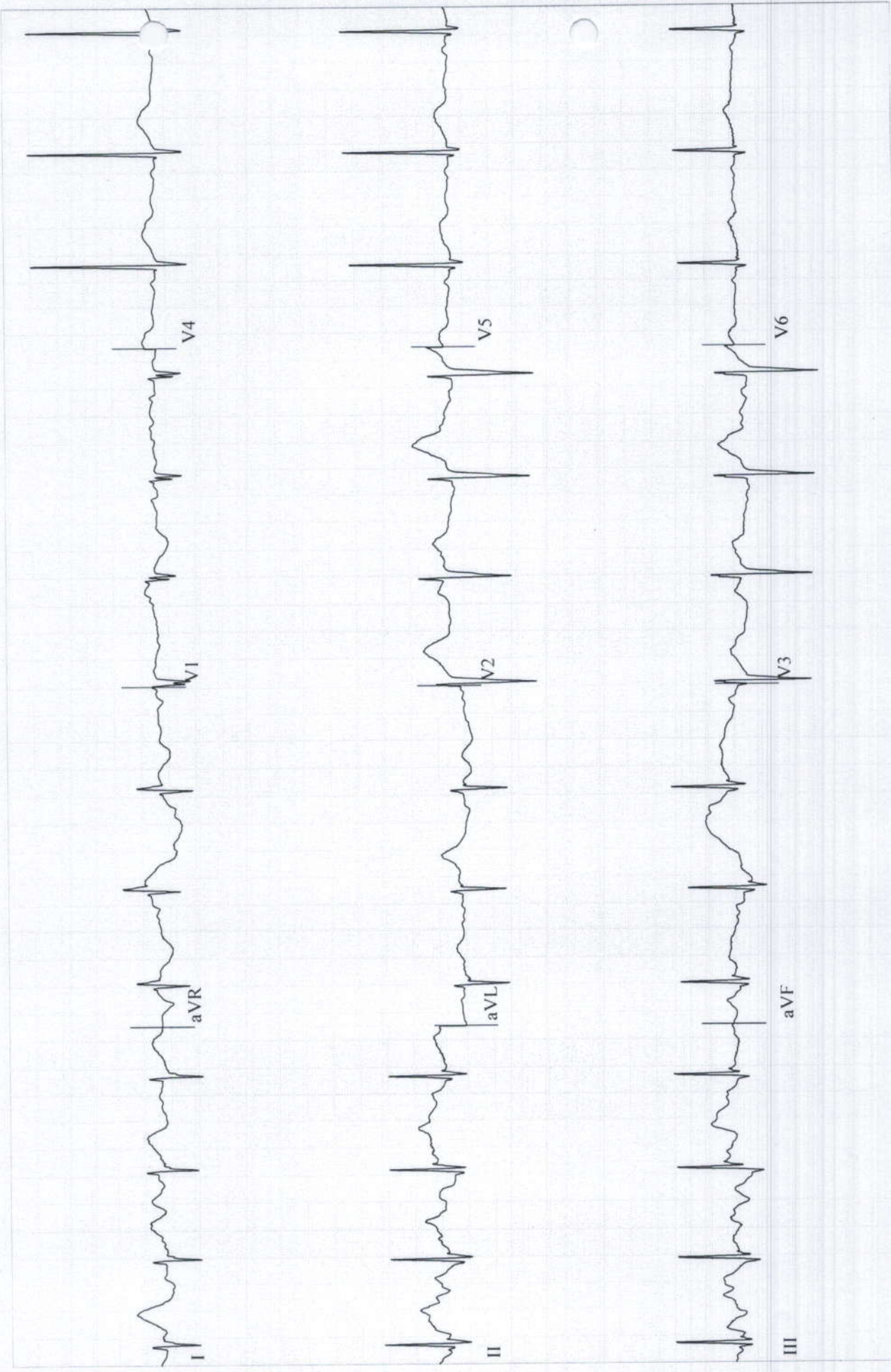
12-Lead Report

BRUCE
0.0 km/h
0.0 %

PRETEST
STANDING
00:59

88 bpm
100/70 mmHg

DESTARIKA, ISKANDAR
Patient ID 90086231..
07/07/2022
11:52:41



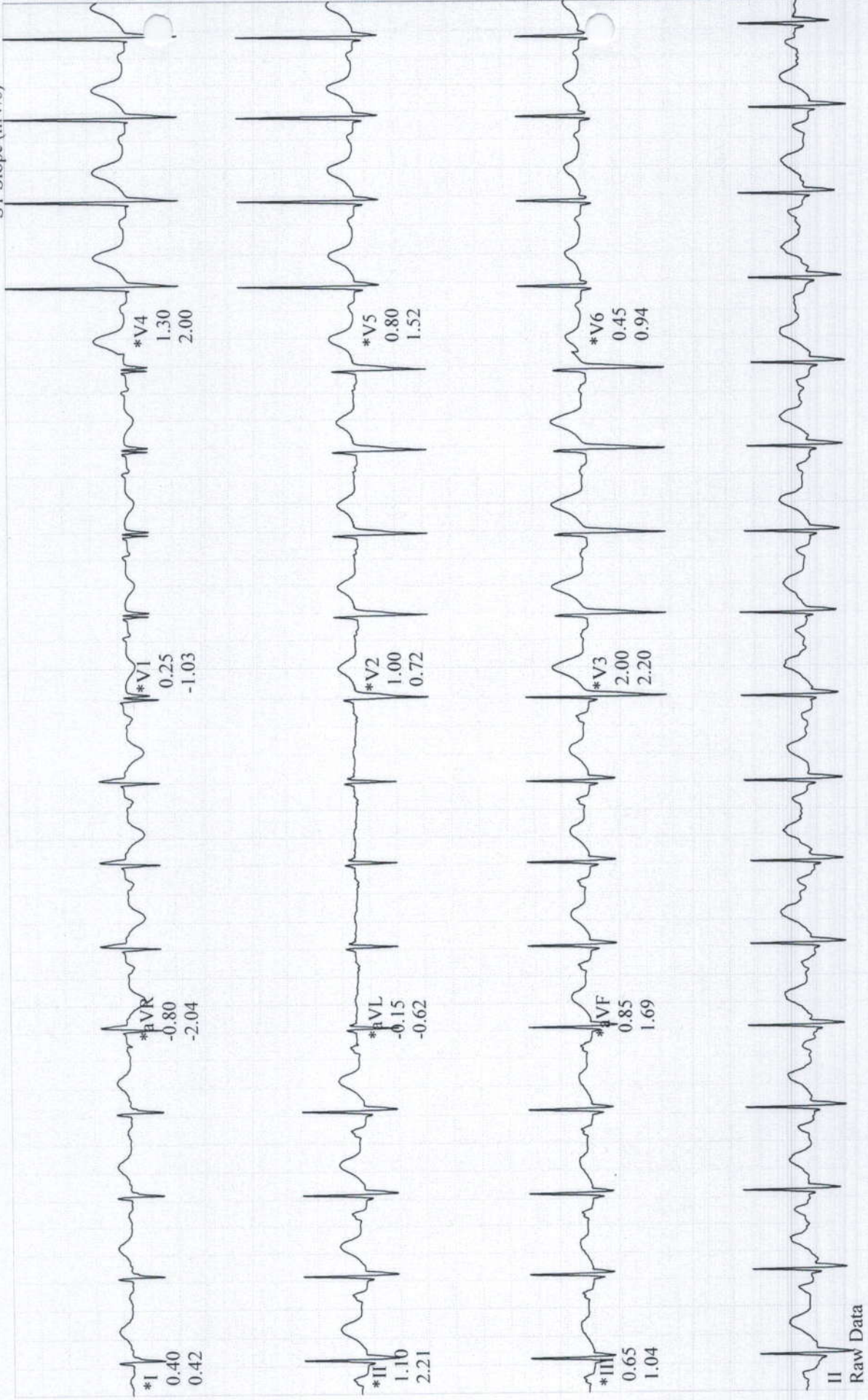
DESTARIKA, ISKANDAR
Patient ID 90086231..
07/07/2022
11:56:10

BRUCE
2.7 km/h
10.0 %

EXERCISE
STAGE 1
02:50

100 bpm
100/70 mmHg

Lead
ST Level (mm)
ST Slope (mV/s)



*Computer Synthesized Rhythms

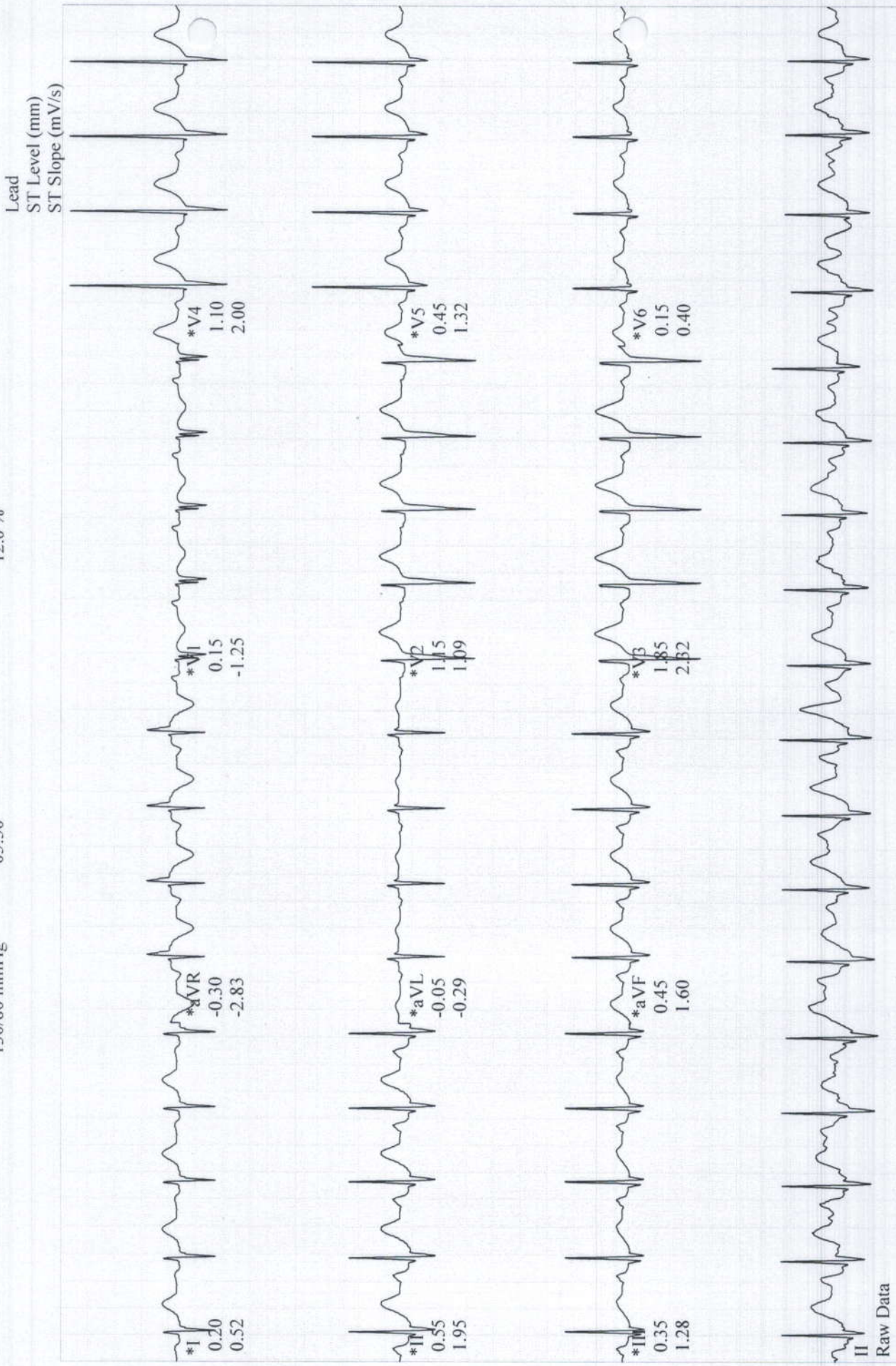
DESTARIKA, ISKANDAR
Patient ID 90086231...
07/07/2022
11:59:10

Linked Medians
EXERCISE
STAGE 2
05:50

109 bpm
130/80 mmHg

BRUCE
4.0 km/h
12.0 %

RS. Siloam



*Computer Synthesized Rhythms

DESTARIKA, ISKANDAR

Patient ID 90086231..

07/07/2022

12:02:10

Linked Medians

EXERCISE

STAGE 3

08:50

141 bpm

140/80 mmHg

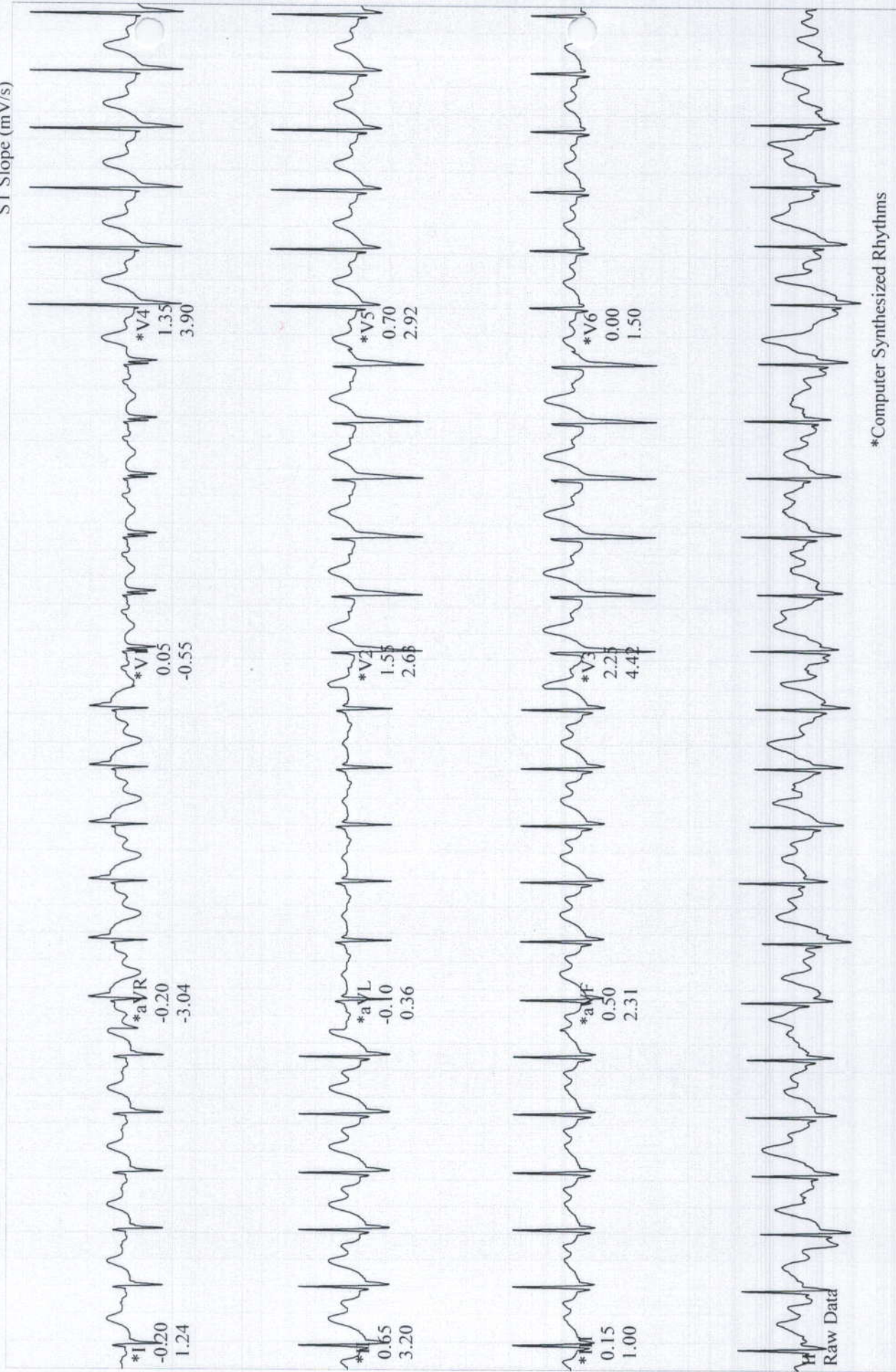
BRUCE

5.4 km/h

14.0 %

RS. Siloam

Lead
ST Level (mm)
ST Slope (mV/s)



*Computer Synthesized Rhythms

DESTARIKA, ISKANDAR

Patient ID 90086231..

07/07/2022

12:02:52

153 bpm
140/80 mmHg

Linked Medians (PEAK EXERCISE)

EXERCISE BRUCE
STAGE 4 6.7 km/h
09:32 16.0 %

R.S. Siloam

Lead

ST Level (mm)

ST Slope (mV/s)

Lead	ST Level (mm)	ST Slope (mV/s)
I	0.30	1.39
II	1.25	3.46
III	0.05	0.88
aVR	-0.95	-3.76
aVL	0.25	-0.07
aVF	0.65	1.69
V1	-0.10	-2.81
V2	1.20	0.73
V3	2.15	3.23
V4	1.40	2.65
V5	0.55	1.21
V6	0.25	0.81

*Computer Synthesized Rhythms

GE CardioSoft V6.73 (2)
25 mm/s 10 mm/mV 50Hz 0.01Hz FRF+ HR(V2,V6)

Start of Test: 11:51:36

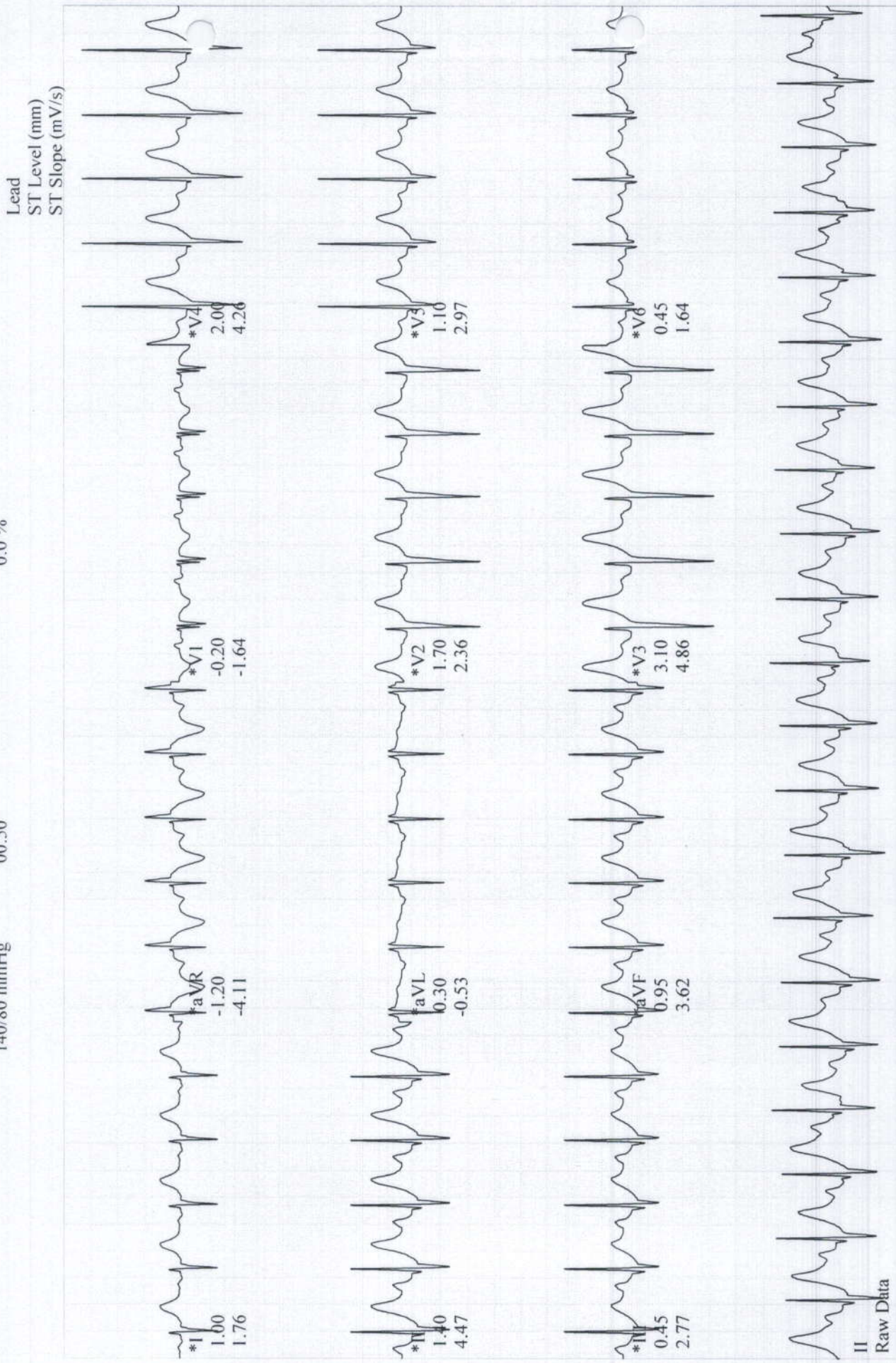
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DESTARIKA, ISKANDAR
 Patient ID 90086231..
 07/07/2022
 12:03:42

126 bpm
 140/80 mmHg
 Linked Medians
 RECOVERY
 #1
 00:50

BRUCE
 2.4 km/h
 0.0 %

RS. Siloam



*Computer Synthesized Rhythms