

MEDICAL CHECK UP REPORT

HASIL MEDICAL CHECK UP

Patient Name :

Nama Pasien

ACHMAD SAIDI

Doctor Name :

Nama Dokter

dr. Julianto Kemala

Package :

Paket

PT. INSPEKTINDO SINERGI PERSADA

SILOAM HOSPITALS LIPPO CIKARANG

08 Juli 2022

ACHMAD SAIDI

Appointment ID: 122421

No. Appointment

Date of Birth : 19 Juli 1967

Tanggal Lahir

Gender : Male

Jenis Kelamin

Phone Number : +6281273099206

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 : Tidak

Riwayat Penyakit Keluarga

Riwayat Kebiasaan

- Apakah Anda pernah merokok secara teratur? : Tidak
- Bila 'Ya', apakah Anda saat ini masih tetap merokok? : Tidak

● Apakah Anda berolahraga secara teratur? : Tidak

● Apakah Anda mengonsumsi minuman beralkohol? : Tidak

Untuk wanita - Riwayat Kesehatan Reproduksi

● Apakah Anda sedang dalam masa kehamilan? : Tidak

Antropometri

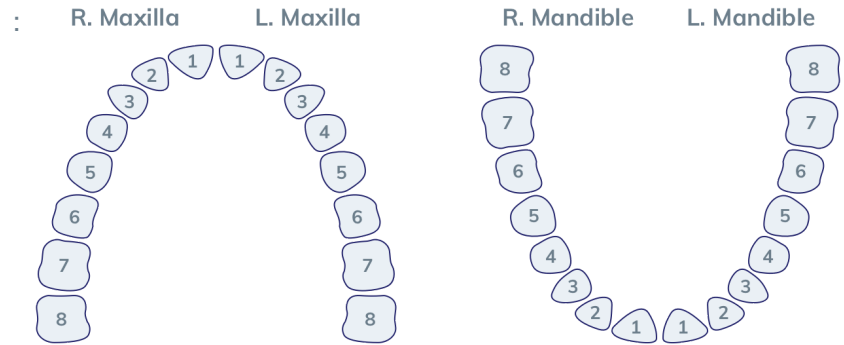
● Tekanan Darah Sistolik	: 140
● Tekanan Darah Diastolik	: 80
● Tekanan Darah	: 140/80 mmHg
● Lingkar Perut	: -
● Nadi	: 80x/menit
● Lingkar Dada Inspirasi	: -
● Lingkar Dada Ekspirasi	: -
● Laju Napas	: 18x/menit
● Berat Badan	: 83.7 kg
● Tinggi Badan	: 164 cm
● Indeks Massa Tubuh	: 31.12
● Lingkar Pergelangan Tangan	: -
● Lingkar Leher	: -
● Penampakan Umum	: Normal
● Kulit	: Normal
● Nodus Limfe	: Normal

Status Generalis

● Ketajaman Visus Mata Kiri	: 20/80
● Lapang Pandang Mata Kiri	: C-0.75x180', +2.50
● Adisi Mata Kiri	: Normal
● Koreksi Mata Kiri	: Normal
● Ketajaman Visus Mata Kanan	: 20/120
● Lapang Pandang Mata Kanan	: -0.75, +1.250
● Adisi Mata Kanan	: Normal
● Koreksi Mata Kanan	: Normal
● Buta Warna	: Normal
● Telinga Kiri	: Serumen (+)

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

: Serumen (+)
 : Tidak dilakukan pemeriksaan
 : Tidak dilakukan pemeriksaan
 : Tidak Dilakukan Pemeriksaan



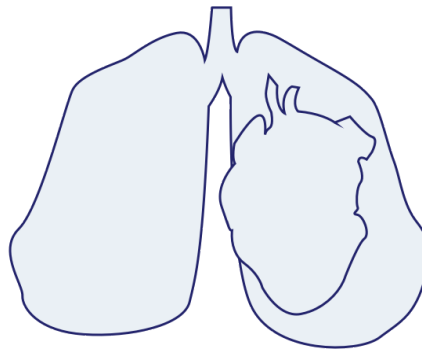
- Tiroid
- Tumor
- Lainnya

: Normal
 : Normal
 : Normal

Toraks

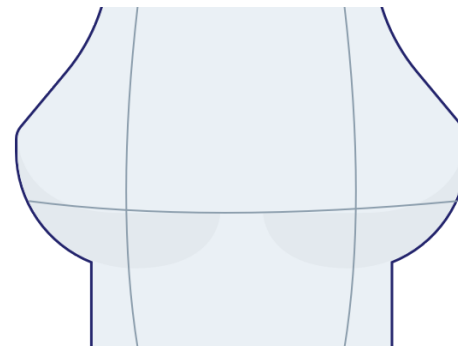
- Paru
- Gambar Toraks

: Normal
 :



- Payudara
- Gambar Payudara

: Normal
 :

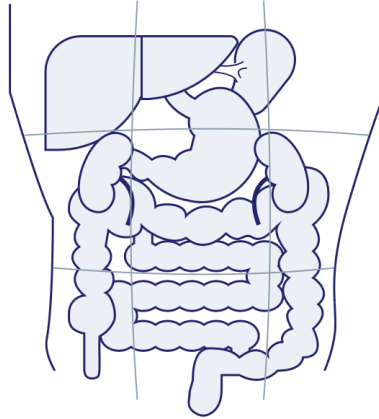


● Jantung : Normal

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 : OD Myopia Presbiopia, OS Silindris Presbiopia

Pemeriksaan Laboratorium

JENIS PEMERIKSAAN	HASIL	NILAI NORMAL
● Darah Lengkap		
● Hemoglobin	16.8 g/dL	13.0 - 18.0
● Jumlah Lekosit	7.2 10 ³ /ul	5.0 - 10.0
● Hitung Jenis		
● Basofil	0 %	0 - 1
● Eosinofil	2 %	1 - 3
● Batang (L)	0 %	2 - 6
● Segmen	52 %	50 - 70
● Limfosit	40 %	20 - 40
● Absolute Lymphocyte Count	2.88 10 ³ /ul	
● Neutrophyl Lymphocyte Rat	1.3	
● Monosit	6 %	2 - 8
● Jumlah Eritrosit	5.97 10 ⁶ /uL	4.60 - 6.20
● Hematokrit	49.2 %	40.0 - 54.0
● MCV	82.4 fL	80.0 - 96.0
● MCH	28.1 pg	27.0 - 31.0
● MCHC	34.1 g/dL	32.0 - 36.0
● Jumlah Trombosit	250 10 ³ /ul	150 - 400
● Laju Endap Darah	8 mm/jam	0 - 15
● Golongan Darah + Rhesus		
● Golongan Darah	B	
● Rhesus	Positif	
● ALT (SGPT)	26 U/L	0 - 45
● AST (SGOT)	22 U/L	13 - 33
● Gamma GT	33 U/L	5 - 86
● Trigliserida	98 mg/dL	50 - 150
● Kolesterol Total (H)	216 mg/dL	100 - 200
● HDL Direk	44 mg/dL	>= 40
● LDL Direk (H)	160 mg/dL	0 - 130
● Glukosa Puasa		
● Glukosa Darah Puasa (H)	111 mg/dL	60 - 100
● Kreatinin Darah		

● Kreatinin Darah	1.11 mg/dL	0.8 - 1.3
● eGFR	74.9 mL/mnt/1.73 m ²	CKD EPI GFR Comment >= 60 Normal kidney function Reff : National Kidney Foundation, 2006
● Asam Urat (H)	7.4 mg/dL	3.5 - 7.2
● Lengkap		
● Warna	kuning	Kuning
● Kejernihan	jernih	Jernih
● Berat Jenis	1.005	1.005 - 1.030
● pH	6.5	5.0 - 7.0
● Lekosit Esterase	Negatif cells/uL	Negatif
● Nitrit	Negatif	Negatif
● Protein	Negatif mg/dL	Negatif
● Glukosa	Negatif mg/dL	Negatif
● Keton	Negatif mg/dL	Negatif
● Urobilinogen	0.5 mg/dL	0.1 - 0.9
● Bilirubin	Negatif	Negatif
● Darah Samar	Negatif cells/uL	Negatif
● Sedimen		
● Eritrosit	1 /uL	<3
● Lekosit	4 /uL	<10
● Silinder	Negatif /lpk	
● Sel Epitel	(+)	(+)
● Kristal	Negatif	Negatif
● Lain-lain	Negatif	
● Analisa Faeces Lengkap		
● Warna	kuning	Coklat
● Konsistensi	lembek	Lembek
● Lendir	Negatif	Negatif
● Darah	Negatif	Negatif
● Mikroskopik		
● Eritrosit	0-1 /lpb	
● Leukosit	2-3 /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	5.5	
● Glukosa	Negatif	
● Pewarnaan Gram	Ditemukan batang gram negatif	
● Lain - lain	Negatif	
● Keterangan	Tidak ditemukan kelainan spesifik	

Pemeriksaan Penunjang

● EKG	: Normal Sinus Rythm
● Treadmill	: Negative Ischemic Response
● Rontgen Thoraks	: Tidak tampak kelainan signifikan cor dan pulmo pada pemeriksaan saat ini. Aorta elongasi
● USG Abdomen	: Fatty liver. Kista di ginjal kiri. Tidak tampak kelainan pada organ intraabdomen lain yang tervisualisasi saat ini
● Audiometri	: AD CHL, AS Dalam Batas Normal

Diagnosa

- Obesitas grade II
- Penurunan visus mata
- Serumen ADS
- Kolesterol total dan LDL meningkat
- Gula darah puasa meningkat
- Asam urat meningkat
- Fatty liver
- AD : CHL Ringan
- Peningkatan Tekanan Darah

Saran

- Olahraga rutin 5 kali seminggu dengan durasi masing-masing minimal 30 menit, Diet rendah lemak atau kolesterol
- Periksa Mata Rutin
- Irigasi telinga
- Olahraga teratur minimal 3 kali seminggu (kurang lebih 30 menit tiap kali olahraga)
- Evaluasi gula darah dan cek HbA1c, Diet rendah karbohidrat/gula
- Diet rendah asam urat/purin
- Diet rendah garam dan cek tekanan darah, Istirahat cukup

Konsultasi

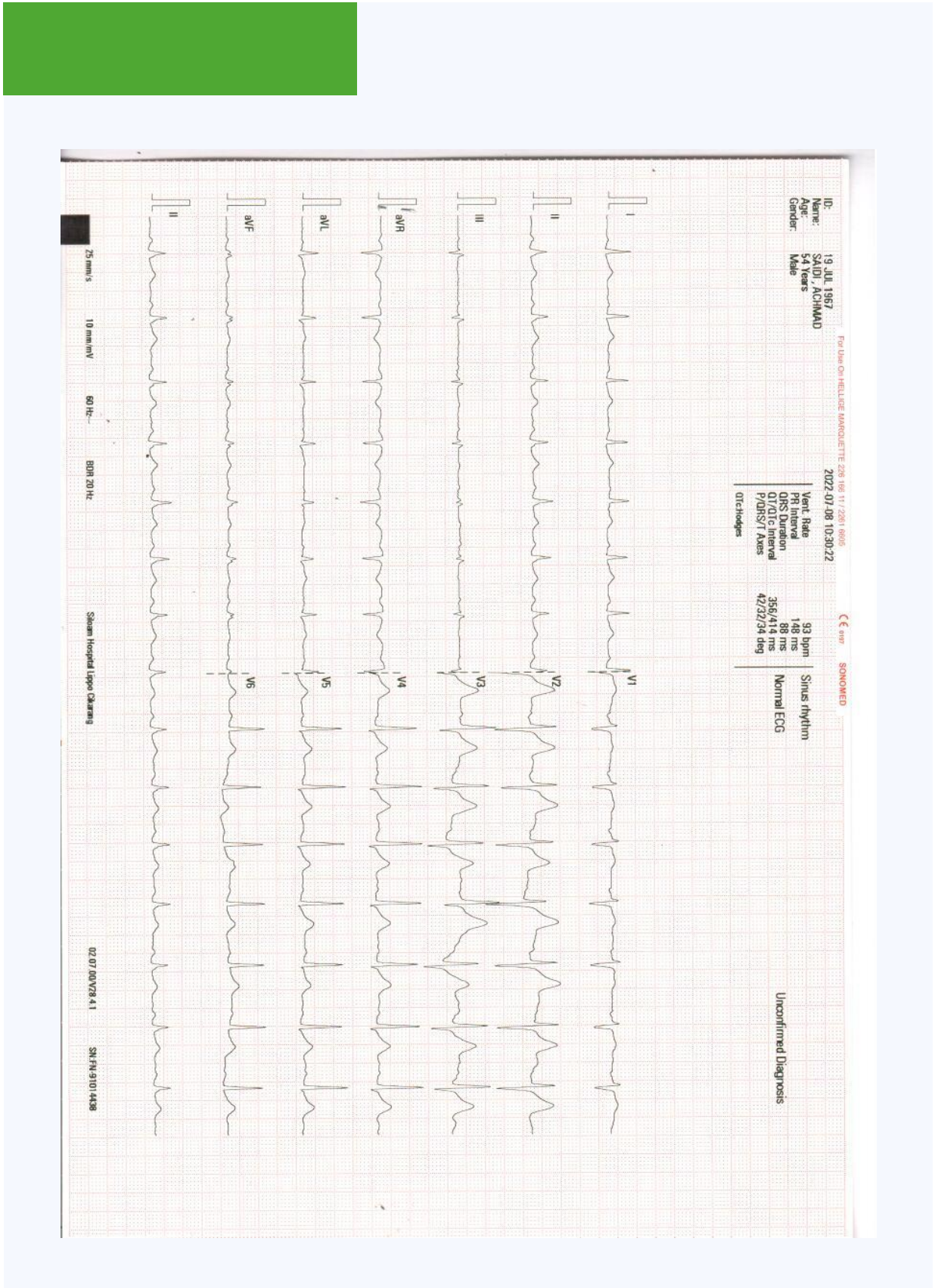
- Konsultasi dokter Spesialis Mata
- Konsultasi dokter Spesialis Penyakit Dalam
- Konsultasi dokter Spesialis THT

Kesimpulan

- Fit dengan Restriksi



dr. Julianto Kemala



Normal Sinus rhythm bpm
(Normal ECG)

Atrial rate	_____	Rhythm	_____
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/2018
ETCC

Page 1 / 1

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

EXERCISE STRESS TEST REPORT

Patient Name: SAIDI, ACHMAD DOB: 07/19/1967
 Patient ID: 90086233 Age: 54yrs
 Height: 164 cm Gender: Male
 Weight: 83.7 kg Race: Asian

Study Date: 07/08/2022 Referring Physician: dr.Christine Anita SpJP
 Test Type: Treadmill Stress Test Attending Physician: dr.Christine Anita SpJP
 Protocol: BRUCE Technician: Tri Hartanto

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	00:14	0.00	0.00	97	140/80	
	STANDING	00:51	0.00	0.00	122		
	HYPERV.	00:02	0.00	0.00	122		
	WARM-UP	00:14	1.60	0.00	123		
EXERCISE	STAGE 1	03:00	2.70	10.00	129	140/80	
	STAGE 2	03:00	4.00	12.00	144	140/80	
	STAGE 3	01:06	5.30	14.00	153	150/90	
RECOVERY		01:02	1.80	0.00	139	150/90	

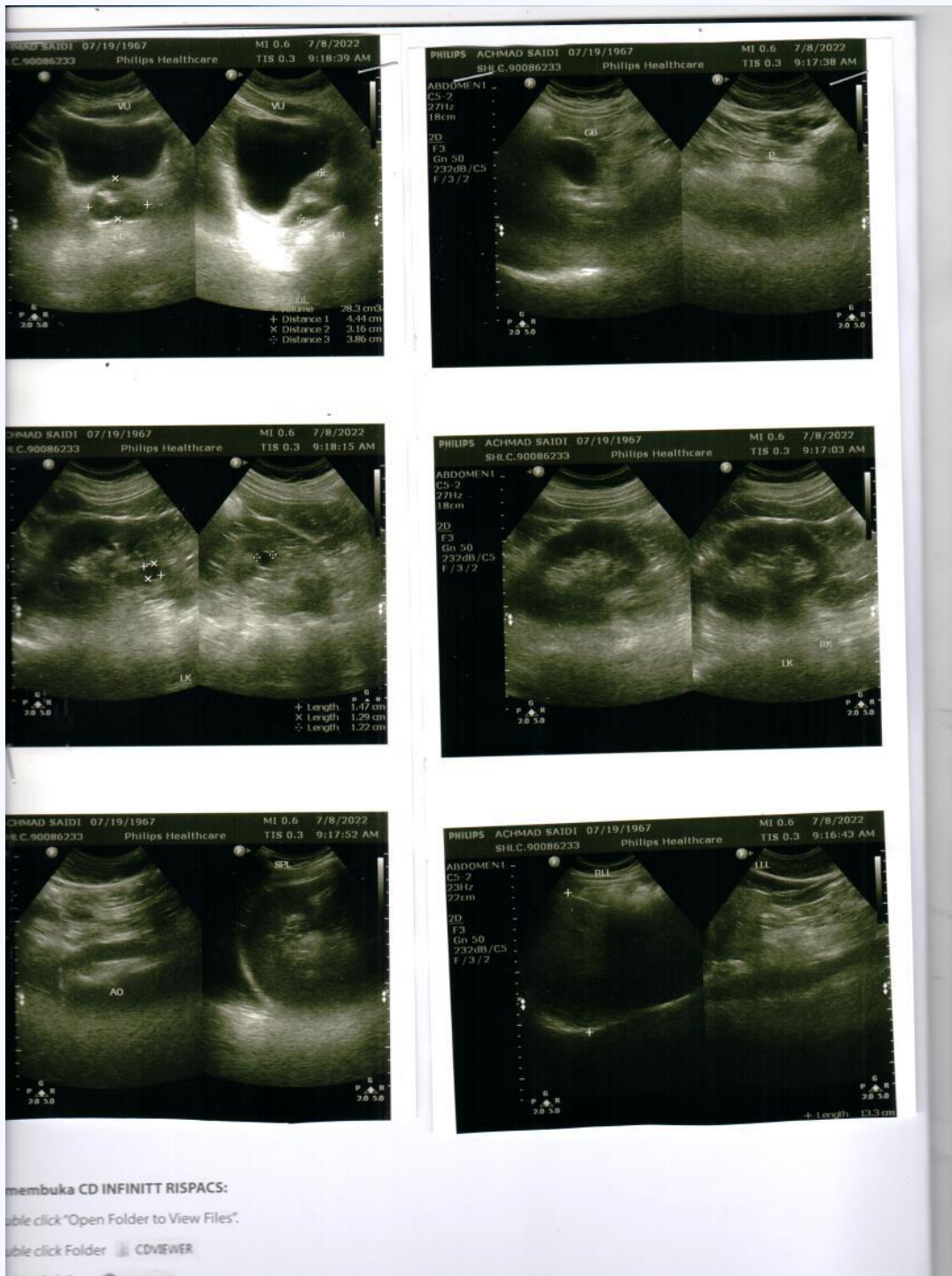
The patient exercised according to the BRUCE for 7:05 min:s, achieving a work level of Max. METS: 8.60. The resting heart rate of 109 bpm rose to a maximal heart rate of 155 bpm. This value represents 93 % of the maximal, age-predicted heart rate. The resting blood pressure of 140/80 mmHg , rose to a maximum blood pressure of 150/90 mmHg. The exercise test was stopped due to --.

Interpretation
 --

Conclusions
 --
 - Negative ischa- nega
 - Average fitte class

Physician _____ Technician _____

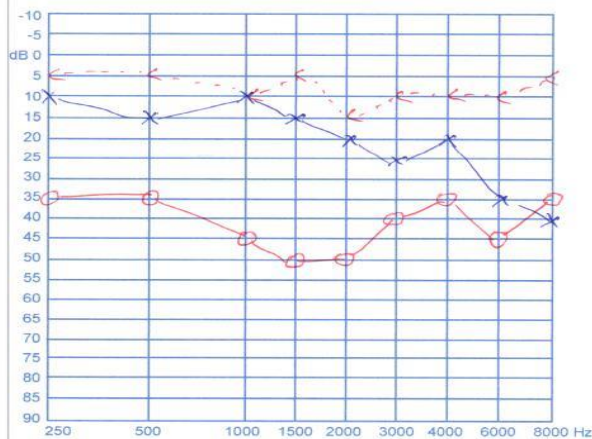

Dr. Christine Anita, SpJP
Spesialis Jantung & Pembuluh Darah
 SIP 503/286/DPMPSTP/Sp/2019
 SHLC





HASIL PEMERIKSAAN
AUDIOMETRI

ACHMAD SAIDI / Male / Ph: 081273099206
MR No: SHLC.90-08-82-33 / DOB: 19-Jul-1967 (64y 11m 19d)
CPA2207080017 / 08-Jul-2022 08.42
dr. Rizka Alivientasari Suprpto / INSPEKTINDO SINERGI PERSADA, PT



Dr. Rizka
AD CMU

dr. Rizka Alivientasari Suprpto
Otorhinolaryngologist

LIPPO CIKARANG
Jl. M.H. Thamrin Kav. 105, Lippo Cikarang, Bekasi 17550
Telp. +6221 296-36-900, Fax + 6221 296-36-969

AMA 33-0509/02

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

Teknik:

USG whole abdomen

Temuan:

HEPAR: Bentuk dan ukuran normal, echostruktur parenkim homogen meningkat

LIEN: Normal

SISTEM VENA PORTA: Normal

VENA CAVA INFERIOR, VENA HEPATIKA: Normal

SISTEM BILIER: Normal

KANTUNG EMPEDU: Normal

PANKREAS: Normal

GINJAL: Bentuk dan ukuran baik. Echostruktur parenkim homogen, differensiasi korteks dan medulla jelas. Sistem pelviokalis tidak melebar. Tidak tampak batu. Lesi anechoic berbatas tegas tepi reguler di ginjal kiri berukuran +/- 1,47 x 1,29 x 1,22 cm.

BULI-BULI: Normal

KELENJAR GETAH BENING: Tidak tampak membesar

CAIRAN BEBAS: Tidak ditemukan

PROSTAT: Normal

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

Kesan:

Fatty liver

Kista di ginjal kiri.

Tidak tampak kelainan pada organ intraabdomen lain yang tervisualisasi saat ini



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

Station
 Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: SAIDI, ACHMAD
 Patient ID: 90086233.
 Height: 164 cm
 Weight: 83.7 kg

DOB: 07/19/1967
 Age: 54yrs
 Gender: Male
 Race: Asian

Study Date: 07/08/2022
 Test Type: Treadmill Stress Test
 Protocol: BRUCE

Referring Physician: dr.Christine Anita SpJP
 Attending Physician: dr.Christine Anita SpJP
 Technician: Tri Hartanto

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	00:14	0.00	0.00	97	140/80	
	STANDING	00:51	0.00	0.00	122		
	HYPERV.	00:02	0.00	0.00	122		
	WARM-UP	00:14	1.60	0.00	123		
EXERCISE	STAGE 1	03:00	2.70	10.00	129	140/80	
	STAGE 2	03:00	4.00	12.00	144	140/80	
	STAGE 3	01:06	5.30	14.00	153	150/90	
RECOVERY		01:02	1.80	0.00	139	150/90	

The patient exercised according to the BRUCE for 7:05 min:s, achieving a work level of Max. METS: 8.60. The resting heart rate of 109 bpm rose to a maximal heart rate of 155 bpm. This value represents 93 % of the maximal, age-predicted heart rate. The resting blood pressure of 140/80 mmHg, rose to a maximum blood pressure of 150/90 mmHg. The exercise test was stopped due to --.

Interpretation

--

Conclusions

--

- Negative ische- nega
 - Average file class

Physician _____

Technician _____


 dr. Christine Anita, SpJP
 Spesialis Jantung & Pembuluh Darah
 SIP 503/286/DPMPSTP/Sp/2019
 SHLC

SAIDI, ACHMAD

Patient ID 90086233.

07/08/2022 Male 164 cm 83.7 kg
 10:57:51 54yrs Asian
 Meds:

Test Reason: MCU

Medical History: MCU

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

Technician: Tri Hartanto Test Type: Treadmill Stress Test

Comment:

Tabular Summary

BRUCE: Total Exercise Time 07:05

Max HR: 155 bpm 93% of max predicted 166 bpm HR at rest: 109

Max BP: 150/90 mmHg BP at rest: 140/80 Max RPP: 22950 mmHg*bpm

Maximum Workload: 8.60 METS

Max. ST: -1.50 mm, 0.00 mV/s in III; EXERCISE STAGE 3 07:06

ST/HR index: 2.18 μ V/bpm

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	Workload (METS)	HR (bpm)	BP (mmHg)	RPP (mmHg*bpm)	VE (/min)	ST Level (III mm)	Comment
PRETEST	SUPINE	00:14	0.00	0.00	1.0	97	140/80	13580	0	-0.30	
	STANDING	00:51	0.00	0.00	1.0	122			0	-0.45	
	HYPERV.	00:02	0.00	0.00	1.0	122			0	-0.45	
EXERCISE	WARM-UP	00:14	1.60	0.00	1.0	123			0	-0.55	
	STAGE 1	03:00	2.70	10.00	4.6	129	140/80	18060	0	-0.30	
	STAGE 2	03:00	4.00	12.00	7.0	144	140/80	20160	0	-0.30	
RECOVERY	STAGE 3	01:06	5.30	14.00	8.5	153	150/90	22950	0	-1.50	
		01:02	1.80	0.00	5.1	139	150/90	20850	0	-0.15	

BASELINE EXERCISE	MAX. ST EXERCISE	PEAK EXERCISE	TEST END RECOVERY	BASELINE EXERCISE	MAX. ST EXERCISE	PEAK EXERCISE	TEST END RECOVERY
0:01 123 bpm 0.90 mm 1.61 mV/s	7:06 153 bpm 150/90 mmHg	7:06 153 bpm 150/90 mmHg	0:55 139 bpm 150/90 mmHg	0:01 123 bpm	7:06 153 bpm 150/90 mmHg	7:06 153 bpm 150/90 mmHg	0:55 139 bpm 150/90 mmHg
I 0.40 1.46	I 1.45 3.75	I 1.45 3.75	I 1.55 2.87	V1 0.15 0.04	V1 0.10 -0.40	V1 0.10 -0.40	V1 0.10 0.17
II 0.40 1.46	II 0.00 2.79	II 0.00 2.79	II 1.25 3.85	V2 1.20 2.02	V2 2.00 4.07	V2 2.00 4.07	V2 2.70 5.03
III -0.50 -0.56	III -1.50 -1.18	III -1.50 -1.18	III -0.25 0.67	V3 0.55 1.59	V3 1.30 3.31	V3 1.30 3.31	V3 1.95 4.47
aVR -0.60 -1.76	aVR -0.75 -3.81	aVR -0.75 -3.81	aVR -1.40 -4.31	V4 0.20 1.13	V4 0.30 2.69	V4 0.30 2.69	V4 1.20 3.25
aVL 0.75 0.87	aVL 1.40 2.36	aVL 1.40 2.36	aVL 0.90 0.97	V5 0.05 0.78	V5 0.10 1.85	V5 0.10 1.85	V5 0.55 2.02
aVF -0.05 0.50	aVF -0.80 0.78	aVF -0.80 0.78	aVF 0.50 2.42	V6 -0.15 0.40	V6 -0.20 0.70	V6 -0.20 0.70	V6 0.05 0.85

SAIDI, ACHMAD
Patient ID 90086233.
07/08/2022
10:58:02

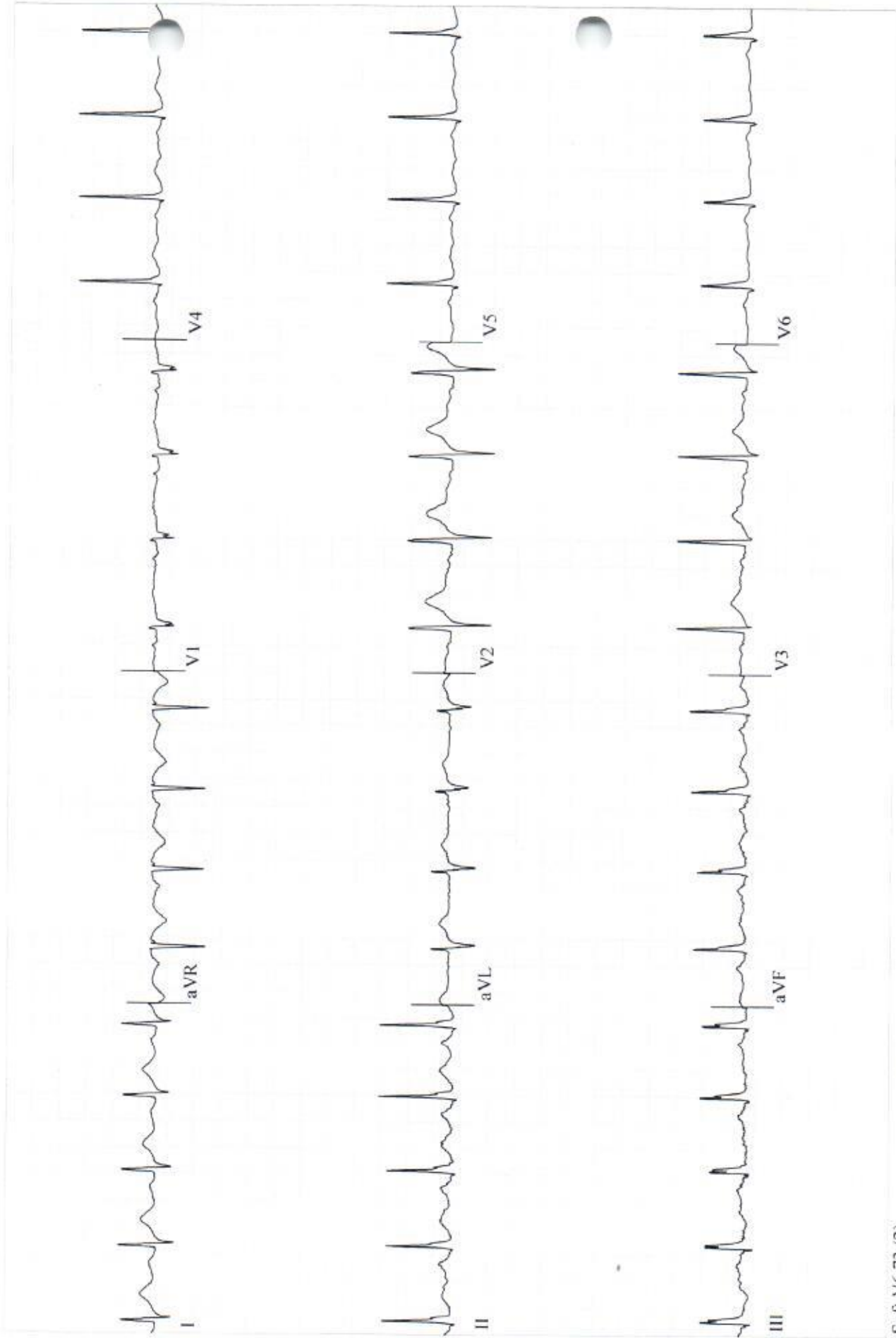
12-Lead Report

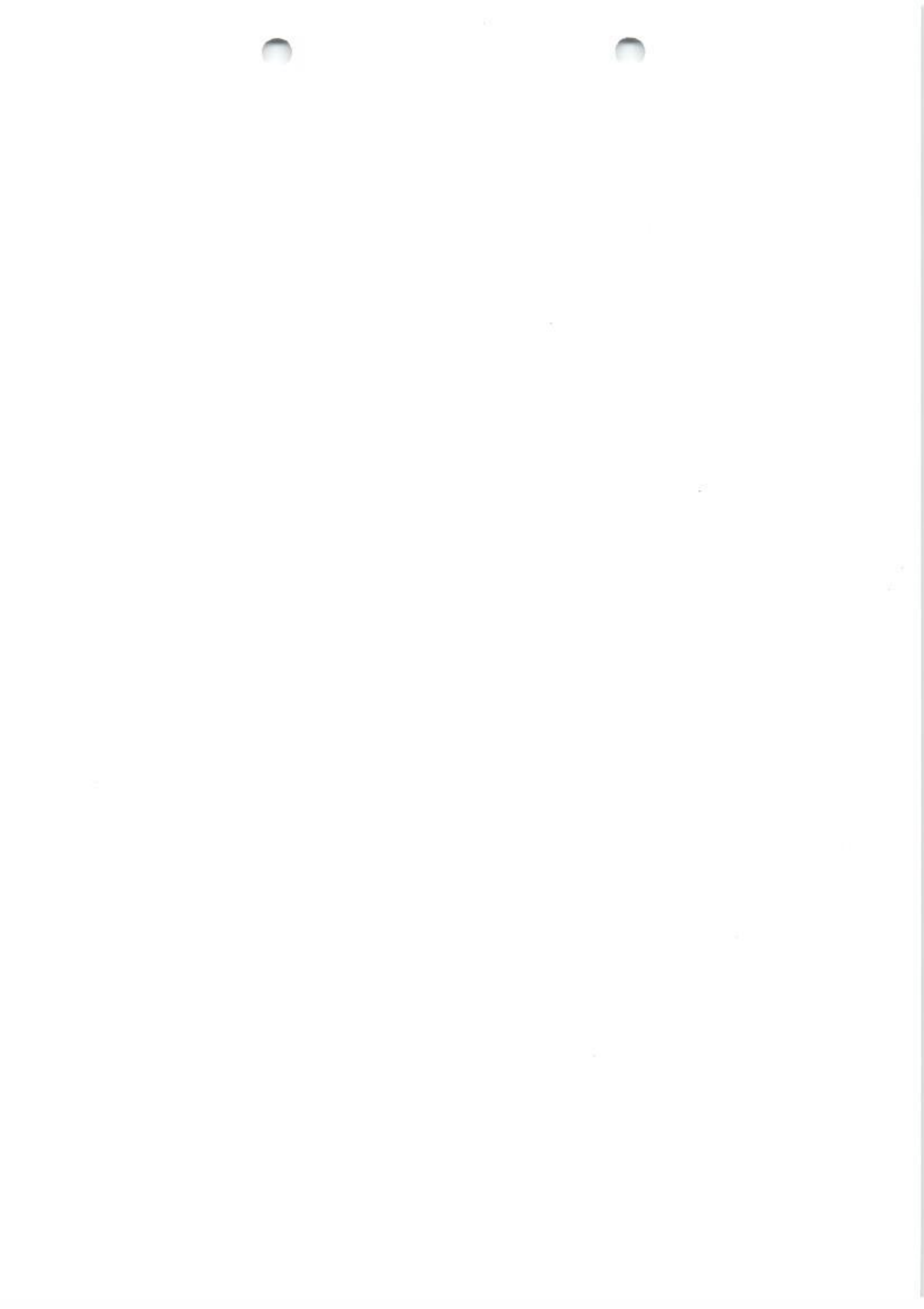
PRETEST
SUPINE
00:05

107 bpm
140/80 mmHg

BRUCE
0.0 km/h
0.0 %

RS. Siloam





SAIDI, ACHMAD
Patient ID 90086233,
07/08/2022
10:58:13

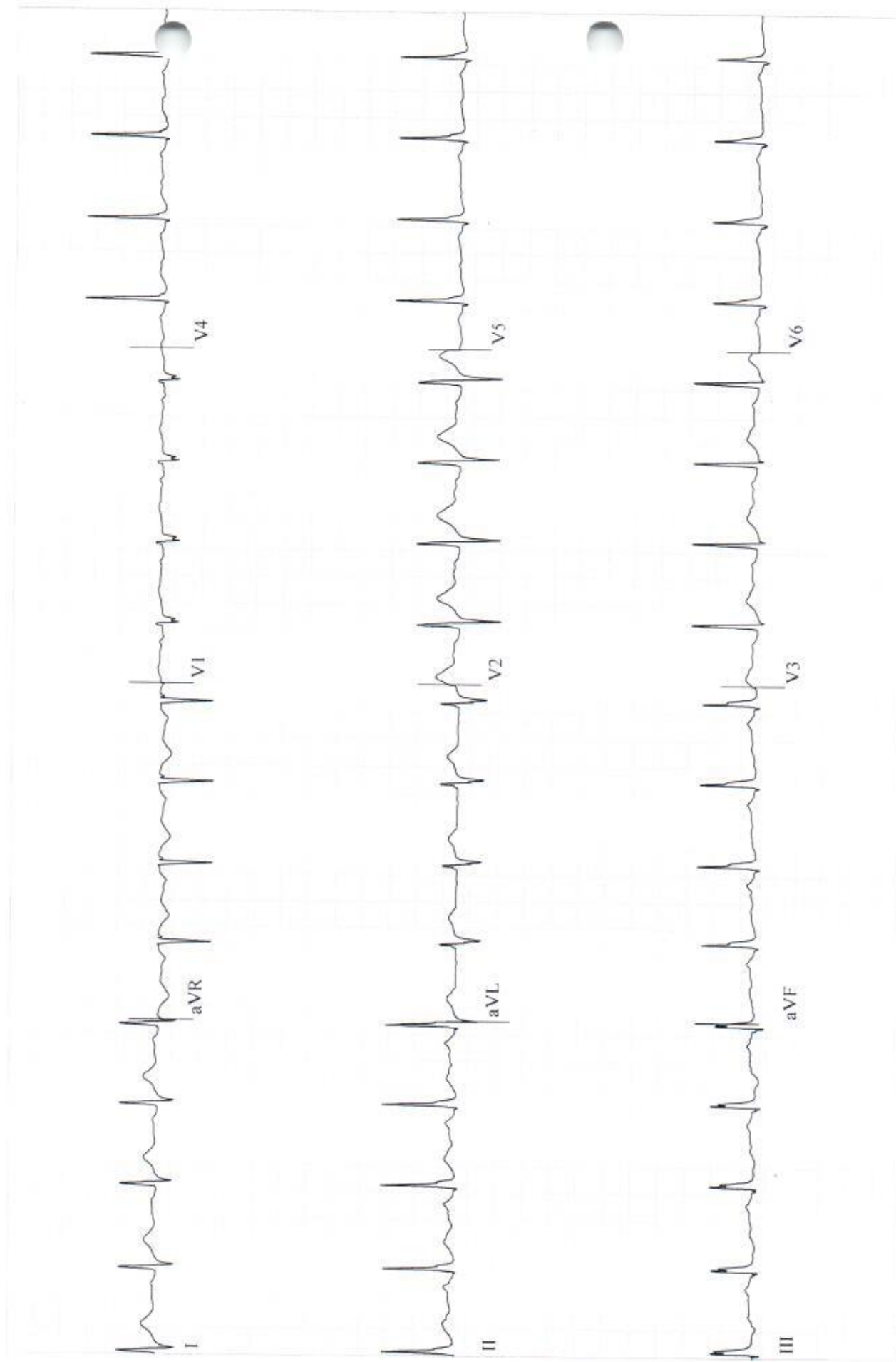
12-Lead Report

PRETEST
STANDING
00:16

96 bpm
140/80 mmHg

BRUCE
0.0 km/h
0.0 %

RS, Siloam



SAIDI, ACHMAD
Patient ID 90086233.
07/08/2022
11:02:00

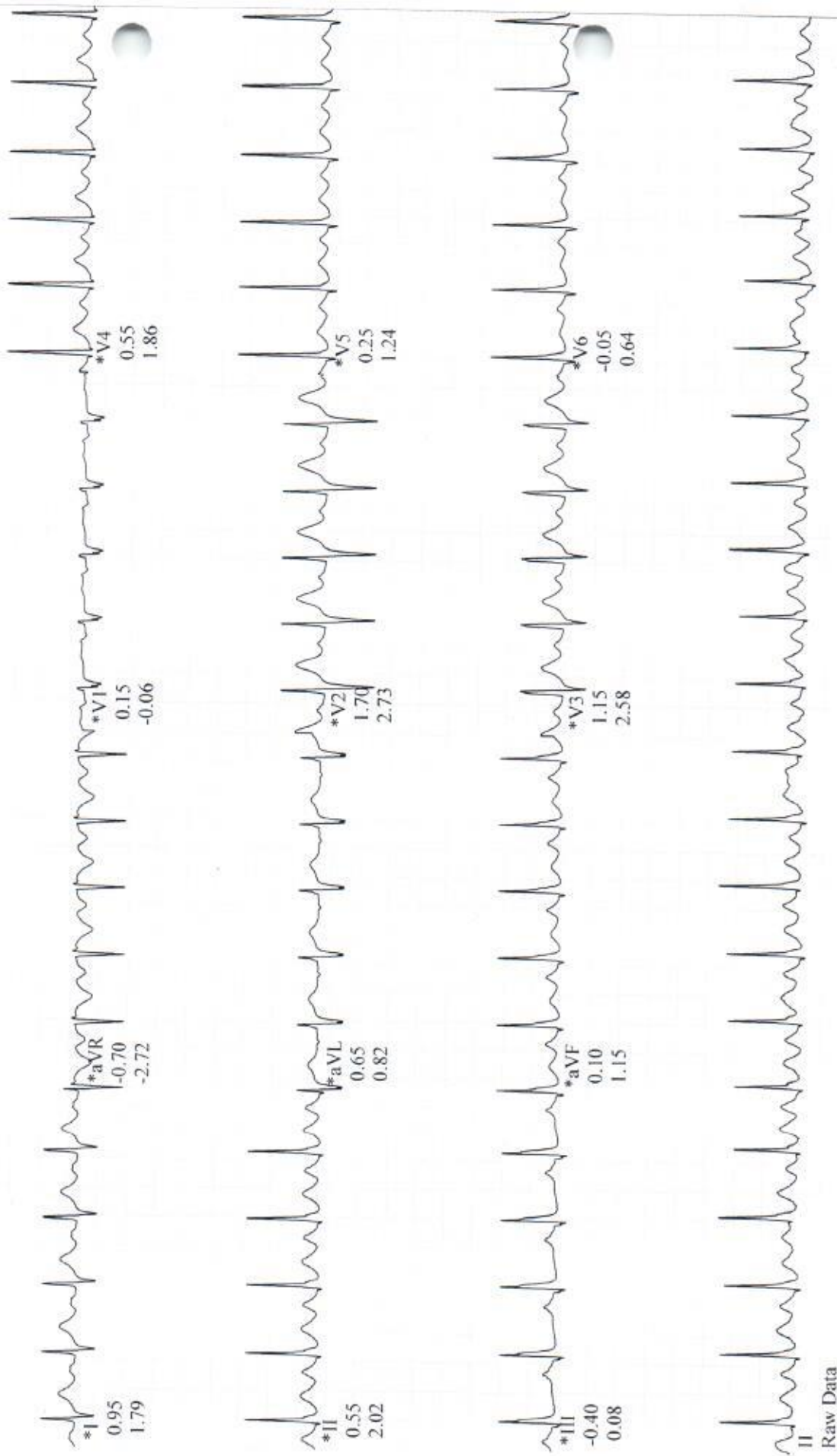
Linked Medians
EXERCISE
STAGE 1
02:50

129 bpm
140.80 mmHg

BRUCE
2.7 km/h
10.0 %

RS. Siloam

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



Raw Data

*Computer Synthesized Rhythms

SAIDI, ACHMAD
Patient ID 90086233,
07/08/2022
11:05:00

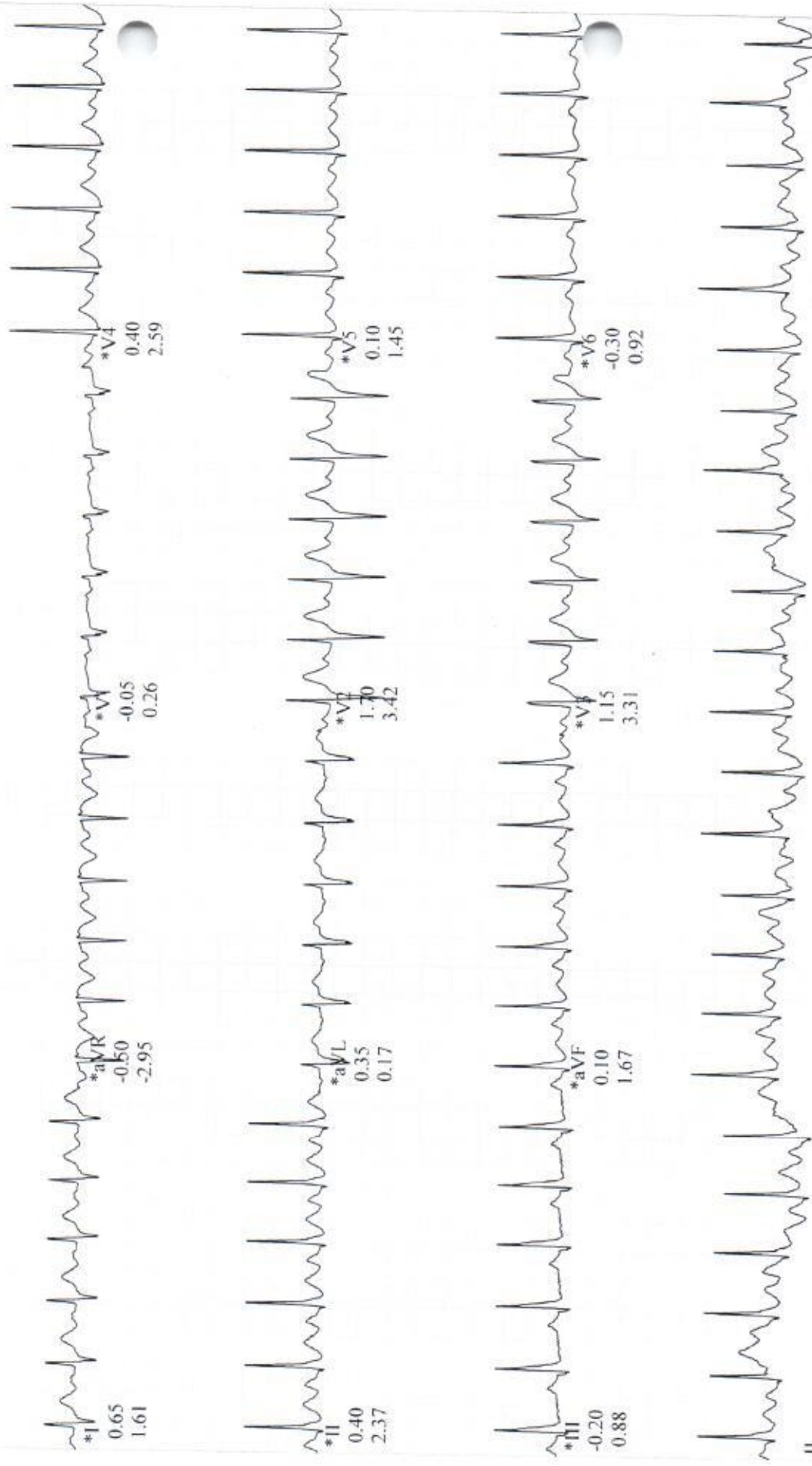
Linked Medians
EXERCISE
STAGE 2
05:50

142 bpm
140/80 mmHg

BRUCE
4.0 km/h
12.0 %

RS, Siloam

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



*Computer Synthesized Rhythms

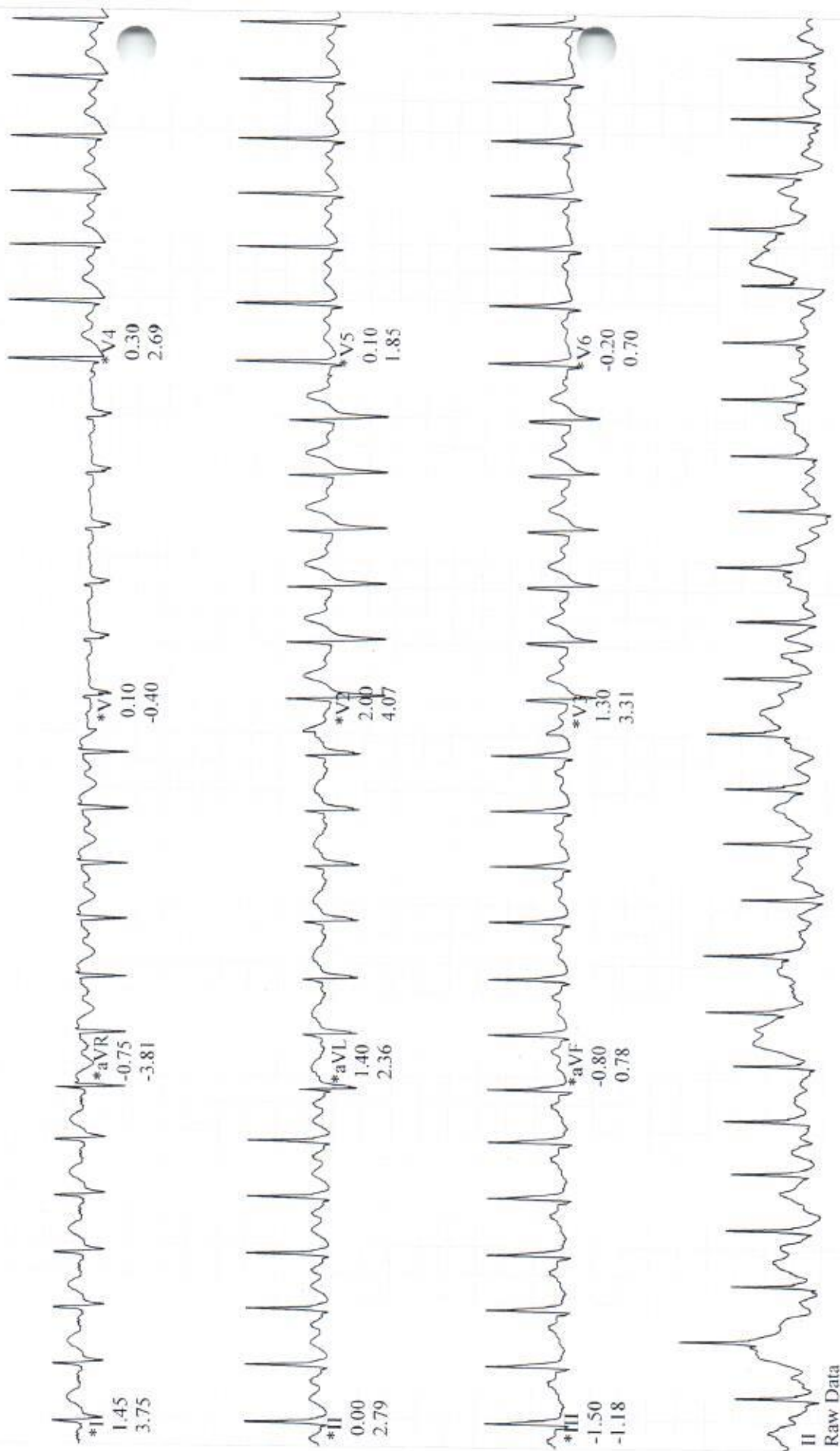
SAIDI, ACHMAD
Patient ID 900862233.
07/08/2022
11:06:16

Linked Medians (PEAK EXERCISE)
EXERCISE BRUCE
STAGE 3 5.3 km/h
07:06 14.0 %

153 bpm
150/90 mmHg

RS, Siloam

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



Raw Data

*Computer Synthesized Rhythms



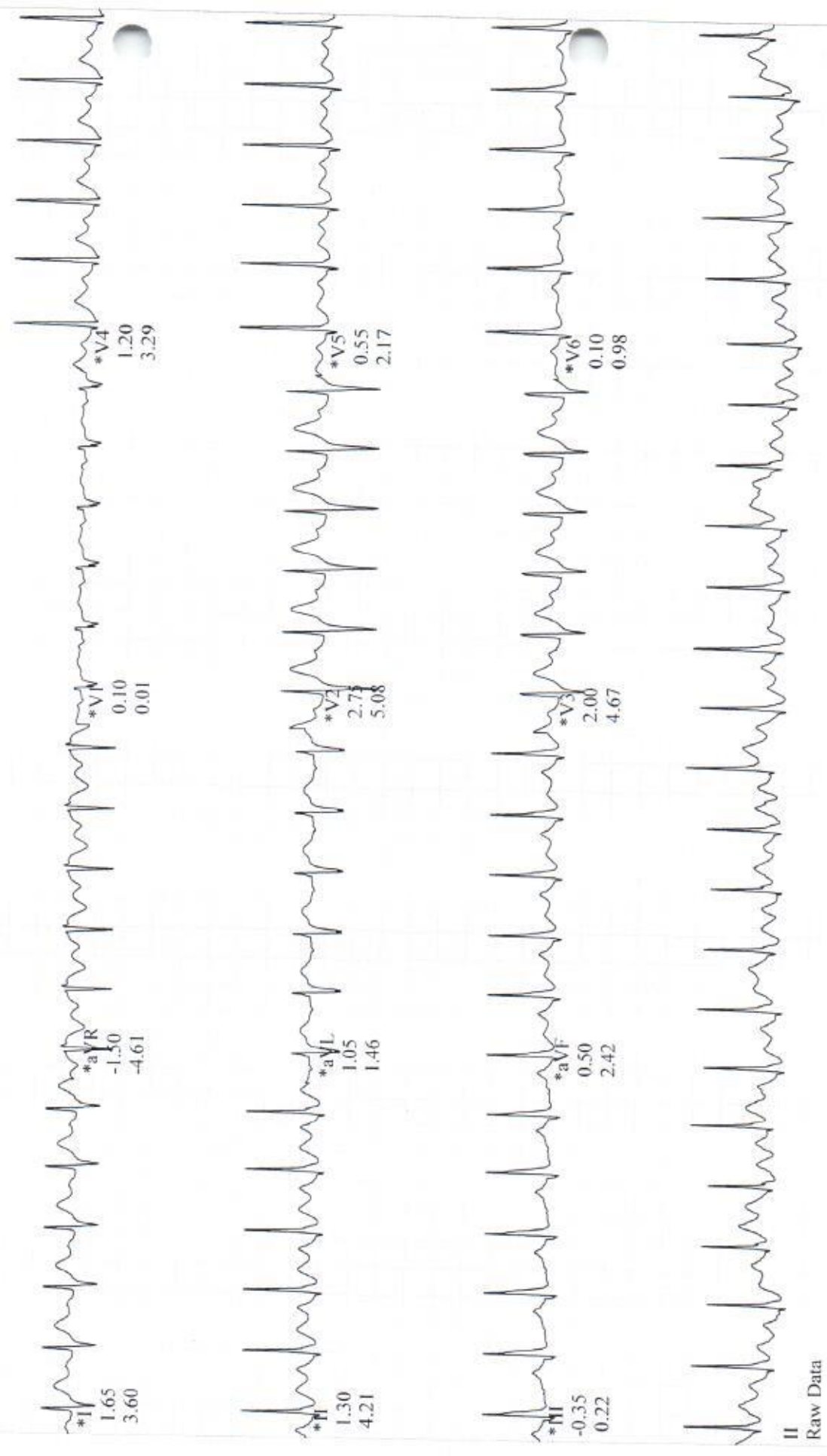
SAIDI, ACHMAD
Patient ID 90086233.
07/08/2022
11:07:05

141 bpm
150/90 mmHg
Linked Medians
RECOVERY #1
00:50

BRUCE
2.4 km/h
0.0 %

RS. Siloam

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



*Computer Synthesized Rhythms