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**PUSAT PEMERIKSAAN KESEHATAN TENAGA KERJA**

Komplek Taman Niaga Sukajadi Blok J No. 3A-6 Jl. Ahmad Yani - Batam 29433  
Telp: (0778) 7372022, 7372023, 0811 770 1188, 0811 770 1199. Fax: (0778) 7372024  
E-mail: customercare@medilab-clinic.com, Website: www.medilab-clinic.com



**HEALTH SCREENING REPORT**

Periodic Health Examination

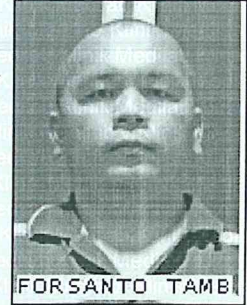
**CONFIDENTIAL**

No. Medical Record :   
00002/001/IV/ISP/20

116

**PERSONAL DATA**

Name : FORSANTO TAMBUN  
 Birthday/Gender/Emp. ID : 18 October 1980 / Male /  
 Father's Name : BERNAD  
 Address : KAV MANGSANG BLOK E NO 38, BATAM  
 Occupation :  
 Name of Employer / Recruitment Agency : INSPEKTINDO SINERGI PERSADA, PT  
 Address of Employer / Recruitment Agency : KAWASAN INDUSTRI SEKUPANG KAVLING.13, BATAM



**MEDICAL HISTORY**

	Yes	No		Yes	No		Yes	No
1. Hypertension	<input type="checkbox"/>	<input checked="" type="checkbox"/>	4. Allergic Rhinitis	<input type="checkbox"/>	<input checked="" type="checkbox"/>	7. Surgery	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Bronchial Asthma	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5. Peptic Ulcer	<input type="checkbox"/>	<input checked="" type="checkbox"/>	8. Echolalia	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. Bloody Cough	<input type="checkbox"/>	<input checked="" type="checkbox"/>	6. Epilepsy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	9. Others	<input type="checkbox"/>	<input checked="" type="checkbox"/>

**CLINICAL EXAMINATION**

Weight : 75 Kg	Height : 162 Cm	3. Cardiovascular System	Yes/Abnormal	No/Normal
BMI : 28.57		a. Blood Pressure	<input type="checkbox"/>	<input checked="" type="checkbox"/>
		Systolic / Diastolic : 130 / 80 mm Hg		
		Pulse : 85 / min		
1. Vision	Yes/Abnormal	No/Normal		
a. Distant Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>	b. Heart Disease	<input type="checkbox"/>
( Should be at least 6/12 in both eyes with or without glasses )			c. Varicose Veins	<input type="checkbox"/>
b. Near Vision	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4. Respiratory System	<input type="checkbox"/>
( Should be at least J2 in both eyes with or without glasses )			5. Skin-Chronic Disease	<input type="checkbox"/>
c. Colour Vision	<input type="checkbox"/>	<input checked="" type="checkbox"/>	6. Abdomen	<input type="checkbox"/>
d. Any Organic Eye Disease	<input type="checkbox"/>	<input checked="" type="checkbox"/>	7. Locomotor/Neurological	<input type="checkbox"/>
2. Hearing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	8. Endocrine disorders	<input type="checkbox"/>
( Unable to hear ordinary conversation at 2 m )			9. Mental State	<input type="checkbox"/>

**LABORATORY TEST**

( Report Enclosed )

	Yes/Abnormal	No/Normal
1. Blood Count	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Urine Feme	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. Other Laboratory Test	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**OTHER TEST**

( Report Enclosed )

	Yes/Abnormal	No/Normal
1. Audiometry	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Spirometry	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. ECG ( if indicated )	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. Chest X-Ray	<input type="checkbox"/>	<input checked="" type="checkbox"/>

**Remarks:** Overweight E66, Lab: GGT R74.9 62 U/L MIE, Total Cholesterol E78.0 206 mg/dl BHR, HDL E78.4 34 mg/dl VHR, LDL E78.4 151 mg/dl BHR, Cholesterol Ratio E78 6.1 AR, Blood Count: ESR R70.0 12 mm/hr MIE

**CERTIFICATION**

I certify that I have examined the abovenamed person. In my opinion, this person is FIT for duties mentioned above.

ADVICE :

Regular Exercise and Reduce Weight, Take Enough Rest & Consume Curcuma, Low Fat Diet

Authentic Signature





DR. REZGA AGNELA VALBETRI

Date of Exam : 30 April 2020





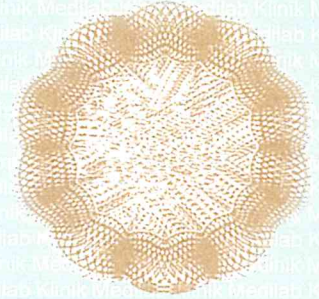
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# KLINIK MEDILAB

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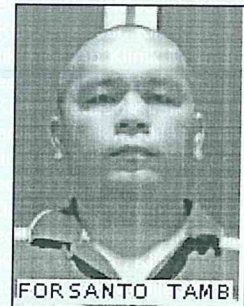
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FOR SANTO TAMBU

#### LABORATORY REPORT

##### BLOOD COUNT

Test Name	Result Unit	Reference Range
HGB	16.2 gr/dl	M: 13.2 - 17.3 F: 11.7 - 15.5
WBC	7.5 10 <sup>3</sup> /mm <sup>3</sup>	M: 3.8 - 10.6 F: 3.6 - 11.0
RBC	5.15 10 <sup>6</sup> /mm <sup>3</sup>	M: 4.4 - 5.9 F: 3.8 - 5.2
ESR	* 12 mm/hr	M: 0 - 10 F: 0 - 20
HCT	47.0 %	M: 40 - 52 F: 35 - 47
PLT	232 10 <sup>3</sup> /mm <sup>3</sup>	150 - 440
Differential Count		
- LYM	35.5 %	25 - 40
- MON	6.0 %	2 - 8
- GRA	58.5 %	43 - 76

##### URINE FEME

Macroscopy	Result
- pH	5
- Specific Gravity	1.020
- Glucossa	Negative
- Protein	Negative
- Ketones	Negative
- Bilirubin	Negative
- Urobilinogen	Normal
- Nitrit	Negative
- Blood	Negative
- Leucocytes	Negative

##### X-RAY REPORT

Chest PA:  
 Show no Abnormalities.  
 There is no evidence of pulmonary tuberculosis or other pulmonary,pleural or mediastinal lesions.  
 The size,shape and position of the heart are within limits of normal variations.  
 Bony structures of the thorax show no abnormalities.

Date of Exam : 30 April 2020



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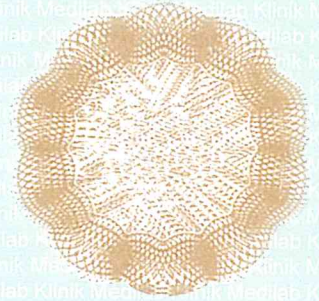


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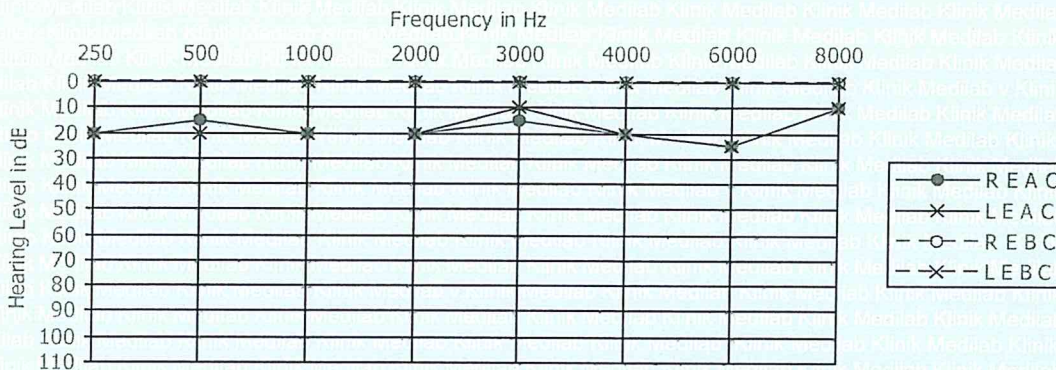
**AUDIOMETRY REPORT**

**Occupational History**

	Yes	No
- Noisy Working Environment	<input type="checkbox"/>	<input checked="" type="checkbox"/>
- Present/use of Hearing Protector	<input type="checkbox"/>	<input checked="" type="checkbox"/>
- Period of Working	0.0 years	

**Medical History/Examination**

	Yes	No	If Yes, which ear	Left	Right
- Ear Surgery	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Head/Ear Injury	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Ears Infection	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Ear Drum Perforation	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
- Ear Cerumen	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>



**Conclusion :**

- Audiogram : Normal
- Hearing Impairment : Monaural : R : -9.38 %  
L : -7.50 %  
Hearing Handicap : -9.063 %
- Not a Noise Induced Hearing Loss

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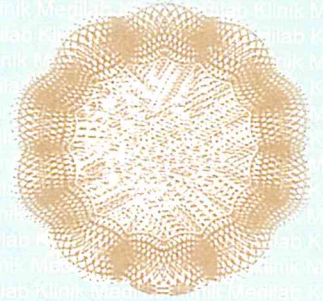
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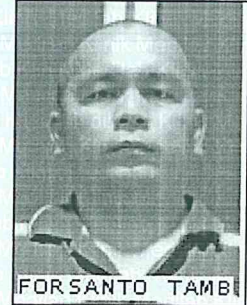
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**LABORATORY REPORT**

Test Name	Result	Unit	Reference Range
<b>LIVER FUNCTION TEST</b>			
SGOT	:	17 U/L	M: <= 35 F: <= 31
SGPT	:	27 U/L	M: <= 45 F: <= 34
Gamma GT	:*	62 U/L	M: <= 49 F: <= 32
<b>LIPID PROFILE TEST</b>			
Total Cholesterol	:*	206 mg/dl	<= 200
HDL - Cholesterol	:*	34 mg/dl	M: > 35 F: > 45
LDL - Cholesterol	:*	151 mg/dl	50 - 140
Triglycerida	:	106 mg/dl	<= 204
Ratio Cholesterol ( Total Chol : HDL )	:*	6.1	M: < 3.4 F: < 3.3
<b>BLOOD SUGAR TEST</b>			
Nuchter	:	94 mg/dl	< 100
<b>RENAL FUNCTION TEST</b>			
Ureum	:	43 mg/dl	17 - 43
Creatinine	:	0.8 mg/dl	M: 0.8 - 1.3 F: 0.5 - 0.9
'Uric Acid	:	7.2 mg/dl	M: 3.6 - 8.2 F: 2.3 - 6.1

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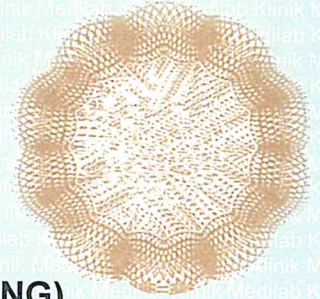
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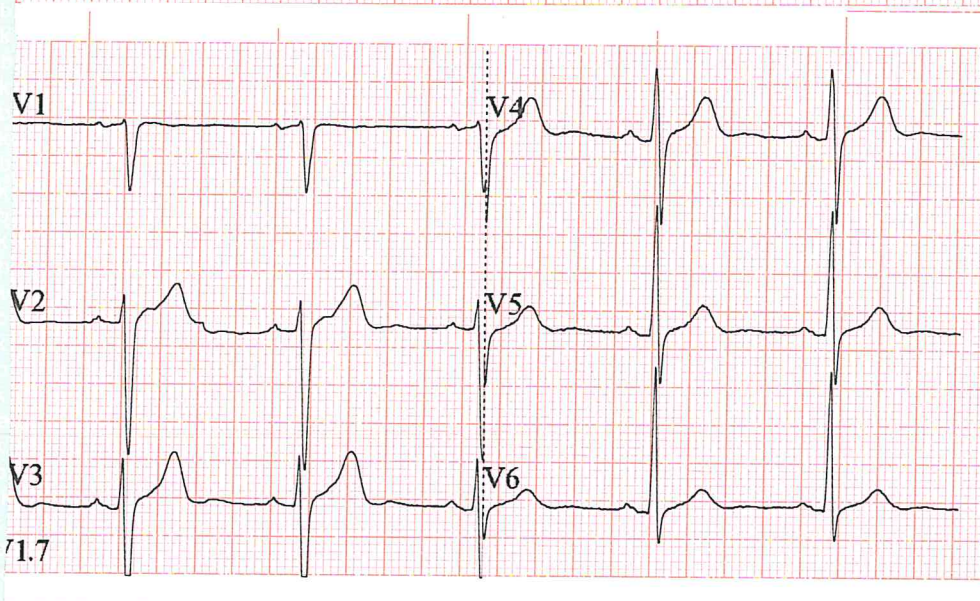
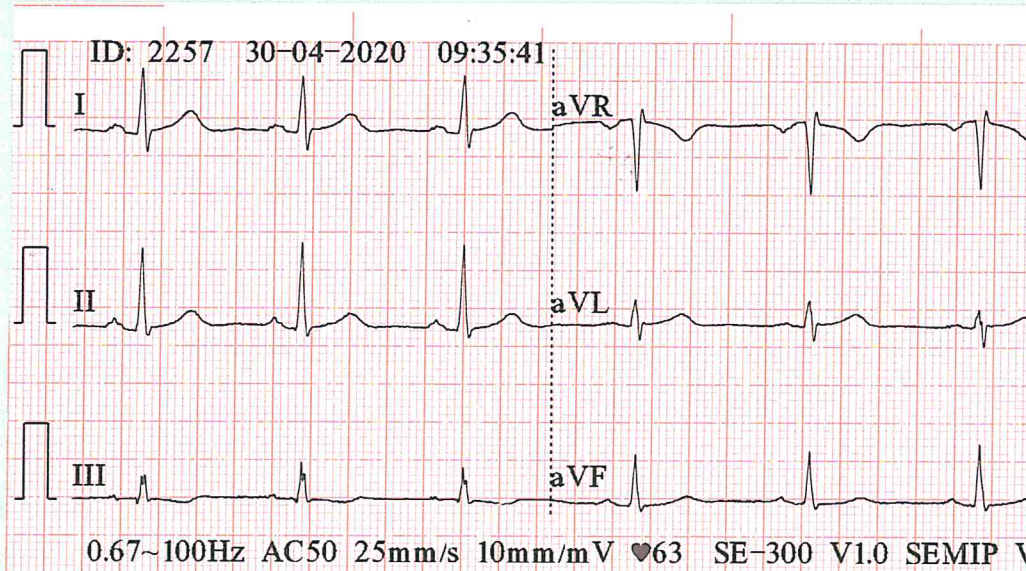
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**ELECTROCARDIOGRAM INTERPRETATION (RESTING)**

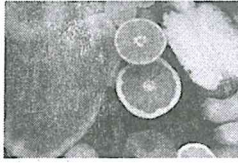
Name : Forsanto Tambun  
Age : 39 Years  
Sex : Male  
Place/Date : Batam, April 30<sup>th</sup> 2020  
Company's Name : INSPEKTINDO SINERGI PERSADA, PT



CONCLUSION : **Normal Resting ECG**  
EXAMINER :

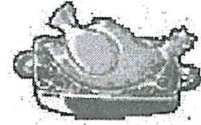


**dr. REZGA AGNELA VALBETRI**  
Examining Physician



## CHOLESTEROL DARAH

Dr.Mariam Tjendera, M.Kes



Total kolesterol darah dibagi dalam 3 kategori :

1. **Layak** : < 200 mg/dl
2. **Resiko Sedang** : 200-239 mg/dl (memiliki resiko serangan jantung 2 kali lebih besar dari nilai kolesterol < 200 mg/dl)
3. **Resiko Tinggi** : > 240 mg/dl (Resiko yang lebih tinggi untuk mendapat serangan jantung dan stroke)

Jenis – jenis Kolesterol

1. **LDL-Cholesterol : Kolesterol "Jahat"**  
LDL-Cholesterol yang terlalu banyak beredar di darah dapat membentuk plaque, penebalan dan pengerasan yang menyebabkan penyempitan bahkan penyumbatan pembuluh darah. Kondisi tersebut dapat menyebabkan penyakit jantung dan stroke.
2. **HDL-Cholesterol : Kolesterol "Baik"**  
HDL-Cholesterol yang banyak di sirkulasi darah dapat melindungi serangan jantung. HDL-Cholesterol memiliki kecenderungan membawa kolesterol keluar dan dapat membuang plaque dari pembuluh darah
3. **Trigliserida**  
Merupakan salah satu jenis lemak darah yang bila tinggi dapat menyebabkan gangguan jantung

Cara menurunkan resiko serangan jantung dan stroke pada kolesterol yang tinggi :

1. Menghindari makanan berlemak jenuh yang dijumpai pada hasil hewan dan minyak tumbuhan tropis, seperti : daging lembu, domba, babi, mentega, coklat, susu lembu, keju, minyak kelapa, minyak palem, minyak kacang tanah dan snack crackers.
2. Memakan makanan berlemak tidak jenuh, seperti : minyak zaitun, minyak jagung, minyak bunga matahari, dan minyak kedelai.
3. Memakan makanan berserat seperti : cereal, buah segar dan sayur-sayuran.
4. Daging ikan yang mengandung asam lemak omega 3 dapat membantu menurunkan resiko serangan jantung.
5. Telur, ayam tanpa kulit, kacang buncis dan kacang polong dibatasi 3-4 kali seminggu.
6. Olah raga selama 30 – 60 menit, paling sedikit 3-4 kali seminggu.
7. Hentikan merokok, rokok dapat meningkatkan resiko serangan jantung
8. Mempertahankan tekanan darah tetap normal
9. Mempertahankan kadar gula darah tetap normal
10. Mempertahankan berat badan yang ideal
11. Hindari minuman beralkohol, karena dapat meningkatkan tekanan darah.
12. Periksa kadar kolesterol secara rutin.

Kepustakaan :

- American Heart Association, 2002
- Indiana university health center (03/01/2003), <http://Indiana.edu/~health/choles.html>

## OVERWEIGHT DAN OBESE

Kemenkes RI

### CEGAH DENGAN MELAKUKAN POLA HIDUP SEHAT

**Overweight** adalah berat badan yang melebihi berat badan normal.

Body Mass Index (BMI)  $\geq 25 \text{ Kg/m}^2$



**Obese** adalah kelebihan akumulasi lemak dalam tubuh.

Body Mass Index (BMI)  $\geq 30 \text{ Kg/m}^2$

World Health Organization (WHO)

#### Cara Mengatasi :

1. Mengurangi porsi makan dari biasanya, perbanyak makan buah dan sayur serta kacang-kacangan.
2. Mengurangi penggunaan minyak dan santan, dianjurkan masak dengan caradi kukus, direbus atau dipanggang.
3. Mengurangi makanan dan minuman yang manis.
4. Mengurangi penggunaan garam dan makanan yang diawetkan, diasinkan dan dikemas dalam kaleng.
5. Hindari susu tinggi lemak, minumlah susu yang rendah lemak.
6. Meningkatkan konsumsi makan ikan segar.
7. Melakukan aktivitas fisik minimal 30 menit setiap hari. Kegiatan ini dapat dilakukan dimana saja dan kapan saja seperti berjalan kaki, bersepeda, membersihkan rumah dan kebun, mencuci motor/mobil.

#### Cara Mencegah :

1. Makan dengan gizi seimbang  
\*Jumlah dan jenis makanan sesuai Kebutuhan  
\*Jadwal makan teratur
2. Aktifitas Fisik minimal 30 menit setiap hari
3. Timbang berat-badan secara teratur

