

MRF_75A



ชื่อ-สกุล Name	MS. REBECCA MOK	อายุ Age	38	เพศ Sex	Female	HN : 11-11-037372
						วันที่ตรวจ Date of Examination
						05/08/2019

Female 40-50 years

Healthy Life Program

ข้อมูลส่วนบุคคล/Personal Information

ความสูง	: Height	166	ซ.ม. (cm)
น้ำหนัก	: Weight	54.7	ก.ก. (kg)
ดัชนีมวลกาย	: BMI	19.85	

สัญญาณชีพ / Vital Signs

ความดันโลหิต	: Blood pressure	105/56	mm.Hg.	หายใจ	: Respiration	18	/นาที (min)
ชีพจร	: Pulse	55	/นาที (min)	อุณหภูมิ	: Temperatures	37	°C

การตรวจร่างกาย/Physical Examination

Physical examination	รายละเอียดที่ตรวจพบ Positive finding
General appearance	Not pale, no jaundice
Skin	No skin lesion seen
Head	Normal shape
Eye	Normal external appearance
Ear	Normal otoscopy
Thyroid	Not enlarged, no mass
Nose	Normal
Throat	Normal
Cervical lymph node	Not palpable
Chest	Lung no adventitious sound
Heart	Normal S1 S2, regular rhythm
Abdomen	Not tender
	No hepatosplenomegaly
	No abnormal mass
Extremities	No pitting edema, No limitation of movement, No deformity
Nervous system	Grossly intact

PHANU ANANTACHAI, M.D.

Attending Physician


สมิติเวช
SAMITIVJ

Totally, Truly Care


020-222-222
 www.samitivej.com

ชื่อ-สกุล
Name

MS. REBECCA MOK

อายุ
Age

38

เพศ
Sex

Female

HN : 11-11-037372

วันที่ตรวจ
Date of Examination 05/08/2019

ผลการตรวจทางห้องปฏิบัติการ/Laboratory Results

Episode No : 011-19-427075

Date of Receive : 05/08/2019

Haematology

	Result	Units	Normal Range
White Cell Count	4.75	$\times 10^3/\text{mm}^3$	(4-10)
Neutrophil	57.7	%	(46.5-75)
Lymphocyte	36	%	(12-44)
Monocyte	2.5	%	(0-11.2)
Eosinophil	2.7	%	(0-9.5)
Basophil	1.1	%	(0-2.5)
Red Blood Cell	3.73	$\times 10^6/\text{mm}^3$	L (4-5.2)
Hemoglobin	12.7	g/dL	(12-16)
Hematocrit	35	%	L (36-48)
Mean Cell Volume	93.8	fL	(80-100)
MCH	34	pg	(26-34)
MCHC	36.3	g/dL	(31-37)
RDW	12.5	%	(9-15)
Platelet Count	237	$10^3/\text{mm}^3$	(150-450)
Mean Platelet Volume	9.6	fL	(6-12)

Biochemistry

	Result	Units	Normal Range
Fasting Glucose	91	mg/dL	(70-99)
Hemoglobin A1C%	5.4	%	<5.7
Kidney : Blood Urea Nitrogen	7.40	mg/dL	(6-20)
Uric Acid (Gout)	4.1	mg/dL	(2.4-5.7)
✓ Lipid : Total Cholesterol	204	mg/dL	H <200
✓ HDL Cholesterol	80	mg/dL	>50
LDL-cholesterol (direct)	122	mg/dL	<130
✓ Triglycerides	53	mg/dL	<150
Liver : AST / SGOT	15	U/L	(0-32)
Liver : ALT / SGPT	11	U/L	(0-33)
Liver : Alkaline Phosphatase	37	U/L	(35-105)
Estimated Average Glucose	108	mg/dL	
Factor (Sex) Thai	0.712	(Male = 1) (Female = 0)	
eGFR for Thai	84.17	ml/min/1.73 m ²	
eGFR (African-American)	105.21	ml/min/1.73 m ²	
eGFR (Non African-American)	90.77	ml/min/1.73 m ²	
eGFR Comment	Calculated by IDMS - traceable MDRD Study Equation This equation should only be used for patients 18 and older. Years		
Patient Age			
Patient Sex	Female		
Factor (Sex)	1.018	(Male = 1) (Female = 1)	

Ratios Total Cholesterol : HDL (513 3.5)
204 : 80
= 2.55
ideally
ok if < 5

สมิติเวช
SAMITIVEJ

Totally, Truly Care

020-222-222
www.samitivejhospital.com

MRF_75A



ชื่อ-สกุล Name	MS. REBECCA MOK	อายุ Age	38	เพศ Sex	Female	HN : 11-11-037372
						วันที่ตรวจ Date of Examination
						05/08/2019

ผลการตรวจทางห้องปฏิบัติการ/Laboratory Results

Biochemistry	Result	Units	Normal Range
Creatinine	0.82	mg/dL	(.51-.95)
25-OH Vitamin D Total	43.02	ng/mL	(30-100)

Special HIV	Result	Units	Normal Range
HIVAB std	Protected		
HIVAB	Protected	cut off index (Negative<	
Conclusion Result	Protected		

Immunology	Result	Units	Normal Range
AFP (tumor marker : Liver)	1.93	ng/mL	(0-7)
CEA(tumor marker:Colon,Lung,Thyroid)	0.56	ng/mL	
TSH	3.790	uIU/mL	(.27-4.2)
Total T4	5.31	ug/dL	(5.1-14.1)
Free T4	1.11	ng/dL	(.93-1.7)
Free T3	2.09	pg/mL	(2-4.4)
Hepatitis B Antigen : HBsAg	Negative		
HBsAg (Cut off index)	0.27	Cut off index (Negative	
Hepatitis B Antibody : HBsAb	Negative		
Hepatitis B Antibody : HBsAb	4.16	IU/L (Protective level	
Hepatitis C virus : Anti-HCV	Negative		
HCV	0.04	COI	(0-.99)
Method	By Electrochemiluminescence immunoassay		

Serology	Result	Units	Normal Range
Syphilis : VDRL (RPR)	Non reactive		

Urinalysis	Result	Units	Normal Range
Color	Yellow		
Transparency	Clear		
Specific Gravity	1.006		(1.003-1.03)
pH	5		(4.5-8)
Protein	Negative		
Glucose	Negative		
Ketone	Negative		
Bilirubin	Negative		
Erythrocyte	Negative		
Urobilinogen	Negative		
Nitrite	Negative		
Leucocyte	Negative		
WBC	3-5 Cells/HPF		

MRF_75A

ชื่อ-สกุล
Name

MS. REBECCA MOK

อายุ
Age

38

เพศ
Sex

Female

HN : 11-11-037372

วันที่ตรวจ
Date of Examination 05/08/2019

ผลการตรวจทางห้องปฏิบัติการ/Laboratory Results

Urinalysis

	Result	Units	Normal Range
RBC	0-1 Cells/HPF		
Squamous Epithelial Cell	5-10 Cells/HPF		
Bacteria	Few		
Bacteria	[Normal : Not found]		

MRF_75A

ชื่อ-สกุล
Name

MS. REBECCA MOK

อายุ
Age

38

เพศ
Sex

Female

HN : 11-11-037372

วันที่ตรวจ
Date of Examination 05/08/2019

ผลการตรวจทางห้องปฏิบัติการ/Laboratory Results

Episode No : 011-19-427385

Date of Receive : 05/08/2019

Biochemistry

	Result	Units	Normal Range
Electrolyte : Sodium	139	mmol/L	(136- 145)
Electrolyte : Potassium	4.72	mmol/L	(3.5- 5.1)
Ferritin	51.9	ng/mL	(13- 150)
Serum Iron	76	ug/dL	(33- 193)
TIBC	297	ug/dL	(228- 428)
UIBC	221	ug/dL	(135- 392)

Special Immunology

	Result	Units	Normal Range
CRP (C-Reactive Protein High Sens.)	2.99	mg/L	(0- 5)
Reference Range	" < 1.0	mg/L	Low risk"
	" 1.0-3.0	mg/L	Average risk"
	" > 3.0	mg/L	High risk"

สมิติเวช
SAMITIVEJ

Totally, Truly Care

020-222-222
www.samitivej.com

MRF_75A



ชื่อ-สกุล
Name

MS. REBECCA MOK

อายุ
Age

38

เพศ
Sex

Female

HN : 11-11-037372

วันที่ตรวจ
Date of Examination

05/08/2019

Radiological Examination: Chest PA

CHEST PA, upright

- Normal heart size , aorta & pulmonary vasculature.
- No active pulmonary infiltration or pleural effusion.
- Intact bony thorax.

IMP; No active chest disease is detected.

CHITCHANOK THANCHAI, M.D.

Report Doctor (05/08/2019)
Chest PA



สมิติเวช
SAMITIVEJ

Totally, Truly Care



020-222-222
www.samitivejhospital.com

ชื่อ-สกุล
Name

MS. REBECCA MOK

อายุ
Age

38

เพศ
Sex

Female

HN : 11-11-037372

วันที่ตรวจ
Date of Examination

05/08/2019

Radiological Examination: Ultrasound Upper Abd.(Liver,Pan,Gall)

ULTRASOUND UPPER ABDOMEN

- Normal size and parenchymatous echo of the liver without space taking lesion or intrahepatic bile duct dilatation.
- Normal GB without gallstone. Normal sized CBD.
- Normal spleen and both kidneys.
- The visualized part of pancreatic body is unremarkable. The rest is not well seen due to bowel gas interference.
- Normal aorta. No ascites.

IMP: Unremarkable study of upper abdomen.

CHITCHANOK THANCHAI,M.D.

Report Doctor (05/08/2019)
Ultrasound Upper Abd.(Liver,Pan,Gall)

MRF_75A



ชื่อ-สกุล Name	MS. REBECCA MOK	อายุ Age	38	เพศ Sex	Female	HN : 11-11-037372
						วันที่ตรวจ Date of Examination
						05/08/2019

Radiological Examination: Ultrasound Lower Abd.**TVUS**

- Normal sized uterus with midline endometrial echo about 6 mm. thickness.
- No myoma is seen.
- Both ovaries are of normal size and appearance.
- No adnexal mass is shown.
- Small amount of free fluid is seen in cul de sac.

IMPRESSION ;

- ** Unremarkable pelvic organs.
- ** Small amount of free fluid in cul de sac.

CHITCHANOK THANCHAI, M.D.

Report Doctor (05/08/2019)
Ultrasound Lower Abd.**สมิติเวช**
SAMITIVEJ*Totally, Truly Care***020-222-222**
www.samitivej.com

ชื่อ-สกุล
Name

MS. REBECCA MOK

อายุ
Age

38

เพศ
Sex

Female

HN : 11-11-037372

วันที่ตรวจ
Date of Examination

05/08/2019

Radiological Examination: Mammograms (with ultrasound breast)**MAMMOGRAM AND ULTRASOUND BREAST BOTH SIDES:****Clinical :** Screening.**P.E. :** No definite mass is palpated.**Technique :** Digital technique mammogram using routine positions.**Mammographic findings:****Breast composition:** Heterogeneous moderately dense, which could obscure detection of small masses. No detectable mass, architectural distortion or malignant microcalcification. Intact nipple and skin is depicted. No axillary adenopathy is found.**Sonographic findings:****Rt. breast ;** No mass is seen.**Lt. breast ;** 2 small cysts are seen ; 3x3 mm. at 2HR and 2x3.5x4 mm. at 3HR.

- No solid mass is shown.

IMPRESSION:**** Heterogeneous moderately dense both breasts.****** 2 small cysts at L2-3 ; favor benign.****** No mass in right breast.****** No solid mass or suspected malignancy.****BI-RADS 2 ; Benign findings ;** Suggest annual F/U mammogram if unchanged breast self-exam., monthly**Note -** False negative rate of mammography is 10-15%

- Dense breast parenchyma may obscure an underlying neoplasm

- Palpable abnormality must be based on clinical assessment

CHITCHANOK THANCHAI, M.D.

Report Doctor (05/08/2019)
Mammograms (with ultrasound breast)



โรงพยาบาลสมิติเวช

HN	HN. 11-11-037372
Name	MS. REBECCA MOK
DOB	25/Aug/1980
DOB	

Wellness

05 AUG 2019

Eye Examination by Ophthalmologist

Visual Acuity

	Uncorrected (ไม่ใส่แว่น)	Corrected (ใส่แว่น)
OD (Right) / ตาขวา	20/30	
OS (Left) / ตาซ้าย	20/25	

Color Vision (การตรวจตาบอดสี) ☒ Normal (ปกติ) ☐ Color blindness (ตาบอดสี)

ความดันตา / Intraocular Pressure

OD (Right)	☐		(Normal Range) : mmHg	
OS (Left)	☐	9		

Dignosis

- ☒ Normal eye screening exam (ปกติ)
- ☐ Conjunctivitis (เยื่อตาขาวอักเสบ) eyes
- ☐ Cataract (ต้อกระจก) eyes
- ☐ Glaucoma (ต้อหิน) eyes
- ☐ Pingecula (ต้อลม) eyes
- ☐ Pterygium (ต้อเนื้อ) eyes
- ☐ Astigmatism (สายตาสีฟ้า) eyes
- ☐ Refractive error myopia (near - sighted) สายตาสั้น
- ☐ Refractive error presbyopia (far - sighted) สายตายาว
- ☐ Other (อื่นๆ)

Recommendation (คำแนะนำ)

- ☐ Consult ophthalmologist for further investigation & proper treatment (ปรึกษาแพทย์เพื่อวินิจฉัยโรคและทำการรักษา)
- ☐ Follow upweeks / months with ophthalmology for checking.....
อีก.....สัปดาห์/เดือน พบจักษุแพทย์ตามนัดเพื่อตรวจ
- ☒ See Ophthalmologist if you have any symptom (พบจักษุแพทย์หากมีอาการผิดปกติ)
- ☐ Yearly eye screening examination is recommended. (แนะนำให้ตรวจสุขภาพตาทุกปี)

Name of Physician.....





โรงพยาบาลสมิติเวช สุขุมวิท SAMITIVEJ SUKHUMVIT HOSPITAL

www.samitivejhospitals.com

133 สุขุมวิท 49 แขวงคลองตันเหนือ เขตวัฒนา กรุงเทพฯ 10110 โทร. 0-2022-2222 แฟกซ์ : (66) 0-2391-1290

133 SUKHUMVIT 49, KLONGTAN NUA, BANGKOK 10110, THAILAND TEL. 0-2022-2222 FAX (66) 0-2391-1290

EXERCISE STRESS TEST REPORT

Patient Name: Mok, Rebecca

Patient ID: 1111037372

Height: 166 cm

Weight: 54.7 kg

Study Date: 05.08.2019

Test Type: Treadmill Stress Test

Protocol: BRUCE

DOB: 25.08.1980

Age: 38yrs

Gender: Female

Race: Asian

Ordering Physician: WELLNESS CENTER

Attending Physician: Orapon Si, M.D.

Technician: Ms.Kanitha Thanomwong

Reason for Exercise Test: Screening for CAD

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	14:37	0.00	0.00	57	91/62	
	HYPERV.	00:03	0.00	0.00	57		
	STANDING	01:21	1.20	0.00	63	101/65	
EXERCISE	STAGE 1	03:00	1.70	10.00	100	102/49	
	STAGE 2	03:00	2.50	12.00	133	116/57	
	STAGE 3	01:00	3.40	14.00	144	124/55	
	RECOVERY	00:30	0.10	0.00	125	114/54	
RECOVERY	RECOVERY	00:30	0.00	0.00	106	110/54	
		00:30	0.00	0.00	68		
		00:30	0.00	0.00	64	117/54	
		01:00	0.00	0.00	80	119/59	
		01:00	0.00	0.00	57	107/58	
		01:00	0.00	0.00	67	97/58	
		01:37	0.00	0.00	63		

The patient exercised according to the BRUCE for 7:00 min:s, achieving a work level of Max. METS: 8.50. The resting heart rate of 50 bpm rose to a maximal heart rate of 153 bpm. This value represents 84 % of the maximal, age-predicted heart rate. The resting blood pressure of 91/62 mmHg, rose to a maximum blood pressure of 124/55 mmHg. The exercise test was stopped due to marked atrial arrhythmia.

Interpretation

Resting ECG:normal Function Capacity:normal HR Response to Exercise:appropriate BP Response to Exercise:normal resting BP - appropriate response Chest Pain:No chest pain ST Change:borderline abnormal STT response Arrhythmias:marked atrial arrhythmia during exercise Overall impression:Equivocal stress test

Conclusions

- 1) Borderline abnormal STT response at 84% of MPHR
- 2) normal resting BP - appropriate response
- 3) marked atrial arrhythmia during exercise with frequent PAC's, isolated, short runs of 3 beats with RR interval of 240ms, and this improved in recovery

Physician

Orapon Si, M.D.



Standard A Report (with BPB)

Date: 5/ 8/2019 14:16:31

Name: MS. REBECCA MOK

ID: 1111037372

Age: 38 Years

Gender: F

Height: 166.0cm

Weight: 54.7kg

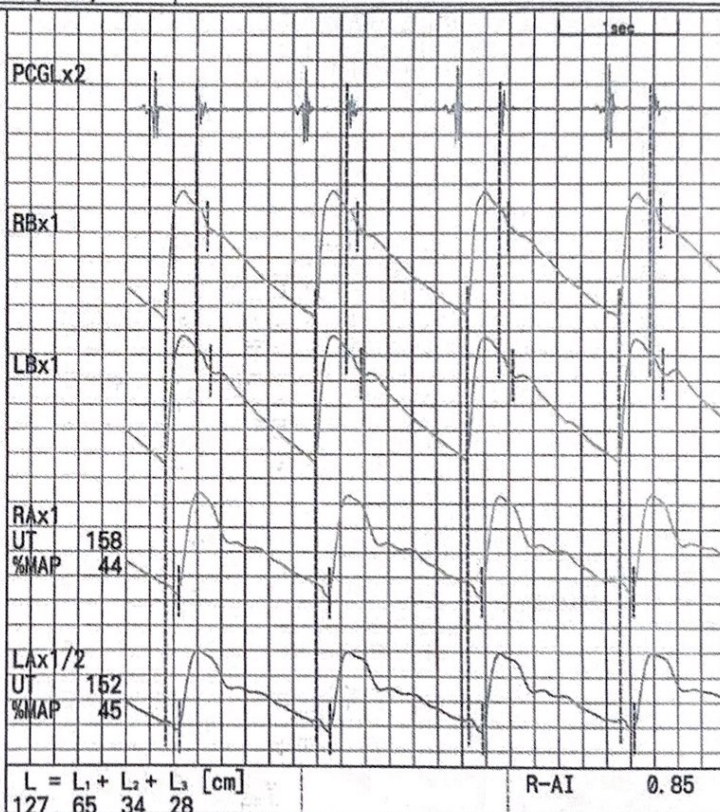
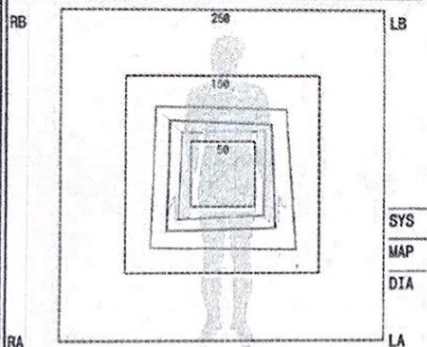
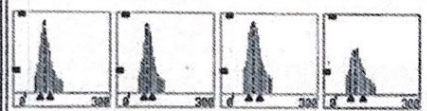
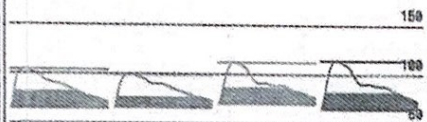
BMI: 19.9kg/m²

PR: 49[bpm]

AF: 500mm

Stiffness CAVI	R	7.2	~8.9 (7.1±0.6)	Estimated age of artery is early 30s.
	L	6.9		Estimated age of artery is early 30s.
Occlusion ABI	R	1.08	0.91~1.40	Normal.
	L	1.10		Normal.
BP [mmHg]	RB	104/ 64 (82)		

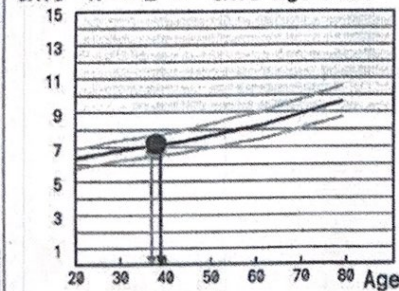
BP [mmHg]
RB LB RA LA
104/ 64 99/ 65 112/ 69 114/ 64
(82) (76) (87) (82)



L = L₁ + L₂ + L₃ [cm]
127 65 34 28

R-AI 0.85

CAVI R ● L ● CAVI Age Plot



CAVI R ● L ● CAVI Trend



C-P: R, C-B: R, A: R L

CAVI Cardio Ankle Vascular Index
Cardio Ankle Filter: ON
EN P05 VS-2009 (No. 23620) V03-03



ชื่อ-สกุล Name	MS. REBECCA MOK	อายุ Age	38	เพศ Sex	Female	HN : 11-11-037372
						วันที่ตรวจ Date of Examination
						05/08/2019

Episode No : 011-19-427075

Summary

Physical examination	Normal
Complete Blood Count	Normal
Fasting Blood Sugar	Normal
Hemoglobin A1C	Normal
Kidney Function (Creatinine)	Normal
Kidney Function (BUN)	Normal
Total Cholesterol	Slightly High
HDL Cholesterol (Good Cholesterol)	Normal
LDL Cholesterol (Bad Cholesterol)	Normal
Triglyceride	Normal ✓
Uric Acid	Normal
Liver Function (Alkaline Phosphatase)	Normal
Liver Function (AST)	Normal
Liver Function (ALT)	Normal
25-OH Vitamin D Total	Normal
Thyroid Function (TSH)	Normal
Free T3	Normal
Free T4 (Thyroxine)	Normal
Total T4 (Thyroxine)	Normal
Tumor Marker AFP (Liver Specific)	Normal
Tumor Marker CEA (Colon, Lung, Thyroid)	Normal
Hepatitis B Antigen : HBs Ag	Not Infected with Hepatitis B Virus
Hepatitis B Antibody : HBs Ab	No Immunity to Hepatitis B Virus *
Hepatitis C Virus (Anti-HCV)	Not Infected With Hepatitis C Virus
Syphilis	Not Infected with Syphilis
Anti HIV	Negative
Urine Examination	Normal
Chest X-ray	Normal
Ultrasound Upper Abdomen	Normal
Ultrasound Lower Abdomen	Normal
Mammogram and Ultrasound Breast	Abnormal ; BIRADS-2 : Small cysts at left breast.
Exercise Stress Test	Abnormal ; Borderline abnormal EST and marked atrial arrhythmia during exercise with frequent PAC'S.
Ankle Brachial Index	Normal



PHANU ANANTACHAI, M.D.

Name of Physician

MRF_75A



ชื่อ-สกุล Name	MS. REBECCA MOK	อายุ Age	38	เพศ Sex	Female	HN : 11-11-037372	
						วันที่ตรวจ Date of Examination	05/08/2019

Resting Electrocardiogram

Normal

Recommendation

Total Cholesterol : Slightly High

Recommend restrict foods high in cholesterol e.g. seafood except fish, egg yolk, liver or any internal organs, dairy products, coconut milk and fried foods.
Repeat cholesterol test in the next 2 months.

Hepatitis B Antibody : HBs Ab : No Immunity to Hepatitis B Virus

* Vaccination for hepatitis B virus is recommended.

Mammogram and Ultrasound Breast : Abnormal ; BIRADS-2 : Small cysts at left breast.

Recommend breast self-exam monthly and repeat mammogram and ultrasound breast in the next 12 months.

Drink 8-10 glasses of water per day.

Cardiovascular exercise at least 2-3 times per week, 20-30 minutes each time.



P. Anantachai MD

PHANU ANANTACHAI, M.D.

Name of Physician

สมิติเวช
SAMITIVEJ

Totally, Truly Care

020-222-222
www.samitivejhospitals.com

MRF_75A



ชื่อ-สกุล Name	MS. REBECCA MOK	อายุ Age	38	เพศ Sex	Female	HN : 11-11-037372	
						วันที่ตรวจ Date of Examination	05/08/2019

Episode No : 011-19-427385

Summary

CRP (C-Reactive Protein High Sens.)	Normal
Electrolyte: Sodium	Normal
Electrolyte: Potassium	Normal
Ferritin	Normal



P. Anantachai MD.

PHANU ANANTACHAI, M.D.

Name of Physician

สมิติเวช
SAMITIVEJ

Totally, Truly Care

020-222-222
www.samitivej.com