



Patient: [REDACTED]
MRN: [REDACTED]
NRIC: [REDACTED]
Encounter: [REDACTED]
DOB/Age/Sex: [REDACTED] / [REDACTED] / Male
Location: Exe Health
Admit Date: 11-Sep-2023 /
Attending Doctor: Dr Nora Mohamad, Senior Medical Officer

Admitting Doctor:

Executive Health Notes

Document Name: EH Clinical Summary - Man
Result Status: Auth (Verified)
Performed By: Dr Nora Mohamad, Senior Medical Officer (11-Sep-2023 09:55)
Authenticated By: Dr Nora Mohamad, Senior Medical Officer (11-Sep-2023 16:09); Dr Nora Mohamad, Senior Medical Officer (11-Sep-2023 11:34)

Thank you, [REDACTED] for having your multi-phasic health screening at Prince Court Medical Centre. Below are the summary of significant findings and my recommendations.

CONCLUSION / RECOMMENDATIONS

1. All blood investigations are within the normal limits - blood sugar, lipid profile, renal function, liver function, thyroid function, rheumatoid factor, hepatitis A, B & C screening, HIV screening, full blood count and urine analysis
2. Normal hearing test bilaterally
3. Lungs are clear on chest X-rays with no bony abnormalities
4. Ultrasound abdomen and pelvis showed normal outlines and structures of internal organs such as liver, pancreas, gallbladder, spleen, kidneys, urinary bladder, and prostate. There is a simple liver cyst seen, measuring 1.2cm, but this is of no clinical significance
5. ECG showed normal heart rate and rhythm
6. Normal blood pressure reading at 110/69
7. Body mass index (BMI) is 30. Ideal BMI is between 18.5 - 25. However, this is mostly contributed by the muscle mass.

We encourage regular health screening as it enables early detection of certain chronic diseases and prevention of severe complications, in particularly for silent killers such as high blood pressure, coronary heart disease, diabetes mellitus, liver and kidney disease and certain cancers such as cancer of the colon, kidneys, prostate and lungs.

YOUR NEXT MEDICAL SCREENING SHOULD BE DONE BEFORE : 11 Sep 2025

Report Request ID: 8498867

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Print Date/Time: 11-Sep-2023 16:12

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PRINCE COURT MEDICAL CENTRE SDN BHD
(Company No. 200201032170 (599835-A))



Patient: [REDACTED]
MRN: [REDACTED]
NRIC: [REDACTED]
Encounter: [REDACTED]
DOB/Age/Sex: [REDACTED] / [REDACTED] / Male
Location: Exe Health
Admit Date: 11-Sep-2023 /
Attending Doctor: Dr Nora Mohamad, Senior Medical Officer
Admitting Doctor:

Executive Health Notes

Document Name: Executive Health Progress Note -
Man
Result Status: Auth (Verified)
Performed By: Dr Nora Mohamad, Senior Medical Officer (11-Sep-2023 09:18)
Authenticated By: Dr Nora Mohamad, Senior Medical Officer (11-Sep-2023 15:17)

PATIENT'S MEDICAL HISTORY

Reason for visit : for routine screening
Past medical history : nil
Past surgical history : nil

PERSONAL HISTORY

Marital status : -
Allergies : no drug allergy
Social habits : non smoker, drinks alcohol once a week
Medications : nil

FAMILY HISTORY

Grandparents - Alzheimer's disease, unknown cancer

GENERAL EXAMINATION

Height	:	186	cm	Blood pressure	:	110/69	mm/Hg
Weight	:	105	kg	Pulse rate	:	60	beat/min
Body Mass Index	:	30		Temperature	:	36.8	degC

BMI References: Normal 19-24 Overweight 25-29 Obese >30

PHYSICAL FINDINGS

Pallor	:	<input type="checkbox"/>	Yes	<input checked="" type="checkbox"/>	No
Lymphadenopathy	:	<input type="checkbox"/>	Yes	<input checked="" type="checkbox"/>	No
Oedema	:	<input type="checkbox"/>	Yes	<input checked="" type="checkbox"/>	No
Jaundice	:	<input type="checkbox"/>	Yes	<input checked="" type="checkbox"/>	No

Prince Court Medical Centre
Kuala Lumpur

Patient: [REDACTED]
MRN: [REDACTED]
NRIC: [REDACTED]
Encounter: [REDACTED]
DOB/Age/Sex: [REDACTED] / 37 years / Male
Location: Exe Health

Admit/Disch.: 11-Sep-2023 /
Admitting:

Executive Health Notes

<i>VISUAL ACUITY</i>	<i>RIGHT EYE</i>	<i>LEFT EYE</i>
Unaided - lasik correction	6/6	6/6
Aided		
Colour Vision	normal	

PHYSICAL EXAMINATION

E N T : normal
Thyroid : normal
Cardiovascular System : normal
Respiratory : normal
Abdominal System : normal
Central Nervous System : normal

Patient: [REDACTED]
MRN: [REDACTED]
NRIC: [REDACTED]
Encounter: [REDACTED] / Male
DOB/Age/Sex: [REDACTED]
Location: Exe Health
Admit Date: 11-Sep-2023 /
Attending Doctor: Dr Nora Mohamad, Senior Medical Officer

Admitting Doctor:

Chemistry

LEGEND: *=Corrected @=Abnormal C=Critical L=Low H=High f=Footnote #=Interpretive Data F=Feasible

Routine Chemistry

Collected Date	11-Sep-2023		
Collected Time	08:51		
Procedure		Units	Reference Range
Glucose (Fasting)	4.5 #1	mmol/L	3.9-6.0
Corrected Calcium	2.31	mmol/L	2.10-2.55
Phosphate	0.98	mmol/L	0.74-1.52

Interpretive Data

#1: Glucose (Fasting)
Reference Ranges
Normal 3.9-6.0
IFG (Prediabetes)** 6.1-6.9
T2DM >= 7.0

IFG: Impaired fasting glucose; T2DM: Type 2 Diabetes Mellitus

**OGTT is recommended

Renal Profile

Collected Date	11-Sep-2023		
Collected Time	08:51		
Procedure		Units	Reference Range
Sodium	140	mmol/L	136-145
Potassium	4.7	mmol/L	3.5-5.1
Chloride	104	mmol/L	98-107
Bicarbonate	25	mmol/L	22-29
Urea Nitrogen	4.2	mmol/L	2.1-7.1
Creatinine	84	umol/L	53-115
eGFR (CKD-EPI)	>90	ml/min/1.73m2	>=90
Uric Acid	428	umol/L	220-450

Liver Function Test

Collected Date	11-Sep-2023		
Collected Time	08:51		
Procedure		Units	Reference Range
Total Protein	76	g/l	64-83
Albumin	47	g/l	35-50
Globulin	29	g/l	18-42

Report Request ID: 8496059

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Print Date/Time: 11-Sep-2023 11:48

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**Prince Court Medical Centre
Kuala Lumpur**

Patient: [REDACTED]
 MRN: [REDACTED] Admit/Disch.: 11-Sep-2023 /
 NRIC: [REDACTED] Admitting:
 Encounter: [REDACTED]
 DOB/Age/Sex: [REDACTED] / [REDACTED] / Male
 Location: Exe Health

Chemistry

LEGEND: *=Corrected @=Abnormal C=Critical L=Low H=High f=Footnote #=Interpretive Data F=Feasible

Liver Function Test

Collected Date 11-Sep-2023 Collected Time 08:51			
Procedure		Units	Reference Range
Ratio Albumin Globulin	1.6		0.8-2.0
Bilirubin-Total	16.3	umol/L	4.5-21.6
Alkaline Phosphatase	121 ^{H #2}	IU/L	50-116
Aspartate Transaminase-AST (SGOT)	17	IU/L	5-34
Alanine Aminotransferase-ALT (SGPT)	12	IU/L	0-55
Gamma-Glutamyl Transferase (GGT)	14	IU/L	12-64

Interpretive Data

#2: Alkaline Phosphatase

Kindly note the reference range has been changed on 12th July 2023

Lipids

Collected Date 11-Sep-2023 Collected Time 08:51			
Procedure		Units	Reference Range
Cholesterol-Total	3.8 ^{#3}	mmol/L	0.0-5.2
Cholesterol-HDL	0.7 ^L	mmol/L	1.0-1.5
LDL	2.8	mmol/L	0.0-3.4
Ratio Cholesterol-HDL	5.4 ^H		0.0-4.5
Triglycerides	0.69	mmol/L	0.00-1.60
Non-HDL Cholesterol	3.1	mmol/L	0.0-3.4

Interpretive Data

#3: Cholesterol-Total

Reference ranges

Desirable <5.2

Borderline 5.2 - 6.1

High >= 6.2

Endocrinology

Collected Date 11-Sep-2023 Collected Time 08:51			
Procedure		Units	Reference Range
Thyroid Stimulating Hormone (TSH)	0.73	mU/L	0.35-4.94
Free Tri-iodothyronine (FT3)	4.15	pmol/L	2.43-6.01
Free Thyroxine (FT4)	14.49	pmol/L	9.01-19.05

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Print Date/Time: 11-Sep-2023 11:48

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PRINCE COURT MEDICAL CENTRE SDN BHD

(Company No. 200201032170 (599835-A))

Prince Court Medical Centre
Kuala Lumpur

Patient: [REDACTED]
MRN: [REDACTED] Admit/Disch.: 11-Sep-2023 /
NRIC: [REDACTED] Admitting:
Encounter: EN- [REDACTED]
DOB/Age/Sex: [REDACTED] / [REDACTED] / Male
Location: Exe Health

Chemistry

LEGEND: *=Corrected @=Abnormal C=Critical L=Low H=High f=Footnote #=Interpretive Data F=Feasible

Sample Condition

Collected Date	11-Sep-2023
Collected Time	08:51
Procedure	Units Reference Range
Sample Condition	Satisfactory T1

Textual Results

T1: 11-Sep-2023 08:51 (Sample Condition)
Sample condition is satisfactory.

Immunology/Serology

LEGEND: *=Corrected @=Abnormal C=Critical L=Low H=High f=Footnote #=Interpretive Data F=Feasible

Collected Date	11-Sep-2023
Collected Time	08:51
Procedure	Units Ref Range
Rheumatoid Factor	<20 #4 IU/mL
Alpha-feto-protein (AFP)	<2.00 ng/mL 0.89-8.78

Interpretive Data

#4: Rheumatoid Factor
RF Ranges
< 30 (IU/mL) Normal
30 to 50 (IU/mL) Weak Positive*
> 50 (IU/mL) Positive*

Interpretation

Normal
Weak Positive*
Positive*

Virology-Serology

LEGEND: *=Corrected @=Abnormal C=Critical L=Low H=High f=Footnote #=Interpretive Data F=Feasible

Procedure	Result	Units Verified Date/Time	Verified By
Hepatitis A -IgG	Non-reactive	11-Sep-2023 11:03	Fong Jia Wei, Medical Lab Scientist
Hepatitis C Antibody Screening (IgG)	Non-reactive	11-Sep-2023 11:03	Fong Jia Wei, Medical Lab Scientist
Hepatitis B Surface Antigen Screening	Non-reactive	11-Sep-2023 11:03	Fong Jia Wei, Medical Lab Scientist
Hepatitis B Surface Antibody	<10 #	IU/L 11-Sep-2023 11:03	Fong Jia Wei, Medical Lab Scientist

Report Request ID: 8496059

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PRINCE COURT MEDICAL CENTRE SDN BHD
(Company No. 200201032170 (599835-A))

Prince Court Medical Centre
Kuala Lumpur

MRN: [REDACTED]

NRIC: [REDACTED]

Encounter: EN [REDACTED]

DOB/Age/Sex: [REDACTED] / Male

Location: Exe Health

Admit/Disch.: 11-Sep-2023 /

Admitting:

Virology-Serology

LEGEND: *=Corrected @=Abnormal C=Critical L=Low H=High f=Footnote #=Interpretive Data F=Feasible

Procedure	Result	Units Verified Date/Time	Verified By
#:	Hepatitis B surface antibody concentration ≥ 10 IU/L is regarded as being protective against Hepatitis B viral infection.		

Haematology

LEGEND: *=Corrected @=Abnormal C=Critical L=Low H=High f=Footnote #=Interpretive Data F=Feasible

General Haematology

Collected Date	11-Sep-2023		
Collected Time	08:51		
Procedure		Units	Ref Range
RBC	4.52	X $10^6/\mu\text{L}$	4.50-6.50
Hemoglobin	13.3 [#]	g/dl	13.0-18.0
HCT	42	%	40-54
MCV	92	fl	80-100
MCH	29.4	pg	27.0-32.0
MCHC	32.0	g/dl	30.0-35.0
RDW	12.8	%	11.0-15.0
WBC	7.8	X $10^3/\mu\text{L}$	4.0-11.0
Platelets	344	X $10^3/\mu\text{L}$	150-400
Neutrophils%	73.2	%	40.0-75.0
Neutrophils#	5.71	X $10^3/\mu\text{L}$	2.00-7.50
Lymphocytes%	16.1 ^L	%	20.0-40.0
Lymphocytes#	1.26 ^L	X $10^3/\mu\text{L}$	1.50-4.00
Monocytes%	8.3	%	2.0-10.0
Monocytes #	0.65	X $10^3/\mu\text{L}$	0.20-0.80
Eosinophils%	1.5	%	1.0-6.0
Eosinophils#	0.12	X $10^3/\mu\text{L}$	0.04-0.40
Basophils%	0.9	%	0.0-1.0
Basophils#	0.07	X $10^3/\mu\text{L}$	0.00-0.10

Interpretive Data

#6: Hemoglobin

Reference range for critical high 0-7 days has been changed from 22.0 to 25.0 on 29/09/2022.

Prince Court Medical Centre
Kuala Lumpur

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NRIC: [REDACTED] Admitting:
Encounter: [REDACTED]
DOB/Age/Sex: [REDACTED] / [REDACTED] / Male
Location: Exe Health

Peripheral Blood Film

LEGEND: *=Corrected @=Abnormal C=Critical L=Low H=High f=Footnote #=Interpretive Data F=Feasible

Collected Date	11-Sep-2023
Procedure	
PBF Morphology	See Below ^{T2}

Textual Results

T2: 11-Sep-2023 08:51 (PBF Morphology)

Description of Haematological Parameters

Red cells normocytic and normochromic.
White cells and platelets appear normal.

Urinalysis

LEGEND: *=Corrected @=Abnormal C=Critical L=Low H=High f=Footnote #=Interpretive Data F=Feasible

Urine Macroscopic

Collected Date	11-Sep-2023		
Collected Time	08:51		
Procedure		Units	Ref Range
Appearance	Clear		Clear
Color	Light Yellow		
pH	5.5		4.5-7.5
Specific Gravity	1.006		1.005-1.025
Bilirubin	Negative		
Urobilinogen	Normal		
Ketone	Negative		
Glucose	Negative		
Protein	Negative		
Blood	Negative		
Nitrite	Negative		
Leukocytes	Negative		

Urine Microscopic

Collected Date	11-Sep-2023		
Collected Time	08:51		
Procedure		Units	Ref Range
Red Blood Cells	0	/hpf	0-3
White Blood Cells	0	/hpf	0-6
Epithelial Cells	Nil		
Bacteria	Nil		
Mucus	Nil		

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Prince Court Medical Centre
Kuala Lumpur

Patient: [REDACTED]

MRN: [REDACTED]

Admit/Disch.: 11-Sep-2023 /

NRIC: [REDACTED]

Admitting:

Encounter: [REDACTED]

[REDACTED] 37 years / Male

Location: Exe Health

Urinalysis

LEGEND: *=Corrected @=Abnormal C=Critical L=Low H=High f=Footnote #=Interpretive Data F=Feasible

Urine Microscopic

Collected Date	11-Sep-2023		
Collected Time	08:51		
Procedure		Units	Ref Range
Hyaline Casts	Nil		

Blood Bank

LEGEND: *=Corrected @=Abnormal C=Critical L=Low H=High f=Footnote #=Interpretive Data F=Feasible

Group & Screen

Collected Date	11-Sep-2023
Collected Time	08:51
Procedure	
ABO/Rh	A Rh (D) Positive

Result Details

Patient: [REDACTED]
MRN: [REDACTED]

Printed by: Dr Nora Mohamad, Senior Medical Officer
Printed on: 11/09/2023 16:32

HIV-1Ag/ HIV-1&2 Ab Screening (CMIA): Non-reactive

Date / Time: 11 September 2023 08:51

HIV1&2 Ab_numeric: 0.20
No Reference Range Found

HIV-1Ag/ HIV-1&2 Ab Screening (CMIA): Non-reactive

Contributor System: PowerChart

Accession Number: 000002023254000345

Status: Auth (Verified)

Source Type: Blood

Source:

Collected on 11 September 2023 08:51

1.) (Medium Importance) Result Comment by SYSTEM on 11 September 2023 10:57
HIV 1 Ag/HIV 1& 2Ab Screening Negative.

Action List:

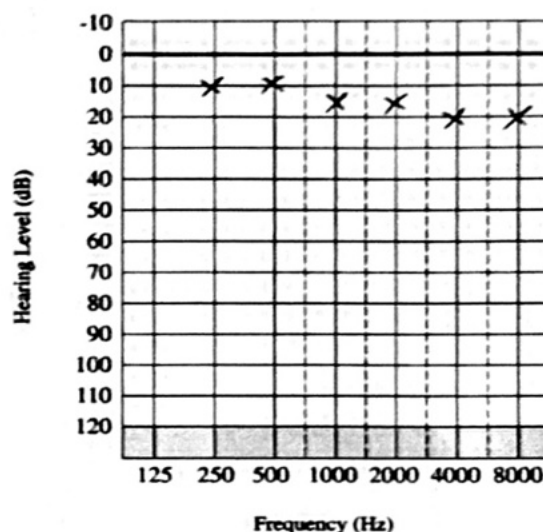
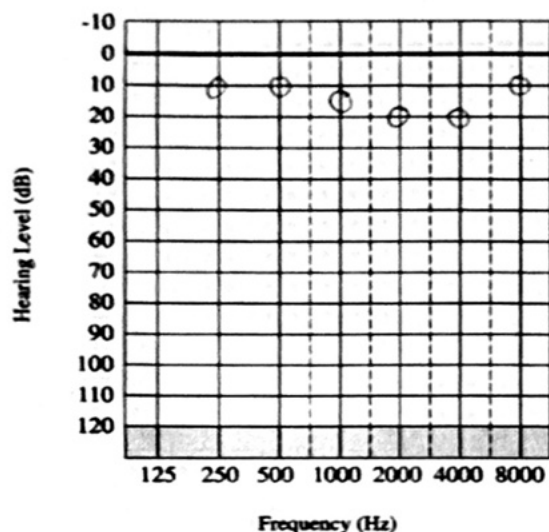
Order by Dr Nora Mohamad, Senior Medical Officer on 11 September 2023 08:51
Action status: Completed

Perform by Fong Jia Wei, Medical Lab Scientist on 11 September 2023 10:57
Action status: Completed

VERIFY by Fong Jia Wei, Medical Lab Scientist on 11 September 2023 11:03
Action status: Completed

EXECUTIVE HEALTH AUDIOMETRY FORM

Pure Tone Audiogram



Maximum level of masking noise used in non-test ear

	125	250	500	1000	2000	4000	8000
AC							
BC							

	125	250	500	1000	2000	4000	8000

Air conduction, masked if necessary

Bone conduction, not masked

Bone conduction, masked

Uncomfortable loudness level

Right

Left

○

×

△

□

□

└

└

Audiometer type : AD528

Earphone type : DD45

Bone vibrator type : _____

Date of last objective calibration : 18/08/2022

Tester : A2M2AH 11-9-23

Signature : _____

Comments : Normal hearing

DR. NORA BINTI MOHAMAD
MMC Full Reg. 45605
Senior Medical Officer
MBBS (London)
Health Screening
PRINCE COURT MEDICAL CENTRE SDN BHD
(Company No. 599835-A)

InBody 720 Body Composition Analysis

I.D. AGE HEIGHT GENDER DATE / TIME
37 186cm Male 2023.09.11 06:02:31 (20036)

Body Composition Analysis

Compartment	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight	Normal Range
ICW (l) Intracellular Water	37.3	59.5	76.6	81.3	105.0	26.5 ~ 32.5
ECW (l) Extracellular Water	22.2					16.3 ~ 19.9
Protein (kg)	16.1	OSSEOUS: 4.71				11.4 ~ 14.0
Mineral (kg)	5.67					3.96 ~ 4.84
Body Fat Mass (kg)	23.7					9.1 ~ 18.3

Muscle - Fat Analysis

► Mineral is estimated.

	Under	Normal	Over	UNIT: %	Normal Range
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205			105.0	64.7 ~ 87.5
SMM (kg) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170			46.6	32.8 ~ 40.1
Body Fat Mass (kg)	40 60 80 100 120 140 160 180 200 220 240			23.7	9.1 ~ 18.3

Obesity Diagnosis

	Under	Normal	Over	Normal Range
BMI (kg/m ²) Body Mass Index	10 15 18.5 22 25 30 35 40 45 50 55			30.4 18.5 ~ 25.0
PBF (%) Percent Body Fat	0 5 10 15 20 25 30 35 40 45 50			22.6 10.0 ~ 20.0
WHR Waist-Hip Ratio	0.70 0.75 0.80 0.85 0.90 0.95 1.00 1.05 1.10 1.15 1.20			0.96 0.80 ~ 0.90

Lean Balance

	Under	Normal	Over	UNIT: %	Segmental Edema	Edema
Right Arm (kg)	55 70 85 100 115 130 145 160			4.93 123.4 1.4 (208%)	ECF/TBF ECW/TBW 0.335 0.382	ECF/TBF ECW/TBW 0.41 0.46
Left Arm (kg)	55 70 85 100 115 130 145 160			4.87 122.2 1.5 (215%)	0.336 0.383	0.38 0.43
Torso (kg)	70 80 90 100 110 120 130 140			35.6 112.0 13.7 (284%)	0.325 0.371	0.35 0.40
Right Leg (kg)	70 80 90 100 110 120 130 140			12.0 107.9 2.9 (147%)	0.323 0.369	0.33 0.38
Left Leg (kg)	70 80 90 100 110 120 130 140			11.6 104.2 2.8 (142%)	0.327 0.373	0.31 0.36

► Segmental fat is estimated.

Body Composition History

DATE / TIME	Weight	SMM	Fat	Score	ECW/TBW
23/09/11 06:02	105.0	46.6	23.7	87	0.373

Additional Data

(Normal Range)

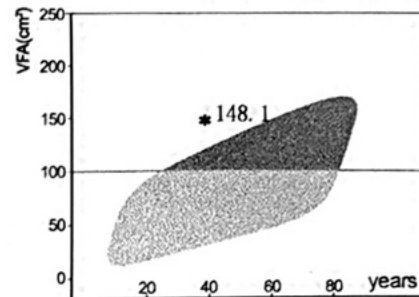
Obesity Degree=137% 90 ~ 110
BCM = 53.4 kg 38.0 ~ 46.4
BMC = 4.71 kg 3.26 ~ 3.98
BMR = 2125kcal 2105 ~ 2490
AC = 37.1cm
AMC = 31.6cm

DR. NORA BINTI MOHAMAD
MMC Full Reg: 45605
Senior Medical Officer
MBBS (London)
Health Screening
PRINCE COURT MEDICAL CENTRE SDN BHD
(Company No. 599038-A)

MRN DOB

EXE HEALTH M

Visceral Fat Area



Nutritional Evaluation

Protein	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Mineral	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient <input checked="" type="checkbox"/> Excessive

Weight Management

Weight	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over
SMM	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Strong	<input type="checkbox"/> Under
Fat	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over

Obesity Diagnosis

BMI	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over	<input checked="" type="checkbox"/> Extremely Over
PBF	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Obese	<input type="checkbox"/> Extremely Obese	
WHR	<input type="checkbox"/> Normal	<input type="checkbox"/> Obese	<input checked="" type="checkbox"/> Extremely Obese	

Body Balance

Upper	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Lower	<input type="checkbox"/> Balanced	<input checked="" type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Upper-Lower	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced

Body Strength

Upper	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Developed	<input type="checkbox"/> Weak
Lower	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Developed	<input type="checkbox"/> Weak
Muscle	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Muscular	<input type="checkbox"/> Weak

Health Diagnosis

Body Water	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under
Edema	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Slight Edema <input type="checkbox"/> Edema
Life Pattern	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Alert <input type="checkbox"/> Risky <input type="checkbox"/> Highly Risky

Weight Control

Target Weight	95.6 kg
Weight Control	- 9.4 kg
Fat Control	- 9.4 kg
Muscle Control	0.0 kg
Fitness Score	87 Points

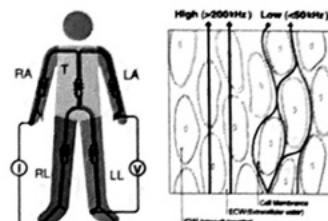
Impedance

Z	RA	LA	TR	RL	LL
1kHz:	275.5	278.8	22.4	248.4	268.3
5kHz:	269.3	271.9	21.8	242.9	262.0
50kHz:	235.6	238.6	18.7	210.7	225.8
250kHz:	212.8	216.7	15.9	185.1	201.0
500kHz:	205.6	210.1	14.9	179.1	194.3
1MHz:	199.7	204.1	14.0	173.9	188.0

Understanding the InBody Results

Direct / Segmental / Multi-frequency Bioelectrical Impedance Analysis(DSMF-BIA)

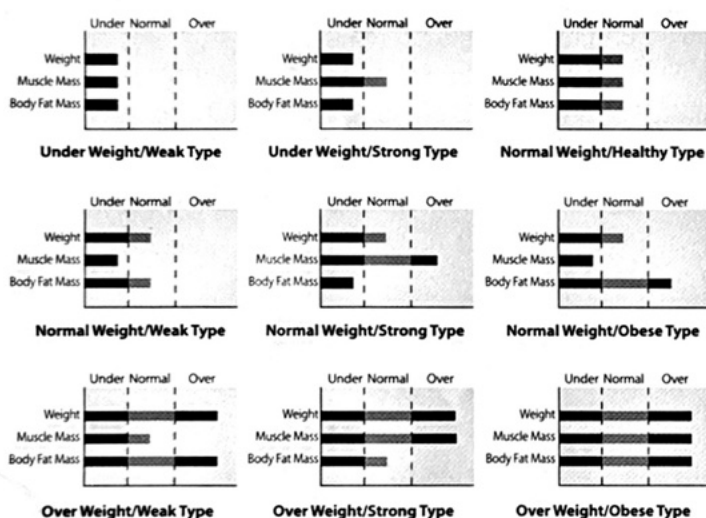
The InBody720 divides the body into five segments - 4 limbs and a trunk - and measures the impedance of each segment at multiple frequencies (1, 5, 50, 250, 500, 1000 kHz). The DSMF-BIA method has a high level of accuracy because of the combination of carrying frequencies and segmental analysis. The extreme accuracy makes it possible for the InBody720 to monitor the slightest compositional changes during the process of medical treatment, rehabilitation, and exercise programs.



Basal Metabolic Rate

The Basal Metabolic Rate, BMR, is the minimal number of kcal needed to sustain life at a resting state. BMR is directly correlated with lean body mass. With age muscle depletes and BMR steadily decreases.

Body Type



a) If both bar graphs are aligned within the normal range at the 100% mark or above, the body is considered to contain the proper amount of muscle mass in relationship to their weight.

b) Since the darker bar graphs on the top extend into the over range, you might consider the individual to be a muscular type. However, the bottom bar graph shows relative muscle with total weight as a consideration. These graphs indicate that this individual's body contains excessive fat mass and a lower level of muscle content than the ideal level for their weight.

c) Since the darker bar graphs on the top are in the under range, you might consider this to be a non-muscular type. However, the bottom bar graphs show that the individual has a high level over than 100% of muscle mass in relationship to their weight. Therefore, this individual may contain the minimum amount of fat and a high level of muscle content for their weight.

	Under	Normal	Over
Right Arm	20-25	25-30	30-35
Left Arm	20-25	25-30	30-35
Trunk	20-25	25-30	30-35
Right Leg	20-25	25-30	30-35
Left Leg	20-25	25-30	30-35

Fitness Score Reference

Edema : Water Retention

41 - 50 : Very Weak
61 - 70 : Normal
81 - 90 : Fairly Fit

51 - 60 : Weak
71 - 80 : Good
91 + : Super Fit

Skeletal Muscle Mass

There are three types of muscle-cardiac muscle, visceral muscle and skeletal muscle -the muscle attached to the skeleton.

However, it is the quantity of skeletal muscle that is the most changed through exercise. By comparing the percentage of body fat mass and skeletal muscle mass found in each body component, the level of obesity can be estimated in a more pro-active and exact manner.



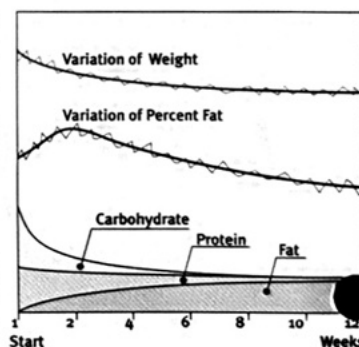
Stages of Weight Loss

1st : During the first stage of a diet, your body uses its carbohydrates and can easily experience rapid weight loss due to water loss.

2nd : After all the carbohydrates in your body have been consumed as energy your body begins to use its proteins and fats as its source of energy. Physical activity should be carried out with a diet to minimize muscle loss. Water loss continues in this stage.

3rd : This is the period where your body actually starts to use body fat as an energy source and reduce protein consumption. Weight decreases at a slower rate compared to the earlier two stages.

4th : When body fat is used as an energy source, both weight and percent body fat decrease and is recognized as a "true diet".



Fat and Calories

Calories for each food

	Muffin 2.82 oz. 241 kcal		Beef steak 4.09 oz. 269 kcal		Beer 375 ml 139 kcal
	Hamburger with bun 5.29 oz. 344 kcal		Pizza (one large slice) 5.29 oz. 347 kcal		Hotdog with bun 3.46 oz. 242 kcal
	Spaghetti 14.11 oz. 536 kcal		Cream soup 4.59 oz. 150 kcal		Ham & cheese Sandwich 5.29 oz. 360 kcal
	Fried chicken 2.12 oz. 179 kcal		Cheese cake 3.17 oz. 271 kcal		Coke 250ml 109 kcal



PRINCE COURT
MEDICAL CENTRE

DEPARTMENT OF RADIOLOGY AND NUCLEAR MEDICINE

Patient Name:	XXXXXXXXXX	Sex:	M	Age:	XX
Patient ID:	XXXX	Date of Birth:	XXXXXX		

Referring Doctor:	Dr Nora Mohamad
Order Location:	Executive Health

Exam Code	Examination	Date
XR99000000	Chest (Single View)-EH-Pck	11-09-2023 09:46

Clinical Indication:	HEALTH SCREENING
----------------------	------------------

Order ID:	889758
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CHEST XRAY PA ERECT

The lung fields are clear bilaterally.
The heart size is normal.
Normal cardiac and mediastinal contours.
No pleural effusion.

Impression:
Normal chest radiograph

Reported by: Dr. Hazman Mohd Nor

Patient Name: XXXXXXXX
Patient ID: XXXXXXXX



Date: 11-09-2023 11: 4
Report Status Final
Sex: M Age: XX
DoB: XXXXXXXX
Printed: 11.09.2023



PRINCE COURT
MEDICAL CENTRE

DEPARTMENT OF RADIOLOGY AND NUCLEAR MEDICINE

Patient Name:	XXXXXXXXXX	Sex:	M	Age:	XX
Patient ID:	XXXX	Date of Birth:	XXXXXX		

Referring Doctor:	Dr Nora Mohamad
Order Location:	Executive Health

Exam Code	Examination	Date
XR99000702	Ultrasound Abdomen and Pelvis -EH-Pck	11-09-2023 10:00

Clinical Indication:	HEALTH SCREENING
----------------------	------------------

Order ID:	889759
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ULTRASOUND OF ABDOMEN AND PELVIS:

The liver is normal in size and homogenous in parenchymal echogenicity with a 1.2cm thin wall cyst in segment V.

CBD and intrahepatic ducts are not dilated.

GB is normal. No gallstones.

Spleen and visible pancreas are normal in size and appearance.

Both kidneys are normal in size.

Bipolar length: RK: 10.9cm and LK: 12.2cm

No hydronephrosis or renal stone noted bilaterally.

No supra renal mass, para-aortic mass or ascites noted.

Bladder is normal in outline.

Prostate is normal with a volume of 14.4cm cubic (upper limit of normal is 30 cm cubic).

Impression:

Simple liver cyst

Disclaimer: Tiny renal calculi <5mm may not be seen on routine ultrasound scanning.

Reported by: Dr. Hazman Mohd Nor

Patient Name: XXXXXXXX

Patient ID: XXXXXXXX



Date: 11-09-2023 11: 21

Report Status Final

Sex: M Age: XX

DoB: XXXXXXXX

Printed: 11.09.2023

ID: 1476357
Name: [REDACTED]
Age: [REDACTED] Gender: Male

MRN [REDACTED]

EYE HEALTH [REDACTED]

ECG 0197
Dur: 10.7 ms
PR int: 158 ms
QRS Dur: 101 ms
QT/QTc int: 379/379 ms
P QRS/T axis: 12/19/32 °
RV5-SV1 amp: 1.685 0.540 mV
RV5-SV1 amp: 2.529 mV
RV6-SV2 amp: 1.505 0.643 mV

Report confirmed by:

Diagnosis Information:
1: Sinus Rhythm
2: Normal ECG

DR. NORA BINTI MOHAMAD
MMC Full Reg: 45605
Senior Medical Officer
MBBS (London)
Health Screening
PRINCE COURT MEDICAL CENTRE SDN BHD
(Company No. 599835-A)

