

Name: GARCES, GRACE R  
Age: 35

Date of Examination:  
Subsidiary:

12/15/2022  
SV-MML

Summary of Compliance to Annual Medical Examination (AME) Requirements

Pertinent P.E. Findings:

BP	N	BMI	23.2 kg/m <sup>2</sup> N	VA	corrected OS 20/25
Others: N					

Laboratory Examinations	Abnormal Results	Repeat/Additional Medical Tests & Referrals / Consultations to be Completed	Deadline of Submission	Remarks
Complete Blood Count	N			
PBS	N/A			
Routine Urinalysis/ Drug Test	Blood ++; Leukocytes ++ N	Repeat Urinalysis, consult with MD if symptoms develop or with persistent abnormalities.	1/13/2023	
Stool Analysis/Occult Blood	PENDING	FOR FF-UP ASAP	1/13/2023	
Chest X-ray	N			
Fasting Blood Sugar/ HgbA1C	N	For CARDIO consult and clearance re. ECG findings; bring blood chemistry results for correlation.	1/13/2023	
Lipid Profile Total Cholesterol LDL HDL Others	HDL ↓ 0.93 (>1.15 mmol/l) CHOL/HDL ratio ↑ 5.43 (<4.52)			
Creatinine	N			
SGPT/ SGOT	N			
Uric Acid	N			
ECG/2D-Echo	ECG: Normal Sinus Rhythm, non-specific ST T wave changes, low voltage QRS complex			
TSH/FT3/FT4	N			
Ultrasound	Thyroid UTZ: N			
For Female: Pap Smear  For Male: PSA	Moderate inflammation, nonspecific	For OB consult	1/13/2023	
Mammogram				
Breast Ultrasound	Cystic nodule right breast; BIRADS 2 Benign			For Annual Breast UTZ
Other Medical Tests				
Diagnosis/Impression	<ol style="list-style-type: none"><li>1. Error of Refraction</li><li>2. To consider UTI</li><li>3. To consider cardiac pathology</li><li>4. To consider cervicitis</li><li>5. Benign cystic breast nodule, right</li></ol>			
Additional Instructions	<ul style="list-style-type: none"><li>• For stool analysis</li><li>• For CARDIO consult and clearance re. ECG findings; bring blood chemistry results for correlation.</li><li>• Repeat Urinalysis, consult with MD if symptoms develop or with persistent abnormalities.</li><li>• For OB consult</li><li>• For annual breast ultrasound and monitoring for development of symptoms</li><li>• Advice to commit to healthy diet (low fat, low sodium, low refined carbohydrates, low fructose, low purine, high fiber), hydration (6-8 glasses of water per day), exercise (150-300 minutes per week as safely tolerated with appropriate guidance), sleep (at least 8 hours per day), and lifestyle (avoidance from smoking and alcohol).</li></ul>			
Medications				

Received by:

Signature over Printed Name of Employee/Date

Evaluating Physician:

MARC B. MARZAN, MD / 1/6/2023

Signature over Printed Name of Doctor/Date

As previously instructed, the AME results must have been previously accessed by the employee ahead of this summary of compliance. Appropriate medical certificates, additional examination results, and/or fit-to-work clearance for abnormal findings must be submitted ASAP as per indicated dates.