

Name : Mr. PRABHAT KUMAR JHA (46 /M)

Date : 05/11/2024

Address :

Examined by: Dr .SANDIP KUMAR CHANDRA

UHID : AMHL.0002447790

Package : MEDIWHEEL - FULL BODY ANNUAL PLUS WITH TMT MALE HCK

AHC No : AMHLAH225165



CHIEF COMPLAINTS

For general health checkup
Bloating, Bowels not regular

PRESENT KNOWN ILLNESS

Hypertension Medication - stopped
without medical advice
Dyslipidaemia Medication - regular



DRUG ALLERGY

NO KNOWN ALLERGY :05/11/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

Symptoms - bloating

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

Eyes

- Nil Significant

ENT

- Nil Significant

Musculoskeletal system

Spine and joints
- Nil Significant

Skin

- Nil Significant



Present medications

- METOSARTAN 25 ROZUCOR F 20



Past medical history

Past medical history - nil significant



Surgical history

Haemorrhoidectomy - 2018



Personal history

Marital status - Married
No. of children - 2
Diet - Non Vegetarian
Alcohol - consumes alcohol
Frequency - daily
Smoking - No
Chews tobacco - Yes
Physical activity - Mild



Family history

Father - has expired
Mother - alive
Brothers - 4
Sisters - 2
Diabetes - brother
Hypertension - mother, brother
Coronary artery disease - none
Cancer - father
Type - Bone marrow

PHYSICAL EXAMINATION



General

Build - obese
Height - 174
Weight - 101
BMI - 33.36
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 101
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 192
Diastolic(mm of Hg) - 112
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

Ophthalmology consultation

Ophthalmology findings - OCULAR MOVEMENTS:
(RE):FULL (LE):FULL
ANTERIOR SEGMENTS:
(RE):WNL (LE):WNL
VISUAL ACUITY
DISTANCE:WITH GLASS
(RE):6/6P (LE):6/6P VISUAL
ACUITY NEAR:WITH
GLASS (RE):N6 (LE)N6
ADVICE:*To continue
present glass*Detail
funduscopy*Review after
1yr/SOS

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COMPLETE HAEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	13.3	g/dl	●	13.0-17.0
RBC COUNT	4.31 *	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	40.0 *	%	●	41-53
MCV	92.9	fl	●	83-101
MCH	31.0	pg	●	27-32
MCHC	33.3	%	●	31.5-34.5
RDW	16.0 *	%	●	11.8-14.0
WBC Count	5700	/cu mm	●	4000-10000
Platelet Count	1.76	lacs/cu mm	●	1.5-4.0
Neutrophils	52	%	●	40-80
Lymphocytes	36	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	05	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			

Epithelial Cells	Occasional/hpf
Casts:	Not Found
Crystals:	Found
Ca-oxalate	10-15

URINE SUGAR- FASTING(QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(FASTING)	Nil			

BLOOD GROUPING AND TYPING (ABO AND RH)

Test Name	Result	Unit	Level	Range
ABO Group:	O			
Rh (D) Type:	POSITIVE			

ALT(SGPT) - SERUM

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	55 *	U/L	●	0-50

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
ALBUMIN - SERUM	4.5	g/dL	●	3.5-5.1

ALKALINE PHOSPHATASE - SERUM

Test Name	Result	Unit	Level	Range
ALKALINE PHOSPHATASE - SERUM	136 *	U/L	●	43-115

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT) - SERUM	80 *	U/L	●	0-50

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
BILIRUBIN TOTAL - SERUM	0.6	mg/dL	●	0.3-1.2

CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	297 *	mg/dL	●	0-200
Non-HDL Cholesterol	237			

CREATININE - SERUM

ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	16 *	mm/1st hr	●	0-15

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	30	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.025			
pH:	6.0			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	Occasional/hpf			

● Within Normal Range
 ● Borderline High/Low
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Test Name	Result	Unit	Level	Range
CREATININE - SERUM	1.0	mg/dL	●	0.9-1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	1024 *	U/L	●	0-55

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	127 *	mg/dL	●	70-99

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	171 *	mg/dL	●	70-140

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	7.0 *	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >= 6.5% ADA Therapeutic goal : <7%

HDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
TC/HDL-C ratio serum	5.0 *		●	Optimal<3.5
HDL CHOLESTEROL - SERUM	60	mg/dL	●	30-70

LDL CHOLESTEROL -SERUM

Test Name	Result	Unit	Level	Range
LDL CHOLESTEROL -SERUM	171 *	mg/dL	●	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	66 *	mg/dL	●	0-35

PROTEIN TOTAL - SERUM

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.6	g/dL	●	6.4-8.3
Albumin/Globulin Ratio	1.5		●	1.0-2.0
GLOBULIN: (CALCULATED) - SERUM	3.1	g/dL	●	1.8-3.6

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM (Chemiluminescence)	1.04	ng/ml	●	0.87-1.78

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM (Chemiluminescence)	10.51	µg/dL	●	5.48-14.28

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	1066 *	mg/dL	●	0-150

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM (Chemiluminescence)	3.53	µIU/mL	●	0.38-5.33

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.8	mg/dL	●	2.6-7.2

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.1	mg/dL	●	0.0-0.2

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range

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PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM (Chemiluminescence) 0.43 ng/mL ● 0.00-6.50

* Grade I fatty changes in liver.
* Prostatomegaly.

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	7.9	mg/dL	●	7.0-18.0

[NOTE: At times pelvic structures are not well visualized due to inadequate patient preparation / excess bowel gas shadow. However suggested clinical correlation and other investigations if clinically indicated.]

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	7.9			
BUN (BLOOD UREA NITROGEN)	7.9	mg/dL	●	7.0-18.0
CREATININE - SERUM	1.0	mg/dL	●	0.9-1.3

Dr. SANJIB MAJUMDAR
MD (RADIODIAGNOSIS)
CONSULTANT RADIOLOGIST
Reg. No. 56991 (WBMC)

X-RAY CHEST PA

* Chest skiagram does not reveal any significant abnormality.

ECG

SINUS RHYTHM.
INCOMPLETE RIGHT BUNDLE BRANCH BLOCK.
T WAVE ABNORMALITY, CONSIDER LATERAL ISCHEMIA.
PLEASE CORRELATE CLINICALLY.

INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)

Dr. KOUSHIKI SEN
DNB RESIDENT
In consultation with

Biochemistry

A/G - RATIO

Haematology

URINE SUGAR - POST PRANDIAL (QUALITATIVE)

Dr. SANJIB MAJUMDAR
MD (RADIODIAGNOSIS)
CONSULTANT RADIOLOGIST
Reg. No. 56991 (WBMC)

CARDIOLOGY

TREADMILL TEST / STRESS TEST

ULTRASOUND SCREENING WHOLE ABDOMEN

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Executive Summary

 HYPERTENSION - POORLY CONTROLLED, ON IRREGULAR MEDICINE
 TRANSAMINITIS
DYSLIPIDEMIA
TYPE 2 DM - HBA1C - 7.0
PRROTATOMEGALY

Wellness Prescription

Advice On Diet :-

 SALT RESTRICTED, FAT RESTRICTED, DIABETIC DIET

Other Lifestyle Changes & Recommendations :-


MONITOR BP AND CBG AT HOME
REDUCE WEIGHT
DAILY 45 MINUTES BRISK WALKING
FOLLOW MEDICINE STRICTLY

Medications

URSOKEM 300MG TAB 10'S(URSODEOXYCHOLIC ACID) 1 TAB BID Oral After Breakfast and After Dinner 2 Month(s)
LIPAGLYN 4 MG TAB(SAROGLITAZAR 4 MG) 1 TAB OD Oral after breakfast To Continue
DIAMICRON XR 60MG TAB 14'S(GLICLAZIDE 60MG) 1 TAB OD Oral before breakfast To Continue
FENOLIP 145MG TAB(FENOFIBRATE 145MG) 1 TAB OD Oral after dinner 2 Month(s)
URIMAX 0.4MG MR CAP 15'S(TAMSULOSIN 0.4MG) 1 TAB OD Oral after dinner 2 Month(s)
STAMLO T TAB(TELMISARTAN 40 MG+AMLODIPINE 5 MG) 1 TAB BID Oral After Breakfast and After Dinner To Continue
MINIPRESS XL 5MG 30S(PRAZOSIN 5MG) 1 TAB BID Oral After Breakfast and After Dinner To Continue
ECOSPRIN -75MG TAB 14'S(ASPIRIN 75MG) 1 TAB OD Oral after food To Continue AFTER LUNCH
YEES 40MG TAB(ESOMEPRAZOLE 40MG) 1 TAB OD Oral before breakfast To Continue
TAB RAZEL EZ (10-10) - 1 TAB AFTER DINNER X CONTINUE

TAB STAMLO 5 MG - 1 TAB STAT FOR HIGH BP

Follow-up and Review Plan

 REVIEW AFTER 2 MONTHS WITH REPORTS OF CBC, LFT, CREATININE, FBS, PPBS, URINE RE/ME, URIC ACID, CALCIUM, .

VISIT EMERGENCY SOS



Scan the QR code in AskApollo App to book your follow-up appointments and investigations

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Printed By : Sandip Kumar Chandra

Dr.SANDIP KUMAR CHANDRA
AHC Physician / Consultant Internal Medicine

Note :- The Health Check-up examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the Consulting Physician. Additional tests, consultations and follow up may be required in some cases.

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Medications

Drug Name	Strength	Dosage	Frequency	Route of Admin	Relationship with Meal	Duration	Indication
URSOKEM 300MG TAB 10'S(URSODEOXYCHOLIC ACID)		1 TAB	BID	Oral	After Breakfast and After Dinner	2 Month(s)	
LIPAGLYN 4 MG TAB(SAROGLITAZAR 4 MG)		1 TAB	OD	Oral	after breakfast	To Continue	
DIAMICRON XR 60MG TAB 14'S(GLICLAZIDE 60MG)		1 TAB	OD	Oral	before breakfast	To Continue	
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URIMAX 0.4MG MR CAP 15'S(TAMSULOSIN 0.4MG)		1 TAB	OD	Oral	after dinner	2 Month(s)	
STAMLO T TAB(TELMISARTAN 40 MG+AMLODIPINE 5 MG)		1 TAB	BID	Oral	After Breakfast and After Dinner	To Continue	
MINIPRESS XL 5MG 30S(PRAZOSIN 5MG)		1 TAB	BID	Oral	After Breakfast and After Dinner	To Continue	
ECOSPRIN -75MG TAB 14'S(ASPIRIN 75MG)		1 TAB	OD	Oral	after food	To Continue	AFTER LUNCH
YEEES 40MG TAB(ESOMEPRAZOLE 40MG)		1 TAB	OD	Oral	before breakfast	To Continue	

TAB RAZEL EZ (10-10) - 1 TAB AFTER DINNER X CONTINUE

TAB STAMLO 5 MG - 1 TAB STAT FOR HIGH BP

Dr.SANDIP KUMAR CHANDRA

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS

YOUR SCORE

ACCEPTABLE SCORE

Moderate Risk

7

6

Your likelihood of developing cardiovascular disease in the next ten years is 1.3 times higher than the people of your age and gender

The AICVD risk score developed by Apollo Hospitals is a novel artificial intelligence-based risk scoring system that predicts your risk of having Coronary Artery Disease (CAD) related events in the next ten years. This scoring system uses Indian data and has been validated by multiple national and international institutions. This risk score is more than 92% accurate and has been compiled based on your physical parameters, heart health attributes, lifestyle and medical history. **Note:** The risk category is determined through the ratio between guest score and acceptable score at multiple decimal points. The outputs are shown in whole numbers.

Based on your AICVD risk score you are advised the following:

- Follow the guidance and education on **lifestyle and dietary management provided through the ProHealth program. Maintain a healthy BMI (<25). Avoid tobacco in any form and if you are a smoker, stop smoking.**
- Continue with **medications** for high blood pressure, diabetes, or dyslipidemia, if advised by your physician. Maintain HbA1c <7% (<53mmol/mol), blood pressure <140/90mmHg.
- Follow your physician's advice regarding **follow up tests, consults and annual health assessment**
- **It is recommended that you visit your physician every 6 months** if you have:
 - o Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

DISCLAIMER

1. This is not a diagnostic tool and it does not guarantee accuracy of the result and cannot be acted upon independently.
2. This risk score and clinical algorithm is a general guideline for physicians. Any additional laboratory investigations, diagnostic imaging, treatment or patient education related to lifestyle management is under the physician 's or cardiologist's discretion.
3. To ensure the information in the report is up to date , accurate and correct, doctor shall be consulted for interpretation of the report.
4. Apollo Hospitals and its staff does not offer any assurance on the information made available or be liable for any loss or damage as the said report is based on the AICVD risk score without any intervention from their side .
5. By usage of the AICVD risk score, it is deemed that the beneficiary of this service has agreed to get the same done at his own risk and further agrees with this disclaimer without any limitation or any clauses or sub-clauses.

The Clinical AI Models and APIs used at Apollo Hospitals are certified by ISO 13485 : 2016 vide certificate no. MD 763515