

Name : Ms. ANITA BARAI (49 /F)

Date : 08/11/2024

Address :

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AMHL.0002195959

Package : MEDIWHEEL - FULL BODY ANNUAL PLUS CHECK ADVANCE
FEMALE HCK

AHC No : AMHLAH225810



CHIEF COMPLAINTS

For corporate health checkup
No specific complaints

PRESENT KNOWN ILLNESS

No history of - Thyroid disorder, Asthma
Diabetes mellitus - type 2; Since - 2016;
Medication - regular
Hypertension Since - 2 yrs; Medication -
regular
Dyslipidaemia Medication - nil



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Gynaec history

Last menstrual period - 3/10/2024; Periods -
irregular; No of Children - 3; Deliveries - normal
vaginal delivery

Eyes

Vision - normal with glasses

ENT

- Nil Significant

Musculoskeletal system

Spine and joints
- Nil Significant

Skin

- Nil Significant



Present medications

- names not known



Past medical history

Past medical history - nil significant



Surgical history

Tubal ligation - 21 yrs ago



Personal history

Marital status - Married
No. of children - 3
Diet - Non Vegetarian
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Mild



Family history

Father - has expired
Mother - has expired
Diabetes - father
Coronary artery
disease - none
Cancer - None

PHYSICAL EXAMINATION



General

Build - normal
Height - 155
Weight - 57
BMI - 23.73
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 86
Rhythm - Regular
- B.P. Sitting

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Systolic(mm of Hg) - 145
Diastolic(mm of Hg) - 83
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

Abdomen

Organomegaly - No
Tenderness - No

Skin

- No significant finding

Ophthalmology consultation

Ophthalmology findings - OCULAR MOVEMENTS:
(RE):FULL (LE):FULL
ANTERIOR SEGMENTS:
(RE):WNL (LE):WNL
VISUAL ACUITY
DISTANCE:WITHOUT
GLASS (RE):6/6 (LE):6/6
VISUAL ACUITY
NEAR:WITHOUT GLASS
(RE):N10 (LE):N10
SPECTACLE POWER:
BE:PLANO(6/) ADD:
+2.25DSPH(N6)
ADVICE:*Glass Rx*Review
after 1yr/SOS

Printed By : Benazir Begaum

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COMPLETE HAEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	10.7 *	g/dl	●	12.0-15.0
RBC COUNT	4.61	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	33.9 *	%	●	36-46
MCV	73.4 *	fl	●	83-101
MCH	23.2 *	pg	●	27-32
MCHC	31.6	%	●	31.5-34.5
RDW	16.2 *	%	●	11.8-14.0
WBC Count	8200	/cu mm	●	4000-10000
Platelet Count	2.66	lacs/cu mm	●	1.5-4.0
Neutrophils	63	%	●	40-80
Lymphocytes	30	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Microcytic Hypochromic RBCs.			
Platelets:	Adequate on the smear			

Epithelial Cells Occasional/hpf
 Casts: Not Found
 Crystals: Not Found
 NOTE : - Urine glucose rechecked and confirmed by Benedict's test

URINE SUGAR - POST PRANDIAL (QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(POST PRANDIAL)	+++			

URINE SUGAR- FASTING(QUALITATIVE)

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

BLOOD GROUPING AND TYPING (ABO AND RH)

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

ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	16	mm/1st hr	●	0-20

ALT(SGPT) - SERUM

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	16	U/L	●	0-35

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
ALBUMIN - SERUM	4.8	g/dL	●	3.5-5.1

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	60	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.015			
pH:	6.0			
Albumin:	Not Detected			
Glucose	+++			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	1-3	/hpf		

ALKALINE PHOSPHATASE - SERUM

Test Name	Result	Unit	Level	Range
ALKALINE PHOSPHATASE - SERUM	90	U/L	●	33-98

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT) - SERUM	16	U/L	●	0-35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
BILIRUBIN TOTAL - SERUM	0.4	mg/dL	●	0.3-1.2

● Within Normal Range ● Borderline High/Low ● Out of Range

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CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	185	mg/dL	●	0-200
Non-HDL Cholesterol	135			

Test Name	Result	Unit	Level	Range
LDL CHOLESTEROL -SERUM	118 *	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	17	mg/dL	●	0-35

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.6	mg/dL	●	0.6-1.1

PROTEIN TOTAL - SERUM

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.6	g/dL	●	6.4-8.3
Albumin/Globulin Ratio	1.7		●	1.0-2.0
GLOBULIN: (CALCULATED) - SERUM	2.8	g/dL	●	1.8-3.6

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	19	U/L	●	0-38

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM (Chemiluminescence)	1.22	ng/ml	●	0.87-1.78

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	141 *	mg/dL	●	70-99

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM (Chemiluminescence)	9.94	µg/dL	●	5.48-14.28

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	178 *	mg/dL	●	70-140

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	8.0 *	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >= 6.5% ADA Therapeutic goal : <7%

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	118	mg/dL	●	0-150

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM (Chemiluminescence)	2.29	µIU/mL	●	0.38-5.33

HDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
TC/HDL-C ratio serum	4 *		●	Optimal<3.5
HDL CHOLESTEROL - SERUM	50	mg/dL	●	30-70

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	3.9	mg/dL	●	2.4-5.7

LDL CHOLESTEROL -SERUM

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range

● Within Normal Range ● Borderline High/Low ● Out of Range

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BILIRUBIN 0.1 mg/dL ● 0.0-0.2
CONJUGATED
(DIRECT) - SERUM

* No significant abnormality noted.

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	14.0	mg/dL	●	7.0-18.0
UREA - SERUM	30	mg/dL	●	13-43

[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	23.3			
BUN (BLOOD UREA NITROGEN)	14.0	mg/dL	●	7.0-18.0
UREA - SERUM	30	mg/dL	●	13-43
CREATININE - SERUM	0.6	mg/dL	●	0.6-1.1

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

X-RAY CHEST PA

* Chest skiagram does not reveal any significant abnormality.

PAP SMEAR /CERVICAL SMEAR

Ref No:
AG01.C2408921
SPECIMEN TYPE:
Conventional cervical smear (Papanicolaou stain) x 1
SPECIMEN ADEQUACY:
Satisfactory for evaluation without endocervical cells.
INTERPRETATION/RESULT:
Negative for intraepithelial lesion or malignancy with
Bacterial vaginosis

Dr. MOURUSI MANDAL
DNB RESIDENT
In consultation with

TREADMILL TEST / STRESS TEST

SUBMAXIMAL (UPTO 84%) STRESS TEST IS
NEGATIVE FOR PROVOCABLE MYOCARDIAL
ISCHAEMIA.

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

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

ECG

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

Biochemistry

A/G - RATIO

ULTRASOUND SCREENING WHOLE ABDOMEN

● Within Normal Range ● Borderline High/Low ● Out of Range

Executive Summary

- 1. H/O Diabetes mellitus - on medication (HbA1C - 8.0%).
- 2. H/O Hypertension - ON MEDICATION.
- 3. Mild Ananemia.
- 4. TMT - Submaximal (upto 84%) stress test is negative for provocable myocardial ischaemia.
- 5. PAP SMEAR - Negative for intraepithelial lesion or malignancy with Bacterial vaginosis.
- 6. USG - No significant abnormality noted.

Wellness Prescription

Advice On Diet :-

- * Low fat, low sugar, low salt, high protein healthy balanced diet.
- * Drink plenty of fluids.

Advice On Physical Activity :-

- * Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

- * Regular BP Monitoring

Medications

- * To continue home medication as before.

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
ENDOCRINOLOGY		7 Day(s)	

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Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
CBC	4 Month(s)		Review with report.
HBA1C - BLOOD	4 Month(s)		Review with report.
LIPID PROFILE TEST (PACKAGE)	4 Month(s)		Review with report.

Follow-up and Review Plan



* Annual health check-up.



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

Printed By : AVIJIT DAS

Dr.SUCHISMITA BHAUMIK
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

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Dr.SUCHISMITA BHAUMIK

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS

Low Risk

YOUR SCORE

4

ACCEPTABLE SCORE

5

Your cardiovascular disease risk in the next 10 years is within the Normal limits for 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**

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