

Name : Mr. KRISHNA GOUTAM (36 /M)

Date : 08/03/2025

Address :

Examined by:

UHID : AMHL.0002508391

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH237996



## CHIEF COMPLAINTS

For corporate health checkup

## PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,  
Hypertension,  
Dyslipidemia, Thyroid  
disorder, Heart disease,  
Stroke, Asthma



## DRUG ALLERGY

NO KNOWN ALLERGY

:08/03/2025



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Oral and dental

- Nil Significant

### Gastrointestinal system

- Nil Significant

### 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

### Weight

- stable



### Past medical history

Jaundice - yes



### Surgical history

Appendicectomy - yes



### Personal history

Marital status - Married

No. of children - 2

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Sedentary



### Family history

Father - alive

Mother - alive

Diabetes - father

Coronary artery

disease

Cancer - None

## PHYSICAL EXAMINATION



### General

Build - over weight

Height - 175

Weight - 91

BMI - 29.71

Pallor - No

Oedema - no



### Cardiovascular system

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Heart rate (Per minute) - 82  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 116  
Diastolic(mm of Hg) - 81  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds

### Abdomen

Appearance - Normal  
Organomegaly - No  
Tenderness - No  
Bowel sounds - Normal

### 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):N6 (LE):N6 INTRA  
OCULAR PRESSURE  
(RE):20 (LE):20  
SPECTACLE POWER: RE:  
(6/6,N6) LE:(6/6,N6)  
ADVICE:\*Detail  
funduscopy\*Review after  
1yr/SOS

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**COMPLETE HAEMOGRAM PROFILE**

Test Name	Result	Unit	Level	Range
Hemoglobin	14.2	g/dl	●	13.0-17.0
RBC COUNT	4.83	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	42.5	%	●	41-53
MCV	88.0	fl	●	83-101
MCH	29.5	pg	●	27-32
MCHC	33.5	%	●	31.5-34.5
RDW	16.1 *	%	●	11.8-14.0
WBC Count	7800	/cu mm	●	4000-10000
Platelet Count	1.68	lacs/cu mm	●	1.5-4.0
Neutrophils	65	%	●	40-80
Lymphocytes	26	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	4	mm/1st hr	●	0-15

**URINE ROUTINE AND MICROSCOPY**

Test Name	Result	Unit	Level	Range
Volume:	40	mL		
Colour:	Pale Straw			
Appearance	Clear			
Specific Gravity	1.005			
pH:	6.0			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	Occasional/hpf			
Epithelial Cells	Occasional/hpf			

Casts: Not Found

Crystals: Not Found

**URINE SUGAR - POST PRANDIAL (QUALITATIVE)**

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

**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:	AB			
Rh (D) Type:	POSITIVE			

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	36	U/L	●	0-50
ALBUMIN - SERUM	4.7	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	88	U/L	●	43-115
AST (SGOT) - SERUM	26	U/L	●	0-50
BILIRUBIN TOTAL - SERUM	0.9	mg/dL	●	0.3-1.2

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	160	mg/dL	●	0-200
Non-HDL Cholesterol	123			

**CREATININE - SERUM**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.7 *	mg/dL	●	0.9-1.3

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

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**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	54	U/L	●	0-55

**GLUCOSE - PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	104 *	mg/dL	●	70-99

**GLUCOSE - PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	119	mg/dL	●	70-140

**HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.3	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >= 6.5% ADA Therapeutic goal : <7%

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	37	mg/dL	●	30-70
TC/HDL-C ratio serum	4 *		●	Optimal<3.5
LDL CHOLESTEROL -SERUM	110	mg/dL	●	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	13	mg/dL	●	0-35

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.5	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
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**THYROID PROFILE - I(T3,T4 AND TSH)**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM (Chemiluminescence)	1.38	ng/ml	●	0.87-1.78
TOTAL T4: THYROXINE - SERUM (Chemiluminescence)	10.19	µg/dL	●	5.48-14.28

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	79	mg/dL	●	0-150

**THYROID PROFILE - I(T3,T4 AND TSH)**

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM (Chemiluminescence)	1.66	µIU/mL	●	0.38-5.33

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.4	mg/dL	●	2.6-7.2

**LIVER FUNCTION TEST (PACKAGE)**

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

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	6.1 *	mg/dL	●	7.0-18.0
UREA - SERUM	13	mg/dL	●	13-43

**BUN/CREATININE RATIO**

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	8.7			

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BUN (BLOOD UREA NITROGEN)	6.1 *	mg/dL	●	7.0-18.0
UREA - SERUM	13	mg/dL	●	13-43
CREATININE - SERUM	0.7 *	mg/dL	●	0.9-1.3

### ULTRASOUND SCREENING WHOLE ABDOMEN

- \* Borderline hepatomegaly with grade I fatty liver.
- \* Minimally complex cyst in left lobe of liver.

Suggested clinical correlation, follow up and further evaluation.

[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.]

### ECG

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

### X-RAY CHEST PA

- \* Chest skiagram does not reveal any significant abnormality.

### TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

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

### Biochemistry

A/G - RATIO

### Histopathology

PAP SMEAR /CERVICAL SMEAR

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**Printed By** :

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.

## AICVD RISK SCORE REPORT

**RISK STATUS**

Moderate Risk

**YOUR SCORE**

5

**ACCEPTABLE SCORE**

4

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**