

Name : Mr. SUBHABRATA DASGUPTA (30 /M)

Date : 08/11/2024

Address :

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AMHL.0002450057

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH225862



## CHIEF COMPLAINTS

For corporate health checkup  
No specific complaints

## PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,  
Dyslipidemia, Thyroid  
disorder, Heart disease,  
Asthma  
Hypertension Since - 2022; Medication -  
regular



## DRUG ALLERGY

NO KNOWN ALLERGY :08/11/2024



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Gastrointestinal system

Appetite - normal; Symptoms - acidity, bloating;  
Bowel habits - not regular; Piles - no

### Genitourinary system

- Nil Significant

### Eyes

Vision - normal with glasses

### ENT

- Nil Significant

### Musculoskeletal system

Spine and joints  
- Nil Significant

### Skin

- Nil Significant



## Present medications

- T CTD MT 6.25/50/40



## Past medical history

Covid 19 - No  
Jaundice - 2003  
Dengue - 2013



## Surgical history

Others - Surgery for lymphangioma  
in childhood



## Personal history

Marital status - Married  
Diet - Non Vegetarian  
Alcohol - does not consume alcohol  
Smoking - No  
Chews tobacco - No  
Physical activity - Active



## Family history

Father - has expired  
Mother - alive  
Diabetes - father  
Hypertension - mother  
Coronary artery  
disease - father  
Cancer - None

## PHYSICAL EXAMINATION



## General

Build - obese  
Height - 168  
Weight - 103  
BMI - 36.49  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 77  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 137  
Diastolic(mm of Hg) - 109  
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:WITH GLASS  
(RE):6/6 (LE):6/6 VISUAL  
ACUITY NEAR:WITHOUT  
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	14.0	g/dl	<span style="color: green;">●</span>	13.0-17.0
RBC COUNT	4.93	Million/ ul	<span style="color: green;">●</span>	4.5-5.5
Hematocrit - Hct:	45.4	%	<span style="color: green;">●</span>	41-53
MCV	92.1	fl	<span style="color: green;">●</span>	83-101
MCH	28.4	pg	<span style="color: green;">●</span>	27-32
MCHC	30.8 *	%	<span style="color: red;">●</span>	31.5-34.5
RDW	13.6	%	<span style="color: green;">●</span>	11.8-14.0
WBC Count	9100	/cu mm	<span style="color: green;">●</span>	4000-10000
Platelet Count	2.10	lacs/cu mm	<span style="color: green;">●</span>	1.5-4.0
Neutrophils	60	%	<span style="color: green;">●</span>	40-80
Lymphocytes	26	%	<span style="color: green;">●</span>	20-40
Monocytes	05	%	<span style="color: green;">●</span>	2-10
Eosinophils	09 *	%	<span style="color: red;">●</span>	01-06
Basophils	00	%	<span style="color: green;">●</span>	0-0
RBC:	Normocytic Normochromic cells			
WBC:	Eosinophilia noted			
Platelets:	Adequate.			

**ERYTHROCYTE SEDIMENTATION RATE (ESR)**

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	21 *	mm/1st hr	<span style="color: red;">●</span>	0-15

**URINE ROUTINE AND MICROSCOPY**

Test Name	Result	Unit	Level	Range
Volume:	50	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
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			

**ALT(SGPT) - SERUM**

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	37	U/L	<span style="color: green;">●</span>	0-50

**ALBUMIN - SERUM**

Test Name	Result	Unit	Level	Range
ALBUMIN - SERUM	4.6	g/dL	<span style="color: green;">●</span>	3.5-5.1

**ALKALINE PHOSPHATASE - SERUM**

Test Name	Result	Unit	Level	Range
ALKALINE PHOSPHATASE - SERUM	83	U/L	<span style="color: green;">●</span>	43-115

**AST (SGOT) - SERUM**

Test Name	Result	Unit	Level	Range
AST (SGOT) - SERUM	27	U/L	<span style="color: green;">●</span>	0-50

**BILIRUBIN, TOTAL - SERUM**

Test Name	Result	Unit	Level	Range
BILIRUBIN TOTAL - SERUM	1.1	mg/dL	<span style="color: green;">●</span>	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	141	mg/dL		0-200
Non-HDL Cholesterol	105			

**Test Name**

Test Name	Result	Unit	Level	Range
LDL CHOLESTEROL -SERUM	94	mg/dL		Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	11	mg/dL		0-35

**CREATININE - SERUM**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	1.0	mg/dL		0.9-1.3

**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	3.0	g/dL		1.8-3.6

**GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM**

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	22	U/L		0-55

**TOTAL T3: TRI IODOTHYRONINE - SERUM**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM (Chemiluminescence)	0.89	ng/ml		0.87-1.78

**GLUCOSE - PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	88	mg/dL		70-99

**TOTAL T4: THYROXINE - SERUM**

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM (Chemiluminescence)	10.28	µg/dL		5.48-14.28

**GLUCOSE - PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	111	mg/dL		70-140

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

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.4	%		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	73	mg/dL		0-150

**TSH: THYROID STIMULATING HORMONE - SERUM**

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM (Chemiluminescence)	2.66	µIU/mL		0.38-5.33

**HDL CHOLESTEROL - SERUM**

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	36	mg/dL		30-70
TC/HDL-C ratio serum	4 *			Optimal<3.5

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	8.2 *	mg/dL		2.6-7.2

**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  
CONJUGATED  
(DIRECT) - SERUM

0.2	mg/dL		0.0-0.2
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### BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	16.4	mg/dL		7.0-18.0
UREA - SERUM	35	mg/dL		13-43

### BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	16.4			
BUN (BLOOD UREA NITROGEN)	16.4	mg/dL		7.0-18.0
UREA - SERUM	35	mg/dL		13-43
CREATININE - SERUM	1.0	mg/dL		0.9-1.3

### ULTRASOUND SCREENING WHOLE ABDOMEN

- \* Grade I fatty liver.
- \* Bilateral renal cyst.

[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.]

Dr. MOURUSI MANDAL  
DNB RESIDENT  
In consultation with

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

### ECG

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

### X-RAY CHEST PA

\* Chest skiagram does not reveal any significant abnormality.

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

### Biochemistry

A/G - RATIO

### Histopathology

PAP SMEAR /CERVICAL SMEAR

### CARDIOLOGY

TREADMILL TEST / STRESS TEST



Within Normal Range




Borderline High/Low



Out of Range

## Executive Summary

- 
1. H/O Hypertension - on medication.
  2. Obesity.
  3. Eosinophilia.
  4. Hyperuricaemia.
  5. USG - A. Grade I fatty liver.  
B. Bilateral renal cyst.

## Wellness Prescription

### Advice On Diet :-



- \* Low fat, low calorie, low salt, low purine healthy balanced diet.
- \* Drink plenty of fluids.

### Advice On Physical Activity :-



- \* Regular exercise and maintain ideal weight.

### Other Lifestyle Changes & Recommendations :-

- \* Monitor BP regularly, if persistently greater than 140/90 mmHg then consult Physician.
- \* Weight reduction advised.

## Medications

- \* To continue home medication as before.

## Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
TC,DC	4 Week(s)		Review with report.
LIPID PROFILE TEST (PACKAGE)	4 Month(s)		Review with report.
URIC ACID - SERUM	4 Month(s)		Review with report.

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## 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**

High Risk

**YOUR SCORE**

6

**ACCEPTABLE SCORE**

3

**Your likelihood of developing cardiovascular disease in the next ten years is 1.6 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 3 months** if you have:
  - Uncontrolled high blood pressure
  - Diabetes
  - Dyslipidemia
  - Coronary heart disease
- You will be referred to a **cardiologist**.

**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**