

Name : Mr. VIJAYAKUMAR D (34 /M)

Date : 24/02/2024

Address : 12/427-4 ANGU NAGAR CSM BOARDING ROAD , PARAMAKUDI, PARAMAKUDI, RAMANATHAPURAM, TAMIL NADU, INDIA

Examined by: Dr .VANI N

UHID : ASM1.0000696360

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS

AHC No : MDUMH121314



CHIEF COMPLAINTS

Abdominal pain
Back pain

PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke, Asthma, COPD, Cancer, Impaired Glycemia



DRUG ALLERGY

NO KNOWN ALLERGY

:24/02/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

Abdominal pain - yes; Since - Lower abdominal pain after coming from work; Site - lower abdomen

Musculoskeletal system

Spine and joints

Back - pain; - Felt more in the evening after coming from work, relieved by early morning walks



Past medical history

Do you have any allergies? - No



Personal history

Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No

Chews tobacco - No
Physical activity - Moderate
- level ground walking



Family history

Diabetes - father
Coronary artery disease - father
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Height - 168
Weight - 77.8
BMI - 27.57
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 72
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 80
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

Printed By : Sasikala T

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	14.9	gm%	●	13.0-18.0
Packed cell volume(Calculated)	44	%	●	40-54
WBC Count	5.4	10 ³ /m m ³	●	4-11
Platelet Count	265	10 ³ /m m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	09	mm/1st hr	●	0-15
RBC Count	5.28	Million/ul	●	4.2-6.5
MCV	83	fl	●	75-95
MCH(Calculated)	28	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Neutrophils	57	%	●	40-80
Lymphocytes	33	%	●	20-40
Eosinophils	03	%	●	01-06
Monocytes	07	%	●	2-10

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.010		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Clear			Clear
pH	6		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	Nil			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT
Urobilinogen	Normal	E.U./d L		Normal
RBC	Nil	/hpf		<2
Pus Cells	Occasional/hpf			Male : 2 - 3 Female : 2 - 5
Epithelial Cells	Occasional/hpf			3 - 5

ALT(SGPT) - SERUM / PLASMA

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

Test Name	Result	Unit	Level	Range
ALT(SGPT)	44	U/L	●	Adult Male : < 45

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.4	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.8	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	63	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	37 *	U/L	●	Adult Male: <35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.5	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	218 *	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.7 *	mg/dL	●	Male: 0.9 - 1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	22	U/L	●	Male: < 55

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
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Glucose - Serum / Plasma (Fasting) 89 mg/dL ● 60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name Result Unit Level Range
Glucose - Serum / Plasma (Post Prandial) 98 mg/dL ● < 140
Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

Test Name Result Unit Level Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated) 5.9 * ● < 4.5

UREA - SERUM / PLASMA

Test Name Result Unit Level Range
Urea 19 mg/dL ● Adult: 13 - 43

URIC ACID - SERUM

Test Name Result Unit Level Range
Uric Acid - Serum 6.6 mg/dL ● Adult Male: 3.5 - 7.2

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name Result Unit Level Range
Glycosylated Hemoglobin (HbA1c) 5.3 % ● Normal < 5.7%
Increased risk for Diabetes 5.7 - 6.4%--male
Diabetes > = 6.5%

VLDL CHOLESTEROL - SERUM

Test Name Result Unit Level Range
VLDL CHOLESTEROL - SERUM 12 ● Desirable:<30
Triglycerides - Serum 58 mg/dL ● Normal: <150
High: 150 - 199
Hypertriglyceridemic: 200 - 499
Very High: >=500

HDL CHOLESTEROL - SERUM / PLASMA

Test Name Result Unit Level Range
HDL Cholesterol 37 * mg/dL ● Low: <40
High: >=60

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name Result Unit Level Range
Bilirubin Conjugated - Serum 0.2 mg/dL ● 0.0-0.2
Bilirubin Unconjugated - Serum (Calculated) 0.3 mg/dL ● 0.0-1.0

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name Result Unit Level Range
LDL Cholesterol (Direct LDL) 148 * mg/dL ● Optimal: <100
Near/above optimal: 100 - 129
Borderline High: 130 - 159
High: 160 - 189
Very High: >=190

BUN (BLOOD UREA NITROGEN)

Test Name Result Unit Level Range
BUN (BLOOD UREA NITROGEN) 8.9 mg/dL ● Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name Result Unit Level Range
TOTAL T3: TRI IODOTHYRONINE - SERUM 91 ng/dL ● 60-180

PROTEIN TOTAL - SERUM / PLASMA

Test Name Result Unit Level Range
Protein Total - Serum 7.2 g/dL ● >2 Year: 6.0 - 8.0

TOTAL T4: THYROXINE - SERUM

Test Name Result Unit Level Range
TOTAL T4: THYROXINE - SERUM 4.9 µg/dL ● 3.5 - 12.5

TRIGLYCERIDES - SERUM

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

**TSH: THYROID STIMULATING HORMONE -
SERUM**

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.17	µIU/mL	●	0.35 - 5.50

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

ULTRASOUND SCREENING WHOLE ABDOMEN

Liver measures 12.6 cm. Normal size, shape, outline and shows increased echotexture. No focal lesions are seen in the liver. No IHBR dilatation. Portal vein is normal in course, caliber and outline.

Gall Bladder is partially distended.

Pancreas Is normal in size, shape and parenchymal echotexture; with no duct dilatation or calcifications. Peripancreatic fat is normal.

Spleen measures 12.2 cm -----Enlarged in size.
Right kidney : Measures 9.8 x 5.2 cm, is normal in size. Cortical echoes increased. Corticomedullary differentiation is maintained. Pelvicaliceal system normal. No calculi / hydronephrosis is seen.

Left kidney : Measures 10.9 x 4.9 cm is normal in size. Cortical echoes increased. Corticomedullary differentiation is maintained. Pelvicaliceal system normal. No calculi / hydronephrosis is seen. Cortical cyst is seen in upper pole of left kidney, measuring 3.3 x 3.0 cm.

Urinary Bladder is normal in distension, caliber and outline. No focal lesions.

Prostate: Normal in size, measures 3.3 x 3.3 x 4.1 cm volume 24 cc

There is no ascites / pleural effusion.

IMPRESSION:

- Fatty liver.
- Increased cortical echotexture bilateral kidneys – Correlate with RFT.
- Splenomegaly.

REPORTED BY,
DR. JASLYN DEVAKIRUBAI., MBBS., MDRD.,
CONSULTANT RADIOLOGIST.

2D-ECHO WITH COLOUR DOPPLER

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

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NORMAL CHAMBERS DIMENSIONS.
STRUCTURALLY NORMAL VALVES.
NO REGIONAL WALL MOTION ABNORMALITY.
NORMAL LV SYSTOLIC FUNCTION.
NORMAL LV DIASTOLIC FUNCTION.
NO PERICARDIAL EFFUSION/ CLOT.
EF : 66%.

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

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG



Within Normal Range




Borderline High/Low




Out of Range

Executive Summary


 Physical Examination and routine Investigation in AHC Package reveals the following :
- Dyslipidemia.

Wellness Prescription

Advice On Diet :-

 - Low fat diet

Advice On Physical Activity :-

 - Regular Walking

Printed By : Sasikala T

Dr.VANI N
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

Low Risk

YOUR SCORE

3

ACCEPTABLE SCORE

4

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