

Name : Mr. SEENUVASAN S (31 /M)

Date : 25/03/2023

Address : C/O BANK OF BARODA, 107, PARAMATHY ROAD,, KARUR, KARUR, TAMIL NADU, INDIA

Examined by: Dr .SENTHIL MUTHU

UHID : KRR1.0000134215

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS

AHC No : KRRMHC23235



CHIEF COMPLAINTS

For Annual health checkup
Complaints of sore throat (+)
History of dysphagia x 2 years
History of recurrent oral ulcer x 1 year
Known case of gastric ulcer (+)
Advised endoscopy
Complaints of pain in right sole / ankle.
Allergies noted for outside food - not known which kind food)

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

:25/03/2023



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

General symptoms

- Nil Significant



Past medical history

Do you have any allergies? - Yes

Allergies - food

Do you have any drug allergies? - No

Others - food not known



Surgical history

Cholecystectomy - Done

Immunization history

- Covid Dose1



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Female - 1

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Moderate

 **Family history**

Father - alive
 Aged - 68 years
 Mother - alive
 Aged - 60 years
 Brothers - 1
 Sisters - 1
 Diabetes - father
 Hypertension - mother
 Coronary artery disease - none
 Cancer - None

Cardiac consultation

Cardiac consultation done by - DR.KESAVAN KRR
 Cardiac findings - Consultant's notes attached
 Cardiac findings - Nil cardiac.

Ophthalmology consultation

Ophthalmology consultation done by - Dr.SENTHIL KUMAR V P
 Ophthalmology findings - Consultant's notes attached
 Ophthalmology findings - BOTH EYES ANTERIOR SEGMENT NORMAL
 FUNDUS - NAD

PHYSICAL EXAMINATION

 **General**

Build - moderate
 Height - 166
 Weight - 76.7
 BMI - 27.83
 Pallor - No
 Oedema - no
 SpO2 - 97%

Dental consultation


Dental consultation done by - Dr.VIGNESH A
 Dental findings - Consultant's notes attached
 Dental findings - Adv: Scaling.

 **Cardiovascular system**

Heart rate (Per minute) - 82
 Rhythm - Regular
 - B.P. Sitting
 Systolic(mm of Hg) - 120
 Diastolic(mm of Hg) - 70
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

 **Abdomen**

Organomegaly - No
 Tenderness - No

Psychological Assessment

Psychological assessment - Normal

Printed By : Madhumathi T

Name : Mr. SEENUVASAN S (31 /M)

UHID : KRR1.0000134215

Date : 25/03/2023

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS

AHC No : KRRMHC23235

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.020		●	1.016 - 1.026
Colour:	Pale Straw			
Transparency:	Clear			
pH	6			
Protein :	Nil			
Sugar:	Nil			
Ketone	Negative			
Bile Pigments:	Negative			
Bile Salts :	Negative			
Urobilinogen	Normal	E.U./dL		
Pus Cells	4-6 /h.p.f			
Epithelial Cells	2-4 /h.p.f			
Mucus Thread	Present			

Blood Group A
Rh (D) Type: POSITIVE

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	93	mg/dL	●	Adult: 74 - 100
URINE GLUCOSE(FASTING): (Strip Method)	Nil			Nil

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	113	mg/dL	●	< 140
URINE GLUCOSE(POST PRANDIAL):(Strip Method)	Nil			Nil

CBC

Test Name	Result	Unit	Level	Range
Hemoglobin	15.6	gm%	●	13.0-18.0
Packed cell volume(Calculated)	44	%	●	40-54
WBC Count	8.1	10 ⁹ /m ³	●	4-11
Neutrophils	53	%	●	40-80
Lymphocytes	34	%	●	20-40
Eosinophils	08 *	%	●	01-06
Monocytes	04	%	●	2-10
Basophils	01	%	●	0-1
RBC Count	4.7	Million/ul	●	4.2-6.5
Platelet Count	201	10 ⁹ /m ³	●	150-450

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	12.1	mg/dL	●	Adult : 6 - 20

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	1.1	mg/dL	●	Male: 0.9 - 1.3

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	8.1 *	mg/dL	●	Adult Male: 3.5 - 7.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	232 *	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240
HDL Cholesterol	54	mg/dL	●	Low: <40 High: >=60

ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	11	mm/1st hr	●	0-15

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

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

Name : Mr. SEENUVASAN S (31 /M)

UHID : KRR1.0000134215

Date : 25/03/2023

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS

AHC No : KRRMHC23235

LDL Cholesterol (Direct LDL) 173 * mg/dL ● Optimal: <100
Near/above optimal: 100 - 129
Borderline High: 130 - 159
High: 160 - 189
Very High: >=190

SUGAR - URINE Nil

LIVER FUNCTION TEST (PACKAGE)

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

Triglycerides - Serum 123 mg/dL ● Normal: <150
High: 150 - 199
Hypertriglyceridemic: 200 - 499
Very High: >=500

THYROID PACKAGE II

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.82	µIU/mL	●	0.35 - 5.50
TOTAL T4: THYROXINE - SERUM	9.0	µg/dL	●	3.5 - 12.5
TOTAL T3: TRI IODOTHYRONINE - SERUM	103	ng/dL	●	60-180

Total Cholesterol / HDL Cholesterol Ratio (Calculated) 4.3 ● < 4.5

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	1.1 *	mg/dL	●	Adult : Upto 1.0
Albumin - Serum	5.1	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.1	g/dL	●	Adult (2.0 - 3.5)
ALT(SGPT)	55 *	U/L	●	Adult Male : < 45
AST (SGOT)	33	U/L	●	Adult Male: <35
Alkaline Phosphatase - Serum	119	U/L	●	Adult(Male): < 129

ECG

HEART RATE : 84 bpm

NORMAL SINUS RHYTHM

NORMAL ECG.

TREAD MILL STRESS TEST

Cardiac Stress Analysis is NEGATIVE for Inducible Myocardial Ischemia at 11.9 METS.

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	4.7	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% --male Diabetes > = 6.5%

ULTRASOUND SCREENING WHOLE ABDOMEN

SUGAR - URINE

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

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

Name : Mr. SEENUVASAN S (31 /M)

UHID : KRR1.0000134215

Date : 25/03/2023

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW 40YRS

AHC No : KRRMHC23235

Liver shows diffuse increase in its echopattern – suggestive of fatty infiltration with no evidence of focal pathology.

The intra or extra hepatic biliary radicles are not dilated.

GB is distended with normal wall thickness and there is no evidence of calculus.

Pancreas and spleen appear normal.

No evidence of ascites or lymphadenopathy.

Diaphragmatic movements are satisfactory. There is no subdiaphragmatic pathology or pleural effusion.

Right kidney – 9.7 x 4.3cms. It shows 5mm sized calculus in middle calyx.

Left kidney – 10.8 x 5.1cms.

Both kidneys show normal echopattern with no evidence of calyceal dilatation.

Bladder shows normal contour and wall thickness. Pre void volume – 360cc. Post void volume – 30cc.

Prostate shows normal size and echopattern (Volume – 17cc)

IMPRESSION:

GRADE I FATTY LIVER

RIGHT RENAL CALCULUS.

For clinical correlation

Disclaimer: Please note that this report is a radiological professional opinion. It has to be correlated clinically and interpreted along with other investigations.

X-RAY CHEST PA

Inspiratory effort.

The lung fields are clear.

The cardio thoracic ratio is normal.

The apices, costo and cardiophrenic angles are free.

The bony thorax shows no significant abnormality.

The domes of diaphragms are well delineated.

Impression :

NO SIGNIFICANT ABNORMALITY IS DETECTED.

For clinical correlation.

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

Haematology

STOOL ROUTINE

Biochemistry

URINE GLUCOSE(POST PRANDIAL)



Within Normal Range




Borderline High/Low



Out of Range

Executive Summary

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

Overweight

Hyperuricemia

Dyslipidemias


Raised SGPT

Fatty liver


Right renal calculus

Wellness Prescription

Advice On Diet :-

 LOW FAT / LOW CALORIE / LOW CARBOHYDRATE / HIGH FIBER / SALT RESTRICTED DIET

Advice On Physical Activity :-

 REGULAR MORNING WALK FOR ½ HOUR

Tab. Astin 10mg - 0 -0 - 1 x 60 days

Repeat Lipid profile after 2 months

SGOT, SGPT, Uric acid

Dr.SENTHIL MUTHU

AHC Physician / Consultant Internal Medicine

Printed By : Madhumathi T

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

3

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