

Mr. KIRTI MAKWANA (36 /M)

UHID : AHIL.0000850127

AHC No : AHILAH198041

Date : 11/03/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Namaste Mr. KIRTI MAKWANA,

Thank you for choosing Apollo ProHealth, India's first AI-powered health management program, curated to help you make positive health shifts. Being healthy is about making smart choices, and you have taken the first step with this program. We are privileged to be your healthcare partner. Your health is our priority.

We are with you on your path to wellness by:

Predicting your risk: Artificial Intelligence-powered predictive risk scores are generated, based on your personal, medical, and family history and detailed multi-organ evaluation of your body through diagnostic and imaging tests.

Preventing onset or progress of chronic lifestyle diseases: Your Health Mentor is available to help you understand your physician's recommendations and helping you handle any concerns (complimentary service up to one year)

Overcoming barriers to your wellbeing: Your Health Mentor will help you set your health goals and guide you with tips to stay on track. We will also, digitally remind you to proactively prioritize your health.

Through this report, you will be able to understand your overall health status, your health goals and the recommendations for your path to wellness. Your Health Report will include the following:

- Your medical history and physical examination reports
- Results from your diagnostic and imaging tests
- AI powered health risk scores
- Your physician's impression and recommendations regarding your overall health
- Your personalized path to wellness, including your follow-up assessments and vaccinations

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We have reviewed the results of the tests and have identified some areas for you to act on. We believe that with focus and targeted interventions, you can be healthier and happier.



Scan the QR code to download the Apollo 247 App



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You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via www.apollo247.com or through the Apollo 24*7 mobile app. You can avail 30% discount on additional tests and follow-up tests at Apollo Hospitals within one week. You may call your Health Mentor on 04048492633 or email at prohealthcare@apollohospitals.com

Stay Healthy and happy! 😊
Apollo ProHealth Care team

Disclaimer: The services offered in the program may vary depending on any prior mutual agreements between guests and the facility/unit.

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Name : Mr. KIRTI MAKWANA (36 /M)

Date : 11/03/2023



Address : B35 NEW KAMAL KUNJ SOCIETY IOC ROAD CHANDKHEDA, AHMEDABAD,
AHMEDABAD, GUJARAT, INDIA

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000850127

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH198041



Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

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



Drug Allergy

NO KNOWN ALLERGY

:11/03/2023



Systemic Review

- Cardiovascular system** : - Nil Significant
- Respiratory system** : - Nil Significant
- Oral and dental** : - Nil Significant
- Gastrointestinal system** : - Nil Significant
- Genitourinary system** : - Nil Significant
- Gynaec history** : - 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 - No allergies?



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Allergies - Nil

Past medical history - nil significant

Covid 19 - No

Post detection (3 Weeks) - No

Hospitalization for Covid 19 - No

Oxygen support - No



Surgical history

Surgical history - Nil



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Female - 1

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Sedentary



Family history

Father - alive

Mother - alive

Brothers - 1

Sisters - 1

Diabetes - father

Coronary artery disease - father

Cancer - None

Physical Examination



General

General appearance - normal

Build - normal





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Height - 162.5
 Weight - 60.5
 BMI - 22.91
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 68
 Rhythm - Regular
 Systolic(mm of Hg) - 130
 Diastolic(mm of Hg) - 80
 - B.P. Sitting
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
 Tenderness - No

Printed By : MUKTA S ADALTI

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URINE FOR ROUTINE EXAMINATION

Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range
Volume	30	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occasional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occasional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	15.6	gm%	●	13.0-17.0
Packed cell volume(Calculated)	46.9	%	●	40-50
RBC COUNT (Impedance)	5.5	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	85.3	fl	●	80-100
MCH(Calculated)	28.41	pg	●	27-32
MCHC(Calculated)	33.3	%	●	31-36
RDW(Calculated)	14.3	%	●	11.5-14.5
WBC Count (Impedance)	7952	/cu mm	●	4000-11000

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

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Test Name	Result	Unit	Level	Range
Neutrophils	60	%	●	40-75
Lymphocytes	31	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	197700	/cu mm	●	150000-450000
MPV (Calculated)	8.4	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	05	mm/1st hr	●	0-15

URINE GLUCOSE(FASTING)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

URINE GLUCOSE(POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	O Positive			

LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	30	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	93	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	22	U/L	●	> 1 year Male : <40
Total Bilirubin	0.537	mg/dL	●	0.300-1.200
Direct Bilirubin	0.176	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.361

mg/dL



1 Day ≤5.1 mg/dL
 2 Days ≤7.2 mg/dL
 3-5 Days ≤10.3 mg/dL
 6-7 Days ≤8.4 mg/dL
 8-9 Days ≤6.5 mg/dL
 10-11 Days ≤4.6 mg/dL
 12-13 Days ≤2.7 mg/dL
 14 Days - 9 Years 0.2-0.8 mg/dL
 10-19 Years 0.2-1.1 mg/dL
 ≥20 Years 0.2-1.2 mg/dL

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.86	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	17	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	98	mg/dL		70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance ≥ 126 : Diabetes Mellitus

GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	119	mg/dL		70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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Within Normal Range



Borderline High/Low



Out of Range





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Glycosylated Hemoglobin (HbA1c)

5.2

%



Normal < 5.7

%Increased risk for Diabetes 5.7 - 6.4%

Diabetes >= 6.5%

Monitoring criteria for Diabetes Mellitus
<7.0 : Well Controlled Diabetes
7.1 – 8.0 : Unsatisfactory Control
> 8.0 : Poor Control & Needs Immediate Treatment

Estimated Average Glucose.

102.54

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	8.02 *	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	8.02 *	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.00	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.00	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.02		●	2.20-4.20
Globulin-Serum/Plasma	3.02		●	2.20-4.20
A/G ratio	1.66		●	1.00-2.00
A/G ratio	1.66		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.0	nmol/L	●	Adults(20-120 Yrs): 1.2 - 3.1 Pregnant Female : First Trimester : 1.61 - 3.53 Second Trimester : 1.98 - 4.02 Third Trimester : 2.07 - 4.02
TOTAL T4: THYROXINE - SERUM	88	nmol/L	●	Adults(20-100 Yrs):66 - 181 Pregnant Female : First Trimester : 94.3 - 190 Second Trimester : 102 - 207 Third Trimester : 89 - 202
TSH: THYROID STIMULATING HORMONE - SERUM	3.72	μIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range





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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

URIC ACID - SERUM

Uric acid is a product of the metabolic breakdown of purine. High blood concentrations of uric acid can lead to gout. It is also associated with other medical conditions including diabetes and the formation of kidney stones.

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	7.9 *	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9	mg/dL	●	6-20
UREA - SERUM / PLASMA	20	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	161	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	154 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	30 *	mg/dL	●	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	118	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	31		●	< 40 mg/dl
C/H RATIO	5 *		●	0-4.5

X-RAY CHEST PA

X-ray imaging creates pictures of the inside of your body. Chest X-ray can reveal abnormalities in the lungs, the heart, and bones that sometimes cannot be detected by examination.

NORMAL STUDY.

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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG

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

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Executive Summary



- .BODY WEIGHT 60.5 KG, IDEAL BODY WEIGHT 50-60 KG
- .DYSLIPIDEMIA
- .HYPERURICEMIA
- .ECG - NORMAL
- .TMT — TEST IS NEGATIVE , EXERCISE TIME 9:13 ,WORKLOAD 10.4 METS
- .USG ABDOMEN - GRADE I FATTY LIVER
- .CHEST X-RAY - NORMAL
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET
- LOW FAT DIET

Advice On Physical Activity :-



- REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 50-60 KG

Printed By : MUKTA S ADALTI

Dr. SHASHIKANT NIGAM
 AHC Physician, Consultant Internal Medicine

Dr. Shashikant Nigam
 Dr. Shashikant Nigam (Gen. Med.)
 MBBS, MD (Gen. Med.)
 Consultant Internal Medicine (Gandhinagar)
 Apollo Hospitals International
 Gujarat-382428, INDIA. Regd. No. 21961


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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Radiology

Patient Details : Mr. KIRTI MAKWANA | Male | 36Yr 11Mth 21Days
UHID : AHIL.0000850127 **Patient Location:** AHC
Patient Identifier: AHILAH198041 
DRN : 223013791 **Completed on :** 11-MAR-2023 12:10
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform bright echotexture. No evidence of focal pathology seen. Intra and extra hepatic biliary radicles are not dilated. Portal vein is normal in calibre. Intrahepatic portal radicles appear normal.

Gall bladder appears normal with no evidence of calculus. Wall thickness appears normal. No evidence of pericholecystic collection.

Visualized Head and body of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 10.7 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. No evidence of calculi. Pelvicalyceal system on both sides appears normal.

No evidence of ascites or lymphadenopathy.

Urinary bladder is normal in contour and outline. Wall thickness appears normal. No evidence of any intraluminal pathology seen.

Prostate measures 14 cc , is normal in size and echopattern.

IMPRESSION :

Grade I fatty liver.

No any other significant abnormality.

Printed on : 12-Mar-2023 12:23

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Reported By : 717876

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AHIL.0000850127

AHILAH198041

USG WHOLE ABDOMEN

— END OF THE REPORT —

A. A PATEL

Dr. ALPESH A PATEL

DNB Resident

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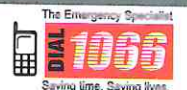
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RADIOLOGY

Patient Details : Mr. KIRTI MAKWANA | Male | 36Yr 11Mth 21Days
UHID : AHIL.0000850127 **Patient Location:** AHC
Patient Identifier: AHILAH198041 
DRN : 123032156 **Completed on :** 11-MAR-2023 10:54
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

FINDINGS :

Lung fields are clear.

Cardio thoracic ratio is normal.

Both costophrenic angles are clear.

Domes of diaphragm are well delineated.

Bony thorax shows no significant abnormality.

IMPRESSION

NORMAL STUDY.

— END OF THE REPORT —



RAJVEERSINH P CHAVDA

Medical Officer

Printed on : 12-Mar-2023 12:23

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Saving time. Saving lives.



DENTISTRY

Name :

Date : 11/3/23 Unit No. :

Occupation :

Ref. Physician :

Age : Sex : Male Female

Copies to :

DENTAL RECORD

ALLERGIES : N/A

PAIN : Score (0-10) 0 Location : Character :

DENTAL CLEANING HABIT Once Twice Occasionally
 Brush Finger Stick Any other
 Tooth Paste Powder Any other

DO THE GUMS BLEED WHEN YOU BRUSH YOUR TEETH? Yes No

ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No

ORAL HYGIENE Good Fair Poor

ORAL TISSUE EXAMINATION	PERIODONTAL EXAMINATION	OCCLUSION
NORMAL FINDINGS IN DISEASE	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : <u>N/A</u>	Gingivitis <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia
Cheeks : <u>N/A</u>	Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction <u>- AT 8</u>
Tongue : <u>N/A</u>	Recession <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth : <u>N/A</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture
Palate : <u>N/A</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsilar Area : <u>N/A</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
Any other : <u>N/A</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries
		Missing Teeth
		Supernumerary
		Others

PRESENT COMPLAINT :

- 90% to checkup

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy

- N/A

Rate 63

PR 132
QRS 84
QT 363
QTc 372

--AXIS--

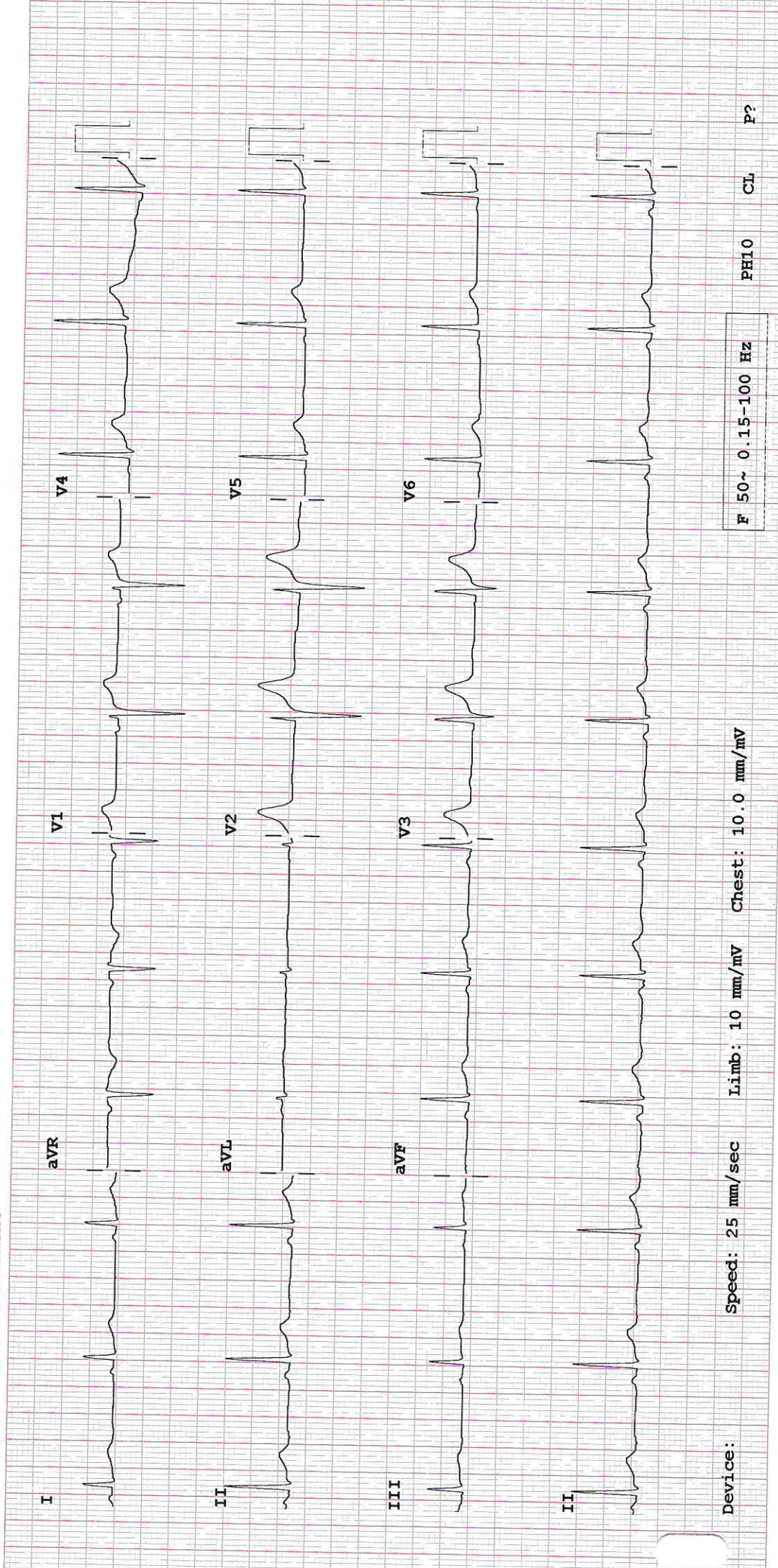
P 61
QRS 58
T 53

12 Lead; Standard Placement

AHIL.0000850127

Mr. KIRTI
MAKWANA

37 Year(s) / Male



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 50~ 0.15-100 Hz

PH10

CL

P?

AHIL.0000850127

Mr. KIRTI
MAKWANA

VISION RECORDS

OPTH

37 Year(s) / Male

Name :

Date :

11/8/23

UHID :



Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

Right Eye :

N6

Left Eye :

N6

APLN.TN - Right Eye

11

Left Eye -

12 mmHg

Both Eye - Colour Vision

WNL

Both Eye - Anterior Segment Examinations -

NAD

Both Eye Posterior Segment Examinations -

NAD

Pt is fit from our side
and sends his data


Doctor's Signature

TABULAR SUMMARY REPORT

ID: 000850127

Visit:

37 years
162cm
13.14.55

Asian
60kg

Male

Total Exercise time: 9:13
Max HR: 188bpm 91% of max predicted 183bpm
Max BP: 150/84
Maximum workload: 10.4 METS

25.0 mm/s
10.0 mm/mV
100hz

Reason for Termination: THR ACHIEVED

Comments: TMT IS NEGATIVE FOR INDUCED ISCHEMIA AT HIGH WORKLOAD WITH NORMAL HEMODYNAMIC RESPONSE WITH GOOD EFFORT TOLERANCE. TEST TERMINATED DUE TO THR ACHIVED.

Referred by: DR SUBIR GHOSH
Test ind:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	WorkLoad (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
PRETEST	SUPINE	0:49	0.8	0.0	1.2	85	130/80	111
EXERCISE	STAGE 1	3:00	1.7	10.0	4.6	108	130/80	140
	STAGE 2	3:00	2.5	12.0	7.0	130	130/84	169
	STAGE 3	3:00	3.4	14.0	10.1	163	150/84	245
	STAGE 4	0:13	4.2	16.0	10.4	168	150/84	252
RECOVERY	RECOVERY	3:01	***	***	1.0	103	130/84	134

Technician: CHIRAG THAKOR

APOLLO HOSPITALS INTERNATIONAL LIMITED Unconfirmed