

Mr. GAMETI RASHKIN (35 /M)

UHID : AHIL.0000837361

AHC No : AHILAH189171

Date : 28/01/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Namaste Mr. GAMETI RASHKIN,

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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Saving time. Saving lives.

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



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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Date : 28/01/2023



Address : A 61 / 1 MILLENIUM PARK KALPATRU AT AND POST ZUNDAL DIST GANDHINAGAR, GANDHINAGAR, GANDHI NAGAR, GUJARAT, INDIA

Organization is Accredited by Joint Commission International

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000837361

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH189171



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 : 28/01/2023



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 : - Nil Significant
- 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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Organization Allergies
by Joint Commission International

- Nil
- Past medical history - nil significant
- Covid 19 - Yes
- 2020
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No
- Oxygen support - No



Surgical history

- Appendectomy - 2015



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Male - 1
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



Family history

- Father - alive
- Mother - alive
- Brothers - 1
- Sisters - 1
- Hypertension - father
- Coronary artery disease - none
- Cancer - None

Physical Examination



General

- General appearance - normal





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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Organization Build
by Joint Commission International

- normal

Height - 163

Weight - 65.5

BMI - 24.65

Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 89

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 125

Diastolic(mm of Hg) - 93

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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The Emergency Contact

Save time. Being safe.



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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	1.015			
Colour:	Pale-Yellow			
Transparency:	Slightly Turbid			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Trace			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occasional			0-5
RBC	Occasional	/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)	14.9	gm%	●	13.0-17.0
Packed cell volume(Calculated)	45.4	%	●	40-50
RBC COUNT (Impedance)	5.73	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	79.2 *	fl	●	80-100
MCH(Calculated)	26.02 *	pg	●	27-32
MCHC(Calculated)	32.9	%	●	31-36
RDW(Calculated)	14.3	%	●	11.5-14.5
WBC Count (Impedance)	8370	/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	28	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	06	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	262400	/cu mm	●	150000-450000
MPV (Calculated)	7.9	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	03	mm/1st hr	●	0-15

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:	B 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	38	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	80	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	22	U/L	●	> 1 year Male : <40
Total Bilirubin	0.445	mg/dL	●	0.300-1.200
Direct Bilirubin	0.153	mg/dL	●	Upto 0.3 mg/dl

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0.292

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	1.05	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	23	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)	114	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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Name **Mr. GAMETI RASHKIN**

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Date : 23/01/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Glycosylated Hemoglobin (HbA1c)

5.5

%



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.

111.15

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
PROTEIN TOTAL - SERUM / PLASMA	6.87	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	6.87	g/dL		6.00-8.00
ALBUMIN - SERUM	4.44	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.44	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.43			2.20-4.20
Globulin-Serum/Plasma	2.43			2.20-4.20
A/G ratio	1.83			1.00-2.00
A/G ratio	1.83			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	113	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	2.21	µIU/mL		14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range



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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	6.1	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)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	18	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	129	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	52	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	52 *	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)	75	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	10		●	< 40 mg/dl
C/H RATIO	2		●	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.

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





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Investigations Not Done / Not Yet Reported

Haematology

URINE GLUCOSE(FASTING)

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary



- .BODY WEIGHT 65.5 KG, IDEAL BODY WEIGHT 50-60 KG
- .ECG - NORMAL
- .TMT — TEST IS NEGATIVE , EXERCISE TIME 8:17 ,WORKLOAD 10.1 METS
- .USG ABDOMEN - NO SIGNIFICANT ABNORMALITY
- .CHEST X-RAY - NORMAL
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



BALANCED 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

Dr. Shashikant Nigam
 28/01/2023
Dr.SHASHIKANT NIGAM
 AHC Physician / Consultant Internal Medicine

Printed By : MUKTA S ADALTI

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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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. GAMETI RASHKIN | Male | 35Yr 2Mth 0Days

UHID : AHIL.0000837361

Patient Location: AHC

Patient Identifier: AHILAH189171



DRN : 123011407

Completed on : 28-JAN-2023 10:07

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 ---

DR. VAIBHAVI PATEL

Printed on : 28-Jan-2023 16:13

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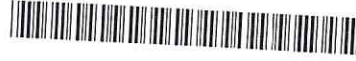
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Patient Details : Mr. GAMETI RASHKIN | Male | 35Yr 2Mth 0Days

UHID : AHIL.0000837361

Patient Location: AHC

Patient Identifier: AHILAH189171



DRN : 223004583

Completed on : 28-JAN-2023 11:36

Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform normal echotexture. No evidence of focal or diffuse 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.

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

Spleen measures 10 cm and shows uniform echotexture.

Approximate 1.2 x 1.2 cm sized spleneculus is seen in lower pole of spleen.

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 appear 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 is normal in size and echopattern.

IMPRESSION :

Normal Study.

Printed on : 28-Jan-2023 16:13

Printed By : 1075754

Reported By : 717876

Page 1 of 2

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

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Keep the records carefully and bring them along during your next visit to our Hospital



Saving time. Saving lives.

ID: 837361

35 Years

Male

28.01.2018 10:39:47

Apollo Hospital
Bhat
Gandhinagar

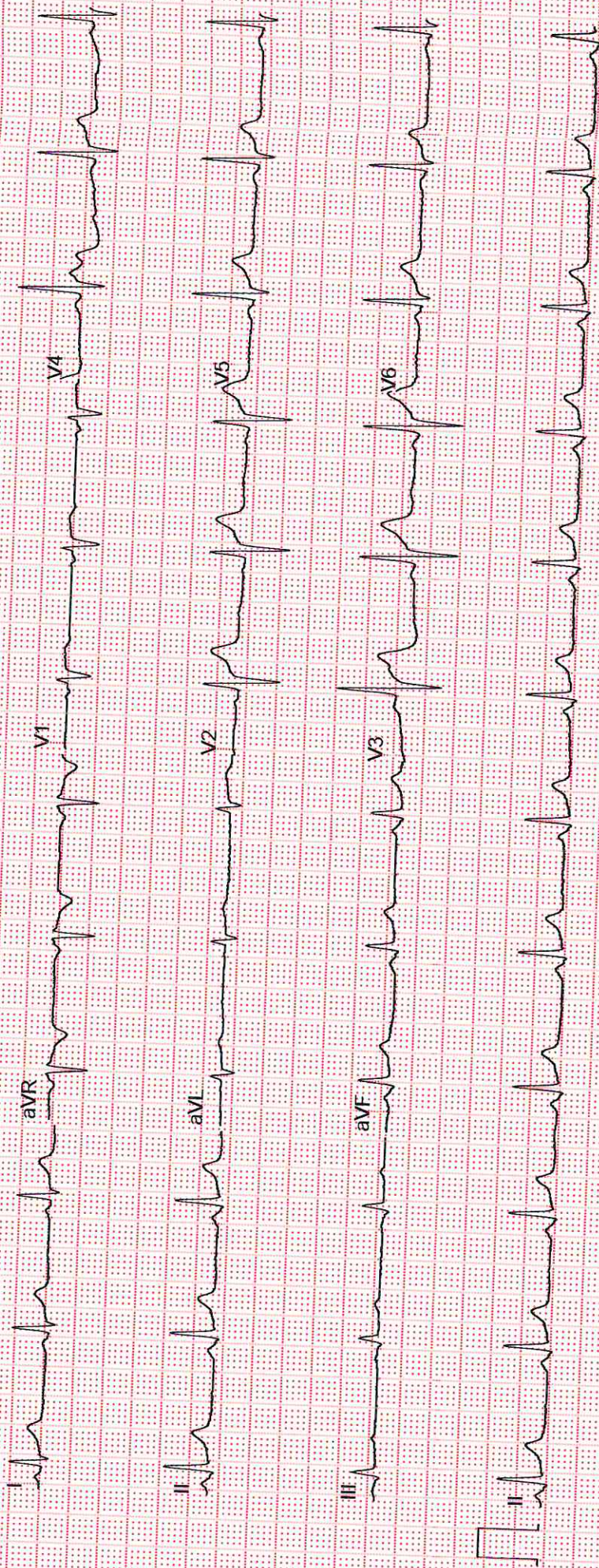
Registration
Join
Order Number
Indication
Medication 1
Medication 2
Medication 3

68 bpm
-- / -- mmHg

Normal sinus rhythm
Normal ECG

QRS	88 ms
QT/QTcBaz	348 / 370 ms
PR	122 ms
P	98 ms
RR/PP	886 / 882 ms
P / QRS / T	55 / 51 / 43 degrees

Technician:
Ordering Ph
Referring Ph
Attending Ph



AHIL.0000837361

Name: Mr. GAMETI RASHKIN
35 Year(s) / Male

UHID:



EXAMINATION RECORDS

Date:

28/1/23

Distance Vision :

Right Eye -

6/9

BE 6/9

Left Eye -

6/9

(unaided)

Near Vision :

Right Eye :

N6

Left Eye :

N6

(unaided)

APLN.TN - Right Eye

14

Left Eye -

16

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

Normal

Both Eye Posterior Segment Examinations -

Normal

Dr. Jagriti Sinha
MS (Ophthalmology)
Jr. Consultant
Apollo Hospitals International Ltd. Chennai
Licence No. 32223, (M.D.A. Regd. No. - 635792)

Doctor's Signature

Ophthalmologist Name

Visit: 28-Jan-2023 14:40:35

35years 165cm

Asian 65kg

Male

BRUCE Total Exercise time: 8:17

Max HR: 172bpm 92% of max predicted 185bpm
Max BP: 140/88

Reason for Termination: THR ACHIEVED
Maximum workload: 10.1 METS

Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD
NORMAL HEYMODYNAMIC RESPONSE
NO ANGINA OCCURRED, NO ARRHYTHMIAS AT PROVOKED
NO GALLOP / MURMUR AT PEAK EXERCISE
TEST TERMINATED DUE TO THR ACHIEVED
GOOD EFFORT TOLERANCE.

Referred by: DR.SUBIR GHOSH, MHC
Test ind:

BASELINE EXERCISE
0:00
135bpm
3P: 120/70

MAX ST EXERCISE
6:29
162bpm
BP: 130/80

PEAK EXERCISE
8:17
172bpm
BP: 136/84

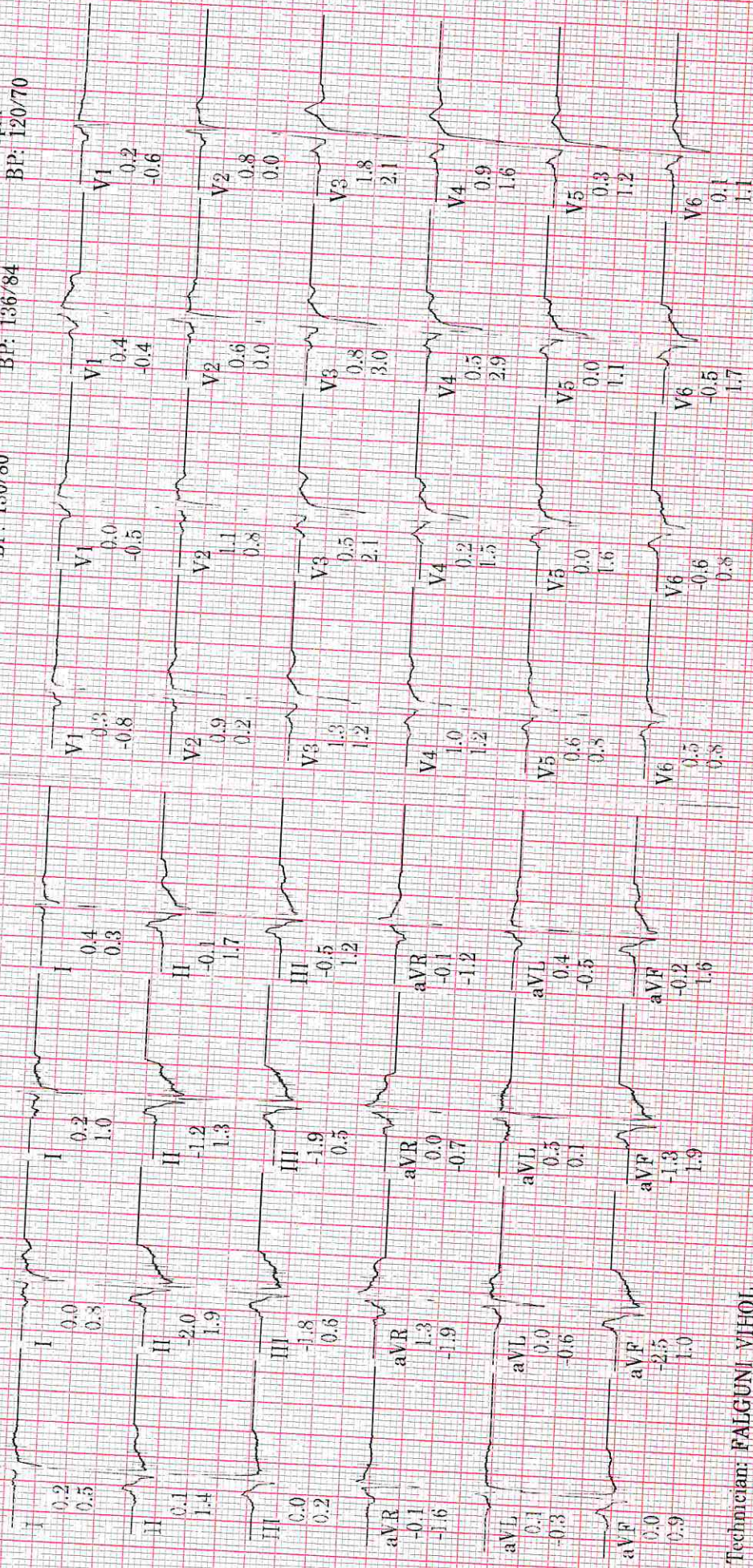
TEST END RECOVERY
4:00
127bpm
BP: 120/70

BASELINE EXERCISE
0:00
134bpm
BP: 120/70

MAX ST EXERCISE
6:29
162bpm
BP: 130/80

PEAK EXERCISE
8:17
172bpm
BP: 136/84

TEST END RECOVERY
4:00
127bpm
BP: 120/70



Technician: FALGUNI VIHOL

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Unconfirmed

MAC55 61AD

Lead ST(mm)