

Mr. VYOM GUPTA (36 /M)

UHID : AHIL.0000794626

AHC No : AHILAH203577

Date : 04/04/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Namaste Mr. VYOM GUPTA,

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

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

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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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Date : 04/04/2023



Address : A 301 SHREEJI 78 MOTERA 380005, AHMEDABAD, AHMEDABAD, GUJARAT, INDIA

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Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000794626

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH203577



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

:04/04/2023



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 allergies? - No
- Allergies - Nil





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Covid 19 - Yes
- 2020

Post detection (3 Weeks) - No
Hospitalization for Covid 19 - No

Surgical history

Open reduction and internal fixation - 2013
Others - LIPOMA REMOVAL- 1995

Personal history

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

Family history

Father - alive
Mother - alive
Brothers - 1
Diabetes - mother
Hypertension - mother
Coronary artery disease - none
Cancer - None
Thyroid/other endocrine disorder - father

Physical Examination

General

General appearance - normal





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Build - normal
 Height - 172
 Weight - 71.6
 BMI - 24.2
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 107
 Rhythm - Regular
 Systolic(mm of Hg) - 126
 Diastolic(mm of Hg) - 94
 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	1.025			
Colour:	Pale-Yellow			
Transparency:	Slightly Turbid			
pH	6			
Protein :	Trace			
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)	15.1	gm%	●	13.0-17.0
Packed cell volume(Calculated)	46.1	%	●	40-50
RBC COUNT (Impedance)	5.39	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	85.6	fl	●	80-100
MCH(Calculated)	28.03	pg	●	27-32
MCHC(Calculated)	32.8	%	●	31-36
RDW(Calculated)	14.4	%	●	11.5-14.5
WBC Count (Impedance)	5205	/cu mm	●	4000-11000

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

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Neutrophils	56	%	●	40-75
Lymphocytes	37	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	339900	/cu mm	●	150000-450000
MPV (Calculated)	7.8	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	03	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	60 *	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	117	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	66 *	U/L	●	> 1 year Male : <40
Total Bilirubin	0.464	mg/dL	●	0.300-1.200
Direct Bilirubin	0.143	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.321

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	1.01	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	36	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	97	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)	87	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)

6.0 *

%



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.

125.50

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	8.01 *	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	8.01 *	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.76	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.76	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.25		●	2.20-4.20
Globulin-Serum/Plasma	3.25		●	2.20-4.20
A/G ratio	1.46		●	1.00-2.00
A/G ratio	1.46		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.6	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	85	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	1.94	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

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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	6.3	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)	13	mg/dL	●	6-20
UREA - SERUM / PLASMA	28	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	168	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	92	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	45 *	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)	121	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	18		●	< 40 mg/dl
C/H RATIO	4		●	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

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 71.6 KG, IDEAL BODY WEIGHT 56-67 KG
- .IMPAIRED GLUCOSE TOLERANCE
- .ECG - MINIMAL VOLATGE LVH *✓ NORMAL*
- .TMT — TEST IS NEGATIVE , EXERCISE TIME 7:02 ,WORKLOAD 8.6 METS
- .USG ABDOMEN - LEFT RENAL CALYCEAL CALCULUS
- .CHEST X-RAY - NORMAL
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-



- REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 56-67 KG

Printed By : MUKTA S ADALTI

See
6/4/23
Dr. SHASHIKANT NIGAM

AHC Physician/Consultant Internal Medicine
Dr. Shashikant Nigam
MBBS, MD (Gen. Med.)
Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382428, INDIA. Regd. No.: G-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. VYOM GUPTA | Male | 36Yr 0Mth 17Days
UHID : AHIL.0000794626 **Patient Location:** AHC
Patient Identifier: AHILAH203577 
DRN : 123044563 **Completed on :** 04-APR-2023 11:35
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 —

AKSHAY SHARMA

Medical Officer

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. VYOM GUPTA | Male | 36Yr 0Mth 17Days
UHID : AHIL.0000794626 **Patient Location:** AHC
Patient Identifier: AHILAH203577 
DRN : 223019038 **Completed on :** 04-APR-2023 12:44
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.

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

Spleen measures 6.7 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 on right side. Pelvicalyceal system on both sides appear normal. Approximately 3 mm sized calculus noted in mid calyx of left kidney.

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 10 cm normal in size and echopattern.

IMPRESSION :

Left renal calyceal calculus.

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USG WHOLE ABDOMEN

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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

AHIL.0000794626

Mr. VYOM
GUPTA

EXAMINATION RECORDS

Name :

36 Year(s) / Male

Date : 4/4/23

UHID :



Distance Vision :

Right Eye -

6/6
6/6 w/ glasses

Left Eye -

Near Vision :

Right Eye :

N6

Left Eye :

N6

APLN.TN - Right Eye

12

Left Eye -

14

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

Normal

Both Eye Posterior Segment Examinations -

Normal

Doctor's Signature



Ophthalmologist Name



DENTISTRY

Name :

Date : 04/06/23 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
<p>NORMAL FINDINGS IN DISEASE</p> <p>Lips : Cheeks : Tongue : Floor of the mouth : Palate : <u>N/A</u> Tonsillar Area : Any other :</p>	<p>MILD MOD SEV</p> <p>Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>CLASS I II III</p> <p>CROSSBITE</p> <p>Hypoplasia</p> <p>Impaction <u>+</u></p> <p>Non-vital</p> <p>Fracture</p> <p>Abcess</p> <p>Ulcers</p> <p>Caries</p> <p>Missing Teeth <u>26/</u></p> <p>Supernumerary</p> <p>Others</p>

PRESENT COMPLAINT : Roots clean up

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

ID: 000794626

Visit:

4-Apr-2023
13:07:53

36years
172cm

Asian
71kg

Male

Total Exercise time: 7:02

25.0 mm/s
10.0 mm/mV
100hz

BRUCE

Max HR: 184bpm 100% of max
Max BP: 150/90
Reason for Termination: Max HR attained
Comments: TMT IS NEGATIVE FOR INDUCED ISCHEMIA AT MODERATE WORKLOAD W1

184bpm
Maximum workload: 8.6METS

Referred by: DR SAMEER DANI
Test ind:

NORMAL HEMODYNAMIC RESPONSE WITH GOOD EFFORT TOLERANCE.
TEST TERMINATED DUE TO MHR ACHIEVED.

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	WorkLoad (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
PRETEST	SUPINE	0:50	0.8	0.0	1.2	115	140/90	161
EXERCISE	STAGE 1	3:00	1.7	10.0	4.6	145	140/90	203
	STAGE 2	3:00	2.5	12.0	7.0	168	150/90	252
	STAGE 3	1:02	3.4	14.0	8.6	184		
RECOVERY	RECOVERY	3:01	**k	**k	1.0	139	140/90	195

Technician: CHIRAG THAKOR

APOLLO HOSPITALS INTERNATIONAL LIMITED

Unconfirmed

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