



**Apollo
ProHealth** SM

Mr. NIRAJ SOLANKI (39 /M)

UHID : AHIL.0000862065

AHC No : AHILAH206065

Date : 14/04/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Namaste Mr. NIRAJ SOLANKI,

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**

Apollo Hospitals International Limited
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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. NIRAJ SOLANKI (39 /M)

Address :
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Date : 14/04/2023



Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000862065

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH206065



Chief Complaints

For Annual health checkup
BURNING SENSATION IN FEET



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 allergies? - No
- Do you have any drug allergies? - No
- Covid 19 - Yes
- Hospitalization for Covid 19 - No



Surgical history

- Cystoscopy - 2 YRS AGO



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APOLLO HOSPITALS

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Personal history

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



Family history

- Father - alive
- Aged - 65
- Mother - alive
- Aged - 64
- Sisters - 1
- Coronary artery disease - none
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 173
- Weight - 71
- BMI - 23.72
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 94

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Rhythm - Regular
- B.P. Supine
Systolic(mm of Hg) - 150
Diastolic(mm of Hg) - 90
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

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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	25	mL		
Specific Gravity	1.015			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6			
Protein :	Nil			
Sugar:	Nil			
Blood:	Trace			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	6-8 /h.p.f			0-5
RBC	1-2 /h.p.f	/hpf		0-5/hpf
Epithelial Cells	2-4 /h.p.f			
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)	47.1	%	●	40-50
RBC COUNT (Impedance)	5.62	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	83.7	fl	●	80-100
MCH(Calculated)	27.73	pg	●	27-32
MCHC(Calculated)	33.1	%	●	31-36
RDW(Calculated)	14.3	%	●	11.5-14.5
WBC Count (Impedance)	9178	/cu mm	●	4000-11000

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

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Neutrophils	64	%	●	40-75
Lymphocytes	26	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	317600	/cu mm	●	150000-450000
MPV (Calculated)	6.7 *	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	6	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	28	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	93	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	20	U/L	●	> 1 year Male : <40
Total Bilirubin	1.947 *	mg/dL	●	0.300-1.200
Direct Bilirubin	0.55 *	mg/dL	●	Upto 0.3 mg/dl

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

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Indirect Bilirubin

1.397 * 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

0.97

mg/dL



Adult Male: 0.6 - 1.3

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Test Name

Result

Unit

Level

Range

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE SERUM

27

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)

98

mg/dL



70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name

Result

Unit

Level

Range



Within Normal Range



Borderline High/Low



Out of Range

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Glycosylated Hemoglobin (HbA1c)

5.6

%



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.

114.02

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	7.58	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.58	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.51	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.51	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.07		●	2.20-4.20
Globulin-Serum/Plasma	3.07		●	2.20-4.20
A/G ratio	1.47		●	1.00-2.00
A/G ratio	1.47		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.1	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	118	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	0.67	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	6.7	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)	18	mg/dL	●	6-20
UREA - SERUM / PLASMA	39	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	159	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	94	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	40 *	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)	116	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	19		●	< 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.

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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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Executive Summary



- .BODY WEIGHT 71 KG,DEAL BODY WEIGHT 56-68 KG
- .ECG - NORMAL SINUS RHYTHM
- .TMT - TEST IS NEGATIVE , EXERCISE TIME 6:59 ,WORKLOAD 8.5 METS
- .USG ABDOMEN - GRADE I FATTY LIVER
 - B/L RENAL STONE
 - BILATERAL RENAL CONCRETIONS
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-



- REGULAR WALK FOR 30 MINS FOR HEALTH,
- 60 MINS WALK FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 56-68 KG

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Consultant

Shashikant
Dr.SHASHIKANT NIGAM

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Dr. Shashikant Nigam

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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. NIRAJ SOLANKI | Male | 39Yr 7Mth 1Days
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Patient Identifier: AHILAH206065 
DRN : 223020812 **Completed on :** 14-APR-2023 10:20
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 10.2 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. Pelvicalyceal system on both sides appears normal.

A stone of size 6 mm is seen in mid calyx of right kidney.

A stone of size 7 mm is seen in lower calyx of right kidney.

Tiny cyst of approximate size 5 x 6 mm is seen in mid pole of right kidney.

A stone of size 7.5 mm is seen in mid calyx of left kidney.

A stone of size 8 mm is seen in lower calyx of left kidney.

Few concretions are seen in both kidneys.

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 18 cc, is normal in size and echopattern.

IMPRESSION :

Printed on : 15-Apr-2023 13:14

Printed By : 153182

Reported By : 717876

Page 1 of 2

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by Joint Commission International



RADIOLOGY

Patient Details : Mr. NIRAJ SOLANKI | Male | 39Yr 7Mth 1Days

UHID : AHIL.0000862065

Patient Location: AHC

Patient Identifier: AHILAH206065



DRN : 123049754

Completed on : 14-APR-2023 10:30

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

Printed on : 15-Apr-2023 13:15

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Rate 82

PR 104
QRSD 97
QT 375
QTc 438

AHIL.0000862065

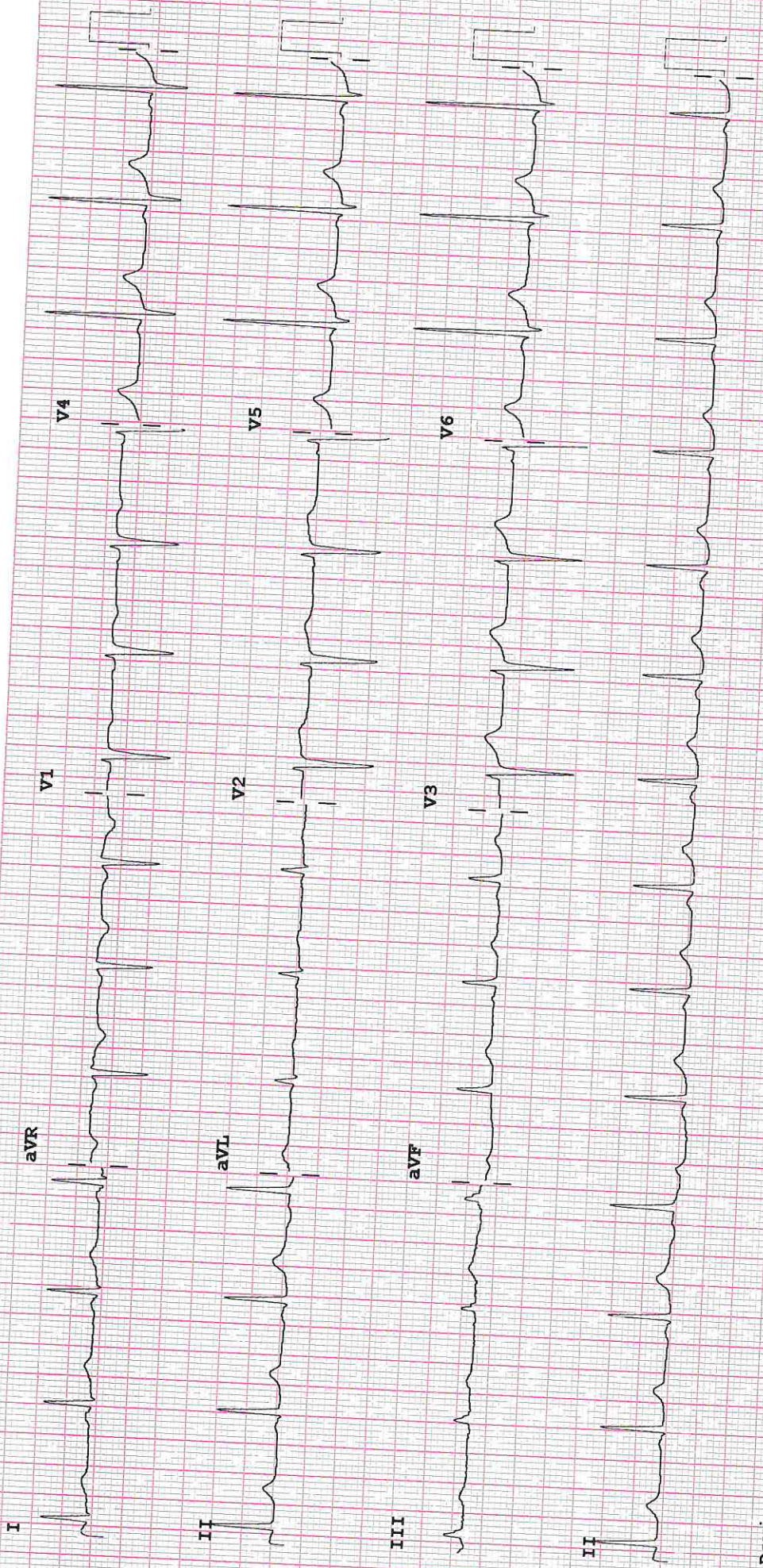
Mr. NIRAJ
SOLANKI

39 Year(s) / Male

--AXIS--
P 33
QRS 41
T 45



12 Lead; Standard Placement



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 50~0.15-100 Hz

PH10

CL

P?

OPHTHALMIC EXAMINATION RECORDS

Name : *Niraj Solanki*
UHID : *86 2065*

Date : *14/4/23*

Distance Vision :

Right Eye - *6/6*

Left Eye - *6/6*

Near Vision :

Right Eye : *N6*

Left Eye : *N6*

APLN.TN - Right Eye *12* Left Eye - *13* mmHg

Both Eye - Colour Vision *Normal*

Both Eye - Anterior Segment Examinations - *Normal*

Both Eye Posterior Segment Examinations - *Normal*

Pt is fit from outside

Dr. Zahedhanu Shaikh
MBBS, DNB - Ophthalmology
Junior Consultant - Apollo Hospitals International Limited,
Apollo Hospitals International Limited,
Bhat, GIDC Estate, Gandhinagar
Regd. No. : G-35153

Ophthalmologist Name

Visit: **MEDIWHEEL**
 14-Apr-2023
 17:48:18
 39years
 173cm
 Asian
 71kg
 Male
 Referred by: **DR.SAMEER DANI**
 Test ind:

BRUCE
 Max HR: 161bpm
 Max BP: 160/100
 Reason for Termination: **THR ACHIEVED**
 Comments: **TEST IS NEGATIVE AT MODERATE WORK LOAD.**
NO ANGINA OR ARRHYTHMIA PROVOKED.
NORMAL HEAMODYNAMIC RESPONSE.
NO GALLOP OR MURMUR HEART AT PEAK EXERCISE.
TEST TERMINATED DUE TO THR ACHIEVED.

Total Exercise time: 6:59
 predicted 181bpm
 Maximum workload: 8.5METS

25.0 mm/s
 10.0 mm/mV
 100hz

BASELINE
 EXERCISE STAGE 1
 0:00
 1.4METS
 108bpm
 BP: 140/90
 ST @ 10mm/mV
 80ms postJ

Lead ST(mm) Slope(mV/s)
 I
 aVR 0.0 0.2
 V1 0.5 -0.1
 V4 0.0 0.7
 aVL 0.2 0.0
 V2 1.1 0.1
 V5 0.0 0.7
 II -0.3 0.5
 aVF -0.4 0.5
 V3 0.1 0.5
 V6 -0.2 0.5
 III -0.5 0.0

EXERCISE STAGE 3
 6:50
 8.2METS
 160bpm
 BP: 154/96
 ST @ 10mm/mV
 80ms postJ

Lead ST(mm) Slope(mV/s)
 I
 aVR 1.1 -0.1
 V1 0.9 -0.5
 V4 -0.4 0.6
 aVL 0.5 0.4
 V2 1.3 0.4
 V5 -0.7 0.5
 II -1.8 0.0
 aVF -1.3 0.0
 V3 0.0 0.6
 V6 -1.2 0.5
 III -1.6 0.3

MAX ST
 160bpm
 BP: 154/96
 ST @ 10mm/mV
 80ms postJ

Lead ST(mm) Slope(mV/s)
 I
 aVR 1.1 -0.1
 V1 0.9 -0.5
 V4 -0.4 0.6
 aVL 0.5 0.4
 V2 1.3 0.4
 V5 -0.7 0.5
 II -1.8 0.0
 aVF -1.3 0.0
 V3 0.0 0.6
 V6 -1.2 0.5
 III -1.6 0.3

Technician: **JAYESH N SHAH**
 GE Healthcare
 APOLLO HOSPITALS INTERNATIONAL LIMITED
 REF:2104769-001
 Unconfirmed
 MAC:55-040R