

# Mr. ASHVINKUMAR RATHOD (39 /M)

Apollo

UHID

AHIL.0000815575

AHC No

AHILAH174584

Date

12/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

#### Dear Mr. ASHVINKUMAR RATHOD

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health risk assessments curated just for you to guide targeted intervention, continuum of care and a path to wellness. Our holistic care continuum integrates clinical expertise and artificial intelligence to gauge and avert the risk, onset and progression of non-communicable diseases (NCDs).

### In this personalized health report, you will find your

- · Medical History and Physical examination results
- · Investigations Results
- Artificial Intelligence powered risk scores
- · Physician's Impressions on your Health
- · Path to Wellness: A personalized management protocol, including follow-up assessments
- Vaccination counselling advice

# Apollo ProHealth encompasses the following processes:

Personalized Health Risk Assessment (pHRA): Based on your online risk assessment, medical history, physical examination, and psychological evaluation, we recommended a health screening assessment for you, including diagnostic and imaging tests. Based on the results of these assessments, we have advised additional follow-up tests and consultations - details of which we have included in your report. Your physician will explain their relevance, and we strongly suggest you comply with the recommendations.

**Health Mentor:** We have assigned a dedicated health mentor to proactively work with you towards your health goals and ensure that you regularly adhere to the guidance and recommendations from clinical and nutrition consultants. Your health mentor will call you periodically to track your progress







**ProHealth App:** You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

# Follow- Up Consultation:

For any follow-up consultations, you can visit your ProHealth physician in-person at the center or you can book a virtual consultation through <a href="https://www.apollo247.com/specialties">https://www.apollo247.com/specialties</a> or through the Apollo 247 app on your phone.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on

ANDROID IOS

**Disclaimer:** The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.

**Note:** You are entitled to one complimentary follow-up consultation with your ProHealth physician within a period of 1 year. Please contact your health mentor for the complimentary consult coupon code. This is available for ProHealth Super, Regal and Covid Recovery and Wellness programs







MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Address :

Examined by : Dr. DUSHYANT BALAT

UHID

: AHIL.0000815575

AHC No : AHILAH174584



# **Chief Complaints**

For Annual health checkup GASTRIC PROBLEM



# 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

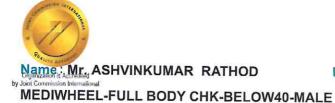
Skin

- Nil Significant

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General symptoms

- Nil Significant



# Past medical history

Do you have any

- No

allergies?

Do you have any drug - No

allergies?

Covid 19

- Yes

Hospitalization for

- No

Covid 19



# Surgical history

Surgical history



# Personal history

Ethnicity

- Indian Asian

Marital status

- Married

No. of children

Female

Male

Profession

- corporate employed

Diet

Mixed Diet

Alcohol

does not consume alcohol

Smoking

Chews tobacco

- No

Physical activity

- Moderate



## Family history

Father

- alive

Aged

Mother

alive

Aged

Sisters

3

**Diabetes** 

- mother

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Date

### MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Hypertension

- mother

Coronary artery

- none

disease

Cancer - None

# **Physical Examination**



# General

General appearance

- normal

Build

- normal

Height

- 161

Weight

- 72.4

BMI

- 27.93

Pallor

- No

Oedema

- no



# Cardiovascular system

Heart rate (Per minute)

- 73

Rhythm

- Regular

- B.P. Supine

Systolic(mm of Hg)

- 134

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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MUKTA S ADALTI

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Date

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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	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
ΡH	5.5			
Protein:	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occassional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occassional		¥	
Casts:	Absent			
Crystals:	Absent			

### **COMPLETE BLOOD COUNT WITH ESR**

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	13.9	gm%		13.0-17.0
Packed cell volume(Calculated)	41.7	%		40-50
RBC COUNT (Impedance)	4.88	Million/ul		4.5-5.9
MCV (From RBC Histogram)	85.4	fl		80-100
MCH(Calculated)	28.53	pg		27-32
MCHC(Calculated)	33.4	%		31-36
RDW(Calculated)	13.9	%		11.5-14.5
WBC Count (Impedance)	7249	/cu mm		4000-11000



Within Normal Range



Borderline High/Low



Out of Range

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Date

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MEDIWHEEL-FI	ULL	BODY	CHK-BFI	OW40-MALE

Neutrophils	67	%	40-75	
Lymphocytes	23	%	20-40	
Monocytes	7	%	2-10	
Eosinophils	3	%	01-06	
Basophils	0	%	0-1	
Platelet Count (Impedance)	302400	/cu mm	150000-450000	
MPV (Calculated)	9.1	fl	7-11	
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic– electronic)	06	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:	A 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	24	U/L		0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	75	U/L		Adult(Male): 40 - 129
AST (SGOT) - SERUM	18	U/L		> 1 year Male : <40
Total Bilirubin	0.377	mg/dL		0.300-1.200
Direct Bilirubin	0.135	mg/dL		Upto 0.3 mg/dl



Within Normal Range

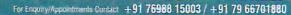


Borderline High/Low



Out of Range

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Indirect Bilirubin

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mg/dL 0.242 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

#### LFT (LIVER FUNCTION TEST)

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**Test Name** Result Unit Level Range

GGTP: GAMMA GLUTAMYL U/L 51 Male: 10 - 71 TRANSPEPTIDASE - SERUM Female: 6 - 42

#### GLUCOSE - SERUM / PLASMA (FASTING)

**Test Name** Result Unit Level Range

Glucose - Plasma (Fasting) 92 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) 125 mg/dL 70-140

# GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name Result Unit Level Range

Within Normal Range

Borderline High/Low

**Out of Range** 







Date

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# MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Glycosylated Hemoglobin (HbA1c)

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

5.5

# 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	7.14	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.14	g/dL		6.00-8.00
ALBUMIN - SERUM	4.7	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.7	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.44			2.20-4.20
Globulin-Serum/Plasma	2.44			2.20-4.20
A/G ratio	1.93			1.00-2.00
A/G ratio	1.93			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	105	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	2.23	µIU/mL		14-120 years : 0.27 - 4.20

Within Normal Range

Borderline High/Low

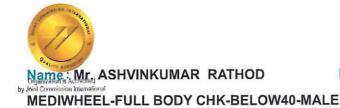


**Out of Range** 









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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	4.8	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	17	mg/dL		15 - 50
LIPID PROFILE - SERUM				
Test Name	Result	Unit	Level	Range
Total Cholesterol	203 *	mg/dl	•	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	160 *	mg/dL		0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	46 *	mg/dL	34	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	144 *	mg/dL		100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	32			< 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.







Out of Range







Apollo : 12/11/2022 SPITALS

AHC No: AHILAH174584

Date

# MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

#### **ECHO/TMT**

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

**ECG** 

Within Normal Range



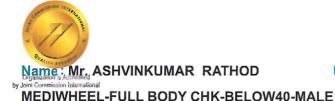
Borderline High/Low



Out of Range

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Date

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# **Executive Summary**



.BODY WEIGHT 72.4 KG, DEAL BODY WEIGHT 49-59 KG

.DYSLIPIDEMIA

.ECG - NORMAL SINUS RHYTHM

.ECHO - NORMAL

.USG ABDOMEN - NORMAL

.CHEST X-RAY - NORMAL

.EYE - NORMAL

## Wellness Prescription

Advice On Diet :-



BALANCED DIET---LOW FAT 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 49-59 KG

# Follow-up and Review Plan



CHECK LIPID PROFILE EVERY 6 MONTHS

Scan the QR code in AskApollo App to book your follow-up appointments and investigations

Printed By : MUKTA S A TI

Dr.DUSHYANT BALAT

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam MBBS, MD (Gen, Med.)

Consultant Internal Medicine

Consultant Internal Medicine

Consultant Internal Medicine

Apollo Hospitals International Ltd., Gandhinagar,

Apollo Hospitals International Ltd., Gandhinagar 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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For online appointment: www.askapollo.com Keep the records carefully and bring them along during your next visit to our Hospital





# Radiology

Patient Details : Mr. ASHVINKUMAR RATHOD | Male | 39Yr 0Mth 21Days

UHID : AHIL.0000815575

Patient Location: AHC

Patient Identifier:

**AHILAH174584** 

DRN

222058439

Completed on:

12-NOV-2022 13:23

**Ref Doctor** 

Dr. AHC DOCTOR

# **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 8 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 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 measures normal in size and echopattern.

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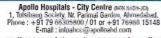
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717876







Mr. ASHVINKUMAR RATHOD

. AHIL.0000815575

**AHILAH174584** 

# **USG WHOLE ABDOMEN**

--- END OF THE REPORT ---

Dr. HARSH S VYAS

**DNB** Resident

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153182

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# Radiology

Patient Details : Mr. MEGHRAJSINGH RAJPUROHIT | Male | 40Yr 2Mth 30Days

UHID : AHIL.0000815656

Patient Location: AHO

Patient Identifier: AHILAH174622

DRN

122128012

Completed on:

12-NOV-2022 11:02

**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. HARSH S VYAS

**DNB** Resident

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#### CARDIOLOGY

Patient Details:

Mr. ASHVINKUMAR RATHOD | Male | 39Yr 0Mth 21Days

**UHID** 

AHIL.0000815575

Patient Location: AH

Patient Identifier:

**AHILAH174584** 

DRN

: 5622083578

Completed on:

12-NOV-2022 13:55

Ref Doctor

Dr. AHC DOCTOR

# ECHO/TMT

#### FINDINGS:

Normal cardiac chamber dimensions.

Normal LV systolic function, LVEF: 60%

No Regional wall motion abnormalities at rest.

Normal LV compliance.

All cardiac valves are structurally normal.

IAS/ IVS intact.

No MR, No AR, No PR, No TR.

No PAH.

No clots/ vegetation/ effusion.

# **MEASUREMENTS (mm) ::**

	LVID diastole
÷	
Measurements (mm)	

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Mr. ASHVINKUMAR RATHOD

AHIL.0000815575

AHILAH174584

ECHO/TMT

IMPRESSION

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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OPTH

Mr. ASHVIN RATHOD

Name:

39 Year(s) / N

1ale

UHID:

Distance Vision:

Right Eye - 6

Near Vision:

Right Eye: N 6

Left Eye: N

APLN.TN – Right Eye ( 6

Left Eye- | 4-mmHg

**'ION RECORDS** 

Date: 12/11/2

Both Eye - Colour Vision

Both Eye - Anterior Segment Examinations -

Both Eye Posterior Segment Examinations -

Doctor's Signature

Ophthalmologist Name

AHMROP028V1