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Ms. MANORAMA GUPTA (31 /F)

UHID : AHIL.0000820002

AHC No : AHILAH177507

Date : 26/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Dear Ms. MANORAMA GUPTA

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

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

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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 to 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 <https://www.apollo247.com/specialties> 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

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Name : Ms. MANORAMA GUPTA (31 /F)

Date : 26/11/2022

Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000820002

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No : AHILAH177507



Chief Complaints

For Annual health checkup
No specific complaints



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



Surgical history

- Caesarian section - 2018



Personal history

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



Family history

- Father - alive
- Aged - 62
- Mother - alive
- Aged - 58
- Brothers - 1
- Sisters - 1
- Diabetes - mother





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Coronary artery disease - none
Cancer - None

Physical Examination



General

General appearance - normal
Build - normal
Height - 153
Weight - 52.7
BMI - 22.51
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 74
Rhythm - Regular
- B.P. Supine
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 86
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	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			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)	12.3	gm%	●	12-16
Packed cell volume(Calculated)	37.9	%	●	36-46
RBC COUNT (Impedance)	4.52	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	83.9	fl	●	80-100
MCH(Calculated)	27.15	pg	●	27-32
MCHC(Calculated)	32.4	%	●	31-36
RDW(Calculated)	14.5	%	●	11.5-14.5
WBC Count (Impedance)	8570	/cu mm	●	4000-11000

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Neutrophils	70	%	●	40-75
Lymphocytes	22	%	●	20-40
Monocytes	5	%	●	2-10
Eosinophils	3	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	266800	/cu mm	●	150000-450000
MPV (Calculated)	11	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	10	mm/1st hr	●	0-20

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:	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	9	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	142 *	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	14	U/L	●	>1 year Female : <32
Total Bilirubin	0.48	mg/dL	●	0.300-1.200
Direct Bilirubin	0.159	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
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CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.56	mg/dL	●	Adult Female: 0.5 - 1.2

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

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	90	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)	100	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)	5.1	%	●	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. 99.67

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	8.24 *	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	8.24 *	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.12	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.12	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.12		●	2.20-4.20
Globulin-Serum/Plasma	3.12		●	2.20-4.20
A/G ratio	1.64		●	1.00-2.00
A/G ratio	1.64		●	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	130	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	1.74	µIU/mL	●	14-120 years : 0.27 - 4.20

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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	4.1	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)	6	mg/dL	●	6-20
UREA - SERUM / PLASMA	15	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	156	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	156 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	42 *	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)	100	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	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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AHC No : AHILAH177507

ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

Histopathology

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

CARDIOLOGY

ECG

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Executive Summary

- .BODY WEIGHT 52.7 KG,DEAL BODY WEIGHT 45-53 KG
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - NORMAL
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

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 45-53 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

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 : Ms. MANORAMA GUPTA | Female | 31 Yr 7Mth 30Days
UHID : AHIL.0000820002 **Patient Location:** AHC
Patient Identifier: AHILAH177507 
DRN : 222061136 **Completed on :** 26-NOV-2022 12:54
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 8.6 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.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal. Endometrial thickness is 4.5 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Ms. MANORAMA GUPTA

AHIL.0000820002

AHILAH177507

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

Normal study

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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CARDIOLOGY

Patient Details : Ms. MANORAMA GUPTA | Female | 31Yr 7Mth 30Days
UHID : AHIL.0000820002 **Patient Location:** AHC
Patient Identifier: AHILAH177507 
DRN : 5622088834 **Completed on :** 26-NOV-2022 11:48
Ref Doctor : DR. SHASHIKANT NIGAM

ECHO/TMT

FINDINGS :

Normal cardiac chamber dimensions.
 Normal LV systolic function, LVEF: 60%
 No Regional wall motion abnormalities at rest.
 Normal LV compliance.
 Mitral valve leaflet minimally Thick.
 Other cardiac valves are structurally normal.
 IAS/ IVS intact.
 No MR, No AR, No PR, No TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

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Ms. MANORAMA GUPTA

AHIL.0000820002

AHILAH177507

ECHO/TMT

	LVID diastole
Measurements (mm)	

IMPRESSION

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM
Interventional Cardiologist

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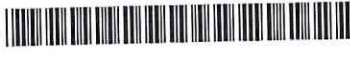
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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. MANORAMA GUPTA | Female | 31Yr 7Mth 30Days
UHID : AHIL.0000820002 **Patient Location:** AHC
Patient Identifier: AHILAH177507 
DRN : 122135342 **Completed on :** 26-NOV-2022 15:37
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

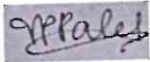
FINDINGS :

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

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OBSTETRICS & GYNAECOLOGY - AHC

Name :	Date : <u>26/11/2022</u> Unit No. :
Occupation :	Ref. Physician : <u>Dr. Kirti Nishar</u>
Age : Sex : <input type="checkbox"/> Male <input type="checkbox"/> Female	Copies to :

GYNAEC CHECK UP

Chief Complaint:

None G, P, A, L

Children: 1 ♀

Weight:

Deliveries: LSCS

BP:

Last Child: Full / 3 years / LSCS

Breasts: Normal

Abortions: None

Periods: Regular

3-4
20-25

PAP Smear: Taken

LMP: 20/11/2022

Previous Medical H/O:

None

Menopause: -

fl/lo: DM

G. Condition: Fit

Previous Surgical H/O:

LSCS 3 years back

P/A: Soft

S/E: -

P/V: -

P/R: -

Impression:

Kirti Nishar

Doctor Signature
Date & Time

26/11/2022
2:01PM



AHIL.0000820002

Ms. MANORAMA
GUPTA

If:

31 Year(s) / Female



DENTISTRY

Name : Date : 26/11/22 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		
	MILD	MOD	SEV	CLASS I	II	III
NORMAL FINDINGS IN DISEASE				CROSSBITE		
Lips :	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hypoplasia		
Cheeks :	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Impaction		
Tongue :	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Non-vital		
Floor of the mouth :	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fracture		
Palate : <u>N/A</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Abcess		
Tonsillar Area :	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ulcers		
Any other :	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Caries <u>1/12</u>		
				Missing Teeth		
				Supernumerary		
				Others		

PRESENT COMPLAINT : Routine checkup

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy

Anticoagulant Under Drug Therapy

N/A

OPHTHALMIC EXAMINATION RECORDS

Name: *Ms. Manorama Gupta . A/31* Date: *26.11.22*
 UHID: *820002*

Distance Vision: *eglasses*

Right Eye - *6/6*

Left Eye - *6/6P*

No eye complaints/disease
No Syst. illness/meds

Near Vision :

Right Eye : *7 NB*

Left Eye :

APLN.TN – Right Eye — Left Eye — mmHg

Both Eye – Colour Vision *Normal*

Both Eye – Anterior Segment Examinations –

Mild Dry eyes

Both Eye Posterior Segment Examinations –
(undilated)

*RE Disc & PCRA
+ess b/g
RE manual Scanning*

Doctor's Signature

Retina Specialist Opinion

RE Optic abd 2-3 b/d

Ophthalmologist Name