

Name : Mrs. SANGEETA KAILASH SONAWANE (47 /F)

Date : 26/08/2023

Address : MEDIWHEEL NASHIK, NASHIK, NASHIK, MAHARASHTRA, INDIA

Examined by: Dr .SAGAR SATISH PATEL

UHID : MHN1.0000150879

Package : MediWheel Full Body Health Checkup Female Above 40  
Package

AHC No : NSKAH34928



## CHIEF COMPLAINTS

For corporate health checkup  
No specific complaints

## PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,  
Thyroid disorder, Heart  
disease, Stroke, Asthma,  
COPD, Cancer



## DRUG ALLERGY

NO KNOWN ALLERGY :26/08/2023



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant



### Past medical history

Do you have any - No  
allergies?  
Do you have any drug - No  
allergies?  
Past medical history - nil significant  
Covid 19 - No



### Surgical history

Surgical history - Nil

### Immunization history

- Covid Dose1,Covid Dose2



### Personal history

Marital status - Married  
No. of children - 03  
Diet - Mixed Diet  
Alcohol - does not consume alcohol  
Smoking - No  
Chews tobacco - No

Physical activity - Active



### Family history

Diabetes - mother  
Hypertension - mother  
Coronary artery  
disease - none  
Cancer - None

## PHYSICAL EXAMINATION



### General

General appearance - normal  
Build - normal  
Height - 153  
Weight - 72  
BMI - 30.76  
Pallor - No  
Oedema - no  
Temperature - 97  
SpO2 - 98



### Cardiovascular system

Heart rate (Per minute) - 86  
Rhythm - Regular  
- B.P. Supine  
Systolic(mm of Hg) - 140  
Diastolic(mm of Hg) - 80  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath  
sounds



### Abdomen

Organomegaly - No  
Tenderness - No

Printed By : Shweta Sharad Shardul

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### URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.010 *		●	1.016-1.026
Color,:	PALE YELLOW			
Transparency:	Clear			
Reaction:	Acidic			7.2-7.8
Protein :	Nil			
Sugar:	Nil			
pH	5.5		●	4.6-8
Blood:	Negative			
Ketone	Negative			
Bile Pigments:	Negative			
Bile Salts :	Negative			
Urobilinogen	Normal			
Nitrite	Negative			
RBC	00	/hpf	●	0-2
WBC/Pus Cells	0-2/hpf	/hpf		
Tc/Sqc(Transitional/Squamous epithelial cells)	1-2/hpf	/hpf		

Monocytes	05	%	●	1-10
Basophils	00	%	●	0-1
ERYTHROCYTE SEDIMENTATION RATE (ESR)	11	mm/1st hr	●	0-20

### BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
ABO Group:	AB			
Rh (D) Type:	POSITIVE			

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	21 *	U/L	●	30-65
ALBUMIN - SERUM	4.3	g/dL	●	3.5-5
GLOBULIN - SERUM: (Calculated)	3.9 *	g/dL	●	1.8-3.6
ALBUMIN:GLOBULIN - SERUM(RATIO) (Calculated)	1.1		●	1.1-1.8
ALKALINE PHOSPHATASE - SERUM/PLASMA	41	U/L	●	0-100

### C B C WITH ESR (AUTOMATION + STANDARD METHOD)

Test Name	Result	Unit	Level	Range
Hemoglobin	12.9	g/dl	●	11.0-16.0
Haematocrit	39.9	%	●	34.0-48.0
RBC COUNT	4.5	Million/ul	●	3.7-5.6
MCV	88.5	fl	●	75.0-95.0
MCH	28.6	pg	●	26.0-32.0
MCHC	32.3	g/dl	●	31.0-36.0
RDW	15.9	%	●	11-16
Platelet Count(Optical/Impedance)	273	10 <sup>9</sup> /m <sup>3</sup>	●	140-440
TLC Count	7.75	10 <sup>9</sup> /m <sup>3</sup>	●	4.0-11.0
Neutrophils	55	%	●	40-75
Lymphocytes	38	%	●	20-45
Eosinophils	02	%	●	1-6

AST (SGOT) - SERUM	19	U/L	●	15-37
BILIRUBIN, TOTAL - SERUM	0.4	mg/dL	●	0.0-1.0

### LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	179	mg/dL	●	0-200

### CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.6	mg/dL	●	0.6-1.0

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
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GGTP: GAMMA  
GLUTAMYL  
TRANSPEPTIDASE -  
SERUM 12 U/L ● 0-50

TOTAL T3: TRI  
IODOTHYRONINE -  
SERUM 131 ng/dL ●

Healthy Adults:  
69 - 215  
Pregnant  
Women:  
1st  
Trimester:121-  
308  
2nd & 3rd  
Trimesters:152-  
362

### GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	112 *	mg/dL	●	70-100

### GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (POST PRANDIAL)	150 *	mg/dL	●	70-140

TOTAL T4:  
THYROXINE - SERUM 6.9 µg/dL ●

Healthy Adults:  
5.2 - 12.7

Pregnancy:1stT  
rimester:7.8 -  
16.2  
2nd & 3rd  
Trimesters: 9.1  
- 18.3

### GLYCOSYLATED HEMOGLOBIN (HbA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	6.2 *	%	●	0.0-6.0
Mean Plasma Glucose (MPG) Estimate:	143.4	mg/dL		

### LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	101	mg/dL	●	0-150

### LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM / PLASMA	33 *	mg/dL	●	40-60
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	5.4 *		●	0.0-4.5
LDL Cholesterol (Direct LDL)	121	mg/dL		

### THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	2.8	uIU/mL	●	Euthyroid: 0.3 - 4.5 Hypothyroid: 7.1 - >75.0 Pregnancy(All Trimesters):0.2 -3.5

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN, TOTAL - SERUM / PLASMA	8.2	g/dL	●	6.4-8.2
PROTEIN, TOTAL - SERUM / PLASMA	8.2	g/dL	●	6.4-8.2

### UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
UREA - SERUM / PLASMA	15	mg/dL	●	15-38
UREA NITROGEN SERUM/PLASMA: (Calculated)	7	mg/dL	●	7-18

### THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
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### URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	3.2	mg/dL	●	2.6-6.0

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
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BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.1	mg/dL	●	0.0-0.3
BILIRUBIN UNCONJUGATED - SERUM(Calculated)	0.3	mg/dL	●	0.0-0.7

### CARDIAC STRESS TEST - (TMT)

TEST IS NONSPECIFIC FOR INDUCIBLE ISCHEMIA

### ECG

### MAMMOGRAPHY

A well-defined equal density lesion in right breast parenchyma in upper outer quadrant as described likely benign neoplastic etiology like fibroadenoma.

No other significant abnormality is seen on this study.

BI – RADS - Category 2.

Suggested follow up mammogram after one year for routine screening purpose.

### ULTRASOUND - WHOLE ABDOMEN

No significant abnormality is detected.

### X-RAY CHEST PA

No significant abnormality is detected.

### INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)

### Haematology

STOOL ROUTINE

### Histopathology

CERVICAL/VAGINAL SMEAR II SLIDE

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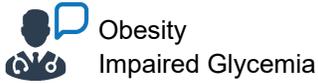
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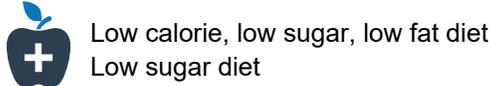
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## Executive Summary

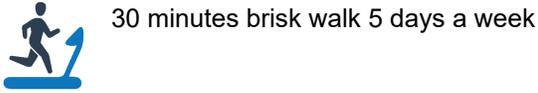


## Wellness Prescription

### Advice On Diet :-



### Advice On Physical Activity :-



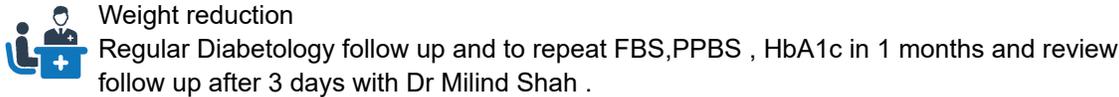
## Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
GENERAL SURGERY	MILIND SHAH	3 Day(s)	

## Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
GLYCOSYLATED HEMOGLOBIN (HbA1C) - WHOLE BLOOD	1 Month(s)		

## Follow-up and Review Plan



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

**Dr.SAGAR SATISH PATEL**

AHC Physician / Consultant Internal Medicine

Printed By : Shweta Sharad Shardul

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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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## AICVD RISK SCORE REPORT

### RISK STATUS

Low Risk

### YOUR SCORE

4

### ACCEPTABLE SCORE

4

### Your cardiovascular disease risk in the next 10 years is within the Normal limits for your age and gender

The AICVD risk score developed by Apollo Hospitals is a novel artificial intelligence-based risk scoring system that predicts your risk of having Coronary Artery Disease (CAD) related events in the next ten years. This scoring system uses Indian data and has been validated by multiple national and international institutions. This risk score is more than 92% accurate and has been compiled based on your physical parameters, heart health attributes, lifestyle and medical history. **Note:** The risk category is determined through the ratio between guest score and acceptable score at multiple decimal points. The outputs are shown in whole numbers.

### Based on your AICVD risk score you are advised the following:

- Follow the guidance and education on **lifestyle and dietary management provided through the ProHealth program. Maintain a healthy BMI (<25). Avoid tobacco in any form and if you are a smoker, stop smoking.**
- Continue with **medications** for high blood pressure, diabetes, or dyslipidemia, if advised by your physician. Maintain HbA1c <7% (<53mmol/mol), blood pressure <140/90mmHg.
- Follow your physician's advice regarding **follow up tests, consults and annual health assessment**

### DISCLAIMER

1. This is not a diagnostic tool and it does not guarantee accuracy of the result and cannot be acted upon independently.
2. This risk score and clinical algorithm is a general guideline for physicians. Any additional laboratory investigations, diagnostic imaging, treatment or patient education related to lifestyle management is under the physician's or cardiologist's discretion.
3. To ensure the information in the report is up to date, accurate and correct, doctor shall be consulted for interpretation of the report.
4. Apollo Hospitals and its staff does not offer any assurance on the information made available or be liable for any loss or damage as the said report is based on the AICVD risk score without any intervention from their side.
5. By usage of the AICVD risk score, it is deemed that the beneficiary of this service has agreed to get the same done at his own risk and further agrees with this disclaimer without any limitation or any clauses or sub-clauses.

**The Clinical AI Models and APIs used at Apollo Hospitals are certified by ISO 13485 : 2016 vide certificate no. MD 763515**

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**Apollo Prediabetes Risk Tool**

Low Risk

**You are at low risk for developing prediabetes.**

The **Apollo Hospitals Prediabetes Risk tool** is a comprehensive, community-based risk assessment tool for the early diagnosis of prediabetes (before estimation of blood glucose or HbA1C). This tool compiles data based on your physical parameters, lifestyle, and health attributes and assesses whether you have a low, medium or high risk for undiagnosed prediabetes. The tool has been developed based on Indian demographics and has more than 90% accuracy.

**ADVICE**

- Follow the guidance and education on **dietary and lifestyle management**
- Aim for 30 minutes or more of moderately intense **exercise** (such as brisk walking) most days of the week, for a minimum of 150 minutes (2.5 hours) of total physical activity/week.
- You do not need to be referred to an **endocrinologist or diabetologist** at this time.
- Follow your **physician's guidance** regarding **annual follow-up testing**.

**DISCLAIMER**

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2. This Risk score and Clinical Algorithm is a general guideline for physicians. Any additional laboratory investigations, diagnostic imaging, treatment or patient education related to lifestyle management is under the physician's or endocrinologist's discretion.
3. To ensure the information in the report is up to date, accurate and correct, doctor shall be consulted for interpretation of the report.
4. Apollo Hospitals and its staff does not offer any assurance on the information made available or be liable for any loss or damage as the said report is based on the Prediabetes Risk Score without any intervention from their side.
5. By usage of Prediabetes Risk Score, it is deemed that beneficiary of this service has agreed to get the same done at his own risk and further agrees with this disclaimer without any limitation or any clauses or sub-clauses.
6. The current model doesn't account for:
  - Uncontrolled and Undiagnosed Diabetes
  - Gestational Diabetes
  - Polycystic Ovarian Disease (PCOD)
  - Diabetes currently being managed