



Mrs. MEGHA G KEDIA (36 /F)

UHID : AHIL.0000414107

AHC No : AHILAH195085

Date : 25/02/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Namaste Mrs. MEGHA G KEDIA,

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.



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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 : Mrs. MEGHA G KEDIA (36 /F)

Date : 25/02/2023

Address : ORCHID L 202 PASHWANATH TEN., GANDHINAGAR, GANDHI NAGAR, GUJARAT
INDIA



Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000414107

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Chief Complaints

For Annual health checkup

GASTRIC PROBLEM

BREATHING DIFFICULTY OCCASSIONALLY

Present Known illness

Thyroid disease Since - 4 YRS; Medication - regular; - TAB THYRONORM 62.5 MCG



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



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Hospitalization for Covid 19 - No

Surgical history

Caesarian section - 2011

Personal history

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

Family history

Father - alive
Aged - 63
Mother - has expired
Aged - 58
Brothers - 1
Diabetes - father
Coronary artery disease - none
Cancer - None

Physical Examination

General

General appearance - normal
Build - normal
Height - 146
Weight - 60
BMI - 28.15



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Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 76

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 130

Diastolic(mm of Hg) - 80

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No

Tenderness - No

Printed By : MUKTA S ADALTI

Page 5 of 12

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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			
pH	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)	13.4	gm%	●	12-16
Packed cell volume(Calculated)	41.4	%	●	36-46
RBC COUNT (Impedance)	5.45 *	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	76 *	fl	●	80-100
MCH(Calculated)	24.54 *	pg	●	27-32
MCHC(Calculated)	32.3	%	●	31-36
RDW(Calculated)	15.8 *	%	●	11.5-14.5
WBC Count (Impedance)	5765	/cu mm	●	4000-11000

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 ● Out of Range

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Neutrophils	50	%	●	40-75
Lymphocytes	38	%	●	20-40
Monocytes	6	%	●	2-10
Eosinophils	6	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	250500	/cu mm	●	150000-450000
MPV (Calculated)	8.5	fl	●	7-11
RBC:	Erythrocytosis noted			
RBC::	Anisocytosis (+)~Hypochromia (+)			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	03	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	13	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	112 *	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	17	U/L	●	>1 year Female : <32

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Total Bilirubin	0.39	mg/dL	●	0.300-1.200
Direct Bilirubin	0.135	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.255	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	0.58	mg/dL	●	Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	17	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	93	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)	120	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)

5.7

%



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.

116.89

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.26	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.26	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	2.75		●	2.20-4.20
Globulin-Serum/Plasma	2.75		●	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	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	6.42 *	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	3.6	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)	12	mg/dL	●	6-20
UREA - SERUM / PLASMA	25	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	177	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	99	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	52 *	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)	117	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	20		●	< 40 mg/dl
C/H RATIO	3		●	0-4.5

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

Cytology

Ref No:

CY 352/23

Brief Clinical History:

LMP: 13.2.2023

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



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SPECIMEN TYPE:

Conventional

Cervical smear

One wet fixed smear received, labeled as 'Megha 414107'.

SPECIMEN ADEQUACY:

Satisfactory for evaluation without endocervical cells.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy.

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.

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG



Within Normal Range



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Executive Summary



- .BODY WEIGHT 60 KG,DEAL BODY WEIGHT 40-49 KG
- .K/C/O THYROID
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 7:02 ,WORKLOAD 10.10 METS
- .USG ABDOMEN - NO SIGNIFICANT ABNORMALITY
- .CHEST X-RAY - NORMAL
- .EYE – NORMAL
- .PAP - NEGATIVE FOR INTRAEPITHELIAL LESION OR MALIGNANCY

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 40-49 KG

Follow-up and Review Plan



CHECK T3,T4,TSH REGULARLY EVERY 6 MONTHS



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

Printed By : MUKTA S ADALTI

Dr. SHASHIKANT NIGAM

Dr. Shashikant Nigam

AHC Physician Consultant Internal Medicine

MBBS, MD (Gen. Med.)

Consultant Internal Medicine

Apollo Hospitals International Ltd., Gandhinagar

Gujarat-382426, INDIA, Regd. No. 21991


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 : Mrs. MEGHA G KEDIA | Female | 36Yr 2Mth 3Days
UHID : AHIL.0000414107 **Patient Location:** AHC
Patient Identifier: AHILAH195085 
DRN : 123025402 **Completed on :** 25-FEB-2023 09:45
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

AKSHAY SHARMA

Medical Officer

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RADIOLOGY

Patient Details : Mrs. MEGHA G KEDIA | Female | 36Yr 2Mth 3Days
UHID : AHIL.0000414107 **Patient Location:** AHC
Patient Identifier: AHILAH195085 
DRN : 223010448 **Completed on :** 25-FEB-2023 10:25
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.

Visualised pancreas appear normal in size and echotexture.

Spleen measures 9.3 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 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

No definite evidence of adnexal/pelvic mass is seen.

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USG WHOLE ABDOMEN

IMPRESSION :

NO ABNORMALITY DETECTED.

--- END OF THE REPORT ---

SIDDHARTH S PARMAR

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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

Rate 73

AHIL.0000414107

Mrs. MEGHA
G KEDIA

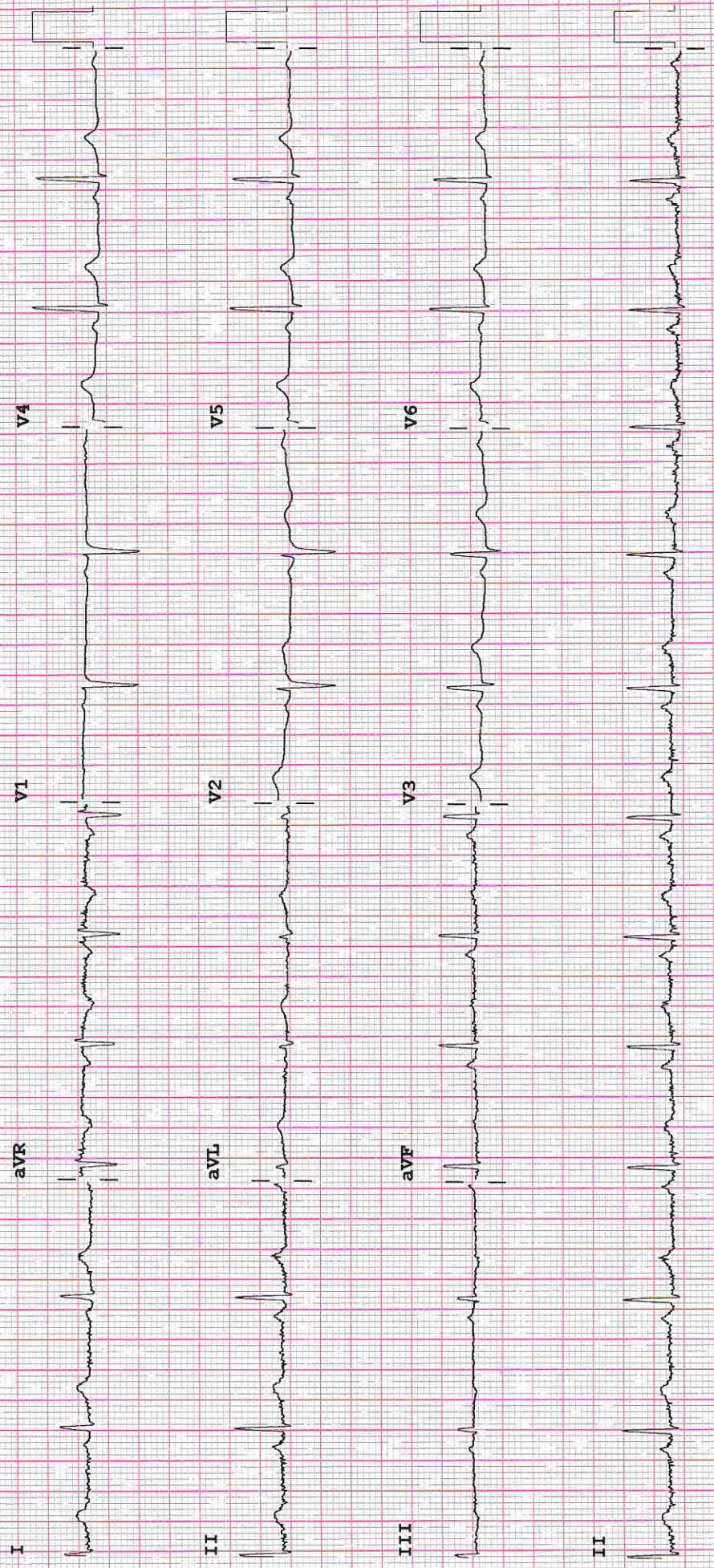
36 Year(s) / Female

--AXIS--



P 55
QRS 53
T 17

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?

OBSTETRICS & GYNAECOLOGY - AHC

Name :	AHIL.0000414107	Date : 25/2/23	Unit No. :
Occupation	Mrs. MEGHA G KEDIA	Ref. Physician : Dr. Kiran Neehan	
Age :	36 Year(s) / Female	Copies to :	



GYNAEC CHECK UP

Chief Complaint: P1+0

Children: 2 ♂

Weight:

Deliveries: 1 LSCS

BP:

Last Child: Mch/11 years / LSCS

Breasts: Normal

Abortions: None

Periods: Regular 3-4 days
25-26

PAP Smear: Taken

LMP: 13/2/23

Previous Medical H/O:

Menopause: -

Hypothyroid (on Tab. Thyronorm 62.5mcg)

G. Condition: Fit

R/H/O: DM.

P/A: Soft

Previous Surgical H/O:

None.

S/E: -

P/V: Uterus: Anteverted
(size @ could not be assessed d/t fat)

P/R: Cervix: felt healthy

Impression:

Kiran

Doctor Signature
Date & Time

25/2/23

12:23 PM

APOLLO HOSPITAL
BHAT
AHMEDABAD

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: KEDIA, MRS. MEGHA. G
Patient ID: 414107
Height: 146 cm
Weight: 60 kg

DOB: 22.12.1986
Age: 36 yrs
Gender: Female
Race: Asian

Study Date: 25.02.2023
Test Type: --
Protocol: BRUCE

Referring Physician: --
Attending Physician: --
Technician: MS. KHUSHALI. C. SUCHAK

Medications:

--

Medical History:

--

Reason for Exercise Test:

--

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed [mph]	Grade [%]	HR [bpm]	BP [mmHg]	Comment
PRETEST	SUPINE	01:24	0.00	0.00	82		
	STANDING	00:58	1.00	0.00	86	120/80	
EXERCISE	STAGE 1	03:00	1.70	10.00	130	130/80	2:43 No symptoms
	STAGE 2	03:00	2.50	12.00	144	150/80	5:29 No symptoms
	STAGE 3	01:03	3.40	14.00	160	150/80	6:30 Fatigue
RECOVERY		03:40	0.00	0.00	85	140/80	

The patient exercised according to the BRUCE for 7:02 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 82 bpm rose to a maximal heart rate of 160 bpm. This value represents 86 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 150/80 mmHg. The exercise test was stopped due to Fatigue.

Interpretation

--

Conclusions

TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT MODERATE WORKLOAD. NORMAL HR AND NORMAL BP RESPONSE.
NO ANGINA // ARRHYTHMIA DURING TEST.
NO SIGNIFICANT ST-T CHANGES SEEN DURING EXERCISE AND RECOVERY. TEST TERMINATED DUE TO THR ACHIEVED & FATIGUE.
MODERATE EFFORT TOLERANCE.

Physician _____

Technician _____



AHIL.0000414107

Mrs. MEGHA
G KEDIA

36 Year(s) / Female

VISION RECORDS

Name :

UHID :



Date :

25/2/23

Distance Vision :

Right Eye -

6/9

(BE)

6/6 (P)

Left Eye -

6/9

(nailed)

Near Vision :

Right Eye :

N6

Left Eye :

N6

Refresh
tear c/p
hs (BE)

APLN.TN - Right Eye

14

Left Eye -

12

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

wnl

Both Eye Posterior Segment Examinations -

wnl

Doctor's Signature

Ophthalmologist Name