

Name : Mrs. RENJINARA KHATUN (31 /F)

Date : 28/10/2023

Address : MISHIRDANGA JAMURIA, OTHER, BARDDHAMAN, WEST BENGAL, INDIA

Examined by: Dr .SHARMISTHA MALLIK

UHID : AMHL.0002238405

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH185726



CHIEF COMPLAINTS

For corporate health checkup
No specific complaints

PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,
Hypertension,
Dyslipidemia, Thyroid
disorder, Heart disease
Medication - when needed

Asthma



DRUG ALLERGY

NO KNOWN ALLERGY :30/10/2023



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

Sneezing - yes; Cough - yes; Dyspnoea - yes; -
Occasional

Gastrointestinal system

Appetite - normal; Dyspepsia - yes; Symptoms -
flatulence; Bowel habits - incomplete evacuation

Genitourinary system

Frequency - normal; Dysuria/burning micturition -
yes

Gynaec history

Last menstrual period - 05-10-2023; Periods -
regular; No of deliveries - P0+0

Central nervous system

Concentration - good; Sleep - normal

Eyes

Vision - normal

ENT

- Normal hearing

Musculoskeletal system

Spine and joints
Knee (bilateral) - pain

Skin

- Nil Significant



Past medical history

Past medical history - nil significant



Surgical history

Surgical history - Nil



Personal history

Marital status - Married
Diet - Non Vegetarian
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Sedentary



Family history

Father - alive
Mother - alive
Sisters - 3
Diabetes - father
Hypertension - father
Coronary artery
disease - father
Cancer - None
Thyroid/other
endocrine disorder - mother

PHYSICAL EXAMINATION



General

Build - over weight
Height - 142
Weight - 60
BMI - 29.76

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Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 92

Rhythm - Regular

Systolic(mm of Hg) - 114

Diastolic(mm of Hg) - 82

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No

Tenderness - No

Printed By : AVIJIT DAS

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COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	12.3	g/dl	●	12.0-15.0
RBC COUNT	4.66	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	37.3	%	●	36-46
MCV	80.1 *	fl	●	83-101
MCH	26.3 *	pg	●	27-32
MCHC	32.9	%	●	31.5-34.5
RDW	15.6 *	%	●	11.8-14.0
WBC Count	11100 *	/cu mm	●	4000-10000
Platelet Count	2.11	lacs/cu mm	●	1.5-4.0
Neutrophils	53	%	●	40-80
Lymphocytes	33	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	08 *	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
WBC:	Eosinophilia noted			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	29 *	mm/1st hr	●	0-20

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	40	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.030			
pH:	5.5			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	4-6	/hpf		
Pus Cells	1-2	/hpf		

Epithelial Cells	2-4 /h.p.f /hpf
Casts:	Not Found
Crystals:	Found
Ca-oxalate	8-10 /lpf

URINE SUGAR - POST PRANDIAL (QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(POST PRANDIAL)	Nil			

URINE SUGAR- FASTING(QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(FASTING)	Nil			

BLOOD GROUPING AND TYPING (ABO AND RH)

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

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	16	U/L	●	0-35
ALBUMIN - SERUM	4.3	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	88	U/L	●	33-98

AST (SGOT) - SERUM	17	U/L	●	0-35
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BILIRUBIN TOTAL - SERUM	0.5	mg/dL	●	0.3-1.2
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LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	182	mg/dL	●	0-200

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.8	mg/dL	●	0.6-1.1

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

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LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	16	U/L	●	0-38

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	78	mg/dL	●	70-99

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	95	mg/dL	●	70-140

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.5	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >= 6.5% ADA Therapeutic goal : <7%

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	52	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	111 *	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	19	mg/dL	●	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.5	g/dL	●	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	3.2	g/dL	●	1.8-3.6

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	0.64 *	ng/ml	●	0.87-1.78
TOTAL T4: THYROXINE - SERUM	11.2	µg/dL	●	5.48-14.28

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	72	mg/dL	●	0-150

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	2.7	µIU/mL	●	0.380-5.330

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	4.3	mg/dL	●	2.4-5.7

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.1	mg/dL	●	0.0-0.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	7.2	mg/dL	●	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
A/G - RATIO	1.4		●	1.0-2.0

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	9.6			

PAP SMEAR /CERVICAL SMEAR

Ref No:

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

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SPECIMEN TYPE:

Conventional cervical smear (Papanicolaou stain) x 1

SPECIMEN ADEQUACY:

Satisfactory for evaluation with endocervical cells and Metaplastic cells

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy,
Reactive cellular changes associated with inflammation
(includes typical repair)

ECG

SINUS RHYTHM.

LOW VOLTAGE QRS COMPLEX.

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

ULTRASOUND SCREENING WHOLE ABDOMEN

* No significant abnormality noted.

Dr. ARJUN ROY

DNB RESIDENT

In consultation with

X-RAY CHEST PA

Chest skiagram does not reveal any significant abnormality.



Within Normal Range



Borderline High/Low



Out of Range

Executive Summary



1. H/O Asthma - on medication.
2. Overweight (BMI - 29.76).
3. Eosinophilia noted.
4. WBC Count raised (WBC Count - 11100 /cu mm).
5. RBC 4-6 /hpf in urine routine and microscopy.

Wellness Prescription

Advice On Diet :-



- * Low calorie healthy balanced diet.
- * Drink plenty of fluids.

Advice On Physical Activity :-



- * Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

- * Advised to lose weight.

Medications

- * Tab. YEES 40MG (ESOMEPRAZOLE) 1 tab. once daily before breakfast x 2 months.

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
TC,DC	7 Day(s)		review with report.
URINE ROUTINE AND MICROSCOPY	7 Day(s)		review with report.

Follow-up and Review Plan



- * Annual health check-up.



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

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AHC Physician / Consultant Internal Medicine

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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Dr.SHARMISTHA MALLIK

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS

Moderate Risk

YOUR SCORE

3

ACCEPTABLE SCORE

2

Your likelihood of developing cardiovascular disease in the next ten years is 1.3 times higher than the people of 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**
- **It is recommended that you visit your physician every 6 months** if you have:
 - o Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

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