

Name : Mr. KARTHICK C (28 /M)

Date : 11/02/2023

Address : VIJAYA BANK NOW BANK OF BARODA,PERAMBALUR,  
PERAMBALUR(PERAMBALUR), PERAMBALUR, TAMIL NADU, INDIA

Examined by: Dr .SENTHIL MUTHU

UHID : AT01.0000092410

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW  
40YRS

AHC No : KRRMHC23026



## CHIEF COMPLAINTS

For general health checkup  
No specific complaints

## PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,  
Hypertension,  
Dyslipidemia, Thyroid  
disorder, Heart disease,  
Stroke, Asthma, COPD,  
Cancer, Impaired Glycemia



## DRUG ALLERGY

NO KNOWN ALLERGY

:11/02/2023



## 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

Allergies - No known drug

Do you have any drug allergies? - No



### Surgical history

Surgical history - Nil

### Immunization history

- Covid Dose1,Covid Dose2



### Personal history

Ethnicity - Indian Asian

Marital status - Single

Diet - Mixed Diet

Alcohol - consumes alcohol  
occasionally

Smoking - No

Chews tobacco - No

Physical activity - Moderate



### Family history

Father - alive

Aged - 65 years

Mother - alive

Aged - 65 years

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Brothers - 1  
Diabetes - father,mother  
Hypertension - father,mother  
Coronary artery disease - mother  
Cancer - None

Ophthalmology findings - BOTH EYES ANTERIOR SEGMENT NORMAL FUNDUS – NAD

### Dental consultation

Dental consultation done by - Dr.VIGNESH A  
Dental findings - Consultant's notes attached  
Dental findings - Adv: Scaling.

## PHYSICAL EXAMINATION



### General

Build - well built  
Height - 187  
Weight - 86.1  
BMI - 24.62  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 80  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 120  
Diastolic(mm of Hg) - 80  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds



### Abdomen

Organomegaly - No  
Tenderness - No

### Cardiac consultation

Cardiac consultation done by - DR.KESAVAN KRR  
Cardiac findings - Consultant's notes attached  
Cardiac findings - Nil cardiac.

### Ophthalmology consultation

Ophthalmology consultation done by - Dr.SENTHIL KUMAR V P  
Ophthalmology findings - Consultant's notes attached

Printed By : Madhumathi T

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### ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	08	mm/1st hr	●	0-15

Rh (D) Type: POSITIVE

### URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.020		●	1.016 - 1.026
Colour:	Pale Straw			
Transparency:	Clear			
pH	6			
Protein :	Trace			
Sugar:	Nil			
Ketone	Negative			
Bile Pigments:	Negative			
Bile Salts :	Negative			
Urobilinogen	Normal	E.U./dL		
Pus Cells	2-4 /h.p.f			
Epithelial Cells	1-2 /h.p.f			
Mucus Thread	Present			

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT)	19	U/L	●	Adult Male : < 45
Albumin - Serum	4.8	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.5	g/dL	●	Adult (2.0 - 3.5)
Alkaline Phosphatase - Serum	53	U/L	●	Adult(Male): < 129
AST (SGOT)	18	U/L	●	Adult Male: <35
Bilirubin, Total - Serum	1.0	mg/dL	●	Adult : Upto 1.0

### LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	170	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

### CBC

Test Name	Result	Unit	Level	Range
Hemoglobin	14.7	gm%	●	13.0-18.0
Packed cell volume(Calculated)	43	%	●	40-54
WBC Count	5.1	10 <sup>3</sup> /m <sup>3</sup>	●	4-11
Neutrophils	51	%	●	40-80
Lymphocytes	40	%	●	20-40
Eosinophils	03	%	●	01-06
Monocytes	06	%	●	2-10
RBC Count	4.9	Million/ul	●	4.2-6.5
Platelet Count	219	10 <sup>3</sup> /m <sup>3</sup>	●	150-450

### CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	1.1	mg/dL	●	Male: 0.9 - 1.3

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	16	U/L	●	Male: < 55

### GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	101 *	mg/dL	●	Adult: 74 - 100

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

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	81	mg/dL	●	< 140

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

Test Name	Result	Unit	Level	Range
Blood Group	O			

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

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**GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	4.7	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% --maleDiabetes > = 6.5%

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
HDL Cholesterol	36 *	mg/dL	●	Low: <40 High: >=60
LDL Cholesterol (Direct LDL)	97	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.3	g/dL	●	>2 Year: 6.0 - 8.0

**THYROID PACKAGE II**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	125	ng/dL	●	60-180
TOTAL T4: THYROXINE - SERUM	8.5	µg/dL	●	3.5 - 12.5

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	161 *	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

Total Cholesterol / HDL Cholesterol Ratio (Calculated) 4.7 \* ● < 4.5

**THYROID PACKAGE II**

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	2.16	µIU/mL	●	0.35 - 5.50

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	8.8 *	mg/dL	●	Adult Male: 3.5 - 7.2

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	15.8	mg/dL	●	Adult : 6 - 20

**ECG**

HEART RATE - 70 bpm

NORMAL SINUS RHYTHM

NORMAL ECG.

**TREAD MILL STRESS TEST**

Cardiac Stress Analysis is NEGATIVE for Inducible Myocardial Ischemia at 10.1METS.

**ULTRASOUND SCREENING WHOLE ABDOMEN**

NO SIGNIFICANT ABNORMALITY IS DETECTED IN THE SOLID ORGANS OF ABDOMEN

For clinical correlation

Disclaimer: Please note that this report is a radiological professional opinion. It has to be correlated clinically and interpreted along with other investigations.

**X-RAY CHEST PA**

NO SIGNIFICANT ABNORMALITY IS DETECTED.

For clinical correlation.

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

**Haematology**

STOOL ROUTINE

**Biochemistry**


URINE GLUCOSE(POST PRANDIAL)

SUGAR - URINE

 Within Normal Range     Borderline High/Low     Out of Range

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## Executive Summary

 Physical Examination and routine Investigation in AHC Package reveals the following :


Urine protein trace  
Impaired fasting glucose  
Dyslipidemia

## Wellness Prescription

### Advice On Diet :-

 LOW FAT / LOW CALORIE / LOW CARBOHYDRATE / HIGH FIBER / SALT RESTRICTED DIET

### Advice On Physical Activity :-

 REGULAR MORNING WALK FOR ½ HOUR  
Urine PCR after 1 week

Printed By : Madhumathi T

**Dr.SENTHIL MUTHU**  
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.

### AICVD RISK SCORE REPORT

**RISK STATUS**

Low Risk

**YOUR SCORE**

2

**ACCEPTABLE SCORE**

3

**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**