

Name : Ms. SARITA NAIK (29 /F)

Date : 14/10/2023

Address : 4/1F RANDHA NATH CHOWDHURY ROAD, KOLKATA, KOLKATA, WEST BENGAL, INDIA

Examined by: Dr .JHUMA BAGCHI

UHID : AMHL.0002232854

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH185118



## CHIEF COMPLAINTS

For corporate health checkup

Anxiety

Ear discharge

Generalised tiredness, Hair fall

Irregular periods

Weight gain

## PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,  
Hypertension,  
Dyslipidemia, Thyroid  
disorder



## DRUG ALLERGY

NO KNOWN ALLERGY

:14/10/2023



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Gastrointestinal system

- Nil Significant

### Genitourinary system

- Nil Significant

### Gynaec history

Last menstrual period - 17/9/23; Periods - irregular

### Central nervous system

- Nil Significant

### Eyes

Vision - normal with glasses; Glasses - yes; Glasses  
for - refractive error

### ENT

- Nil Significant

### Musculoskeletal system

Spine and joints

- Nil Significant

### Skin

- Nil Significant

### General symptoms

Happiness score

Sleeping well - Good; Stress at home - Mild; Stress  
at work - Mild

### Mind Health screening

Emotional Wellness

Assessment (PHQ9)

Score - 8

Depression Level - Mild



### Present medications

On immunosuppressive - No



### Past medical history

Past medical history - nil significant



### Personal history

Diet - Mixed Diet

Alcohol - consumes alcohol

Consuming alcohol for - 6 to 10years

Smoking - Yes

Duration of smoking(in  
years) - 6 to 10 years

Number - Less than 5

Chews tobacco - No

Uses snuff - No

Physical activity - Sedentary

Ethnicity - Indian Asian



### Family history

Father - has expired  
 Aged - 50  
 Cause - liver disease  
 Mother - alive  
 Diabetes - father  
 Hypertension - mother  
 Coronary artery disease - none  
 Cancer - None  
 Thyroid/other endocrine disorder - father  
 Renal disease - father  
 Skin disorders - sister  
 Tuberculosis - father

**Ophthalmology consultation**

Ophthalmology findings - PGVA:RE:6/6 LE:6/6  
 NVA:RE:N6 LE:N6  
 OCULAR MOVEMENT:WNL  
 ANT.SEG:WNL  
 ADVICE: \*Glass Rx.\*Review after 1yr/SOS

**PHYSICAL EXAMINATION**



**General**

Build - obese  
 Height - 159  
 Weight - 79  
 BMI - 31.25  
 Pallor - No  
 Oedema - no



**Cardiovascular system**

Heart rate (Per minute) - 66  
 Rhythm - Regular  
 - B.P. Sitting  
 Systolic(mm of Hg) - 116  
 Diastolic(mm of Hg) - 82  
 Heart sounds - S1S2+

**Respiratory system**

Breath sounds - Normal vesicular breath sounds



**Abdomen**

Organomegaly - No  
 Tenderness - No



**Central nervous system**

- No neurological deficit

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### COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	11.9 *	g/dl	●	12.0-15.0
RBC COUNT	5.63 *	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	37.9	%	●	36-46
MCV	67.3 *	fl	●	83-101
MCH	21.1 *	pg	●	27-32
MCHC	31.4 *	%	●	31.5-34.5
RDW	16.1 *	%	●	11.8-14.0
WBC Count	9000	/cu mm	●	4000-10000
Platelet Count	2.58	lacs/cu mm	●	1.5-4.0
Neutrophils	66	%	●	40-80
Lymphocytes	25	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Microcytic Hypochromic RBCs.			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	16	mm/1st hr	●	0-20

### URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	30	mL		
Colour:	Pale Straw			
Appearance	Turbid			
Specific Gravity	1.030			
pH:	5.5			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	1-2	/hpf		
Pus Cells	3-5	/hpf		
Epithelial Cells	25-30			

Casts: Not Found  
Crystals: Not Found

### 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:	AB			
Rh (D) Type:	POSITIVE			

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	34	U/L	●	0-35
ALBUMIN - SERUM	4.4	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	58	U/L	●	33-98
AST (SGOT) - SERUM	22	U/L	●	0-35
BILIRUBIN TOTAL - SERUM	0.8	mg/dL	●	0.3-1.2

### LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	207 *	mg/dL	●	0-200

### CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.7	mg/dL	●	0.6-1.1

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range

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

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GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM 34 U/L ● 0-38

TOTAL T3: TRI IODOTHYRONINE - SERUM 0.93 ng/ml ● 0.87-1.78

TOTAL T4: THYROXINE - SERUM 12.8 µg/dL ● 5.93-13.29

GLUCOSE - PLASMA (FASTING)

Test Name Result Unit Level Range
GLUCOSE - PLASMA (FASTING) 86 mg/dL ● 70-99

LIPID PROFILE TEST (PACKAGE)

Test Name Result Unit Level Range
TRIGLYCERIDES - SERUM 79 mg/dL ● 0-150

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name Result Unit Level Range
GLUCOSE - PLASMA (POST PRANDIAL) 88 mg/dL ● 70-140

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name Result Unit Level Range
TSH: THYROID STIMULATING HORMONE - SERUM 1.2 µIU/mL ● 0.380-5.330

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name Result Unit Level Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD 5.3 % ●
Nondiabetic : 4 - 5.6 %
Prediabetics : 5.7 - 6.4%
Diabetes : >= 6.5%
ADA Therapeutic goal : <7%

URIC ACID - SERUM

Test Name Result Unit Level Range
URIC ACID - SERUM 4.4 mg/dL ● 2.4-5.7

LIVER FUNCTION TEST (PACKAGE)

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

LIPID PROFILE TEST (PACKAGE)

Test Name Result Unit Level Range
HDL CHOLESTEROL - SERUM 43 mg/dL ● 30-70
LDL CHOLESTEROL -SERUM 145 \* mg/dL ● 0-100
VLDL CHOLESTEROL - SERUM (Calculated) 19 mg/dL ● 0-35

BUN (BLOOD UREA NITROGEN)

Test Name Result Unit Level Range
BUN (BLOOD UREA NITROGEN) 9.0 mg/dL ● 7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
A/G - RATIO 1.5 ● 1.0-2.0

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
PROTEIN TOTAL - SERUM 7.4 g/dL ● 6.4-8.3
GLOBULIN: (CALCULATED) - SERUM 3.0 g/dL ● 1.8-3.6

BUN/CREATININE RATIO

Test Name Result Unit Level Range
BUN/CREATININE RATIO 12.9

ECG

SINUS RHYTHM WITH SINUS ARRHYTHMIA.

TREADMILL TEST / STRESS TEST

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name Result Unit Level Range

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

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STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

#### ULTRASOUND SCREENING WHOLE ABDOMEN

\* Grade-I fatty liver.

[NOTE: At times pelvic structures are not well visualized due to inadequate patient preparation / excess bowel gas shadow. However suggested clinical correlation and other investigations if clinically indicated.]

#### X-RAY CHEST PA

Chest skiagram does not reveal any significant abnormality.

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

#### Histopathology

PAP SMEAR /CERVICAL SMEAR



Within Normal Range



Borderline High/Low



Out of Range

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Printed By :

**Dr.JHUMA BAGCHI**

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**

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**