



Mr. RITURAJ BASANT SAHU (37 /M)

UHID : AHIL.0000810333

AHC No : AHILAH170973

Date : 22/10/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Dear Mr. RITURAJ BASANT SAHU

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health risk assessments curated just for you to guide targeted intervention, continuum of care and a path to wellness. Our holistic care continuum integrates clinical expertise and artificial intelligence to gauge and avert the risk, onset and progression of non-communicable diseases (NCDs).

In this personalized health report, you will find your

- Medical History and Physical examination results
- Investigations Results
- Artificial Intelligence powered risk scores
- Physician's Impressions on your Health
- Path to Wellness: A personalized management protocol, including follow-up assessments
- Vaccination counselling advice

Apollo ProHealth encompasses the following processes:

Personalized Health Risk Assessment (pHRA): Based on your online risk assessment, medical history, physical examination, and psychological evaluation, we recommended a health screening assessment for you, including diagnostic and imaging tests. Based on the results of these assessments, we have advised additional follow-up tests and consultations - details of which we have included in your report. Your physician will explain their relevance, and we strongly suggest you comply with the recommendations.

Health Mentor: We have assigned a dedicated health mentor to proactively work with you towards your health goals and ensure that you regularly adhere to the guidance and recommendations from clinical and nutrition consultants. Your health mentor will call you periodically to track your progress

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

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ProHealth App: You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

Follow- Up Consultation:

For any follow-up consultations, you can visit your ProHealth physician in-person at the center or you can book a virtual consultation through <https://www.apollo247.com/specialties> or through the Apollo 247 app on your phone.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on

ANDROID IOS

Disclaimer: The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.

Note: You are entitled to one complimentary follow-up consultation with your ProHealth physician within a period of 1 year. Please contact your health mentor for the complimentary consult coupon code. This is available for ProHealth Super, Regal and Covid Recovery and Wellness programs

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Date : 22/10/2022

Name : Mr. RITURAJ BASANT SAHU (37 /M)

Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000810333

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH170973



Chief Complaints

For Annual health checkup
No specific complaints



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



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH170973

General symptoms : - Nil Significant



Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No



Surgical history

Others - PCNL FOR KIDNEY STONE -



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 2

Male - 2

Profession - corporate employed

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Moderate



Family history

Father - alive

Aged - 57

Mother - alive

Aged - 57

Brothers - 1

Hypertension - father, brother

Coronary artery disease - father

Cancer - None



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Physical Examination



General

General appearance - normal
 Build - normal
 Height - 156
 Weight - 61
 BMI - 25.07
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 59
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 110
 Diastolic(mm of Hg) - 70
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
 Tenderness - No

Printed By : MUKTA S ADALTI



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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	30	mL		
Specific Gravity	1.015			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	1-2 /h.p.f			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	14.9	gm%	●	13.0-17.0
Packed cell volume(Calculated)	43.5	%	●	40-50
RBC COUNT (Impedance)	4.47 *	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	97.2	fl	●	80-100
MCH(Calculated)	33.22 *	pg	●	27-32
MCHC(Calculated)	34.2	%	●	31-36
RDW(Calculated)	14.7 *	%	●	11.5-14.5
WBC Count (Impedance)	6539	/cu mm	●	4000-11000

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



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Neutrophils	55	%	●	40-75
Lymphocytes	38	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	219100	/cu mm	●	150000-450000
MPV (Calculated)	7.9	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	8	mm/1st hr	●	0-15

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:	A 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	49	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	125	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	27	U/L	●	> 1 year Male : <40
Total Bilirubin	0.412	mg/dL	●	0.300-1.200
Direct Bilirubin	0.165	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin	0.247	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
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CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	1.02	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	38	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	92	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)	151 *	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)	5.1	%	●	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. 99.67

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.21	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.21	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.48	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.48	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.73		●	2.20-4.20
Globulin-Serum/Plasma	2.73		●	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	2.2	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	3.13	µIU/mL	●	14-120 years : 0.27 - 4.20

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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	5.5	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)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	17	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	188	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	239 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	30 *	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)	128	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	48 *		●	< 40 mg/dl
C/H RATIO	6 *		●	0-4.5

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.

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



Original Report
by Joint Commission International

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH170973

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG



Within Normal Range



Borderline High/Low



Out of Range



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Executive Summary



- .BODY WEIGHT 61 KG,DEAL BODY WEIGHT 46-55 KG
- .IMPAIRED GLUCOSE TOLERANCE
- .DYSLIPIDMIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 8:03 ,WORKLOAD 10.1 METS
- .USG ABDOMEN - GRADE II FATTY LIVER
- .CHEST X-RAY - NORMAL

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 46-55 KG

Follow-up and Review Plan



- FBS and PPBS ONCE IN 30 DAYS
- HBA1C (GLYCOSYLATED HAEMOGLOBIN) NOW AND ONCE IN 3 MONTHS
- CHECK LIPID PROFILE EVERY 6 MONTHS



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Dr. Shashikant Nigam

M.B.B.S, M.D (Gen. Med.)

Consultant in Internal Medicine

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DR. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

M.B.B.S, M.D (Gen. Med.)

Consultant in Internal Medicine

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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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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. RITURAJ BASANT SAHU | Male | 37Yr 6Mth 13Days
UHID : AHIL.0000810333 **Patient Location:** AHC
Patient Identifier: AHILAH170973 
DRN : 222054258 **Completed on :** 22-OCT-2022 10:42
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform hyperechoic 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.

Head, body and tail of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 8 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.

Prostate measures (volume 14 cc) and is normal in size and echopattern.

IMPRESSION:

Grade II fatty liver.

Rest normal study.

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Printed By : 153182

Reported By : 717876

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Mr. RITURAJ BASANT SAHU

AHIL.0000810333

AHILAH170973

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. RITURAJ BASANT SAHU | Male | 37Yr 6Mth 13Days
UHID : AHIL.0000810333 **Patient Location:** AHC
Patient Identifier: AHILAH170973 
DRN : 122119850 **Completed on :** 22-OCT-2022 09:18
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

FINDINGS :

Lung fields are clear.

Cardio thoracic ratio is normal.

Both costophrenic angles are clear.

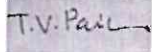
Domes of diaphragm are well delineated.

Bony thorax shows no significant abnormality.

IMPRESSION

NORMAL STUDY.

--- END OF THE REPORT ---



TIRTH VINAYKUMAR PARIKH

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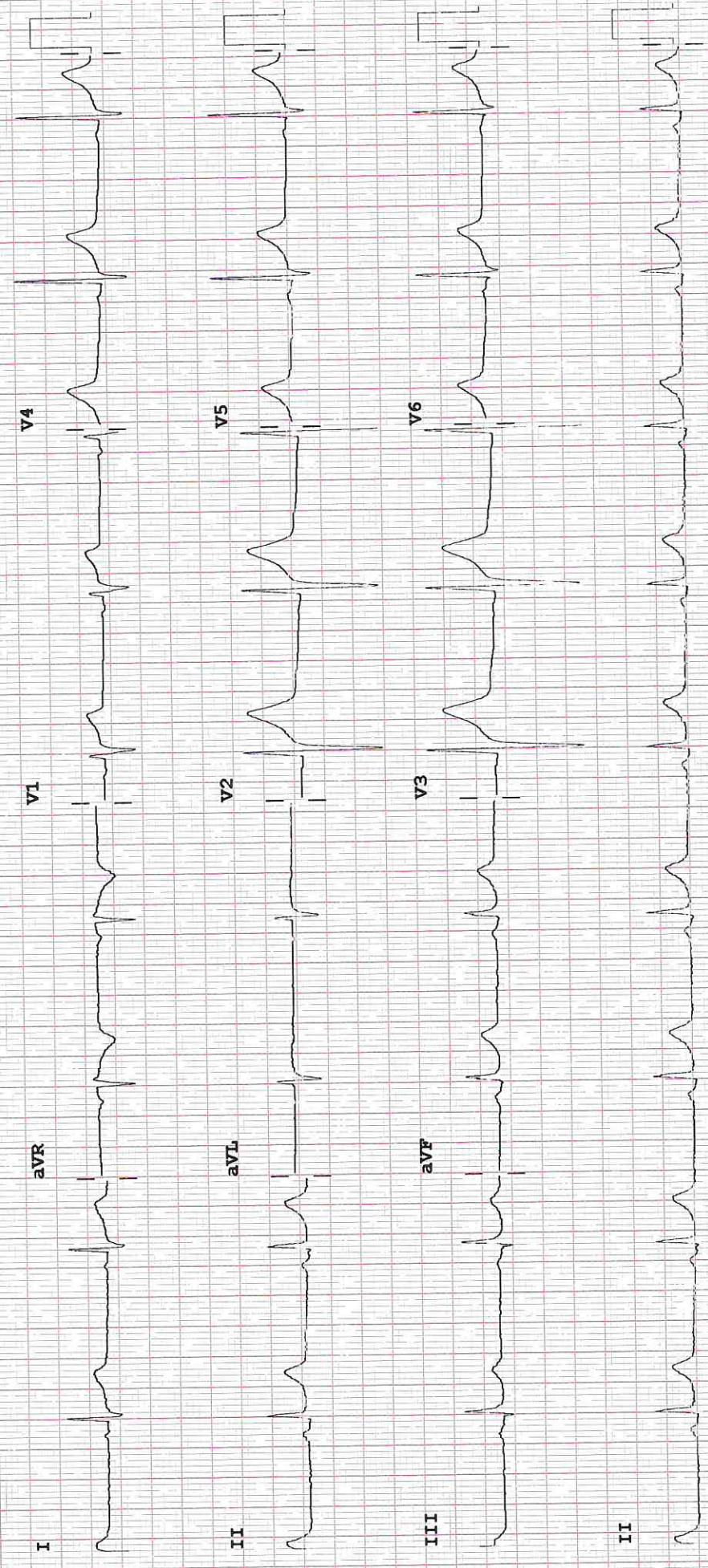


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Rate 56
 PR 137
 QRSD 95
 QT 425
 QTc 411

--AXIS--
 P 62
 QRS 68
 T 54

12 Lead; Standard Placement



E 50 0 15-100 Hz

Speed 25 mm/sec Lead: 10 mm/mV Gain: 10.0 mm/mV

PH10 CL P2

Device:

ID: 000810333

Visit: MEDIWHEEL

22-Oct-2022 10:50:49

37years 156cm 61kg

Asian Male

Referred by: DR.SUBIR GHOSH, MHC
Test ind:

BRUCE Total Exercise time: 8:03

Max HR: 157bpm 85% of max predicted 183bpm

Max BP: 130/80 Maximum workload: 10.1METS

Reason for Termination: THR ACHIEVED.

Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD

NORMAL HEYMODYNAMIC RESPONSE

NO ANGINA OCCURRED, NO ARRHYTHMIAS AT PROVOKED

NO GALLOP // MURMUR AT PEAK EXERCISE

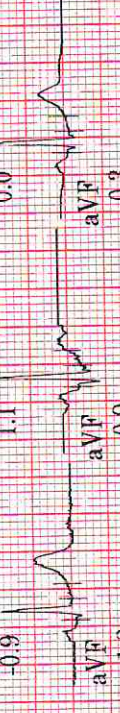
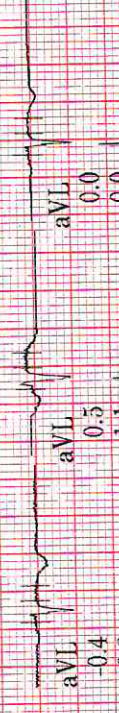
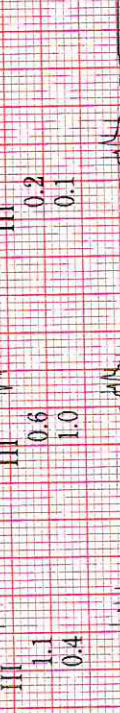
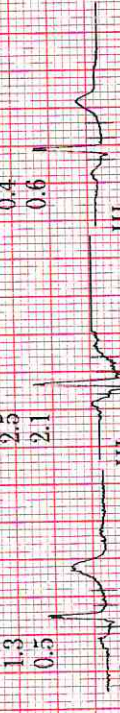
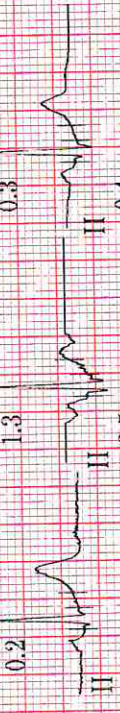
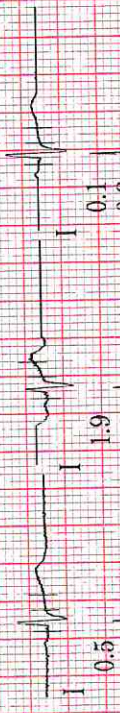
TEST TERMINATED DUE TO THR ACHIEVED

GOOD EFFORT TOLERANCE.

BASELINE EXERCISE 0:00 63bpm BP: 110/70

PEAK EXERCISE 8:03 157bpm BP: 124/70

TEST END RECOVERY 3:09 81bpm BP: 110/70



Technician: FALGUNI VIHOL

Unconfirmed

MAC55 010B

Lead ST(mm) Slope(mV/s)

ADALIO HOSPITALS INTERNATIONAL LIMITED