



Mr. DHIREN PANCHAL (34 /M)

UHID : AHIL.0000721352

AHC No : AHILAH204643

Date : 08/04/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Namaste Mr. DHIREN PANCHAL,

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 : Mr. DHIREN PANCHAL (34 /M)
Address : 43 VEDIKA HERITAGE TOWNSHIP KADA ROAD VISNAGAR, OTHER, MAHESANA,
 GUJARAT, INDIA

Date : 08/04/2023



Examined by : Dr. SHASHIKANT NIGAM
MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

UHID : AHIL.0000721352
AHC No : AHILAH204643



Chief Complaints

For Annual health checkup
 No specific complaints

Present Known illness

No history of - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke



Drug Allergy

NO KNOWN ALLERGY :08/04/2023



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



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Allergies

- Nil
- Past medical history - nil significant
- Covid 19 - No
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No



Surgical history

- Surgical history - Nil



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Male - 1
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Sedentary



Family history

- Father - has expired
- Mother - alive
- Brothers - 1
- Sisters - 1
- Hypertension - father, mother
- Coronary artery disease - none
- Cancer - father
- Type - LIVER

Physical Examination



General

- General appearance - normal
- Build - normal



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Height - 177
 Weight - 69.5
 BMI - 22.18
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 90
 Rhythm - Regular
 Systolic(mm of Hg) - 130
 Diastolic(mm of Hg) - 80
 - B.P. Sitting
 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	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	Occasional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occasional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	12.3 *	gm%	●	13.0-17.0
Packed cell volume(Calculated)	36.8 *	%	●	40-50
RBC COUNT (Impedance)	3.76 *	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	97.9	fl	●	80-100
MCH(Calculated)	32.73 *	pg	●	27-32
MCHC(Calculated)	33.5	%	●	31-36
RDW(Calculated)	15.6 *	%	●	11.5-14.5
WBC Count (Impedance)	5564	/cu mm	●	4000-11000

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





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Neutrophils	60	%	●	40-75
Lymphocytes	34	%	●	20-40
Monocytes	04	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	365700	/cu mm	●	150000-450000
MPV (Calculated)	6.9 *	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	20 *	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:	O 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	15	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	63	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	16	U/L	●	> 1 year Male : <40
Total Bilirubin	1.119	mg/dL	●	0.300-1.200
Direct Bilirubin	0.313 *	mg/dL	●	Upto 0.3 mg/dl

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0.806 * 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	0.8	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	13	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	95	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)	102	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)

5.3

%



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. 105.41

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
PROTEIN TOTAL - SERUM / PLASMA	7.3	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.3	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.8	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.8	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.5		●	2.20-4.20
Globulin-Serum/Plasma	2.5		●	2.20-4.20
A/G ratio	1.92		●	1.00-2.00
A/G ratio	1.92		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.8	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	116	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	5.23 *	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	5.4	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	18	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	161	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	175 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	29 *	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)	121	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	35		●	< 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



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ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG



Within Normal Range



Borderline High/Low



Out of Range





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Executive Summary



- .BODY WEIGHT 69.5 KG, IDEAL BODY WEIGHT 59-72 KG
- .SUBCLINICAL HYPOTHYROIDISM
- .DYSLIPIDEMIA
- .ECG - NORMAL
- .ECHO -NORMAL
- .USG ABDOMEN - FEW TINY CONCRETIONS NOTED IN BOTH KIDNEYS
- .CHEST X-RAY - NORMAL
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET
- LOW FAT DIET

Advice On Physical Activity :-



- REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 59-72 KG

Follow-up and Review Plan



CHECK HB ELECTROPHORESIS

Dr. B.L. Exhauler



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

Dr. Shashikant Nigam

MBBS, MD (Gen. Med.)

Consultant Internal Medicine

Apollo Hospitals International Ltd., Gandhinagar, Gujarat-382438, INDIA. Regd. No. : G-21961

DR. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Printed By : MUKTA S ADALTI


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 : Mr. DHIREN PANCHAL | Male | 34Yr 4Mth 26Days
UHID : AHIL.0000721352 **Patient Location:** AHC
Patient Identifier: AHILAH204643 
DRN : 123046756 **Completed on :** 08-APR-2023 10:07
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 —



RAJVEERSINH P CHAVDA

Medical Officer

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RADIOLOGY

Patient Details : Mr. DHIREN PANCHAL | Male | 34Yr 4Mth 26Days
UHID : AHIL.0000721352 **Patient Location:** AHC
Patient Identifier: AHILAH204643 
DRN : 223019821 **Completed on :** 08-APR-2023 10:12
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.

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

Spleen measures 12.3 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth.

Few tiny concretions noted in both kidneys.

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 (volume 19 cc) and is normal in size and echopattern.

IMPRESSION:-

Few tiny concretions noted in both kidneys.

Printed on : 10-Apr-2023 9:43

Printed By : 153182

Reported By : 717876

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USG WHOLE ABDOMEN

— END OF THE REPORT —

DR. VAIBHAVI PATEL

RAJVEERSINH P CHAVDA

Medical Officer

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Rate 83

PR 152

QRSD 84

QT 353

QTc 415

--AXIS--

P 72

QRS 69

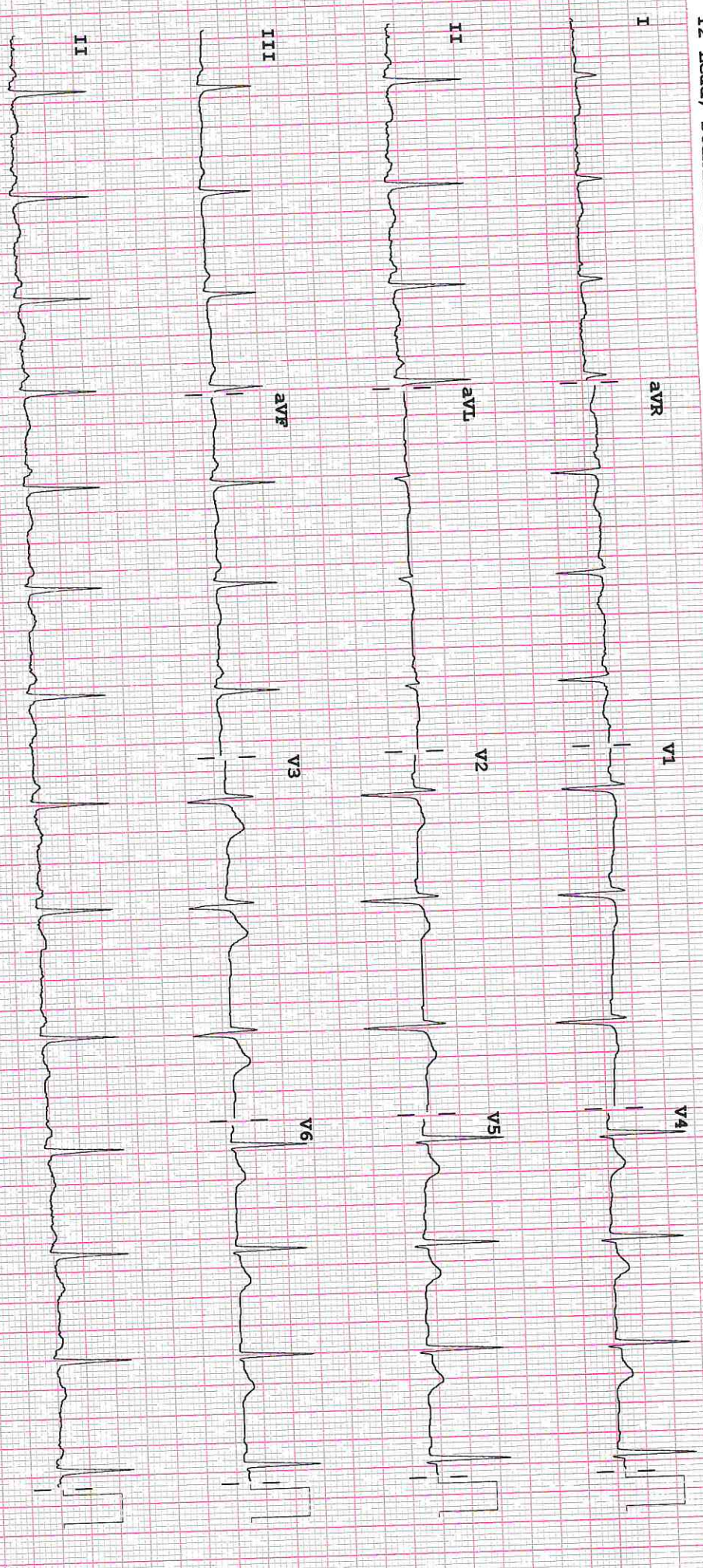
T 41

12 Lead; Standard Placement

AHIL.0000721352

MR. DHIREN
PANCHAL

34 Year(s) / Male



Device:

Speed: 25 mm/sec

Limb: 1 mm/mV

Chest: 10.0 mm/mV

F 50 ~ 0.15-100 Hz

PH10

CL


P2



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CARDIOLOGY

Patient Details : Mr. DHIREN PANCHAL | Male | 34Yr 4Mth 26Days
UHID : AHIL.0000721352 **Patient Location:** AHC
Patient Identifier: AHILAH204643 
DRN : 5623034247 **Completed on :** 08-APR-2023 12:44
Ref Doctor : DR. SHASHIKANT NIGAM

ECHO/TMT

FINDINGS :

Normal cardiac chamber dimensions.
 Normal LV systolic function, LVEF: 60%
 No Regional wall motion abnormalities at rest.
 Normal LV compliance.
 All cardiac valves are structurally normal.
 IAS/ IVS intact.
 No MR, No AR, No PR, Trivial TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

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

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Mr. DHIREN PANCHAL

AHIL.0000721352

AHILAH204643

ECHO/TMT

	LVID diastole
Measurements (mm)	.

IMPRESSION

— END OF THE REPORT —

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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EXAMINATION RECORDS

Mr. DHIREN
PANCHAL

Date :

8/4/23

Name :

34 Year(s) / Male

UHID :



Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

Right Eye :

N6

Left Eye :

N6

APLN.TN - Right Eye

11

Left Eye -

16

mmHg

Normal

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

Normal

Both Eye Posterior Segment Examinations -

Normal

Pt is fit and can
do his
duties.

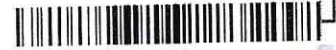
Dr. Zohra Shaikh
MBBS, DNB - Ophthalmology
Junior Consultant - Ophthalmology
Apollo Hospitals International Limited,
Bhat, GIDC Estate, Gandhinagar,
Regd. No. : G-9950
Ophthalmologist Name



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Mr. DHIREN
PANCHAL

34 Year(s) / Male



DENTISTRY

Name : Date : 07/06/23 Unit No. :
 Occupation : Ref. Physician :
 Age : Sex : Male Female Copies to :

DENTAL RECORD

ALLERGIES : N/A
 PAIN : Score (0-10) 0 Location : Character :
 DENTAL CLEANING HABIT Once Twice Occasionally
 Brush Finger Stick Any other
 Tooth Paste Powder Any other
 DO THE GUMS BLEED WHEN YOU BRUSH YOUR TEETH? Yes No
 ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No
 ORAL HYGIENE Good Fair Poor

ORAL TISSUE EXAMINATION	PERIODONTAL EXAMINATION	OCCLUSION
NORMAL FINDINGS IN DISEASE	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other :	Gingivitis <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Recession <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia Impaction Non-vital Fracture Abscess Ulcers Caries Missing Teeth Supernumerary Others

PRESENT COMPLAINT : Poorly clean
 PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy
N/A