



Mr. SANKET DAMKE (32 /M)

UHID : AHIL.0000839773

AHC No : AHILAH190923

Date : 05/02/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Namaste Mr. SANKET DAMKE,

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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Keep the records carefully and bring them along during your next visit to our Hospital



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](http://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](mailto: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. SANKET DAMKE (32 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 05/02/2023



UHID : AHIL.0000839773

AHC No : AHILAH190923



### Chief Complaints

For Annual health checkup

No specific complaints

### Present Known illness

Anxiety

Since - 1 YR

Others

- TAB SERTALIN .....TAB CLONAZEPAM



### 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 - No  
allergies?

Do you have any drug - No  
allergies?



### Surgical history

Surgical history - Nil



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### Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Male - 1
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - consumes alcohol occasionally
- Frequency - occasional
- Consuming alcohol for - 10 YRS
- Smoking - Yes
- Duration of smoking(in years) - 8 YRS
- Type - Cigarette
- Frequency - occasional
- Chews tobacco - No
- Chews tobacco since - 2 YRS
- Physical activity - Moderate



### Family history

- Father - alive
- Aged - 66
- Mother - alive
- Aged - 60
- Brothers - 1
- Coronary artery disease - none
- Cancer - None

## Physical Examination



### General

- General appearance - normal
- Build - normal
- Height - 176
- Weight - 62.7



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**BMI** - 20.24

Pallor - No

Oedema - no



**Cardiovascular system**

Heart rate (Per minute) - 62

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	25	mL		
Specific Gravity	1.025			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	7			
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	1-2 /h.p.f	/hpf		0-5/hpf
Epithelial Cells	Occassional			
Casts:	Absent			
Crystals:	Absent			

**COMPLETE BLOOD COUNT WITH ESR**

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	13.5	gm%	●	13.0-17.0
Packed cell volume(Calculated)	39.4 *	%	●	40-50
RBC COUNT (Impedance)	4.72	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	83.4	fl	●	80-100
MCH(Calculated)	28.67	pg	●	27-32
MCHC(Calculated)	34.4	%	●	31-36
RDW(Calculated)	12.5	%	●	11.5-14.5
WBC Count (Impedance)	6499	/cu mm	●	4000-11000

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

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Neutrophils	57	%	●	40-75
Lymphocytes	33	%	●	20-40
Monocytes	8	%	●	2-10
Eosinophils	2	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	204900	/cu mm	●	150000-450000
MPV (Calculated)	9.1	fl	●	7-11
RBC:	Normochromic Normocytic RBCs			
WBC:	As mentioned.			
Platelets:	Adequate on the smear			
Parasite	No Parasites Seen			

ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	04	mm/1st hr	●	0-15
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**URINE GLUCOSE(FASTING)**

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:	B 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	22	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	88	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	22	U/L	●	> 1 year Male : <40
Total Bilirubin	0.368	mg/dL	●	0.300-1.200
Direct Bilirubin	0.132	mg/dL	●	Upto 0.3 mg/dl

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

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Indirect Bilirubin

0.236

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	1.13	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	22	U/L		Male : 10 - 71 Female : 6 - 42

**GLUCOSE - SERUM / PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	93	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)	123	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)

5.0

%



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.

96.80

### 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	7.43	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.43	g/dL		6.00-8.00
ALBUMIN - SERUM	4.59	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.59	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.84			2.20-4.20
Globulin-Serum/Plasma	2.84			2.20-4.20
A/G ratio	1.62			1.00-2.00
A/G ratio	1.62			1.00-2.00

### THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.7	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	96	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	1.71	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	5.0	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)	11	mg/dL	●	6-20
UREA - SERUM / PLASMA	24	mg/dL	●	15 - 50

### LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	201 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	80	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	46 *	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)	143 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	16		●	< 40 mg/dl
C/H RATIO	4		●	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.

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**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

URINE GLUCOSE(POST PRANDIAL)

**CARDIOLOGY**

ECHO/TMT

ECG

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Saving time. Saving lives.



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### Executive Summary



- .BODY WEIGHT 62.7 KG,DEAL BODY WEIGHT 58-71 KG
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 8:11 ,WORKLOAD 10.1 METS
- .USG ABDOMEN - NO SIGNIFICANT ABNORMALITY
- .CHEST X-RAY - NORMAL
- .EYE – NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

### Wellness Prescription

#### Advice On Diet :-



- BALANCED DIET---
- LOW FAT 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 58-71 KG

### Follow-up and Review Plan



- CHECK LIPID PROFILE EVERY 6 MONTHS



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

Printed By : MUKTA S ADALTI

Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine  
Dr. Shashikant Nigam  
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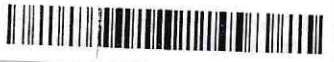
Note :- The Health Check-up examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the Consulting Physician. Additional tests, consultations and follow up may be required in some cases.



AHIL.0000839773

Mr. SANKET  
DAMKE

32 Year(s) / Male



**DENTISTRY**

Name : ..... Date : 05/02/23 Unit No. : .....

Occupation : ..... Ref. Physician : .....

Age : ..... Sex :  Male  Female Copies to : .....

**DENTAL RECORD**

ALLERGIES : NA

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 :	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia
Cheeks :	Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction <u>FFF</u>
Tongue :	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth :	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture
Palate :	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsilar Area :	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
Any other :	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries
		Missing Teeth
		Supernumerary
		Others

PRESENT COMPLAINT : Pain to clicking

PRE-MEDICAL HISTORY:  DM  HTN  Thyroid  Acidity  Pregnancy

Anticoagulant  Under Drug Therapy


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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details** : Mr. SANKET DAMKE | Male | 32Yr 5Mth 21Days  
**UHID** : AHIL.0000839773 **Patient Location:** AHC  
**Patient Identifier:** AHILAH190923   
**DRN** : 223006170 **Completed on :** 05-FEB-2023 09:58  
**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 10 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 (volume 18 cc) is normal in size and echopattern.

#### IMPRESSION :

No significant abnormality.

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Page 1 of 2

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**Regd. Office**  
 19 Bishop Gardens, R.A. Puram, Chennai - 600 028  
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The Emergency Specialist



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Mr. SANKET DAMKE

AHIL.0000839773

AHILAH190923

**USG WHOLE ABDOMEN**

— END OF THE REPORT —

*T.V. Parikh*

TIRTH VINAYKUMAR PARIKH

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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details** : Mr. SANKET DAMKE | Male | 32Yr 5Mth 21Days  
**UHID** : AHIL.0000839773 **Patient Location:** AHC  
**Patient Identifier:** AHILAH190923   
**DRN** : 123015563 **Completed on :** 05-FEB-2023 13:00  
**Ref Doctor** : DR. SHASHIKANT NIGAM

### X-RAY CHEST PA

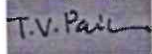
#### FINDINGS :

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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5/12/2023

**OPHTHALMIC EXAMINATION RECORD**

AHIL.0000839773

Mr. SANKET  
DAMKE

32 Year(s) / Male



Name :

UHID :

Distance Vision :

Right Eye -

Left Eye -

6/6  
6/6 Without glasses

Hi Laser Surgery

Near Vision :

Right Eye :

Left Eye :

N6  
N6 / without glasses

Refuge - 2014

APLN.TN - Right Eye

12

Left Eye -

12 mmHg

(w)

Both Eye - Colour Vision

(w)

Both Eye - Anterior Segment Examinations -

(w)

Both Eye Posterior Segment Examinations -

(w)

Joshi. M.N

Dr. Manish Joshi  
M.S (Ophthalmology), F.F.R.C  
Senior Consultant - Ophthalmologist  
Apollo Hospitals International Ltd., Ganchinagar  
Rajiv Gandhi G-9376

Ophthalmologist Name

ID: 00089773  
 Visit: MEDIWHEEL  
 5 Feb-2023  
 11:00:49

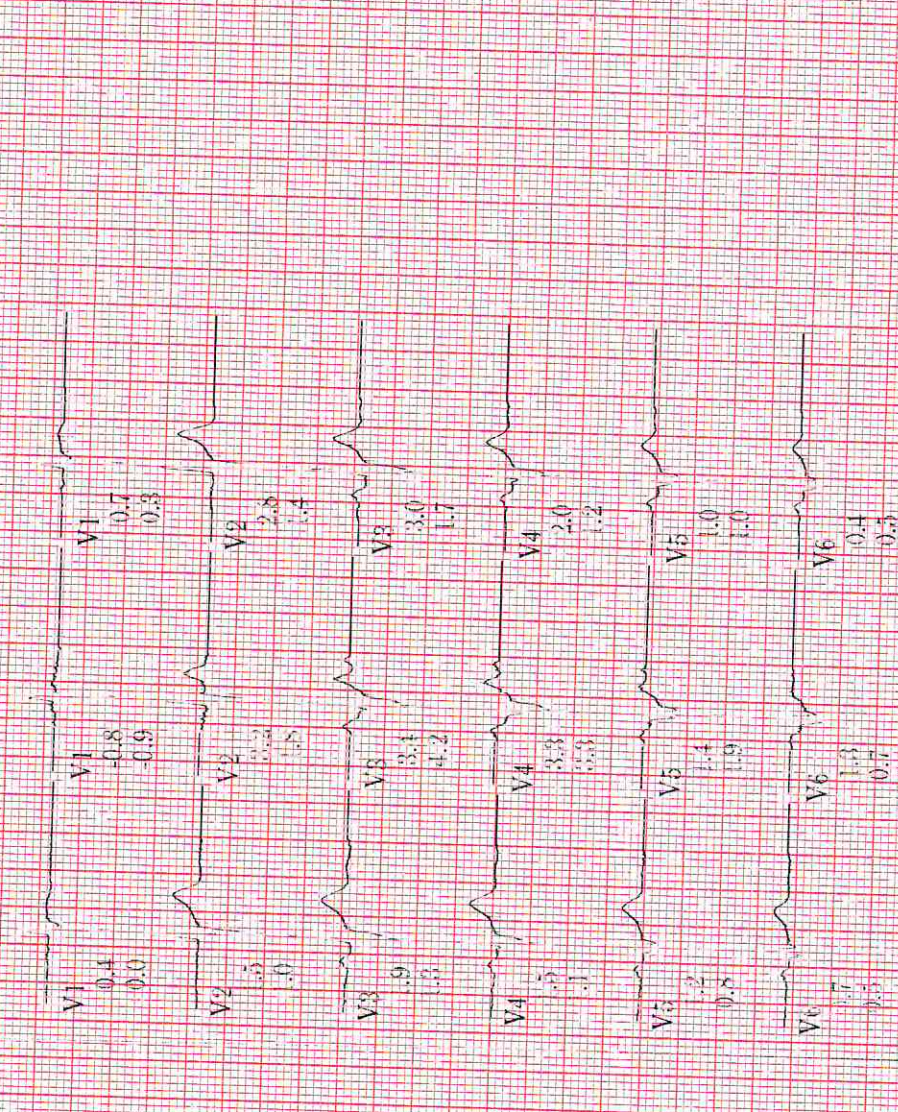
Referred by: DR. SAMBER DANI, MHC  
 Test ind:

32 years  
 176 cm  
 Asian  
 62 kg  
 Male

BRUCE  
 Max HR: 171 bpm 90% of max predicted 188 bpm  
 Max EP: 130/80  
 Total Exercise time: 8:11  
 Maximum workload: 10.1 METS  
 Reason for Termination: Patient fatigue

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 PATIENT FATIGUE AND THR ACHIEVED  
 GOOD EFFORT TOLERANCE.

BASELINE EXERCISE	PEAK EXERCISE	TEST END RECOVERY
0:00	8:11	8:04
81 bpm	171 bpm	110 bpm
BP: 110/70	BP: 150/80	BP: 110/70



BASELINE EXERCISE	PEAK EXERCISE	TEST END RECOVERY
0:00	8:11	8:04
81 bpm	171 bpm	110 bpm
BP: 110/70	BP: 150/80	BP: 110/70

