



Mr. SURENDRA SINGH SHEKHAWAT (52 /M)

UHID : AHIL.0000850117

AHC No : AHILAH198008

Date : 11/03/2023

MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE



Namaste Mr. SURENDRA SINGH SHEKHAWAT,

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.



Scan the QR code to download the Apollo 247 App

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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. SURENDRA SINGH SHEKHAWAT (52 /M)

Date : 11/03/2023



Address :

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Examined by : Dr. S.H. SHIKANT NIGAM

UHID : AHIL.0000850117

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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 : - Nil Significant
- Spine and joints : - Nil Significant
- Skin : - Nil Significant
- General symptoms : - Nil Significant



Past medical history

- Do you have any allergies? - No
- Do you have any drug allergies? - No
- Covid 19 - Yes
- Hospitalization for Covid 19 - No



Surgical history

- Surgical history - Nil



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Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 2
- Female - 1
- Male - 1
- Profession - corporate employed
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate

Or



Family history

- Father - alive
- Aged - 76
- Mother - alive
- Aged - 74
- Brothers - 1
- Sisters - 1
- Diabetes - mother
- Hypertension - mother
- Coronary artery disease - father
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 180
- Weight - 89.2
- BMI - 27.53
- Pallor - No



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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	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
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)	13.4	gm%	●	13.0-17.0
Packed cell volume(Calculated)	39.9 *	%	●	40-50
RBC COUNT (Impedance)	4.93	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	81	fl	●	80-100
MCH(Calculated)	27.22	pg	●	27-32
MCHC(Calculated)	33.6	%	●	31-36
RDW(Calculated)	13.9	%	●	11.5-14.5
WBC Count (Impedance)	5757	/cu mm	●	4000-11000

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



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Neutrophils	55	%	●	40-75
Lymphocytes	32	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	05	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	331200	/cu mm	●	150000-450000
MPV (Calculated)	6.9 *	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	09	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:	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	13	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	86	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	27	U/L	●	> 1 year Male : <40
Total Bilirubin	0.455	mg/dL	●	0.300-1.200
Direct Bilirubin	0.155	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.3

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	0.83	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	18	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	124 *	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)	192 *	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)

6.3 *

%



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. 134.11

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.82	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.82	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.15	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.15	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.67		●	2.20-4.20
Globulin-Serum/Plasma	3.67		●	2.20-4.20
A/G ratio	1.13		●	1.00-2.00
A/G ratio	1.13		●	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	110	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	2.47	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	6.0	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

PSA is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or some prostate disorders. PSA is not a unique indicator of prostate cancer, it may also detect prostatitis or benign prostatic hyperplasia. Only about 30 percent of patients with high PSA have prostate cancer diagnosed after biopsy. It is recommended in men above 50 years of age.

Test Name	Result	Unit	Level	Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM	0.524	ng/mL	●	0.000-4.000

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10	mg/dL	●	6-20
UREA - SERUM / PLASMA	22	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	220 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	208 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	37 *	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)	168 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High

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VEDICHOLESTEROL	42 *	●	< 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.

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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APOLLO HOSPITALS

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Executive Summary



- .BODY WEIGHT 89.2 KG,DEAL BODY WEIGHT 61-74 KG
- .PRE-DIABETIC
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM / *PPBS*
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 9:13 ,WORKLOAD 10.4 METS
- .USG ABDOMEN - NORMAL STUDY
- .CHEST X-RAY - NORMAL
- .EYE – 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 61-74 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



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

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
DR. SHASHIKANT NIGAM
 M.B.B.S, D.M.D. (Gen. Med.)
 Apollo Hospitals International Ltd., Gandhinagar,
 Gujarat-382015, India. Regd. No.: G-21961
 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.

OPTH

AHIL.0000850117

Mr. SURENDRA SINGH
SHEKHAWAT

EXAMINATION RECORDS

Name : 52 Year(s) / Male

Date : 11/3/23

UHID :



Distance Vision :

Right Eye - 6/6 \bar{c} +0.75 DS

Left Eye - 6/6 \bar{c} +1.0 DS

Adv
(BE) Peerdooop eld
oo

Near Vision :

Right Eye : N6/ \bar{c} +1.75 DS

Left Eye : NR

APLN.TN - Right Eye 14 Left Eye - 15 mmHg

Both Eye - Colour Vision NAL

Both Eye - Anterior Segment Examinations - NAD

Both Eye Posterior Segment Examinations - NAD

Rt is got front outside
and can do his duty


Doctor's Signature



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RADIOLOGY

Patient Details : Mr. SURENDRA SINGH SHEKHAWAT | Male | 52Yr 7Mth 4Days

UHID : AHIL.0000850117

Patient Location: AHC

Patient Identifier: AHILAH198008



DRN : 123032072

Completed on : 11-MAR-2023 10:26

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. SURENDRA SINGH SHEKHAWAT | Male | 52Yr 7Mth 4Days

UHID : AHIL.0000850117 **Patient Location:** AHC

Patient Identifier: AHILAH198008 

DRN : 223013749 **Completed on :** 11-MAR-2023 11:23

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 10.1 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 is normal in size and echopattern.

IMPRESSION :

NO ABNORMALITY DETECTED.

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USG WHOLE ABDOMEN

— END OF THE REPORT —

A. A. PATEL

Dr. ALPESH A PATEL

DNB Resident

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Mr. SURENDRA SINGH
SHEKHAWAT
52 Year(s) / Male



DENTISTRY

Name : Date : 11/3/23 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 Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other : <u>N/A</u>	MILD MOD SEV Gingivitis <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Recession <input 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"/>	CLASS I II III CROSSBITE Hypoplasia Impaction Non-vital Fracture Abscess Ulcers Caries Missing Teeth Supernumerary Others

PRESENT COMPLAINT : Pain to chewing

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy

N/A

Rate 65

PR 156

QRSD 98

QT 424

QTc 441

--AXIS--

P 44

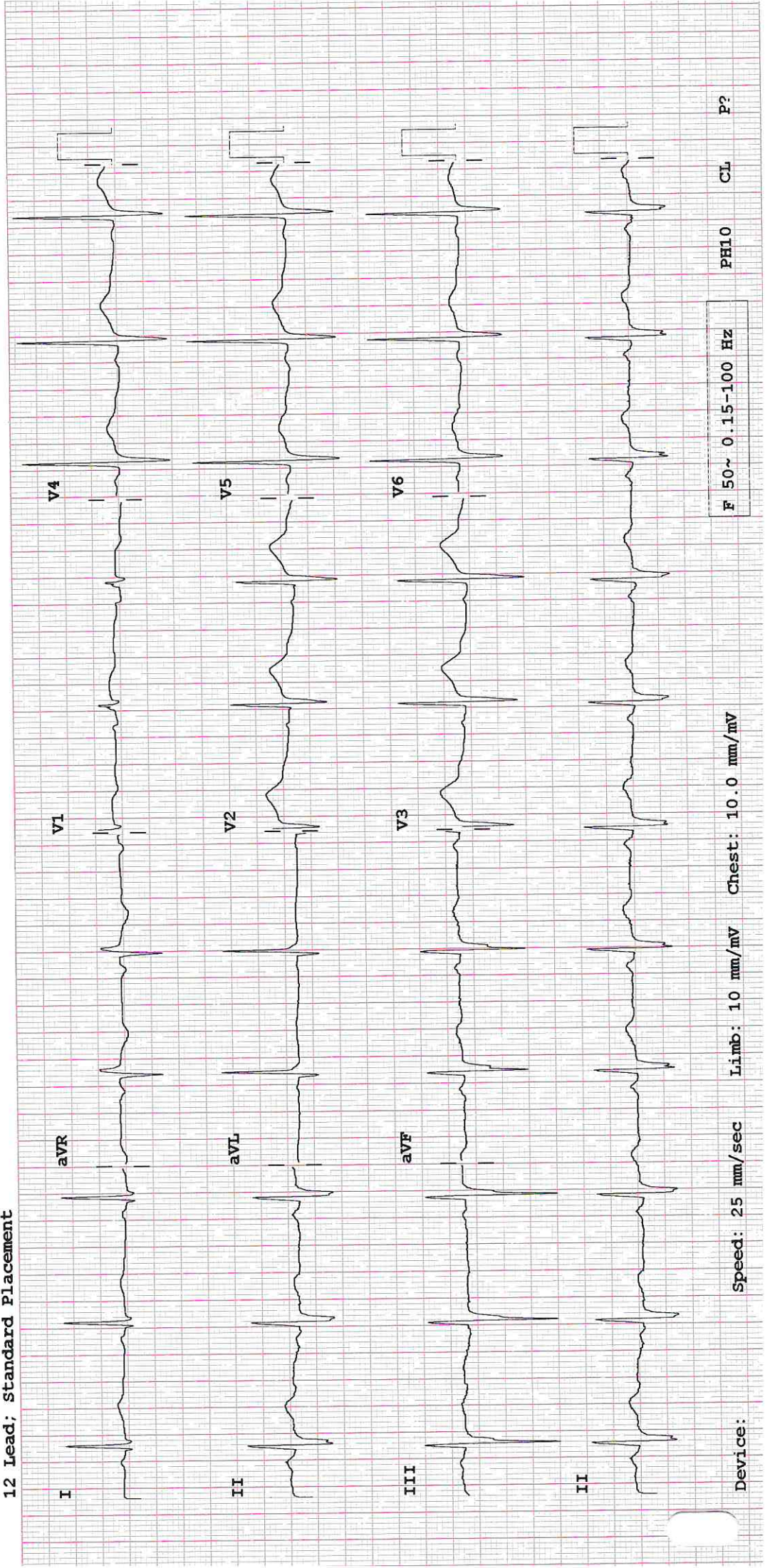
QRS -45

T 49

AHIL.0000850117
Mr. SURENDRA SINGH
SHEKHAWAT
52 Year(s) / Male



12 Lead; Standard Placement



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 50~ 0.15-100 Hz

PH10 CL P?

ID: 000850117

BRUCE

Total Exercise time: 9:13

Visit: 11-Mar-2023 12:55:32
 52years 180cm
 Asian 89kg
 Male
 Max HR: 148bpm 88% of max predicted 168bpm
 Max BP: 140/80
 Reason for Termination: THR ACHIEVED.
 Comments: TMT IS NEGATIVE FOR INDUCED ISCHEMIA AT HIGH WORKLOAD WITH NORMAL HEMODYNAMIC RESPONSE WITH GOOD EFFORT TOLERANCE.
 TEST TERMINATED DUE TO THR ACHIVED.

Referred by: DR SUBIR GHOSH
 Test ind:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	Work Load (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
PRETEST	SUPINE	1:07	0.8	0.0	1.3	85	120/70	102
EXERCISE	STAGE 1	3:00	1.7	10.0	4.6	126		
	STAGE 2	3:00	2.5	12.0	7.0	133	130/80	173
	STAGE 3	3:00	3.4	14.0	10.1	145	140/80	203
	STAGE 4	0:13	4.2	16.0	10.4	148	140/80	207
RECOVERY	RECOVERY	3:06	**.*	***.*	1.0	89		