

Name : Mrs. MAMATA DEY (39 /F)

Date : 11/11/2023

Address : 22/5 FIRINGI DANGA ROAD SERAMPORE, OTHER, HUGLI, WEST BENGAL, INDIA

Examined by: Dr .SHARMISTHA MALLIK

UHID : AMHL.0002246078

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH186530



## CHIEF COMPLAINTS

For corporate health checkup

## PRESENT KNOWN ILLNESS

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



## DRUG ALLERGY

NO KNOWN ALLERGY

:11/11/2023



## 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

Last menstrual period - 22.10.23; Periods - regular;  
No of Children - 1; Last child birth - 6 yrs; Deliveries  
- LSCS

### 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



### Past medical history

Past medical history - nil significant



### Personal history

Marital status - Married

No. of children - 1

Diet - Non Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Sedentary



### Family history

Father - alive

Mother - alive

Diabetes - father

Age - greater than 50

Hypertension - father

Coronary artery  
disease - father

Cancer - None

## PHYSICAL EXAMINATION



### General

Build - normal

Height - 149

Weight - 40

BMI - 18.02

Pallor - No

Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 76  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 108  
Diastolic(mm of Hg) - 62  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds



### Abdomen

Appearance - Normal  
Organomegaly - No  
Tenderness - No

### Ophthalmology consultation

Ophthalmology findings - UCVA:RE:6/9P LE:6/9P  
NVA:RE:N8 LE:N8  
OCULAR MOVEMENT:WNL  
ANT.SEG:WNL  
ACCEPT:RE:  
+0.75/-0.75X70\*(6/6)  
LE:+0.50/+0.50X40\*(6/6)  
ADD(BE):+1.25DS(N6)  
ADVICE:\*Glass Rx\*Review  
after 1yr/SOS

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### COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	13.4	g/dl	●	12.0-15.0
RBC COUNT	4.67	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	40.6	%	●	36-46
MCV	86.9	fl	●	83-101
MCH	28.6	pg	●	27-32
MCHC	32.9	%	●	31.5-34.5
RDW	14.3 *	%	●	11.8-14.0
WBC Count	8900	/cu mm	●	4000-10000
Platelet Count	2.30	lacs/cu mm	●	1.5-4.0
Neutrophils	62	%	●	40-80
Lymphocytes	26	%	●	20-40
Monocytes	04	%	●	2-10
Eosinophils	08 *	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	5	mm/1st hr	●	0-20

### URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	60	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.030			
pH:	5.5			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	Occasional/hpf			
Epithelial Cells	2-4 /h.p.f /hpf			

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:	O			
Rh (D) Type:	POSITIVE			

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	23	U/L	●	0-35
ALBUMIN - SERUM	4.8	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	63	U/L	●	33-98
AST (SGOT) - SERUM	22	U/L	●	0-35
BILIRUBIN TOTAL - SERUM	0.9	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	0.8	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 18 U/L ● 0-38

TOTAL T3: TRI IODOTHYRONINE - SERUM 1.00 ng/ml ● 0.87-1.78

TOTAL T4: THYROXINE - SERUM 10.8 µg/dL ● 5.48-14.28

GLUCOSE - PLASMA (FASTING)

Test Name Result Unit Level Range
GLUCOSE - PLASMA (FASTING) 89 mg/dL ● 70-99

LIPID PROFILE TEST (PACKAGE)

Test Name Result Unit Level Range
TRIGLYCERIDES - SERUM 74 mg/dL ● 0-150

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name Result Unit Level Range
GLUCOSE - PLASMA (POST PRANDIAL) 101 mg/dL ● 70-140

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name Result Unit Level Range
TSH: THYROID STIMULATING HORMONE - SERUM 1.5 µIU/mL

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name Result Unit Level Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD 4.5 % ●
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 4.1 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 82 \* mg/dL ● 30-70
LDL CHOLESTEROL -SERUM 114 \* mg/dL ● 0-100
VLDL CHOLESTEROL - SERUM (Calculated) 11 mg/dL ● 0-35

BUN (BLOOD UREA NITROGEN)

Test Name Result Unit Level Range
BUN (BLOOD UREA NITROGEN) 9.5 mg/dL ● 7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
A/G - RATIO 1.6 ● 1.0-2.0

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
PROTEIN TOTAL - SERUM 7.9 g/dL ● 6.4-8.3
GLOBULIN: (CALCULATED) - SERUM 3.1 g/dL ● 1.8-3.6

BUN/CREATININE RATIO

Test Name Result Unit Level Range
BUN/CREATININE RATIO 12.5

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name Result Unit Level Range

ECG

SINUS RHYTHM WITH SINUS ARRHYTHMIA. LOW VOLTAGE QRS & T WAVES.

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### TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

### ULTRASOUND SCREENING WHOLE ABDOMEN

- \* Bulky Uterus.
- \* Left adnexal cyst.

[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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## Executive Summary



1. USG W/A - A. Bulky Uterus.  
B. Left adnexal cyst.

## Wellness Prescription

### Advice On Diet :-



- \* Healthy balanced diet.
- \* Drink plenty of fluids.

### Advice On Physical Activity :-



- \* Regular exercise and maintain ideal weight.

### Other Lifestyle Changes & Recommendations :-

- \* Follow advice given by Ophthalmology department.

## Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
OBSTETRICS AND GYNAECOLOGY		7 Day(s)	discuss with USG report

## Follow-up and Review Plan



- \* Annual health check-up.



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

Printed By : AVIJIT DAS

**Dr.SHARMISTHA MALLIK**  
AHC Physician / Consultant 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.

## AICVD RISK SCORE REPORT

### RISK STATUS

Low Risk

### YOUR SCORE

1

### ACCEPTABLE SCORE

3

### Your cardiovascular disease risk in the next 10 years is within the Normal limits for 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**

### 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**