



Mrs. SONY SONALIKA SONY MASIH (37 /F)



UHID : AHIL.0000815604

AHC No : AHILAH174605

Date : 12/11/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Dear Mrs. SONY SONALIKA SONY MASIH

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

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**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  
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**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 : 12/11/2022

Name : Mrs. SONY SONALIKA SONY MASIH (37 /F)

Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000815604

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No : AHILAH174605



### Chief Complaints

For general health checkup

HEADACHE



### 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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**General symptoms** : - Nil Significant



**Past medical history**

- Do you have any allergies? - No
- Do you have any drug allergies? - Yes
- Others - SULPHA
- Tuberculosis - CHILDHOOD



**Surgical history**

- Caesarian section - 2012 & 2020



**Personal history**

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 2
- Female - 2
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



**Family history**

- Father - has expired
- Aged - 72
- Mother - has expired
- Aged - 53
- Brothers - 3
- Hypertension - father
- Coronary artery disease - none
- Cancer - None





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## Physical Examination



### General

General appearance - normal  
Build - normal  
Height - 157  
Weight - 65.5  
BMI - 26.57  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 86  
Rhythm - Regular  
- B.P. Supine  
Systolic(mm of Hg) - 122  
Diastolic(mm of Hg) - 86  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds



### Abdomen

Organomegaly - No  
Tenderness - 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	1.005			
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	1-2 /h.p.f			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)	11.2 *	gm%	●	12-16
Packed cell volume(Calculated)	35.4 *	%	●	36-46
RBC COUNT (Impedance)	4.52	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	78.4 *	fl	●	80-100
MCH(Calculated)	24.86 *	pg	●	27-32
MCHC(Calculated)	31.7	%	●	31-36
RDW(Calculated)	14.3	%	●	11.5-14.5
WBC Count (Impedance)	8088	/cu mm	●	4000-11000

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Neutrophils	70	%	●	40-75
Lymphocytes	23	%	●	20-40
Monocytes	6	%	●	2-10
Eosinophils	1	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	207000	/cu mm	●	150000-450000
MPV (Calculated)	11.1 *	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	24 *	mm/1st hr	●	0-20

### 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	8	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	63	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	13	U/L	●	>1 year Female : <32
Total Bilirubin	0.499	mg/dL	●	0.300-1.200
Direct Bilirubin	0.159	mg/dL	●	Upto 0.3 mg/dl

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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

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.27	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.27	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.49	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.49	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.78		●	2.20-4.20
Globulin-Serum/Plasma	2.78		●	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	1.4	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	79	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	3.58	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	4.3	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)	10	mg/dL	●	6-20
UREA - SERUM / PLASMA	21	mg/dL	●	15 - 50

### LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	177	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	147	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)	114	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	29		●	< 40 mg/dl
C/H RATIO	4		●	0-4.5

### ECHO/TMT

### Investigations Not Done / Not Yet Reported

#### Haematology

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STOOL ROUTINE

URINE GLUCOSE(FASTING)

**Histopathology**

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

**CARDIOLOGY**

ECG

**X Ray**

X-RAY CHEST PA

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### Executive Summary



- .BODY WEIGHT 65.5 KG,DEAL BODY WEIGHT 46-56 KG
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL V SYSTOLIC FUNCTION, LVEF 60 %
  - MITRAL VALVE PROPLASE+
  - MILD MR , NO PAH
- .USG ABDOMEN - NORMAL STUDY
- .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 46-56 KG

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15/11/2022  
Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam  
MBBS, MD (Gen. Med.)  
Consultant Internal Medicine

Apollo Hospitals International Ltd., Gandhinagar  
Gujarat-382428, INDIA. Regd. No.: G-21951

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 :** Mrs. SONY SONALIKA SONY MASHI | Female | 37Yr 8Mth 29Days  
**UHID :** AHIL.0000815604      **Patient Location:** AHC  
**Patient Identifier:** AHILAH174605        
**DRN :** 222058444      **Completed on :** 12-NOV-2022 12:08  
**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 8.7 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.

Uterus measures 7.9 x 4.2 x 5.6 cm. Endometrial thickness is 6 mm.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal.

No free fluid is seen in Pouch Of Douglas.

No definite evidence of adnexal/pelvic mass is seen.

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USG WHOLE ABDOMEN

--- END OF THE REPORT ---

Dr. HARSH S VYAS

DNB Resident

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### CARDIOLOGY

**Patient Details** : Mrs. SONY SONALIKA SONY MASIH | Female | 37Yr 8Mth 29Days  
**UHID** : AHIL.0000815604 **Patient Location:** AHC  
**Patient Identifier:** AHILAH174605   
**DRN** : 5622083632 **Completed on :** 12-NOV-2022 16:23  
**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.  
 Tachycardia +.  
 Mild Mitral valve prolapse +.  
 Other cardiac valves are structurally normal.  
 IAS/ IVS intact.  
 Mild MR, No AR, Trivial TR.  
 No PAH.  
 No clots/ vegetation/ effusion.

#### MEASUREMENTS (mm) ::

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ECHO/TMT

	LVID diastole
Measurements (mm)	

**IMPRESSION**

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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 If 37 Year(s) / Female



**DENTISTRY**

Name : ..... Date : 12/10/22 Unit No. : .....  
 Occupation : ..... Ref. Physician : .....  
 Age : ..... Sex :  Male  Female Copies to : .....

**DENTAL RECORD**

**ALLERGIES :** - NADA Suppla group -  
**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
<b>NORMAL FINDINGS IN DISEASE</b>	MILD MOD SEV	<b>CLASS I II III CROSSBITE</b>
Lips : ..... Cheeks : ..... Tongue : ..... Floor of the mouth : ..... Palate : ..... Tonsillar Area : <u>N/A</u> Any other : .....	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input checked="" 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"/>	Hypoplasia Impaction Non-vital Fracture Abscess Ulcers Caries - <u>7/1/62</u> Missing Teeth Supernumerary Others

**PRESENT COMPLAINT :** Round decay

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

NADA



Mrs Sony Soinalika  
ID: 815604

12:11:20 10:49:13

Apollo Hospital  
Bhat  
Gandhinagar

Location: \_\_\_\_\_  
Order No. \_\_\_\_\_  
Indication: \_\_\_\_\_  
Medication 1: \_\_\_\_\_  
Medication 2: \_\_\_\_\_  
Medication 3: \_\_\_\_\_

74 bpm

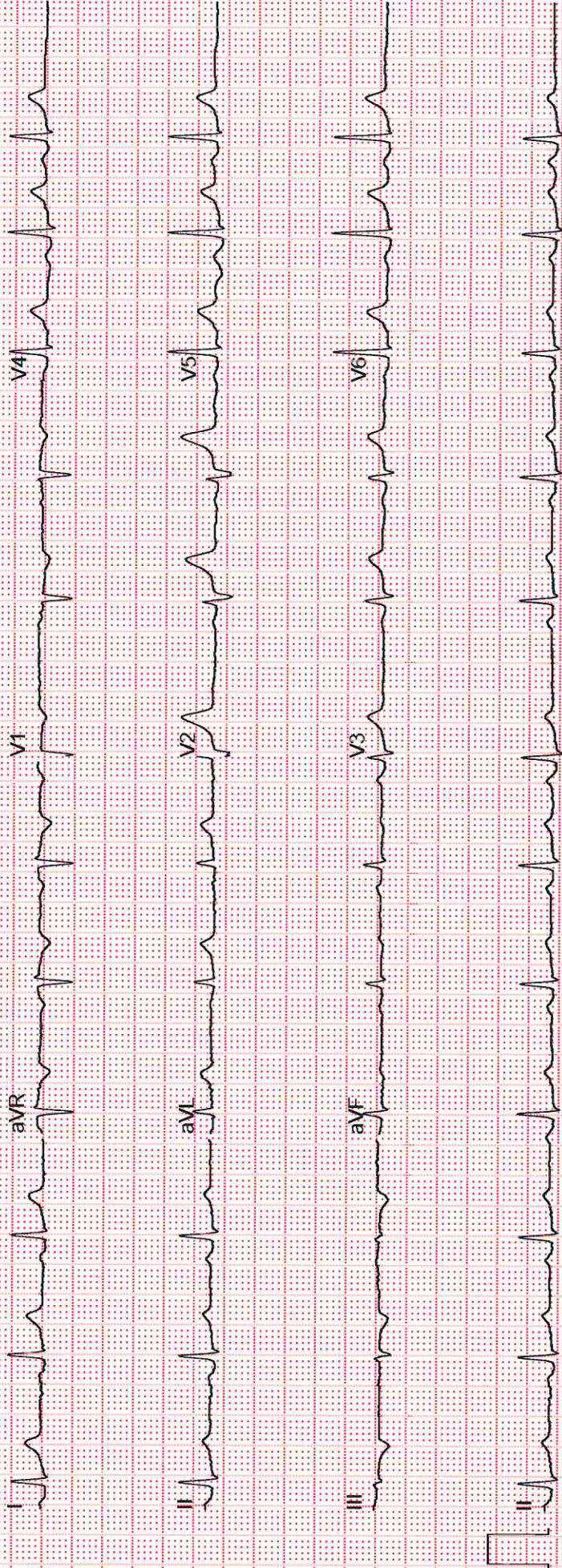
-- / -- mmHg

37 Years  
Female

Sinus rhythm with marked sinus arrhythmia  
Otherwise normal ECG

QRS 76 ms  
QT/QTc/Baz 382 / 424 ms  
PR 166 ms  
P 102 ms  
RR/PP 810 / 810 ms  
P/QRST 46 / 25 / 2 degrees

Technician: \_\_\_\_\_  
Ordering Ph: \_\_\_\_\_  
Referring Ph: \_\_\_\_\_  
Attending Ph: \_\_\_\_\_





# OPHTHALMIC EXAMINATION RECORDS

Name :

UHID :

Date :

12/11/22

AHIL.0000815604

Mrs. SONY SONALIKA SO  
MASIH

37 Year(s) / Female



Distance Vision :

Right Eye -

6/9

Left Eye -

6/9

(BE) 6/9

Near Vision :

Right Eye :

N 6

Left Eye :

N 6

APLN.TN - Right Eye

14

Left Eye -

12 mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNL

Both Eye Posterior Segment Examinations -

WNL

*Jg*  
**Dr. Jagriti Sinha**  
MS (Ophthalmology)  
Jr. Consultant  
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Chennai-600042, INDIA. Regd. No.: G-68792

Doctor's Signature

Ophthalmologist Name