

Name : Mrs. RAJESWARI P (31 /F)

Date : 25/03/2023

Address : 4/30, SEVALKATTUMOLAI, PANDAMANAGALAM, P. VELUR, OTHER,
NAMAKKAL, TAMIL NADU, INDIA

Examined by: Dr .SENTHIL MUTHU

UHID : KRR1.0000195227

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW
40YRS

AHC No : KRRMHC23234



CHIEF COMPLAINTS

For Annual health checkup
Complaints of myalgia x 2 - 3 months
History of giddiness / ? Headache (+)
No other co-morbid illness
No other allergies.

PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,
Hypertension,
Dyslipidemia, Thyroid
disorder, Heart disease,
Stroke, Asthma, COPD,
Cancer, Impaired Glycemia



DRUG ALLERGY

NO KNOWN ALLERGY

:25/03/2023



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

- ? Headache; Dizziness - yes

Eyes

Vision - normal with glasses

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

Allergies - No known drug

Do you have any drug allergies? - No



Surgical history

Appendicectomy - Laparoscopic done 20
years back.

Immunization history

- Covid Dose1,Covid Dose2



Personal history

Ethnicity - Indian Asian

Marital status - Married

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Moderate



Family history

Father - alive

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Aged - 60 years
Mother - alive
Aged - 52 years
Brothers - 1
Diabetes - father
Hypertension - father
Coronary artery disease - none
Cancer - None

Past surgical history - LSCS done twice
Marital status - married
No of Children - 2
Deliveries - LSCS
Periods - regular
L M P - 2 weeks back
Weight - 62.6
BP - 120/80
Breast examination - soft
P/A - soft
P/S - cervix, vagina healthy
Pap smear - Taken
Date of Review : - To review after 3 days with report.
Pelvic USG : - NAD

PHYSICAL EXAMINATION



General

Build - well built
Height - 175
Weight - 62.6
BMI - 20.44
Pallor - No
Oedema - no
SpO2 - 100%



Cardiovascular system

Heart rate (Per minute) - 82
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 120
Diastolic(mm of Hg) - 80
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

Psychological Assessment

Psychological assessment - Normal

Gynaec findings

Gynaec checkup done by - Dr.UDHAYAKUMARI T
Gynaec findings - nil gynec complaints

Cardiac consultation

Cardiac consultation done by - DR.KESAVAN KRR
Cardiac findings - Consultant's notes attached
Cardiac findings - Nil cardiac.

Ophthalmology consultation

Ophthalmology consultation done by - Dr.SENTHIL KUMAR V P
Ophthalmology findings - Consultant's notes attached
Ophthalmology findings - BOTH EYES ANTERIOR SEGMENT NORMAL
FUNDUS - NAD

Dental consultation

Dental consultation done by - Dr.VIGNESH A
Dental findings - Consultant's notes attached
Dental findings - Adv: Scaling.

Printed By : Madhumathi T

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STOOL ROUTINE

Test Name	Result	Unit	Level	Range
Colour:	Yellowish Brown			
Consistency :	Soft			
Mucus:	Absent			
Blood:	Absent			
Pus:	1-2 /h.p.f			
RBC	1-2 /h.p.f /hpf		0-2	
Vegetable Matter	Present			
Trophozoite	Absent			
Ova:	Absent			
Cysts:	Absent			

Monocytes	04	%	●	2-10
RBC Count	4.7	Million/ ul	●	3.7-5.6
Platelet Count	125 *	10 ³ /m m ³	●	150-450

ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	08	mm/1st hr	●	0-20

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
Blood Group	O			
Rh (D) Type:	POSITIVE			

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.010 *		●	1.016 - 1.026
Colour:	Pale Straw			
Transparency:	Clear			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Ketone	Negative			
Bile Pigments:	Negative			
Bile Salts :	Negative			
Urobilinogen	Normal	E.U./d L		
Pus Cells	4-6 /h.p.f			
Epithelial Cells	4-6 /h.p.f			

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	91	mg/dL	●	Adult: 74 - 100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	98	mg/dL	●	< 140

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	7.0	mg/dL	●	Adult : 6 - 20

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.9	mg/dL	●	Female: 0.6 - 1.1

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	3.9	mg/dL	●	Adult Female: 2.6 - 6.0

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
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CBC

Test Name	Result	Unit	Level	Range
Hemoglobin	11.6	gm%	●	11.5-16.5
Packed cell volume(Calculated)	35 *	%	●	37-47
WBC Count	4.6	10 ⁹ /m m ³	●	4-11
Neutrophils	71	%	●	40-80
Lymphocytes	23	%	●	20-40
Eosinophils	02	%	●	01-06

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

Total Cholesterol 101 mg/dL ● Adult Desirable: <200
Borderline
High: 200 - 239
High: >=240

HDL Cholesterol 34 * mg/dL ● Low: <40
High: >=60

LDL Cholesterol (Direct LDL) 48 mg/dL ● Optimal: <100
Near/above optimal: 100 - 129
Borderline
High: 130 - 159
High: 160 - 189
Very High: >=190

Triglycerides - Serum 37 mg/dL ● Normal: <150
High: 150 - 199
Hypertriglyceridemic: 200 - 499
Very High: >=500

Total Cholesterol / HDL Cholesterol Ratio (Calculated) 3.0 ● < 4.5

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.6	mg/dL	●	Adult : Upto 1.0
Bilirubin Unconjugated - Serum (Calculated)	0.4	mg/dL	●	0.0-1.0
Albumin - Serum	4.5	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.2	g/dL	●	Adult (2.0 - 3.5)
AST (SGOT)	18	U/L	●	Adult Female: <31
ALT(SGPT)	20	U/L	●	Adult Female : <34
Alkaline Phosphatase - Serum	67	U/L	●	Adult(Female): < 104

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	4.7	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% Diabetes >= 6.5%

SUGAR - URINE

Test Name	Result	Unit	Level	Range
SUGAR - URINE	Nil			

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Protein Total - Serum	6.7	g/dL	●	>2 Year: 6.0 - 8.0
Protein Total - Serum	6.7	g/dL	●	>2 Year: 6.0 - 8.0

THYROID PACKAGE II

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	2.56	μIU/mL	●	0.35 - 5.50
TOTAL T4: THYROXINE - SERUM	10.3	μg/dL	●	3.5 - 12.5
TOTAL T3: TRI IODOTHYRONINE - SERUM	124	ng/dL	●	60-180

PAP SMEAR

Ref No: C185/23
SPECIMEN TYPE: Conventional Cervical smear
SPECIMEN ADEQUACY: Satisfactory for evaluation with endocervical cells.
INTERPRETATION/RESULT: Negative for intraepithelial lesion or malignancy, with Fungal organisms morphologically consistent with Candida species.
COMMENTS AND SUGGESTIONS: Severe inflammation noted

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

ECG

HEART RATE : 73 bpm

NORMAL SINUS RHYTHM

NORMAL ECG.

TREAD MILL STRESS TEST

Cardiac Stress Analysis is NEGATIVE for Inducible Myocardial Ischemia at 10.8 METS.

ULTRASOUND SCREENING WHOLE ABDOMEN

Liver shows uniform echopattern with no evidence of focal or diffuse pathology.

The intra or extra hepatic biliary radicles are not dilated.

Gall bladder is distended with no evidence of calculus. Wall thickness appears normal.

Pancreas and spleen appear normal.

No evidence of ascites or lymphadenopathy.

Diaphragmatic movements are satisfactory. There is no subdiaphragmatic pathology or pleural effusion.

Right kidney - 9.5 x 4.0cms. Left kidney - 10.8 x 3.8cms.

Both kidneys show normal echopattern with no evidence of calculi or calyceal dilatation.

Bladder shows normal contour and wall thickness.

Uterus measures 8.2 x 3.8 x 4.9cms and shows normal myometrial echoes.

ET measures 5mm. Cervix and vagina appear normal.

Right ovary – 3.7 x 2.1cms. Left ovary – 3.0 x 2.1cms. Both ovaries show normal size and echopattern

Impression :

NO SIGNIFICANT ABNORMALITY IS DETECTED IN THE SOLID ORGANS OF ABDOMEN

For clinical correlation

Disclaimer: Please note that this report is a radiological professional opinion. It has to be correlated clinically and interpreted along with other investigations.

X-RAY CHEST PA



Within Normal Range



Borderline High/Low



Out of Range

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Inspiratory effort.

The lung fields are clear.

The cardio thoracic ratio is normal.

The apices, costo and cardiophrenic angles are free.

The bony thorax shows no significant abnormality.

The domes of diaphragms are well delineated.

Impression :

NO SIGNIFICANT ABNORMALITY IS DETECTED.

For clinical correlation.

INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT
PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)

Biochemistry

URINE GLUCOSE(POST PRANDIAL)



Within Normal Range




Borderline High/Low



Out of Range


Executive Summary

 dyslipidemia


 Thrombocytopenia

Wellness Prescription

Advice On Diet :-

 LOW FAT / LOW CALORIE / LOW CARBOHYDRATE / HIGH FIBER / SALT RESTRICTED DIET

Advice On Physical Activity :-

 REGULAR MORNING WALK FOR ½ HOUR
multilion plus 1 - 0 - 0 x 30 days

Repeat platelet count

Dr.SENTHIL MUTHU

AHC Physician / Consultant Internal Medicine

Printed By : Madhumathi T

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

2

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