

**Namaste Mr. MANOJ DEVSHI VADODARIYA,**

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

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](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.

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

**Apollo Hospitals International Limited**  
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.  
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Name : Mr. MANOJ DEVSHI VADODARIYA (45 /M)

Date : 24/04/2023



Address :  
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Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000865358

MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE

AHC No : AHILAH208270



### Chief Complaints

For Annual health checkup  
GIDDINESS  
FROZEN SHOULDER  
DECREASED URINE FLOW

### Present Known illness

Others - TAB ALFOO



### 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 symptc	:	- Nil Significant



### Past medical history

Do you have any allergies? - Yes

Allergies - dust

Do you have any drug allergies? - No

Covid 19 - Yes



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Hospitalization for - No

Covid 19



### Surgical history

Appendicectomy - 2010



### Personal history

Ethnicity - Indian Asian

No. of children - 2

Female - 2

Profession - corporate employed

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Moderate



### Family history

Father - alive

Aged - 65

Mother - alive

Aged - 61

Brothers - 1

Sisters - 1

Coronary artery disease - none

Cancer - None

## Physical Examination



### General

General appearance - normal

Build - normal

Height - 165

Weight - 72.5

BMI - 26.63

Pallor - No



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Oedema - no



**Cardiovascular system**

Heart rate (Per minute) - 66  
Rhythm - Regular  
- B.P. Supine  
Systolic(mm of Hg) - 114  
Diastolic(mm of Hg) - 76  
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	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Nil			
Bile Pigments:	Nil			
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)	14.4	gm%	●	13.0-17.0
Packed cell volume(Calculated)	41.4	%	●	40-50
RBC COUNT (Impedance)	4.91	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	84.4	fl	●	80-100
MCH(Calculated)	29.26	pg	●	27-32
MCHC(Calculated)	34.7	%	●	31-36
RDW(Calculated)	13.1	%	●	11.5-14.5
WBC Count (Impedance)	6264	/cu mm	●	4000-11000

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



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Neutrophils	52	%	●	40-75
Lymphocytes	38	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	178200	/cu mm	●	150000-450000
MPV (Calculated)	9.2	fl	●	7-11
RBC:	Normochromic Normocytic RBCs			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	6	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	38	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	83	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	28	U/L	●	> 1 year Male : <40

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



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Test Name	Result	Unit	Level	Range
Total Bilirubin	0.414	mg/dL	●	0.300-1.200
Direct Bilirubin	0.166	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.248	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	0.94	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	26	U/L	●	Male : 10 - 71 Female : 6 - 42

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	95	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)	126	mg/dL	●	70-140

**GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD**

Test Name	Result	Unit	Level	Range

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Glycosylated Hemoglobin (HbA1c)

5.6

%



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.

114.02

### 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	7.24	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.24	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.83	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.83	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.41		●	2.20-4.20
Globulin-Serum/Plasma	2.41		●	2.20-4.20
A/G ratio	2.00		●	1.00-2.00
A/G ratio	2.00		●	1.00-2.00

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

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.6	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	87	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	1.76	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	6.2	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	0.604	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	185	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	203 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	40 *	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)	138 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High ≥190 : Very High

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VLDL CHOLESTEROL	41 *	●	< 40 mg/dl
C/H RATIO	5 *	●	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.

**ECHO/TMT**

**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

ECC

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### Executive Summary



- .BODY WEIGHT 72.5 KG,DEAL BODY WEIGHT 51-63 KG
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL LV SYSTOLIC FUNCTION , LVEF 55-60%
  - GRADE I DIASTOLIC DYSFUNCTION
  - NO PAH
- .USG ABDOMEN - GRADE I FATTY LIVER
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

### 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 51-63 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

*(Handwritten Signature)*

**Dr. SHASHIKANT NIGAM**  
 AHC Physician / Consultant Internal Medicine

**Dr. Shashikant Nigam**  
 MBBS, MD (Gen. Med.)  
 Consultant Internal Medicine  
 Apollo Hospitals International Ltd., Gandhinagar,  
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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.

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### RADIOLOGY

**Patient Details :** Mr. MANOJ DEVSHI VADODARIYA | Male | 45Yr 3Mth 24Days  
**UHID :** AHIL.0000865358 **Patient Location:** AHC  
**Patient Identifier:** AHILAH208270   
**DRN :** 223022752 **Completed on :** 24-APR-2023 09:33  
**Ref Doctor :** DR. SHASHIKANT NIGAM

### USG WHOLE ABDOMEN

#### FINDINGS :

Liver appears normal in size and shows uniform Grade I increased echotexture. No evidence of focal 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 9.7 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. Pelvicalyceal system on both sides appear normal. No e/o calculi seen.

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

Visualized bowel loops appear normal and shows normal peristalsis

#### IMPRESSION :

Grade I Fatty Liver.

Rest normal study.

Printed on : 25-Apr-2023 9:05

Printed By : 153182

Reported By : 717876

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Mr. MANOJ DEVSHI VADODARIYA

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AHILAH208270

**USG WHOLE ABDOMEN**

--- END OF THE REPORT ---

*S.S. Parmar*

SIDDHARTH S PARMAR

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### CARDIOLOGY

**Patient Details** : Mr. MANOJ DEVSHI VADODARIYA | Male | 45Yr 3Mth 24Days

**UHID** : AHIL.0000865358

**Patient Location:** AHC

**Patient Identifier:** AHILAH208270



**DRN** : 5623038692

**Completed on :** 24-APR-2023 12:07

**Ref Doctor** : DR. SHASHIKANT NIGAM

### ECHO/TMT

#### FINDINGS :

Normal cardiac chamber dimensions.

Normal LV systolic function, LVEF: 55-60%

No Regional wall motion abnormalities at rest.

Grade I diastolic dysfunction.

All cardiac valves are structurally normal.

IAS/ IVS intact.

Trivial MR, No AR, No PR, Trivial TR.

No PAH, RVSP: 25  
mm Hg.

No clots/ vegetation/ effusion.

#### MEASUREMENTS (mm) ::

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Mr. MANOJ DEVSHI VADODARIYA

AHIL.0000865358

AHILAH208270

**ECHO/TMT**

	LVID diastole	LVID systole	IVSd / LVPW	LA Size	AO (Root)
Measurements (mm)	47	30	7/9	30	28

**PULSED,HPRF,CW AND COLOUR DOPPLER PARAMETERS**

	MITRAL	AORTIC	PULMONAR Y
Peak Velocity m/sec.	E: 1.2/A: 0.73	0.8	0.66
Peak PR. Gradient mm.Hg.		3.4	1.75

**IMPRESSION**

— END OF THE REPORT —

DR SAMEER DANI MD.DM

Interventional Cardiologist

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### RADIOLOGY

**Patient Details :** Mr. MANOJ DEVSHI VADODARIYA | Male | 45Yr 3Mth 24Days  
**UHID :** AHIL.0000865358 **Patient Location:** AHC  
**Patient Identifier:** AHILAH208270   
**DRN :** 123054442 **Completed on :** 24-APR-2023 10:49  
**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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AHIL.0000865358

Mr. MANOJ DEVSHI  
VADODARIYA

**EXAMINATION RECORDS**

Name : 45 Year(s) / Male

Date : 24/4/23

UHID : 

Distance Vision :

Right Eye - 6/6  
Left Eye - 6/6 *e glass*

Near Vision :

Right Eye : N6  
Left Eye : N6 *e glass*

APLN.TN - Right Eye 12 Left Eye 13 mmHg *Normal*

Both Eye - Colour Vision *Normal*

Both Eye - Anterior Segment Examinations - *Normal*

Both Eye Posterior Segment Examinations - *Normal*

*pt ab gd from aurore*

*Dr. Sahayabani Shaikh*  
MBBS, DNB - Ophthalmology  
Junior Consultant in Ophthalmology  
Apollo Hospitals International Limited,  
Bhat, GIDC Estate, Gandhinagar  
Regd. No. : G-35153

Ophthalmologist Name

45 Years

Male

Apollo Hospital  
Bhat  
Gandhinagar

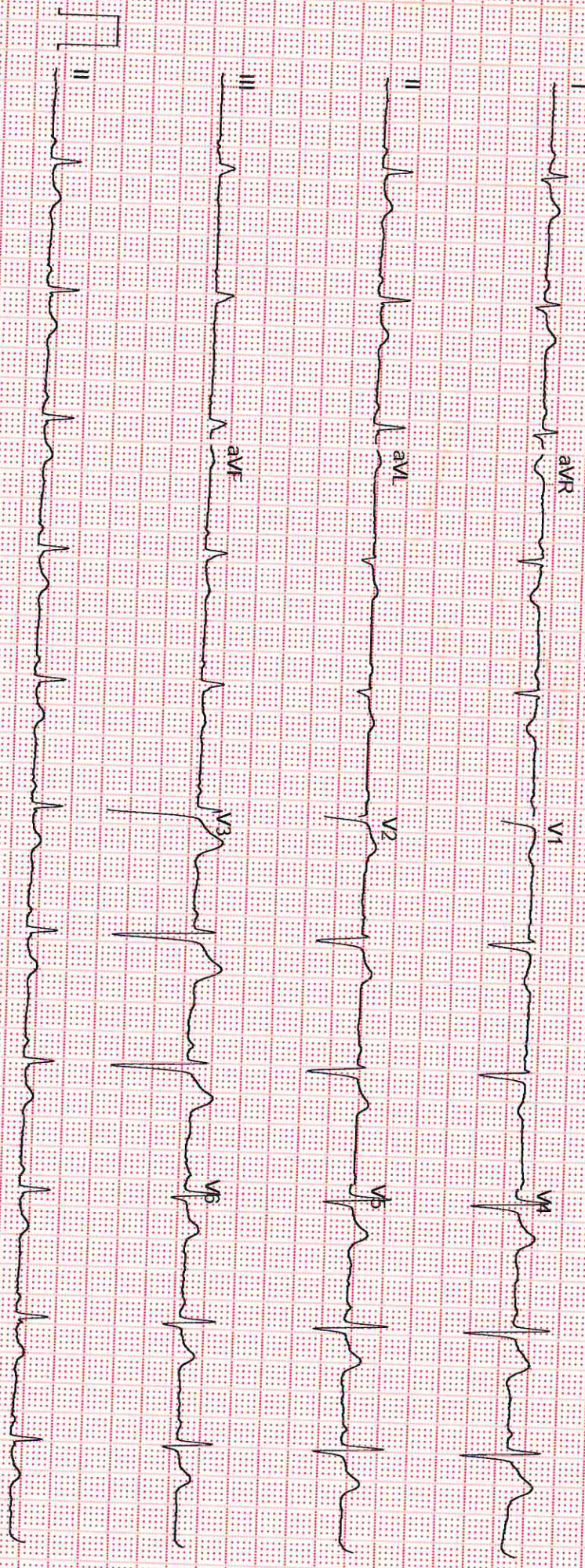
Room:  
Order Number:  
Indication:  
Medication 1:  
Medication 2:  
Medication 3:

69 bpm  
- / - mmHg

QRS 92 ms  
QT / QTcBaz 374 / 400 ms  
PR 138 ms  
P 96 ms  
RR / PP 866 / 869 ms  
P / QRS / T 17 / 63 / 30 degrees

Normal sinus rhythm  
Normal ECG

Technician:  
Ordering Ph.  
Referring Ph.  
Attending Ph.



GE MAC2000 1.1 12SL™ V241 25 mm/s 10 mm/mV ADS 0.56-20 Hz 50 Hz 4X2.5X3 25 R1 Unconfirmed 1/1