



Mr. MEHUL DINESHBHAI SHAH (35 /M)

UHID : AHIL.0000369000

AHC No : AHILAH204616

Date : 08/04/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Namaste Mr. MEHUL DINESHBHAI SHAH,

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 04048492635 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. MEHUL DINESHBHAI SHAH (35 /M)

Date : 08/04/2023



Address :
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Examined by : Dr. SHASHIKANT NIGAM

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



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 :
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
Tuberculosis - 2012 - 6 MONTHS COURSE DONE



Surgical history

Page 3 of 12

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Foilsillectomy - AT THE AGE OF 12



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



Family history

- Father - alive
- Aged - 67
- Mother - alive
- Aged - 62
- Brothers - 1
- Sisters - 1
- Diabetes - father
- Hypertension - father,mother
- Coronary artery disease - none
- Cancer - mother
- Type - Breast

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 167.3
- Weight - 67.4
- BMI - 24.08
- Pallor - No
- Oedema - no



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Cardiovascular system

Heart rate (Per minute) - 75
 Rhythm - Regular
 - B.P. Supine
 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

Printed By : MUKTA S ADALTI



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 Apollo HOSPITALS

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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	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occassional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occassional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	15	gm%	●	13.0-17.0
Packed cell volume(Calculated)	44.9	%	●	40-50
RBC COUNT (Impedance)	5.27	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	85.2	fl	●	80-100
MCH(Calculated)	28.45	pg	●	27-32
MCHC(Calculated)	33.4	%	●	31-36
RDW(Calculated)	13.8	%	●	11.5-14.5
WBC Count (Impedance)	7374	/cu mm	●	4000-11000

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

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APOLLO HOSPITALS

Neutrophils	60	%	●	40-75
Lymphocytes	32	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	237000	/cu mm	●	150000-450000
MPV (Calculated)	8.2	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	2	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	48	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	65	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	28	U/L	●	> 1 year Male : <40
Total Bilirubin	1.373 *	mg/dL	●	0.300-1.200
Direct Bilirubin	0.401 *	mg/dL	●	Upto 0.3 mg/dl

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



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Indirect Bilirubin

0.972 *

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	0.81	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	30	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	92	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)	106	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)

5.1

%



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.

99.67

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	7.01	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.01	g/dL		6.00-8.00
ALBUMIN - SERUM	4.48	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.48	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.53			2.20-4.20
Globulin-Serum/Plasma	2.53			2.20-4.20
A/G ratio	1.77			1.00-2.00
A/G ratio	1.77			1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.1	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	117	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	1.88	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	6.3	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)	11	mg/dL	●	6-20
UREA - SERUM / PLASMA	24	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	161	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	61	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	55 *	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)	115	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	12		●	< 40 mg/dl
C/H RATIO	3		●	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.

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





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APOLLO HOSPITALS

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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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Executive Summary



- .BODY WEIGHT 67.4 KG,DEAL BODY WEIGHT 53-64 KG
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 9:32 ,WORKLOAD 11.80 METS
- .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 53-64 KG

Printed By : MUKTA S ADALTI

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-21961

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. MEHUL DINESHBHAI SHAH | Male | 35Yr 4Mth 24Days
UHID : AHIL.0000369000 **Patient Location:** AHC
Patient Identifier: AHILAH204616 
DRN : 123046704 **Completed on :** 08-APR-2023 10:09
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. MEHUL DINESHBHAI SHAH | Male | 35Yr 4Mth 24Days
UHID : AHIL.0000369000 **Patient Location:** AHC
Patient Identifier: AHILAH204616 
DRN : 223019756 **Completed on :** 08-APR-2023 11:25
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform bright 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.

Visualized Head and body of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 9.2 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 appears 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 :

Grade I fatty liver.

No any other significant abnormality.

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USG WHOLE ABDOMEN

---- END OF THE REPORT ----

DR. VAIBHAVI PATEL

RAJVEERSINH P CHAVDA

Medical Officer

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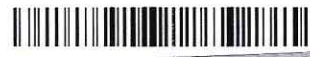
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OPHTHALMIC EXAMINATION RECORDS

Name : Mehul D. Shah
UHID : 369000

Date : 24/12/15

Distance Vision :

Right Eye - 6/6
Left Eye - 6/6

Near Vision :

Right Eye : N6
Left Eye : N6

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 is fit and can do his duty

Dr. Zahedabany Shaikh
MBBS, DNB - Ophthalmology
Junior Consultant - Ophthalmology
Apollo Hospitals
Bhat, (00000369000)
Regd. No. 1000000000000000

Ophthalmologist Name

Rate 68

PR 136

QRSD 70

QT 373

QTc 397

--AKIS--

P 18

QRS 19

T 18

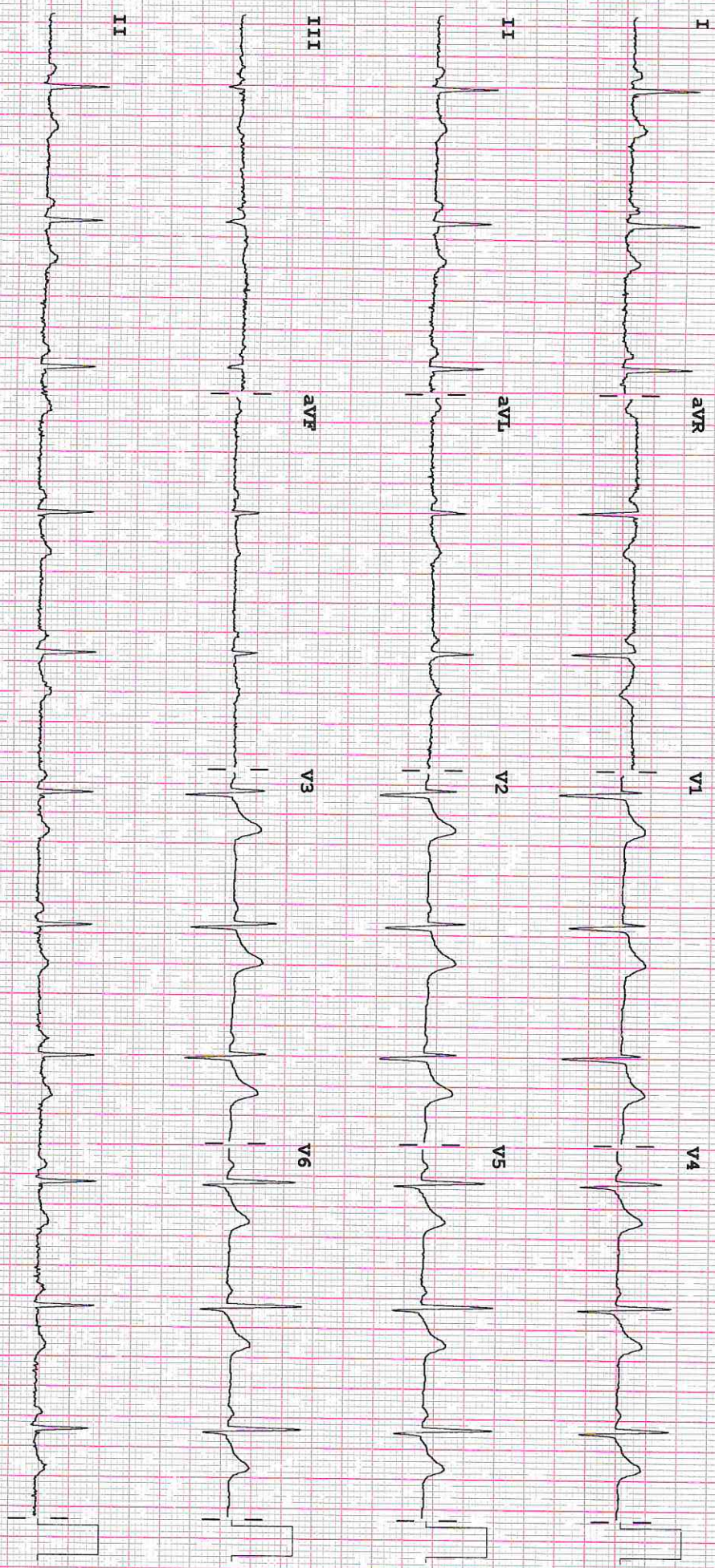
12 Lead; Standard Placement

AHIL.0000369000

MR. MEHUL

DINESHBHAI SHAH

35 Year(s) / Male



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 50~0.15-100 Hz

PH10

CL

P?



AHIL.0000369000

Mr. MEHUL
DINESHBHAI SHAH

35 Year(s) / Male



DENTISTRY

Name :
Occupation :
Age : Sex : Male Female

Date : 28/04/23 Unit No. :
Ref. Physician :
Copies to :

DENTAL RECORD

ALLERGIES : NA

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 :	MILD MOD SEV 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"/>	CLASS I II III CROSSBITE Hypoplasia Impaction Non-vital Fracture Abcess Ulcers Caries Missing Teeth Supernumerary Others
		<p style="font-size: 2em; margin: 0;">}</p> <p style="font-size: 2em; margin: 0;">}</p>

PRESENT COMPLAINT : tooth decay

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

APOLLO HOSPITAL
BHAT
AHMEDABAD

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: SHAH, MR.MEHUL.D
Patient ID: 369000
Height: 167 cm
Weight: 67.4 kg

DOB: 15.11.1987
Age: 35 yrs
Gender: Male
Race: Asian

Study Date: 08.04.2023
Test Type: --
Protocol: BRUCE

Referring Physician: --
Attending Physician: --
Technician: MS. KHUSHALI. C. SUCHAK

Medications:

--

Medical History:

--

Reason for Exercise Test:

--

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed [mph]	Grade [%]	HR [bpm]	BP [mmHg]	Comment
PRETEST	SUPINE	00:02	0.00	0.00	70		
	STANDING	00:36	0.90	0.00	73	120/80	
EXERCISE	STAGE 1	03:00	1.70	10.00	133	120/80	
	STAGE 2	03:00	2.50	12.00	153	130/80	
	STAGE 3	03:00	3.40	14.00	162	150/80	7:50 THR ACHIEVED
	STAGE 4	00:32	4.20	16.00	169	160/80	
RECOVERY		05:51	0.00	0.00	110	130/80	2:11 No symptoms

The patient exercised according to the BRUCE for 9:32 min:s, achieving a work level of Max. METS: 11.80. The resting heart rate of 68 bpm rose to a maximal heart rate of 176 bpm. This value represents 95 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 160/80 mmHg. The exercise test was stopped due to Target heart rate achieved.

Interpretation

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Conclusions

TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD.
NORMAL HR AND NORMAL BP RESPONSE.
NO ANGINA // ARRHYTHMIA DURING TEST.
NO SIGNIFICANT ST- T CHANGES SEEN DURING EXERCISE AND RECOVERY.
TEST TERMINATED TO THR ACHIEVED.
GOOD EFFORT TOLERANCE.

Physician

Technician