



Mr. MUTTURAJ MUNDARGI (26 / M)

UHID : AHIL.0000823995

AHC No : AHILAH180436

Date : 10/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Dear Mr. MUTTURAJ MUNDARGI

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

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

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ProHealth App: You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

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.

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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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Name : Mr. MUTTURAJ MUNDARGI (26 /M)

Address : NA, AHMADABAD, AHMADABAD, GUJARAT, INDIA

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 10/12/2022



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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



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General symptoms : - Nil Significant

 **Past medical history**

Do you have any allergies? - No

Do you have any drug allergies? - No

 **Surgical history**

Surgical history - Nil

 **Personal history**

Ethnicity - Indian Asian

Marital status - Single

Profession - corporate employed

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - Yes

Duration of smoking(in years) - 4 YRS

Type - Cigarette

Number - 4

Frequency - daily

Chews tobacco - No

Physical activity - Moderate

 **Family history**

Father - alive

Aged - 64

Mother - alive

Aged - 58

Sisters - 3

Hypertension - mother

Coronary artery disease - none



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- None



Physical Examination



General

General appearance - normal
 Build - normal
 Height - 164
 Weight - 72
 BMI - 26.77
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 74
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 126
 Diastolic(mm of Hg) - 80
 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	25	mL		
Specific Gravity	1.010			
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	1-2 /h.p.f			
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)	44.8	%	●	40-50
RBC COUNT (Impedance)	4.64	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	96.5	fl	●	80-100
MCH(Calculated)	32.39 *	pg	●	27-32
MCHC(Calculated)	33.6	%	●	31-36
RDW(Calculated)	13.4	%	●	11.5-14.5
WBC Count (Impedance)	8629	/cu mm	●	4000-11000

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Test Name	Result	Unit	Level	Range
Neutrophils	50	%	●	40-75
Lymphocytes	42 *	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	247700	/cu mm	●	150000-450000
MPV (Calculated)	8.8	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	05	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	21	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	80	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	22	U/L	●	> 1 year Male : <40
Total Bilirubin	0.549	mg/dL	●	0.300-1.200
Direct Bilirubin	0.198	mg/dL	●	Upto 0.3 mg/dl

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



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Indirect Bilirubin

0.351

mg/dL



1 Day \leq 5.1 mg/dL
 2 Days \leq 7.2 mg/dL
 3-5 Days \leq 10.3 mg/dL
 6-7 Days \leq 8.4 mg/dL
 8-9 Days \leq 6.5 mg/dL
 10-11 Days \leq 4.6 mg/dL
 12-13 Days \leq 2.7 mg/dL
 14 Days - 9 Years 0.2-0.8 mg/dL
 10-19 Years 0.2-1.1 mg/dL
 \geq 20 Years 0.2-1.2 mg/dL



CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.75	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	18	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	86	mg/dL		70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance \geq 126 : Diabetes Mellitus

GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	93	mg/dL		70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range

Within Normal Range Borderline High/Low Out of Range





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Glycosylated Hemoglobin (HbA1c)

5.2

%



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.

102.54

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.79	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.79	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.23 *	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.23 *	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.56		●	2.20-4.20
Globulin-Serum/Plasma	2.56		●	2.20-4.20
A/G ratio	2.04 *		●	1.00-2.00
A/G ratio	2.04 *		●	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	76	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	1.49	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	4.6	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)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	17	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	196	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	121	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	58 *	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)	132 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	24		●	< 40 mg/dl
C/H RATIO	3		●	0-4.5

USG WHOLE ABDOMEN

Ultrasound of the abdomen helps to look for abnormalities of the abdominal organs like liver, spleen, gall bladder, pancreas, kidneys, uterus, etc.

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Liver appears normal in size and shows normal echotexture. No evidence of solid or cystic lesion seen. No evidence of IHBR dilatation seen. Portal vein is normal in calibre & shows normal colour flow. Gall bladder is distended & shows normal wall thickness. No evidence of calculus / wall oedema / mass seen.

Pancreas appears normal in size and echotexture. No evidence of pseudocyst / MPD dilatation / mass seen. Spleen appears normal in size & shows normal echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation .No evidence of calculus / hydronephrosis / hydroureter / mass seen on either side.

Urinary bladder is distended & shows normal wall thickness. No evidence of calculus / haematoma / mass / diverticuli seen.

Prostate appears unremarkable. No evidence of focal lesion seen.

Visualised bowel loops appear unremarkable. No evidence of abnormal bowel wall thickening / mass or dilatation seen.

No evidence of ascites or lymphadenopathy seen.

CONCLUSION :

USG abdomen – pelvis appears unremarkable.

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.

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

EKG

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Executive Summary



- .BODY WEIGHT 72 KG,DEAL BODY WEIGHT 50-61 KG
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 6:26 ,WORKLOAD 7.6 METS
- .USG ABDOMEN - NORMAL STUDY
- .CHEST X-RAY - NORMAL
- .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 50-61 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

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Dr. Shashikant Nigam
Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam

MBBS, MD (Gen. Med.)

Consultant Internal Medicine

Apollo Hospitals International Ltd., Gandhinagar,
Ahmedabad, INDIA. Regd. No.: G-21501


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. MUTTURAJ MUNDARGI | Male | 26Yr 10Mth 27Days
UHID : AHIL.0000823995 **Patient Location:** AHC
Patient Identifier: AHILAH180436 
DRN : 222063758 **Completed on :** 10-DEC-2022 11:44
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

IMPRESSION :

Liver appears normal in size and shows normal echotexture. No evidence of solid or cystic lesion seen. No evidence of IHBR dilatation seen. Portal vein is normal in calibre & shows normal colour flow.

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Spleen appears normal in size & shows normal echotexture.

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USG abdomen – pelvis appears unremarkable.

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USG WHOLE ABDOMEN

--- END OF THE REPORT ---

Dr. SANDIP PRABHUBHAI PRAJAPATI

Consultant Radiologist

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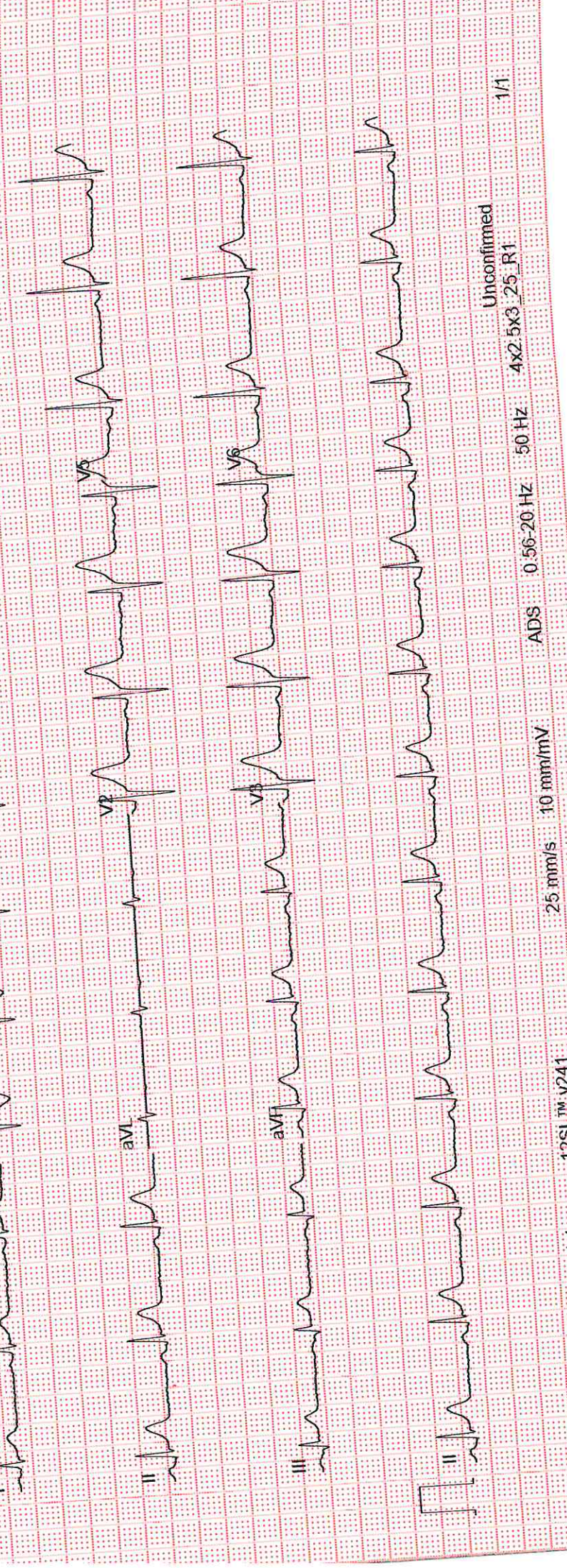
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Keep the records carefully and bring them along during your next visit to our Hospital

Saving time. Saving lives.

10.12.2022 9:40:01
 Apollo Hospital
 Bhat
 Gandhinagar
 Indication:
 Medication:
 Medication 3:
 Technician:
 Ordering Ph:
 Referring Ph:
 Attending Ph:

Male
 6 Years
 Normal sinus rhythm with sinus arrhythmia
 Early repolarization
 Normal ECG

QRS 72 ms
 QT / QTcBaz 332 / 370 ms
 PR 144 ms
 P 84 ms
 RR / PP 794 / 800 ms
 P / QRS / T 58 / 63 / 66 degrees





AHIL.0000823995

Mr. MUTTURAJ MUNDARGI

26 Year(s) / Male

ID,



DENTISTRY

Name : Date : 10/12/20 Unit No. :

Occupation : Ref. Physician :

Age : Sex : Male Female Copies to :

DENTAL RECORD

ALLERGIES : NA

PAIN : Score (0-10) 0 Location : Character :

DENTAL CLEANING HABIT

<input checked="" type="checkbox"/> Once	<input type="checkbox"/> Twice	<input type="checkbox"/> Occasionally
<input checked="" type="checkbox"/> Brush	<input type="checkbox"/> Finger	<input type="checkbox"/> Stick
<input checked="" type="checkbox"/> Tooth Paste	<input type="checkbox"/> Powder	<input type="checkbox"/> Any other
		<input type="checkbox"/> 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	MILD MOD SEV	CLASS I II III CROSSBITE
Lips :	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia
Cheeks :	Calculus <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction <u>5/8</u>
Tongue :	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital <u>5/8</u>
Floor of the mouth :	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture
Palate :	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsillar Area :	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
Any other : <u>KA</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries
		Missing Teeth
		Supernumerary
		Others

PRESENT COMPLAINT : Pain to lower teeth Smoking

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy

Anticoagulant Under Drug Therapy



OPHTHALMIC EXAMINATION RECORDS

Name : Mutturaj Mundargi

Date : 10.12.22

UHID : 823995
(Unaided)

Distance Vision :

Right Eye -

} 6/6

Left Eye -

} 6/6

No visual complaints/disease.

Near Vision :

Right Eye :

} No.

Left Eye :

APLN.TN – Right Eye

Left Eye–

mmHg

Both Eye – Colour Vision

Normal

Both Eye – Anterior Segment Examinations –

WNL

Both Eye Posterior Segment Examinations –

(undilated)

BE Dilat @
FRE

Doctor's Signature

Ophthalmologist Name

Referred by: DR.SUBIR GHOSH, MHC
Test Ind:

BRUCE

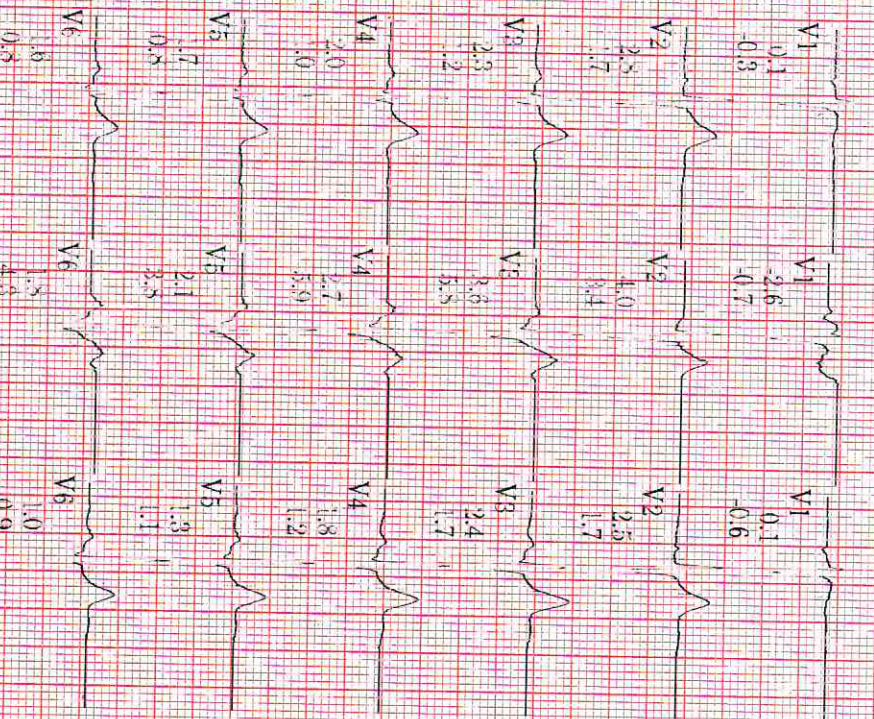
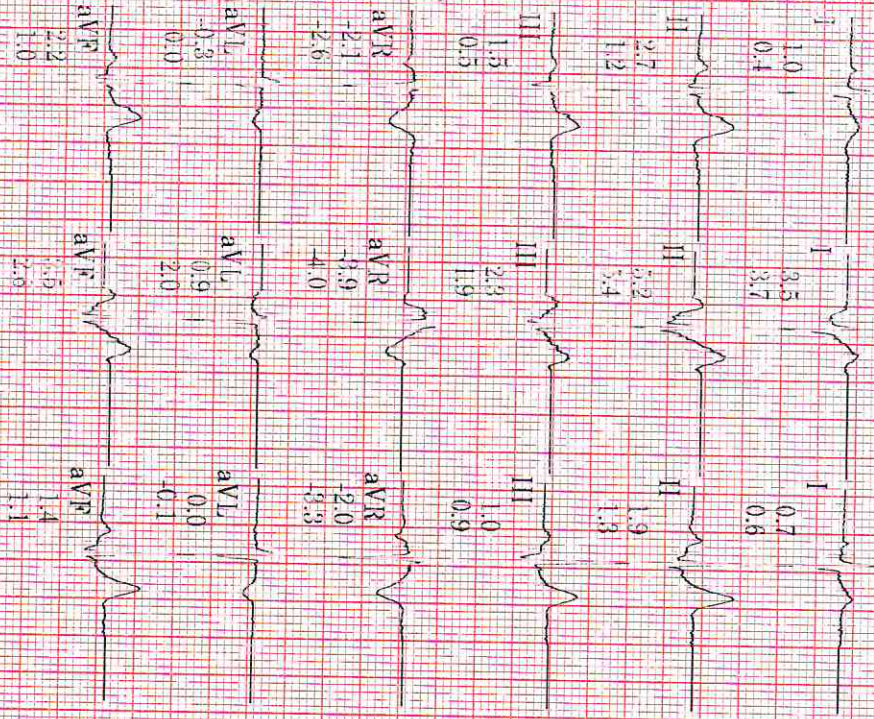
Total Exercise time: 6:26
Max HR: 173bpm 89% of max predicted 194bpm
Max EP: 130/80
Maximum workload: 7.6 METS

Reason for Termination: THR ACHIEVED

Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT MODERATE WORKLOAD
NORMAL HEMODYNAMIC RESPONSE
NO ANGINA OCCURRED, NO ARRHYTHMIAS AT PROVOKED
NO GALLOP / MURMUR AT PEAK EXERCISE
TEST TERMINATED DUE TO THR ACHIEVED
MODERATE EFFORT TOLERANCE

BASELINE EXERCISE	PEAK EXERCISE	TEST END RECOVERY
0:00 91bpm BP: 100/60	6:26 173bpm BP: 130/80	3:03 96bpm BP: 110/70

BASELINE EXERCISE	PEAK EXERCISE	TEST END RECOVERY
0:00 91bpm BP: 100/60	6:26 173bpm BP: 130/80	3:03 96bpm BP: 110/70



Technician: PALGUNI VIHOL

PRINTED IN USA

APOLLO HOSPITALS INTERNATIONAL LIMITED

Unconfirmed

MAC55-010B

25.0 mm/s
10.0 mm/mV
100hz

Lead
ST (mm)
Slope (mV/s)