

Namaste Ms. MADHULIKA YENDE,

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

Apollo Hospitals International Limited
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Phone : +91 79 66701800 | Fax No. : +91 79 66701843
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The Emergency Specialist

Saving time. Saving lives.

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 04048492633 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 : Ms. MADHULIKA YENDE (35 /F)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 11/02/2023



UHID : AHIL.0000841758

AHC No : AHILAH192494



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? - Yes
- Allergies - dust
- Do you have any drug allergies? - No



Surgical history

- Cosmetic surgery - LASIK - 2011



Personal history



Name: Ms. MADHULIKA YENDE

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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Male - 1
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



Family history

- Father - alive
- Aged - 70
- Mother - alive
- Aged - 65
- Sisters - 2
- Coronary artery disease - none
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 153.5
- Weight - 56.1
- BMI - 23.81
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 72
- Rhythm - Regular
- B.P. Supine





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Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

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Page 5 of 12

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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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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	1.010			
Colour:	Pale-Yellow			
Transparency:	Slightly Turbid			
pH	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	25-30 /h.p.f.			0-5
RBC	1-2 /h.p.f	/hpf		0-5/hpf
Epithelial Cells	20-25 /h.p.f.			
Casts:	Absent			
Crystals:	Absent			
Others	Bacilli seen.			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	13.2	gm%	●	12-16
Packed cell volume(Calculated)	40.4	%	●	36-46
RBC COUNT (Impedance)	4.19	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	96.4	fl	●	80-100
MCH(Calculated)	31.59	pg	●	27-32
MCHC(Calculated)	32.8	%	●	31-36
RDW(Calculated)	13.1	%	●	11.5-14.5

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

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WBC Count (Impedance)	7312	/cu mm	●	4000-11000
Neutrophils	54	%	●	40-75
Lymphocytes	37	%	●	20-40
Monocytes	7	%	●	2-10
Eosinophils	2	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	340500	/cu mm	●	150000-450000
MPV (Calculated)	7.9	fl	●	7-11
RBC:	Normochromic Normocytic RBCs			
WBC:	As mentioned.			
Platelets:	Adequate on the smear			
Parasite	No Parasites Seen			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	06	mm/1st hr	●	0-20

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:	A 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	●	0-35

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



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ALKALINE PHOSPHATASE - SERUM/PLASMA	62	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	20	U/L	●	>1 year Female : <32
Total Bilirubin	0.542	mg/dL	●	0.300-1.200
Direct Bilirubin	0.202	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.34	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	0.56	mg/dL	●	Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	14	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	93	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)	102	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)	5.5	%	●	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.	111.15			

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.57	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.57	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.4	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.4	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.17		●	2.20-4.20
Globulin-Serum/Plasma	3.17		●	2.20-4.20
A/G ratio	1.39		●	1.00-2.00
A/G ratio	1.39		●	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	82	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	0.78	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	4.7	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	199	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	160 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	64	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)	125	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	32		●	< 40 mg/dl
C/H RATIO	3		●	0-4.5

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

Cytology

Ref No:

CY 251/23

Brief Clinical History:

LMP: 22.1.2023

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



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SPECIMEN TYPE:

Conventional

Cervical smear

One wet fixed smear received, labeled as 'Madhulika 841758'.

SPECIMEN ADEQUACY:

Satisfactory for evaluation with endocervical cells.

INTERPRETATION/RESULT:

*

Negative for intraepithelial lesion or malignancy associated with moderate inflammation

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

ECG



Within Normal Range



Borderline High/Low



Out of Range



Name Ms. MADHULIKA YENDE

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Executive Summary



- .BODY WEIGHT 56.1 KG,DEAL BODY WEIGHT 45-54 KG
- .ECG - NORMAL SINUS RHYTHM
- .USG ABDOMEN -NORMAL STUDY
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE
- .PAP - Negative for intraepithelial lesion or malignancy associated with moderate inflammation

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 45-54 KG

UJI umi ckt

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Dr. Shashikant Nigam
 MBBS, MD (Gen. Med.)
 Consultant Internal Medicine
 Apollo Hospitals International, Gandhinagar,
 Gujarat 382015, India. Regd. No. 21061
 AHC Physician / Consultant Internal Medicine

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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DIAL 1066
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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. MADHULIKA YENDE | Female | 35Yr 11Mth 8Days
UHID : AHIL.0000841758 **Patient Location:** AHC
Patient Identifier: AHILAH192494 
DRN : 123019194 **Completed on :** 11-FEB-2023 12:40
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 ---

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. MADHULIKA YENDE | Female | 35Yr 11Mth 8Days
UHID : AHIL.0000841758 **Patient Location:** AHC
Patient Identifier: AHILAH192494 
DRN : 223007876 **Completed on :** 11-FEB-2023 12:41
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 6.8 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 is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal. Endometrial thickness is 5 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Ms. MADHULIKA YENDE

AHIL.0000841758

AHILAH192494

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

NORMAL STUDY.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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Place Label Here
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OBSTETRICS & GYNAECOLOGY - AHC

Nr: AHIL.0000841758	Date: 11/2/23	Unit No.:
Or: Ms. MADHULIKA YENDE	Ref. Physician: Dr. Kiran Natar	
Ag: 35 Year(s) / Female <input checked="" type="checkbox"/> Female	Copies to:	



GYNAEC CHECK UP

Chief Complaint:

None. P1+1

Children: 1 ♂	Weight:
Deliveries: 2 FTND.	BP:
Last Child: Mch / 9.5 years (FTND)	Breasts: Normal.
Abortions: 1 - MTP.	PAP Smear: Taken
Periods: Regular 4-5 days / 22-23	Previous Medical H/O: None
LMP: 22/1/23	F/H/O: None.
Menopause: -	Previous Surgical H/O: None.
G. Condition: Fit	
P/A: Soft	
S/E: -	
P/V: Uterus: Anterverted	
	⊕ size
P/R: Cervix: Healthy	
	looking

Impression:

Doctor Signature
Date & Time
11/2/23
1.11. PM

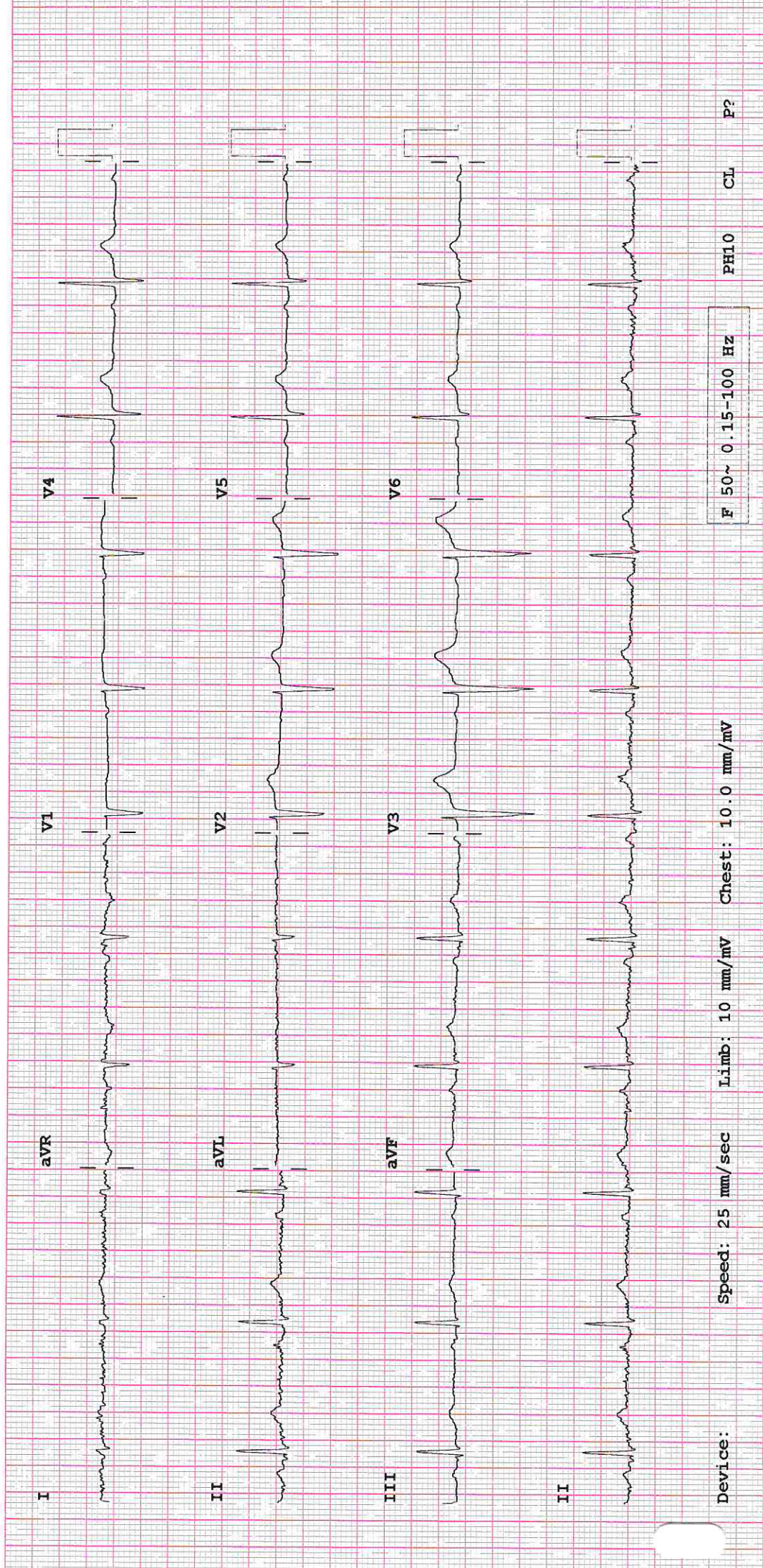
Rate 62

PR 189
QRS 90
QT 401
QTc 408

--AXIS--

P 64
QRS 84
T 57

12 Lead; Standard Placement



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 50~ 0.15-100 Hz

PH10

CL

P?



AHIL.0000841758
 Ms. MADHULIKA YENDE
 If
 35 Year(s) / Female

DENTISTRY



Name : Date : 11/2/23 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 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	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other :	Gingivitis <input 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 <u>178</u> Non-vital Fracture Abcess Ulcers Caries Missing Teeth Supernumerary Others

PRESENT COMPLAINT : Poorly chg

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

AHIL.0000841758

Ms. MADHULIKA
YENDE

35 Year(s) / Female



ON RECORDS

Date: 11/2/23

Name :

UHID :

Distance Vision :

Right Eye - 6/9 (BE) 6/9

Left Eye - 6/9
(aided)

optive
e/dhs (BE)

Near Vision :

Right Eye : N6

Left Eye : N6

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

Doctor's Signature

Ophthalmologist Name