CHIEF COMPLAINTS

For corporate health checkup

PRESENT KNOWN ILLNESS

No history of   - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Asthma

SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

Sneezing - on and off; Exacerbated by - allergens, cold weather; Blocked nose - yes; Runny nose - yes; Exacerbated by - cold weather; Cough - yes; Exacerbated by - cold weather

Oral and dental

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

Eyes

Vision - normal with glasses; Glasses - yes; Glasses for - refractive error

ENT

- Nil Significant

Musculoskeletal system

Spine and joints   - Nil Significant

Skin

- Nil Significant

Weight

- stable

Past medical history

Past medical history   - nil significant

Surgical history

Open reduction and internal fixation   - Left Tibia Fibula

Personal history

Marital status	- Married
No. of children	- 1
Diet	- Non Vegetarian
Alcohol	- does not consume alcohol
Smoking	- No
Chews tobacco	- No
Physical activity	- Mild
	- level ground walking

Family history

Father	- alive
Mother	- alive
Coronary artery disease	- none
Cancer	- None

PHYSICAL EXAMINATION

General

Build	- normal
Height	- 160
Weight	- 63.9
BMI	- 24.96
Pallor	- No

Oedema   - no

Cardiovascular system

Heart rate (Per minute)   - 74
Rhythm   - Regular
     - B.P. Sitting
Systolic(mm of Hg)   - 108
Diastolic(mm of Hg)   - 74
Heart sounds   - S1S2+

Respiratory system

Breath sounds   - Normal vesicular breath sounds

Abdomen

Appearance   - Normal
Organomegaly   - No
Tenderness   - No

Opthalmology consultation

Opthalmology findings   - PGVA:RE:6/9p LE:6/6p
NVA:RE:N6 LE:N6
OCULAR MOVEMENT:WNL
ANT.SEG:WNL
ADVICE: *:*To continue present glass Rx*Detail dilated Funduscopy *Review after 1yr/SOS

COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	12.0 *	g/dl	🔴	13.0-17.0
RBC COUNT	4.22 *	Million/ul	🔴	4.5-5.5
Hematocrit - Hct:	35.8 *	%	🔴	41-53
MCV	84.9	fl	🟢	83-101
MCH	28.6	pg	🟢	27-32
MCHC	33.7	%	🟢	31.5-34.5
RDW	15.4 *	%	🔴	11.8-14.0
WBC Count	5900	/cu mm	🟢	4000-10000
Platelet Count	1.52	lacs/cu mm	🟢	1.5-4.0
Neutrophils	56	%	🟢	40-80
Lymphocytes	34	%	🟢	20-40
Monocytes	06	%	🟢	2-10
Eosinophils	04	%	🟢	01-06
Basophils	00	%	🟢	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	24 *	mm/1st hr	🔴	0-15

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	40	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.005			
pH:	6.0			
Albumin:	Not Detected			
Glucose:	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	Occasional	/hpf		
Epithelial Cells	Occasional	/hpf		

Casts:	Not Found			
Crystals:	Not Found			

URINE SUGAR - POST PRANDIAL (QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(POST PRANDIAL)	Nil			

URINE SUGAR- FASTING(QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(FASTING)	Nil			

BLOOD GROUPING AND TYPING (ABO AND RH)

Test Name	Result	Unit	Level	Range
ABO Group:	A			
Rh (D) Type:	POSITIVE			

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	47	U/L	🟢	0-50
ALBUMIN - SERUM	4.4	g/dL	🟢	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	107	U/L	🟢	43-115
AST (SGOT) - SERUM	27	U/L	🟢	0-50
BILIRUBIN TOTAL - SERUM	0.9	mg/dL	🟢	0.3-1.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	137	mg/dL	🟢	0-200

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	1.0	mg/dL	🟢	0.9-1.3

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range

🟢 Within Normal Range   🟡 Borderline High/Low   🔴 Out of Range

	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	147 *	U/L	🔴	0-55

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	99	mg/dL	🟢	70-99

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	107	mg/dL	🟢	70-140

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.0	%	🟢	Nondiadetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >/= 6.5% ADA Theraputic goal : <7%

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	31	mg/dL	🟢	30-70
LDL CHOLESTEROL -SERUM	87	mg/dL	🟢	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	19	mg/dL	🟢	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.6	g/dL	🟢	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	3.2	g/dL	🟢	1.8-3.6

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range

	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.00	ng/ml	🟢	0.87-1.78
TOTAL T4: THYROXINE - SERUM	10.00	µg/dL	🟢	5.48-14.28

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	176 *	mg/dL	🔴	0-150

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	1.7	µIU/mL	🟢	0.38-5.33

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.8	mg/dL	🟢	2.6-7.2

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.2	mg/dL	🟢	0.0-0.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.1	mg/dL	🟢	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
A/G - RATIO	1.4		🟢	1.0-2.0

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	10.7			

ECG

SINUS RHYTHM WITH SINUS ARRHYTHMIA.

TREADMILL TEST / STRESS TEST

🟢 Within Normal Range   🟡 Borderline High/Low   🔴 Out of Range

STRESS TEST IS NEGATIVE FOR PROVOCABLE
MYOCARDIAL ISCHAEMIA.

ULTRASOUND SCREENING WHOLE ABDOMEN

* Mild fatty changes in the liver.

Dr. WERASAT ALI
MBBS, DNB (RADIODIAGNOSIS)
CONSULTANT RADIOLOGIST
Reg. No- 73873 (WBMC)

X-RAY CHEST PA

Chest skiagram does not reveal any significant
abnormality.

Dr. ANWESHA DUTTA
DNB RESIDENT
In consultation with

Dr. WERASAT ALI
MBBS, DNB (RADIODIAGNOSIS)
CONSULTANT RADIOLOGIST
Reg. No- 73873 (WBMC)

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

Histopathology

PAP SMEAR /CERVICAL SMEAR

🟢 **Within Normal Range**   🟡 **Borderline High/Low**   🔴 **Out of Range**

Executive Summary

1. Serum Triglyceridemia (Triglycerides - 176 mg/dl).
2. USG - Mild fatty changes in the liver.

Wellness Prescription

Advice On Diet :-

* Low fat healthy balanced diet.
* Drink plenty of fluids.

Advice On Physical Activity :-

* Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

* Follow advice given by Ophthalmology department.

Medications

* TAB. CRIZ M (MONTELUKAST 10MG + LEVOCETIRIZINE 5MG) 1 tab. once daily after dinner x 1 month.
* Cap. NATVIE 400IU (VITAMIN E) 1 cap. once daily after dinner x 3 months.

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
LIPID PROFILE TEST (PACKAGE)	6 Month(s)		review with report.

Follow-up and Review Plan

* Annual health check-up.

Scan the QR code in AskApollo App to book your follow-up appointments and investigations

Dr.SHARMISTHA MALLIK

AHC Physician / Consultant Internal Medicine

Printed By : AVIJIT DAS

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.**

Medications

* TAB. CRIZ M (MONTELUKAST 10MG + LEVOCETIRIZINE 5MG) 1 tab. once daily after dinner x 1 month.
* Cap. NATVIE 400IU (VITAMIN E) 1 cap. once daily after dinner x 3 months.

Dr.SHARMISTHA MALLIK

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
Low Risk	2	3

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