

Name : Mrs. JERIN FATHIMA S (41 /F)

Date : 10/01/2023

Address : PLOT NO 406 NEO APARTMENT OPP SB OFFICE SARVEYAR COLONY, MADURAI,  
MADURAI, TAMIL NADU, INDIA

Examined by: Dr .VANI N

UHID : ASM1.0000461649

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE  
40YRS

AHC No : MDUMH99253



## CHIEF COMPLAINTS

No specific complaints

## PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,  
Hypertension,  
Dyslipidemia, Thyroid  
disorder, Heart disease,  
Stroke, Asthma, COPD,  
Cancer, Impaired Glycemia



## DRUG ALLERGY

NO KNOWN ALLERGY

:10/01/2023

:05/07/2021



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Gastrointestinal system

- Nil Significant

### Genitourinary system

- Nil Significant

### Central nervous system

- Nil Significant

### General symptoms

- Nil Significant



## Past medical history

Covid 19 - No



## Surgical history

Surgical history - Nil



## Personal history

Diet - Mixed Diet  
Alcohol - does not consume alcohol  
Smoking - No  
Chews tobacco - No  
Physical activity - Moderate  
- home exercise, level ground walking



## Family history

Diabetes - father, mother  
Hypertension - mother  
Coronary artery disease - none  
Cancer - None

## PHYSICAL EXAMINATION



## General

General appearance - normal  
Build - moderate  
Height - 154  
Weight - 61.7  
BMI - 26.02  
Pallor - No  
Oedema - no



## Cardiovascular system

Heart rate (Per minute) - 72  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 120  
Diastolic(mm of Hg) - 80  
Heart sounds - S1S2+

## Respiratory system

Breath sounds - Normal vesicular breath sounds

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 **Abdomen**

Organomegaly - No

Tenderness - No

**Dental consultation**

Dental findings - Adv Oral prophylaxis

Printed By : Makarasi T S

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**HEMOGRAM**

Test Name	Result	Unit	Level	Range
Hemoglobin	13.3	gm%	●	11.5-16.5
Packed cell volume(Calculated)	40	%	●	37-47
WBC Count	6.1	10 <sup>3</sup> /m <sup>3</sup>	●	4-11
Platelet Count	222	10 <sup>3</sup> /m <sup>3</sup>	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	13	mm/1st hr	●	0-20
RBC Count	4.6	Million/ul	●	3.7-5.6
MCV	86	fl	●	75-95
MCH(Calculated)	29	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Neutrophils	56	%	●	40-80
Lymphocytes	36	%	●	20-40
Eosinophils	02	%	●	01-06
Monocytes	06	%	●	2-10

**URINE ROUTINE (CUE)**

Test Name	Result	Unit	Level	Range
Specific Gravity	1.025		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Clear			Clear
pH	6		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	Nil			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT
Urobilinogen	Normal	E.U./dL		Normal
RBC	Nil	/hpf		0-2
Pus Cells	1-2	/hpf		Male : 2 - 3 Female : 2 - 5
Epithelial Cells	2-4	/hpf		3 - 5

**ALT(SGPT) - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
ALT(SGPT)	20	U/L	●	Adult Female : <34

**ALBUMIN - SERUM**

Test Name	Result	Unit	Level	Range
Albumin - Serum	5.2	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.6	g/dL	●	Adult (2.0 - 3.5)

**ALKALINE PHOSPHATASE - SERUM/PLASMA**

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	51	U/L	●	Adult(Female): < 104

**AST (SGOT) - SERUM**

Test Name	Result	Unit	Level	Range
AST (SGOT)	21	U/L	●	Adult Female: <31

**BILIRUBIN, TOTAL - SERUM**

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.9	mg/dL	●	NORMAL : 0.2 TO 1.1

**CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Total Cholesterol	161	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.6	mg/dL	●	Female: 0.6 - 1.1

**GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM**

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	14	U/L	●	Female: < 38

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

Test Name	Result	Unit	Level	Range
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● Within Normal Range    ● Borderline High/Low    ● Out of Range

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Glucose - Serum / Plasma (Fasting) 95 mg/dL ● 60-99

Total Cholesterol / HDL Cholesterol Ratio (Calculated) 3.1 ● < 4.5

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name Result Unit Level Range
Glucose - Serum / Plasma (Post Prandial) 92 mg/dL ● < 140
Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

UREA - SERUM / PLASMA

Test Name Result Unit Level Range
Urea 17 mg/dL ● Adult: 13 - 43

URIC ACID - SERUM

Test Name Result Unit Level Range
Uric Acid - Serum 5.9 mg/dL ● Adult Female: 2.6 - 6.0

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name Result Unit Level Range
Glycosylated Hemoglobin (HbA1c) 5.5 % ● Normal < 5.7%
Increased risk for Diabetes 5.7 - 6.4%
Diabetes >= 6.5%

VLDL CHOLESTEROL - SERUM

Test Name Result Unit Level Range
VLDL CHOLESTEROL - SERUM 19 ● Desirable:<30
Triglycerides - Serum 97 mg/dL ● Normal: <150
High: 150 - 199
Hypertriglyceridemic: 200 - 499
Very High: >=500

HDL CHOLESTEROL - SERUM / PLASMA

Test Name Result Unit Level Range
HDL Cholesterol 52 mg/dL ● Low: <40
High: >=60

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name Result Unit Level Range
Bilirubin Conjugated - Serum 0.3 \* mg/dL ● 0.0-0.2
Bilirubin Unconjugated - Serum (Calculated) 0.6 mg/dL ● 0.0-1.0

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name Result Unit Level Range
LDL Cholesterol (Direct LDL) 76 mg/dL ● Optimal: <100
Near/above optimal: 100 - 129
Borderline High: 130 - 159
High: 160 - 189
Very High: >=190

BUN (BLOOD UREA NITROGEN)

Test Name Result Unit Level Range
BUN (BLOOD UREA NITROGEN) 8 mg/dL ● Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name Result Unit Level Range
TOTAL T3: TRI IODOTHYRONINE - SERUM 112 ng/dL ● 60-180

PROTEIN TOTAL - SERUM / PLASMA

Test Name Result Unit Level Range
Protein Total - Serum 7.8 g/dL ● >2 Year: 6.0 - 8.0

TOTAL T4: THYROXINE - SERUM

Test Name Result Unit Level Range
TOTAL T4: THYROXINE - SERUM 10.9 µg/dL ● 3.5 - 12.5

TRIGLYCERIDES - SERUM

Test Name Result Unit Level Range

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

**TSH: THYROID STIMULATING HORMONE -  
SERUM**

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	2.93	µIU/mL	●	0.35 - 5.50

Liver shows increased echopattern with no evidence of focal pathology.

The intra or extra hepatic biliary radicles are not dilated.

Gall bladder is mildly distended.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 10.5 x 4.8 cms.

Left kidney measures 10.8 x 4.6 cms.

Both kidneys show normal echopattern with no evidence of calculi or calyceal dilatation.

Bladder shows normal contour.

Uterus measures 8.5 x 4.4 cms and shows normal endometrial and myometrial echoes. Endometrial thickness measures 5 mm.

Both ovaries show normal size and echopattern.

**IMPRESSION:**

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN  
STUDY DONE ON 10.01.2023 SHOWS,

- GRADE II FATTY LIVER.

REPORTED BY,

DR. A. PANDIAN, MBBS., DMRD.,

CONSULTANT RADIOLOGIST.

**2D-ECHO WITH COLOUR DOPPLER**

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

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NORMAL CHAMBERS DIMENSIONS.  
STRUCTURALLY NORMAL VALVES.  
TRIVIAL AORTIC REGURGITATION.  
NO REGIONAL WALL MOTION ABNORMALITY.  
NORMAL LV SYSTOLIC FUNCTION.  
NORMAL LV DIASTOLIC FUNCTION.  
NO PERICARDIAL EFFUSION/ CLOT.  
LVEF:60%

#### MAMMOGRAPHY

CRANIO CAUDAL AND OBLIQUE MEDIOLATERAL  
VIEWS OF BOTH BREASTS WERE STUDIED.

Scattered areas of fibroglandular parenchyma – Breast  
composition B.

No micro calcifications.

No mass lesions.

No significant duct dilatation.

Skin and nipple areolar complex normal.

Retroareolar and retromammary region normal.

No significant axillary lymphnodes.

USG screening reveals few enlarged lymphnodes are  
seen in both axilla, largest one measures 1.3 x 0.7 cm in  
right side and 1.5 x 0.8 cms in left side.

#### IMPRESSION:

No significant abnormality.

BIRADS - I.

Suggested clinical correlation.

REPORTED BY  
DR. RAJAPRIYA, MBBS., DMRD.,  
CONSULTANT RADIOLOGIST.

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

##### Haematology

STOOL ROUTINE

##### Histopathology

PAP SMEAR /CERVICAL SMEAR

##### CARDIOLOGY

ECG



Within Normal Range



Borderline High/Low



Out of Range

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## Executive Summary

 Physical Examination and routine Investigation in AHC Package reveals the following :


 - Fatty liver Grade II

## Wellness Prescription

### Advice On Diet :-

 - Low fat diet

### Advice On Physical Activity :-

 - Regular walking

Printed By : Makarasi T S

**Dr.VANI N**

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.

## AICVD RISK SCORE REPORT

### RISK STATUS

Low Risk

### YOUR SCORE

3

### ACCEPTABLE SCORE

4

#### 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**