

Name : Ms. SMRUTI SWAIN (33 /F)

Date : 27/03/2024

Address : TOWER 9, 11 B , SANKALP 2, NEW TOWN,, KOLKATA, KOLKATA, WEST BENGAL,
INDIA

Examined by :

UHID : AMHL.0001941135

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH201481



CHIEF COMPLAINTS

For corporate health checkup
Caries tooth, Dental sensitivity
Anxiety
Tingling

Ankle pain, Foot pain, Multiple joint pain
Generalised tiredness, Hair fall
Multiple Warts, Dry skin

PRESENT KNOWN ILLNESS

No history of - Hypertension,
Dyslipidemia, Thyroid
disorder
Diabetes mellitus Since - 2022; Medication -
regular; Are your sugar
levels well – controlled? -
No



DRUG ALLERGY

NO KNOWN ALLERGY

:27/03/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Gynaec history

Last menstrual period - 19/3/24; Periods - regular;
No of Children - 1; Deliveries - LSCS

Central nervous system

Tingling - short term; Tingling of the - finger(s)

Eyes

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

ENT

- Nil Significant

Musculoskeletal system

Spine and joints
Polyarthralgia - yes

Skin

- Nil Significant

General symptoms

Happiness score
Sleeping well - Good; Stress at home - Mild; Stress
at work - Moderately

Mind Health screening

Emotional Wellness
Assessment (PHQ9)
Score - 2
Depression Level -
None-Minimal



Present medications

- GLUCINORM SR 500 BD; On immunosuppressive
- No



Past medical history

Past medical history - nil significant
Hospitalization for - No
Covid 19



Surgical history

Caesarian section - 2023



Personal history

Marital status - Married
 Diet - Mixed Diet
 How many meals in a week do you eat hotel food? - 0
 Alcohol - does not consume alcohol
 Smoking - No
 Chews tobacco - No
 Physical activity - Mild
 Ethnicity - Indian Asian

 **Family history**

Father - alive
 Mother - alive
 Diabetes - father,mother,sister
 Hypertension - father,mother,sister
 Coronary artery disease - none
 Cancer - None
 Asthma - mother
 Rheumatoid arthritis - mother

 **Abdomen**

Organomegaly - No
 Tenderness - No

Ophthalmology consultation

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

PHYSICAL EXAMINATION

 **General**

Height - 156
 Weight - 61
 BMI - 25.07
 Pallor - No
 Oedema - no

 **Cardiovascular system**

Heart rate (Per minute) - 74
 Rhythm - Regular
 - B.P. Sitting
 Systolic(mm of Hg) - 112
 Diastolic(mm of Hg) - 72
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	12.6	g/dl	●	12.0-15.0
RBC COUNT	4.76	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	39.4	%	●	36-46
MCV	82.8 *	fl	●	83-101
MCH	26.4 *	pg	●	27-32
MCHC	31.9	%	●	31.5-34.5
RDW	14.4 *	%	●	11.8-14.0
WBC Count	8400	/cu mm	●	4000-10000
Platelet Count	2.25	lacs/cu mm	●	1.5-4.0
Neutrophils	73	%	●	40-80
Lymphocytes	17 *	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	14	mm/1st hr	●	0-20

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	40	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.030			
pH:	6.0			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	0-2	/hpf		
Epithelial Cells	4-6 /h.p.f	/hpf		

Casts:	Not Found
Crystals:	Found
Ca-oxalate	8-10 /lpf

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:	O			
Rh (D) Type:	POSITIVE			

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	26	U/L	●	0-35
ALBUMIN - SERUM	4.5	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	94	U/L	●	33-98
AST (SGOT) - SERUM	21	U/L	●	0-35
BILIRUBIN TOTAL - SERUM	0.4	mg/dL	●	0.3-1.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	230 *	mg/dL	●	0-200

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.7	mg/dL	●	0.6-1.1

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

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LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	26	U/L	●	0-38

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	118 *	mg/dL	●	70-99

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	135	mg/dL	●	70-140

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	6.4 *	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >= 6.5% ADA Therapeutic goal : <7%

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	53	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	159 *	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	18	mg/dL	●	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.7	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
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.04	ng/ml	●	0.87-1.78
TOTAL T4: THYROXINE - SERUM	11.89	µg/dL	●	5.48-14.28

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	286 *	mg/dL	●	0-150

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	2.48	µIU/mL	●	0.38-5.33

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	5.6	mg/dL	●	2.4-5.7

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.1	mg/dL	●	0.0-0.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9.7	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	13.7			

PAP SMEAR /CERVICAL SMEAR

Ref No: AG01.C2402592

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

SPECIMEN TYPE:

Conventional cervical smear (Papanicolaou stain) x 1

SPECIMEN ADEQUACY:

Satisfactory for evaluation with endocervical cells.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy,
Reactive cellular changes associated with inflammation
(includes typical repair)

ECG

SINUS RHYTHM WITH SINUS ARRHYTHMIA.

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE
MYOCARDIAL ISCHAEMIA.

ULTRASOUND SCREENING WHOLE ABDOMEN

- * Grade I fatty liver.
- * Bulky uterus.

[NOTE: At times pelvic structures are not well visualized due to inadequate patient preparation / excess bowel gas shadow. However suggested clinical correlation and other investigations if clinically indicated.]

X-RAY CHEST PA

- * Chest skiagram does not reveal any significant abnormality.



Within Normal Range



Borderline High/Low



Out of Range

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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

2

ACCEPTABLE SCORE

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