



Mr. AKASH MALVIYA (34 /M)

UHID : ASHB.0000031114

AHC No : BPLAH7538

Date : 24/03/2024

MEDIWHEEL FULL BODY HEALTH PLUS BELOW
40 ADVANCED-MALE

Dear Mr. AKASH MALVIYA

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

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.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on

ANDROID IOS

Disclaimer: *The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.*

Name : Mr. AKASH MALVIYA (34 /M)

Date : 24/03/2024

Address : HNO C1/93, SHAHPURA, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. AKHIL KUMAR TIWARI

UHID : ASHB.0000031114

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Chief Complaints

For corporate health checkup

Backache

Hip pain

Calf Muscle Pain

Present Known illness

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

Others - AVN both hips 2021



Drug Allergy

NO KNOWN ALLERGY

:11/04/2024



Systemic Review

Cardiovascular system : Chest pain - no; Breathing difficulty - no

Respiratory system : Cough - occasional

Oral and dental : - Nil Significant

Gastrointestinal system : Appetite - normal; Bowel habits - regular

Genitourinary system : Frequency - normal; Dysuria/burning micturition - no; Urgency - no

Central nervous system : - Nil Significant

Eyes : - Nil Significant

ENT : - Nil Significant

Musculoskeletal system :

Spine and joints

Polyarthralgia - yes; Back (lower) - pain; Calf(bilateral) - pain; Hip (bilateral) - pain

Skin : - Nil Significant

General symptoms : General symptoms - tiredness, weakness



Present medications : - Nutritional suppliments



Past medical history

- Past medical history - nil significant
- Covid 19 - Yes
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No
- Oxygen support - No



Surgical history

- Others - AVN - 2021, Core decompression in 2021. Rt THR Ap 23, Left THR Sep 23

Immunization history

- Covid Dose1,Covid Dose2



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- Profession - government employee
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild



Family history

- Father - alive
- Aged - 72
- Mother - alive
- Aged - 61
- Brothers - 2
- Sisters - 0
- Diabetes - father
- Age - greater than 50
- Hypertension - father,mother

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Coronary artery disease - none
 Cancer - None
 CVA - father

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 178
 Weight - 67
 BMI - 21.15
 Pallor - No
 Oedema - no



Head and ENT

Ear - Wax



Cardiovascular system

Heart rate (Per minute) - 79
 Rhythm - Regular
 Systolic(mm of Hg) - 119
 Diastolic(mm of Hg) - 84
 - B.P. Sitting
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Appearance - Normal
 Organomegaly - No
 Tenderness - No



Central nervous system

- No neurological deficit



Skin

- No significant finding



Musculo Skeletal System

- No significant finding

Psychological Assessment

Psychological assessment - Normal

ENT consultation

ENT consultation done by - Dr Ankit Mishra

ENT findings - BL EAR WAX

Rx

Soliwax ear drop three drops three times day
4 5 days

Dental consultation

Dental findings - Dr. Anjali Pandey
O/E Stains present
T/Adv Oral prophylaxis

COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	13.1	g/dL	●	13.0-17.0
Packed cell volume (Calculated)	37.9 *	%	●	38.3-48.6
RBC Count	4.89	Million/ul	●	4.50-5.90
MCV-	77.5 *	fl	●	80-100
MCH-	26.7 *	pg	●	27-32
MCHC-	34.5	g/dL	●	32-36
RDW	15.2 *	%	●	11.8-14.5
TLC COUNT	5.44	10 ⁹ /mm ³	●	4.0-11.0
Neutrophils	55	%	●	40-80
Lymphocytes	33	%	●	20-40
Monocytes	9	%	●	2-10
Eosinophils	3	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	363.4	10 ⁹ /mm ³	●	150-450
Mean Platelet Volume	8.7	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	31 *	mm/1st hr	●	0-15

URINE ROUTINE (CUE)

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
Specific Gravity	1.020		●	1.005 - 1.025
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	Acidic			
Protein :	Nil			
Sugar:	Nil			
Ketone	Nil			

● Within Normal Range

● Borderline High/Low

● Out of Range

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Bilirubin:	Nil		
RBC	Nil		
Pus Cells	1-2	/hpf	0.0 - 5.0/HPF
Epithelial Cells	1-2	/hpf	<20
Yeast Cells	Absent		
Bacteria:	Absent		
Casts:	Absent		ABSENT
Crystals:	Absent		

BLOOD GROUPING AND TYPING (ABO and Rh)

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

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	108 *	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	113	mg/dL	●	70-140

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	254 *	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	58	mg/dL	●	>40
LDL Cholesterol (Direct LDL)	168 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190

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Triglycerides - Serum	248 *	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
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VLDL CHOLESTEROL - SERUM	50 *		●	15-30
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Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.4		●	3.5-5.0
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LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
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Protein Total - Serum	7.7	g/dL	●	6.6-8.3
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Albumin - Serum	4.4	g/dL	●	3.5-5.2
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GLOBULIN	3.3	g/dL	●	2.6-4.6
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ALBUMIN AND GLOBULIN RATIO	1.3		●	0.9-2.0
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AST (SGOT)	23	U/L	●	< 50
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ALT(SGPT) - SERUM	23	U/L	●	<50
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BILIRUBIN TOTAL	0.3	mg/dL	●	0.3–1.2
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BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	●	<0.2
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BILIRUBIN UNCONJUGATED (INDIRECT)	0.2	mg/dL	●	0.1-1.2
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Alkaline Phosphatase - Serum	74	U/L	●	30-120
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GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	25	U/L	●	0 - 55
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CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
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CREATININE - SERUM / PLASMA	0.89	mg/dL	●	0.72 - 1.18
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URIC ACID - SERUM / PLASMA

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.

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

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	6.9	mg/dL	●	3.5-7.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	15.7	mg/dL		Male: <50yrs 8.87-20.5 mg/dl Male:>50yrs 8.41-25.7 mg/dl

THYROID PACKAGE

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.18	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	11.3	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	3.46	µIU/mL	●	0.35-5.50

ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:-

- Few bilateral renal concretions (3mm). Renal cortex and medulla appears normal. No evidence of hydronephrosis or hydroureter.
- Grade I fatty liver changes.

[
ADV:- Clinical Correlation.

X-RAY CHEST PA

IMP:- RADIOGRAPHIC IMAGE REVEALS:-
Normal findings are seen.

Thanks for Ref

CARDIOLOGY

TMT/2D ECHO

ECG

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

Executive Summary



DYSLIPIDEMIA
POST AVN- THR.(BILATERAL)

Wellness Prescription

Advice On Diet :-



LOW FAT DIET

Advice On Physical Activity :-



REGULAR EXERCISE

Printed By : Akhil Kumar Tiwari

Dr.AKHIL KUMAR TIWARI

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.