CHIEF COMPLAINTS

For corporate health checkup

PRESENT KNOWN ILLNESS

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

DRUG ALLERGY

NO KNOWN ALLERGY   :03/04/2024

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

Last menstrual period - 28.3.24; Periods - regular

Central nervous system

- Nil Significant

Eyes

- Nil Significant

ENT

- Nil Significant

Musculoskeletal system

Spine and joints
- Nil Significant

Skin

- Nil Significant

Past medical history

Covid 19	- Yes
Hospitalization for Covid 19	- No
Jaundice	- yes
Tuberculosis	- yes

Surgical history

Others	- Ovarian cystectomy,scalp cyst

Personal history

Marital status	- Married
Diet	- Non Vegetarian
Alcohol	- does not consume alcohol
Smoking	- No
Chews tobacco	- No
Physical activity	- Mild
	- yoga

Family history

Father	- alive
Mother	- alive
Diabetes	- father
Coronary artery disease	- uncle
Cancer	- None

PHYSICAL EXAMINATION

General

Build	- normal
Height	- 160
Weight	- 63
BMI	- 24.61

Pallor   - No
Oedema   - no

Cardiovascular system

Heart rate (Per minute)   - 70
Rhythm   - Regular
                                      - B.P. Sitting
Systolic(mm of Hg)   - 132
Diastolic(mm of Hg)   - 88
Heart sounds   - S1S2+

Respiratory system

Breath sounds   - Normal vesicular breath
                                       sounds

Abdomen

Appearance   - Normal
Organomegaly   - No
Tenderness   - No

COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	10.6 *	g/dl	🔴	12.0-15.0
RBC COUNT	4.34	Million/ul	🟢	3.8-4.8
Hematocrit - Hct:	33.1 *	%	🔴	36-46
MCV	76.3 *	fl	🔴	83-101
MCH	24.4 *	pg	🔴	27-32
MCHC	32.0	%	🟢	31.5-34.5
RDW	15.1 *	%	🔴	11.8-14.0
WBC Count	5500	/cu mm	🟢	4000-10000
Platelet Count	1.80	lacs/cu mm	🟢	1.5-4.0
Neutrophils	55	%	🟢	40-80
Lymphocytes	39	%	🟢	20-40
Monocytes	05	%	🟢	2-10
Eosinophils	01	%	🟢	01-06
Basophils	00	%	🟢	0-0
RBC:	Microcytic Hypochromic RBCs.			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	32 *	mm/1st hr	🔴	0-20

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	30	mL		
Colour:	Pale Straw			
Appearance	Clear			
Specific Gravity	1.010			
pH:	7.5			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	Occasional	/hpf		
Epithelial Cells	2-4 /h.p.f	/hpf		

Casts:	Not Found
Crystals:	Not Found

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	30	U/L	🟢	0-35
ALBUMIN - SERUM	4.3	g/dL	🟢	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	74	U/L	🟢	33-98
AST (SGOT) - SERUM	25	U/L	🟢	0-35
BILIRUBIN TOTAL - SERUM	0.9	mg/dL	🟢	0.3-1.2

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.8	mg/dL	🟢	0.6-1.1

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	16	U/L	🟢	0-38

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	87	mg/dL	🟢	70-99

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

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

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.1	%	🟢	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	48	mg/dL	🟢	30-70
LDL CHOLESTEROL -SERUM	103 *	mg/dL	🔴	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	10	mg/dL	🟢	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	8.3	g/dL	🟢	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	4.0 *	g/dL	🔴	1.8-3.6

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.24	ng/ml	🟢	0.87-1.78
TOTAL T4: THYROXINE - SERUM	12.74	µg/dL	🟢	5.48-14.28

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	97	mg/dL	🟢	0-150

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	3.22	µIU/mL	🟢	0.38-5.33

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	4.3	mg/dL	🟢	2.4-5.7

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)	11.3	mg/dL	🟢	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
A/G - RATIO	1.1		🟢	1.0-2.0

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	14.2			

PAP SMEAR /CERVICAL SMEAR

Ref No:
AG01.C2402821
SPECIMEN TYPE:
Conventional cervical smear (Papanicolaou stain) x 1
SPECIMEN ADEQUACY:
Satisfactory for evaluation with endocervical cells and Metaplastic cells
INTERPRETATION/RESULT:
Negative for intraepithelial lesion or malignancy,
Reactive cellular changes associated with inflammation (includes typical repair)

ECG

SINUS BRADYCARDIA.
NON SPECIFIC ST-T CHANGES IN INFERIOR AND ANTERO-LATERAL LEADS.

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

ULTRASOUND SCREENING WHOLE ABDOMEN

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

* Grade I fatty liver.
* Bilateral normal sized ovaries with multiple follicles -
follow up case of PCOS.

[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.

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

Haematology

URINE SUGAR - POST PRANDIAL (QUALITATIVE)

Biochemistry

GLUCOSE - PLASMA (POST PRANDIAL)

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

Dr.SHARMISTHA MALLIK

Printed By :   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	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