

Name : Ms. MITA SAHA (30 /F)

Date : 14/09/2024

Address : 228, P K GUHA ROAD, OTHER, OTHER, OTHER, INDIA

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AMHL.0001968372

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH218392



CHIEF COMPLAINTS

For corporate health checkup
C/O Constipation on PRN laxatives

PRESENT KNOWN ILLNESS

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



DRUG ALLERGY

NO KNOWN ALLERGY :14/09/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

Appetite - normal; Symptoms - acidity, bloating;
Bowel habits - constipation; Piles - no

Genitourinary system

- Nil Significant

Gynaec history

Last menstrual period - 25/8/2024; Periods - regular;
No of Children - 1; Deliveries - LSCS; Contraception
type - Intrauterine device

Eyes

Vision - normal with glasses

ENT

- Nil Significant

Musculoskeletal system

Spine and joints

- Nil Significant

Skin

- Nil Significant



Present medications

- Nil



Past medical history

Do you have any - No
allergies?

Do you have any drug - No
allergies?

Covid 19 - Yes

Hospitalization for - No

Covid 19



Surgical history

Appendicectomy - 2021

Caesarian section - 2017



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



Family history

Father - alive

Mother - alive

Brothers - 1

Diabetes - father

Hypertension - father

Coronary artery - none

disease

Cancer - None

PHYSICAL EXAMINATION



General

Build - normal
Height - 150
Weight - 52
BMI - 23.11
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 76
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 98
Diastolic(mm of Hg) - 75
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No



Skin

- No significant finding

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

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COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	11.5 *	g/dl	●	12.0-15.0
RBC COUNT	4.06	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	34.1 *	%	●	36-46
MCV	84.1	fl	●	83-101
MCH	28.3	pg	●	27-32
MCHC	33.7	%	●	31.5-34.5
RDW	14.8 *	%	●	11.8-14.0
WBC Count	6400	/cu mm	●	4000-10000
Platelet Count	1.68	lacs/cu mm	●	1.5-4.0
Neutrophils	57	%	●	40-80
Lymphocytes	31	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	07 *	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	61 *	mm/1st hr	●	0-20

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:	B			
Rh (D) Type:	POSITIVE			

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	27	U/L	●	0-35
ALBUMIN - SERUM	4.6	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	68	U/L	●	33-98
AST (SGOT) - SERUM	25	U/L	●	0-35
BILIRUBIN TOTAL - SERUM	0.5	mg/dL	●	0.3-1.2

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	20	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	Occasional/hpf			
Pus Cells	2-4 /hpf			
Epithelial Cells	2-4 /h.p.f /hpf			

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	211 *	mg/dL	●	0-200
Non-HDL Cholesterol	161			

CREATININE - SERUM

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

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	10	U/L	●	0-38

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

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GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	90	mg/dL	●	70-99

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.0	%	●	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	50	mg/dL	●	30-70
TC/HDL-C ratio serum	4 *		●	Optimal<3.5
LDL CHOLESTEROL -SERUM	150 *	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	11	mg/dL	●	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.5	g/dL	●	6.4-8.3
Albumin/Globulin Ratio	1.6		●	1.0-2.0
GLOBULIN: (CALCULATED) - SERUM	2.9	g/dL	●	1.8-3.6

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.19	ng/ml	●	0.87-1.78
TOTAL T4: THYROXINE - SERUM	12.28	µg/dL	●	5.48-14.28

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	85	mg/dL	●	0-150

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	4.51	µIU/mL	●	0.38-5.33

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	3.3	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)	7.5	mg/dL	●	7.0-18.0

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	12.5			
BUN (BLOOD UREA NITROGEN)	7.5	mg/dL	●	7.0-18.0

PAP SMEAR /CERVICAL SMEAR

Ref No:
AG01.C2407561
SPECIMEN TYPE:
Conventional cervical smear (Papanicolaou stain) x 1
SPECIMEN ADEQUACY:
Satisfactory for evaluation without endocervical cells.
INTERPRETATION/RESULT:
Negative for intraepithelial lesion or malignancy,
Reactive cellular changes associated with inflammation (includes typical repair)

ECG

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

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

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

ULTRASOUND SCREENING WHOLE ABDOMEN

- * Minimal free fluid and IUCD in endometrial cavity.
- * Simple cyst in right ovary.

[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.]

Dr. SATYAM MISHRA
DNB RESIDENT
In Consultation with

DR. DEBASISH DATTA
DMRD (RADIODIAGNOSIS) CONSULTANT
RADIOLOGIST Reg. No. 42727 (WBMC)

X-RAY CHEST PA

- * Chest skiagram does not reveal any significant abnormality.

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

Haematology

URINE SUGAR - POST PRANDIAL (QUALITATIVE)

Biochemistry

A/G - RATIO

GLUCOSE - PLASMA (POST PRANDIAL)



Within Normal Range



Borderline High/Low



Out of Range

Executive Summary



- 1. C/O Constipation - on PRN medication.
- 2. Dyslipidaemia.
- 3. TMT - Stress test is negative for provokable myocardial ischaemia.
- 4. USG - A. Minimal free fluid and IUCD in endometrial cavity.
B. Simple cyst in right ovary.

Wellness Prescription

Advice On Diet :-



- * Low fat, high fiber healthy balanced diet.
- * Drink plenty of fluids.

Advice On Physical Activity :-



- * Regular exercise and maintain ideal weight.

Medications

- * SOFTOOL - 2tsf with warm water at bedtime x 2 weeks.

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
LIPID PROFILE TEST (PACKAGE)	3 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.SUCHISMITA BHAUMIK

AHC Physician / Consultant Internal Medicine

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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.

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Dr.SUCHISMITA BHAUMIK

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS

Low Risk

YOUR SCORE

1

ACCEPTABLE SCORE

2

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