



Ms. SUDHA SHEKHAR (27 /F)

UHID : AHIL.0000872457

AHC No : AHILAH213334

Date : 13/05/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Namaste Ms. SUDHA SHEKHAR,

Thank you for choosing Apollo ProHealth, India's first AI-powered health management program, curated to help you make positive health shifts. Being healthy is about making smart choices, and you have taken the first step with this program. We are privileged to be your healthcare partner. Your health is our priority.

We are with you on your path to wellness by:

Predicting your risk: Artificial Intelligence-powered predictive risk scores are generated, based on your personal, medical, and family history and detailed multi-organ evaluation of your body through diagnostic and imaging tests.

Preventing onset or progress of chronic lifestyle diseases: Your Health Mentor is available to help you understand your physician's recommendations and helping you handle any concerns (complimentary service up to one year)

Overcoming barriers to your wellbeing: Your Health Mentor will help you set your health goals and guide you with tips to stay on track. We will also, digitally remind you to proactively prioritize your health.

Through this report, you will be able to understand your overall health status, your health goals and the recommendations for your path to wellness. Your Health Report will include the following:

- Your medical history and physical examination reports
- Results from your diagnostic and imaging tests
- AI powered health risk scores
- Your physician's impression and recommendations regarding your overall health
- Your personalized path to wellness, including your follow-up assessments and vaccinations

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We have reviewed the results of the tests and have identified some areas for you to act on. We believe that with focus and targeted interventions, you can be healthier and happier.



Scan the QR code to download the Apollo 247 App



You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via www.apollo247.com or through the Apollo 24*7 mobile app. You can avail 30% discount on additional tests and follow-up tests at Apollo Hospitals within one week. You may call your Health Mentor on 04048492633 or email at prohealthcare@apollohospitals.com

Stay Healthy and happy! 😊
Apollo ProHealth Care team

Disclaimer: The services offered in the program may vary depending on any prior mutual agreements between guests and the facility/unit.

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Name : Ms. SUDHA SHEKHAR (27 /F)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 13/05/2023



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Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

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



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 : - Nil Significant
- Central nervous system : - Nil Significant
- Eyes : - Nil Significant
- ENT : - Nil Significant
- Musculoskeletal system : - Nil Significant
- Spine and joints : - Nil Significant
- Skin : - Nil Significant
- General symptoms : - Nil Significant



Past medical history

- Do you have any allergies? - No
- Do you have any drug allergies? - No
- Dengue - YES



Surgical history



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Surgical history - Nil



Personal history

Ethnicity - Indian Asian
 Marital status - Married
 Profession - corporate employed
 Diet - Mixed Diet
 Alcohol - does not consume alcohol
 Smoking - No
 Chews tobacco - No
 Physical activity - Moderate



Family history

Father - alive
 Aged - 53
 Mother - alive
 Aged - 53
 Brothers - 1
 Sisters - 1
 Diabetes - mother
 Coronary artery disease - none
 Cancer - mother
 Type - Ovarian

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 154
 Weight - 57.4
 BMI - 24.2
 Pallor - No
 Oedema - no

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Cardiovascular system

Heart rate (Per minute) - 86
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 126
 Diastolic(mm of Hg) - 82
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
 Tenderness - No

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URINE FOR ROUTINE EXAMINATION

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
Volume	30	mL		
Specific Gravity	1.008			
Colour:	L YELLOW			
Transparency:	Slightly Turbid			
pH	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Nil			
Ketone	Nil			
Bile Pigments:	Nil			
Urobilinogen	normal			
Nitrite	Nil			
Pus Cells	1-2 /h.p.f			0-5
RBC	1-2 /h.p.f	/hpf		0-5/hpf
Epithelial Cells	1-2 /h.p.f			
Casts:	Absent			
Crystals:	Absent			
Others	Bacilli seen.			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	12.5	gm%	●	12-16
Packed cell volume(Calculated)	38.3	%	●	36-46
RBC COUNT (Impedance)	4.51	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	84.8	fl	●	80-100
MCH(Calculated)	27.71	pg	●	27-32
MCHC(Calculated)	32.7	%	●	31-36
RDW(Calculated)	15.5 *	%	●	11.5-14.5

● Within Normal Range
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 ● Out of Range

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WBC Count (Impedance)

WBC Count (Impedance)	6738	/cu mm	●	4000-11000
Neutrophils	70	%	●	40-75
Lymphocytes	24	%	●	20-40
Monocytes	5	%	●	2-10
Eosinophils	1	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	218800	/cu mm	●	150000-450000
MPV (Calculated)	10.5	fl	●	7-11

RBC:: Anisocytosis (+)

Platelets: Adequate on the smear

ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic) 25 * mm/1st hr ● 0-20

URINE GLUCOSE(FASTING)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

URINE GLUCOSE(POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	B Positive			

LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	6	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	84	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	16	U/L	●	>1 year Female : <32

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



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Total Bilirubin	0.546	mg/dL	●	0.300-1.200
Direct Bilirubin	0.191	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.355	mg/dL	●	1 Day ≤5.1 mg/dL 2 Days ≤7.2 mg/dL 3-5 Days ≤10.3 mg/dL 6-7 Days ≤8.4 mg/dL 8-9 Days ≤6.5 mg/dL 10-11 Days ≤4.6 mg/dL 12-13 Days ≤2.7 mg/dL 14 Days - 9 Years 0.2-0.8 mg/dL 10-19 Years 0.2-1.1 mg/dL ≥20 Years 0.2-1.2 mg/dL

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.63	mg/dL	●	Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	10	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	96	mg/dL	●	70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance ≥ 126 : Diabetes Mellitus

GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	132	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

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





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Glycosylated Hemoglobin (HbA1c)

5.4

%



Normal < 5.7

%Increased risk for Diabetes 5.7 - 6.4%

Diabetes >= 6.5%

Monitoring criteria for Diabetes Mellitus
<7.0 : Well Controlled Diabetes
7.1 – 8.0 : Unsatisfactory Control
> 8.0 : Poor Control & Needs Immediate Treatment

Estimated Average Glucose.

108.28

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Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include PROTEIN TOTAL - SERUM / PLASMA, ALBUMIN - SERUM, Globulin-Serum/Plasma, and A/G ratio.

THYROID PROFILE (T3,T4 AND TSH)

Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include TOTAL T3: TRI IODOTHYRONINE - SERUM, TOTAL T4: THYROXINE - SERUM, and TSH: THYROID STIMULATING HORMONE - SERUM.

Legend: Green dot = Within Normal Range, Yellow dot = Borderline High/Low, Red dot = Out of Range

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URIC ACID - SERUM

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.

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	4.0	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	17	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	167	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	112	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	43 *	mg/dL	●	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	123	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	22		●	< 40 mg/dl
C/H RATIO	4		●	0-4.5

X-RAY CHEST PA

X-ray imaging creates pictures of the inside of your body. Chest X-ray can reveal abnormalities in the lungs, the heart, and bones that sometimes cannot be detected by examination.

NORMAL STUDY.

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





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ECHO/MT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

Histopathology

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

CARDIOLOGY

ECG



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary



- .BODY WEIGHT 57.4 KG, IDEAL BODY WEIGHT 45-54 KG
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - NORMAL
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-



- REGULAR WALK FOR 30 MINS FOR HEALTH,
- 60 MINS WALK FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 45-54 KG

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Dr. Shashikant Nigam
Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

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MBBS, MD (Gen. Med.)

Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382428, INDIA. Regd. No. : G-21961


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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CARDIOLOGY

Patient Details : Ms. SUDHA SHEKHAR | Female | 27Yr 11Mth 0Days
UHID : AHIL.0000872457 **Patient Location:** AHC
Patient Identifier: AHILAH213334 
DRN : 5623043782 **Completed on :** 13-MAY-2023 13:56
Ref Doctor : DR. SHASHIKANT NIGAM

ECHO/TMT

FINDINGS :

Normal cardiac chamber dimensions.
 Normal LV systolic function, LVEF: 60%
 No Regional wall motion abnormalities at rest.
 Normal LV compliance.
 All cardiac valves are structurally normal.
 IAS/ IVS intact.
 No MR, No AR, No PR, Trivial TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

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Ms. SUDHA SHEKHAR

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ECHO/TMT

	LVID diastole
Measurements (mm)	.

IMPRESSION

— END OF THE REPORT —

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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RADIOLOGY

Patient Details : Ms. SUDHA SHEKHAR | Female | 27Yr 11Mth 0Days
UHID : AHIL.0000872457 **Patient Location:** AHC
Patient Identifier: AHILAH213334 
DRN : 123064292 **Completed on :** 13-MAY-2023 14:33
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

FINDINGS :

Lung fields are clear.
 Cardio thoracic ratio is normal.
 Both costophrenic angles are clear.
 Domes of diaphragm are well delineated.
 Bony thorax shows no significant abnormality.

IMPRESSION

NORMAL STUDY.

— END OF THE REPORT —



AKSHAY SHARMA

Medical Officer






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RADIOLOGY

Patient Details : Ms. SUDHA SHEKHAR | Female | 27Yr 11Mth 0Days
UHID : AHIL.0000872457 **Patient Location:** AHC
Patient Identifier: AHILAH213334 
DRN : 223026261 **Completed on :** 13-MAY-2023 11:55
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

USG performed on Fujifilm sonosite edge on B mode with color doppler.

Liver appears normal in size and shows uniform normal echotexture. No evidence of focal or diffuse pathology seen. Intra and extra hepatic biliary radicles are not dilated. Portal vein is normal in calibre. Intrahepatic portal radicles appear normal.

Gall bladder appears normal with no evidence of calculus. Wall thickness appears normal. No evidence of pericholecystic collection.

Visualized pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen is normal in size and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. No evidence of calculi. Pelvicalyceal system on both sides appear normal.

No evidence of ascites or any significant lymphadenopathy.

Urinary bladder is normal in contour and outline. Wall thickness appears normal. No evidence of any intraluminal pathology seen.

On transabdominal scan;

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal.

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Ms. SUDHA SHEKHAR

AHIL.0000872457

AHILAH213334

USG WHOLE ABDOMEN

Endometrial thickness is 6 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

No definite evidence of adnexal / pelvic mass is seen.

IMPRESSION :

No significant abnormality detected

— END OF THE REPORT —

SIDDHARTH S PARMAR

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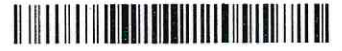
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Ms. SUDHA SHEKHAR

If

27 Year(s) / Female

DENTISTRY



Name :

Date : 12/15/23 Unit No. :

Occupation :

Ref. Physician :

Age : Sex : Male Female

Copies to :

DENTAL RECORD

ALLERGIES : N/A

PAIN : Score (0-10) 0 Location : Character :

DENTAL CLEANING HABIT Once Twice Occasionally
 Brush Finger Stick Any other
 Tooth Paste Powder Any other

DO THE GUMS BLEED WHEN YOU BRUSH YOUR TEETH? Yes No

ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No

ORAL HYGIENE Good Fair Poor

ORAL TISSUE EXAMINATION	PERIODONTAL EXAMINATION	OCCLUSION
NORMAL FINDINGS IN DISEASE Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other :	MILD MOD SEV Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	CLASS I II III CROSSBITE Hypoplasia Impaction <u>8/15</u> Non-vital Fracture Abscess Ulcers Caries Missing Teeth Supernumerary Others

PRESENT COMPLAINT : Frontal clicking

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy

NAD

OPHTHALMIC E

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RECORDS

Name :

Ms. SUDHA
SHEKHAR

Date :

13/05/23

UHID :

27 Year(s) / Female



Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

Right Eye :

NG

Left Eye :

NG

APLN.TN - Right Eye

13

Left Eye -

14

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

Normal


Both Eye Posterior Segment Examinations -

Normal

Pt is fit from outside

OBSTETRICS & GYNAECOLOGY - AHC

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Name : Ms. SUDHA SHEKHAR
Occupation : 27 Year(s) / Female
Age :


Date : 13/5/23 Unit No. :
Ref. Physician : Dr. Kirti N. Nalavade
Copies to :

GYNAEC CHECK UP

Chief Complaint: *NAD*

Children: *Multiparous*

Weight:

Deliveries:

BP:

Last Child:

Abortions:

Breasts: *Normal*

Periods: *Regular 5 days flow @ 28-32 days*

PAP Smear: *Not taken*

LMP: *28/4/23*

Previous Medical H/O:

Menopause:

None

G. Condition:

P/A: *Soft*

Previous Surgical H/O:

No

S/E:

FLH - DM

P/V:

*ut - NS AV
G - Healthy*

P/R:

Impression:

(K)

Doctor Signature
Date & Time

Rate 90

PR 120
QRS 81
QT 348
QTc 426

--AXIS--

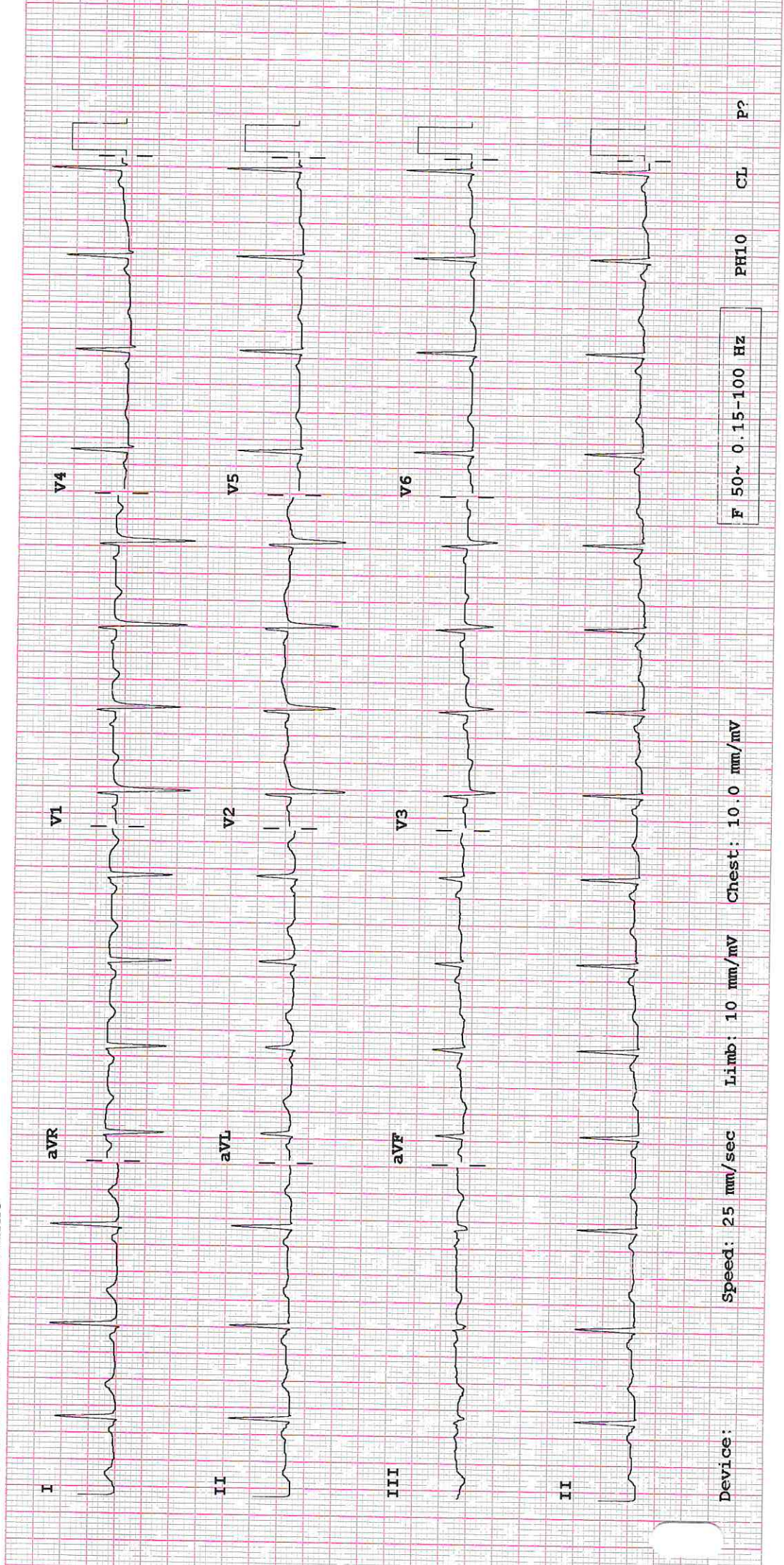
P 32
QRS 23
T -14

12 Lead; Standard Placement

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Ms. SUDHA
SHEKHAR

27 Year(s) / Female



Device: Speed: 25 mm/sec Limb: 10 mm/mv Chest: 10.0 mm/mv

F 50~ 0.15-100 Hz

PH10 CL P?