



Mr. HIMANSHU PAREKH (37 /M)

UHID : AHIL.0000845779

AHC No : AHILAH195189

Date : 25/02/2023



MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Namaste Mr. HIMANSHU PAREKH,

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.



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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 : Mr. HIMANSHU PAREKH (37 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 25/02/2023



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Chief Complaints

For Annual health checkup
No specific complaints



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 :
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



Surgical history

- Surgical history - Nil



Personal history

- Ethnicity - Indian Asian



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- Marital status - Married
- No. of children - 2
- Female - 2
- Profession - corporate employed
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate

Family history

- Father - alive
- Aged - 63
- Mother - alive
- Aged - 63
- Sisters - 2
- Diabetes - father
- Hypertension - father
- Coronary artery disease - none
- Cancer - None

Physical Examination

General

- General appearance - normal
- Build - normal
- Height - 168
- Weight - 75.9
- BMI - 26.89
- Pallor - No
- Oedema - no

Cardiovascular system

- Heart rate (Per minute) - 71
- Rhythm - Regular





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- B.P. Supine

Systolic(mm of Hg) - 126

Diastolic(mm of Hg) - 94

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

Abdomen

Organomegaly - No

Tenderness - No

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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	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occasional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occasional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	14.4	gm%	●	13.0-17.0
Packed cell volume(Calculated)	44.3	%	●	40-50
RBC COUNT (Impedance)	5.31	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	83.6	fl	●	80-100
MCH(Calculated)	27.2	pg	●	27-32
MCHC(Calculated)	32.6	%	●	31-36
RDW(Calculated)	14.7 *	%	●	11.5-14.5
WBC Count (Impedance)	7468	/cu mm	●	4000-11000

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

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MED WHEEL-FULL BODY CHK-BELOW40-MALE

Neutrophils	58	%	●	40-75
Lymphocytes	33	%	●	20-40
Monocytes	8	%	●	2-10
Eosinophils	1	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	322100	/cu mm	●	150000-450000
MPV (Calculated)	8.2	fl	●	7-11
RBC:	Normochromic Normocytic RBCs			
RBC::	Anisocytosis (+)			
WBC:	As mentioned.			
Platelets:	Adequate on the smear			
Parasite	No Parasites Seen			

ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	02	mm/1st hr	●	0-15
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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 GROUP (C AND TYPIING (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	28	U/L	●	0-50

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ALKALINE PHOSPHATASE - SERUM/PLASMA

122

U/L



Adult(Male): 40 - 129

AST (SGOT) - SERUM

22

U/L



> 1 year Male : <40

Total Bilirubin

0.604

mg/dL



0.300-1.200

Direct Bilirubin

0.227

mg/dL



Upto 0.3 mg/dl

Indirect Bilirubin

0.377

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

0.77

mg/dL



Adult Male: 0.6 - 1.3

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Test Name

Result

Unit

Level

Range

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

17

U/L



Male : 10 - 71
Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name

Result

Unit

Level

Range

Glucose - Plasma (Fasting)

107 *

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)

136

mg/dL



70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name

Result

Unit

Level

Range



Within Normal Range



Borderline High/Low



Out of Range



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Glycosylated Hemoglobin (HbA1c)

5.8 *

%



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.

119.76

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.14	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.14	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.54	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.54	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.6		●	2.20-4.20
Globulin-Serum/Plasma	2.6		●	2.20-4.20
A/G ratio	1.75		●	1.00-2.00
A/G ratio	1.75		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.2	nmol/L	●	Adults(20-120 Yrs): 1.2 - 3.1 Pregnant Female : First Trimester : 1.61 - 3.53 Second Trimester : 1.98 - 4.02 Third Trimester : 2.07 - 4.02
TOTAL T4: THYROXINE - SERUM	107	nmol/L	●	Adults(20-100 Yrs):66 - 181 Pregnant Female : First Trimester : 94.3 - 190 Second Trimester : 102 - 207 Third Trimester : 89 - 202
TSH: THYROID STIMULATING HORMONE - SERUM	3.25	µIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



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	4.6	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	18	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	122	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	216 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	33 *	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)	51	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	43 *		●	< 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/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG



Within Normal Range



Borderline High/Low



Out of Range

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Executive Summary



- .BODY WEIGHT 75.9 KG,DEAL BODY WEIGHT 53-64 KG
- .IMPAIRED GLUCOSE TOLERANCE
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - GRADE I FATTY LIVER
- .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 53-64 KG

Follow-up and Review Plan



- FBS and PPBS ONCE IN 30 DAYS
- HBA1C (GLYCOSYLATED HAEMOGLOBIN) NOW AND ONCE IN 3 MONTHS
- CHECK LIPID PROFILE EVERY 6 MONTHS

Casey Pad



Scan the QR code in AskApollo App to book your follow-up appointments and investigations

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
Dr. SHASHIKANT NIGAM
 Consultant Internal Medicine
 Apollo Hospitals International Ltd, Gandhinagar,
 Gujarat-382428, INDIA. Regd. No. 19/2019
AHC Physician / Consultant Internal Medicine

Note :- This 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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RADIOLOGY

Patient Details : Mr. HIMANSHU PAREKH | Male | 37Yr 5Mth 13Days
UHID : AHIL.0000845779 **Patient Location:** AHC
Patient Identifier: AHILAH195189 
DRN : 123025553 **Completed on :** 25-FEB-2023 13:10
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 ---



RAJVEERSINH P CHAVDA

Medical Officer

Printed on : 27-Feb-2023 9:57

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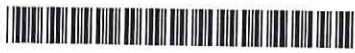
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CARDIOLOGY

Patient Details : Mr. HIMANSHU PAREKH | Male | 37Yr 5Mth 13Days
UHID : AHIL.0000845779 **Patient Location:** AHC
Patient Identifier: AHILAH195189 
DRN : 5623018783 **Completed on :** 25-FEB-2023 16:44
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, No TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

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Mr. HIMANSHU PAREKH

AHIL.0000845779

AHILAH195189

ECHO/TMT

	LVID diastole
Measurements (mm)	.

IMPRESSION

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

Printed on : 27-Feb-2023 9:56

Printed By : 153182

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Page 2 of 2

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701800

Apollo Hospitals International Limited
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.
Phone : +91 79 66701800 | Fax No. : +91 79 66701843
E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (NON NABH-JCI)
1, TulsiBaag Society, Nr. Parnal Garden, Ahmedabad.
Phone : +91 79 66305800 / 01 or +91 76988 15148
E-mail : info@ccc@apolloahd.com

Regd. Office
19, Bishop Gardens, R.A. Puram, Chennai - 600 028
CIN No. : U85110TN1997PLC039016 | GSTIN : 24AA8CA4150H2Z5
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DENTISTRY

Name :

Date : 27/2/23 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		CLASS I II III
Lips :	MILD MOD SEV	CROSSBITE
Cheeks :	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia
Tongue :	Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction
Floor of the mouth :	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Palate :	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture <u>8/8</u>
Tonsillar Area : <u>N/A</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Any other :	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries <u>7/26</u>
		Missing Teeth
		Supernumerary
		Others

PRESENT COMPLAINT : tooth decay

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

N/A

AHIL.0000845779

Mr. HIMANSHU
PAREKH

37 Year(s) / Male



OPHTHA

ON RECORDS

Name :

UHID :

Date : 25/2/23

Distance Vision :

Right Eye - 6/9

Left Eye - 6/9

BE 6/6 (P)

(Corrected)

Near Vision :

Right Eye : N6

Left Eye : N6

APLN.TN - Right Eye 14 Left Eye - 16 mmHg

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - WNL

Both Eye Posterior Segment Examinations - WNL

MS
Dr. Jagriti Sinha
MS (Ophthalmology)
Jr. Consultant
Apollo Hospitals International Ltd. - Gurgaon
Gurgaon-122028, INDIA. Regd. No.: G-03792

Doctor's Signature

Ophthalmologist Name

IU 845/79

25.02.20

11:11:00

Location

Apollo Hospital
Bhat
Gandinagar

Order No
Indication
Medication 1
Medication 2
Medication 3

72 bpm
mmHg

Male

37 Years

Normal sinus rhythm
Normal ECG

QRS	86 ms
QT/QTcBaz	354 / 387 ms
PR	150 ms
P	96 ms
RR/PP	830 / 833 ms
P / QRS / T	37 / 47 / 24 degrees

Technician:
Ordering Ph:
Referring Ph:
Attending Ph:

