

Name : Mrs. POOJA . (33 /F)

Date : 23/01/2024

Address : 1, OTHER, OTHER, OTHER, INDIA

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AMHL.0001946770

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH192841



## CHIEF COMPLAINTS

For corporate health checkup  
No specific complaints

## PRESENT KNOWN ILLNESS

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



## DRUG ALLERGY

NO KNOWN ALLERGY :23/01/2024



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Gastrointestinal system

- Nil Significant

### Genitourinary system

- Nil Significant

### Gynaec history

Last menstrual period - 15/1/2024; Periods - heavy;  
Associated with - dysmenorrhoea

### Eyes

Vision - normal with glasses; Glasses - yes

### ENT

- Nil Significant

### Musculoskeletal system

Spine and joints  
- Nil Significant

### Skin

- Nil Significant



## Present medications

- Nil



## Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No

Covid 19 - Yes  
- 2021

Hospitalization for Covid 19 - No



## Surgical history

Cholecystectomy - 2021



## Personal history

Marital status - Married

Diet - Non Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Mild



## Family history

Father - alive

Mother - alive

Brothers - 1

Sisters - 1

Diabetes - father

Hypertension - father

Coronary artery disease - none

Cancer - None

Thyroid/other endocrine disorder - mother

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## PHYSICAL EXAMINATION



### General

Build - obese  
Height - 156  
Weight - 76  
BMI - 31.23  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 74  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 122  
Diastolic(mm of Hg) - 84  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds



### Abdomen

Organomegaly - No  
Tenderness - No  
Umbilicus - Scar



### Skin

- No significant finding

### Ophthalmology consultation

Ophthalmology findings - UCVA:RE:6/6 LE:6/6  
NVA:RE:N6 LE:N6  
OCULAR MOVEMENT:WNL  
ANT.SEG:WNL  
ADVICE:\*Detail dilated  
Funduscopy\*Review after  
1yr/SOS

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### COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	11.4 *	g/dl	●	12.0-15.0
RBC COUNT	4.2	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	37.2	%	●	36-46
MCV	88.5	fl	●	83-101
MCH	27.1	pg	●	27-32
MCHC	30.6 *	%	●	31.5-34.5
RDW	16.9 *	%	●	11.8-14.0
WBC Count	10200 *	/cu mm	●	4000-10000
Platelet Count	1.74	lacs/cu mm	●	1.5-4.0
Neutrophils	70	%	●	40-80
Lymphocytes	27	%	●	20-40
Monocytes	02	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Anisocytosis+, Predominantly Normocytic Normochromic			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	31 *	mm/1st hr	●	0-20

### URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	20	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.020			
pH:	6.0			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	1-2	/hpf		

Epithelial Cells	4-6 /h.p.f /hpf
Casts:	Not Found
Crystals:	Not Found

### URINE SUGAR - POST PRANDIAL (QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(POST PRANDIAL)	Nil			

### 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	25	U/L	●	0-35
ALBUMIN - SERUM	4.2	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	125 *	U/L	●	33-98
AST (SGOT) - SERUM	25	U/L	●	0-35
BILIRUBIN TOTAL - SERUM	1.0	mg/dL	●	0.3-1.2

### LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	147	mg/dL	●	0-200

### CREATININE - SERUM

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

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

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**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	20	U/L	●	0-38

**GLUCOSE - PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	92	mg/dL	●	70-99

**GLUCOSE - PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	98	mg/dL	●	70-140

**HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	4.6	%	●	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	48	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	87	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	12	mg/dL	●	0-35

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.8	g/dL	●	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	3.6	g/dL	●	1.8-3.6

**THYROID PROFILE - I(T3,T4 AND TSH)**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.28	ng/ml	●	0.87-1.78
TOTAL T4: THYROXINE - SERUM	11.01	µg/dL	●	5.48-14.28

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	109	mg/dL	●	0-150

**THYROID PROFILE - I(T3,T4 AND TSH)**

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	3.13	µIU/mL	●	0.38-5.33

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	5.4	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	1.2		●	1.0-2.0

**BUN/CREATININE RATIO**

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	15			

**PAP SMEAR /CERVICAL SMEAR**

Ref No: AG01.C2400539

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

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**SPECIMEN TYPE:**

Conventional cervical smear (Papanicolaou stain) x 1

**SPECIMEN ADEQUACY:**

Satisfactory for evaluation

**INTERPRETATION/RESULT:**

Negative for intraepithelial lesion or malignancy,  
Reactive cellular changes associated with inflammation  
(includes typical repair)

**ECG**

SINUS RHYTHM.

LOW VOLTAGE "QRS" AND T WAVES.

**TREADMILL TEST / STRESS TEST**

STRESS TEST IS NEGATIVE FOR PROVOCABLE  
MYOCARDIAL ISCHAEMIA.

**ULTRASOUND SCREENING WHOLE ABDOMEN**

\* Grade I fatty liver.

[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. PARTHA LODH

DNB RESIDENT

In consultation with

**X-RAY CHEST PA**

Chest skiagram does not reveal any significant  
abnormality.

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Within Normal Range



Borderline High/Low



Out of Range

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Printed By :

**Dr.SUCHISMITA BHAUMIK**  
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

Moderate Risk

### YOUR SCORE

3

### ACCEPTABLE SCORE

3

**Your likelihood of developing cardiovascular disease in the next ten years is 1.3 times higher than the people of 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**
- **It is recommended that you visit your physician every 6 months** if you have:
  - o Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

### 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**