

Name : Mrs. CHITRA J (44 /F)

Date : 09/02/2024

Address : NO:4D/187,HOUSING BOARD 2 ND,ETTAYAPURAM,MAIN ROAD,VELAVAN,KAIKARI MARKET BACK SIDE,, THOOTHUKKUDI, THOOTHUKKUDI, TAMIL NADU, INDIA

Examined by: Dr .PAUL SUDHAKAR

UHID : ASM1.0000694873

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE 40YRS

AHC No : MDUMH120398



CHIEF COMPLAINTS

Breathing difficulty
Swelling of right leg, Swelling of left leg

PRESENT KNOWN ILLNESS

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

Haematological
disorders - Anemia



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

Dyspnoea - yes; Dyspnoea exacerbated by -
moderate exertion

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

Musculoskeletal system

Spine and joints
- Swelling of both feet, relieved by lying down

General symptoms

General symptoms - tiredness



Surgical history

Caesarian section - 2



Personal history

Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Sedentary



Family history

Diabetes - father, mother
Coronary artery
disease - none
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - obese
Height - 143
Weight - 70.1
BMI - 34.28
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 77
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 130
Diastolic(mm of Hg) - 80
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath
sounds



Abdomen

Organomegaly - No

Name : Mrs. CHITRA J (44 /F)

UHID : ASM1.0000694873

Date : 09/02/2024

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE 40YRS

AHC No : MDUMH120398

Tenderness - No

Gynaec findings

Past surgical history - Iscs
Marital status - married
No of Children - 2
Deliveries - 2
Periods - regular
Breast examination - normal
P/A - soft nt
P/S - cx healthy
P/V - ut ns av ff
Pap smear - Taken

Printed By : Sasikala T

Name : Mrs. CHITRA J (44 /F)

UHID : ASM1.0000694873

Date : 09/02/2024

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE 40YRS

AHC No : MDUMH120398

HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	8.7 *	gm%	●	11.5-16.5
Packed cell volume(Calculated)	28 *	%	●	37-47
WBC Count	8.3	10 ³ /m ³	●	4-11
Platelet Count	465 *	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	52 *	mm/1st hr	●	0-20
RBC Count	4.3	Million/ul	●	3.7-5.6
MCV	65 *	fl	●	75-95
MCH(Calculated)	20 *	pg	●	26-32
MCHC(Calculated)	31	g/dl	●	31-36
Neutrophils	63	%	●	40-80
Lymphocytes	30	%	●	20-40
Eosinophils	02	%	●	01-06
Monocytes	05	%	●	2-10
RBC:	MICROCYTIC HYPOCHROMIC.			
WBC:	WITHIN NORMAL LIMITS.			
Platelets:	ADEQUATE.			
Impression	MICROCYTIC HYPOCHROMIC ANEMIA.			
Note	KINDLY CORRELATE CLINICALLY.			

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.015		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Clear			Clear
pH	6		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	Nil			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT

Urobilinogen	Normal	E.U./dL	Normal
RBC	Nil	/hpf	<2
Pus Cells	1-2	/hpf	Male : 2 - 3 Female : 2 - 5
Epithelial Cells	2-4	/hpf	3 - 5

ALT(SGPT) - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
ALT(SGPT)	18	U/L	●	Adult Female : <34

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.4	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.8	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	100	U/L	●	Adult(Female): < 104

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	20	U/L	●	Adult Female: <31

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.2	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	198	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.8	mg/dL	●	Female: 0.6 - 1.1

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

Name : Mrs. CHITRA J (44 /F)

UHID : ASM1.0000694873

Date : 09/02/2024

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE 40YRS

AHC No : MDUMH120398

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	10	U/L	●	Female: < 38

LDL Cholesterol (Direct LDL) 134 * mg/dL ● Optimal: <100
 Near/above optimal: 100 - 129
 Borderline High: 130 - 159
 High: 160 - 189
 Very High: >=190

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	93	mg/dL	●	60-99

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.2	g/dL	●	>2 Year: 6.0 - 8.0

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	103	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	5.7 *		●	< 4.5

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	6.2	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% Diabetes >= 6.5%

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	12 *	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	4.4	mg/dL	●	Adult Female: 2.6 - 6.0

HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	35 *	mg/dL	●	Low: <40 High: >=60

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	23		●	Desirable:<30
Triglycerides - Serum	116	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.1	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.1	mg/dL	●	0.0-1.0

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

Name : Mrs. CHITRA J (44 /F)

UHID : ASM1.0000694873

Date : 09/02/2024

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE 40YRS

AHC No : MDUMH120398

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9.8	mg/dL	●	Adult : 6 - 20

Liver is normal in size and shows increased echopattern. The intra or extra hepatic biliary radicles are not dilated.

Gall bladder is partially distended.

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	126	ng/dL	●	60-180

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 9.0 x 3.1 cm.

Left kidney measures 9.1 x 3.2 cm.

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	7.3	µg/dL	●	3.5 - 12.5

Both kidneys show normal echopattern with no evidence of calculi or calyceal dilatation.

Bladder shows normal contour.

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	2.3	µIU/mL	●	0.35 - 5.50

Uterus measures 8.6 x 4.0 cm and shows normal endometrial and myometrial echoes. Endometrial thickness measures 9 mm.

ovaries are appear normal.

PAP SMEAR /CERVICAL SMEAR

Ref No:
G 408/2024
SPECIMEN TYPE:
Cervical smear
SPECIMEN ADEQUACY:
Satisfactory for evaluation
INTERPRETATION/RESULT:
Negative for intraepithelial lesion or malignancy.

IMPRESSION:

CLINICAL INDICATION: MASTER HEALTH CHECKUP.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 09.02.2024 SHOWS,

- Grade I fatty liver.

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

REPORTED BY,
DR. C.RAVIKUMAR, MBBS., DMRD.,
CONSULTANT RADIOLOGIST.

ULTRASOUND SCREENING WHOLE ABDOMEN

2D-ECHO WITH COLOUR DOPPLER

NORMAL CHAMBERS DIMENSIONS.
STRUCTURALLY NORMAL VALVES.
NO REGIONAL WALL MOTION ABNORMALITY.
NORMAL LV SYSTOLIC FUNCTION.
NORMAL LV DIASTOLIC FUNCTION.
NO PERICARDIAL EFFUSION/ CLOT.
LVEF:68%

MAMMOGRAPHY

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

Name : Mrs. CHITRA J (44 /F)

UHID : ASM1.0000694873

Date : 09/02/2024

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE 40YRS

AHC No : MDUMH120398

CRANIO CAUDAL AND OBLIQUE MEDIOLATERAL VIEWS OF BOTH BREASTS WERE STUDIED.

Heterogenous fibroglandular parenchyma which may obscure masses – Breast composition C.

Well defined radio opaque shadow seen in the superior and medial quadrant of the right breast.

No micro calcifications.

No significant duct dilatation.

Skin and nipple areolar complex normal.

Retroareolar and retromammary region normal.

No significant axillary lymphnodes.

USG screening reveals well defined hypoechoic lesion, measures 1.0 x 0.6 cm seen at 2'o clock position in the upper inner quadrant of the right breast.

IMPRESSION:

BIRADS – III lesion in right breast.

REPORTED BY
DR. JASLYN DEVAKIRUBAI, MBBS., MDRD.,
CONSULTANT RADIOLOGIST.

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

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG



Within Normal Range



Borderline High/Low



Out of Range

Executive Summary

 Physical Examination and routine Investigation in AHC Package reveals the following :

- Obesity
- Anemia
- Mild Dyslipidemia
- Fatty Liver
- Polyarthritis - ? RA

Wellness Prescription

Advice On Diet :-



-Healthy Diet

Advice On Physical Activity :-



-Regular walking

Medications

- Tab. Sederom 1-0-0 x 1 month
- Tab. Zovibion Plus 0-0-1 x 1 month

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
RHEUMATOLOGY		1 Week(s)	

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
CBC	15 Day(s)		
RA FACTOR	15 Day(s)		
STOOL OCCULT BLOOD	15 Day(s)		

Name : Mrs. CHITRA J (44 /F)

UHID : ASM1.0000694873

Date : 09/02/2024

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE 40YRS

AHC No : MDUMH120398

Printed By : Sasikala T

Dr.PAUL SUDHAKAR
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.

Name : Mrs. CHITRA J (44 /F)

UHID : ASM1.0000694873

Date : 09/02/2024

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE ABOVE 40YRS

AHC No : MDUMH120398

Medications

- Tab. Sederom 1-0-0 x 1 month
- Tab. Zovibion Plus 0-0-1 x 1 month

Dr.PAUL SUDHAKAR

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS

YOUR SCORE

ACCEPTABLE SCORE

Moderate Risk

5

4

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