



Mr. DEVENDRASINGH MAKWANA (38 /M)

UHID : AHIL.0000862042

AHC No : AHILAH206046

Date : 14/04/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Namaste Mr. DEVENDRASINGH MAKWANA,

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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Keep the records carefully and bring them along during your next visit to our Hospital



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](http://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](mailto: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. DEVENDRASINGH MAKWANA (38 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 14/04/2023



UHID : AHIL.0000862042

AHC No : AHILAH206046



## 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  
Chicken pox - YES



## Surgical history

Others - LITHOTRIPSY - 2009



## Personal history



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 2
- Female - 1
- Male - 1
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Active



### Family history

- Father - alive
- Aged - 65
- Mother - alive
- Aged - 61
- Sisters - 1
- Diabetes - father
- Hypertension - mother
- Coronary artery disease - none
- Cancer - None

## Physical Examination



### General

- General appearance - normal
- Build - normal
- Height - 179
- Weight - 85.4
- BMI - 26.65
- Pallor - No
- Oedema - no



### Cardiovascular system



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**Heart rate (Per minute)** - 79

**Rhythm** - Regular

- B.P. Supine

**Systolic(mm of Hg)** - 150

**Diastolic(mm of Hg)** - 90

**Heart sounds** - S1S2+

**Respiratory system**

**Breath sounds** - Normal vesicular breath sounds

**Abdomen**

**Organomegaly** - No

**Tenderness** - No

Printed By : MUKTA S ADALTI

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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	25	mL		
Specific Gravity	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
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)	13.4	gm%	●	13.0-17.0
Packed cell volume(Calculated)	41.0	%	●	40-50
RBC COUNT (Impedance)	5.33	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	77.0 *	fl	●	80-100
MCH(Calculated)	25.2 *	pg	●	27-32
MCHC(Calculated)	32.7	%	●	31-36
RDW(Calculated)	13.9	%	●	11.5-14.5
WBC Count (Impedance)	6951	/cu mm	●	4000-11000

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



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Neutrophils	59	%	●	40-75
Lymphocytes	33	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	218300	/cu mm	●	150000-450000
MPV (Calculated)	8.3	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	5	mm/1st hr	●	0-15

**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:	O 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	24	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	61	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	25	U/L	●	> 1 year Male : <40
Total Bilirubin	0.402	mg/dL	●	0.300-1.200
Direct Bilirubin	0.153	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.249

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	0.92	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSEPTIDASE - SERUM	16	U/L		Male : 10 - 71 Female : 6 - 42

### GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	94	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)	86	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)

5.2

%



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. 102.54

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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	3.9	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)	11	mg/dL	●	6-20
UREA - SERUM / PLASMA	23	mg/dL	●	15 - 50

### LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	176	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	92	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	42 *	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)	134 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	18		●	< 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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**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

ECHO/TMT

EKG



Within Normal Range



Borderline High/Low



Out of Range



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### Executive Summary



- .BODY WEIGHT 85.4 KG,DEAL BODY WEIGHT 60-73 KG
- .ECG - NORMAL SINUS RHYTHM
- .USG ABDOMEN - NO ABNORMALITY DETECTED
- .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 60-73 KG

Printed By : MUKTA S ADALTI

*Dr. S. Nigam*  
Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

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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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## RADIOLOGY

**Patient Details** : Mr. DEVENDRASINGH MAKWANA | Male | 38Yr 11Mth 17Days  
**UHID** : AHIL.0000862042 **Patient Location:** AHC  
**Patient Identifier:** AHILAH206046   
**DRN** : 123049693 **Completed on :** 14-APR-2023 10:28  
**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 :** Mr. DEVENDRASINGH MAKWANA | Male | 38Yr 11Mth 17Days  
**UHID :** AHIL.0000862042 **Patient Location:** AHC  
**Patient Identifier:** AHILAH206046   
**DRN :** 223020785 **Completed on :** 14-APR-2023 13:03  
**Ref Doctor :** DR. SHASHIKANT NIGAM

### USG WHOLE ABDOMEN

#### FINDINGS :

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.

Head, body and tail of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 11.8 cms 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 lymphadenopathy.

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

Prostate is normal in size and echopattern.

#### IMPRESSION :

NO ABNORMALITY DETECTED.

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**USG WHOLE ABDOMEN**

— END OF THE REPORT —

*S. S. Parmar*

SIDDHARTH S PARMAR

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Mr. DEVENDRASINGH  
MAKWANA

39 Year(s) / Male

HID,



## DENTISTRY

Name : ..... Date : 16/4/20 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 : <u>N/A</u> Any other : .....	MILD MOD SEV Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input 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 Non-vital Fracture Abscess Ulcers Caries <u>CB 2</u> Missing Teeth Supernumerary Others

PRESENT COMPLAINT : tooth decay

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

NAD



**OPHTHALMOLOGY**

**EXAMINATION RECORDS**

Name : AHIL.0000862042  
Mr. DEVENDRASINGH  
MAKWANA  
UHID : 39 Year(s) / Male

Date : 14/4/23



Distance Vision :

Right Eye - 6/6  
Left Eye - 6/6

Near Vision :

Right Eye : No  
Left Eye : No

APLN.TN – Right Eye 12 Left Eye – 13 mmHg

Both Eye – Colour Vision Normal

Both Eye – Anterior Segment Examinations – Normal

Both Eye Posterior Segment Examinations – Normal

pt is fit and can do his duty

Doctor's Signature  
Dr. Zahedabs...  
MBSB, DNB - Ophthalmology  
Junior Consultant  
Apollo Hospitals International Limited,  
Bhat, G...  
Regd. ...  
Ophthalmologist Name

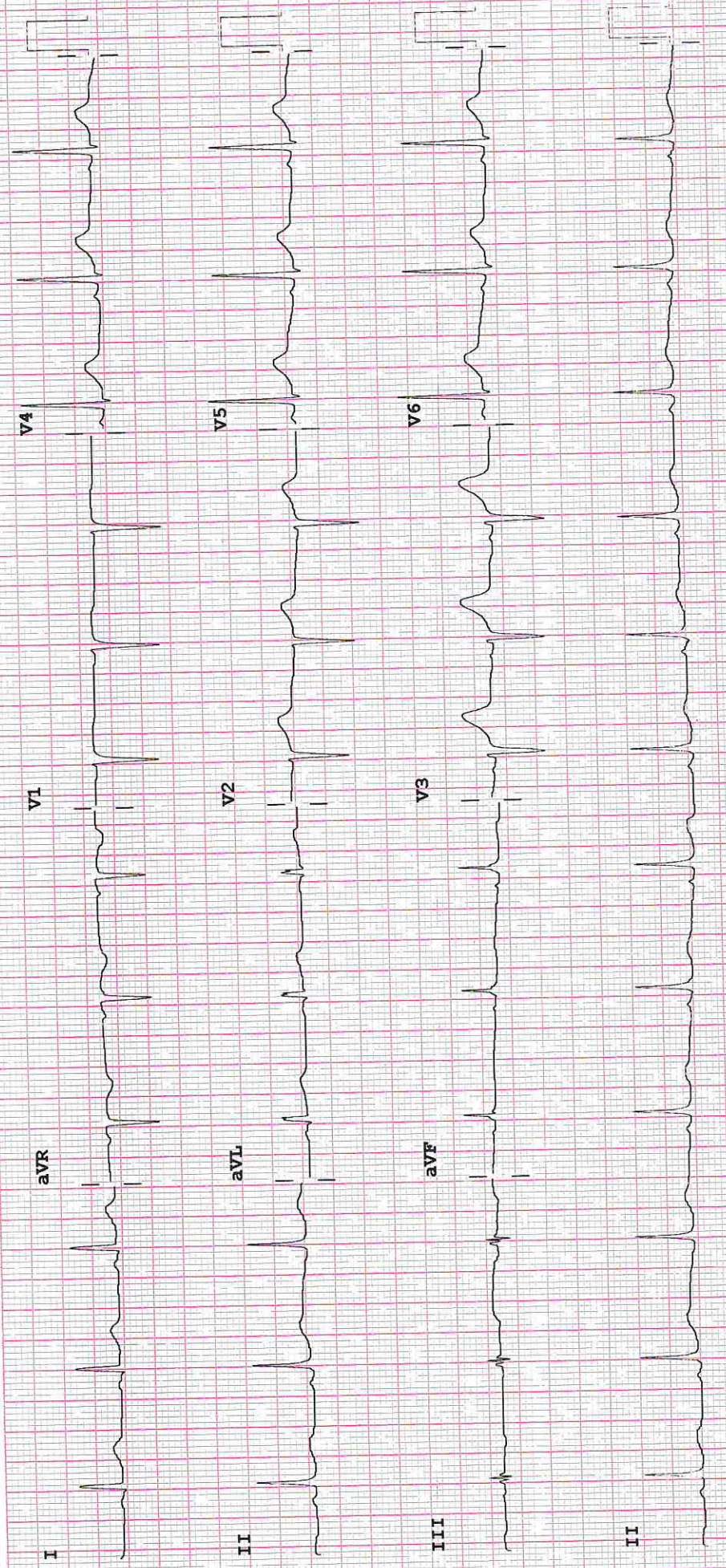
AHIL.0000862042  
Mr. DEVENDRASINGH  
MAKWANA  
39 Year(s) / Male



Rate 75  
PR 123  
QRSd 86  
QT 376  
QTc 420

--AXIS--  
P -14  
QRS 34  
T 12

12 Lead; Standard Placement



F 50~ 0.15-100 Hz  
PH10 CL P2

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