



**Mr. JAYANT TOPPO (44 /M)**

UHID : ASHB.0000040044

AHC No : BPLAH8853

Date : 22/06/2024

MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50  
MALE

**Dear Mr. JAYANT TOPPO**

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health risk assessments curated just for you to guide targeted intervention, continuum of care and a path to wellness. Our holistic care continuum integrates clinical expertise and artificial intelligence to gauge and avert the risk, onset and progression of non-communicable diseases (NCDs).

**In this personalized health report, you will find your**

- Medical History and Physical examination results
- Investigations Results
- Artificial Intelligence powered risk scores
- Physician's Impressions on your Health
- Path to Wellness: A personalized management protocol, including follow-up assessments
- Vaccination counselling advice

**Apollo ProHealth encompasses the following processes:**

**Personalized Health Risk Assessment (pHRA):** Based on your online risk assessment, medical history, physical examination, and psychological evaluation, we recommended a health screening assessment for you, including diagnostic and imaging tests. Based on the results of these assessments, we have advised additional follow-up tests and consultations - details of which we have included in your report. Your physician will explain their relevance, and we strongly suggest you comply with the recommendations.

**Health Mentor:** We have assigned a dedicated health mentor to proactively work with you towards your health goals and ensure that you regularly adhere to the guidance and recommendations from clinical and nutrition consultants. Your health mentor will call you periodically to track your progress

**ProHealth App:** You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

**Follow- Up Consultation:**

For any follow-up consultations, you can visit your ProHealth physician in-person at the center or you can book a virtual consultation through <https://www.apollo247.com/specialties> or through the Apollo 247 app on your phone.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on

ANDROID IOS

***Disclaimer:*** *The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.*

Name : Mr. JAYANT TOPPO (44 /M)

Date : 22/06/2024

Address :

Examined by : Dr. PROMISE JAIN

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### Chief Complaints

For corporate health checkup  
No specific complaints

### Present Known illness

No history of - Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke,  
Asthma, COPD, Cancer, Impaired Glycemia  
Diabetes mellitus - type 2; Since - 8yrs; Medication - regular



### Drug Allergy

NO KNOWN ALLERGY :22/06/2024



### Systemic Review

**Cardiovascular system** : Chest pain - no; Breathing difficulty - no  
**Respiratory system** : - Nil Significant  
**Oral and dental** : - Nil Significant  
**Gastrointestinal system** : Appetite - normal; Bowel habits - regular  
**Genitourinary system** : Frequency - normal; Dysuria/burning micturition - no; Urgency - no  
**Central nervous system** : - Nil Significant  
**Eyes** : Vision - normal with glasses; Glasses - yes; Glasses for - reading  
**ENT** : - Nil Significant  
**Musculoskeletal system** :  
**Spine and joints**  
- Nil Significant  
**Skin** : - Nil Significant  
**Weight** : - stable  
**General symptoms** : - Nil Significant  
**Present medications** : - Tab Glyzid Trio OD  
Tab Glizid Total P15 BD



### Past medical history

Past medical history - nil significant

Covid 19 - Yes

Hospitalization for Covid 19 - No

Oxygen support - No



### Surgical history

Surgical history - Nil

### Immunization history

- Covid Dose1, Covid Dose2



### Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Profession - government employee

Diet - Mixed Diet

Alcohol - consumes alcohol occasionally

Units - 2-3

Frequency - monthly

Smoking - Yes

Frequency - occasional

Chews tobacco - Yes

Physical activity - Mild



### Family history

Father - alive

Aged - 72

Mother - alive

Aged - 65

Brothers - 0

Sisters - 2

Diabetes - mother, maternal grandfather

Coronary artery disease - father

Cancer - None

## Physical Examination



### General

General appearance	- normal
Build	- well built
Height	- 167
Weight	- 67.6
BMI	- 24.24
Pallor	- No
Oedema	- no
Temperature	- 97.6
SpO2	- 99



### Head and ENT

Ear	- Wax
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### Cardiovascular system

Heart rate (Per minute)	- 84
Rhythm	- Regular
	- B.P. Sitting
Systolic(mm of Hg)	- 156
Diastolic(mm of Hg)	- 90
Heart sounds	- S1S2+

### Respiratory system

Breath sounds	- Normal vesicular breath sounds
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### Abdomen

Appearance	- Normal
Organomegaly	- No
Tenderness	- No



### Central nervous system

	- No neurological deficit
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### Skin

- No significant finding



**Musculo Skeletal System**

- No significant finding

**Psychological Assessment**

Psychological assessment - Normal

**Ophthalmology consultation**

Ophthalmology consultation done by - Dr.Siddhartha Malaiya

Ophthalmology findings - Treatment  
BE e/d Tear drops 4 times/day for 1 month  
BE e/d Lotepred 4 times/day

for 1 week > 3 times/day -  
for 1 week > 2 times/day -  
for 1 week > 1 time/day for 1 week -

**ENT consultation**

ENT consultation done by - Dr Ankit Mishra

ENT findings - Rx

Soliwax ear drop 3 drops QID for 3 days

**Dental consultation**

Dental findings - Dr Aditi  
O/E  
fracture 26  
stain ++  
calculus +  
T/A

oral prophylaxis -

extraction 26 -

**COMPLETE BLOOD COUNT(CBC) WITH ESR**

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	13.6	g/dL	●	13.0-17.0
Packed cell volume (Calculated)	42.3	%	●	38.3-48.6
RBC Count	6.39 *	Million/ul	●	4.50-5.90
MCV-	66.2 *	fl	●	80-100
MCH-	21.2 *	pg	●	27-32
MCHC-	32.0	g/dL	●	32-36
RDW	20.1 *	%	●	11.8-14.5
TLC COUNT	8.48	10 <sup>9</sup> /mm <sup>3</sup>	●	4.0-11.0
Neutrophils	75	%	●	40-80
Lymphocytes	17 *	%	●	20-40
Monocytes	7	%	●	2-10
Eosinophils	1	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	165.9	10 <sup>9</sup> /mm <sup>3</sup>	●	150-450
Mean Platelet Volume	11.6	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	46 *	mm/1st hr	●	0-15

**URINE ROUTINE (CUE)**

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
Specific Gravity	1.005		●	1.005 - 1.025
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	Acidic			
Protein :	Nil			
Sugar:	3+			
Ketone	Nil			
Bilirubin:	Nil			

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

RBC	Nil		
Pus Cells	1-2	/hpf	0.0 - 5.0/HPF
Epithelial Cells	1-2	/hpf	<20
Yeast Cells	Absent		
Bacteria:	Absent		
Casts:	Absent		ABSENT
Crystals:	Absent		

**BLOOD GROUPING AND TYPING (ABO and Rh)**

Test Name	Result	Unit	Level	Range
ABO Group:	A			
Rh (D) Type:	Positive			

**GLUCOSE - SERUM / PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	162 *	mg/dL	●	70-100

**GLUCOSE - SERUM / PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	207 *	mg/dL	●	70-140

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

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	8.0 *	%	●	4.0-5.6

## COMMENTS

Possibility of presence of abnormal hemoglobin detected; however the above value is reportable.

Advise: 1) Clinical correlation and serum fructosamine for blood glucose monitoring and HbA1c confirmation.

2) HPLC to rule out hemoglobinopathy.

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Total Cholesterol	250 *	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240



Within Normal Range



Borderline High/Low



Out of Range



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HDL Cholesterol	52	mg/dL	●	>40
LDL Cholesterol (Direct LDL)	190 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	175 *	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	35 *		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.9		●	3.5-5.0

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.4	g/dL	●	6.6-8.3
Albumin - Serum	4.3	g/dL	●	3.5-5.2
GLOBULIN	3.1	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.4		●	0.9-2.0
AST (SGOT)	20	U/L	●	< 50
ALT(SGPT) - SERUM	21	U/L	●	<50
BILIRUBIN TOTAL	0.8	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.2	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.6	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	114	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	66 *	U/L	●	0 - 55

**CREATININE - SERUM / PLASMA**

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

CREATININE - SERUM / PLASMA	0.94	mg/dL	●	0.72 - 1.18
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**URIC ACID - SERUM / PLASMA**

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	5.2	mg/dL	●	3.5-7.2

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	11.6	mg/dL		Male: <50yrs 8.87-20.5 mg/dl Male:>50yrs 8.41-25.7 mg/dl

**THYROID PACKAGE**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.29	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	9.41	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	0.91	µIU/mL	●	0.35-5.50

**PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM**

PSA is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or some prostate disorders. PSA is not a unique indicator of prostate cancer, it may also detect prostatitis or benign prostatic hyperplasia. Only about 30 percent of patients with high PSA have prostate cancer diagnosed after biopsy. It is recommended in men above 50 years of age.

Test Name	Result	Unit	Level	Range
Prostatic Specific Antigen (PSA Total)	1.1	ng/mL	●	< 4

**ECG**

-Normal ECG

**TMT/2D ECHO**

-No RWMA at Rest  
-Normal LV Systolic Function (LVEF60%)

**ULTRASOUND - WHOLE ABDOMEN**

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

IMPRESSION:- Sonography Study Reveals:-

- Grade-I fatty liver.
- Pancreas is inhomogeneous in echopattern. MPD is not dilated. No evidence of peri pancreatic fluid- Needs serum amylase and lipase correlation.

ADV:- Clinical Correlation.

**X-RAY CHEST PA**

IMP:- RADIOGRAPHIC IMAGE REVEALS:-

Normal findings are seen.

Thanks for Ref

### Executive Summary



Diabetes mellitus -uncontrolled  
dyslipidemia

### Wellness Prescription

#### Advice On Diet :-



Diabetic diet

#### Advice On Physical Activity :-



30 minutes brisk walk 5 days a week

### Medications

TAB. GLUXIT TRIO 10/1000/100 1OD BBF

TAB. GLUCONORM VG2 1 BD BEFORE MEAL

TAB. ROZAVEL 20 MG HS

REVIEW AFTER 15 DAYS

### Follow-up and Review Plan



Regular Diabetology follow up with regular blood sugar monitoring



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

**Dr.PROMISE JAIN**

AHC Physician / Consultant Internal Medicine

Printed By : Promise Jain

**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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