



Mrs. SHRITI SONI (48 /F)

UHID : ASHB.0000039573

AHC No : BPLAH8758

Date : 17/06/2024

MEDIWHEEL FULL BODY ANNUAL PLUS CHECK
ADVANCED-FEMALE

Dear Mrs. SHRITI SONI

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 : Mrs. SHRITI SONI (48 /F)

Date : 17/06/2024

Address : DK5/89, DANISH KUNJ, KOLAR, BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. GOPAL BATNI

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Chief Complaints

For corporate health checkup

Left Breast Pain

Left Arm pain with T & N

Present Known illness

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

Thyroid disease - hypothyroidism; Since - 8-9yrs; Medication - regular; - Tab Thyrox 25 OD



Drug Allergy

NO KNOWN ALLERGY

:17/06/2024



Systemic Review

- Cardiovascular system** : Chest pain - on and off; Character - atypical; Breathing difficulty - no
- Respiratory system** : - Nil Significant
- Oral and dental** : - Nil Significant
- Gastrointestinal system** : Appetite - normal; Bowel habits - regular, constipation
- Genitourinary system** : Frequency - normal; Dysuria/burning micturition - no; Urgency - no
- Gynaec history** : No of Children - 1; No of deliveries - 1; Deliveries - LSCS; Tubal ligation - 6yr back; Menopause - yes; Since - At age of 40yrs
- Central nervous system** : - Nil Significant
- Eyes** : Vision - normal with glasses; Glasses - yes; Glasses for - reading
- ENT** : - Nil Significant
- Musculoskeletal system** :
- Spine and joints**
Polyarthralgia - yes
- Skin** : - Nil Significant
- Weight** : - stable
- General symptoms** : General symptoms - tiredness, weakness

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Present medications : - Tab Thyrox 25 OD



Past medical history

Past medical history - nil significant
Covid 19 - No



Surgical history

Caesarian section - 1
Dilatation and curettage - Age of 39yrs
Tubal ligation - 6yr back

Immunization history

- Covid Dose1,Covid Dose2



Personal history

Ethnicity - Indian Asian
Marital status - Married
No. of children - 1
Profession - government employee
Diet - Vegetarian
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Sedentary



Family history

Father - alive
Aged - 80
Mother - alive
Aged - 75
Brothers - 0
Sisters - 4
Diabetes - mother
Age - greater than 50
Coronary artery disease - none

Cancer - None

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 157
 Weight - 66.0
 BMI - 26.78
 Pallor - No
 Oedema - no
 SpO2 - 98



Head and ENT

- No significant finding



Oral and Dental

- No significant finding



Cardiovascular system

Heart rate (Per minute) - 88
 Rhythm - Regular
 - B.P. Sitting
 Systolic(mm of Hg) - 105
 Diastolic(mm of Hg) - 63
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Appearance - Normal
 Organomegaly - No
 Tenderness - No



Central nervous system

- No neurological deficit



Skin

- No significant finding



Musculo Skeletal System

- No significant finding

Psychological Assessment

Psychological assessment - Normal

Gynaec findings

- Gynaec findings - Normal
- Marital status - married
- No of Children - P1L1
- Male - 1
- Deliveries - LSCS
- Periods - regular
- Menopause - ACHIEVED AT 40YEAR OF AGE
- Breast examination - NAD
- P/A - NAD
- P/S - NAD
- P/V - NAD
- Pap smear - Taken

Ophthalmology consultation

- Ophthalmology consultation done by - Dr.Siddhartha Malaiya
- Ophthalmology findings - BE A/s wnl
Treatment
BE e/d Tear drops 4 times/day for 1 month

ENT consultation

- ENT consultation done by - Dr Ankit Mishra

Dental consultation

Dental findings - Dr Aditi
O/E

class 2 fracture 11 21 -

stain ++ T/A -

restoration 11 21 -

oral prophylaxis -

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COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	13.4	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	40.9	%	●	35.5-44.9
RBC Count	4.59	Million/ul	●	4.00-5.20
MCV-	89.2	fl	●	80-100
MCH-	29.1	pg	●	27-32
MCHC-	32.7	g/dL	●	32-36
RDW	14.1	%	●	12.2-16.1
TLC COUNT	6.31	10 ⁹ /mm ³	●	4.0-11.0
Neutrophils	64	%	●	40-80
Lymphocytes	23	%	●	20-40
Monocytes	8	%	●	2-10
Eosinophils	5	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	267.4	10 ⁹ /mm ³	●	150-450
Mean Platelet Volume	8.4	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	29 *	mm/1st hr	●	0-20

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:	Nil			
Ketone	Nil			



Within Normal Range



Borderline High/Low



Out of Range

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Bilirubin:	Nil		
RBC	Nil		
Pus Cells	1-2	/hpf	0.0 - 5.0/HPF
Epithelial Cells	6-8	/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:	B			
Rh (D) Type:	Positive			

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	96	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	122	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.9 *	%	●	4.0-5.6

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	177	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	44	mg/dL	●	>40

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LDL Cholesterol (Direct LDL)	120 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	98	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	20		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.0		●	3.5-5.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Protein Total - Serum	6.7	g/dL	●	6.6-8.3
Albumin - Serum	4.2	g/dL	●	3.5-5.2
GLOBULIN	2.5 *	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.7		●	0.9-2.0
AST (SGOT)	21	U/L	●	< 35
ALT(SGPT) - SERUM	21	U/L	●	<35
BILIRUBIN TOTAL	0.5	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.4	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	122 *	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	19	U/L	●	0-38

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.64	mg/dL	●	0.55-1.02

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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	4.4	mg/dL	●	2.6-6.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8.6	mg/dL		Female: <50yrs 7.01-18.7 mg/dl Female:>50yrs 9.81-20.1 mg/dl

THYROID PACKAGE

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.5	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	9.74	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	3.1	µIU/mL	●	0.35-5.50

PAP SMEAR /CERVICAL SMEAR

Histopathology

Lab Ref No:

ASP/571/24

Specimen:

Received two conventional alcohol -fixed smears for cervical cytology. Papanicolaou staining done.

SPECIMEN ADEQUACY:

Satisfactory for evaluation.

Microscopic Description:

Smears show predominantly intermediate and superficial squamous cells. Endocervical cells are seen. Squamous metaplastic and reactive cellular changes are seen focally. Background shows mild inflammation and lactobacilli.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy (NILM).

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

ECG

-WNL

MAMMOGRAPHY

Impression:- Bilateral Sonomammogram study reveal:-

- Bilateral breast - BIRADS category 1 (Negative).

Adv:-Clinical correlation.

DR. KRATI KHANDELWAL
CONSULTANT RADIOLOGIST

TMT/2D ECHO

-No RWMA at Rest

-Normal LV Systolic Function (LVEF : 60%)

ULTRASOUND - WHOLE ABDOMEN

IMPRESSION:- Sonography Study Reveals:-

- No significant abnormality detected.

ADV:- Clinical Correlation.

DR. KRATI KHANDELWAL
CONSULTANT RADIOLOGIST

X-RAY CHEST PA

IMP:- RADIOGRAPHIC IMAGE REVEALS:-

Normal findings are seen.

Thanks for Ref



Within Normal Range



Borderline High/Low



Out of Range

Executive Summary



HYPOTHYROIDISM.

Wellness Prescription

Advice On Diet :-



WEIGHT REDUCING DIET.

Advice On Physical Activity :-



30-40 MIN WALK DAILY

Medications

DIVERCAL-O ONE DAILY AFTER BFAST
NUGENT -D ONE DAILY AFTER DINNER.
THYRONORM 25 MCG ON EMPTY STOMACH IN MORNING
PLACIDA ONE AFTER BFAST
ALL FOR ONE MONTH

TAB ETOSHINE 90 MG AFTER DINNER X 10 DAYS

Follow-up and Review Plan



1 MONTH.



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

Dr.GOPAL BATNI

AHC Physician / Consultant Internal Medicine

Printed By : Gopal Batni

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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