

Name : Mr. KAILASH SANTOSH SONAWANE (54 /M)

Date : 26/08/2023

Address : MEDIWHEEL NASHIK, NASHIK, NASHIK, MAHARASHTRA, INDIA

Examined by: Dr .SAGAR SATISH PATEL

UHID : MHN1.0000150877

Package : MediWheel Full Body Health Checkup Male Above 40

AHC No : NSKAH34927



CHIEF COMPLAINTS

For corporate health checkup
No specific complaints

PRESENT KNOWN ILLNESS

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



DRUG ALLERGY

NO KNOWN ALLERGY :26/08/2023



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant



Past medical history

Do you have any - No
allergies?
Do you have any drug - No
allergies?
Past medical history - nil significant
Covid 19 - No



Surgical history

Surgical history - Nil

Immunization history

- Covid Dose1



Personal history

Marital status - Married
No. of children - 02
Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No

Chews tobacco - No
Physical activity - Active



Family history

Family history - Nil significant
Coronary artery - none
disease
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - normal
Height - 162
Weight - 75.4
BMI - 28.73
Pallor - No
Oedema - no
Temperature - 97.8
SpO2 - 98



Cardiovascular system

Heart rate (Per minute) - 69
Rhythm - Regular
- B.P. Supine
Systolic(mm of Hg) - 140
Diastolic(mm of Hg) - 90
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath
sounds



Abdomen

Organomegaly - No
Tenderness - No

Printed By : Shweta Sharad Shardul

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URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.025		●	1.016-1.026
Color,:	PALE YELLOW			
Transparency:	Slightly Turbid			
Reaction:	Acidic			7.2-7.8
Protein :	1+			
Sugar:	2+			
pH	5.5		●	4.6-8
Blood:	Negative			
Ketone	Negative			
Bile Pigments:	Negative			
Bile Salts :	Negative			
Urobilinogen	Normal			
Nitrite	Negative			
RBC	2-3	/hpf		0-2
WBC/Pus Cells	4-5/hpf	/hpf		
Tc/Sqc(Transitional/Squamous epithelial cells)	2-3/hpf	/hpf		

C B C WITH ESR (AUTOMATION + STANDARD METHOD)

Test Name	Result	Unit	Level	Range
Hemoglobin	15.5	g/dl	●	13.0-18.0
Haematocrit	44	%	●	39.0-54.0
RBC COUNT	4.92	Million/ ul	●	4.2-6.5
MCV	89.4	fl	●	75.0-95.0
MCH	31.5	pg	●	26.0-32.0
MCHC	35.3	g/dl	●	31.0-36.0
RDW	16.1 *	%	●	11-16
Platelet Count(Optical/Impedance)	257	10 ⁹ /m ³	●	140-440
TLC Count	7.45	10 ⁹ /m ³	●	4.0-11.0
Neutrophils	60	%	●	45-75
Lymphocytes	25	%	●	20-45
Eosinophils	10 *	%	●	1-6

Monocytes	05	%	●	1-10
Basophils	00	%	●	0-1
ERYTHROCYTE SEDIMENTATION RATE (ESR)	7	mm/1st hr	●	0-10
WBC:-	Mild eosinophilia			
platelets.:	Adequate			

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 / PLASMA	27 *	U/L	●	30-65
ALBUMIN - SERUM	4.1	g/dL	●	3.5-5
GLOBULIN - SERUM: (Calculated)	4.2 *	g/dL	●	1.8-3.6
ALBUMIN:GLOBULIN - SERUM(RATIO) (Calculated)	1.0 *		●	1.1-1.8
ALKALINE PHOSPHATASE - SERUM/PLASMA	82	U/L	●	0-100
AST (SGOT) - SERUM	28	U/L	●	15-37
BILIRUBIN, TOTAL - SERUM	1.4 *	mg/dL	●	0.0-1.0

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	160	mg/dL	●	0-200

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.8	mg/dL	●	0.8-1.3

LIVER FUNCTION TEST (PACKAGE)

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

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	53 *	U/L	●	0-50

TOTAL T4: 8.8 µg/dL ● Healthy
THYROXINE - SERUM Adults:5.2-12.7

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	198 *	mg/dL	●	70-100

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	88	mg/dL	●	0-150

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (POST PRANDIAL)	339 *	mg/dL	●	70-140

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	5.8 *	uIU/mL	●	Euthyroid: 0.3 - 4.5 Hypothyroid: 7.1 - >75

GLYCOSYLATED HEMOGLOBIN (HbA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	8.0 *	%	●	0.0-6.0
Mean Plasma Glucose (MPG) Estimate:	207.5	mg/dL		

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
UREA - SERUM / PLASMA	19	mg/dL	●	15-38
UREA NITROGEN SERUM/PLASMA: (Calculated)	9	mg/dL	●	7-18

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM / PLASMA	35 *	mg/dL	●	40-60
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	4.6 *		●	0.0-4.5
LDL Cholesterol (Direct LDL)	125	mg/dL		

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	4.4	mg/dL	●	3.5-7.2

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN, TOTAL - SERUM / PLASMA	8.3 *	g/dL	●	6.4-8.2

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.3	mg/dL	●	0.0-0.3
BILIRUBIN UNCONJUGATED - SERUM(Calculated)	1.1 *	mg/dL	●	0.0-0.7

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	157	ng/dL	●	Healthy Adults: 69 - 215

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL)

Test Name	Result	Unit	Level	Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL)	0.62	ng/mL	●	0.24-3

CARDIAC STRESS TEST - (TMT)

TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA

ECG

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BORDERLINE ECG

ULTRASOUND - WHOLE ABDOMEN

Grade I fatty infiltration of liver.

No other significant abnormality is detected.

X-RAY CHEST PA

No significant abnormality is detected.

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

Haematology

STOOL ROUTINE

 Within Normal Range  Borderline High/Low  Out of Range

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Executive Summary



Overweight
Diabetes Mellitus newly detected
Eosinophilia
Isolated bilirubin elevation (Gilberts syndrome to be ruled out)
Proteinuria - for follow up

Wellness Prescription

Advice On Diet :-



Low calorie, low sugar, low fat diet
Diabetic diet
Low fat diet

Advice On Physical Activity :-



30 minutes brisk walk 5 days a week

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
NEPHROLOGY	Mohan Patel	5 Day(s)	
GASTROENTEROLOGY	Soham Doshi	7 Day(s)	

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
THYROID MONITORING PROFILE	15 Day(s)		

Follow-up and Review Plan



Weight reduction
Regular Diabetology follow up and to repeat FBS,PPBS , HbA1c in 3months and review
To repeat complete blood count after 3 months
To repeat liver function tests after 3 months
To repeat urine routine after 1 month



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

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Dr.SAGAR SATISH PATEL
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.

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AICVD RISK SCORE REPORT

RISK STATUS

Moderate Risk

YOUR SCORE

8

ACCEPTABLE SCORE

8

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