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Mr. DURGESHKUMAR PARMAR (32 /M)
UHID : AHIL.0000820004
AHC No : AHILAH177509
Date : 26/11/2022
MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Dear Mr. DURGESHKUMAR PARMAR

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

For Enquiry/Appointments Contact **+91 76988 15003 / +91 79 66701880**

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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.

Note: You are entitled to one complimentary follow-up consultation with your ProHealth physician within a period of 1 year. Please contact your health mentor for the complimentary consult coupon code. This is available for ProHealth Super, Regal and Covid Recovery and Wellness programs

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Date : 26/11/2022

Address : PLOT NO 1431/1 SECTOR 3 C, GANDHI NAGAR, GANDHI NAGAR, GUJARAT, INDIA

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000820004

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH177509



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



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AHC No : AHILAH177509

General symptoms : - Nil Significant



Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No



Surgical history

Surgical history - Nil



Personal history

Ethnicity - Indian Asian

Marital status - Married

Profession - corporate employed

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Moderate



Family history

Father - alive

Aged - 62

Mother - alive

Aged - 56

Brothers - 1

Sisters - 1

Hypertension - father

Coronary artery disease - none

Cancer - None



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Physical Examination

General

General appearance - normal
Build - normal
Height - 166
Weight - 54.7
BMI - 19.85
Pallor - No
Oedema - no

Cardiovascular system

Heart rate (Per minute) - 68
Rhythm - Regular
- B.P. Supine
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 78
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	30	mL		
Specific Gravity	1.015			
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	1-2 /h.p.f			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)	14.8	gm%	●	13.0-17.0
Packed cell volume(Calculated)	42.7	%	●	40-50
RBC COUNT (Impedance)	4.83	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	88.5	fl	●	80-100
MCH(Calculated)	30.67	pg	●	27-32
MCHC(Calculated)	34.7	%	●	31-36
RDW(Calculated)	14	%	●	11.5-14.5
WBC Count (Impedance)	7500	/cu mm	●	4000-11000

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Neutrophils	47	%	●	40-75
Lymphocytes	43 *	%	●	20-40
Monocytes	7	%	●	2-10
Eosinophils	3	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	256500	/cu mm	●	150000-450000
MPV (Calculated)	6.4 *	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	04	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:	B 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	20	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	88	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	20	U/L	●	> 1 year Male : <40
Total Bilirubin	0.508	mg/dL	●	0.300-1.200
Direct Bilirubin	0.158	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin	0.35	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
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CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.75	mg/dL	●	Adult Male: 0.6 - 1.3

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	13	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	86	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)	70	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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Glycosylated Hemoglobin (HbA1c)	5.0	%	●	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.	96.80			

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
PROTEIN TOTAL - SERUM / PLASMA	7.48	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.48	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.83	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.83	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.65		●	2.20-4.20
Globulin-Serum/Plasma	2.65		●	2.20-4.20
A/G ratio	1.82		●	1.00-2.00
A/G ratio	1.82		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.1	nmol/L	●	Adults(20-120 Yrs): 1.2 - 3.1 Pregnant Female : First Trimester : 1.61 - 3.53 Second Trimester : 1.98 - 4.02 Third Trimester : 2.07 - 4.02
TOTAL T4: THYROXINE - SERUM	95	nmol/L	●	Adults(20-100 Yrs):66 - 181 Pregnant Female : First Trimester : 94.3 - 190 Second Trimester : 102 - 207 Third Trimester : 89 - 202
TSH: THYROID STIMULATING HORMONE - SERUM	3.81	µIU/mL	●	14-120 years : 0.27 - 4.20

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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	4.9	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	202 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	90	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	43 *	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)	154 *	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	5 *		●	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 some air cannot be detected by examination.

NORMAL STUDY.

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH177509

ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary


-  .BODY WEIGHT 54.7 KG,DEAL BODY WEIGHT 52-63 KG
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - NO SIGNIFICANT ABNORMALITY
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-

-  BALANCED DIET---
- LOW FAT 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 52-63 KG

Follow-up and Review Plan

-  CHECK LIPID PROFILE EVERY 6 MONTHS



Scan the QR code
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follow-up
appointments and
investigations

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Dr. Shashikant Nigam
 Dr. SHASHIKANT NIGAM
 MBBS, MD (Gen. Med.)
 Consultant in 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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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. DURGESHKUMAR PARMAR | Male | 32Yr 0Mth 26Days
UHID : AHIL.0000820004 **Patient Location:** AHC
Patient Identifier: AHILAH177509 
DRN : 222061120 **Completed on :** 26-NOV-2022 15:55
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 caliber. 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 10 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 (volume 18 cc) is normal in size and echopattern.

IMPRESSION :

No significant abnormality.

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USG WHOLE ABDOMEN

--- END OF THE REPORT ---

T.V. Palkar

TIRTH VINAYKUMAR PARIKH

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. DURGESHKUMAR PARMAR | Male | 32Yr 0Mth 26Days
UHID : AHIL.0000820004 **Patient Location:** AHC
Patient Identifier: AHILAH177509 
DRN : 122135394 **Completed on :** 26-NOV-2022 13:26
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 ---

DR. VAIBHAVI PATEL

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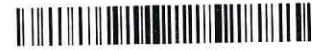
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AHIL.0000820004

Mr. DURGESHKUMAR PARMAR

32 Year(s) / Male



DENTISTRY

Name : Date : 26/11/22 Unit No. :
 Occupation : Ref. Physician :
 Age : Sex : Male Female Copies to :

DENTAL RECORD

ALLERGIES : NA

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	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : <u>NA</u>	Gingivitis <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia <u>NA</u>
Cheeks : <u>NA</u>	Calculus <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction <u>NA</u>
Tongue : <u>NA</u>	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital <u>NA</u>
Floor of the mouth : <u>NA</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture <u>NA</u>
Palate : <u>NA</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess <u>NA</u>
Tonsillar Area : <u>NA</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers <u>NA</u>
Any other : <u>NA</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries <u>NA</u>
		Missing Teeth <u>NA</u>
		Supernumerary <u>NA</u>
		Others <u>NA</u>

PRESENT COMPLAINT : Routine check

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

Durgesh kumar
ID: B20004

32 Years

Male

26/05/2022 10:59:51

Apex Hospital
Bhat
Gandinagar

Location:
Room:
F Number:
Indication:
Medication 1:
Medication 2:
Medication 3:

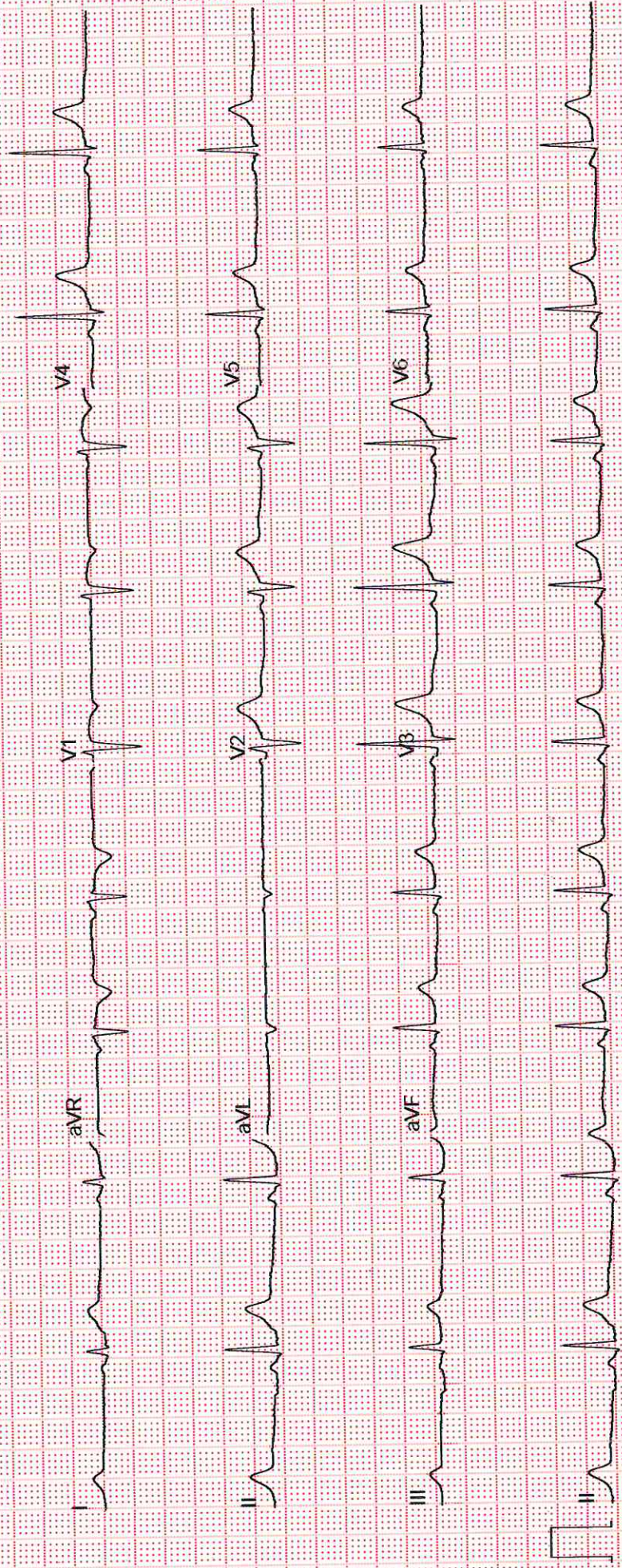
Normal sinus rhythm with sinus arrhythmia
Normal ECG

QRS 92 ms
QT / QTcBaz 404 / 404 ms
PR 118 ms
P 94 ms
RR / PP 1000 / 1000 ms
P / QRS / T 54 / 71 / 60 degrees

Technician:
Ordering Ph:
Referring Ph:
Attending Ph:

60 bpm

/ - mmHg



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Mr. DURGESHKUMAR
PARMAR

32 Year(s) / Male

IN RECORDS

OPHTHALM

Name :



Date :

26/11/22

UHID :

Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

Right Eye :

N6

Left Eye :

N6

APLN.TN - Right Eye

14

Left Eye -

12

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WM

Both Eye Posterior Segment Examinations -

WM

Dr. Jagriti Sinha
MS (Ophthalmology)
Jr. Consultant
Apollo Hospitals International Ltd., Gandhinagar,
Gurgaon-122428, INDIA. Regd. No.: G-68792

Doctor's Signature

Ophthalmologist Name