

Mr. SANTOSH KUMAR RAUT (44 /M)

UHID : AHIL.0000828118

AHC No : AHILAH183259

Date : 24/12/2022

MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE

Dear Mr. SANTOSH KUMAR RAUT

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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E-mail : infoahcc@apolloahd.com

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Name : Mr. SANTOSH KUMAR RAUT (44 /M)

Date : 24/12/2022

Address : B 302 VAIDHYI ELEGANCY VAVOL, GANDHINAGAR, GANDHI NAGAR, GUJARAT, INDIA



Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000828118

MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE

AHC No : AHILAH183259



Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

No history of : - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease



Drug Allergy

NO KNOWN ALLERGY

:24/12/2022



Systemic Review

Cardiovascular system : - Nil Significant

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : - Nil Significant

Gynaec history : - Nil Significant

Central nervous system : - Nil Significant

Eyes : - Nil Significant

ENT : - Nil Significant



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Musculoskeletal system :

Spine and joints

- Nil Significant

Skin : - Nil Significant

General symptoms : - Nil Significant



Past medical history

Do you have any allergies? - No

Allergies - Nil

Past medical history - nil significant

Covid 19 - No

Post detection (3 Weeks) - No

Hospitalization for Covid 19 - No



Surgical history

Surgical history - Nil



Personal history

Ethnicity - Indian Asian

No. of children - 2

Male - 2

Profession - corporate employed

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - Not Anymore

Physical activity - Active



Family history

Father - alive

Mother - alive



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- Brothers - 1
- Sisters - 1
- Coronary artery disease - none
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 164
- Weight - 66.4
- BMI - 24.69
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 69
- Rhythm - Regular
- B.P. Supine - 150
- Systolic(mm of Hg) - 101
- Diastolic(mm of Hg) - S1S2+
- 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	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
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)	14.6	gm%	●	13.0-17.0
Packed cell volume(Calculated)	42.6	%	●	40-50
RBC COUNT (Impedance)	4.78	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	89	fl	●	80-100
MCH(Calculated)	30.51	pg	●	27-32
MCHC(Calculated)	34.3	%	●	31-36
RDW(Calculated)	15.2 *	%	●	11.5-14.5
WBC Count (Impedance)	5391	/cu mm	●	4000-11000

● Within Normal Range
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Neutrophils	50	%	●	40-75
Lymphocytes	39	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	150000	/cu mm	●	150000-450000
MPV (Calculated)	11.3 *	fl	●	7-11
RBC:	Normochromic Normocytic RBCs			
WBC:	As mentioned.			
Platelets:	Adequate on the smear~Few giant platelets noted.			
Parasite	No Parasites Seen			

ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	10	mm/1st hr	●	0-15
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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	32	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	88	U/L	●	Adult(Male): 40 - 129

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



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AST (SGOT) - SERUM	26	U/L	●	> 1 year Male : <40
Total Bilirubin	0.607	mg/dL	●	0.300-1.200
Direct Bilirubin	0.177	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.43	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	0.93	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	67	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	112 *	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)	145 *	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

LFT (LIVER FUNCTION TEST)

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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	8.0 *	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

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) - SERUM	0.885	ng/mL	●	0.000-4.000

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	16	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	252 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	473 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	36 *	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)	136 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High

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VLDL CHOLESTEROL	95 *	●	< 40 mg/dl
C/H RATIO	7 *	●	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.

ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

EKG



Within Normal Range



Borderline High/Low



Out of Range





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Executive Summary



- .BODY WEIGHT 66.4 KG,DEAL BODY WEIGHT 50-61 KG
- .IMPAIRED GLUCOSE TOLERANCE
- .DYSLIPIDEMIA
- .SUBCLINICAL HYPOTHYROIDISM
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - GRADE I FATTY LIVER
 - APPROXIMATELY 15 MM SIZED CALCULUS IN GALL BLADDER
 - LEFT RENAL CALYCEAL CALCULUS
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL

Wellness Prescription

Advice On Diet :-



- BALANCED DIET
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-



- REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 50-61 KG

Follow-up and Review Plan



- CHECK LIPID PROFILE EVERY 6 MONTHS
- CHECK ANTI- TPO ANTIBODY ONCE
- CHECK FBS AND PPBS ONCE IN A MONTH
- CHECK HBA1C NOW AND ONCE IN 3 MONTHS



Scan the QR code
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 follow-up
 appointments and
 investigations

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam
 MBBS, MD (Gen. Med.)
 Consultant Internal Medicine
 Apollo Hospitals International Ltd., Gandhinagar,
 Gujarat-382428, INDIA. Regd. No.: G-21961



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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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CARDIOLOGY

Patient Details : Mr. SANTOSH KUMAR RAUT | Male | 44Yr 10Mth 19Days
UHID : AHIL.0000828118 **Patient Location:** AHC
Patient Identifier: AHILAH183259 
DRN : 5622097934 **Completed on :** 24-DEC-2022 14:52
Ref Doctor : DR. SHASHIKANT NIGAM

ECHO/TMT

FINDINGS :

Normal cardiac chamber dimensions.
 Normal LV systolic function, LVEF: 60%
 No Regional wall motion abnormalities at rest.
 Normal LV compliance.
 All cardiac valves are structurally normal.
 IAS/ IVS intact.
 No MR, No AR, No PR, No TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

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 E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

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Mr. SANTOSH KUMAR RAUT

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ECHO/TMT

	LVID diastole
Measurements (mm)	.

PULSED, HPRF, CW AND COLOUR DOPPLER PARAMETERS

	MITRAL
Peak Velocity m/sec.	.

IMPRESSION

--- END OF THE REPORT ---

Signature

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. SANTOSH KUMAR RAUT | Male | 44Yr 10Mth 19Days
UHID : AHIL.0000828118 **Patient Location:** AHC
Patient Identifier: AHILAH183259 
DRN : 122147869 **Completed on :** 24-DEC-2022 10:34
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

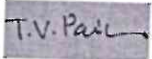
FINDINGS :

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 ---



TIRTH VINAYKUMAR PARIKH

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UHID : AHIL.0000828118 **Patient Location:** AHC
Patient Identifier: AHILAH183259 
DRN : 222066864 **Completed on :** 24-DEC-2022 11:39
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform bright echotexture. No evidence of focal pathology seen. Intra and extra hepatic biliary radicles are not dilated. Portal vein is normal in calibre. Intrahepatic portal radicles appear normal.

Gall bladder shows approximately 15 mm sized calculus within the lumen. Wall thickness appears normal. No evidence of pericholecystic collection.

Visualized Head, and body 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. Pelvicalyceal system on both sides appear normal.

Approximately 3 mm sized calculus is seen in lower calyx of left kidney.

No evidence of calculus on right side.

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 measures 15 cc, is normal in size and echopattern.

IMPRESSION :

Grade I fatty liver.

Printed on : 26-Dec-2022 12:35

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Apollo Hospitals International Limited
 Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382429, India.
 Phone : +91 79 66701800 | Fax No. : +91 79 66701843
 E-mail : info@apolohd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (NON-MED-ICU)
 1, TulsiBaag Society, Nr. Pannaal Garden, Ahmedabad.
 Phone : +91 79 66305800 / 01 or +91 79 66868 15148
 E-mail : infoahcc@apolioabd.com

Regd. Office
 19, Bishop Gardens, R.A. Puram, Chennai - 600 026
 CIN No. : U0511GTN1997PL0039016 | GST In : 24AABCA4150H2Z5
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Mr. SANTOSH KUMAR RAUT

AHIL.0000828118

AHILAH183259

USG WHOLE ABDOMEN

Approximately 15 mm sized calculus in gall bladder.

Left renal calyceal calculus.

Rest normal study.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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Apollo Hospitals International Limited
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.
Phone : +91 79 66701800 | Fax No. : +91 79 66701843
E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre now Apollo
1, Tulsibaug Society, Nr. Parimal Garden, Ahmedabad.
Phone : +91 79 66305800 / 01 or +91 78988 15148
E-mail : info@cc.apolloahd.com

Regd. Office
19, Bishop Gardens, R.A. Puram, Chennai - 600 028
CIN No. : U85110TN1997PLC038016 | GSTIN : 24AARCA4150H22G
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Rate 68

PR 149

QRSD 88

QT 387

QTc 412

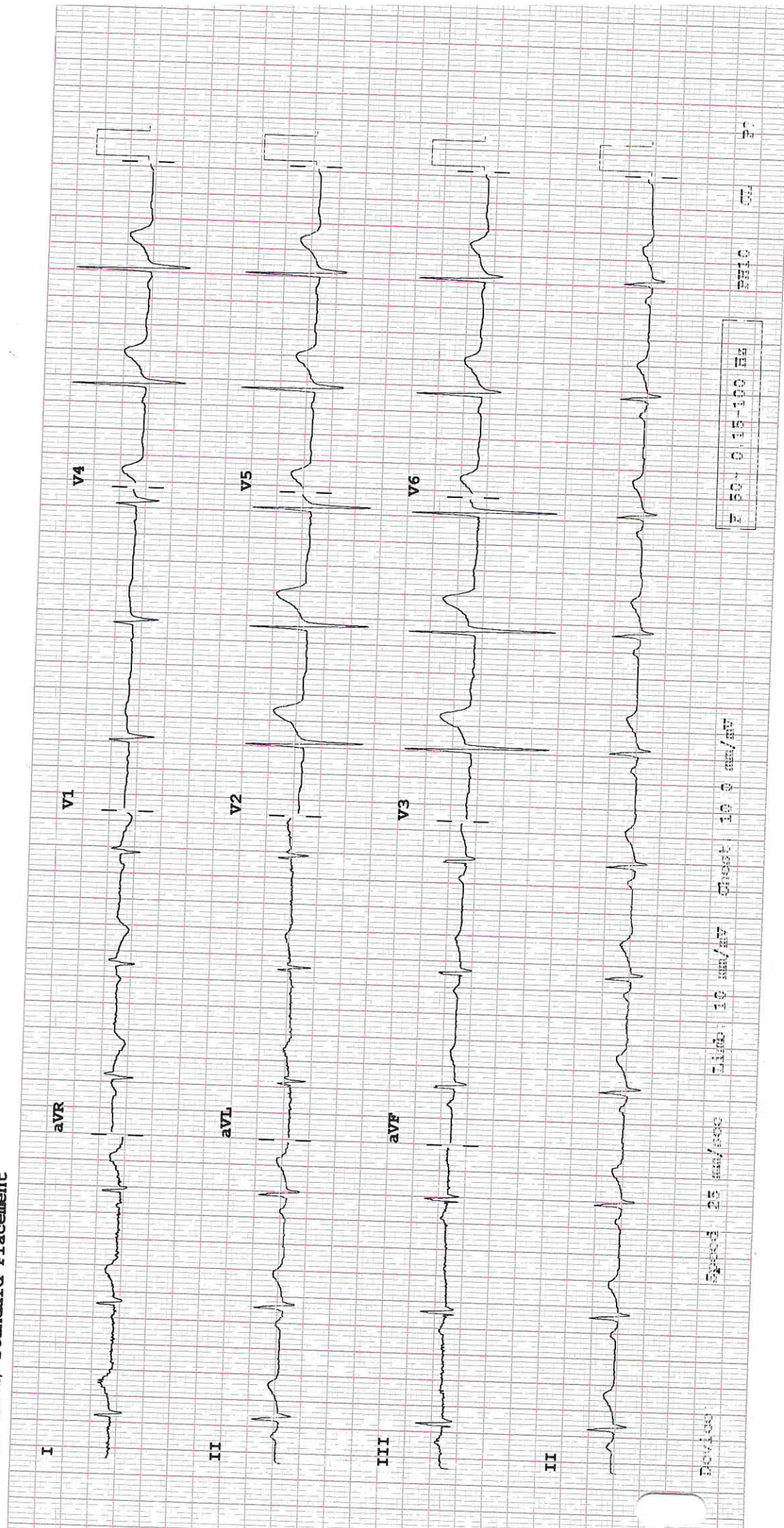
--AXIS--

P 83

QRS 53

T 30

12 Lead; Standard Placement



OPHTHALMIC EXAMINATION RECORDS

Name : Mr. Santosh Raut

Date : 24.12.22

UHID : 828118

M/44

Distance Vision : unaided

Right Eye - 6/6

Left Eye - 6/6

No visual symptoms/disease
using glasses for Near.

Near Vision : 2 gls (+1.0)

Right Eye : }
Left Eye : } NB

APLN.TN - Right Eye

Ⓝ

Left Eye-

Ⓝ

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNL

Both Eye Posterior Segment Examinations -

undilated

BE Disc @
Dull RL

Doctor's Signature



Ophthalmologist Name