

ID: 000133283

Visit:

30years

Asian

Female

BRUCE

Max HR: 186bpm103% of max predicted 180bpm

Max BP: 130/70

Total Exercise time: 7:27

Maximum workload: 9.2METS

25.0 mm/s  
10.0 mm/mV  
100hz

28-Jan-2023

13:22:44

Referred by:

Test ind:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	WorkLoad (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
PRETEST	SUPINE	2:01	**.*	**.*	1.0	96	100/70	96
	STANDING	0:11	**.*	**.*	1.0	86	100/70	86
	HYPERVENT	0:22	0.8	0.0	1.1	84	100/70	84
EXERCISE	STAGE 1	3:00	1.7	10.0	4.6	140	100/70	140
	STAGE 2	3:00	2.5	13.0	7.0	171	120/70	205
	STAGE 3	1:27	3.4	14.0	9.2	186	120/70	223
RECOVERY	Post	3:15	**.*	**.*	1.0	87	130/70	113

TRIT  
Negative result



Swaminarayan Nagar, Off Mumbai-Agra Highway,  
Panchvati, Nashik - 422 003.

QFAHN/BILL/003/V1

Name : Mrs. ASHWINI NILESH POKHARKAR (30/F) Age : 250 / 350 / 450 / 550 / 750

Date : 28/01/2023

Address : MEDIWHEEL NASHIK, NASHIK, MAHARASHTRA, INDIA



Examined by:

UHID : MHN1.0000133283

Package : MediWheel Full Body Health Checkup Female Below 40 Package

AHC No : NSKAH29977



## 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

Alcohol - does not consume alcohol  
Smoking - No  
Chews tobacco - No  
Physical activity - Active  
- yoga

## Family history

Coronary artery  
disease - none  
Cancer - None



## DRUG ALLERGY

NO KNOWN ALLERGY

:28/01/2023



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Past medical history

Do you have any  
allergies? - No

Do you have any drug  
allergies? - No

Past medical history - nil significant

Covid 19 - No

### Surgical history

Lower segment  
caesarean section - 2019

Spinal surgery - 3 month

### Immunization history

- Covid Dose1, Covid Dose2

### Personal history

Marital status - Married

No. of children - 02

Diet - Mixed Diet

## PHYSICAL EXAMINATION

### General

General appearance - normal  
Build - normal  
Height - 161  
Weight - 75.6  
BMI - 29.17  
Pallor - No  
Oedema - no  
Temperature - 94.8  
SpO2 - 98

### Cardiovascular system

Heart rate (Per minute) - 60  
Rhythm - Regular  
- B.P. Supine  
Systolic(mm of Hg) - 100  
Diastolic(mm of Hg) - 60  
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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Date



AHC No : NSKAH29977

Package : MediWheel Full Body Health Checkup Female Below 40 Package

### URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.010 *		●	1.016-1.026
Color,:	PALE YELLOW			
Transparency:	Clear			
Reaction:	Acidic			7.2-7.8
Protein :	Absent			
Sugar:	Absent			
pH	6.0		●	4.6-8
Blood:	Absent			
Bilirubin	Absent			
Bile Pigments:	Absent			
Bile Salts :	Negative			
Urobilinogen	Normal			
Nitrite	Negative			
RBC	00	/hpf	●	0-2
WBC/Pus Cells	1-2	/hpf		
Tc/Sqc(Transitional/Squamous epithelial cells)	2-3	/hpf		

Monocytes	04	%	●	1-10
Basophils	00	%	●	0-1
ERYTHROCYTE SEDIMENTATION RATE (ESR)	14	mm/1st hr	●	0-20

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

Test Name	Result	Unit	Level	Range
ABO Group:	O			
Rh (D) Type:	POSITIVE			

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	19 *	U/L	●	30-65
ALBUMIN - SERUM	4.3	g/dL	●	3.5-5
GLOBULIN - SERUM: (Calculated)	3.7 *	g/dL	●	1.8-3.6
ALBUMIN:GLOBULIN - SERUM(RATIO) (Calculated)	1.2		●	1.1-1.8
ALKALINE PHOSPHATASE - SERUM/PLASMA	55	U/L	●	0-100
AST (SGOT) - SERUM	17	U/L	●	15-37
BILIRUBIN, TOTAL - SERUM	0.5	mg/dL	●	0.0-1.0

### C B C WITH ESR (AUTOMATION + STANDARD METHOD)

Test Name	Result	Unit	Level	Range
Hemoglobin	12.7	g/dl	●	11.0-16.0
Haematocrit	37.5	%	●	34.0-48.0
WBC COUNT	4.7	Million/ul	●	3.7-5.6
MCV	79.8	fl	●	75.0-95.0
MCH	26.9	pg	●	26.0-32.0
MCHC	33.8	g/dl	●	31.0-36.0
RDW	15.6	%	●	11-16
Platelet Count(Optical/Impedance)	253	10 <sup>9</sup> /m <sup>3</sup>	●	140-440
TLC Count	5.38	10 <sup>9</sup> /m <sup>3</sup>	●	4.0-11.0
Neutrophils	60	%	●	40-75
Lymphocytes	35	%	●	20-45
Eosinophils	01	%	●	1-6

### LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	134	mg/dL	●	0-200

### CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	1.0	mg/dL	●	0.6-1.0

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

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



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AHC No : NSKAH29977

GGTP: GAMMA  
GLUTAMYL  
TRANSPEPTIDASE -  
SERUM 13 U/L ● 0-50

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	91	mg/dL	●	70-100

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (POST PRANDIAL)	99	mg/dL	●	70-140

**GLYCOSYLATED HEMOGLOBIN (HbA1C) - WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.0	%	●	0.0-6.0
Mean Plasma Glucose (MPG) Estimate:	100.7000	mg/dL		

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM / PLASMA	48	mg/dL	●	40-60
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	2.8		●	0.0-4.5
LDL Cholesterol (Direct LDL)	95	mg/dL		

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
PROTEIN, TOTAL - SERUM / PLASMA	8.0	g/dL	●	6.4-8.2
PROTEIN, TOTAL - SERUM / PLASMA	8.0	g/dL	●	6.4-8.2

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	59	mg/dL	●	0-150

**UREA - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
UREA - SERUM / PLASMA	21	mg/dL	●	15-38
UREA NITROGEN SERUM/PLASMA: (Calculated)	10	mg/dL	●	7-18

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	4.8	mg/dL	●	2.6-6.0

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.2	mg/dL	●	0.0-0.3
BILIRUBIN UNCONJUGATED - SERUM(Calculated)	0.3	mg/dL	●	0.0-0.7

**CARDIAC STRESS TEST - (TMT)**

**ECG**

**ULTRASOUND - WHOLE ABDOMEN**

Left ovarian hemorrhagic cyst.  
No other significant abnormality is detected.

**X-RAY CHEST PA**

No significant abnormality is detected.

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



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apoltonashik@apollohospitals.com

Date



AHC No : NSKAH29977

Package : MediWheel Full Body Health Checkup Female Below 40 Package

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

**Haematology**

STOOL ROUTINE

**Biochemistry**

TOTAL T3: TRI IODOTHYRONINE - SERUM

TSH: THYROID STIMULATING HORMONE - SERUM

**Histopathology**

CERVICAL/VAGINAL SMEAR II SLIDE

**Biochemistry**

TOTAL T4: THYROXINE - SERUM



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



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AHC No : NSKAH29977

Printed By :

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.



Name : Mrs. ASHWINI NILESH POKHARKAR  
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## AICVD RISK SCORE REPORT

### RISK STATUS

Low Risk

### YOUR SCORE

2

### ACCEPTABLE SCORE

2

**Your cardiovascular disease risk in the next 10 years is within the Normal limits for 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**

### DISCLAIMER

- This is not a diagnostic tool and it does not guarantee accuracy of the result and cannot be acted upon independently.
- 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.
- To ensure the information in the report is up to date, accurate and correct, doctor shall be consulted for interpretation of the report.
- 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.
- 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

ID: Poknar'kar, Ashvini  
DOB: 30yr, Female

28-Jan-2023 09:58:57  
Vent rate: 60 BPM  
PR Int: 118 ms  
QRS dur: 94 ms  
QT/QTc: 384/385 ms  
P-R-T axes: 49 69 39

SINUS RHYTHM WITH SHORT PR INTERVAL  
BORDERLINE ECG  
UNCONFIRMED REPORT



113500189213

No Site Name

Site # 0 Cart #

2 Version 2.0.4.0 Sequence #22301 25mm/s 10mm/mV 0.05-40 Hz





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## MD (Radiology)

**Patient Details** : Mrs. ASHWINI NILESH POKHARKAR | Female | 30Yr 6Mth 15Days  
**UHID** : MHN1.0000133283      **Patient Location:** AHC  
**Patient Identifier:** NSKAH29977        
**DRN** : 223002429      **Completed on :** 28-JAN-2023 12:16  
**Ref Doctor** : Dr. Rajashri Dhongade

### ULTRASOUND - WHOLE ABDOMEN

**LIVER** : Normal in size and measures 14.6cm. Echotexture is uniform and normal. No I.H.B.D./ focal lesions.

**PORTAL VEIN**: Normal in size (11mm).

**GALL BLADDER**: Well distended with normal walls and lumen.  
No calculi/pericholecystic fluid.

**COMMON BILE DUCT**: Normal in size (4.4mm).

**PANCREAS** : Visualized portion of head and body of pancreas appears normal in size and echotexture. Rest of the pancreas is obscured due to bowel gases.

**AORTA, IVC and para aortic areas** are normal.

**SPLEEN** : Normal in size and echotexture.

**KIDNEYS**: Both kidneys are normal in site, size and echotexture.  
No evidence of calculi/ hydronephrosis.  
Right kidney measures : 10.3 x 4.4 cm.  
Left kidney measures : 9.7 x 5.5 cm.

**URINARY BLADDER**: Well distended with normal walls.  
No evidence of calculi/ growth/ diverticula.

**UTERUS**: Anteverted. Normal in size and echotexture.  
Uterus measures : 4.2 x 3.7 x 7.8 cm.  
Combined endometrial thickness is normal and measures 8mm.



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Mrs. ASHWINI NILESH POKHARKAR

MHN1.0000133283

NSKAH29977

### ULTRASOUND - WHOLE ABDOMEN

#### OVARIES:

Right ovary measures : 2.9 x 2.3 cm.

Left ovary measures : 3.3 x 2.0 cm.

Normal in size and echotexture.

A complex cyst of size 3.1 x 2.3cm is seen arising from the left ovary, it shows few thin septae within.

Visualized bowel loops appear grossly normal.

No evidence of any free fluid in the peritoneal cavity.

#### **Impression**

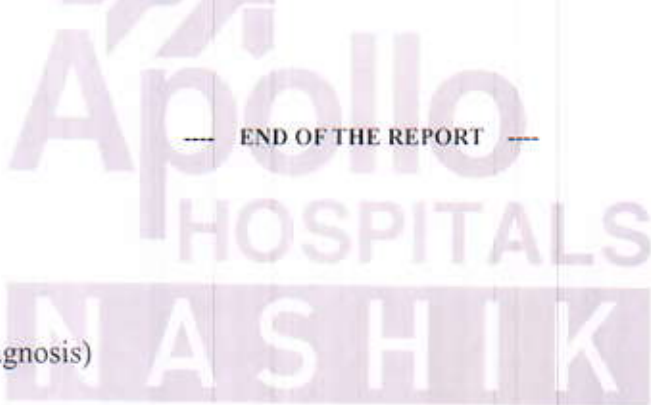
Left ovarian hemorrhagic cyst.

No other significant abnormality is detected.

--- END OF THE REPORT ---

Kunal Kalyanrao Patil

Consultant - MD (Radiodiagnosis)





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**Apollo**  
HOSPITALS  
NASHIK

### MD (Radiology)

**Patient Details** : Mrs. ASHWINI NILESH POKHARKAR | Female | 30Yr 6Mth 15Days  
**UHID** : MHN1.0000133283 **Patient Location:** AHC  
**Patient Identifier:** NSKAH29977   
**DRN** : 123003837 **Completed on :** 28-JAN-2023 10:15  
**Ref Doctor** : Dr. Rajashri Dhongade

### X-RAY CHEST PA

Both lung fields are clear.

Both hila are normal in size and position.

Costophrenic and cardiophrenic angles are clear.

Cardiac size and contour are within normal limits.

Rib cage is normal.

Soft tissues are normal.

#### **Impression**

No significant abnormality is detected.

--- END OF THE REPORT ---

Kunal Kalyanrao Patil

Consultant - MD (Radiodiagnosis)



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Apollo  
HOSPITALS  
NASHIK

28/1/23

Mrs. Ashwini

IF .

- occlusal caries  $\frac{1}{67}$

- Mild Plaque seen

- class I malocclusion

- Adur filling  $\frac{1}{67}$

Scaling key



# OPHTHALMOLOGY



Name : Mrs. Ashwani Pokharke Date 28/1/23 UNIT \_\_\_\_\_

Occupation : \_\_\_\_\_ Room No. \_\_\_\_\_ Out Patient

Age : 30 Sex : Male  Female  S/M/W/D Ref. Physician : \_\_\_\_\_

Address : N/A Copies to : \_\_\_\_\_

Tel. No. \_\_\_\_\_

## REPORT ON OPHTHALMIC EXAMINATION

HISTORY : \_\_\_\_\_

PRESENT COMPLAINT : \_\_\_\_\_

PAST HISTORY : DM / HTN / ALLERGY

**ON EXAMINATION**

VISION :

RE

LE

6/6

6/6

	RIGHT					LEFT				
	PGP	SPH	CYL	AXIS	VA	PGP	SPH	CYL	AXIS	VA
DIST										
NEAR										

AR / Retinoscopy :

RIGHT

LEFT

RIGHT			LEFT		
SPH	CYL	AXIS	SPH	CYL	AXIS
<u>L</u>	_____		<u>L</u>	_____	

Refraction or Acceptance :

RIGHT

LEFT

	SPH	CYL	AXIS	VA	SPH	CYL	AXIS	VA
DIST	<u>L</u>	_____		<u>6/6</u>	<u>L</u>	_____		<u>6/6</u>
NEAR				<u>M</u>				<u>M</u>

CV. 12