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Mr. LHUTJAHAO LEIVON (56 /M)

UHID : AHIL.0000813369

AHC No : AHILAH173032

Date : 05/11/2022

MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE

Dear Mr. LHUTJAHAO LEIVON

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

Apollo Hospitals International Limited
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.
Phone : +91 79 66701800 | Fax No. : +91 79 66701643
E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (NON NABH-JCI)
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Phone : +91 79 66305800 / 01 or +91 76988 15148
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Regd. Office
19, Bishop Gardens, R.A. Puram, Chennai - 600 028
CIN No. : U05110TN1997PLC039016 | GSTIN : 24AABCA4150H225
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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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Name : Mr. LHUTJHAO LEIVON (56 /M)



Date : 05/11/2022

Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000813369

MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE

AHC No : AHILAH173032



Chief Complaints

For Annual health checkup
FATIGUE

Present Known illness

Hypertension : Since - 1 YR; Medication - regular; - TAB HOMOCHEK..... TAB TELMA

Others : - TAB ECOSPRIN



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



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AHC No : AHILAH173032

Musculoskeletal system :

Spine and joints

- Nil Significant

Skin : - Nil Significant

General symptoms : - Nil Significant

Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No

Others - CATERPILLAR

Covid 19 - Yes

Hospitalization for Covid 19 - No

Surgical history

Appendicectomy - 1993

Cholecystectomy - 1993

Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 2

Male - 2

Profession - corporate employed

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - Yes

Chews tobacco since - MANY YRS

Physical activity - Moderate

Family history



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Father	- has expired
Aged	- 7470
Mother	- has expired
Aged	- 70
Brothers	- 1
Sisters	- 2
Diabetes	- brother
Coronary artery disease	- none
Cancer	- None
Rheumatoid arthritis	- father

Physical Examination



General

General appearance	- normal
Build	- normal
Height	- 162
Weight	- 85.8
BMI	- 32.69
Pallor	- No
Oedema	- no



Cardiovascular system

Heart rate (Per minute)	- 62
Rhythm	- Regular
	- B.P. Supine
Systolic(mm of Hg)	- 150
Diastolic(mm of Hg)	- 90
Heart sounds	- S1S2+

Respiratory system

Breath sounds	- Normal vesicular breath sounds
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Abdomen

Organomegaly	- No
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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	1.005			
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)	15	gm%	●	13.0-17.0
Packed cell volume(Calculated)	44.1	%	●	40-50
RBC COUNT (Impedance)	4.97	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	88.7	fl	●	80-100
MCH(Calculated)	30.18	pg	●	27-32
MCHC(Calculated)	34	%	●	31-36
RDW(Calculated)	13.3	%	●	11.5-14.5
WBC Count (Impedance)	5422	/cu mm	●	4000-11000

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



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Test Name	Result	Unit	Level	Range
Neutrophils	58	%	●	40-75
Lymphocytes	30	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	226000	/cu mm	●	150000-450000
MPV (Calculated)	8.7	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	8	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:	AB 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	37	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	80	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	25	U/L	●	> 1 year Male : <40
Total Bilirubin	0.53	mg/dL	●	0.300-1.200
Direct Bilirubin	0.203	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin	0.327	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	1.16	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLU AMYL TRANSPEPTIDASE - SERUM	46	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	107 *	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)	87	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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Glycosylated Hemoglobin (HbA1c)	6.0 *	%	●	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
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Estimated Average Glucose. 125.50

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.49	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.49	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.25	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.25	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.24		●	2.20-4.20
Globulin-Serum/Plasma	3.24		●	2.20-4.20
A/G ratio	1.31		●	1.00-2.00
A/G ratio	1.31		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.3	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	107	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	3.77	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	8.7 *	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	1.1	ng/mL	●	0.000-4.000

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	12	mg/dL	●	6-20
UREA - SERUM / PLASMA	25	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	122	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	83	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	33 *	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)	82	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High ≥190 : Very High

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VLDL CHOLESTEROL	17	●	< 40 mg/dl
C/H RATIO	4	●	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

ECG

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MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE

AHC No : AHILAH173032

Executive Summary



- .BODY WEIGHT 85.8 KG, IDEAL BODY WEIGHT 49-60 KG
- .PRE - DIABETIC (HBA1C=6.0)
- .H/O HTN
- .ECG – NORMAL
- .ECHO - MILD CONCENTRIC LVH
 - NORMAL LV SYSTOLIC FUNCTION , LVEF 60 %
 - REDUCED LV COMPLIANCE
 - NO PAH
- .USG ABDOMEN – NO SIGNIFICANT ABNORMALITY
- .CHEST X-RAY - NORMAL
- .VISION – NORMAL
- .DENTAL - ASP ER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE 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 49-60 KG

Other Lifestyle Changes & Recommendations :-

REGULARLY MONITORING OF BLOOD PRESSURE

Follow-up and Review Plan



- FBS and PPBS ONCE IN 30 DAYS
- HBA1C (GLYCOSYLATED HAEMOGLOBIN) NOW AND ONCE IN 3 MONTHS



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

Printed By : MUKTA S ADALTI

Continue on Regular
Medic
SOS

Feedback 40 yrs
1-10-30

Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam

M.B.B.S. MD. (Gen. Med.)

Consultant Internal Medicine

Apollo Hospitals - Gandhinagar, Gandhinagar, Gandhinagar,
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MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE

AHC No : AHILAH173032




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. LHUTJAHAO LEIVON | Male | 56Yr 8Mth 4Days
UHID : AHIL.0000813369 **Patient Location:** AHC
Patient Identifier: AHILAH173032 
DRN : 122124697 **Completed on :** 05-NOV-2022 09:09
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

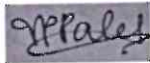
FINDINGS :

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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CARDIOLOGY

Patient Details : Mr. LHUTJAHAO LEIVON | Male | 56Yr 8Mth 4Days
UHID : AHIL.0000813369 **Patient Location:** AHC
Patient Identifier: AHILAH173032 
DRN : 5622081165 **Completed on :** 05-NOV-2022 11:40
Ref Doctor : DR. SHASHIKANT NIGAM

ECHO/TMT

FINDINGS :

Mild Concentric LVH.
 Normal cardiac chambers & dimensions.
 Normal LV systolic function, LVEF: 60%.
 No Regional wall motion abnormalities at rest.
 Reduced LV compliance.
 All cardiac valves are structurally normal
 IAS / IVS intact.
 No MR, No AR, Trivial TR.
 No PAH.
 No Clot / Vegetation / effusion.

MEASUREMENTS (mm) ::

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The Emergency Consultant



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Mr. LHUTJAHAO LEIVON

AHIL.0000813369

AHILAH173032

ECHO/TMT

	LVID diastole
Measurements (mm)	.

IMPRESSION

— END OF THE REPORT —

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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Radiology

Patient Details : Mr. LHUTJAHAO LEIVON | Male | 56Yr 8Mth 4Days
UHID : AHIL.0000813369 **Patient Location:** AHC
Patient Identifier: AHILAH173032 
DRN : 222056908 **Completed on :** 05-NOV-2022 09:33
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 calibre. Intrahepatic portal radicles appear normal.

Post cholecystectomy status.

Head, body and tail of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 10.2 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 19 cc) and is normal in size and echopattern.

IMPRESSION :=

Normal study.

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Mr. LHUTJAHAO LEIVON

AHIL.0000813369

AHILAH173032

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

A. A PATEL

Dr. ALPESH A PATEL

DNB Resident

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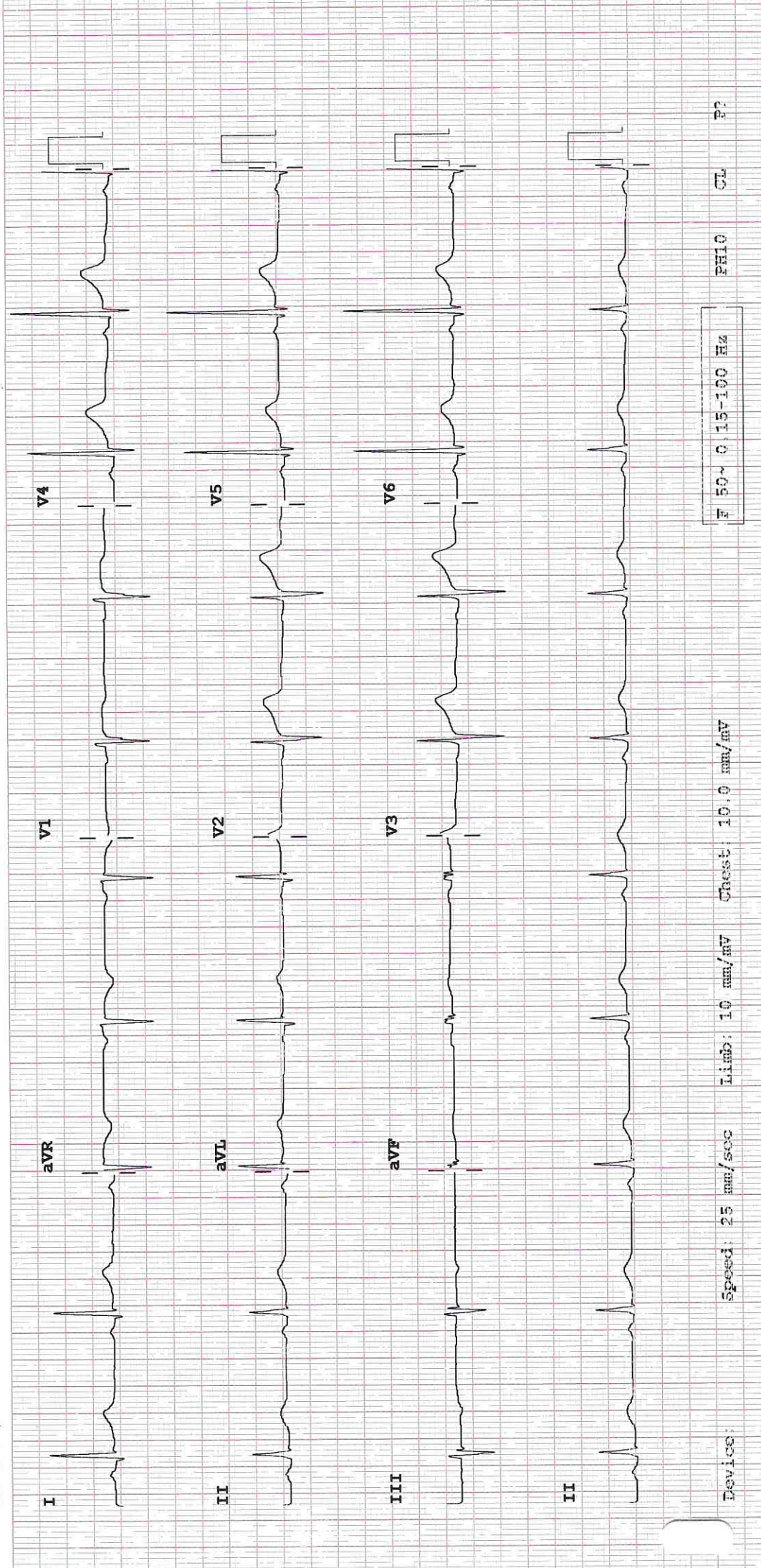
Rate 57

PR 168
QRS 94
QT 440
QTc 429

--AXIS--

P 42
QRS 15
T 22

12 Lead; Standard Placement



Device: F 50~ 0.15-100 Hz PH10 CL P2

Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV



DENTISTRY

Name : Date : 05/11/22 Unit No. :
 Occupation : Ref. Physician :
 Age : Sex : Male Female Copies to :

DENTAL RECORD

ALLERGIES : - N/A -

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

PRESENT COMPLAINT : - Postive clasp -

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

OPHTHALMI

VISION RECORDS

Name :

Date :

5/11/22

UHID :

AHIL.0000813369
Mr. LHUTJAHAO
LEIVON
56 Year(s) / Male



Distance Vision :

Right Eye -

6/9e
6/9

(BE 6/6)

Left Eye -

Refresh tear
eye drop
bd (BE)
x 1 month
↓
od (BE)
x 1 month

Near Vision :

Right Eye :

N6

Left Eye :

N6

APLN.TN - Right Eye

14

Left Eye -

16 mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

wm

Both Eye Posterior Segment Examinations -

wm

Doctor's Signature

Jagjit
Dr. Jagrit Sinha
MS (Ophthalmology)
Jr. Consultant

Ophthalmologist Name