

Name : Mrs. SHARMILA P (30 /F)

Date : 22/03/2023

Address : MIG - 65, 3/146, POLICE QUARTERS, VASANTHAPURAM, TRICHY ROAD, OTHER, NAMAKKAL, TAMIL NADU, INDIA

Examined by: Dr .SENTHIL MUTHU

UHID : KRR1.0000195126

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : KRRMHC23216



CHIEF COMPLAINTS

For general health checkup
Complaints of lower back ache after caesarian after heavy work

PRESENT KNOWN ILLNESS

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



DRUG ALLERGY

NO KNOWN ALLERGY

:22/03/2023



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

General symptoms

- Nil Significant



Past medical history

Do you have any allergies? - No

Allergies - No known drug

Do you have any drug allergies? - No



Surgical history

Caesarian section - Done



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Female - 1

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Moderate



Family history

Father - has expired

Cause - coronary artery disease

Mother - alive

Brothers - 1

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Sisters - 2
Coronary artery disease - father
Cancer - None

Breast examination - soft
P/A - soft
P/S - cervix, vagina healthy
Pap smear - Taken
Pelvic USG : - PCOS

PHYSICAL EXAMINATION



General

Build - moderate
Height - 156
Weight - 59
BMI - 24.24
Pallor - No
Oedema - no
SpO2 - 100



Cardiovascular system

Heart rate (Per minute) - 76
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 120
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

Psychological Assessment

Psychological assessment - Normal

Gynaec findings

Gynaec checkup done by - Dr.UDHAYAKUMARI T
Gynaec findings - moderate flow, mild dysmenorrhea, itching PV , dysuria
No of Children - 1
Female - 1
Periods - irregular
L M P - 8.3.23

Cardiac consultation

Cardiac consultation done by - DR.KESAVAN KRR
Cardiac findings - Consultant's notes attached
Cardiac findings - Nil cardiac.

Ophthalmology consultation

Ophthalmology consultation done by - Dr.SENTHIL KUMAR V P
Ophthalmology findings - Consultant's notes attached
Ophthalmology findings - BOTH EYES ANTERIOR SEGMENT NORMAL FUNDUS – NAD

Dental consultation

Dental consultation done by - Dr.VIGNESH A
Dental findings - Consultant's notes attached

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STOOL ROUTINE

Test Name	Result	Unit	Level	Range
Colour:	Yellow			
Consistency :	Soft			
Mucus:	Absent			
Blood:	Absent			
Pus:	4-6 /h.p.f			
RBC	1-2 /h.p.f	/hpf		0-2
Vegetable Matter	Absent			
Trophozoite	Absent			
Ova:	Absent			
Cysts:	Absent			

Monocytes	06	%	●	2-10
RBC Count	3.9	Million/ ul	●	3.7-5.6
Platelet Count	281	10 ³ /m ³	●	150-450
MCV	88.8	fl	●	75-95
MCH(Calculated)	30.1	pg	●	26-32
MCHC(Calculated)	33.9	g/dl	●	31-36

ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	11	mm/1st hr	●	0-20

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.010 *		●	1.016 - 1.026
Colour:	Pale Straw			
Transparency:	Clear			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Ketone	Negative			
Bile Pigments:	Negative			
Bile Salts :	Negative			
Urobilinogen	Normal	E.U./d L		
Pus Cells	4-6 /h.p.f			
Epithelial Cells	4-6 /h.p.f			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
Blood Group	A			
Rh (D) Type:	POSITIVE			

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	89	mg/dL	●	Adult: 74 - 100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	90	mg/dL	●	< 140

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9.3	mg/dL	●	Adult : 6 - 20

CBC

Test Name	Result	Unit	Level	Range
Hemoglobin	12.0	gm%	●	11.5-16.5
Packed cell volume(Calculated)	35 *	%	●	37-47
WBC Count	5.6	10 ³ /m ³	●	4-11
Neutrophils	52	%	●	40-80
Lymphocytes	37	%	●	20-40
Eosinophils	05	%	●	01-06

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.8	mg/dL	●	Female: 0.6 - 1.1

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	3.5	mg/dL	●	Adult Female: 2.6 - 6.0

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

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LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	122	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240
HDL Cholesterol	30 *	mg/dL	●	Low: <40 High: >=60
LDL Cholesterol (Direct LDL)	84	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190
Triglycerides - Serum	74	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.1		●	< 4.5

GGTP: Gamma Glutamyl Transpeptidase 20 U/L ● Female: < 38

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	4.8	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% Diabetes >= 6.5%

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.6	g/dL	●	>2 Year: 6.0 - 8.0

THYROID PACKAGE II

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	4.33	μIU/mL	●	0.35 - 5.50
TOTAL T4: THYROXINE - SERUM	9.1	μg/dL	●	3.5 - 12.5
TOTAL T3: TRI IODOTHYRONINE - SERUM	114	ng/dL	●	60-180

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.6	mg/dL	●	Adult : Upto 1.0
Albumin - Serum	4.6	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.0	g/dL	●	Adult (2.0 - 3.5)
AST (SGOT)	22	U/L	●	Adult Female: <31
ALT(SGPT)	23	U/L	●	Adult Female : <34
Alkaline Phosphatase - Serum	65	U/L	●	Adult(Female): < 104

PAP SMEAR

Ref No: C176/23
SPECIMEN TYPE: Conventional Cervical smear
SPECIMEN ADEQUACY: Satisfactory for evaluation without endocervical cells.
INTERPRETATION/RESULT: Negative for intraepithelial lesion or malignancy.

ECG

HEART RATE - 75 bpm
NORMAL SINUS RHYTHM
NORMAL ECG.

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

TREAD MILL STRESS TEST

Cardiac Stress Analysis is NEGATIVE for Inducible Myocardial Ischemia at 10.1 METS.

Liver shows diffuse increase in its echopattern – suggestive of fatty infiltration with no evidence of focal pathology.

The intra or extra hepatic biliary radicles are not dilated.

ULTRASOUND SCREENING WHOLE ABDOMEN

Gall bladder is distended with no evidence of calculus. Wall thickness appears normal.

Pancreas and spleen appear normal.

No evidence of ascites or lymphadenopathy.

Diaphragmatic movements are satisfactory. There is no subdiaphragmatic pathology or pleural effusion.

Right kidney – 10.1 x 4.6cms. Left kidney - 9.9 x 4.2cms.

Both kidneys show normal echopattern with no evidence of calculi or calyceal dilatation.

Bladder shows normal contour and wall thickness.

Uterus measures 8.0 x 3.4 x 4.2cms and shows normal myometrial echoes.

ET measures 6 mm. Cervix shows few nabothian cysts.

Right ovary – 3.6 x 2.3 x 2.4cms (Volume – 10cc). It shows 1.9 x 1.7cm sized simple cyst.

Left ovary – 3.0 x 1.9 x 2.6cms (Volume – 9cc).

Both ovaries appear bulky and show multiple small follicles arranged in their periphery – suggestive of polycystic appearance.

IMPRESSION:

GRADE I FATTY LIVER.

POLYCYSTIC APPEARING OVARIES.

For clinical correlation

Disclaimer: Please note that this report is a radiological professional opinion. It has to be correlated clinically and interpreted along with other investigations.

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X-RAY CHEST PA

Inspiratory effort.

The lung fields are clear.

The cardio thoracic ratio is normal.

The apices, costo and cardiophrenic angles are free.

The bony thorax shows no significant abnormality.

The domes of diaphragms are well delineated.

Impression :

NO SIGNIFICANT ABNORMALITY IS DETECTED.

For clinical correlation.

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

Biochemistry

URINE GLUCOSE(POST PRANDIAL)

SUGAR - URINE



Within Normal Range




Borderline High/Low



Out of Range

Executive Summary

 Physical Examination and routine Investigation in AHC Package reveals the following :


Dyslipidemia

Fatty liver


Polycystic ovaries

Wellness Prescription

Advice On Diet :-

 LOW FAT / LOW CALORIE / LOW CARBOHYDRATE / HIGH FIBER / SALT RESTRICTED DIET

Advice On Physical Activity :-

 REGULAR MORNING WALK FOR ½ HOUR

Printed By : Madhumathi T

Dr.SENTHIL MUTHU
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.

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

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