

Name : Mr. NIRMAL SUNDAR S (37 /M)

Date : 04/04/2023

Address : D NO: 19E VISALATCHI AMMAN KOIL STREET NEAR NEW BUS STOP
KAYALPATNAM THOOTHUKKUDI, THOOTHUKKUDI, THOOTHUKKUDI, TAMIL
NADU, INDIA

Examined by: Dr .JEYASURIYA

UHID : ASM1.0000659336

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW
40YRS

AHC No : MDUMH103469



CHIEF COMPLAINTS

No specific complaints

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

:04/04/2023



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

General symptoms

- Nil Significant



Past medical history

Covid 19 - No



Surgical history

Surgical history - Nil



Personal history

Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No
E-cigarettes, vaping,
hookah or water-pipe? - No
Chews tobacco - No
Physical activity - Mild
- level ground walking



Family history

Diabetes - father
Hypertension - father
Coronary artery
disease - father
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - moderate
Height - 172
Weight - 74.9
BMI - 25.32
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 80
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 80
Heart sounds - S1S2+

Respiratory system

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Breath sounds - Normal vesicular breath sounds

 **Abdomen**

Organomegaly - No

Tenderness - No

Printed By : Makarasi T S

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	15.2	gm%	●	13.0-18.0
Packed cell volume(Calculated)	46	%	●	40-54
WBC Count	8.7	10 ³ /m ³	●	4-11
Platelet Count	303	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	08	mm/1st hr	●	0-15
RBC Count	5.37	Million/ul	●	4.2-6.5
MCV	86	fl	●	75-95
MCH(Calculated)	28	pg	●	26-32
MCHC(Calculated)	33	g/dl	●	31-36
Reticulocytes	1.3	%		
Neutrophils	55	%	●	40-80
Lymphocytes	30	%	●	20-40
Eosinophils	09 *	%	●	01-06
Monocytes	06	%	●	2-10

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.030		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Clear			Clear
pH	5.5		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	Nil			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT
Urobilinogen	Normal	E.U./dL		Normal
RBC	Nil	/hpf		0-2
Pus Cells	1-2	/hpf		Male : 2 - 3 Female : 2 - 5
Epithelial Cells	Occasional	/hpf		3 - 5

ALT(SGPT) - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
ALT(SGPT)	38	U/L	●	Adult Male : < 45

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.8	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.0	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	99	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	25	U/L	●	Adult Male: <35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.5	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	218 *	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.8 *	mg/dL	●	Male: 0.9 - 1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	37	U/L	●	Male: < 55

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range

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

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Glucose - Serum / Plasma (Fasting) 116 * mg/dL ● 60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	185 *	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	133	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	7.5 *		●	< 4.5

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	25	mg/dL	●	Adult: 13 - 43

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	7.4 *	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4%--male Diabetes > = 6.5%

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	3.5	mg/dL	●	Adult Male: 3.5 - 7.2

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	27		●	Desirable:<30
Triglycerides - Serum	133	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	29 *	mg/dL	●	Low: <40 High: >=60

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	141 *	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.2	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.3	mg/dL	●	0.0-1.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	11.7	mg/dL	●	Adult : 6 - 20

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.8	g/dL	●	>2 Year: 6.0 - 8.0

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	111	ng/dL	●	60-180

TRIGLYCERIDES - SERUM

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

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	8.7	µg/dL	●	3.5 - 12.5

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.33	µIU/mL	●	0.35 - 5.50

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

ULTRASOUND SCREENING WHOLE ABDOMEN

Liver shows increased echopattern with no evidence of focal pathology.

The intra or extra hepatic biliary radicles are not dilated. Gall bladder is partially distended.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 10.4 x 5.2 cms.

Left kidney measures 10.9 x5 .3 cms.

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

Bladder shows normal contour.

Prostate shows normal echopattern

IMPRESSION:

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 04.04.2023 SHOWS,

- Grade II fatty liver.

REPORTED BY,

DR. A. PANDIAN, MBBS., DMRD.,

CONSULTANT RADIOLOGIST.

2D-ECHO WITH COLOUR DOPPLER

NORMAL CHAMBERS DIMENSIONS.
 STRUCTURALLY NORMAL VALVES.
 NO REGIONAL WALL MOTION ABNORMALITY.
 NORMAL LV SYSTOLIC FUNCTION.
 NORMAL LV DIASTOLIC FUNCTION.
 NO PERICARDIAL EFFUSION/ CLOT.
 LVEF:70%

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

Haematology

STOOL ROUTINE

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

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CARDIOLOGY

ECG


 Within Normal Range  Borderline High/Low  Out of Range

Executive Summary

 Physical Examination and routine Investigation in AHC Package reveals the following :-
-DIABETES MELLITUS
-HYPERLIPIDEMIA

Wellness Prescription

Advice On Diet :-

 -DIABETIC DIET

Advice On Physical Activity :-



Medications

-T.VYSOV 50/500 1-0-1 A/F FOR 30 DAYS
-T.ROSEDAY 10MG 0-0-1 A/F FOR 30 DAYS
-T.EVION 400MG 1-0-0 A/F FOR 30 DAYS.
REVIEW WITH FBS, PPBS

Printed By : JEYA SURIYA

Dr.JEYASURIYA

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.

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Dr.JEYASURIYA

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS

Low Risk

YOUR SCORE

3

ACCEPTABLE SCORE

4

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