| | |
|---|---|
| **Name** : **Mr. RAVI SHANKAR SINGH (49 /M)** | **Date** : **10/02/2024** |
| **Address** : | |
| **Examined by** : | **UHID** : **AMHL.0002294144** |
| **Package** : **MEDIWHEEL - FULL BODY ANNUAL PLUS WITH TMT MALE HCK** | **AHC No** : **AMHLAH195851** |

## CHIEF COMPLAINTS

For corporate health checkup

### PRESENT KNOWN ILLNESS

No history of      - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder

## DRUG ALLERGY

NO KNOWN ALLERGY      :10/02/2024

## SYSTEMIC REVIEW

**Cardiovascular system**

- Nil Significant

**Respiratory system**

- Nil Significant

**Gastrointestinal system**

- Nil Significant

**Genitourinary system**

- Nil Significant

**Central nervous system**

- Nil Significant

**Eyes**

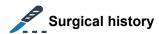- Nil Significant

**ENT**

- Nil Significant

**Musculoskeletal system**

Spine and joints
 - Nil Significant

**Skin**

- Nil Significant

**Past medical history**

Past medical history      - nil significant

## Surgical history

Appendicectomy      - yes

## Personal history

| | |
|---|---|
| Marital status | - Married |
| Diet | - Non Vegetarian |
| Alcohol | - does not consume alcohol |
| Smoking | - No |
| Chews tobacco | - No |
| Physical activity | - Mild |

## Family history

| | |
|---|---|
| Father | - has expired |
| Mother | - alive |
| Diabetes | - mother |
| Hypertension | - father |
| Coronary artery disease | - father |
| Cancer | - None |

## PHYSICAL EXAMINATION

### General

| | |
|---|---|
| Build | - over weight |
| Height | - 170 |
| Weight | - 74 |
| BMI | - 25.61 |
| Pallor | - No |
| Oedema | - no |

### Cardiovascular system

| | |
|---|---|
| Heart rate (Per minute) | - 72 |
| Rhythm | - Regular |
| | - B.P. Sitting |
| Systolic(mm of Hg) | - 140 |
| Diastolic(mm of Hg) | - 94 |
| Heart sounds | - S1S2+ |

## Respiratory system

Breath sounds                    - Normal vesicular breath
                                     sounds

## Abdomen

Organomegaly                     - No
Tenderness                       - No

## Opthalmology consultation

Opthalmology findings            - UCVA:RE:6/9 LE:6/9P
                                   NVA:RE:N8 LE:N8
                                   OCULAR MOVEMENT:WNL
                                   ANT.SEG:WNL
                                   ACCPT: SPECTACLE PWR
                                   RE:-0.75DS(6/6)
                                   LE:-1.25DS(6/6)
                                   ADD(BE):+2.00DSPH(N6)
                                   ADVICE:*Glass Rx.*Review
                                   after 1yr/SOS

## COMPLETE HAEMOGRAM PROFILE

| Test Name | Result | Unit | Level | Range |
|-----------|--------|------|-------|-------|
| Hemoglobin | 15.6 | g/dl | 🟢 | 13.0-17.0 |
| RBC COUNT | 5.62 * | Million/ul | 🔴 | 4.5-5.5 |
| Hematocrit - Hct: | 47.5 | % | 🟢 | 41-53 |
| MCV | 84.5 | fl | 🟢 | 83-101 |
| MCH | 27.7 | pg | 🟢 | 27-32 |
| MCHC | 32.7 | % | 🟢 | 31.5-34.5 |
| RDW | 13.7 | % | 🟢 | 11.8-14.0 |
| WBC Count | 5100 | /cu mm | 🟢 | 4000-10000 |
| Platelet Count | 1.63 | lacs/cu mm | 🟢 | 1.5-4.0 |
| Neutrophils | 53 | % | 🟢 | 40-80 |
| Lymphocytes | 33 | % | 🟢 | 20-40 |
| Monocytes | 07 | % | 🟢 | 2-10 |
| Eosinophils | 07 * | % | 🔴 | 01-06 |
| Basophils | 00 | % | 🟢 | 0-0 |
| RBC: | Normocytic Normochromic cells | | | |
| Platelets: | Adequate. | | | |
| ERYTHROCYTE SEDIMENTATION RATE (ESR) | 02 | mm/1st hr | 🟢 | 0-15 |

## URINE ROUTINE AND MICROSCOPY

| Test Name | Result | Unit | Level | Range |
|-----------|--------|------|-------|-------|
| Volume: | 50 | mL | | |
| Colour: | Pale Straw | | | |
| Appearance | Slightly Turbid | | | |
| Specific Gravity | 1.005 | | | |
| pH: | 6.0 | | | |
| Albumin: | Not Detected | | | |
| Glucose | Not Detected | | | |
| Ketone: | Not Detected | | | |
| Bile Pigments | Not Detected | | | |
| RBC | Nil | /hpf | | |
| Pus Cells | Occasional | /hpf | | |
| Epithelial Cells | Occasional | /hpf | | |

| Casts: | Not Found |
|--------|-----------|
| Crystals: | Not Found |

## URINE SUGAR - POST PRANDIAL (QUALITATIVE)

| Test Name | Result | Unit | Level | Range |
|-----------|--------|------|-------|-------|
| URINE GLUCOSE(POST PRANDIAL) | + | | | |

## URINE SUGAR- FASTING(QUALITATIVE)

| Test Name | Result | Unit | Level | Range |
|-----------|--------|------|-------|-------|
| URINE GLUCOSE(FASTING) | Nil | | | |

## 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 | 15 | U/L | 🟢 | 0-50 |
| ALBUMIN - SERUM | 4.6 | g/dL | 🟢 | 3.5-5.1 |
| ALKALINE PHOSPHATASE - SERUM | 86 | U/L | 🟢 | 43-115 |
| AST (SGOT) - SERUM | 24 | U/L | 🟢 | 0-50 |
| BILIRUBIN TOTAL - SERUM | 1.2 | mg/dL | 🟢 | 0.3-1.2 |

## LIPID PROFILE TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|-----------|--------|------|-------|-------|
| CHOLESTEROL - SERUM | 167 | mg/dL | 🟢 | 0-200 |

## CREATININE - SERUM

| Test Name | Result | Unit | Level | Range |
|-----------|--------|------|-------|-------|
| CREATININE - SERUM | 1.1 | mg/dL | 🟢 | 0.9-1.3 |

## LIVER FUNCTION TEST (PACKAGE)

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

🟢 Within Normal Range    🟡 Borderline High/Low    🔴 Out of Range

| Test | Result | Unit | Level | Range |
|---|---|---|---|---|
| GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM | 34 | U/L | 🟢 | 0-55 |

## GLUCOSE - PLASMA (FASTING)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| GLUCOSE - PLASMA (FASTING) | 140 * | mg/dL | 🔴 | 70-99 |

## GLUCOSE - PLASMA (POST PRANDIAL)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| GLUCOSE - PLASMA (POST PRANDIAL) | 200 * | mg/dL | 🔴 | 70-140 |

## HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD | 7.7 * | % | 🔴 | Nondiadetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >/= 6.5% ADA Theraputic goal : <7% |

## LIPID PROFILE TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| HDL CHOLESTEROL - SERUM | 46 | mg/dL | 🟢 | 30-70 |
| LDL CHOLESTEROL -SERUM | 113 | mg/dL | 🟢 | Optimal: <100 |
| VLDL CHOLESTEROL - SERUM (Calculated) | 8 | mg/dL | 🟢 | 0-35 |

## LIVER FUNCTION TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| PROTEIN TOTAL - SERUM | 7.2 | g/dL | 🟢 | 6.4-8.3 |
| GLOBULIN: (CALCULATED) - SERUM | 2.6 | g/dL | 🟢 | 1.8-3.6 |

## THYROID PROFILE - I(T3,T4 AND TSH)

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

| Test | Result | Unit | Level | Range |
|---|---|---|---|---|
| TOTAL T3: TRI IODOTHYRONINE - SERUM | 1.00 | ng/ml | 🟢 | 0.87-1.78 |
| TOTAL T4: THYROXINE - SERUM | 9.69 | µg/dL | 🟢 | 5.48-14.28 |

## LIPID PROFILE TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| TRIGLYCERIDES - SERUM | 82 | mg/dL | 🟢 | 0-150 |

## THYROID PROFILE - I(T3,T4 AND TSH)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| TSH: THYROID STIMULATING HORMONE - SERUM | 0.78 | µIU/mL | 🟢 | 0.38-5.33 |

## URIC ACID - SERUM

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| URIC ACID - SERUM | 3.8 | mg/dL | 🟢 | 2.6-7.2 |

## LIVER FUNCTION TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| BILIRUBIN CONJUGATED (DIRECT) - SERUM | 0.2 | mg/dL | 🟢 | 0.0-0.2 |

## PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM | 0.48 | ng/mL | 🟢 | 0.00-6.50 |

## BUN (BLOOD UREA NITROGEN)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| BUN (BLOOD UREA NITROGEN) | 9.9 | mg/dL | 🟢 | 7.0-18.0 |

## LIVER FUNCTION TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| A/G - RATIO | 1.8 | | 🟢 | 1.0-2.0 |

## BUN/CREATININE RATIO

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

🟢 Within Normal Range    🟡 Borderline High/Low    🔴 Out of Range

| | |
|---|---|
| BUN/CREATININE RATIO | 9.2 |

## ECG

SINUS RHYTHM.
MINOR LEFT AXIS DEVIATION.

## TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

## ULTRASOUND SCREENING WHOLE ABDOMEN

* Grade I fatty liver.

[NOTE: At times pelvic structures are not well visualized due to inadequate patient preparation / excess bowel gas shadow. However suggested clinical correlation and other investigations if clinically indicated.

## X-RAY CHEST PA

Chest skiagram does not reveal any significant abnormality.

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

**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.**

## AICVD RISK SCORE REPORT

| RISK STATUS | YOUR SCORE | ACCEPTABLE SCORE |
| --- | --- | --- |
| Moderate Risk | 7 | 6 |

**Your likelihood of developing cardiovascular disease in the next ten years is 1.3 times higher than the people of 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**
- **It is recommended that you visit your physician every 6 months** if you  have:
  - o Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

**The Clinical AI Models and APIs used at Apollo Hospitals are certified by ISO 13485 : 2016 vide certificate no. MD 763515**