

Mr. MITON SUTRADHAR (35 /M)

UHID : AHIL.0000669892

AHC No : AHILAH194373

Date : 22/02/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Namaste Mr. MITON SUTRADHAR,

Thank you for choosing Apollo ProHealth, India's first AI-powered health management program, curated to help you make positive health shifts. Being healthy is about making smart choices, and you have taken the first step with this program. We are privileged to be your healthcare partner. Your health is our priority.

We are with you on your path to wellness by:

Predicting your risk: Artificial Intelligence-powered predictive risk scores are generated, based on your personal, medical, and family history and detailed multi-organ evaluation of your body through diagnostic and imaging tests.

Preventing onset or progress of chronic lifestyle diseases: Your Health Mentor is available to help you understand your physician's recommendations and helping you handle any concerns (complimentary service up to one year)

Overcoming barriers to your wellbeing: Your Health Mentor will help you set your health goals and guide you with tips to stay on track. We will also, digitally remind you to proactively prioritize your health.

Through this report, you will be able to understand your overall health status, your health goals and the recommendations for your path to wellness. Your Health Report will include the following:

- Your medical history and physical examination reports
- Results from your diagnostic and imaging tests
- AI powered health risk scores
- Your physician's impression and recommendations regarding your overall health
- Your personalized path to wellness, including your follow-up assessments and vaccinations

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Regd. Office
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CIN No. : U85110TN1997PLC039016 | GSTin : 24AA8CA4150H225
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We have reviewed the results of the tests and have identified some areas for you to act on. We believe that with focus and targeted interventions, you can be healthier and happier.



Scan the QR code to download the Apollo 247 App

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by Joint Commission International



You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via www.apollo247.com or through the Apollo 24*7 mobile app. You can avail 30% discount on additional tests and follow-up tests at Apollo Hospitals within one week. You may call your Health Mentor on 04048492633 or email at prohealthcare@apollohospitals.com

Stay Healthy and happy! 😊
Apollo ProHealth Care team

Disclaimer: The services offered in the program may vary depending on any prior mutual agreements between guests and the facility/unit.

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Name : Mr. MITON SUTRADHAR (35 /M)

Address : KUDASAN, GANDHINAGAR, GANDHI NAGAR, GUJARAT, INDIA

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 22/02/2023



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Chief Complaints

For Annual health checkup
No specific complaints

Present Known illness

Diabetes mellitus - Known; Since - 8 MONTHS; Medication - regular; - TGB 20, GLIMISON



Drug Allergy

NO KNOWN ALLERGY

:22/02/2023



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 : - Nil Significant
- Spine and joints : - Nil Significant
- Skin : - Nil Significant
- General symptoms : - Nil Significant



Past medical history

- Do you have any allergies? - No
- Allergies - Nil
- Past medical history - nil significant



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Covid 19 - Yes
- 2020

Post detection (3 Weeks) - No

Hospitalization for Covid 19 - No

 **Surgical history**

Surgical history - Nil

 **Personal history**

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Female - 1

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - Yes

Type - Cigarette

Number - 2-3

Frequency - daily

Chews tobacco - No

Physical activity - Active

 **Family history**

Father - alive

Mother - alive

Brothers - 3

Sisters - 2

Diabetes - father,mother,brother

Hypertension - father,mother

Coronary artery disease - none

Cancer - None

Asthma - father





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Physical Examination



General

General appearance - normal
 Build - normal
 Height - 162.5
 Weight - 62.4
 BMI - 23.63
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 60
 Rhythm - Regular
 Systolic(mm of Hg) - 110
 Diastolic(mm of Hg) - 70
 - B.P. Sitting
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
 Tenderness - No

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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	30	mL		
Specific Gravity	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Nil			
Bile Pigments:	Nil			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occasional			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)	14.3	gm%	●	13.0-17.0
Packed cell volume(Calculated)	43.4	%	●	40-50
RBC COUNT (Impedance)	4.73	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	91.8	fl	●	80-100
MCH(Calculated)	30.22	pg	●	27-32
MCHC(Calculated)	32.9	%	●	31-36
RDW(Calculated)	14.1	%	●	11.5-14.5
WBC Count (Impedance)	7268	/cu mm	●	4000-11000

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





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Test Name	Result	Unit	Level	Range
Neutrophils	55	%	●	40-75
Lymphocytes	36	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	180800	/cu mm	●	150000-450000
MPV (Calculated)	10.9	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	6	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)	+			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	B 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	38	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	78	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	24	U/L	●	> 1 year Male : <40
Total Bilirubin	0.98	mg/dL	●	0.300-1.200
Direct Bilirubin	0.304 *	mg/dL	●	Upto 0.3 mg/dl

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



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Indirect Bilirubin

0.676

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

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.9	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	32	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	100	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)	101	mg/dL		70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range

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



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Glycosylated Hemoglobin (HbA1c)

5.3

%



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

Estimated Average Glucose.

105.41

LFT (LIVER FUNCTION TEST)

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Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include PROTEIN TOTAL - SERUM / PLASMA, ALBUMIN - SERUM, Globulin-Serum/Plasma, and A/G ratio.

THYROID PROFILE (T3,T4 AND TSH)

Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include TOTAL T3: TRI IODOTHYRONINE - SERUM, TOTAL T4: THYROXINE - SERUM, and TSH: THYROID STIMULATING HORMONE - SERUM.

Legend: Green dot = Within Normal Range, Yellow dot = Borderline High/Low, Red dot = Out of Range





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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	7.1 *	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

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	155	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	161 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	45 *	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)	91	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	32		●	< 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.

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





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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG

● Within Normal Range

● Borderline High/Low

● Out of Range

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Executive Summary



- .BODY WEIGHT 62.4 KG, IDEAL BODY WEIGHT 50-60 KG
- .HYPERURICEMIA
- .DYSLIPIDEMIA
- .ECG - NORMAL
- .ECHO -NORMAL
- .USG ABDOMEN - NO SIGNIFICANT ABNORMALITY
- .CHEST X-RAY - NORMAL
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-



- REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 50-60 KG

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
23/2/2023
Dr. SHASHIKANT NIGAM
M.D.S. (Medicine), D.M. (Medicine), D.C.P. (Medicine)
AHC Physician / Consultant Internal Medicine
Apollo Hospitals International Limited
Gandhinagar, Ahmedabad - 382415
Gujarat-382415
Phone: +91 79 66701800
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E-mail: info@apolloahd.com

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.

CARDIOLOGY

Patient Details : Mr. MITON SUTRADHAR | Male | 35Yr 8Mth 5Days

UHID : AHIL.0000669892 **Patient Location:** AHC

Patient Identifier: AHILAH194373



DRN : 5623017379

Completed on : 22-FEB-2023 17:55

Ref Doctor : DR. SHASHIKANT NIGAM

ECHO/TMT

FINDINGS :

Normal cardiac chamber dimensions.

Normal LV systolic function, LVEF: 60%

No Regional wall motion abnormalities at rest.

Normal LV compliance.

All cardiac valves are structurally normal.

IAS/ IVS intact.

Trivial MR, No AR, No PR, Trivial TR.

No PAH, RVSP: 28 mm Hg.

No clots/ vegetation/ effusion

MEASUREMENTS (mm) ::

	LVID diastole	LVID systole	IVSd / LVPW	LA Size	AO (Root)
Measurements (mm)	42	20	10/10	35	25

Mr. MITON SUTRADHAR

AHIL.0000669892

AHILAH194373

ECHO/TMT

PULSED, HPRF, CW AND COLOUR DOPPLER PARAMETERS

	MITRAL	AORTIC	PULMONAR Y
Peak Velocity m/sc.	E: 0.98/A: 0.66	1.19	0.78
Peak PR. Gradient mm.Hg.		5.62	2.44

IMPRESSION

— END OF THE REPORT —



DR SAMEER DANI MD.DM
Interventional Cardiologist

DR. CHIRAG PRAHLADBHAI PATEL
MBBS., PGDCC




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Radiology

Patient Details : Mr. MITON SUTRADHAR | Male | 35Yr 8Mth 5Days
UHID : AHIL.0000669892
Patient Identifier: AHILAH194373
DRN : 123023869
Ref Doctor : DR. SHASHIKANT NIGAM

Patient Location: AHC

Completed on : 22-FEB-2023 10:24

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 ---

A. A PATEL

Dr. ALPESH A PATEL

DNB Resident

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. MITON SUTRADHAR | Male | 35Yr 8Mth 5Days
UHID : AHIL.0000669892 **Patient Location:** AHC
Patient Identifier: AHILAH194373 
DRN : 223009745 **Completed on :** 22-FEB-2023 10:24
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.

Gall bladder appears normal with no evidence of calculus. Wall thickness appears normal. No evidence of pericholecystic collection.

Visualised pancreas appear normal in size and echotexture.

Spleen measures 9.6 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 is normal in size and echopattern.

IMPRESSION :

NO ABNORMALITY DETECTED.

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Mr. MITON SUTRADHAR

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USG WHOLE ABDOMEN

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DENTISTRY

Name :

Date : 22/2/23 Unit No. :

Occupation :

Ref. Physician :

Age : Sex : Male Female

Copies to :

DENTAL RECORD

ALLERGIES :

NA

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	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : <u>NA</u>	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia
Cheeks : <u>NA</u>	Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction
Tongue : <u>NA</u>	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth : <u>NA</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture
Palate : <u>NA</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsilar Area : <u>NA</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
Any other : <u>NA</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries <u>5</u>
		Missing Teeth <u>6</u>
		Supernumerary <u>16</u>
		Others

PRESENT COMPLAINT : Route clear AP's Insley

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

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Mr. MITON
SUTRADHAR

35 Year(s) / Male



RECORDS

Date: 22/2/23

Name :

UHID :

Distance Vision :

Right Eye -

Left Eye -

6/9 (BE) 6/9

(unaided)

Near Vision :

Right Eye :

Left Eye :

N6
N6

(unaided)

APLN.TN - Right Eye

14

Left Eye -

16

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNL

Both Eye Posterior Segment Examinations -

WNL

Doctor's Signature

Ophthalmologist Name


Dr. Jagriti Sinha
MS (Ophthalmology)
Jr. Consultant
Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382428, INDIA. Regd. No. G-62792

Rate 61

PR 153
QRS 88
QT 391
QTc 394

--AXIS--

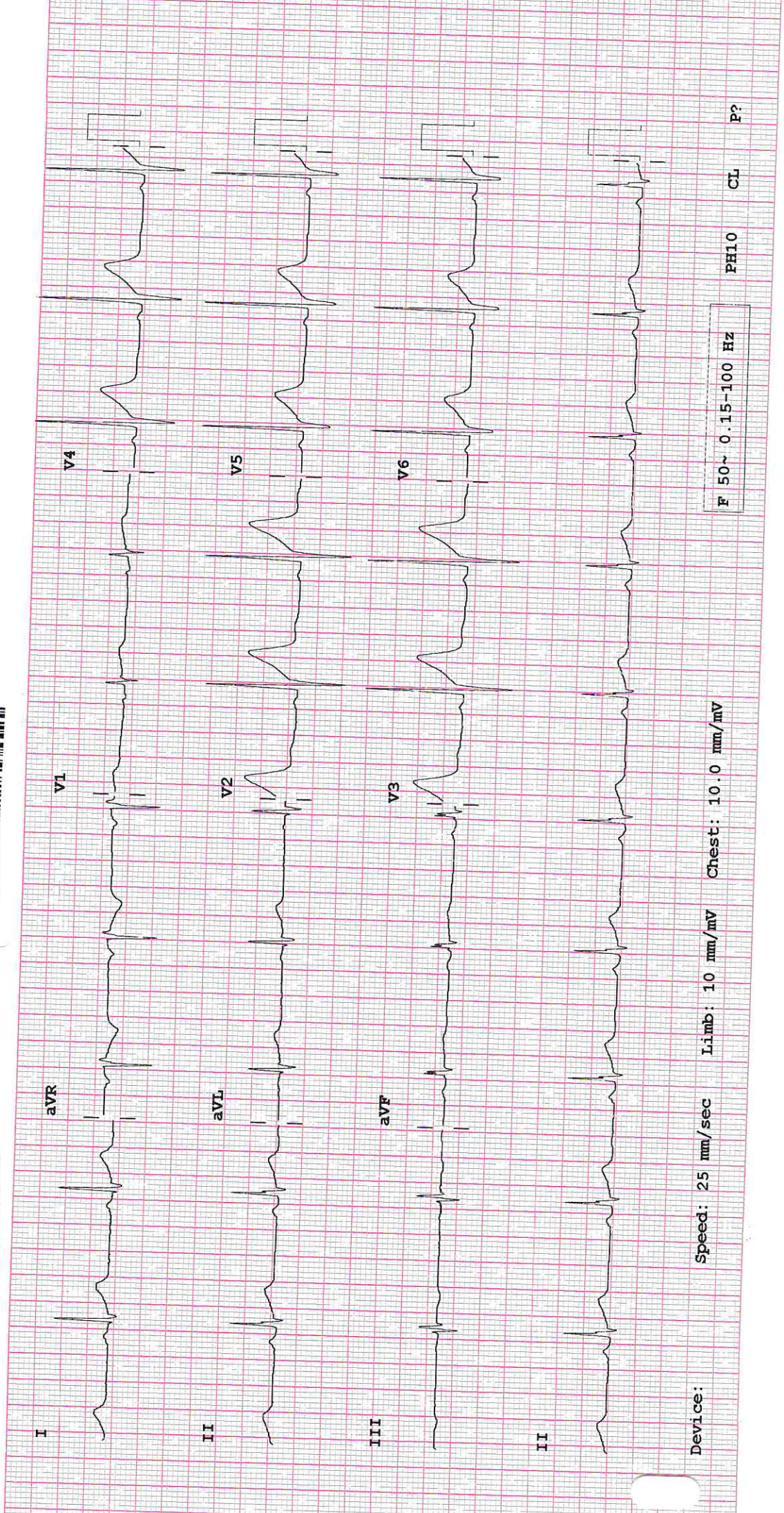
P 15
QRS 37
T 25

12 Lead; Standard Placement

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Mr. MITON
SUTRADHAR

35 Year(s) / Male



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

F 50~0.15-100 Hz

PH10 CL P?