## CHIEF COMPLAINTS

For corporate health checkup

## PRESENT KNOWN ILLNESS

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

## DRUG ALLERGY

NO KNOWN ALLERGY                    :09/03/2024

## 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

### Personal history

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

### Family history

| | |
|---|---|
| Father | - alive |
| Mother | - alive |
| Coronary artery disease | - none |
| Cancer | - None |

## PHYSICAL EXAMINATION

### General

| | |
|---|---|
| Height | - 177 |
| Weight | - 91 |
| BMI | - 29.05 |
| Pallor | - No |
| Oedema | - no |

### Cardiovascular system

| | |
|---|---|
| Heart rate (Per minute) | - 78 |
| Rhythm | - Regular |
| | - B.P. Sitting |
| Systolic(mm of Hg) | - 128 |
| Diastolic(mm of Hg) | - 84 |
| Heart sounds | - S1S2+ |

### Respiratory system

| | |
|---|---|
| Breath sounds | - Normal vesicular breath sounds |

### Abdomen

| | |
|---|---|
| Organomegaly | - No |
| Tenderness | - No |

## COMPLETE HAEMOGRAM PROFILE

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| Hemoglobin | 13.6 | g/dl | 🟢 | 13.0-17.0 |
| RBC COUNT | 5.16 | Million/ul | 🟢 | 4.5-5.5 |
| Hematocrit - Hct: | 42.1 | % | 🟢 | 41-53 |
| MCV | 81.5 * | fl | 🔴 | 83-101 |
| MCH | 26.4 * | pg | 🔴 | 27-32 |
| MCHC | 32.4 | % | 🟢 | 31.5-34.5 |
| RDW | 13.9 | % | 🟢 | 11.8-14.0 |
| WBC Count | 6600 | /cu mm | 🟢 | 4000-10000 |
| Platelet Count | 2.32 | lacs/cu mm | 🟢 | 1.5-4.0 |
| Neutrophils | 56 | % | 🟢 | 40-80 |
| Lymphocytes | 36 | % | 🟢 | 20-40 |
| Monocytes | 04 | % | 🟢 | 2-10 |
| Eosinophils | 04 | % | 🟢 | 01-06 |
| Basophils | 00 | % | 🟢 | 0-0 |
| RBC: | Normocytic Normochromic cells | | | |
| Platelets: | Adequate. | | | |
| ERYTHROCYTE SEDIMENTATION RATE (ESR) | 12 | mm/1st hr | 🟢 | 0-15 |

## URINE ROUTINE AND MICROSCOPY

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| Volume: | 40 | mL | | |
| Colour: | Pale Straw | | | |
| Appearance | Slightly Turbid | | | |
| Specific Gravity | 1.015 | | | |
| pH: | 6.0 | | | |
| Albumin: | Not Detected | | | |
| Glucose | Not Detected | | | |
| Ketone: | Not Detected | | | |
| Bile Pigments | Not Detected | | | |
| RBC | Nil | /hpf | | |
| Pus Cells | 1-2 | /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) | Nil | | | |

## 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: | B | | | |
| Rh (D) Type: | POSITIVE | | | |

## LIVER FUNCTION TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| ALT(SGPT) - SERUM | 47 | U/L | 🟢 | 0-50 |
| ALBUMIN - SERUM | 4.5 | g/dL | 🟢 | 3.5-5.1 |
| ALKALINE PHOSPHATASE - SERUM | 102 | U/L | 🟢 | 43-115 |
| AST (SGOT) - SERUM | 23 | U/L | 🟢 | 0-50 |
| BILIRUBIN TOTAL - SERUM | 0.5 | mg/dL | 🟢 | 0.3-1.2 |

## LIPID PROFILE TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| CHOLESTEROL - SERUM | 193 | mg/dL | 🟢 | 0-200 |

## CREATININE - SERUM

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| CREATININE - SERUM | 0.9 | 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

| | | | | |
|---|---|---|---|---|
| GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM | 22 | U/L | 🟢 | 0-55 |

## GLUCOSE - PLASMA (FASTING)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| GLUCOSE - PLASMA (FASTING) | 90 | mg/dL | 🟢 | 70-99 |

## GLUCOSE - PLASMA (POST PRANDIAL)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| GLUCOSE - PLASMA (POST PRANDIAL) | 122 | mg/dL | 🟢 | 70-140 |

## HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD | 5.4 | % | 🟢 | 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 | 45 | mg/dL | 🟢 | 30-70 |
| LDL CHOLESTEROL -SERUM | 122 | mg/dL | 🟢 | Optimal: <100 |
| VLDL CHOLESTEROL - SERUM (Calculated) | 26 | mg/dL | 🟢 | 0-35 |

## LIVER FUNCTION TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| PROTEIN TOTAL - SERUM | 7.5 | g/dL | 🟢 | 6.4-8.3 |
| GLOBULIN: (CALCULATED) - SERUM | 3.0 | g/dL | 🟢 | 1.8-3.6 |

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

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

| | | | | |
|---|---|---|---|---|
| TOTAL T3: TRI IODOTHYRONINE - SERUM | 1.54 | ng/ml | 🟢 | 0.87-1.78 |
| TOTAL T4: THYROXINE - SERUM | 12.62 | µg/dL | 🟢 | 5.48-14.28 |

## LIPID PROFILE TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| TRIGLYCERIDES - SERUM | 119 | mg/dL | 🟢 | 0-150 |

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

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| TSH: THYROID STIMULATING HORMONE - SERUM | 2.54 | µIU/mL | 🟢 | 0.38-5.33 |

## URIC ACID - SERUM

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| URIC ACID - SERUM | 7.6 * | mg/dL | 🔴 | 2.6-7.2 |

## LIVER FUNCTION TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| BILIRUBIN CONJUGATED (DIRECT) - SERUM | 0.1 | mg/dL | 🟢 | 0.0-0.2 |

## BUN (BLOOD UREA NITROGEN)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| BUN (BLOOD UREA NITROGEN) | 8.1 | mg/dL | 🟢 | 7.0-18.0 |

## LIVER FUNCTION TEST (PACKAGE)

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| A/G - RATIO | 1.5 | | 🟢 | 1.0-2.0 |

## BUN/CREATININE RATIO

| Test Name | Result | Unit | Level | Range |
|---|---|---|---|---|
| BUN/CREATININE RATIO | 8.8 | | | |

## ECG

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

## TREADMILL TEST / STRESS TEST

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

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

## ULTRASOUND SCREENING WHOLE ABDOMEN

* Mild hepatomegaly with grade II fatty liver. Suggested liver function test correlation.

[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.

Dr. MOURUSI MANDAL
DNB RESIDENT
In consultation with

## X-RAY CHEST PA

*Chest skiagram does not reveal any significant abnormality.

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

### Histopathology

PAP SMEAR /CERVICAL SMEAR

● **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 | 4 | 3 |

**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:
  - Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

**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**