

Name : Mrs. PARNA MRIDHA (54 /F)

Date : 22/12/2023

Address : S-4/27, A P NAGAR, PS-SONARPUR, KOLKATA, KOLKATA, WEST BENGAL, INDIA

Examined by: Dr .SHARMISTHA MALLIK

UHID : AGHL.0001619720

Package : MEDIWHEEL - FULL BODY ANNUAL PLUS CHECK ADVANCE
FEMALE HCK

AHC No : AMHLAH189285



CHIEF COMPLAINTS

For corporate health checkup

PRESENT KNOWN ILLNESS

No history of - Heart disease, Asthma
Diabetes mellitus - type 2; Medication -
regular
Hypertension Medication - regular
Dyslipidaemia Medication - regular
Thyroid disease - hypothyroidism;
Medication - regular



DRUG ALLERGY

NO KNOWN ALLERGY :10/09/2022



SYSTEMIC REVIEW

Cardiovascular system

High blood pressure - yes; Medication - yes

Respiratory system

- Nil Significant

Oral and dental

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Gynaec history

No of Children - 2; Last child birth - 19 yrs;
Deliveries - normal vaginal delivery, LSCS;
Menopause - yes

Central nervous system

- Nil Significant

Eyes

Vision - normal with glasses; Glasses - yes

ENT

Hearing loss both ears - moderate

Musculoskeletal system

Spine and joints
Knee (bilateral) - pain

Skin

- Nil Significant

Weight

- stable



Present medications

- Eurepa V 0.5/0.3
Storvas 10
Forxiga 10
Cilacar T
Thyronorm 112.5mcg
Lantus; Compliance - regular



Past medical history

Covid 19 - Yes
Hospitalization for
Covid 19 - No



Surgical history

Tympanoplasty - right ear



Personal history

Marital status - Married
No. of children - 2
Diet - Non Vegetarian
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Mild



Family history

Father - has expired
Mother - has expired

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Diabetes - father,mother
Hypertension - father,mother
Coronary artery disease - none
Cancer - None

Ophthalmology findings

- PGVA:RE:6/9 LE:6/9
BCVA:RE:N8 LE:N8
OCULAR MOVEMENT:WNL
ANT.SEG:EARLY
CHANGES
ACCPT: SPECTACLE PWR
RE:+1.75X5*(6/6)
LE:+1.50/-2.00X95*(6/6)
ADD(BE):+2.50DSPH(N6)
ADVICE:*Glass Rx.*Detail
dilated Funduscopy*Review
after 1yr/SOS

PHYSICAL EXAMINATION



General

Build - over weight
Height - 158
Weight - 74
BMI - 29.64
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 76
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 122
Diastolic(mm of Hg) - 84
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Appearance - Normal
Organomegaly - No
Tenderness - No

Ophthalmology consultation

Printed By : Benazir Begaum

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COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	12.0	g/dl	●	12.0-15.0
RBC COUNT	4.29	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	37.0	%	●	36-46
MCV	86.1	fl	●	83-101
MCH	27.9	pg	●	27-32
MCHC	32.4	%	●	31.5-34.5
RDW	16.7 *	%	●	11.8-14.0
WBC Count	5400	/cu mm	●	4000-10000
Platelet Count	1.28 *	lacs/cu mm	●	1.5-4.0
Neutrophils	57	%	●	40-80
Lymphocytes	32	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	06	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Anisocytosis+, Predominantly Normocytic Normochromic			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	57 *	mm/1st hr	●	0-20

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	+++			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	1-2	/hpf		
Pus Cells	6-8	/hpf		

Epithelial Cells	1-3
Casts:	Not Found
Crystals:	Not Found
NOTE : -	Urine glucose rechecked and confirmed by Benedict's test

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)	+++			

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	17	U/L	●	0-35
ALBUMIN - SERUM	4.2	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	119 *	U/L	●	33-98
AST (SGOT) - SERUM	18	U/L	●	0-35
BILIRUBIN TOTAL - SERUM	0.5	mg/dL	●	0.3-1.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	171	mg/dL	●	0-200

CREATININE - SERUM

Test Name	Result	Unit	Level	Range

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

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CREATININE - SERUM 0.8 mg/dL ● 0.6-1.1

GLOBULIN: (CALCULATED) - SERUM 2.9 g/dL ● 1.8-3.6

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	27	U/L	●	0-38

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.00	ng/ml	●	0.87-1.78
TOTAL T4: THYROXINE - SERUM	13.05	µg/dL	●	5.48-14.28

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	106 *	mg/dL	●	70-99

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	89	mg/dL	●	0-150

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	206 *	mg/dL	●	70-140

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	5.37 *	µIU/mL	●	0.38-5.33

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	6.4 *	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >= 6.5% ADA Therapeutic goal : <7%

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	5.6	mg/dL	●	2.4-5.7

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	67	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	90	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	14	mg/dL	●	0-35

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)	16.2	mg/dL	●	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.1	g/dL	●	6.4-8.3

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	20.3			

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

PAP SMEAR /CERVICAL SMEAR

Ref No:
AG01.C2309158
SPECIMEN TYPE:
Conventional cervical smear (Papanicolaou stain) x 1
SPECIMEN ADEQUACY:
Satisfactory for evaluation with metaplastic squamous cells.
INTERPRETATION/RESULT:
Negative for intraepithelial lesion or malignancy,with no organism

*Mammographic study of both breasts are within normal limit.

Assessment & Recommendation :
BIRADS Category 0 . Suggested USG for further evaluation.

BIRADS Category: (0.Requires additional evaluation, 1.Negative, 2. Benign findings, 3. Intermediate, 4. Suspicious malignancy, 5. Highly suggestive of malignancy, 6. Histologically proven malignancy).

EKG

SINUS RHYTHM.
LOW VOLTAGE QRS.
NONSPECIFIC T WAVE ABNORMALITY.

Please Note :
False negative mammogram is 10-15%. Dense breast parenchyma may obscure an underlying neoplasm.

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.

---END OF THE REPORT---

X-RAY CHEST PA


Chest skiagram does not reveal any significant abnormality.

CARDIOLOGY

TREADMILL TEST / STRESS TEST

X-RAY MAMMOGRAPHY BILATERAL (MHC)

Executive Summary

- 
1. H/O Hypertension - on medication.
 2. H/O Type II Diabetes Mellitus - on medication.
 3. H/O Dyslipidaemia - on medication.
 4. H/O Hypothyroidism - on medication.
 5. Overweight (BMI - 29.64).
 6. Glucosuria noted (+ + +).
 7. ECG - Sinus rhythm. Low voltage QRS. Nonspecific T wave abnormality.
 8. USG - Grade I fatty liver.
 9. ECHOCARDIOGRAPHY - Good left ventricular systolic function with reduced diastolic compliance.

Wellness Prescription

Advice On Diet :-



- * Low salt, low calorie, low carbohydrate, low fat healthy balanced diet.
- * Drink plenty of fluids.

Advice On Physical Activity :-



- * Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

- * Follow advice given by Ophthalmology department.

Medications

- * Continue home medication as before.

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
ENT		7 Day(s)	for Hearing loss both ears.

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Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
ULTRASOUND BREAST BILATERAL	7 Day(s)		review with report by general oncologist.
GLUCOSE - PLASMA (FASTING)	3 Month(s)		review with report.
GLUCOSE - PLASMA (POST PRANDIAL)	3 Month(s)		review with report.
HBA1C - BLOOD	3 Month(s)		review with report.
LIPID PROFILE TEST (PACKAGE)	3 Month(s)		review with report.
LIVER FUNCTION TEST (PACKAGE)	3 Month(s)		review with report.
TSH: THYROID STIMULATING HORMONE - SERUM	3 Month(s)		review with report.

Follow-up and Review Plan



* Regular Follow-up with Endocrinologist.

* Annual health check-up.



Scan the QR code in AskApollo App to book your follow-up appointments and investigations

Printed By : AVIJIT DAS

Dr.SHARMISTHA MALLIK
AHC Physician / Consultant Internal Medicine

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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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Medications

* Continue home medication as before.

Dr.SHARMISTHA MALLIK

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS

High Risk

YOUR SCORE

11

ACCEPTABLE SCORE

6

Your likelihood of developing cardiovascular disease in the next ten years is 1.6 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 3 months** if you have:
 - o Uncontrolled high blood pressure
 - o Diabetes
 - o Dyslipidemia
 - o Coronary heart disease
- You will be referred to a **cardiologist**.

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