

Name : Mrs. AMANDEEP DIGRA (32 /F)

Date : 08/11/2024

Address :

Examined by: Dr .SHARMISTHA MALLIK

UHID : AMHL.0002450056

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH225861



CHIEF COMPLAINTS

For corporate health checkup

PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,
Hypertension,
Dyslipidemia, Thyroid
disorder, Heart disease,
Stroke, Asthma



DRUG ALLERGY

Erythromycin dihydrate Drug Allergy :08/11/2024



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

Last menstrual period - 8.10.24; Periods - regular

Central nervous system

- Nil Significant

Eyes

Vision - normal

ENT

- Nil Significant

Musculoskeletal system

Spine and joints
- Nil Significant

Skin

- Nil Significant

Weight

- stable



Past medical history

Past medical history - nil significant



Surgical history

Cholecystectomy - 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 - alive

Mother - alive

Coronary artery
disease - none

Cancer - None

PHYSICAL EXAMINATION



General

Build - obese

Height - 165

Weight - 104

BMI - 38.2

Pallor - No

Oedema - no



Cardiovascular system

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Heart rate (Per minute) - 95
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 76
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Appearance - Normal
Organomegaly - No
Tenderness - No
Bowel sounds - Normal

Ophthalmology consultation

Ophthalmology findings - OCULAR MOVEMENTS:
(RE):FULL (LE):FULL
ANTERIOR SEGMENTS:
(RE):WNL (LE):WNL
VISUAL ACUITY
DISTANCE:WITHOUT
GLASS (RE):6/6 (LE):6/6
VISUAL ACUITY
NEAR:WITHOUT GLASS
(RE):N6 (LE):N6
ADVICE:*Review after
1yr/SOS

Printed By : Benazir Begaum

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COMPLETE HAEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	11.8 *	g/dl	●	12.0-15.0
RBC COUNT	3.92	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	35.4 *	%	●	36-46
MCV	90.3	fl	●	83-101
MCH	30.2	pg	●	27-32
MCHC	33.4	%	●	31.5-34.5
RDW	16.0 *	%	●	11.8-14.0
WBC Count	10300 *	/cu mm	●	4000-10000
Platelet Count	2.54	lacs/cu mm	●	1.5-4.0
Neutrophils	65	%	●	40-80
Lymphocytes	26	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			

ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	81 *	mm/1st hr	●	0-20

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	60	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	Occasional	/hpf		

Epithelial Cells	2-4 /h.p.f /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:	A			
Rh (D) Type:	POSITIVE			

ALT(SGPT) - SERUM

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	50 *	U/L	●	0-35

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
ALBUMIN - SERUM	4.2	g/dL	●	3.5-5.1

ALKALINE PHOSPHATASE - SERUM

Test Name	Result	Unit	Level	Range
ALKALINE PHOSPHATASE - SERUM	104 *	U/L	●	33-98

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT) - SERUM	34	U/L	●	0-35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
BILIRUBIN TOTAL - SERUM	0.5	mg/dL	●	0.3-1.2

CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range

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

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CHOLESTEROL - SERUM	203 *	mg/dL	●	0-200
Non-HDL Cholesterol	158.0000			

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.6	mg/dL	●	0.6-1.1
CREATININE - SERUM	0.6	mg/dL	●	0.6-1.1

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	50 *	U/L	●	0-38

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)	138	mg/dL	●	70-140

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.2	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >= 6.5% ADA Therapeutic goal : <7%

HDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	45	mg/dL	●	30-70
TC/HDL-C ratio serum	5 *		●	Optimal<3.5

LDL CHOLESTEROL -SERUM

Test Name	Result	Unit	Level	Range
LDL CHOLESTEROL -SERUM	137 *	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	21	mg/dL	●	0-35

PROTEIN TOTAL - SERUM

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.7	g/dL	●	6.4-8.3
Albumin/Globulin Ratio	1.2		●	1.0-2.0
GLOBULIN: (CALCULATED) - SERUM	3.5	g/dL	●	1.8-3.6

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM (Chemiluminescence)	1.22	ng/ml	●	0.87-1.78

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM (Chemiluminescence)	12.09	µg/dL	●	5.48-14.28

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	108	mg/dL	●	0-150

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM (Chemiluminescence)	3.91	µIU/mL	●	0.38-5.33

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	4.4	mg/dL	●	2.4-5.7

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range

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

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BILIRUBIN
CONJUGATED
(DIRECT) - SERUM

0.2	mg/dL	●	0.0-0.2
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* Grade I fatty liver.

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.7	mg/dL	●	7.0-18.0
UREA - SERUM	23	mg/dL	●	13-43
UREA - SERUM	23	mg/dL	●	13-43

[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.]

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	17.8			
BUN (BLOOD UREA NITROGEN)	10.7	mg/dL	●	7.0-18.0
UREA - SERUM	23	mg/dL	●	13-43
UREA - SERUM	23	mg/dL	●	13-43
CREATININE - SERUM	0.6	mg/dL	●	0.6-1.1
CREATININE - SERUM	0.6	mg/dL	●	0.6-1.1

Dr. MOURUSI MANDAL
DNB RESIDENT
In consultation with

Dr. SANJIB MAJUMDAR
MD (RADIOLOGICAL)
CONSULTANT RADIOLOGIST
Reg. No. 56991 (WBMC)

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

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

ECG

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

X-RAY CHEST PA

* Chest skiagram does not reveal any significant abnormality.

Biochemistry

A/G - RATIO

Histopathology

PAP SMEAR /CERVICAL SMEAR

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ULTRASOUND SCREENING WHOLE ABDOMEN

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

Executive Summary

1. Obesity.
2. WBC Counts slightly raised (WBC Count - 10300 /cu mm).
3. USG - Grade I fatty liver.

Wellness Prescription

Advice On Diet :-

- * Low calorie, healthy balanced diet.
- * Drink plenty of fluids.

Advice On Physical Activity :-

- * Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

- * Advised to lose weight.

Follow-up and Review Plan

- * 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

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

High Risk

YOUR SCORE

5

ACCEPTABLE SCORE

3

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:
 - Uncontrolled high blood pressure
 - Diabetes
 - Dyslipidemia
 - 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