



Swaminarayan Nagar, Off Mumbai-Agra Highway,
Panchvati, Nashik - 422 003.

QFAHN/BILL/003/V1

Name : Mr. NILESH G POKHARKAR (35/M) 253 - 2510250 / 350 / 450 / 550 / 750 Date : 28/01/2023

Address : MEDIWHEEL NASHIK, NASHIK, NASHIK, MAHARASHTRA, INDIA
apollonashik@apollohospitals.com
www.askapollo.com



Examined by:

UHID : MHN1.0000133282

Package : MediWheel Full Body Health Checkup Male Below 40 Package

AHC No : NSKAH29976



CHIEF COMPLAINTS

For corporate health checkup
No specific complaints

PRESENT KNOWN ILLNESS

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



DRUG ALLERGY

NO KNOWN ALLERGY

:28/01/2023



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant



Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No

Past medical history - nil significant

Covid 19 - No



Surgical history

Others - Lt side kidney stone-3 yrs
befour

Immunization history

- Covid Dose1,Covid Dose2



Personal history

Marital status - Married

No. of children - 02

Diet - Mixed Diet

Alcohol - does not consume alcohol

Smoking - No
Chews tobacco - No
Physical activity - Active
- home exercise



Family history

Hypertension - father
Coronary artery
disease - none
Cancer - None

PHYSICAL EXAMINATION



General

General appearance - normal
Build - normal
Height - 180
Weight - 78.9
BMI - 24.35
Pallor - No
Oedema - no
Temperature - 95
SpO2 - 98



Cardiovascular system

Heart rate (Per minute) - 64
Rhythm - Regular
- B.P. Supine
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 70
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath
sounds



Abdomen

Organomegaly - No
Tenderness - No

Printed By : Shweta Sharad Shardul



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STOOL ROUTINE

Test Name	Result	Unit	Level	Range
Color:	Brown			
Consistency :	Semi Formed			
Mucus:	Absent			
Blood:	Absent			
Pus:	Absent			
Reaction:	Alkaline			7.2-7.8
Ova:	Absent	/hpf		
Cysts:	Absent	/hpf		
Trophozoite	Absent	/hpf		
WBC/Pus Cells :	0	/hpf		0-2

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 / PLASMA	44	U/L		30-65
ALBUMIN - SERUM	4.6	g/dL		3.5-5
GLOBULIN - SERUM: (Calculated)	3.5	g/dL		1.8-3.6
ALBUMIN:GLOBULIN - SERUM(RATIO) (Calculated)	1.3			1.1-1.8
ALKALINE PHOSPHATASE - SERUM/PLASMA	65	U/L		0-100

C B C WITH ESR (AUTOMATION + STANDARD METHOD)

Test Name	Result	Unit	Level	Range
Hemoglobin	14.4	g/dl		13.0-18.0
Haematocrit	43.9	%		39.0-54.0
RBC COUNT	5.26	Million/ ul		4.2-6.5
MCV	83.4	fl		75.0-95.0
MCH	27.4	pg		26.0-32.0
MCHC	32.8	g/dl		31.0-36.0
RDW	14.5	%		11-16
Platelet Count (Optical/Impedance)	237	10 ³ /m ³		140-440
TLC Count	7.55	10 ³ /m ³		4.0-11.0
Neutrophils	52	%		45-75
Lymphocytes	38	%		20-45
Eosinophils	05	%		1-6
Monocytes	05	%		1-10
Basophils	00	%		0-1
ERYTHROCYTE SEDIMENTATION RATE (ESR)	07	mm/1st hr		0-10

AST (SGOT) - SERUM 38 * U/L 15-37
BILIRUBIN, TOTAL - SERUM 0.8 mg/dL 0.0-1.0

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	190	mg/dL		0-200

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	1.0	mg/dL		0.8-1.3

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	35	U/L		0-50

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	91	mg/dL		70-100

BLOOD GROUPING AND TYPING (ABO and Rh)

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



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GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (POST PRANDIAL)	93	mg/dL	●	70-140

No urolithiasis.
Probe tenderness is seen over epigastric region, to rule out acid-peptic disease.
No other significant abnormality is detected.
Suggest : clinical correlation.

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM / PLASMA	40	mg/dL	●	40-60
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	4.8 *		●	0.0-4.5
LDL Cholesterol (Direct LDL)	154	mg/dL		

X-RAY CHEST PA

No significant abnormality is detected.

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

Biochemistry

TOTAL T3: TRI IODOTHYRONINE - SERUM
TSH: THYROID STIMULATING HORMONE - SERUM
TOTAL T4: THYROXINE - SERUM

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN, TOTAL - SERUM / PLASMA	8.1	g/dL	●	6.4-8.2
PROTEIN, TOTAL - SERUM / PLASMA	8.1	g/dL	●	6.4-8.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	122	mg/dL	●	0-150

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.4	mg/dL	●	3.5-7.2

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.2	mg/dL	●	0.0-0.3
BILIRUBIN UNCONJUGATED - SERUM(Calculated)	0.6	mg/dL	●	0.0-0.7

CARDIAC STRESS TEST - (TMT)

ECG

ULTRASOUND - WHOLE ABDOMEN

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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.



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AICVD RISK SCORE REPORT

RISK STATUS

YOUR SCORE

ACCEPTABLE SCORE

Low Risk

3

4

Your cardiovascular disease risk in the next 10 years is within the Normal limits for 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**

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

NASHIK

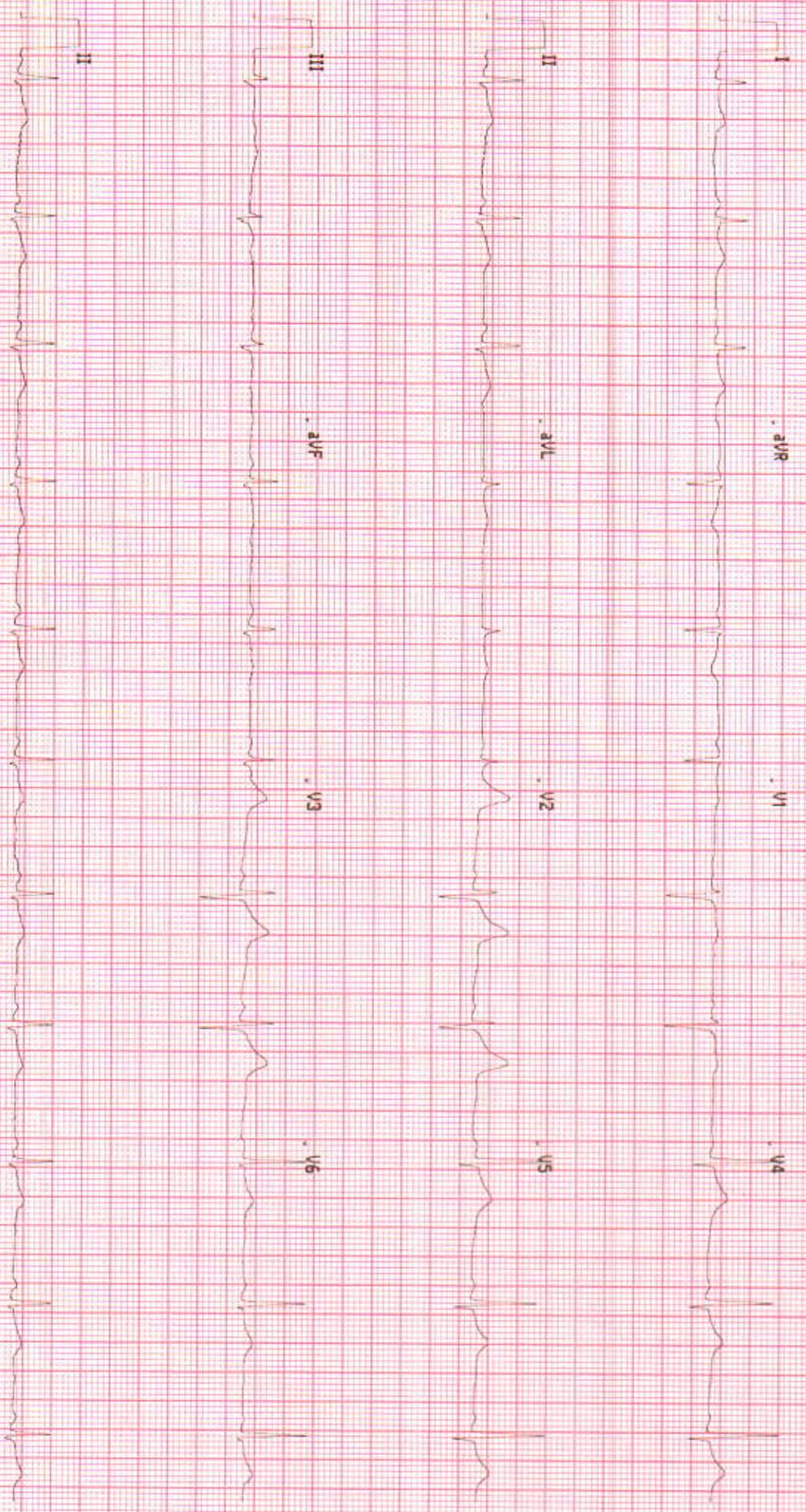
Pokhar'kar, Nilesh
ID:
DOB:
35yr, Male

28-Jan-2023 09:52:29

Vent rate: 64 BPM
PR int: 141 ms
QRS dur: 79 ms
QT/QTc: 384/393 ms
P-R-T axes: 44 38 30

SINUS RHYTHM
NORMAL ECG

UNCONFIRMED REPORT



113500188213

No Site Name

Site # 0 Cart # 2 Version 2.0.4.0 Sequence #22300 25mm/s 10mm/mV 0.05-40 Hz




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HOSPITALS
NASHIK

MD (Radiology)

Patient Details : Mr. NILESH G POKHARKAR | Male | 35Yr 1Mth 21Days
UHID : MHN1.0000133282 **Patient Location:** AHC
Patient Identifier: NSKAH29976 
DRN : 223002409 **Completed on :** 28-JAN-2023 11:28
Ref Doctor : Dr. Rajashri Dhongade

ULTRASOUND - WHOLE ABDOMEN

LIVER : Normal in size. Echotexture is uniform and normal.
No I.H.B.D./ focal lesions.

PORTAL VEIN: Normal in size.

GALL BLADDER: Well distended with normal walls and lumen.
No calculi/pericholecystic fluid.

COMMON BILE DUCT: Normal in size.

PANCREAS : Visualized portion of head and body of pancreas appears normal in size and echotexture. Rest of the pancreas is obscured due to bowel gases.

AORTA, IVC and para aortic areas are normal.

SPLEEN : Normal in size and echotexture.

KIDNEYS: Both kidneys are normal in site, size and echotexture.
No evidence of calculi/ hydronephrosis.
Right kidney measures : 10.5 x 4.7cm.
Left kidney measures : 10 x 5.6cm.

URINARY BLADDER: Well distended with normal walls.
No evidence of calculi/ growth/ diverticula.

PROSTATE : Normal in size with homogenous echogenicity. No evidence of calcification within.
Prostate measures :12.6gms.



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NSKAH29976

ULTRASOUND - WHOLE ABDOMEN

Seminal vesicles are normal.

Probe tenderness is seen over epigastric region, to rule out acid-peptic disease.

Visualized bowel loops appear grossly normal.

No evidence of any free fluid in the peritoneal cavity.

Impression

No urolithiasis.

Probe tenderness is seen over epigastric region, to rule out acid-peptic disease.

No other significant abnormality is detected.

Suggest : clinical correlation.

--- END OF THE REPORT ---

Kunal Kalyanrao Patil

Consultant - MD (Radiodiagnosis)

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Patient Details : Mr. NILESH G POKHARKAR | Male | 35Yr 1Mth 21Days
UHID : MHN1.0000133282 **Patient Location:** AHC
Patient Identifier: NSKAH29976 
DRN : 123003897 **Completed on :** 28-JAN-2023 09:35
Ref Doctor : Dr. Rajashri Dhongade

X-RAY CHEST PA

Both lung fields are clear.
Both hila are normal in size and position.
Costophrenic and cardiophrenic angles are clear.
Cardiac size and contour are within normal limits.
Rib cage is normal.
Soft tissues are normal.

Impression

No significant abnormality is detected.

--- END OF THE REPORT ---

Kunal Kalyanrao Patil

Consultant - MD (Radiodiagnosis)



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Mr Nitish Pokhalla

35 LM

Dr Prayank Patil
9096986290/
8275015672

- No H/o of DM & HTN.

- No Caries Seen.

- Supra & Subgingival plaque present.

- Adv. - Sealing after 6 months



OPHTHALMOLOGY



Name : Plk. Nilesh Pokharkar Date 28/11/23 UNIT _____

Occupation : _____ Room No. _____ Out Patient

Age : 35 Sex : Male Female S/M/W/D _____

Address : N/A Ref. Physician : _____

Tel. No. _____ Copies to : _____

REPORT ON OPHTHALMIC EXAMINATION

HISTORY : _____

PRESENT COMPLAINT : _____

PAST HISTORY : DM / HTN / ALLERGY

ON EXAMINATION

VISION :

RE
9/6

LE
6/6

	RIGHT					LEFT				
	PGP	SPH	CYL	AXIS	VA	SPH	CYL	AXIS	VA	
DIST			—————					—————		
NEAR			—————					—————		

AR / Retinoscopy :

	RIGHT			LEFT		
	SPH	CYL	AXIS	SPH	CYL	AXIS
	L	—————		L	—————	

Refraction or Acceptance :

	RIGHT					LEFT				
	SPH	CYL	AXIS	VA	SPH	CYL	AXIS	VA		
DIST	L	—————			6/6	L	—————			6/6
NEAR	—————				M	—————				M

CN (2)

POKHARKAR, NILESH

TABULAR SUMMARY REPORT

25.0 mm/s
10.0 mm/mV
100hz

ID: 000133282
Visit
28-Jan-2023
13:06:31

35years

Asian


Male

BRUCE
Max HR: 166bpm 94% of max predicted 175bpm
Max BP: 140/70
Reason for Termination: Max HR attained
Comments:

Total Exercise time: 7:39
Maximum workload: 9.5METS

Referred by:
Test ind:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	WorkLoad (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
PRETEST	SUPINE	3:09	***	***	1.0	95	110/70	105
	STANDING	0:04	***	***	1.0	94	110/70	103
	HYPERVENT	0:16	0.0	0.0	1.0	94	110/70	103
	STAGE 1	3:00	1.7	10.0	4.6	125	110/70	138
	STAGE 2	3:00	2.5	12.0	7.0	145	120/70	174
	STAGE 3	1:39	3.4	14.0	9.5	165	140/70	231
RECOVERY	Post	3:18	***	***	1.0	102	140/70	143

TMT Negative for MI


Technician: MEGHA

APOLLO HOSPITAL NASIK

Unconfirmed

MAC55 010B