

Name : Mr. RAVI RANJAN (28 /M)

Date : 22/01/2024

Address : PACHAMBA SUHIRD NAGAR, BEGUSARAI, BEGUSARAI, BIHAR, INDIA

Examined by: Dr .SHARMISTHA MALLIK

UHID : AMHL.0002284045

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH192781



CHIEF COMPLAINTS

For corporate health checkup

PRESENT KNOWN ILLNESS

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



DRUG ALLERGY

Analgesic agent Drug Allergy :22/01/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Oral and dental

- Nil Significant

Gastrointestinal system

Abdominal pain - yes; Site - loin(right); Dyspepsia -
yes; Nature - intermittent; More than 6 weeks - yes;
Symptoms - acidity, bloating

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

Eyes

Vision - normal with glasses; Glasses - yes

ENT

- Nil Significant

Musculoskeletal system

Spine and joints

- Nil Significant

Skin

- Nil Significant

Weight

- stable



Personal history

Diet - Mixed Diet
Alcohol - does not consume alcohol
Smoking - No
Chews tobacco - No
Physical activity - Active



Family history

Coronary artery disease - none
Cancer - None

PHYSICAL EXAMINATION



General

Height - 180
Weight - 75
BMI - 23.15
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 84
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 136
Diastolic(mm of Hg) - 94
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath
sounds



Abdomen

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Organomegaly - No

Tenderness - No

Ophthalmology consultation

Ophthalmology findings - PGVA:RE:6/6 LE:6/6
NVA:RE:N6 LE:N6
OCULAR MOVEMENT:WNL
ANT.SEG:WNL
ADVICE:*To continue
present glass Rx*Review
after 1yr/SOS

Printed By : Benazir Begaum

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COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	12.8 *	g/dl	●	13.0-17.0
RBC COUNT	5.00	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	39.9 *	%	●	41-53
MCV	79.7 *	fl	●	83-101
MCH	25.7 *	pg	●	27-32
MCHC	32.2	%	●	31.5-34.5
RDW	15.1 *	%	●	11.8-14.0
WBC Count	6000	/cu mm	●	4000-10000
Platelet Count	1.70	lacs/cu mm	●	1.5-4.0
Neutrophils	58	%	●	40-80
Lymphocytes	22	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	14 *	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Microcytic Hypochromic RBCs.			
WBC:	Eosinophilia noted			
Platelets:	Adequate			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	10	mm/1st hr	●	0-15

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	20	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.010			
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	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:	AB			
Rh (D) Type:	POSITIVE			

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	19	U/L	●	0-50
ALBUMIN - SERUM	4.6	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	80	U/L	●	43-115

AST (SGOT) - SERUM	22	U/L	●	0-50
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BILIRUBIN TOTAL - SERUM	0.6	mg/dL	●	0.3-1.2
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LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	182	mg/dL	●	0-200

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	1.0	mg/dL	●	0.9-1.3

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

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LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	19	U/L	●	0-55

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	100 *	mg/dL	●	70-99

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	95	mg/dL	●	70-140

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.4	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >= 6.5% ADA Therapeutic goal : <7%

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	40	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	120	mg/dL	●	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	22	mg/dL	●	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.4	g/dL	●	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	2.8	g/dL	●	1.8-3.6

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.01	ng/ml	●	0.87-1.78
TOTAL T4: THYROXINE - SERUM	8.18	µg/dL	●	5.48-14.28

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	141	mg/dL	●	0-150

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	2.4	µIU/mL	●	0.38-5.33

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	4.2	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)	11.8	mg/dL	●	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
A/G - RATIO	1.6		●	1.0-2.0

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	12.1			

ECG

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

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

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

ULTRASOUND SCREENING WHOLE ABDOMEN

- * Grade I fatty liver.
- * Mildly thickened gall bladder wall.

[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

Executive Summary



- 1. Eosinophilia noted.
- 2. O/E BP - 136/94 mmHg.
- 3. USG -A. Grade I fatty liver.
B. Mildly thickened gall bladder wall

Wellness Prescription

Advice On Diet :-



- * Low salt healthy balanced diet.
- * Drink plenty of fluids.

Advice On Physical Activity :-



- * Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

- * Monitor BP.

Medications

YEES-D CAP(ESOMEPRAZOLE 40 MG+DOMPERIDONE 30 MG) 1 cap once daily Oral before breakfast x 1 Month(s)

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
ULTRASOUND - UPPER ABDOMEN	4 Week(s)		review with report.

Follow-up and Review Plan



- * Annual health check-up.



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

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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

Drug Name	Strength	Dosage	Frequency	Route of Admin	Relationship with Meal	Duration	Indication
YEES-D CAP(ESOMEPRAZOLE 40 MG+DOMPERIDONE 30 MG)		1 cap	once daily	Oral	before breakfast	x 1 Month(s)	

Dr.SHARMISTHA MALLIK

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS

Low Risk

YOUR SCORE

2

ACCEPTABLE SCORE

3

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