

Name : Mr. SAMAR SARDAR (41 /M)

Date : 23/08/2024

Address : DHUTURDAHA, NORTH 24 PARGANAS, NORTH 24 PARGANAS, WEST BENGAL, INDIA

Examined by: Dr .SHARMISTHA MALLIK

UHID : AMHL.0002071167

Package : MEDIWHEEL - FULL BODY ANNUAL PLUS WITH TMT MALE HCK

AHC No : AMHLAH215339



CHIEF COMPLAINTS

For corporate health checkup

PRESENT KNOWN ILLNESS

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



DRUG ALLERGY

NO KNOWN ALLERGY

:05/01/2023



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Oral and dental

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

Eyes

Vision - normal with glasses; Glasses - yes

ENT

- Nil Significant

Musculoskeletal system

Spine and joints

Back (lower) - pain

Skin

- Nil Significant

Weight

- stable



Past medical history

Past medical history - nil significant



Personal history

Marital status - Married

No. of children - 1

Diet - Non Vegetarian

Alcohol - consumes alcohol occasionally

Smoking - No

Chews tobacco - Yes

Physical activity - Mild



Family history

Father - alive

Mother - alive

Coronary artery disease - none

Cancer - None

PHYSICAL EXAMINATION



General

Build - over weight

Height - 162

Weight - 71

BMI - 27.05

Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 73

Rhythm - Regular

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Systolic(mm of Hg) - B.P. Sitting
- 124
Diastolic(mm of Hg) - 85
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 - UCVA:RE:6/9 LE:6/9
NVA:RE:N8 LE:N8
OCULAR MOVEMENT:WNL
ANT.SEG:WNL

ACCPT:SPECTACLE -
PWRRE:-0.75X60*
(6/6)LE:-0.75X100*
(6/6)ADD(BE):
+1.25DSPH
(N6)ADVICE:*Glass
Rx.*Review after 1yr/SOS

Printed By : Benazir Begaum

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COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	15.3	g/dl	●	13.0-17.0
RBC COUNT	4.99	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	45.2	%	●	41-53
MCV	90.4	fl	●	83-101
MCH	30.7	pg	●	27-32
MCHC	33.9	%	●	31.5-34.5
RDW	13.3	%	●	11.8-14.0
WBC Count	5400	/cu mm	●	4000-10000
Platelet Count	1.28 *	lacs/cu mm	●	1.5-4.0
Neutrophils	55	%	●	40-80
Lymphocytes	33	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	17 *	mm/1st hr	●	0-15

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	50	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.020			
pH:	6.0			
Albumin:	Trace			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	0-1	/hpf		
Epithelial Cells	0-2			

Casts: Not Found
 Crystals: Not Found
 NOTE : - Urine protein rechecked and confirmed by sulphosalicylic acid test

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	37	U/L	●	0-50
ALBUMIN - SERUM	4.6	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	68	U/L	●	43-115
AST (SGOT) - SERUM	31	U/L	●	0-50
BILIRUBIN TOTAL - SERUM	0.7	mg/dL	●	0.3-1.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	181	mg/dL	●	0-200
Non-HDL Cholesterol	136			

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range

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CREATININE - SERUM 1.2 mg/dL ● 0.9-1.3

GLOBULIN: (CALCULATED) - SERUM 3.1 g/dL ● 1.8-3.6

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	27	U/L	●	0-55

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.32	ng/ml	●	0.87-1.78
TOTAL T4: THYROXINE - SERUM	9.22	µg/dL	●	5.48-14.28

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	101 *	mg/dL	●	70-99

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	182 *	mg/dL	●	0-150

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	107	mg/dL	●	70-140

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	2.82	µIU/mL	●	0.38-5.33

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.6	%	●	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	6.7	mg/dL	●	2.6-7.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	45	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	117	mg/dL	●	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	19	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

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.6	g/dL	●	6.4-8.3

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

Test Name	Result	Unit	Level	Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM	0.89	ng/mL	●	0.00-6.50

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	12.6	mg/dL	●	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

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

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	10.5			

ECG

SINUS RHYTHM WITH 1ST DEGREE AV BLOCK.

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

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.]

Dr. ARKADEEP DEY
DNB RESIDENT
In consultation with

X-RAY CHEST PA

* Chest skiagram does not reveal any significant abnormality.

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

Executive Summary



1. Overweight (BMI - 27.05).
2. Trace albuminuria noted.
3. Mild Dyslipidaemia.
4. ECG - Sinus rhythm with 1st degree AV block.
5. 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 :-

- * Follow advice given by Ophthalmology department.

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
CARDIOLOGY		5 Day(s)	discuss with ECG report.

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
LIPID PROFILE TEST (PACKAGE)	3 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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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

Low Risk

YOUR SCORE

3

ACCEPTABLE SCORE

5

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