

Name : Mrs. SILUVAI ANTENEETA SONIYA D (38 /F)

Date : 09/02/2024

Address : NO:68,VADI STREET,, THOOTHUKKUDI, THOOTHUKKUDI, TAMIL NADU, INDIA

Examined by: Dr .PAUL SUDHAKAR

UHID : ASM1.0000694872

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH120397



CHIEF COMPLAINTS

Pain in the right side of throat X 1 year
Abdominal pain, Loose stools

PRESENT KNOWN ILLNESS

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

Haematological
disorders



DRUG ALLERGY

NO KNOWN ALLERGY :09/02/2024



SYSTEMIC REVIEW

Gastrointestinal system

Abdominal pain - yes; Site - hypochondrium(right);
Bowel habits - loose stools; - on/off

ENT

- Pain right side of throat X 1year, 2 - 3 times a year,
lasts 4 - 5 days

General symptoms

- Nil Significant



Past medical history

History of Gallstones - Yes



Personal history

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



Family history

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

PHYSICAL EXAMINATION



General

General appearance - normal
Build - obese
Height - 152
Weight - 76.7
BMI - 33.2
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 80
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 100
Diastolic(mm of Hg) - 80
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath
sounds



Abdomen

Organomegaly - No
Tenderness - No

Gynaec findings

Marital status - married
No of Children - 2
Deliveries - 2
Periods - regular

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Breast examination - right breast 1x1.5cm lump in
lower outer quadrant , left
breast normal

P/A - soft nt

P/S - cx healthy

P/V - ut ns av

ff -

Pap smear - Taken

Advice : - mammography , sx opinion

Printed By : Sasikala T

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	9.9 *	gm%	●	11.5-16.5
Packed cell volume(Calculated)	32 *	%	●	37-47
WBC Count	9.5	10 ³ /m ³	●	4-11
Platelet Count	279	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	69 *	mm/1st hr	●	0-20
RBC Count	4.3	Million/ul	●	3.7-5.6
MCV	74 *	fl	●	75-95
MCH(Calculated)	23 *	pg	●	26-32
MCHC(Calculated)	31	g/dl	●	31-36
Reticulocytes(1.1 *	%	●	0.2 - 2.0
Neutrophils	64	%	●	40-80
Lymphocytes	26	%	●	20-40
Eosinophils	06	%	●	01-06
Monocytes	04	%	●	2-10
RBC:	NORMOCYTIC HYPOCHROMIC.			
WBC:	MILD INCREASED IN EOSINOPHILS.			
Platelets:	ADEQUATE.			
Impression	NORMOCYTIC HYPOCHROMIC ANEMIA WITH MILD EOSINOPHILIA.			
Note	KINDLY CORRELATE CLINICALLY.			

STOOL ROUTINE

Test Name	Result	Unit	Level	Range
Colour:	Brown			Straw Yellow
Consistency :	Soft			NA
Mucus:	Absent			ABSENT
Blood:	Absent			ABSENT
Pus:	Occasional			2-3
RBC	Nil	/hpf		<2
Vegetable Matter	Present			ABSENT

Trophozoite	Absent	ABSENT
Ova:	Absent	ABSENT
Cysts:	Absent	ABSENT

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.010		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Slightly Turbid			Clear
pH	6		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	Nil			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT
Urobilinogen	Normal	E.U./dL		Normal
RBC	Nil	/hpf		<2
Pus Cells	4-6	/hpf		Male : 2 - 3 Female : 2 - 5
Epithelial Cells	6-8	/hpf		3 - 5

ALT(SGPT) - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
ALT(SGPT)	23	U/L	●	Adult Female : <34

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	3.7	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	4.1 *	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	69	U/L	●	Adult(Female): < 104

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
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AST (SGOT) 14 U/L ● Adult Female: <31 Glycosylated Hemoglobin (HbA1c) 5.7 % ● Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% Diabetes >= 6.5%

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.4	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	190	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.6	mg/dL	●	Female: 0.6 - 1.1

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	21	U/L	●	Female: < 38

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	90	mg/dL	●	60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	99	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	48	mg/dL	●	Low: <40 High: >=60

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	124	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.8	g/dL	●	>2 Year: 6.0 - 8.0

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.0		●	< 4.5

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	13	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	4.5	mg/dL	●	Adult Female: 2.6 - 6.0

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
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VLDL CHOLESTEROL - SERUM	19		●	Desirable:<30
Triglycerides - Serum	95	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

Negative for intraepithelial lesion or malignancy, Reactive cellular changes associated with inflammation (includes typical repair)

*
- Candidal spores present.

COMMENTS AND SUGGESTIONS:
SUGGEST TO REPEAT AFTER A COURSE OF TREATMENT.

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.1	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.3	mg/dL	●	0.0-1.0

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

ULTRASOUND SCREENING WHOLE ABDOMEN

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	6.1	mg/dL	●	Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	121	ng/dL	●	60-180

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	9.1	µg/dL	●	3.5 - 12.5

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.13	µIU/mL	●	0.35 - 5.50

PAP SMEAR /CERVICAL SMEAR

Ref No:
G 407/2024
SPECIMEN TYPE:
Cervical smear
SPECIMEN ADEQUACY:
Satisfactory for evaluation
INTERPRETATION/RESULT:

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Liver is normal in size and shows increased echopattern.
The intra or extra hepatic biliary radicles are not dilated.

Gall bladder is contracted. Few calculi are seen, largest one measures 8.6 mm.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 11.6 x 3.5 cm.

Left kidney measures 10.9 x 3.5 cm.

Both kidneys show normal echopattern with no evidence of calculi or calyceal dilatation.

Bladder shows normal contour.

Uterus is bulky, measures 9.6 x 4.9 cms and shows myometrium appears heterogeneous. Endometrial thickness 9 mm.

Both ovaries show normal size and echopattern.

IMPRESSION:

CLINICAL INDICATION: MASTER HEALTH CHECKUP.

ULTRASOUND SCREENING WHOLE ABDOMEN
STUDY DONE ON 09.02.2024 SHOWS,

- Grade I fatty liver.
- Cholelithiasis.
- Bulky uterus with Adenomyosis.

REPORTED BY,
DR. C.RAVIKUMAR, MBBS., DMRD.,
CONSULTANT RADIOLOGIST.

2D-ECHO WITH COLOUR DOPPLER

NORMAL CHAMBERS DIMENSIONS.
STRUCTURALLY NORMAL VALVES.
NO REGIONAL WALL MOTION ABNORMALITY.
NORMAL LV SYSTOLIC FUNCTION.
NORMAL LV DIASTOLIC FUNCTION.
NO PERICARDIAL EFFUSION/ CLOT.
LVEF:68%

CARDIOLOGY

ECG



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary

 Physical Examination and routine Investigation in AHC Package reveals the following :


- Obesity
- Mild anemia
- Fatty Liver
- Gall stone
- ECG - VPC +
- Adenomyosis
- A/G Reversal
- ? IBS

Wellness Prescription

Advice On Diet :-

 -Healthy diet

Advice On Physical Activity :-

 -Regular walking

Medications

-Tab. Feronia XT 1-0-0 x 1 month

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
CARDIOLOGY		1 Week(s)	
MEDICAL GASTROENTEROLOGY		1 Week(s)	
OBSTETRICS AND GYNAECOLOGY		1 Week(s)	

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Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
CBC	1 Month(s)		
STOOL OCCULT BLOOD	1 Month(s)		

Dr.PAUL SUDHAKAR

AHC Physician / Consultant Internal Medicine

Printed By : Sasikala T

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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Dr.PAUL SUDHAKAR

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS

Moderate Risk

YOUR SCORE

4

ACCEPTABLE SCORE

3

Your likelihood of developing cardiovascular disease in the next ten years is 1.3 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 6 months** if you have:
 - o Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

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