



Mr. ABHINAV VYAS (29 /M)

UHID : AHIL.0000841816

AHC No : AHILAH192514

Date : 11/02/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Namaste Mr. ABHINAV VYAS,

Thank you for choosing Apollo ProHealth, India's first AI-powered health management program, curated to help you make positive health shifts. Being healthy is about making smart choices, and you have taken the first step with this program. We are privileged to be your healthcare partner. Your health is our priority.

We are with you on your path to wellness by:

Predicting your risk: Artificial Intelligence-powered predictive risk scores are generated, based on your personal, medical, and family history and detailed multi-organ evaluation of your body through diagnostic and imaging tests.

Preventing onset or progress of chronic lifestyle diseases: Your Health Mentor is available to help you understand your physician's recommendations and helping you handle any concerns (complimentary service up to one year)

Overcoming barriers to your wellbeing: Your Health Mentor will help you set your health goals and guide you with tips to stay on track. We will also, digitally remind you to proactively prioritize your health.

Through this report, you will be able to understand your overall health status, your health goals and the recommendations for your path to wellness. Your Health Report will include the following:

- Your medical history and physical examination reports
- Results from your diagnostic and imaging tests
- AI powered health risk scores
- Your physician's impression and recommendations regarding your overall health
- Your personalized path to wellness, including your follow-up assessments and vaccinations

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

Apollo Hospitals International Limited
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We have reviewed the results of the tests and have identified some areas for you to act on. We believe that with focus and targeted interventions, you can be healthier and happier.



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You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via www.apollo247.com or through the Apollo 24*7 mobile app. You can avail 30% discount on additional tests and follow-up tests at Apollo Hospitals within one week. You may call your Health Mentor on 04048492633 or email at prohealthcare@apollohospitals.com

Stay Healthy and happy! 😊
Apollo ProHealth Care team

Disclaimer: The services offered in the program may vary depending on any prior mutual agreements between guests and the facility/unit.

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Name : Mr. ABHINAV VYAS (29 /M)

Address :

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 11/02/2023



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Chief Complaints

For Annual health checkup
No specific complaints



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 : - Nil Significant
- Central nervous system : - Nil Significant
- Eyes : - Nil Significant
- ENT : - Nil Significant
- Musculoskeletal system :
 - Spine and joints - Nil Significant
- Skin : - Nil Significant
- General symptoms : - Nil Significant



Past medical history

- Do you have any allergies? - No
- Do you have any drug allergies? - No



Surgical history

- Surgical history - Nil



Personal history

- Ethnicity - Indian Asian





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- Marital status** - Married
- No. of children - 1
- Female - 1
- Profession - corporate employed
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



Family history

- Father - alive
- Aged - 56
- Mother - alive
- Aged - 54
- Brothers - 1
- Sisters - 1
- Hypertension - mother
- Coronary artery disease - none
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 166
- Weight - 63.8
- BMI - 23.15
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 93
- Rhythm - Regular





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- B.P. Supine

Systolic(mm of Hg) - 136

Diastolic(mm of Hg) - 92

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

 **Abdomen**

Organomegaly - No

Tenderness - No

Printed By : MUKTA S ADALTI

Page 5 of 12

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URINE FOR ROUTINE EXAMINATION

Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range
Volume	25	mL		
Specific Gravity	1.015			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occasional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occasional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	14.7	gm%	●	13.0-17.0
Packed cell volume(Calculated)	44.4	%	●	40-50
RBC COUNT (Impedance)	4.53	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	98.1	fl	●	80-100
MCH(Calculated)	32.53 *	pg	●	27-32
MCHC(Calculated)	33.2	%	●	31-36
RDW(Calculated)	14.7 *	%	●	11.5-14.5
WBC Count (Impedance)	6280	/cu mm	●	4000-11000

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

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Neutrophils	53	%	●	40-75
Lymphocytes	38	%	●	20-40
Monocytes	7	%	●	2-10
Eosinophils	2	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	293000	/cu mm	●	150000-450000
MPV (Calculated)	7.7	fl	●	7-11
RBC:	Normochromic Normocytic RBCs			
RBC::	Anisocytosis (+)			
WBC:	As mentioned.			
Platelets:	Adequate on the smear			
Parasite	No Parasites Seen			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	09	mm/1st hr	●	0-15

URINE GLUCOSE(FASTING)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

URINE GLUCOSE(POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	A Positive			

LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	22	U/L	●	0-50

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**ALKALINE PHOSPHATASE -
SERUM/PLASMA**

86

U/L

●

Adult(Male): 40 - 129

AST (SGOT) - SERUM

20

U/L

●

> 1 year Male : <40

Total Bilirubin

1.31 *

mg/dL

●

0.300-1.200

Direct Bilirubin

0.319 *

mg/dL

●

Upto 0.3 mg/dl

Indirect Bilirubin

0.991 *

mg/dL

●

1 Day ≤5.1 mg/dL
2 Days ≤7.2 mg/dL
3-5 Days ≤10.3 mg/dL
6-7 Days ≤8.4 mg/dL
8-9 Days ≤6.5 mg/dL
10-11 Days ≤4.6 mg/dL
12-13 Days ≤2.7 mg/dL
14 Days - 9 Years 0.2-0.8 mg/dL
10-19 Years 0.2-1.1 mg/dL
≥20 Years 0.2-1.2 mg/dL

CREATININE - SERUM / PLASMA

Test Name

Result

Unit

Level

Range

CREATININE - SERUM / PLASMA

0.85

mg/dL

●

Adult Male: 0.6 - 1.3

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Test Name

Result

Unit

Level

Range

GGTP: GAMMA GLUTAMYL
TRANSPEPTIDASE - SERUM

36

U/L

●

Male : 10 - 71
Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name

Result

Unit

Level

Range

Glucose - Plasma (Fasting)

97

mg/dL

●

70 - 100 : Normal
100 - 125 : Impaired Glucose Tolerance
≥ 126 : Diabetes Mellitus

GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name

Result

Unit

Level

Range

Glucose - Plasma (Post Prandial)

98

mg/dL

●

70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name

Result

Unit

Level

Range



Within Normal Range



Borderline High/Low



Out of Range



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Glycosylated Hemoglobin (HbA1c)

5.6

%



Normal < 5.7

%Increased risk for Diabetes 5.7 - 6.4%

Diabetes >= 6.5%

Monitoring criteria for Diabetes Mellitus
<7.0 : Well Controlled Diabetes
7.1 – 8.0 : Unsatisfactory Control
> 8.0 : Poor Control & Needs Immediate Treatment

Estimated Average Glucose.

114.02

LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.15	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.15	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.9	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.9	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.25		●	2.20-4.20
Globulin-Serum/Plasma	2.25		●	2.20-4.20
A/G ratio	2.18 *		●	1.00-2.00
A/G ratio	2.18 *		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.7	nmol/L	●	Adults(20-120 Yrs): 1.2 - 3.1 Pregnant Female : First Trimester : 1.61 - 3.53 Second Trimester : 1.98 - 4.02 Third Trimester : 2.07 - 4.02
TOTAL T4: THYROXINE - SERUM	118	nmol/L	●	Adults(20-100 Yrs):66 - 181 Pregnant Female : First Trimester : 94.3 - 190 Second Trimester : 102 - 207 Third Trimester : 89 - 202
TSH: THYROID STIMULATING HORMONE - SERUM	1.21	µIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range



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URIC ACID - SERUM

Uric acid is a product of the metabolic breakdown of purine. High blood concentrations of uric acid can lead to gout. It is also associated with other medical conditions including diabetes and the formation of kidney stones.

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	4.4	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10	mg/dL	●	6-20
UREA - SERUM / PLASMA	22	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	183	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	208 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	39 *	mg/dL	●	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	120	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	42 *		●	< 40 mg/dl
C/H RATIO	5 *		●	0-4.5

USG WHOLE ABDOMEN

Ultrasound of the abdomen helps to look for abnormalities of the abdominal organs like liver, spleen, gall bladder, pancreas, kidneys, uterus, etc.

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



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IMPRESSION :

NORMAL STUDY.

ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG

X Ray

X-RAY CHEST PA



Within Normal Range



Borderline High/Low



Out of Range





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Executive Summary

- .BODY WEIGHT 63.8 KG,DEAL BODY WEIGHT 52-63 KG
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - NORMAL STUDY
- .EYE – NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-



- REGULAR WALK FOR 30 MINS FOR HEALTH,
- 60 MINS WALK FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 52-63 KG

Follow-up and Review Plan



CHECK LIPID PROFILE EVERY 6 MONTHS



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

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
 14/2/2023
Dr. SHASHIKANT NIGAM
 MD (Gen. Med.)
 AHC Physician / Consultant Internal Medicine
 Apollo Hospitals International Ltd., Gandhinagar,
 Gujarat-382428, INDIA. Regd. No. : G-21961


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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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. ABHINAV VYAS | Male | 29Yr 6Mth 3Days
UHID : AHIL.0000841816 **Patient Location:** AHC
Patient Identifier: AHILAH192514 
DRN : 223007914 **Completed on :** 11-FEB-2023 11:24
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform normal echotexture. No evidence of focal or diffuse pathology seen. Intra and extra hepatic biliary radicles are not dilated. Portal vein is normal in calibre. Intrahepatic portal radicles appear normal.

Gall bladder appears normal with no evidence of calculus. Wall thickness appears normal. No evidence of pericholecystic collection.

Head, body and tail of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 8.2 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. No evidence of calculi. Pelvicalyceal system on both sides appear normal.

No evidence of ascites or lymphadenopathy.

Urinary bladder is normal in contour and outline. Wall thickness appears normal. No evidence of any intraluminal pathology seen.

Prostate is normal in size and echopattern.

IMPRESSION :

IMPRESSION :

NORMAL STUDY.

Printed on : 13-Feb-2023 9:13

Printed By : 153182

Reported By : 717876

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USG WHOLE ABDOMEN

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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CARDIOLOGY

Patient Details : Mr. ABHINAV VYAS | Male | 29Yr 6Mth 3Days
UHID : AHIL.0000841816 **Patient Location:** AHC
Patient Identifier: AHILAH192514 
DRN : 5623014277 **Completed on :** 11-FEB-2023 13:30
Ref Doctor : DR. SHASHIKANT NIGAM

ECHO/TMT

FINDINGS :

Normal cardiac chamber dimensions.
 Normal LV systolic function, LVEF: 60%
 No Regional wall motion abnormalities at rest.
 Normal LV compliance.
 All cardiac valves are structurally normal.
 IAS/ IVS intact.
 No MR, No AR, No PR, No TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::



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Mr. ABHINAV VYAS

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ECHO/TMT

	LVID diastole
Measurements (mm)	.

IMPRESSION

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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The Emergency Specialist



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DENTISTRY



Name :

Date : 11/2/23 Unit No. :

Occupation :

Ref. Physician :

Age : Sex : Male Female

Copies to :

DENTAL RECORD

ALLERGIES :

- N/A

PAIN : Score (0-10) 0 Location : Character :

DENTAL CLEANING HABIT Once Twice Occasionally
 Brush Finger Stick Any other
 Tooth Paste Powder Any other

DO THE GUMS BLEED WHEN YOU BRUSH YOUR TEETH? Yes No

ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No

ORAL HYGIENE Good Fair Poor

ORAL TISSUE EXAMINATION	PERIODONTAL EXAMINATION	OCCLUSION
NORMAL FINDINGS IN DISEASE	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : <u>OK</u>	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia
Cheeks : <u>OK</u>	Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction
Tongue : <u>OK</u>	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth : <u>OK</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture
Palate : <u>OK</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsillar Area : <u>OK</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
Any other : <u>OK</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries
		Missing Teeth <u>at</u>
		Supernumerary
		Others

PRESENT COMPLAINT :

Recent decay

PRE-MEDICAL HISTORY:

DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy

- N/A -

Mr. Abhinav, Vyas
ID 841816

Male
29 Years

11.02.2023 13:08:32
Apollo Hospital
Bhat
Gandhinagar

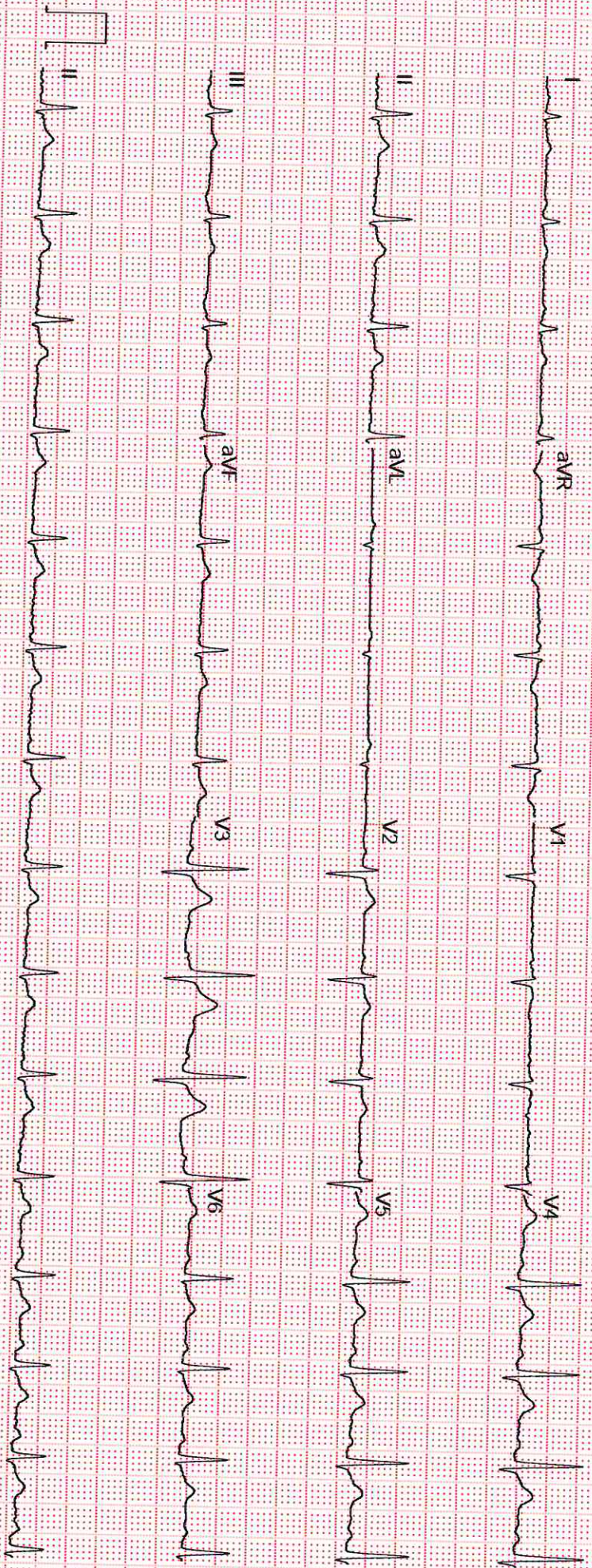
Location: Room:
Order Number:
Indication:
Medication 1:
Medication 2:
Medication 3:

86 bpm
-- / -- mmHg

QRS 82 ms
QT/QTcBaz 344 / 411 ms
PR 122 ms
P 82 ms
RR/PP 696 / 697 ms
P / QRS / T 6 / 70 / 64 degrees

Normal sinus rhythm
Normal ECG

Technician:
Ordering Ph:
Referring Ph:
Attending Ph:



GE MAC2000 1 1 12SL™ V241 25 mm/s 10 mm/mV ADS 0 20 Hz 50 Hz 4x2.5x3.25 R1 Unconfirmed 1/1

OPHTHALM

RECORDS

AHIL.0000841816

Mr. ABHINAV
VYAS

29 Year(s) / Male

Date : 11/2/23

Name :

UHID :



Distance Vision :

Right Eye - 6/9

Left Eye - 6/9

BE 6/6

(unaided)

Near Vision :

Right Eye : N6

Left Eye : N6

APLN.TN - Right Eye 14

Left Eye - 16 mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNL

Both Eye Posterior Segment Examinations -

WNL

Dr. Jagriti Sinha
MS (Ophthalmology)
Jr. Consultant

Apollo Hospitals International Ltd., Gandhinagar,
Guwahati-781028, INDIA. Regd. No.: G-08702

Doctor's Signature

Ophthalmologist Name