CHIEF COMPLAINTS

For corporate health checkup
Hyperpigmentation

PRESENT KNOWN ILLNESS

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

Thyroid disease - hypothyroidism; Medication - regular; - Thyronorm 50 mcg

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; Glasses for - refractive error

Musculoskeletal system

Spine and joints
 - Nil Significant

Skin

- hyperpigmentation

Past medical history

Jaundice	- yes

Personal history

Marital status	- Married
Diet	- Vegetarian
Alcohol	- does not consume alcohol
Smoking	- No
Chews tobacco	- No
Physical activity	- Sedentary

Family history

Father	- alive
Mother	- alive
Hypertension	- mother
Coronary artery disease	- none
Cancer	- grandmother
Type	- Pulmonary

PHYSICAL EXAMINATION

General

Build	- obese
Height	- 175
Weight	- 95
BMI	- 31.02
Pallor	- No
Oedema	- no

Cardiovascular system

Heart rate (Per minute)	- 82
Rhythm	- Regular
	- B.P. Sitting
Systolic(mm of Hg)	- 124
Diastolic(mm of Hg)	- 80
Heart sounds	- S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

Abdomen

Appearance - Normal
Organomegaly - No
Tenderness - No
Bowel sounds - Normal

Opthalmology consultation

Opthalmology findings - PGVA:RE:6/6 LE:6/6
BCVA:RE:N6 LE:N6
OCULAR MOVEMENT:WNL
ANT.SEG:WNL
ADVICE:*To continue
present glass Rx*Detail
dilated Funduscopy*Review
after 1yr/SOS

COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	14.0	g/dl	🟢	13.0-17.0
RBC COUNT	4.89	Million/ul	🟢	4.5-5.5
Hematocrit - Hct:	41.1	%	🟢	41-53
MCV	84.1	fl	🟢	83-101
MCH	28.6	pg	🟢	27-32
MCHC	34.0	%	🟢	31.5-34.5
RDW	14.7 *	%	🔴	11.8-14.0
WBC Count	9600	/cu mm	🟢	4000-10000
Platelet Count	1.38 *	lacs/cu mm	🔴	1.5-4.0
Neutrophils	65	%	🟢	40-80
Lymphocytes	18 *	%	🔴	20-40
Monocytes	05	%	🟢	2-10
Eosinophils	12 *	%	🔴	01-06
Basophils	00	%	🟢	0-0
RBC:	Normocytic Normochromic cells			
WBC:	Eosinophilia noted			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	11	mm/1st hr	🟢	0-15

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	60	mL		
Colour:	Pale Straw			
Appearance	Clear			
Specific Gravity	1.010			
pH:	5.5			
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)	+++			

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:	B			
Rh (D) Type:	POSITIVE			

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	94 *	U/L	🔴	0-50
ALBUMIN - SERUM	4.7	g/dL	🟢	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	107	U/L	🟢	43-115
AST (SGOT) - SERUM	73 *	U/L	🔴	0-50
BILIRUBIN TOTAL - SERUM	0.8	mg/dL	🟢	0.3-1.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	226 *	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**

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	64 *	U/L	🔴	0-55

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	90	mg/dL	🟢	70-99

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	174 *	mg/dL	🔴	70-140

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.6	%	🟢	Nondiadetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >/= 6.5% ADA Theraputic goal : <7%

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	58	mg/dL	🟢	30-70
LDL CHOLESTEROL -SERUM	154 *	mg/dL	🔴	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	14	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	2.7	g/dL	🟢	1.8-3.6

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.59	ng/ml	🟢	0.87-1.78
TOTAL T4: THYROXINE - SERUM	11.9	µg/dL	🟢	5.48-14.28

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	116	mg/dL	🟢	0-150

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	3.73	µIU/mL	🟢	0.38-5.33

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.6	mg/dL	🟢	2.6-7.2

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.2	mg/dL	🟢	0.0-0.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8.8	mg/dL	🟢	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
A/G - RATIO	1.8		🟢	1.0-2.0

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	9			

ECG

🟢 Within Normal Range 🟡 Borderline High/Low 🔴 Out of Range

SINUS BRADYCARDIA. OTHERWISE WITHIN
NORMAL LIMITS.

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.

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

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

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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.**

AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
Moderate Risk	4	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:
  - Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

The Clinical AI Models and APIs used at Apollo Hospitals are certified by ISO 13485 : 2016 vide certificate no. MD 763515