

Name : Ms. SAROJA A (26 /F)

Date : 29/03/2024

Address : NO 1/268 NORTH STREY MELA POOVANI, OTHER, THOOTHUKKUDI, TAMIL  
NADU, INDIA

Examined by: Dr .JEYASURIYA

UHID : ASM1.0000699752

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE BELOW  
40YRS

AHC No : MDUMH123535



## CHIEF COMPLAINTS

No specific complaints

## PRESENT KNOWN ILLNESS

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



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Gastrointestinal system

- Nil Significant

### Genitourinary system

- Nil Significant

### General symptoms

- Nil Significant



## Surgical history

Surgical history - Nil



## Personal history

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



## Family history

Coronary artery disease - none  
Cancer - None

## PHYSICAL EXAMINATION



### General

General appearance - normal  
Height - 149  
Weight - 55.1  
BMI - 24.82  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 95  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 110  
Diastolic(mm of Hg) - 70  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath  
sounds



### Abdomen

Organomegaly - No  
Tenderness - No

### Gynaec findings

Gynaec checkup done by - Dr.SHREEDEVI  
Past medical history - PCOS  
Marital status - single  
Periods - irregular  
L M P - 12/2/24  
Breast examination - soft  
P/A - soft  
P/S - unmarried  
Pap smear - Not taken  
Gynaec Review done by - Dr.SHREEDEVI

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Advice : - R/W reports in AWCCH  
OPD

**Printed By** : LALITHA S

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**HEMOGRAM**

Test Name	Result	Unit	Level	Range
Hemoglobin	12.8	gm%	●	11.5-16.5
Packed cell volume(Calculated)	38	%	●	37-47
WBC Count	8.6	10 <sup>3</sup> /m <sup>3</sup>	●	4-11
Platelet Count	279	10 <sup>3</sup> /m <sup>3</sup>	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	15	mm/1st hr	●	0-20
RBC Count	4.75	Million/ul	●	3.7-5.6
MCV	79	fl	●	75-95
MCH(Calculated)	27	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Reticulocytes(	1.4 *	%	●	0.2 - 2.0
Neutrophils	54	%	●	40-80
Lymphocytes	40	%	●	20-40
Eosinophils	01	%	●	01-06
Monocytes	05	%	●	2-10

**URINE ROUTINE (CUE)**

Test Name	Result	Unit	Level	Range
Specific Gravity	1.005		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Slightly Turbid			Clear
pH	6.5		●	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	4-6	/hpf		3 - 5

**ALT(SGPT) - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
ALT(SGPT)	28	U/L	●	Adult Female : <34

**ALBUMIN - SERUM**

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.4	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.1	g/dL	●	Adult (2.0 - 3.5)

**ALKALINE PHOSPHATASE - SERUM/PLASMA**

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	54	U/L	●	Adult(Female): < 104

**AST (SGOT) - SERUM**

Test Name	Result	Unit	Level	Range
AST (SGOT)	21	U/L	●	Adult Female: <31

**BILIRUBIN, TOTAL - SERUM**

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.6	mg/dL	●	NORMAL : 0.2 TO 1.1

**CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Total Cholesterol	180	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.8	mg/dL	●	Female: 0.6 - 1.1

**GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM**

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	14	U/L	●	Female: < 38

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**GLUCOSE - SERUM / PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	88	mg/dL	●	60-99

**GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.2	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% Diabetes >= 6.5%

**HDL CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
HDL Cholesterol	35 *	mg/dL	●	Low: <40 High: >=60

**LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)**

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	109	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	7.5	g/dL	●	>2 Year: 6.0 - 8.0

**TRIGLYCERIDES - SERUM**

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	101	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	5.1 *		●	< 4.5

**UREA - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Urea	10 *	mg/dL	●	Adult: 13 - 43

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	3.2	mg/dL	●	Adult Female: 2.6 - 6.0

**VLDL CHOLESTEROL - SERUM**

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	20		●	Desirable:<30
Triglycerides - Serum	101	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

**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)	0.5	mg/dL	●	0.0-1.0

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	4.6 *	mg/dL	●	Adult : 6 - 20

**TOTAL T3: TRI IODOTHYRONINE - SERUM**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	104	ng/dL	●	60-180

**TOTAL T4: THYROXINE - SERUM**

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	5.9	µg/dL	●	3.5 - 12.5

**TSH: THYROID STIMULATING HORMONE - SERUM**

Test Name	Result	Unit	Level	Range
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TSH: Thyroid Stimulating Hormone 1.1 ●  $\mu\text{U/mL}$  0.35 - 5.50

### X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

### ULTRASOUND SCREENING WHOLE ABDOMEN

Liver measures 12.0 cm. Normal size and echotexture. No focal lesions are seen in the liver. No IHBR dilatation. Portal vein is normal in course, caliber and outline.

Gall Bladder is contracted.

Pancreas Is normal in size, shape and parenchymal echotexture; with no duct dilatation or calcifications. Peripancreatic fat is normal.

Spleen measures 9.4 cm. Normal with no focal lesions.

Right kidney : Measures 9.9 x 3.9 cm, is normal in size. Cortical echoes normal. Corticomedullary differentiation is maintained. Pelvicaliceal system normal. No calculi / hydronephrosis is seen.

Left kidney : Measures 9.3 x 4.6 cm is normal in size. Cortical echoes normal. Corticomedullary differentiation is maintained. Pelvicaliceal system normal. No calculi / hydronephrosis is seen.

Urinary Bladder is normal in distension, caliber and outline. No focal lesions.

Uterus is anteverted, measures 8.2 x 3.4 x 2.6 cm. Endometrial thickness measures 11mm(?secretory phase). No focal lesions are seen on the myometrium.

Ovaries Right ovary measures 3.7 x 2.2 cm. Left ovary measures 3.7 x 1.8 cm. Both ovaries show no focal lesions. POD is free.

There is no ascites / pleural effusion.

IMPRESSION:

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 29.03.2024 SHOWS,

- NO SIGNIFICANT ABNORMALITY IS DETECTED.

REPORTED BY,  
DR. RAJAPRIYA., MBBS., DMRD.,  
CONSULTANT RADIOLOGIST.

**2D-ECHO WITH COLOUR DOPPLER**

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

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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%

**INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT  
PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)**

**Haematology**

STOOL ROUTINE

**Biochemistry**

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

**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 :  
- NORMAL STUDY

## Wellness Prescription

### Advice On Diet :-

 -BALANCED DIET

## Medications

T.SOMPRAZ D 1-0-1 B/F FOR 5 DAYS

-T.BIFIFLAC 1-1-1 A/F FFOR 3 DAYS

Printed By : Sasikala T

**Dr.JEYASURIYA**

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.

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**Dr.JEYASURIYA**

AHC Physician / Consultant Internal Medicine



### AICVD RISK SCORE REPORT

RISK STATUS

YOUR SCORE

ACCEPTABLE SCORE

Low Risk

1

2

**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**