



Mr. OM PRAKASH ARYA (40 /M)

UHID : AHIL.0000837332

AHC No : AHILAH189140

Date : 28/01/2023

MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE



Namaste Mr. OM PRAKASH ARYA,

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 79988 15003 / +91 79 66701880

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Please keep the records carefully and bring them along during your next visit to our Hospital

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.



Scan the QR code to download the Apollo 247 App



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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](http://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](mailto: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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Date : 28/01/2023

Address : A 503 KALATIRTH TOWER MOTERA, AHMEDABAD, AHMEDABAD, GUJARAT, INDIA



Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000837332

MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE

AHC No : AHILAH189140



### Chief Complaints

For Annual health checkup  
BURNING SENSATION IN BOTH EYES

### Present Known illness

Thyroid disease Since - 4 YRS; Medication - regular; - TAB THYRONORM 12 .5 MCG



### 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 : - Nil Significant
- Spine and joints : - Nil Significant
- Skin : - Nil Significant
- General symptoms : - Nil Significant



### Past medical history

- Do you have any allergies? - Yes
- Do you have any drug allergies? - Yes
- Covid 19 - Yes
- Hospitalization for Covid 19 - No





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### Surgical history

Haemorrhoidectomy - 2015



### Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 2
- Female - 1
- Male - 1
- Profession - corporate employed
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



### Family history

- Father - has expired
- Aged - 67
- Mother - alive
- Aged - 73
- Sisters - 5
- Diabetes - father
- Hypertension - mother
- Coronary artery disease - mother
- Cancer - None

## Physical Examination



### General

- General appearance - normal
- Build - normal
- Height - 172
- Weight - 76.2
- BMI - 25.76



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Pallor - No  
Oedema - no



**Cardiovascular system**

Heart rate (Per minute) - 74  
Rhythm - Regular  
- B.P. Supine  
Systolic(mm of Hg) - 110  
Diastolic(mm of Hg) - 78  
Heart sounds - S1S2+

**Respiratory system**

Breath sounds - Normal vesicular breath sounds



**Abdomen**

Organomegaly - No  
Tenderness - No

Printed By : MUKTA S ADALTI

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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	30	mL		
Specific Gravity	1.020			
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)	15	gm%	●	13.0-17.0
Packed cell volume(Calculated)	45.3	%	●	40-50
RBC COUNT (Impedance)	4.97	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	91.3	fl	●	80-100
MCH(Calculated)	30.2	pg	●	27-32
MCHC(Calculated)	33.1	%	●	31-36
RDW(Calculated)	14.3	%	●	11.5-14.5
WBC Count (Impedance)	7468	/cu mm	●	4000-11000

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Test Name	Result	Unit	Level	Range
Neutrophils	65	%	●	40-75
Lymphocytes	25	%	●	20-40
Monocytes	09	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	184600	/cu mm	●	150000-450000
MPV (Calculated)	10.9	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	18 *	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			

**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	35	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	105	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	24	U/L	●	> 1 year Male : <40
Total Bilirubin	0.75	mg/dL	●	0.300-1.200
Direct Bilirubin	0.248	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin	0.502	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
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**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.9	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	27	U/L	●	Male : 10 - 71 Female : 6 - 42

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	96	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)	110	mg/dL	●	70-140

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

Test Name	Result	Unit	Level	Range
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Glycosylated Hemoglobin (HbA1c)

5.2

%



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.

102.54

### 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	7.49	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.49	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.53	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.53	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.96		●	2.20-4.20
Globulin-Serum/Plasma	2.96		●	2.20-4.20
A/G ratio	1.53		●	1.00-2.00
A/G ratio	1.53		●	1.00-2.00

### THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.1	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	116	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	7.3 *	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	7.3 *	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

**PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM**

PSA is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or some prostate disorders. PSA is not a unique indicator of prostate cancer, it may also detect prostatitis or benign prostatic hyperplasia. Only about 30 percent of patients with high PSA have prostate cancer diagnosed after biopsy. It is recommended in men above 50 years of age.

Test Name	Result	Unit	Level	Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM	1.7	ng/mL	●	0.000-4.000

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	18	mg/dL	●	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	226 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	153 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	47 *	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)	169 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High

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VLDL CHOLESTEROL	31	●	< 40 mg/dl
C/H RATIO	5 *	●	0-4.5

**X-RAY CHEST PA**

X-ray imaging creates pictures of the inside of your body. Chest X-ray can reveal abnormalities in the lungs, the heart, and bones that sometimes cannot be detected by examination.

NORMAL STUDY.

**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**Blood Bank - 2 Services**

BLOOD GROUPING AND TYPING (ABO and Rh)

**CARDIOLOGY**

ECHO/TMT

ECG

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### Executive Summary



- .BODY WEIGHT 76.2 KG,DEAL BODY WEIGHT 56-67 KG
- .H/O THYROID
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 7:08 ,WORKLOAD 8.7 METS
- .USG ABDOMEN - LEFT RENAL CALYCEAL CALCULUS
- .CHEST X-RAY - NORMAL
- .EYE - L/E POOR VISION
- .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 56-67 KG

### Follow-up and Review Plan



- CHECK T3,T4,TSH REGULARLY EVERY 6 MONTHS
- CHECK LIPID PROFILE EVERY 6 MONTHS

*Conselle Pudy*



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

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam

M.B.B.S, MD (Gen Med)

Consultant Internal Medicine

Dr. SHASHIKANT NIGAM  
Apollo Hospitals International Ltd., Gandhinagar,  
Gujarat-382428, INDIA. Regd. No.: G-21961

AHC Physician / Consultant Internal Medicine

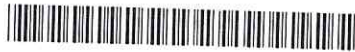
Note :- The Health Check-up examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the Consulting Physician. Additional tests, consultations and follow up may be required in some cases.



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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details :** Mr. OM PRAKASH ARYA | Male | 40Yr | 11Mth | 1Days  
**UHID :** AHIL.0000837332      **Patient Location:** AHC  
**Patient Identifier:** AHILAH189140        
**DRN :** 223004621      **Completed on :** 28-JAN-2023 12:23  
**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 10 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. Pelvicalyceal system on both sides appear normal.

Approximately 3 mm sized calculus is seen in mid calyx of left kidney.  
No evidence of calculus on right side.

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 measures 21 cc and is normal in size and echopattern.

#### IMPRESSION :

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Mr. OM PRAKASH ARYA

AHIL.0000837332

AHILAH189140

USG WHOLE ABDOMEN

Left renal calyceal calculus as described above.

Rest normal study.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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**DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES**

**Patient Details :** Mr. OM PRAKASH ARYA | Male | 40Yr 11Mth 1Days  
**UHID :** AHIL.0000837332 **Patient Location:** AHC  
**Patient Identifier:** AHILAH189140   
**DRN :** 123011417 **Completed on :** 28-JAN-2023 09:45  
**Ref Doctor :** DR. SHASHIKANT NIGAM

**X-RAY CHEST PA**

**FINDINGS :**

Lung fields are clear.  
 Cardio thoracic ratio is normal.  
 Both costophrenic angles are clear.  
 Domes of diaphragm are well delineated.  
 Bony thorax shows no significant abnormality.

**IMPRESSION**  
**NORMAL STUDY.**

--- END OF THE REPORT ---



DR. VAIBHAVI PATEL

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**DENTISTRY**

Name : .....

Date : 28/1/23 Unit No. : .....

Occupation : .....

Ref. Physician : .....

Age : ..... Sex :  Male  Female

Copies to : .....

**DENTAL RECORD**

ALLERGIES : - ~~NA~~ Not known ✓

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

DENTAL CLEANING HABIT

<input checked="" type="checkbox"/> Once	<input type="checkbox"/> Twice	<input type="checkbox"/> Occasionally
<input checked="" type="checkbox"/> Brush	<input type="checkbox"/> Finger	<input type="checkbox"/> Stick
<input checked="" type="checkbox"/> Tooth Paste	<input type="checkbox"/> Powder	<input type="checkbox"/> Any other
		<input type="checkbox"/> 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 :	Gingivitis <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia
Cheeks :	Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction
Tongue :	Recession <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth :	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture <u>—</u> <u>15</u>
Palate :	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsillar Area :   <u>NA</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
Any other :	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries
		Missing Teeth <u>—</u> <u>6</u>
		Supernumerary
		Others

PRESENT COMPLAINT : - tooth decay -

PRE-MEDICAL HISTORY:  DM  HTN  Thyroid  Acidity  Pregnancy  
 Anticoagulant  Under Drug Therapy



OPT

AHIL.0000837332

Ms. OM PRAKASH ARYA

40 Year(s) / Female

EXAMINATION RECORDS

Name :

UHID :



Date :

28/1/23

Distance Vision :

Right Eye -

Left Eye -

6/9 (BE) 6/6

Refresh tears (CBE)

(LE) H/O

(unaided)

Near Vision :

Right Eye :

Left Eye :

N6  
N6

VH

poor vision

(LE) old VH.

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. Gargi Sinha  
Ms (Ophthalmology)  
Jr. Co. Consultant

Apollo Hospitals International Ltd., Gandhinagar,  
Gujarat-382428, INDIA. Regd. No.: G-86732

Doctor's Signature

Ophthalmologist Name

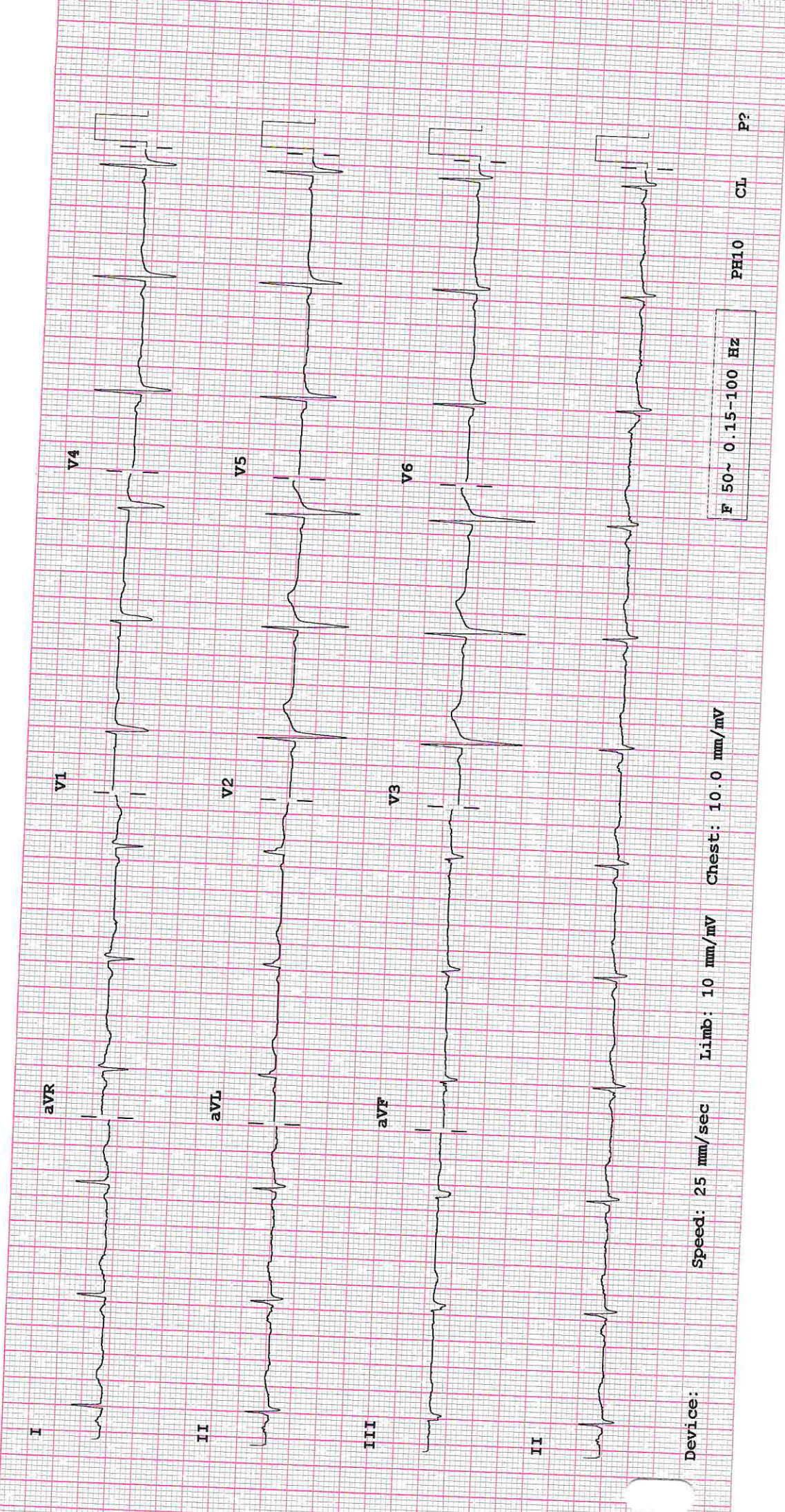


Rate 69  
 PR 142  
 QRS 78  
 QT 353  
 QTc 378

--AXIS--

P 31  
 QRS -10  
 T 10

12 Lead; Standard Placement



Device: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

F 50 ~ 0.15-100 Hz

PH10 CL P?