

Name : Mr. SANAT KR NAYEK (57 /M)

Date : 08/02/2024

Address : UDAYANPALLY, NAWABGANJ ICHAPUR, PS- NOAPARA, KOLKATA, KOLKATA,  
WEST BENGAL, INDIA

Examined by: Dr .JHUMA BAGCHI

UHID : AGHL.0001471009

Package : MEDIWHEEL - FULL BODY ANNUAL PLUS WITH TMT MALE HCK

AHC No : AMHLAH195426



## CHIEF COMPLAINTS

For corporate health checkup

## PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,  
Hypertension, Dyslipidemia  
Thyroid disease - hypothyroidism;  
Medication - regular



## DRUG ALLERGY

NO KNOWN ALLERGY :03/09/2022



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Gastrointestinal system

- Nil Significant

### Genitourinary system

Urgency - intermittent

### Central nervous system

- Nil Significant

### Eyes

- Nil Significant

### ENT

- Nil Significant

### Musculoskeletal system

Spine and joints

- Nil Significant

### Skin

- Nil Significant



## Present medications

- THYROXIN 50



## Past medical history

Past medical history - nil significant



## Personal history

Marital status - Married  
No. of children - 1  
Diet - Non Vegetarian  
Alcohol - does not consume alcohol  
Smoking - No  
Chews tobacco - No  
Physical activity - Mild



## Family history

Father - has expired  
Mother - alive  
Brothers - 4  
Sisters - 3  
Coronary artery disease - none  
Cancer - None

## PHYSICAL EXAMINATION



## General

Build - normal  
Height - 166  
Weight - 68  
BMI - 24.68  
Pallor - No  
Oedema - no



## Cardiovascular system

Heart rate (Per minute) - 86  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 128

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Diastolic(mm of Hg) - 78  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds

### Abdomen

Organomegaly - No  
Tenderness - No

### Ophthalmology consultation

Ophthalmology findings - PGVA:RE:6/9 LE:6/9P  
BCVA:RE:N6 LE:N6  
OCULAR MOVEMENT:WNL  
ANT.SEG:EARLY  
CHANGES(BE)  
ACCPT: SPECTACLE PWR  
RE:-0.50/-1.00X75\*(6/6)  
LE:-1.25/-1.25X125\*(6/6)  
ADD(BE):+2.75DSPH(N6)  
ADVICE:\*Glass Rx.\*Detail  
dilated Funduscopy\*Review  
after 1yr/SOS

Printed By : Benazir Begaum

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### COMPLETE HAEMOGRAM PROFILE

| Test Name                                  | Result                                     | Unit           | Level | Range      |
|--|--|----------------|-------|------------|
| Hemoglobin                                 | 12.4 *                                     | g/dl           | ●     | 13.0-17.0  |
| RBC COUNT                                  | 6.14 *                                     | Million/<br>ul | ●     | 4.5-5.5    |
| Hematocrit - Hct:                          | 40.2 *                                     | %              | ●     | 41-53      |
| MCV  | 65.5 *                                     | fl             | ●     | 83-101     |
| MCH  | 20.2 *                                     | pg             | ●     | 27-32      |
| MCHC                                       | 30.9 *                                     | %              | ●     | 31.5-34.5  |
| RDW  | 16.0 *                                     | %              | ●     | 11.8-14.0  |
| WBC Count                                  | 7800                                       | /cu mm         | ●     | 4000-10000 |
| Platelet Count                             | 1.17 *                                     | lacs/cu<br>mm  | ●     | 1.5-4.0    |
| Neutrophils                                | 70   | %              | ●     | 40-80      |
| Lymphocytes                                | 20   | %              | ●     | 20-40      |
| Monocytes                                  | 07   | %              | ●     | 2-10       |
| Eosinophils                                | 03   | %              | ●     | 01-06      |
| Basophils                                  | 00   | %              | ●     | 0-0        |
| RBC:                                       | Density Increased, Microcytic Hypochromic. |                |       |            |
| Platelets:                                 | Adequate on the smear                      |                |       |            |
| ERYTHROCYTE<br>SEDIMENTATION<br>RATE (ESR) | 9  | mm/1st<br>hr   | ●     | 0-15       |

### URINE ROUTINE AND MICROSCOPY

| Test Name        | Result         | Unit | Level | Range |
|------------------|----------------|------|-------|-------|
| Volume:          | 40             | mL   |       |       |
| Colour:          | Pale Straw     |      |       |       |
| Appearance       | Clear          |      |       |       |
| Specific Gravity | 1.005          |      |       |       |
| pH:              | 6.5            |      |       |       |
| 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<br>GLUCOSE(POST<br>PRANDIAL) | Nil    |      |       |       |

### URINE SUGAR- FASTING(QUALITATIVE)

| Test Name                 | Result | Unit | Level | Range |
|---------------------------|--------|------|-------|-------|
| URINE<br>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                  | 34     | U/L   | ●     | 0-50    |
| ALBUMIN - SERUM                    | 4.7    | g/dL  | ●     | 3.5-5.1 |
| ALKALINE<br>PHOSPHATASE -<br>SERUM | 115    | U/L   | ●     | 43-115  |
| AST (SGOT) - SERUM                 | 30     | U/L   | ●     | 0-50    |
| BILIRUBIN TOTAL -<br>SERUM         | 1.8 *  | mg/dL | ●     | 0.3-1.2 |

### LIPID PROFILE TEST (PACKAGE)

| Test Name              | Result | Unit  | Level | Range |
|------------------------|--------|-------|-------|-------|
| CHOLESTEROL -<br>SERUM | 168    | 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

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**LIVER FUNCTION TEST (PACKAGE)**

| Test Name                                   | Result | Unit | Level | Range |
|---|--------|------|-------|-------|
| GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM | 16     | U/L  | ●     | 0-55  |

|                             |      |       |   |            |
|-----------------------------|------|-------|---|------------|
| TOTAL T4: THYROXINE - SERUM | 13.6 | µg/dL | ● | 5.48-14.28 |
|-----------------------------|------|-------|---|------------|

**GLUCOSE - PLASMA (FASTING)**

| Test Name                  | Result | Unit  | Level | Range |
|----------------------------|--------|-------|-------|-------|
| GLUCOSE - PLASMA (FASTING) | 106 *  | mg/dL | ●     | 70-99 |

**LIPID PROFILE TEST (PACKAGE)**

| Test Name             | Result | Unit  | Level | Range |
|-----------------------|--------|-------|-------|-------|
| TRIGLYCERIDES - SERUM | 166 *  | mg/dL | ●     | 0-150 |

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

| Test Name                                    | Result | Unit | Level | Range  |
|--|--------|------|-------|--|
| HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD | 6.0 *  | %    | ●     | Nondiabetic : 4 - 5.6 %<br>Prediabetics : 5.7 - 6.4%<br>Diabetes : >/= 6.5%<br>ADA<br>Therapeutic goal : <7% |

**THYROID PROFILE - I(T3,T4 AND TSH)**

| Test Name                                | Result | Unit   | Level | Range     |
|--|--------|--------|-------|-----------|
| TSH: THYROID STIMULATING HORMONE - SERUM | 4.68   | µIU/mL | ●     | 0.38-5.33 |

**URIC ACID - SERUM**

| Test Name         | Result | Unit  | Level | Range   |
|-------------------|--------|-------|-------|---------|
| URIC ACID - SERUM | 6.9    | mg/dL | ●     | 2.6-7.2 |

**LIPID PROFILE TEST (PACKAGE)**

| Test Name                             | Result | Unit  | Level | Range         |
|---------------------------------------|--------|-------|-------|---------------|
| HDL CHOLESTEROL - SERUM               | 39     | mg/dL | ●     | 30-70         |
| LDL CHOLESTEROL -SERUM                | 117    | mg/dL | ●     | Optimal: <100 |
| VLDL CHOLESTEROL - SERUM (Calculated) | 12     | mg/dL | ●     | 0-35          |

**LIVER FUNCTION TEST (PACKAGE)**

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

**LIVER FUNCTION TEST (PACKAGE)**

| Test Name                      | Result | Unit | Level | Range   |
|--------------------------------|--------|------|-------|---------|
| PROTEIN TOTAL - SERUM          | 8.4 *  | g/dL | ●     | 6.4-8.3 |
| GLOBULIN: (CALCULATED) - SERUM | 3.7 *  | g/dL | ●     | 1.8-3.6 |

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

| Test Name                                      | Result | Unit  | Level | Range     |
|--|--------|-------|-------|-----------|
| PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM | 0.51   | ng/mL | ●     | 0.00-6.50 |

**BUN (BLOOD UREA NITROGEN)**

| Test Name                 | Result | Unit  | Level | Range    |
|---------------------------|--------|-------|-------|----------|
| BUN (BLOOD UREA NITROGEN) | 8.2    | mg/dL | ●     | 7.0-18.0 |

**THYROID PROFILE - I(T3,T4 AND TSH)**

| Test Name                           | Result | Unit  | Level | Range     |
|-------------------------------------|--------|-------|-------|-----------|
| TOTAL T3: TRI IODOTHYRONINE - SERUM | 1.4    | ng/ml | ●     | 0.87-1.78 |

**LIVER FUNCTION TEST (PACKAGE)**

| Test Name   | Result | Unit | Level | Range   |
|-------------|--------|------|-------|---------|
| A/G - RATIO | 1.2    |      | ●     | 1.0-2.0 |

**BUN/CREATININE RATIO**

| Test Name            | Result | Unit | Level | Range |
|----------------------|--------|------|-------|-------|
| BUN/CREATININE RATIO | 8.4    |      |       |       |

**ECG**

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NORMAL SINUS RHYTHM, 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.

Dr. SATYAM MISHRA  
DNB RESIDENT  
In Consultation with

**X-RAY CHEST PA**

\* Chest skiagram does not reveal any significant abnormality.

 Within Normal Range     Borderline High/Low     Out of Range

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## Executive Summary



1. H/O Hypothyroidism - on medication.
2. Hyperlipidaemia.
3. Grade I fatty liver.

## Wellness Prescription

### Advice On Diet :-



- \* Low fat healthy balanced diet.
- \* Drink plenty of fluids.

### Advice On Physical Activity :-



- \* Regular exercise and maintain ideal weight.

## Medications

- \* Cap. NATVIE 400IU (VITAMIN E) 1 cap. once daily after food x 2 months.
- \* Continue home medication as before till further consultation.

## Recommended Follow-up Tests

| Test Name                    | Test Schedule | Repeat Frequency | Remarks             |
|------------------------------|---------------|------------------|---------------------|
| LIPID PROFILE TEST (PACKAGE) | 3 Month(s)    |                  | review with report. |

## Follow-up and Review Plan



- \* Annual health check-up.



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

**Dr.JHUMA BAGCHI**

AHC Physician / Consultant Internal Medicine

Printed By : AVIJIT DAS

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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.

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## Medications

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**Dr.JHUMA BAGCHI**

AHC Physician / Consultant Internal Medicine



## AICVD RISK SCORE REPORT

### RISK STATUS

Low Risk

### YOUR SCORE

7

### ACCEPTABLE SCORE

9

### 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**