

Name : Ms. NITHESHA P (33 /F)

Date : 29/03/2024

Address : 4/231,SARADHA NAGAR ,3RD CROSS STREET,PARVATHIPURAM  
,AGASTHEESWARAM, VETTUMIMADAM, KANNIYAKUMARI, KANYAKUMARI,  
TAMIL NADU, INDIA

Examined by: Dr .SENTHILKUMAR S

UHID : ASM1.0000699736

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW  
40YRS

AHC No : MDUMH123483



## CHIEF COMPLAINTS

For general health checkup  
No specific complaints

## PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,  
Hypertension,  
Dyslipidemia, Heart  
disease, Stroke, Asthma,  
COPD, Cancer, Impaired  
Glycemia  
Thyroid disease - hypothyroidism; Since -  
5 YEARS; Medication -  
regular; - THYRONORM  
100MCG



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant



### Past medical history

Do you have any - No  
allergies?



### Surgical history

Others - TRACHEOSTOMY



### Personal history

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



### Family history

Coronary artery - none  
disease

Cancer - None

## PHYSICAL EXAMINATION



### General

General appearance - normal  
Height - 177  
Weight - 86  
BMI - 27.45  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 86  
Rhythm - Regular  
Systolic(mm of Hg) - 120  
Diastolic(mm of Hg) - 80  
- B.P. Sitting  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath  
sounds



### Abdomen

Organomegaly - No  
Tenderness - No

### Gynaec findings

Gynaec checkup done by - Dr.SHREEDEVI  
Marital status - single  
Periods - irregular  
L M P - feb 2024  
Breast examination - NAD  
P/A - Soft  
Pap smear - Not taken  
Gynaec Review done by - Dr.SHREEDEVI

Printed By : LALITHA S

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**HEMOGRAM**

Test Name	Result	Unit	Level	Range
Hemoglobin	14.7	gm%	●	11.5-16.5
Packed cell volume(Calculated)	44	%	●	37-47
WBC Count	6.9	10 <sup>3</sup> /m <sup>3</sup>	●	4-11
Platelet Count	304	10 <sup>3</sup> /m <sup>3</sup>	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	07	mm/1st hr	●	0-20
RBC Count	4.95	Million/ul	●	3.7-5.6
MCV	88	fl	●	75-95
MCH(Calculated)	30	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Reticulocytes(	2.0 *	%	●	0.2 - 2.0
Neutrophils	50	%	●	40-80
Lymphocytes	43 *	%	●	20-40
Eosinophils	01	%	●	01-06
Monocytes	06	%	●	2-10

**URINE ROUTINE (CUE)**

Test Name	Result	Unit	Level	Range
Specific Gravity	1.025		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Slightly Turbid			Clear
pH	5.5		●	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	2-4	/hpf		3 - 5

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

Test Name	Result	Unit	Level	Range
ALT(SGPT)	44 *	U/L	●	Adult Female : <34

**ALBUMIN - SERUM**

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.9	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.0	g/dL	●	Adult (2.0 - 3.5)

**ALKALINE PHOSPHATASE - SERUM/PLASMA**

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	128 *	U/L	●	Adult(Female): < 104

**AST (SGOT) - SERUM**

Test Name	Result	Unit	Level	Range
AST (SGOT)	23	U/L	●	Adult Female: <31

**BILIRUBIN, TOTAL - SERUM**

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	1.2 *	mg/dL	●	NORMAL : 0.2 TO 1.1

**CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Total Cholesterol	186	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.7	mg/dL	●	Female: 0.6 - 1.1

**GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM**

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	24	U/L	●	Female: < 38

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

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

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Fasting)	111 *	mg/dL	●	60-99

**TRIGLYCERIDES - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.5		●	< 4.5

**GLUCOSE - SERUM / PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	96	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

**UREA - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Urea	19	mg/dL	●	Adult: 13 - 43

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	5.8	mg/dL	●	Adult Female: 2.6 - 6.0

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

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.9	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4% Diabetes >= 6.5%

**VLDL CHOLESTEROL - SERUM**

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	29		●	Desirable:<30
Triglycerides - Serum	146	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

**HDL CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
HDL Cholesterol	53	mg/dL	●	Low: <40 High: >=60

**BILIRUBIN CONJUGATED (DIRECT) - SERUM**

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.2	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	1.0	mg/dL	●	0.0-1.0

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

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	86	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8.9	mg/dL	●	Adult : 6 - 20

**TOTAL T3: TRI IODOTHYRONINE - SERUM**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	145	ng/dL	●	60-180

**PROTEIN TOTAL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.9	g/dL	●	>2 Year: 6.0 - 8.0

**TOTAL T4: THYROXINE - SERUM**

Test Name	Result	Unit	Level	Range

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

TOTAL T4: 11.1 µg/dL ● 3.5 - 12.5  
THYROXINE - SERUM

**TSH: THYROID STIMULATING HORMONE - SERUM**

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	7.11 *	µIU/mL	●	0.35 - 5.50

**X-RAY CHEST PA**

NO SIGNIFICANT ABNORMALITY IS DETECTED.

**ULTRASOUND SCREENING WHOLE ABDOMEN**

Liver measures 15.8 cm. Normal size and shows increased 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 13.1 cm ---mildly enlarged in size. No focal lesions.

Right kidney : Measures 11.4 x 4.3 cm, is normal in size. Cortical echoes normal. Corticomedullary differentiation is maintained. Pelvicaliceal system normal. No calculi / hydronephrosis is seen.

Left kidney : Measures 10.7 x 5.3 cm is normal in size. Cortical echoes normal. Corticomedullary differentiation is maintained. Pelvicaliceal system normal. No calculi / hydronephrosis is seen.

Urinary Bladder is partially distended.

Uterus is anteverted, measures 8.3 x 3.0 x 2.0 cm. Endometrial thickness measures 8.2 mm. No focal lesions are seen on the myometrium.

Ovaries Right ovary measures 3.8 x3.2 x 2.6 cm. Volume = 12 cc.

Left ovary measures 3.2 x2.3 x 2.9 cm. volume = 11 cc.

Both ovaries are enlarged in size and shows multiple peripherally arranged follicles.

There is no ascites / pleural effusion.

**IMPRESSION:**

CLINICAL INDICATION: MASTER HEALTH CHECK UP.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 29.03.2024 SHOWS,

Grade I fatty liver.

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Mild splenomegaly.

Normal anteverted uterus.

Bilateral polycystic ovaries.

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

#### 2D-ECHO WITH COLOUR DOPPLER

NORMAL CHAMBERS DIMENSIONS.  
STRUCTURALLY NORMAL VALVES.  
NO REGIONAL WALL MOTION ABNORMALITY.  
NORMAL LV SYSTOLIC FUNCTION.  
NORMAL LV DIASTOLIC FUNCTION.  
NO PERICARDIAL EFFUSION/ CLOT.  
LVEF:65%

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

#### Haematology

STOOL ROUTINE

#### Histopathology

PAP SMEAR /CERVICAL SMEAR

#### CARDIOLOGY

ECG



Within Normal Range




Borderline High/Low



Out of Range

## Executive Summary

 Physical Examination and routine Investigation in AHC Package reveals the following :

 -hypothyroidism- fairly controlled

-  
-

## Wellness Prescription

Advice On Diet :-



-

Advice On Physical Activity :-




-

## Medications

-  
-  
-

## Follow-up and Review Plan

 to review with tsh after 4 weeks



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

Printed By : SENTHIL KUMAR S

**Dr.SENTHILKUMAR S**  
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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## Medications

-  
-  
-

**Dr.SENTHILKUMAR S**

AHC Physician / Consultant Internal Medicine

## AICVD RISK SCORE REPORT

**RISK STATUS**

Low Risk

**YOUR SCORE**

3

**ACCEPTABLE SCORE**

3

**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**