

Name : Ms. PALLABI PAUL (34 /F)

Date : 30/10/2024

Address : 13 D H RD, KOLKATA, KOLKATA, WEST BENGAL, INDIA

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AGHL.0000545708

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH224652



## CHIEF COMPLAINTS

For corporate health checkup

## PRESENT KNOWN ILLNESS

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



## DRUG ALLERGY

NO KNOWN ALLERGY :30/10/2024



## 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

Last menstrual period - 20.10.24; Periods - regular;  
No of Children - 1; Last child birth - 6yrs; Deliveries -  
LSCS

### Central nervous system

- Nil Significant

### Eyes

- Nil Significant

### ENT

- Nil Significant

## Musculoskeletal system

Spine and joints  
Back - pain



## Past medical history

Typhoid - yes



## Personal history

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



## Family history

Father - alive  
Mother - has expired  
Coronary artery  
disease - none  
Cancer - mother  
Type - Pancreas

## PHYSICAL EXAMINATION



## General

Build - normal  
Height - 158  
Weight - 60  
BMI - 24.03  
Pallor - No  
Oedema - no



## Cardiovascular system

Heart rate (Per minute) - 78  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 111  
Diastolic(mm of Hg) - 85

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Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds

### Abdomen

Appearance - Normal

Organomegaly - No

Tenderness - No

Bowel sounds - Normal

### Ophthalmology consultation

Ophthalmology findings - OCULAR MOVEMENTS:  
(RE):FULL (LE):FULL  
ANTERIOR SEGMENTS:  
(RE):WNL (LE):WNL  
VISUAL ACUITY  
DISTANCE:WITHOUT  
GLASS (RE):6/6 (LE):6/6  
VISUAL ACUITY  
NEAR:WITHOUT GLASS  
(RE):N6 (LE)N6  
ADVICE:\*Review after  
1yr/SOS

Printed By : Benazir Begaum

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**COMPLETE HAEMOGRAM**

Test Name	Result	Unit	Level	Range
Hemoglobin	9.5 *	g/dl	●	12.0-15.0
RBC COUNT	3.83	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	31.5 *	%	●	36-46
MCV	82.1 *	fl	●	83-101
MCH	24.9 *	pg	●	27-32
MCHC	30.3 *	%	●	31.5-34.5
RDW	16.6 *	%	●	11.8-14.0
WBC Count	3900 *	/cu mm	●	4000-10000
Platelet Count	1.55	lacs/cu mm	●	1.5-4.0
Neutrophils	64	%	●	40-80
Lymphocytes	28	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Anisocytosis+, Predominantly Normocytic Normochromic			
WBC:	Leucopenia noted			
Platelets:	Adequate on the smear			

RBC	Nil	/hpf
Pus Cells	Occasional	hpf
Epithelial Cells	2-4	/h.p.f /hpf
Casts:	Not Found	
Crystals:	Not Found	

**URINE SUGAR - POST PRANDIAL (QUALITATIVE)**

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(POST PRANDIAL)	Nil			

**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:	AB			
Rh (D) Type:	POSITIVE			

**ALT(SGPT) - SERUM**

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	15	U/L	●	0-35

**ALBUMIN - SERUM**

Test Name	Result	Unit	Level	Range
ALBUMIN - SERUM	4.0	g/dL	●	3.5-5.1

**ALKALINE PHOSPHATASE - SERUM**

Test Name	Result	Unit	Level	Range
ALKALINE PHOSPHATASE - SERUM	71	U/L	●	33-98

**AST (SGOT) - SERUM**

Test Name	Result	Unit	Level	Range
AST (SGOT) - SERUM	19	U/L	●	0-35

**BILIRUBIN, TOTAL - SERUM**

Test Name	Result	Unit	Level	Range
BILIRUBIN TOTAL - SERUM	0.7	mg/dL	●	0.3-1.2

**ERYTHROCYTE SEDIMENTATION RATE (ESR)**

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	27 *	mm/1st hr	●	0-20

**URINE ROUTINE AND MICROSCOPY**

Test Name	Result	Unit	Level	Range
Volume:	30	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.005			
pH:	6.0			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			

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

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### CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	181	mg/dL	●	0-200
Non-HDL Cholesterol	131			

### CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.8	mg/dL	●	0.6-1.1

### GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	9	U/L	●	0-38

### GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	88	mg/dL	●	70-99

### GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	86	mg/dL	●	70-140

### HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.3	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >= 6.5% ADA Therapeutic goal : <7%

### HDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
TC/HDL-C ratio serum	4 *		●	Optimal<3.5
HDL CHOLESTEROL - SERUM	50	mg/dL	●	30-70

### LDL CHOLESTEROL -SERUM

Test Name	Result	Unit	Level	Range
LDL CHOLESTEROL -SERUM	114 *	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	17	mg/dL	●	0-35

### PROTEIN TOTAL - SERUM

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.4	g/dL	●	6.4-8.3
Albumin/Globulin Ratio	1.2		●	1.0-2.0
GLOBULIN: (CALCULATED) - SERUM	3.4	g/dL	●	1.8-3.6

### TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM (Electrochemiliminescence (ECLIA))	1.28	ng/ml	●	0.8-2

### TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM (Electrochemiliminescence (ECLIA))	8.49	ug/dL	●	5.1-14.1

### TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	76	mg/dL	●	0-150

### TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM (Electrochemiliminescence (ECLIA))	2.39	μIU/mL	●	0.27-4.2

### URIC ACID - SERUM

Test Name	Result	Unit	Level	Range

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URIC ACID - SERUM 4.4 mg/dL ● 2.4-5.7

\* No significant abnormality noted.

### BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.1	mg/dL	●	0.0-0.2

[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.]

### BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	7.0	mg/dL	●	7.0-18.0
UREA - SERUM	15	mg/dL	●	13-43

Dr. KOUSHIKI SEN  
DNB RESIDENT  
In consultation with

### BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	8.8			
BUN (BLOOD UREA NITROGEN)	7.0	mg/dL	●	7.0-18.0
UREA - SERUM	15	mg/dL	●	13-43
CREATININE - SERUM	0.8	mg/dL	●	0.6-1.1

DR. DEBASISH DATTA  
DMRD (RADIODIAGNOSIS) CONSULTANT  
RADIOLOGIST Reg. No. 42727 (WBMC)

### 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)

### PAP SMEAR /CERVICAL SMEAR

Ref No:  
AG01.C2408675  
SPECIMEN TYPE:  
Conventional cervical smear (Papanicolaou stain) x 1  
SPECIMEN ADEQUACY:  
Satisfactory for evaluation without endocervical cells.  
INTERPRETATION/RESULT:  
Negative for intraepithelial lesion or malignancy,with no organism

### Biochemistry

A/G - RATIO

### ECG

SINUS RHYTHM.  
SHORT PR INTERVAL (118ms).

### TREADMILL TEST / STRESS TEST

STRESS TEST IS BORDERLINE POSITIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

### ULTRASOUND SCREENING WHOLE ABDOMEN

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

## Executive Summary



1. Anaemia.
2. Borderline Leucopenia.
3. Elevated ALT.
4. PAP SMEAR - Negative for intraepithelial lesion or malignancy, with no organism.
5. USG - No significant abnormality noted.

## Wellness Prescription

### Advice On Diet :-



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

### Advice On Physical Activity :-



- \* Regular exercise and maintain ideal weight.

## Medications

HEMFER XT TAB(FERROUS FUMARATE) 1 tab once daily Oral after dinner To Continue

\* Tab. FOLVITE (FOLIC ACID) 1 tab. once daily after breakfast x 3 months.

## Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
CARDIOLOGY		Immediate/Urgent	

## Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
TC,DC	4 Week(s)		Review with report.
CBC	3 Month(s)		Review with report.
LIPID PROFILE TEST (PACKAGE)	3 Month(s)		Review with report.

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## Follow-up and Review Plan



\* Annual health check-up.



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

Printed By : AVIJIT DAS

**Dr.SUCHISMITA BHAUMIK**  
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

Drug Name	Strength	Dosage	Frequency	Route of Admin	Relationship with Meal	Duration	Indication
HEMFER XT TAB(FERROUS FUMARATE)		1 tab	once daily	Oral	after dinner	To Continue	

\* Tab. FOLVITE (FOLIC ACID) 1 tab. once daily after breakfast x 3 months.

**Dr.SUCHISMITA BHAUMIK**

AHC Physician / Consultant Internal Medicine



## AICVD RISK SCORE REPORT

### RISK STATUS

Low Risk

### YOUR SCORE

2

### 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**