



Mrs. ROSSY NINAMA (34 /F)

UHID : AHIL.0000837357

AHC No : AHILAH189166

Date : 28/01/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Namaste Mrs. ROSSY NINAMA,

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

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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.



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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 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

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 61 / 1 MILLENIUM PARK KALPATRU AT AND POST ZUNDAL DIST GANDHINAGAR, GANDHI NAGAR, GANDHI NAGAR, GUJARAT, INDIA



Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000837357

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No : AHILAH189166



Chief Complaints

For Annual health checkup
No specific complaints



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



Past medical history

- Do you have any allergies? - No
- Do you have any drug allergies? - No
- Covid 19 - Yes
- Hospitalization for Covid 19 - No
- Dengue - 2016



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Surgical history

Caesarian section - 2018



Personal history

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



Family history

Father - alive
 Aged - 62
 Mother - alive
 Aged - 58
 Brothers - 1
 Sisters - 1
 Diabetes - father
 Hypertension - father, mother
 Coronary artery disease - none
 Cancer - None
 Dyslipidemia - mother

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 156
 Weight - 60.6



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BMI - 24.9
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 70
Rhythm - Regular
- B.P. Supine
Systolic(mm of Hg) - 140
Diastolic(mm of Hg) - 86
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	6			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			0-5
RBC	1-2 /h.p.f	/hpf		0-5/hpf
Epithelial Cells	1-2 /h.p.f			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	11.4 *	gm%	●	12-16
Packed cell volume(Calculated)	35.6 *	%	●	36-46
RBC COUNT (Impedance)	4.49	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	79.4 *	fl	●	80-100
MCH(Calculated)	25.49 *	pg	●	27-32
MCHC(Calculated)	32.1	%	●	31-36
RDW(Calculated)	14.6 *	%	●	11.5-14.5
WBC Count (Impedance)	6312	/cu mm	●	4000-11000

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

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Neutrophils	70	%	●	40-75
Lymphocytes	24	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	291900	/cu mm	●	150000-450000
MPV (Calculated)	8.4	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	12	mm/1st hr	●	0-20

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	19	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	59	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	19	U/L	●	>1 year Female : <32
Total Bilirubin	0.427	mg/dL	●	0.300-1.200
Direct Bilirubin	0.154	mg/dL	●	Upto 0.3 mg/dl

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



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Organization is Accredited Bilirubin
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0.273

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



CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.7	mg/dL		Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	25	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	93	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)	92	mg/dL		70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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Within Normal Range Borderline High/Low Out of Range



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Glycosylated Hemoglobin (HbA1c)

4.9

%

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. 93.93

LFT (LIVER FUNCTION TEST)

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Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include PROTEIN TOTAL - SERUM / PLASMA, ALBUMIN - SERUM, Globulin-Serum/Plasma, and A/G ratio.

THYROID PROFILE (T3,T4 AND TSH)

Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include TOTAL T3: TRI IODOTHYRONINE - SERUM, TOTAL T4: THYROXINE - SERUM, and TSH: THYROID STIMULATING HORMONE - SERUM.

Legend: Green dot = Within Normal Range, Yellow dot = Borderline High/Low, Red dot = 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	3.6	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

BUN (BLOOD UREA NITROGEN)

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

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	152	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	56	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	53 *	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)	100	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	11		●	< 40 mg/dl
C/H RATIO	3		●	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.

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



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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

Blood Bank - 2 Services

BLOOD GROUPING AND TYPING (ABO and Rh)

Histopathology

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

CARDIOLOGY

ECHO/TMT

ECG



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary



.BODY WEIGHT 60.6 KG,DEAL BODY WEIGHT 46-55 KG
 .ECG - NORMAL SINUS RHYTHM
 .TMT — TEST IS NEGATIVE,EXERCISE TIME 8:07 ,WORKLOAD 10.1 METS
 .USG ABDOMEN - NORMAL STUDY
 .CHEST X-RAY - NORMAL
 .EYE - NORMAL

Wellness Prescription

Advice On Diet :-



BALANCED 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 46-55 KG

Printed By : MUKTA S ADALTI

[Signature]
Dr. Shashikant Nigam
 (Gen. Med.)
Dr. SHASHIKANT NIGAM
 Consultant Internal Medicine,
 Apollo Hospitals International Ltd, Gandhinagar,
 Gujarat-382428, INDIA. Regd. No. 16678/GA/2006
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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AHILAH189166

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

NORMAL STUDY.

--- END OF THE REPORT ---

VP Patel

DR. VAIBHAVI PATEL

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Printed By : 1075754

Reported By : 717876

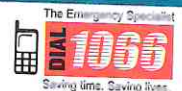
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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mrs. ROSSY NINAMA | Female | 34Yr 7Mth 19Days

UHID : AHIL.0000837357

Patient Location: AHC

Patient Identifier: AHILAH189166



DRN : 123011439

Completed on : 28-JAN-2023 10:07

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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UHID : AHIL.0000837357

Patient Location: AHC

Patient Identifier: AHILAH189166



DRN : 223004577

Completed on : 28-JAN-2023 11:40

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 7 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. No evidence of calculi. Pelvic/lyceal system on both sides appear normal.

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.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal. Endometrial thickness is 3 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Place Label Here
If label not available, write Pt, Name, IP No/UHID, Age, Sex, Date, Name of Treating Physician

GYNAECOLOGY - AHC

AHIL.0000837357

Mrs. ROSSY
NINAMA

Nar 34 Year(s) / Female

Age Male Female



Date : 28/11/23 Unit No. :

Ref. Physician : Dr. Kiran Nallas

Copies to :

GYNAEC CHECK UP

Chief Complaint:

None

P1+0

Children: 1 ♂

Weight:

Deliveries: 1 LSCS

BP:

Last Child: Mch / 4.5 years / LSCS

Abortions: None

Breasts: Normal

Periods: Regular 2-4 days / 28-29 days

PAP Smear: Taken

LMP: 21/1/23

Previous Medical H/O:

Menopause: -

None

G. Condition: Fit

F/H/O: DM.

P/A: Soft

Previous Surgical H/O:

Cystectomy on back in 2013

S/E: -

P/V: Cervix: felt healthy
Uterus: (N)

P/R: -

Impression:

Kiran
Doctor Signature
Date & Time

28/11/23

1:22 PM

ID 837361

28.01.2025 0:36:46

Apollo Hospitl.
Bhat
Gandhinagar

Female

34 Years

Location
Rc
Order Num.
Indication
Medication 1
Medication 2
Medication 3

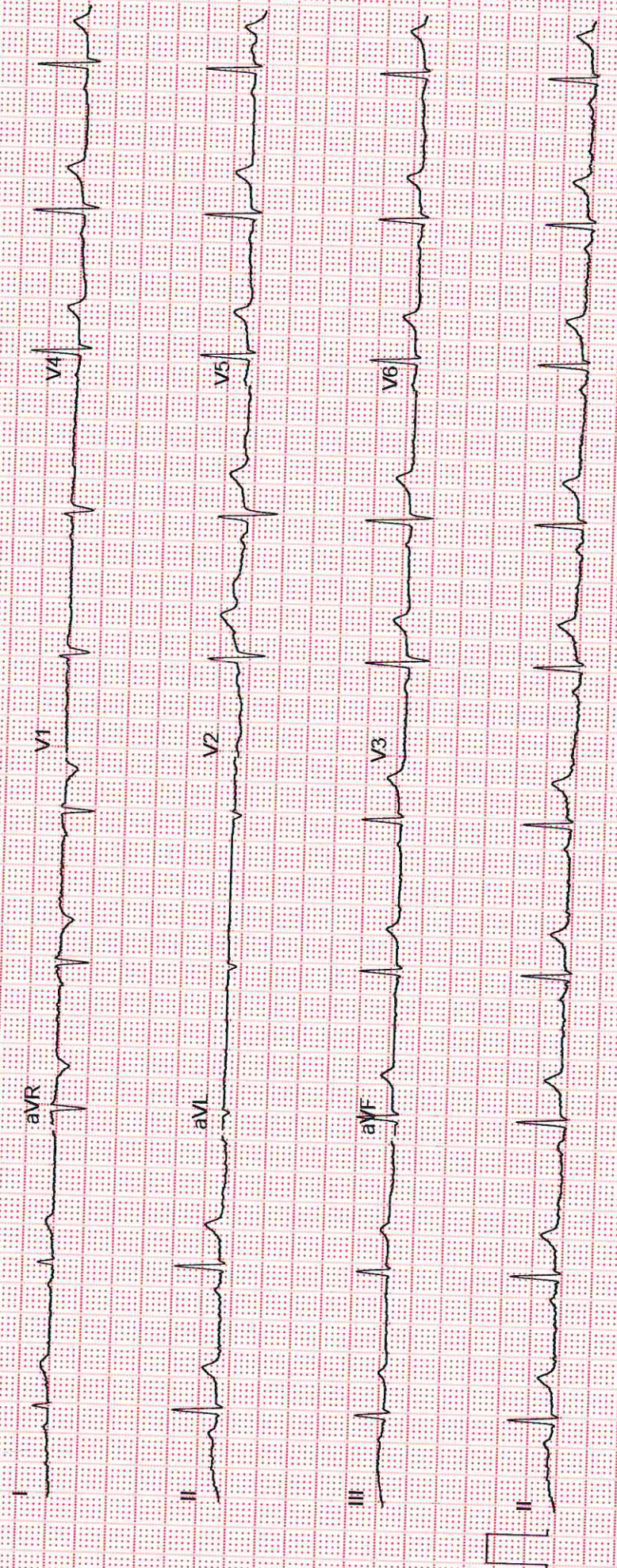
Normal sinus rhythm
Normal ECG

QT/QTcBaz 74 ms
PR 402 / 402 ms
P 148 ms
RR/pp 998 / 1000 ms
P / QRS / T 55 / 70 / 63 degrees

Technician:
Ordering Ph.
Referring Ph.
Attending Ph.

60 bpm

-- / -- mmHg



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Mrs. ROSSY
NINAMA

34 Year(s) / Female

VISION RECORDS

Name :

UHID :



Date :

28/1/23

Distance Vision :

Right Eye -

6/9

(BE) 6/9

Left Eye -

6/9

(unaided)

Near Vision :

Right Eye :

N6

Left Eye :

N6

(unaided)

APLN.TN - Right Eye

16

Left Eye - 14

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

Wm

Both Eye Posterior Segment Examinations -

Wm

Dr. Jagriti Sinha
MS (Ophthalmology)
Jr. Consultant
Apollo Hospitals Private Ltd. Chennai
No. 428, P.O. Regd. No. G-28722

Doctor's Signature

Ophthalmologist Name