

Name : Mr. PRADIP KUMAR DAS (57 /M)

Date : 20/09/2023

Address : 41/3 B C CHATTERJEE RD,PO-TALPUKUR,PS-BARRACKPORE, KOLKATA,
KOLKATA, WEST BENGAL, INDIA

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AGHL.0001194646

Package : MEDIWHEEL - FULL BODY ANNUAL PLUS ABOVE 50 YRS MALE
HCK

AHC No : AMHLAH182993



CHIEF COMPLAINTS

For corporate health checkup
No specific complaints

PRESENT KNOWN ILLNESS

No history of - Dyslipidemia, Thyroid disorder, Heart disease, Stroke, Asthma
Diabetes mellitus - type 2; Since - 8 yrs; Medication - regular
Hypertension Since - 10 yrs; Medication - regular



DRUG ALLERGY

NO KNOWN ALLERGY :20/09/2023
No Known Allergy :03/12/2022



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

Frequency - nocturnal; - thin stream

Eyes

Vision - normal with glasses; Glasses - yes

ENT

- Nil Significant

Musculoskeletal system

Spine and joints
Shoulder (left) - pain

Skin

- Nil Significant



Present medications

- T Rybelus 14
T Motivyst 300
T Cetapin XR 1000
T Roseday 10
T Lipaglyn 4
T Telmikind 29



Past medical history

Do you have any allergies? - No
Do you have any drug allergies? - No
Covid 19 - No



Surgical history

Surgical history - Nil



Personal history

Marital status - Married
No. of children - 1
Diet - Non Vegetarian
Alcohol - consumes alcohol occasionally
Smoking - No
Chews tobacco - No
Physical activity - Moderate



Family history

Father - has expired
Mother - has expired
Brothers - 3
Sisters - 2
Diabetes - mother, brother
Hypertension - mother
Coronary artery disease - none

Cancer - None

PHYSICAL EXAMINATION



General

Build - over weight
Height - 167
Weight - 80
BMI - 28.69
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 88
Rhythm - Regular
- B.P. Sitting
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



Skin

- No significant finding

Ophthalmology consultation

Ophthalmology findings - PGVA:RE:6/6P LE:6/6P
BCVA:RE:N6P LE:N6P
OCULAR MOVEMENT:WNL
ANT.SEG:EARLY
CHANGES(BE)
ADVICE:*To continue
present glass Rx*Detail
dilated Funduscopy*Review
after 1yr/SOS

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COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	13.2	g/dl	●	13.0-17.0
RBC COUNT	4.43 *	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	40.2 *	%	●	41-53
MCV	90.8	fl	●	83-101
MCH	29.7	pg	●	27-32
MCHC	32.8	%	●	31.5-34.5
RDW	14.8 *	%	●	11.8-14.0
WBC Count	6900	/cu mm	●	4000-10000
Platelet Count	1.40 *	lacs/cu mm	●	1.5-4.0
Neutrophils	52	%	●	40-80
Lymphocytes	36	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	05	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	10	mm/1st hr	●	0-15

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	60	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.020			
pH:	6.0			
Albumin:	Not Detected			
Glucose	+++			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	Occasional/hpf			
Epithelial Cells	Occasional/hpf			

Casts: Not Found
 Crystals: Not Found
 NOTE : - Urine glucose rechecked and confirmed by Benedict's test

URINE SUGAR - POST PRANDIAL (QUALITATIVE)

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

URINE SUGAR- FASTING(QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(FASTING)	+++			

BLOOD GROUPING AND TYPING (ABO AND RH)

Test Name	Result	Unit	Level	Range
ABO Group:	O			
Rh (D) Type:	POSITIVE			

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	29	U/L	●	0-50
ALBUMIN - SERUM	4.8	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	60	U/L	●	43-115
AST (SGOT) - SERUM	27	U/L	●	0-50
BILIRUBIN TOTAL - SERUM	1.0	mg/dL	●	0.3-1.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	117	mg/dL	●	0-200

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	1.3	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

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	142 *	mg/dL	●	70-99

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	6.8 *	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >/= 6.5% ADA Therapeutic goal : <7%

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	53	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	58	mg/dL	●	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	6	mg/dL	●	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.7	g/dL	●	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	3.0	g/dL	●	1.8-3.6

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
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TOTAL T3: TRI IODOTHYRONINE - SERUM	1.00	ng/ml	●	0.87-1.78
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TOTAL T4: THYROXINE - SERUM	11.2	µg/dL	●	5.93-13.29
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LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	71	mg/dL	●	0-150

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	1.8	µIU/mL	●	0.380-5.330

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.2	mg/dL	●	2.6-7.2

LIVER FUNCTION TEST (PACKAGE)

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

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

Test Name	Result	Unit	Level	Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM	0.36	ng/mL	●	0.00-6.50

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	17.9	mg/dL	●	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
A/G - RATIO	1.6		●	1.0-2.0

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	14.3			

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ECG

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.
- * Mild prostatomegaly.

X-RAY CHEST PA

- * No significant abnormality detected.

Dr. GAURAV JAIN
DNB RESIDENT
In consultation with

ADDITIONAL INVESTIGATIONS (LAB)

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	150 *	mg/dL	●	70-140



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary



1. H/O Diabetes Mellitus - on medication(HbA1c - 6.8 %).
2. H/O Hypertension - on medication.
3. Overweight.

Wellness Prescription

Advice On Diet :-



- * Low fat, low calorie, low sugar, low salt, healthy balanced diet.
- * Drink plenty of fluids.

Advice On Physical Activity :-



- * Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

- * Regular BP Monitoring.
- * Detail dilated funduscopy advised.

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
DIABETOLOGY		7 Day(s)	for diabetes mellitus.

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

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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.

AICVD RISK SCORE REPORT

RISK STATUS

Moderate Risk

YOUR SCORE

10

ACCEPTABLE SCORE

9

Your likelihood of developing cardiovascular disease in the next ten years is 1.3 times higher than the people of 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**
- **It is recommended that you visit your physician every 6 months** if you have:
 - o Uncontrolled high blood pressure, Diabetes, Dyslipidemia, Coronary heart disease

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