



**Mr. KAILASH SUDARSHAN (40 /M)**

UHID : ASHB.0000030408

AHC No : BPLAH6760

Date : 24/02/2024

MEDIWHEEL FULL BODY ANNUAL PLUS ABOVE 50  
MALE

**Dear Mr. KAILASH SUDARSHAN**

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health risk assessments curated just for you to guide targeted intervention, continuum of care and a path to wellness. Our holistic care continuum integrates clinical expertise and artificial intelligence to gauge and avert the risk, onset and progression of non-communicable diseases (NCDs).

**In this personalized health report, you will find your**

- Medical History and Physical examination results
- Investigations Results
- Artificial Intelligence powered risk scores
- Physician's Impressions on your Health
- Path to Wellness: A personalized management protocol, including follow-up assessments
- Vaccination counselling advice

**Apollo ProHealth encompasses the following processes:**

**Personalized Health Risk Assessment (pHRA):** Based on your online risk assessment, medical history, physical examination, and psychological evaluation, we recommended a health screening assessment for you, including diagnostic and imaging tests. Based on the results of these assessments, we have advised additional follow-up tests and consultations - details of which we have included in your report. Your physician will explain their relevance, and we strongly suggest you comply with the recommendations.

**Health Mentor:** We have assigned a dedicated health mentor to proactively work with you towards your health goals and ensure that you regularly adhere to the guidance and recommendations from clinical and nutrition consultants. Your health mentor will call you periodically to track your progress

**ProHealth App:** You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

**Follow- Up Consultation:**

For any follow-up consultations, you can visit your ProHealth physician in-person at the center or you can book a virtual consultation through <https://www.apollo247.com/specialties> or through the Apollo 247 app on your phone.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on

ANDROID IOS

***Disclaimer:*** *The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.*

Name : Mr. KAILASH SUDARSHAN (40 /M)

Date : 24/02/2024

Address : PLOT NO 218 -P, PRIYANKA NAGAR, GHEHUN KHEDA, KOLAR ROAD, BHOPAL,  
BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. NEELAM JAIN

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### Chief Complaints

For corporate health checkup

No specific complaints

### Present Known illness

No history of - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke, Asthma, COPD, Cancer, Impaired Glycemia



### Drug Allergy

NO KNOWN ALLERGY

:24/02/2024



### Systemic Review

**Cardiovascular system** : Chest pain - no; Breathing difficulty - no; Swelling of feet - no

**Respiratory system** : - Nil Significant

**Oral and dental** : - Nil Significant

**Gastrointestinal system** : Appetite - normal; Abdominal pain - no; Bowel habits - regular

**Genitourinary system** : Frequency - normal; Dysuria/burning micturition - no; Urgency - no

**Central nervous system** : - Nil Significant

**Eyes** : Vision - normal; Glasses - no

**ENT** : - Normal hearing

**Musculoskeletal system** :

**Spine and joints**

- Nil Significant

**Skin** : - Nil Significant

**Weight** : - stable

**General symptoms** : - Nil Significant



**Present medications** : - Nil



### Past medical history

Past medical history - nil significant

Covid 19 - No



**Surgical history**

Surgical history - Nil

**Immunization history**

- Covid Dose1,Covid Dose2,Precaution Dose



**Personal history**

Ethnicity - Indian Asian

Marital status - Married

No. of children - 02

Female - 01

Male - 01

Profession - government employee

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Chews paan - No

Physical activity - Moderate  
- home exercise  
- brisk walk



**Family history**

Father - alive

Aged - 67

Mother - has expired

Cause - not known

Brothers - 0

Sisters - 03

Coronary artery disease - none

Cancer - None

## Physical Examination



### General

General appearance	- normal
Build	- obese
Height	- 171
Weight	- 101
BMI	- 34.54
Pallor	- No
Oedema	- no



### Head and ENT

Nose	- Deviation of septum to left
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### Cardiovascular system

Heart rate (Per minute)	- 82
Rhythm	- Regular
Systolic(mm of Hg)	- 168
Diastolic(mm of Hg)	- 120
	- B.P. Sitting
Heart sounds	- S1S2+

### Respiratory system

Breath sounds	- Normal vesicular breath sounds
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### Abdomen

Appearance	- Flabby
Organomegaly	- No
Tenderness	- No



### Central nervous system

	- No neurological deficit
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### Skin

	- No significant finding
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### Musculo Skeletal System

- No significant finding

### Psychological Assessment

Psychological assessment - Normal

**COMPLETE BLOOD COUNT(CBC) WITH ESR**

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	14.5	g/dL	●	13.0-17.0
Packed cell volume (Calculated)	40.9	%	●	38.3-48.6
RBC Count	4.69	Million/ul	●	4.50-5.90
MCV-	87.2	fl	●	80-100
MCH-	30.9	pg	●	27-32
MCHC-	35.5	g/dL	●	32-36
RDW	14.5	%	●	11.8-14.5
TLC COUNT	8.48	10 <sup>9</sup> /mm <sup>3</sup>	●	4.0-11.0
Neutrophils	59	%	●	40-80
Lymphocytes	32	%	●	20-40
Monocytes	6	%	●	2-10
Eosinophils	3	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	293.9	10 <sup>9</sup> /mm <sup>3</sup>	●	150-450
Mean Platelet Volume	7.6	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	17 *	mm/1st hr	●	0-15

**URINE ROUTINE (CUE)**

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
Specific Gravity	1.010		●	1.005 - 1.025
Colour:	Pale Straw			
Transparency:	Clear			
pH	Acidic			
Protein :	Nil			
Sugar:	Nil			
Ketone	Nil			
Bilirubin:	Nil			

● Within Normal Range

● Borderline High/Low

● Out of Range

RBC	Nil			
Pus Cells	1-2	/hpf		0.0 - 5.0/HPF
Epithelial Cells	1-2	/hpf		<20
Yeast Cells	Absent			
Bacteria:	Absent			
Casts:	Absent			ABSENT
Crystals:	Absent			

**BLOOD GROUPING AND TYPING (ABO and Rh)**

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

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	97	mg/dL	●	70-100

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

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post prandial)	103	mg/dL	●	70-140

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

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	5.9 *	%	●	4.0-5.6

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Total Cholesterol	212 *	mg/dL	●	Desirable: <200 Borderline High: 200-239 High >240
HDL Cholesterol	49	mg/dL	●	>40



Within Normal Range



Borderline High/Low



Out of Range



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LDL Cholesterol (Direct LDL)	159 *	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190
Triglycerides - Serum	259 *	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
VLDL CHOLESTEROL - SERUM	52 *		●	15-30
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	4.3		●	3.5-5.0

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
Protein Total - Serum	7.3	g/dL	●	6.6-8.3
Albumin - Serum	4.3	g/dL	●	3.5-5.2
GLOBULIN	3.0	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.4		●	0.9-2.0
AST (SGOT)	43	U/L	●	< 50
ALT(SGPT) - SERUM	75 *	U/L	●	<50
BILIRUBIN TOTAL	0.5	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.1	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	0.4	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	77	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	34	U/L	●	0 - 55

**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.86	mg/dL	●	0.72 - 1.18



Within Normal Range



Borderline High/Low



Out of Range

**URIC ACID - SERUM / PLASMA**

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	7.7 *	mg/dL	●	3.5-7.2

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9.6	mg/dL		Male: <50yrs 8.87-20.5 mg/dl Male:>50yrs 8.41-25.7 mg/dl

**THYROID PACKAGE**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.36	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	11.61	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	12.49 *	µIU/mL	●	0.35-5.50

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

PSA is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or some prostate disorders. PSA is not a unique indicator of prostate cancer, it may also detect prostatitis or benign prostatic hyperplasia. Only about 30 percent of patients with high PSA have prostate cancer diagnosed after biopsy. It is recommended in men above 50 years of age.

Test Name	Result	Unit	Level	Range
Prostatic Specific Antigen (PSA Total)	0.2	ng/mL	●	< 4

**ECG**

WNL

**TMT/2D ECHO**

--No RWMA at Rest

-Normal LV Systolic Function (LVEF: 60%)

**ULTRASOUND - WHOLE ABDOMEN**

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IMPRESSION:- Sonography Study Reveals:-

- Mild hepatomegaly with grade-I fatty liver.

ADV:- Clinical Correlation.

**X-RAY CHEST PA**

IMP:- RADIOGRAPHIC IMAGE REVEALS:-

Normal findings are seen.

Thanks for Ref



Within Normal Range



Borderline High/Low



Out of Range

### Executive Summary



Internal Medicine consultation Due after 1 week

Printed By : NEELAM JAIN

**Dr.NEELAM JAIN**

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.