

Name : Ms. EDDIMI VIJAYA LAXMI (45 /F)

Date : 30/10/2024

Address :

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AMHL.0002445215

Package : MEDIWHEEL - FULL BODY ANNUAL PLUS CHECK ADVANCE
FEMALE HCK

AHC No : AMHLAH224650



CHIEF COMPLAINTS

For corporate health checkup

PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,
Dyslipidemia, Thyroid
disorder, Heart disease,
Stroke, Asthma
Hypertension Medication - regular; -
Telma 40



DRUG ALLERGY

NO KNOWN ALLERGY :30/10/2024



SYSTEMIC REVIEW

Cardiovascular system

High blood pressure - yes; Medication - yes

Respiratory system

- Nil Significant

Oral and dental

- Nil Significant

Gastrointestinal system

Dyspepsia - yes; Nature - persistent; Symptoms -
acidity, bloating

Genitourinary system

- Nil Significant

Gynaec history

No of Children - 3; Last child birth - 15 yrs;
Deliveries - normal vaginal delivery; Hysterectomy -
yes

Central nervous system

- Nil Significant

Eyes

Vision - normal with glasses; Glasses - yes; Glasses
for - refractive error

ENT

- Nil Significant

Musculoskeletal system

Spine and joints

- Nil Significant

Skin

- allergic rash

Weight

- stable



Past medical history

Past medical history - nil significant



Surgical history

Appendicectomy - yes

Hysterectomy - yes



Personal history

Marital status - Married

No. of children - 3

Diet - Non Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Sedentary



Family history

Father - has expired

Mother - has expired

Diabetes - father, mother

Coronary artery
disease - none

Cancer - None

PHYSICAL EXAMINATION



General

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Build - obese
Height - 152
Weight - 77.9
BMI - 33.72
Pallor - No
Oedema - no

Cardiovascular system

Heart rate (Per minute) - 79
Rhythm - Regular
- B.P. Sitting
Systolic(mm of Hg) - 153
Diastolic(mm of Hg) - 101
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

Abdomen

Appearance - Normal
Organomegaly - No
Tenderness - No

Ophthalmology consultation

Ophthalmology findings - OCULAR MOVEMENTS:
(RE):FULL (LE):FULL
ANTERIOR SEGMENTS:
(RE):WNL (LE):WNL
VISUAL ACUITY
DISTANCE:WITHOUT
GLASS (RE):6/ (LE):6/
VISUAL ACUITY
NEAR:WITHOUT GLASS
(RE):N8P (LE)N8P
SPECTACLE POWER:
RE:-2.50X10*(6/6)
LE:-2.75X160*(6/6) ADD:
+1.50DSPH(N6)
ADVICE:*Glass Rx*Review
after 1yr/SOS

Printed By : Benazir Begaum

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COMPLETE HAEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	11.9 *	g/dl	●	12.0-15.0
RBC COUNT	4.30	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	35.9 *	%	●	36-46
MCV	83.4	fl	●	83-101
MCH	27.7	pg	●	27-32
MCHC	33.2	%	●	31.5-34.5
RDW	13.4	%	●	11.8-14.0
WBC Count	7500	/cu mm	●	4000-10000
Platelet Count	1.76	lacs/cu mm	●	1.5-4.0
Neutrophils	62	%	●	40-80
Lymphocytes	31	%	●	20-40
Monocytes	04	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			

ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	21 *	mm/1st hr	●	0-20

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	40	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.010			
pH:	6.0			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
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:	A			
Rh (D) Type:	POSITIVE			

ALT(SGPT) - SERUM

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	38 *	U/L	●	0-35

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
ALBUMIN - SERUM	4.3	g/dL	●	3.5-5.1

ALKALINE PHOSPHATASE - SERUM

Test Name	Result	Unit	Level	Range
ALKALINE PHOSPHATASE - SERUM	108 *	U/L	●	33-98

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT) - SERUM	24	U/L	●	0-35

BILIRUBIN, TOTAL - SERUM

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

CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range

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

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CHOLESTEROL - SERUM	168	mg/dL	●	0-200
Non-HDL Cholesterol	119			

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.5 *	mg/dL	●	0.6-1.1
CREATININE - SERUM	0.5 *	mg/dL	●	0.6-1.1

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	33	U/L	●	0-38

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	127 *	mg/dL	●	70-99

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	218 *	mg/dL	●	70-140

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	6.3 *	%	●	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
HDL CHOLESTEROL - SERUM	49	mg/dL	●	30-70
TC/HDL-C ratio serum	3		●	Optimal<3.5

LDL CHOLESTEROL -SERUM

Test Name	Result	Unit	Level	Range
LDL CHOLESTEROL -SERUM	81	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	38 *	mg/dL	●	0-35

PROTEIN TOTAL - SERUM

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	6.7	g/dL	●	6.4-8.3
Albumin/Globulin Ratio	1.8		●	1.0-2.0
GLOBULIN: (CALCULATED) - SERUM	2.4	g/dL	●	1.8-3.6

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM (Chemiluminescence)	1.33	ng/ml	●	0.87-1.78

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM (Chemiluminescence)	9.7	µg/dL	●	5.48-14.28

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	215 *	mg/dL	●	0-150

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM (Chemiluminescence)	1.87	µIU/mL	●	0.38-5.33

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	4.7	mg/dL	●	2.4-5.7

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range

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

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BILIRUBIN 0.2 mg/dL ● 0.0-0.2
CONJUGATED
(DIRECT) - SERUM

* Hepatomegaly with grade I fatty liver.

[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
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	14			
BUN (BLOOD UREA NITROGEN)	7.0	mg/dL	●	7.0-18.0
UREA - SERUM	15	mg/dL	●	13-43
UREA - SERUM	15	mg/dL	●	13-43
CREATININE - SERUM	0.5 *	mg/dL	●	0.6-1.1
CREATININE - SERUM	0.5 *	mg/dL	●	0.6-1.1

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

ECG

SINUS RHYTHM.
LOW VOLTAGE QRS WITH POOR "R" WAVE
PROGRESSION.

PAP SMEAR /CERVICAL SMEAR

Ref No:
AG01.C2408667
SPECIMEN TYPE:
Vault smear (Papanicolaou stain) x 1
SPECIMEN ADEQUACY:
Satisfactory for evaluation
INTERPRETATION/RESULT:
Negative for intraepithelial lesion or malignancy,with no
organism

X-RAY MAMMOGRAPHY BILATERAL (MHC)

* Small circumscribed subcentimetric nodular radio
opacity in the outer quadrant of the left breast,
well-projected only a single view. (BIRADS II)

* No other significant abnormality detected.

[Suggested: USG correlation, if clinically indicated.]

ULTRASOUND SCREENING WHOLE ABDOMEN

BIRADS Category: (0 Negative, 2

X-RAY CHEST PA

* Chest skiagram does not reveal any significant
abnormality.

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

Biochemistry

A/G - RATIO

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

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CARDIOLOGY

TREADMILL TEST / STRESS TEST



Within Normal Range



Borderline High/Low



Out of Range

Executive Summary

- 1. H/O Hypertension - on medication.
- 2. Obesity.
- 3. Pre-diabetic.
- 4. USG - Hepatomegaly with grade I fatty liver.
- 5. MAMMOGRAPHY - Small circumscribed subcentimetric nodular radio opacity in the outer quadrant of the left breast, well-projected only a single view. (BIRADS II).

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.
- * Weight reduction advised.
- * Dietician review.

Medications

- * Tab. GLYCIHAGE SR 500 MG (METFORMIN) 1 tab. once daily after breakfast to continue.
- * To continue home medication as before.

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
ULTRASOUND BREAST BILATERAL	7 Day(s)		Review with report.
HBA1C - BLOOD	3 Month(s)		Review with report.

Follow-up and Review Plan

- * Annual health check-up.



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

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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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Dr.SUCHISMITA BHAUMIK

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS

Moderate Risk

YOUR SCORE

6

ACCEPTABLE SCORE

4

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