

Name : Mrs. SARANYA A (31 /F)

Date : 24/02/2024

Address : NO:1/271, MAHASAKTHI NAGAR, COLLECTORATE [POST],, RAMANATHAPURAM,  
RAMANATHAPURAM, TAMIL NADU, INDIA

Examined by: Dr .VANI N

UHID : ASM1.0000477539

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW  
40YRS

AHC No : MDUMH121313



## CHIEF COMPLAINTS

No specific complaints

## PRESENT KNOWN ILLNESS

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



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Gastrointestinal system

- Nil Significant

### Genitourinary system

- Nil Significant

### General symptoms

- Nil Significant



## Surgical history

Lower segment - 1  
caesarean section



## Personal history

Diet - Mixed Diet  
Alcohol - does not consume alcohol  
Smoking - No  
Chews tobacco - No  
Physical activity - Moderate  
- level ground walking



## Family history

Diabetes - father  
Coronary artery  
disease - father  
Cancer - None

## PHYSICAL EXAMINATION



## General

General appearance - normal  
Height - 156  
Weight - 56.9  
BMI - 23.38  
Pallor - No  
Oedema - no



## Cardiovascular system

Heart rate (Per minute) - 76  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 100  
Diastolic(mm of Hg) - 60  
Heart sounds - S1S2+

## Respiratory system

Breath sounds - Normal vesicular breath  
sounds



## Abdomen

Organomegaly - No  
Tenderness - No

Printed By : Sasikala T

Name : Mrs. SARANYA A (31 /F)

UHID : ASM1.0000477539

Date : 24/02/2024

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH121313

**HEMOGRAM**

Test Name	Result	Unit	Level	Range
Hemoglobin	11.2 *	gm%	●	11.5-16.5
Packed cell volume(Calculated)	33 *	%	●	37-47
WBC Count	5.4	10 <sup>3</sup> /m <sup>3</sup>	●	4-11
Platelet Count	298	10 <sup>3</sup> /m <sup>3</sup>	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	29 *	mm/1st hr	●	0-20
RBC Count	3.91	Million/ul	●	3.7-5.6
MCV	85	fl	●	75-95
MCH(Calculated)	29	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Neutrophils	56	%	●	40-80
Lymphocytes	35	%	●	20-40
Eosinophils	02	%	●	01-06
Monocytes	07	%	●	2-10

**URINE ROUTINE (CUE)**

Test Name	Result	Unit	Level	Range
Specific Gravity	1.030		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Clear			Clear
pH	5.5		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	Nil			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT
Urobilinogen	Normal	E.U./dL		Normal
RBC	Nil	/hpf		<2
Pus Cells	2-4	/hpf		Male : 2 - 3 Female : 2 - 5
Epithelial Cells	1-2	/hpf		3 - 5

**ALT(SGPT) - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
ALT(SGPT)	22	U/L	●	Adult Female : <34

**ALBUMIN - SERUM**

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.5	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	3.1	g/dL	●	Adult (2.0 - 3.5)

**ALKALINE PHOSPHATASE - SERUM/PLASMA**

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	72	U/L	●	Adult(Female): < 104

**AST (SGOT) - SERUM**

Test Name	Result	Unit	Level	Range
AST (SGOT)	22	U/L	●	Adult Female: <31

**BILIRUBIN, TOTAL - SERUM**

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.3	mg/dL	●	NORMAL : 0.2 TO 1.1

**CHOLESTEROL - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Total Cholesterol	148	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.6	mg/dL	●	Female: 0.6 - 1.1

**GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM**

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	15	U/L	●	Female: < 38

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

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

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

Name : Mrs. SARANYA A (31 /F)

UHID : ASM1.0000477539

Date : 24/02/2024

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH121313

Glucose - Serum / Plasma (Fasting) 84 mg/dL ● 60-99

Total Cholesterol / HDL Cholesterol Ratio (Calculated) 4.2 ● < 4.5

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name Result Unit Level Range
Glucose - Serum / Plasma (Post Prandial) 97 mg/dL ● < 140
Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

UREA - SERUM / PLASMA

Test Name Result Unit Level Range
Urea 23 mg/dL ● Adult: 13 - 43

URIC ACID - SERUM

Test Name Result Unit Level Range
Uric Acid - Serum 4.6 mg/dL ● Adult Female: 2.6 - 6.0

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name Result Unit Level Range
Glycosylated Hemoglobin (HbA1c) 5.0 % ● Normal < 5.7%
Increased risk for Diabetes 5.7 - 6.4%
Diabetes >= 6.5%

VLDL CHOLESTEROL - SERUM

Test Name Result Unit Level Range
VLDL CHOLESTEROL - SERUM 8 ● Desirable:<30
Triglycerides - Serum 39 mg/dL ● Normal: <150
High: 150 - 199
Hypertriglyceridemic: 200 - 499
Very High: >=500

HDL CHOLESTEROL - SERUM / PLASMA

Test Name Result Unit Level Range
HDL Cholesterol 35 \* mg/dL ● Low: <40
High: >=60

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name Result Unit Level Range
Bilirubin Conjugated - Serum 0.2 mg/dL ● 0.0-0.2
Bilirubin Unconjugated - Serum (Calculated) 0.1 mg/dL ● 0.0-1.0

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name Result Unit Level Range
LDL Cholesterol (Direct LDL) 92 mg/dL ● Optimal: <100
Near/above optimal: 100 - 129
Borderline High: 130 - 159
High: 160 - 189
Very High: >=190

BUN (BLOOD UREA NITROGEN)

Test Name Result Unit Level Range
BUN (BLOOD UREA NITROGEN) 10.7 mg/dL ● Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name Result Unit Level Range
TOTAL T3: TRI IODOTHYRONINE - SERUM 115 ng/dL ● 60-180

PROTEIN TOTAL - SERUM / PLASMA

Test Name Result Unit Level Range
Protein Total - Serum 7.6 g/dL ● >2 Year: 6.0 - 8.0

TOTAL T4: THYROXINE - SERUM

Test Name Result Unit Level Range
TOTAL T4: THYROXINE - SERUM 10.1 µg/dL ● 3.5 - 12.5

TRIGLYCERIDES - SERUM

Test Name Result Unit Level Range

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

Name : Mrs. SARANYA A (31 /F)

UHID : ASM1.0000477539

Date : 24/02/2024

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH121313

### TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	1.95	µIU/mL	●	0.35 - 5.50

### PAP SMEAR /CERVICAL SMEAR

Ref No:  
G 602/2024

PREVIOUS REPORT: G2375/2019 - Cervical smear.  
- Negative for intraepithelial lesion or malignancy,  
Reactive cellular changes associated with  
inflammation.

#### SPECIMEN TYPE:

Cervical smear

#### SPECIMEN ADEQUACY:

Satisfactory for evaluation with metaplastic squamous  
cells.

#### INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy, with  
Fungal organisms morphologically consistent with  
Candida species.

### X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

### ULTRASOUND SCREENING WHOLE ABDOMEN

Liver Measures 12.5 cm. Normal size, shape, outline  
and echotexture. No focal lesions are seen in the liver.  
No IHBR dilatation. Portal vein is normal in course,  
caliber and outline.

Gall Bladder is partially distended.

Pancreas Is normal in size, shape and parenchymal  
echotexture; with no duct dilatation or calcifications.  
Peripancreatic fat is normal.

Spleen Measures 11.0 cm. Normal with no focal lesions.

Right kidney : Measures 9.6 x 4.3 cm, is normal in size.  
Cortical echoes normal. Corticomedullary differentiation  
is maintained. Pelvicaliceal system normal. No calculi /  
hydronephrosis is seen.

Left kidney : Measures 9.4 x 3.9 cm is normal in size.  
Cortical echoes normal. Corticomedullary differentiation  
is maintained. Pelvicaliceal system normal. No calculi /  
hydronephrosis is seen.

Urinary Bladder is normal in distension, caliber and  
outline. No focal lesions.

Uterus Measures 6.4 x 4.1 cm. Endometrial thickness  
measures 6 mm. No focal lesions are seen on the  
myometrium.

Ovaries Right ovary measures 3.4 x 2.3 cm. Left ovary  
measures 3.4 x 1.7 cm. Both ovaries show no focal  
lesions. No adnexal masses are seen. POD is free.

There is no ascites / pleural effusion.

#### IMPRESSION:

- No significant abnormality.

REPORTED BY,  
DR. JASLYN DEVAKIRUBAI., MBBS., MDRD.,  
CONSULTANT RADIOLOGIST.

### 2D-ECHO WITH COLOUR DOPPLER

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

Name : Mrs. SARANYA A (31 /F)

UHID : ASM1.0000477539

Date : 24/02/2024

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK FEMALE BELOW 40YRS

AHC No : MDUMH121313

---

NORMAL CHAMBERS DIMENSIONS.  
STRUCTURALLY NORMAL VALVES.  
NO REGIONAL WALL MOTION ABNORMALITY.  
NORMAL LV SYSTOLIC FUNCTION.  
NORMAL LV DIASTOLIC FUNCTION.  
NO PERICARDIAL EFFUSION/ CLOT.  
EF : 65%.

**INVESTIGATIONS NOT DONE / NOT YET REPORTED / NOT  
PART OF PACKAGE(LAB,RADIOLOGY & CARDIOLOGY)**

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

ECG



Within Normal Range




Borderline High/Low



Out of Range


---

## Executive Summary


 Physical Examination and entire range of Investigation in AHC Package reveal no significant abnormality  
- Normal study

## Wellness Prescription

### Advice On Diet :-

 - Balanced diet

### Advice On Physical Activity :-

 - Regular Walking

Printed By : Sasikala T

**Dr.VANI N**  
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.

### AICVD RISK SCORE REPORT

RISK STATUS

YOUR SCORE

ACCEPTABLE SCORE

Low Risk

1

2

**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**