CHIEF COMPLAINTS

For corporate health checkup

PRESENT KNOWN ILLNESS

No history of	- Diabetes mellitus, Hypertension, Dyslipidemia, Heart disease, Stroke, Asthma
Thyroid disease	- hypothyroidism; Medication - regular; - Thyronorm 125 mcg

DRUG ALLERGY

NO KNOWN ALLERGY   :29/03/2024

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

Last menstrual period - 14.3.24; Periods - regular;
No of Children - 1; Last child birth - 2 yrs; Deliveries
- LSCS

Central nervous system

- Nil Significant

Eyes

- Nil Significant

ENT

- Nil Significant

Musculoskeletal system

Spine and joints
- Nil Significant

Skin

- Nil Significant

Past medical history

Past medical history	- nil significant

Personal history

Marital status	- Married
No. of children	- 1
Diet	- Non Vegetarian
Alcohol	- does not consume alcohol
Smoking	- No
Chews tobacco	- No
Physical activity	- Sedentary

Family history

Father	- alive
Mother	- alive
Diabetes	- father
Coronary artery disease	- none
Cancer	- None

PHYSICAL EXAMINATION

General

Build	- obese
Height	- 152
Weight	- 82
BMI	- 35.49
Pallor	- No
Oedema	- no

Cardiovascular system

Heart rate (Per minute)	- 78
Rhythm	- Regular
	- B.P. Sitting
Systolic(mm of Hg)	- 114
Diastolic(mm of Hg)	- 82
Heart sounds	- S1S2+

Respiratory system

Breath sounds	- Normal vesicular breath sounds

Abdomen

Appearance	- Normal
Organomegaly	- No
Tenderness	- No
Bowel sounds	- Normal

COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	10.8 *	g/dl	🔴	12.0-15.0
RBC COUNT	4.19	Million/ul	🟢	3.8-4.8
Hematocrit - Hct:	34.8 *	%	🔴	36-46
MCV	83.1	fl	🟢	83-101
MCH	25.7 *	pg	🔴	27-32
MCHC	31.0 *	%	🔴	31.5-34.5
RDW	16.4 *	%	🔴	11.8-14.0
WBC Count	7500	/cu mm	🟢	4000-10000
Platelet Count	2.14	lacs/cu mm	🟢	1.5-4.0
Neutrophils	52	%	🟢	40-80
Lymphocytes	40	%	🟢	20-40
Monocytes	06	%	🟢	2-10
Eosinophils	02	%	🟢	01-06
Basophils	00	%	🟢	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	61 *	mm/1st hr	🔴	0-20

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	50	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.025			
pH:	5.5			
Albumin:	Trace			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Occasional/hpf			
Pus Cells	Occasional/hpf			
Epithelial Cells	3-5			

Casts:	Not Found
Crystals:	Not Found
NOTE : -	Urine protein rechecked and confirmed by sulphosalicylic acid test

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:	O			
Rh (D) Type:	POSITIVE			

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	22	U/L	🟢	0-35
ALBUMIN - SERUM	4.0	g/dL	🟢	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	108 *	U/L	🔴	33-98
AST (SGOT) - SERUM	24	U/L	🟢	0-35
BILIRUBIN TOTAL - SERUM	0.4	mg/dL	🟢	0.3-1.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	169	mg/dL	🟢	0-200

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.8	mg/dL	🟢	0.6-1.1

🟢 **Within Normal Range**   🟡 **Borderline High/Low**   🔴 **Out of Range**

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	28	U/L	🟢	0-38

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	81	mg/dL	🟢	70-99

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	120	mg/dL	🟢	70-140

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.1	%	🟢	Nondiadetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >/= 6.5% ADA Theraputic goal : <7%

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	32	mg/dL	🟢	30-70
LDL CHOLESTEROL -SERUM	116 *	mg/dL	🔴	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	21	mg/dL	🟢	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.8	g/dL	🟢	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	3.9 *	g/dL	🔴	1.8-3.6

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.22	ng/ml	🟢	0.87-1.78
TOTAL T4: THYROXINE - SERUM	11.60	µg/dL	🟢	5.48-14.28

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	155 *	mg/dL	🔴	0-150

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	2.3	µIU/mL	🟢	0.38-5.33

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	5.6	mg/dL	🟢	2.4-5.7

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.1	mg/dL	🟢	0.0-0.2

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9.3	mg/dL	🟢	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

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

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	11.1			

ECG

🟢 **Within Normal Range**   🟡 **Borderline High/Low**   🔴 **Out of Range**

SINUS RHYTHM.
LOW VOLTAGE "QRS" & T WAVES.

TREADMILL TEST / STRESS TEST

SUBMAXIMAL (UPTO 81 %) STRESS TEST IS
NEGATIVE FOR PROVOCABLE MYOCARDIAL
ISCHAEMIA.

ULTRASOUND SCREENING WHOLE ABDOMEN

* Grade I fatty liver.
* Bulky uterus.

[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.]

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)

Histopathology

PAP SMEAR /CERVICAL SMEAR

Printed By :

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
Moderate Risk	4	3

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