CHIEF COMPLAINTS

For corporate health checkup

PRESENT KNOWN ILLNESS

No history of - Thyroid disorder, Heart disease

Diabetes mellitus - type 2; Medication - regular

Hypertension Medication - regular

Dyslipidaemia Medication - regular

DRUG ALLERGY

NO KNOWN ALLERGY :22/10/2022

SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

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
Diet	- Non Vegetarian
Alcohol	- does not consume alcohol
Smoking	- No
Chews tobacco	- No
Physical activity	- Mild

Family history

Father	- has expired
Mother	- alive
Brothers	- 2
Sisters	- 4
Hypertension	- mother
Coronary artery disease	- mother
Cancer	- None

PHYSICAL EXAMINATION

General

Height	- 165
Weight	- 71
BMI	- 26.08
Pallor	- No
Oedema	- no

Cardiovascular system

Heart rate (Per minute)	- 88
Rhythm	- Regular
	- B.P. Sitting
Systolic(mm of Hg)	- 154
Diastolic(mm of Hg)	- 100
Heart sounds	- S1S2+

Respiratory system

Breath sounds   - Normal vesicular breath sounds

Abdomen

Organomegaly   - No
Tenderness   - No

Printed By : Benazir Begaum

COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	13.8	g/dl	🟢	13.0-17.0
RBC COUNT	6.04 *	Million/ul	🔴	4.5-5.5
Hematocrit - Hct:	45.8	%	🟢	41-53
MCV	75.9 *	fl	🔴	83-101
MCH	22.9 *	pg	🔴	27-32
MCHC	30.2 *	%	🔴	31.5-34.5
RDW	14.6 *	%	🔴	11.8-14.0
WBC Count	8400	/cu mm	🟢	4000-10000
Platelet Count	1.50	lacs/cu mm	🟢	1.5-4.0
Neutrophils	67	%	🟢	40-80
Lymphocytes	27	%	🟢	20-40
Monocytes	05	%	🟢	2-10
Eosinophils	01	%	🟢	01-06
Basophils	00	%	🟢	0-0
RBC:	Microcytic Hypochromic.			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	05	mm/1st hr	🟢	0-15

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	40	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.005			
pH:	6.5			
Albumin:	Not Detected			
Glucose:	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	2-4	/hpf		
Epithelial Cells	Occasional	/hpf		

Casts:	Not Found
Crystals:	Not Found

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)	Nil			

BLOOD GROUPING AND TYPING (ABO AND RH)

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

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	32	U/L	🟢	0-50
ALBUMIN - SERUM	5.0	g/dL	🟢	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	76	U/L	🟢	43-115
AST (SGOT) - SERUM	23	U/L	🟢	0-50
BILIRUBIN TOTAL - SERUM	1.1	mg/dL	🟢	0.3-1.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	126	mg/dL	🟢	0-200

CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	1.2	mg/dL	🟢	0.9-1.3

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range

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

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	30	U/L	🟢	0-55

GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	120 *	mg/dL	🔴	70-99

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	7.3 *	%	🔴	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	51	mg/dL	🟢	30-70
LDL CHOLESTEROL -SERUM	66	mg/dL	🟢	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	9	mg/dL	🟢	0-35

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	8.3	g/dL	🟢	6.4-8.3
GLOBULIN: (CALCULATED) - SERUM	3.3	g/dL	🟢	1.8-3.6

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	0.9	ng/ml	🟢	0.87-1.78

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	6.97	µg/dL	🟢	5.48-14.28

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	77	mg/dL	🟢	0-150

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	1.93	µIU/mL	🟢	0.38-5.33

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.8	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	0.28	ng/mL	🟢	0.00-6.50

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.6	mg/dL	🟢	7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
A/G - RATIO	1.5		🟢	1.0-2.0

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	9.2			

ECG

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

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE
MYOCARDIAL ISCHAEMIA.

X-RAY CHEST PA

Chest skiagram does not reveal any significant
abnormality.

Dr. PARTHA LODH
DNB RESIDENT
In consultation with

Ultrasound Radiology

ULTRASOUND SCREENING WHOLE ABDOMEN

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

Executive Summary

1. H/O Type II Diabetes mellitus - on medication.
2. H/O Hypertension - on medication.
3. H/O Dyslipidaemia - on medication.
4. Overweight.

Wellness Prescription

Advice On Diet :-

* Low salt, low fat diabetic diet.
* Drink plenty of fluids.

Advice On Physical Activity :-

* Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

* Diet and life style modification.

Medications

* Continue home medication as before till further consultation.

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
DIABETOLOGY		7 Day(s)	

Follow-up and Review Plan

* Annual health check-up.

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

Dr.JHUMA BAGCHI

AHC Physician / Consultant Internal Medicine

Printed By : AVIJIT DAS

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.**

Medications

* Continue home medication as before till further consultation.

Dr.JHUMA BAGCHI

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS	YOUR SCORE	ACCEPTABLE SCORE
High Risk	12	7

Your likelihood of developing cardiovascular disease in the next ten years is 1.6 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 3 months** if you have:
    - o Uncontrolled high blood pressure
    - o Diabetes
    - o Dyslipidemia
    - o Coronary heart disease
- You will be referred to a **cardiologist**.

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