

Name : Mr. KALYAN SINGHA (46 /M)

Date : 06/03/2024

Address :

Examined by:

UHID : AGHL.0001367829

Package : MEDIWHEEL - FULL BODY ANNUAL PLUS WITH TMT MALE HCK

AHC No : AMHLAH199027



### CHIEF COMPLAINTS

For corporate health checkup  
Generalised tiredness

### PRESENT KNOWN ILLNESS

Diabetes mellitus - type 2; Since - 2017;  
Medication - regular; Are your sugar levels well – controlled? - Don't Know



### DRUG ALLERGY

NO KNOWN ALLERGY

:05/07/2019



### 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

### General symptoms

Happiness score

Sleeping well - Good; Stress at home - No; Stress at work - Moderately

### Mind Health screening

Emotional Wellness Assessment (PHQ9)

Score - 1

Depression Level -

None-Minimal



### Present medications

On immunosuppressive - No



### Past medical history

Past medical history

- nil significant

Hospitalization for

- No

Covid 19



### Personal history

Marital status

- Married

Diet

- Mixed Diet

How many meals in a week do you eat hotel food?

- 0

Alcohol

- does not consume alcohol

Smoking

- No

Chews tobacco

- No

Physical activity

- Mild



### Family history

Father

- alive

Mother

- alive

Diabetes

- mother

Coronary artery disease

- none

Cancer

- None

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## PHYSICAL EXAMINATION



### General

Build - over weight  
Height - 171  
Weight - 74  
BMI - 25.31  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 70  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 126  
Diastolic(mm of Hg) - 84  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds



### Abdomen

Organomegaly - No  
Tenderness - No

### Ophthalmology consultation

Ophthalmology findings - PGVA:RE:6/6 LE:6/6  
BCVA:RE:N6 LE:N6  
OCULAR MOVEMENT:WNL  
ANT.SEG:WNL  
ADVICE:\*To continue  
present glass Rx\*Review  
after 1yr/SOS

Printed By : Benazir Begaum

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COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	14.3	g/dl	●	13.0-17.0
RBC COUNT	5.24	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	44.3	%	●	41-53
MCV	84.6	fl	●	83-101
MCH	27.4	pg	●	27-32
MCHC	32.4	%	●	31.5-34.5
RDW	14.7 *	%	●	11.8-14.0
WBC Count	6500	/cu mm	●	4000-10000
Platelet Count	1.70	lacs/cu mm	●	1.5-4.0
Neutrophils	71	%	●	40-80
Lymphocytes	21	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	5	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	1.015			
pH:	6.0			
Albumin:	Not Detected			
Glucose	+++			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	Occasional/hpf			
Epithelial Cells	Occasional/hpf			

Casts: Not Found  
 Crystals: Not Found  
 NOTE : - Urine glucose rechecked and confirmed by Benedict's test

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)	+++			

BLOOD GROUPING AND TYPING (ABO AND RH)

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

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	20	U/L	●	0-50
ALBUMIN - SERUM	4.6	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	58	U/L	●	43-115
AST (SGOT) - SERUM	24	U/L	●	0-50
BILIRUBIN TOTAL - SERUM	0.6	mg/dL	●	0.3-1.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	137	mg/dL	●	0-200

CREATININE - SERUM

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

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

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**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	15	U/L	●	0-55

**GLUCOSE - PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	121 *	mg/dL	●	70-99

**GLUCOSE - PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	128	mg/dL	●	70-140

**HBA1C (GLYCOSYLATED**

**HAEMOGLOBIN)-WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	6.5 *	%	●	Nondiabetic : 4 - 5.6 % Prediabetics : 5.7 - 6.4% Diabetes : >= 6.5% ADA Therapeutic goal : <7%

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	34	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	90	mg/dL	●	Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated)	13	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	3.2	g/dL	●	1.8-3.6

**THYROID PROFILE - I(T3,T4 AND TSH)**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.24	ng/ml	●	0.87-1.78
TOTAL T4: THYROXINE - SERUM	13.77	µg/dL	●	5.48-14.28

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	126	mg/dL	●	0-150

**THYROID PROFILE - I(T3,T4 AND TSH)**

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	2.86	µIU/mL	●	0.38-5.33

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	3.7	mg/dL	●	2.6-7.2

**LIVER FUNCTION TEST (PACKAGE)**

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

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

Test Name	Result	Unit	Level	Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM	1.14	ng/mL	●	0.00-6.50

**BUN (BLOOD UREA NITROGEN)**

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.1	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**

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Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	10.8			

### ECG

SINUS RHYTHM.  
RIGHTWARD AXIS.  
POOR R WAVE PROGRESSION.

### ULTRASOUND SCREENING WHOLE ABDOMEN

\* 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.

Dr. MOURUSI MANDAL  
DNB RESIDENT  
In consultation with

### X-RAY CHEST PA

\* Chest skiagram does not reveal any significant abnormality.

### CARDIOLOGY

TREADMILL TEST / STRESS TEST



Within Normal Range



Borderline High/Low



Out of Range

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**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

Low Risk

### YOUR SCORE

5

### ACCEPTABLE SCORE

6

### 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**