

Patient's Name	Jahan Mehnaz	Date	14/08/2024
Age/Sex	31Y/F	UHID	HC-25160
Referred By	Health Check Up	Done By	Dr.Gaurav Khandelwal

-Left Ventricle : Normal Left Ventricular Size, Wall Thickness & Function.

-Left Ventricular Ejection Fraction is within Normal Limits (LVEF : 60%)

-Left Atrium : Normal Left Atrial Size & Functions.

-Right Ventricle : Normal Right Ventricular Size & Functions.


-Right Atrium : Normal Right Atrial Size & Function.

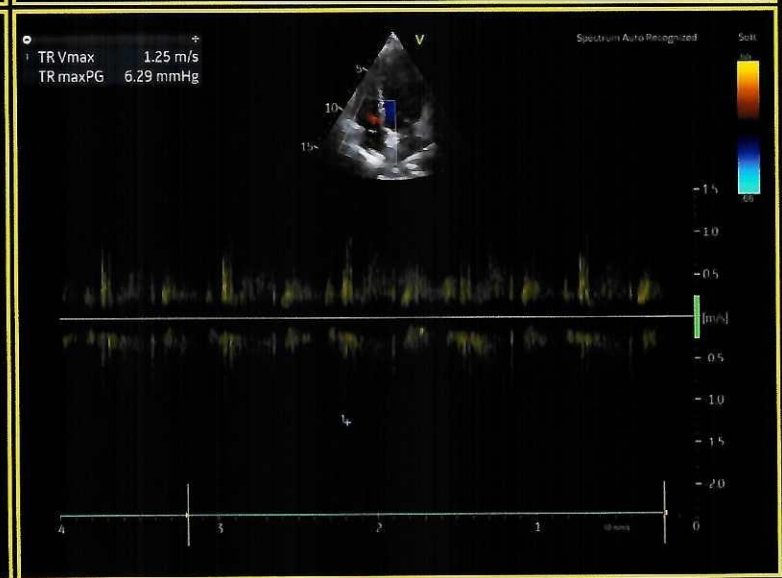
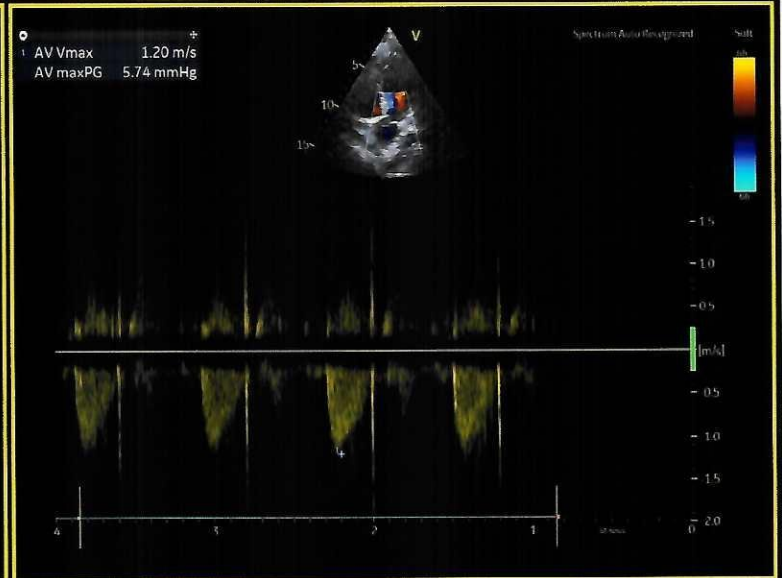
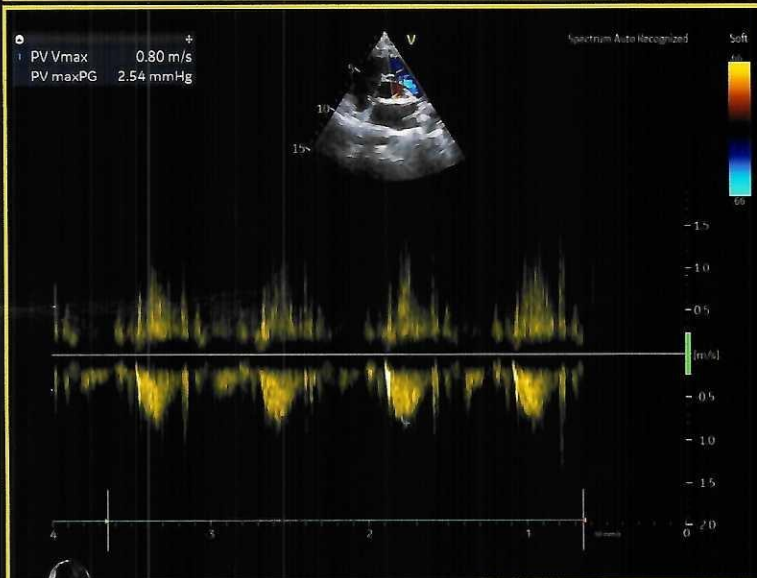
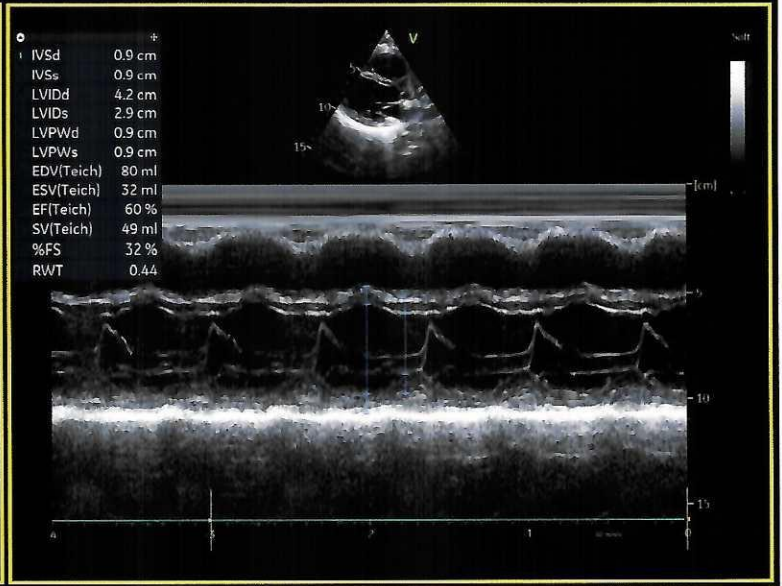
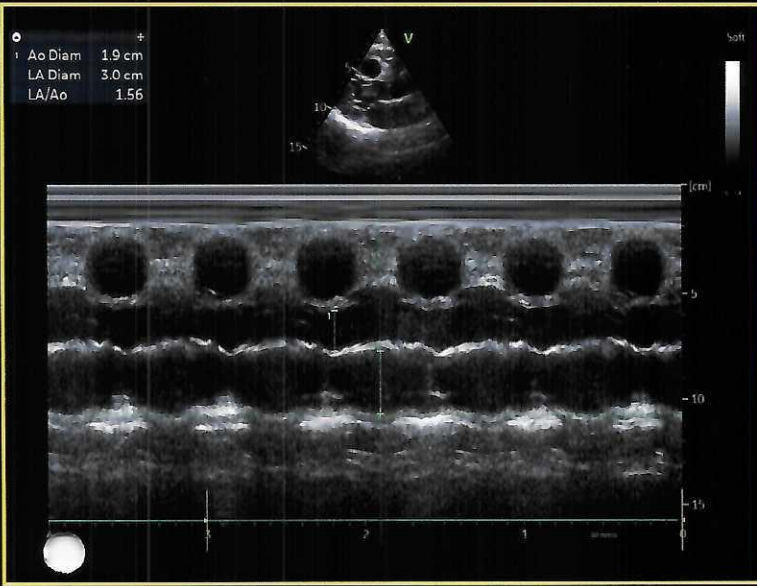
-Valvular Structures : Normal Mitral, Tricuspid, Pulmonic & Aortic Valve Structures.

-Aortic Root is Normal.

-No Evidence of Pericardial Effusion.

-No LA / LV Clot


DR. GAURAV KHANDELWAL
DM (Cardiology), FACC, FESC, FSCAI, FIC
INTERVENTIONAL CARDIOLOGIST



ULTRA SONOGRAPHY ABDOMEN

Patient ID:	ASIIB.0000025160	Patient Name:	JAHAN MEHNAZ
Age:	31 Years	Sex:	F
Accession Number:	17101.224009068	Modality:	US
Referring Physician:	Gopal Batni	Study:	ULTRASOUND - WHOLE ABDOMEN
Study Date:	14-Aug-2024		

Liver:- is normal in size and echotexture. Portal and hepatic venous system appears normal. Intra and extra hepatic biliary radicals are not dilated.

Gall Bladder:- The gallbladder is identified and is normal in size and shape. A small polypoidal lesion is noted in the gallbladder lumen measuring approximately 3.5mm in size. The polypoidal lesion is echogenic with smooth surface and appears to be arising from gallbladder wall. No shadowing or acoustic enhancement is noted posterior to the lesion. The gallbladder wall thickness is within normal limits.

Pancreas is normal in size outline and echopattern.

Spleen is normal in size and echopattern.

Both kidneys are normal in size, shape and echogenicity. Central pelvicalyceal sinus and corticomedullary ratio are normal.

Right kidney measures:- 10.8x4.3cm

Left kidney measures:- 10.8x4.2cm

No evidence of ascites is seen.

Urinary bladder is normal in shape and contour. Its wall is normal.

Uterus and ovaries:- are normal in size and echopattern. Cervix shows normal echopattern. No adnexal mass. No free fluid in POD.

Uterus measures:- 8.5x5.3x5.6cm. Endometrial thickness is 7.6mm.

Right ovary measures 2.6x1.8x2.1cm, volume- 5.0cc.

Left ovary measures 2.4x1.6x2.2cm, volume- 5.2cc.

IMPRESSION:- Sonography Study Reveals:-

- Tiny polypoidal lesion measuring 3.5mm is noted in the gallbladder lumen consistent with tiny gallbladder polyp.

ADV:- Clinical Correlation.

86 bpm
-- / -- mmHg

Location:
Room:
Order Number:
Indication:
Medication 1:
Medication 2:
Medication 3:

Technician:
Ordering Ph:
Referring Ph:
Attending Ph:

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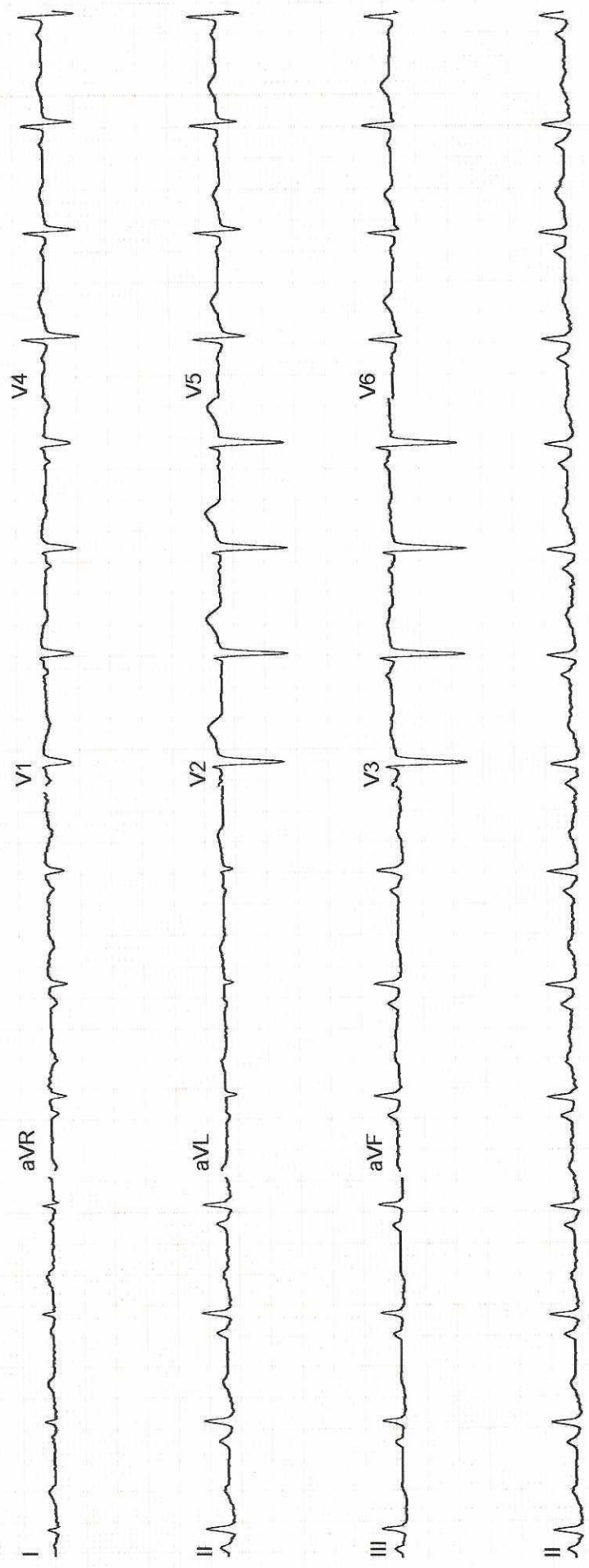
Normal sinus rhythm
Normal ECG

Female
QRS : 76 ms
QT / QTcBaz : 366 / 437 ms
PR : 132 ms
P : 96 ms
RR / PP : 698 / 697 ms
P / QRS / T : 66 / 83 / 38 degrees

jahan mehnaz
25160

Female

ears



Unconfirmed

Patient Name:	JAHAN MEHNAZ	Patient ID:	ASHB.00043100
Age:	31 Years	Sex:	F
Accession Number:	17101.124013129	Modality:	DX
Referring Physician:	Gopal Batni	Study:	CHEST
Study Date:	14-Aug-2024		

X-RAY CHEST (PA VIEW)

Both lung fields are clear. No active pleural or parenchymal lesion is seen.

The hila, mediastinum, bony thoracic cage and the diaphragmatic domes are normal.

The costophrenic and cardiophrenic angles are clear.

The cardiac silhouette is unremarkable.

IMP:- RADIOGRAPHIC IMAGE REVEALS:-

Normal findings are seen.

Thanks for Ref



DR. HARI SANTOSH
CONSULTANT RADIOLOGIST

Date: 14-Aug-2024 13:34:56





Ms. JAHAN MEHNAZ (31 /F)

UHID : ASHB.0000025160

AHC No : BPLAH9562

Date : 14/08/2024

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS
CHECK FEMALE

Dear Ms. JAHAN MEHNAZ

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health risk assessments curated just for you to guide targeted intervention, continuum of care and a path to wellness. Our holistic care continuum integrates clinical expertise and artificial intelligence to gauge and avert the risk, onset and progression of non-communicable diseases (NCDs).

In this personalized health report, you will find your

- Medical History and Physical examination results
- Investigations Results
- Artificial Intelligence powered risk scores
- Physician's Impressions on your Health
- Path to Wellness: A personalized management protocol, including follow-up assessments
- Vaccination counselling advice

Apollo ProHealth encompasses the following processes:

Personalized Health Risk Assessment (pHRA): Based on your online risk assessment, medical history, physical examination, and psychological evaluation, we recommended a health screening assessment for you, including diagnostic and imaging tests. Based on the results of these assessments, we have advised additional follow-up tests and consultations - details of which we have included in your report. Your physician will explain their relevance, and we strongly suggest you comply with the recommendations.

Health Mentor: We have assigned a dedicated health mentor to proactively work with you towards your health goals and ensure that you regularly adhere to the guidance and recommendations from clinical and nutrition consultants. Your health mentor will call you periodically to track your progress

ProHealth App: You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

Follow- Up Consultation:

For any follow-up consultations, you can visit your ProHealth physician in-person at the center or you can book a virtual consultation through <https://www.apollo247.com/specialties> or through the Apollo 247 app on your phone.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on

ANDROID IOS

Disclaimer: *The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.*

Name : Ms. JAHAN MEHNAZ (31 /F)

Date : 14/08/2024

Address : FLAT NO-203, NASHEMAND SAEED AAPPTT. NEWR SUFIA MASIZED, KOHE FIZA,
BHOPAL, BHOPAL, MADHYA PRADESH, INDIA

Examined by : Dr. AHC DOCTOR

UHID : ASHB.0000025160

MEDIWHEEL FULL BODY HEALTH ANNUAL PLUS CHECK
FEMALE

AHC No : BPLAH9562



Chief Complaints

For corporate health checkup
Rashes itching left side chest

Present Known illness

No history of - Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke,
Asthma, COPD, Cancer, Impaired Glycemia
Diabetes mellitus - type 2; Since - 12yrs; Medication - regular



Systemic Review

Cardiovascular system : Chest pain - no; Breathing difficulty - no
Respiratory system : - Nil Significant
Oral and dental : - Nil Significant
Gastrointestinal system : Appetite - normal; Bowel habits - regular
Genitourinary system : Frequency - normal; Dysuria/burning micturition - no; Urgency - no
Gynaec history : Last menstrual period - 20-7-24; Pregnant - No; Periods - regular
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, fungal rash, itching
Weight : - stable
General symptoms : General symptoms - tiredness, weakness



Present medications : - Tab Gluconorm VG 2 OD
Tab Glothine OD



Past medical history

- Past medical history - nil significant
- Covid 19 - Yes
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No



Surgical history

- Others - Knee Sx 2010

Immunization history

- Covid Dose1,Covid Dose2



Personal history

- Ethnicity - Indian Asian
- Marital status - Single
- Profession - government employee
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



Family history

- Father - alive
- Aged - 55
- Mother - alive
- Aged - 50
- Brothers - 2
- Sisters - 1
- Diabetes - father,paternal grandfather
- Hypertension - mother,sister,uncle
- Coronary artery disease - father
- Cancer - maternal grandfather
- Type - Brain

Physical Examination



General

General appearance	- normal
Build	- normal
Height	- 171
Weight	- 67.7
BMI	- 23.15
Pallor	- No
Oedema	- no
SpO2	- 99



Cardiovascular system

Heart rate (Per minute)	- 87
Rhythm	- Regular - B.P. Sitting
Systolic(mm of Hg)	- 111
Diastolic(mm of Hg)	- 72
Heart sounds	- S1S2+

Respiratory system

Breath sounds	- Normal vesicular breath sounds
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Abdomen

Appearance	- Normal
Organomegaly	- No
Tenderness	- No



Central nervous system

- No neurological deficit



Skin

- No significant finding



Musculo Skeletal System

- No significant finding

Psychological Assessment

Psychological assessment - Normal

Gynaec findings

Gynaec checkup done by - Dr Anupa Lokwani

Known to have - Diabetes

Family history - none

Marital status - single

Periods - regular

L M P - 20/7/24

Breast examination - NROMAL

P/A - SOFT

P/S - CERVIX NORMAL. CURFY WHITE DISCHARGE+

Pap smear - Taken

Advice : - REVIEW WITH REPORT. C.CINGIN FORTE PESSARY P/V H/S FOR 7 NIGHTS.

URINE ROUTINE (CUE)

Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range
Specific Gravity	1.015		●	1.005 - 1.025
Colour:	Pale-Yellow			
Transparency:	Slightly Turbid			
pH	Acidic			
Protein :	Nil			
Sugar:	Trace			
Ketone	Nil			
Bilirubin:	Nil			
RBC	Nil			
Pus Cells	2-4	/hpf		0.0 - 5.0/HPF
Epithelial Cells	25-30	/hpf		<20
Yeast Cells	Absent			
Bacteria:	Present			
Casts:	Absent			ABSENT
Crystals:	Absent			

COMPLETE BLOOD COUNT(CBC) WITH ESR

Test Name	Result	Unit	Level	Range
HAEMOGLOBIN	12.5	g/dL	●	12.0 to 15.1
Packed cell volume (Calculated)	37.0	%	●	35.5-44.9
RBC Count	4.45	Million/ul	●	4.00-5.20
MCV-	83.2	fl	●	80-100
MCH-	28.1	pg	●	27-32
MCHC-	33.8	g/dL	●	32-36
RDW	15.0	%	●	12.2-16.1
TLC COUNT	7.96	10 ³ /mm ³	●	4.0-11.0
Neutrophils	65	%	●	40-80
Lymphocytes	25	%	●	20-40



Within Normal Range



Borderline High/Low



Out of Range

Monocytes	5	%	●	2-10
Eosinophils	5	%	●	1-6
Basophils	0	%	●	0-2
Platelet Count	231.1	10 ³ /mm ³	●	150-450
Mean Platelet Volume	9.4	fl	●	6.5-12.0
ERYTHROCYTE SEDIMENTATION RATE (ESR)	4	mm/1st hr	●	0-20

BLOOD GROUPING AND TYPING (ABO and Rh)

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

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	182 *	mg/dL	●	70-100

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD	7.4 *	%	●	4.0-5.6

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	100	mg/dL	●	Desirable: <200 Borderline High: 200–239 High >240
HDL Cholesterol	26 *	mg/dL	●	>40
LDL Cholesterol (Direct LDL)	77	mg/dL	●	Optimal: <100 Above optimal: 100-129 Borderline high: 130-159 High: 160-189 Very high: >190

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

Triglycerides - Serum	90	mg/dL	●	Normal<150 Borderline high 150–199 High 200–499 Very high: ≥ 500
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VLDL CHOLESTEROL - SERUM	18		●	15-30
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Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.9		●	3.5-5.0
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LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Protein Total - Serum	6.8	g/dL	●	6.6-8.3
Albumin - Serum	4.1	g/dL	●	3.5-5.2
GLOBULIN	2.7	g/dL	●	2.6-4.6
ALBUMIN AND GLOBULIN RATIO	1.5		●	0.9-2.0
AST (SGOT)	17	U/L	●	< 35
ALT(SGPT) - SERUM	19	U/L	●	<35
BILIRUBIN TOTAL	1.3 *	mg/dL	●	0.3–1.2
BILIRUBIN CONJUGATED (DIRECT)	0.3 *	mg/dL	●	<0.2
BILIRUBIN UNCONJUGATED (INDIRECT)	1.0	mg/dL	●	0.1-1.2
Alkaline Phosphatase - Serum	62	U/L	●	30-120
GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	14	U/L	●	0-38

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.61	mg/dL	●	0.55-1.02

URIC ACID - SERUM / PLASMA

Uric acid is a product of the metabolic breakdown of purine. High blood concentrations of uric acid can lead to gout. It is also associated with other medical conditions including diabetes and the formation of kidney stones.

Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range

Uric Acid - Serum	3.9	mg/dL	●	2.6-6.0
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BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.8	mg/dL		Female: <50yrs 7.01-18.7 mg/dl Female:>50yrs 9.81-20.1 mg/dl

THYROID PACKAGE

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.07	ng/ml	●	0.60-1.81
TOTAL T4: THYROXINE - SERUM	8.47	µg/dL	●	5.01 - 12.45
TSH: Thyroid Stimulating Hormone	1.84	µIU/mL	●	0.35-5.50

TMT/2D ECHO

-No RWMA at rest
-Normal LV Systolic Function (LVEF 60%)

Investigations Not Done / Not Yet Reported**BioChemistry**

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Histopathology

PAP SMEAR /CERVICAL SMEAR

Ultrasound Radiology

ULTRASOUND - WHOLE ABDOMEN

CARDIOLOGY

ECG

X Ray

X-RAY CHEST PA

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

Executive Summary



Diabetes mellitus

Wellness Prescription

Advice On Diet :-



Diabetic diet

Advice On Physical Activity :-



30 minutes brisk walk 5 days a week

Follow-up and Review Plan



Regular Diabetology follow up with regular blood sugar monitoring



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

Discussion

Physician Consultation due

Printed By : Promise Jain

Dr.AHC DOCTOR

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

3

2

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