

Name : Mrs. SUNITA YADAV (47 /F)

Date : 10/02/2024

Address : MEDIWHEEL NASHIK, NASHIK, NASHIK, MAHARASHTRA, INDIA

Examined by:

UHID : MHN1.0000160046

Package : MediWheel Full Body Health Checkup Female Above 40
Package

AHC No : NSKAH38910



CHIEF COMPLAINTS

For corporate health checkup
No specific complaints

PRESENT KNOWN ILLNESS

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



DRUG ALLERGY

NO KNOWN ALLERGY

:10/02/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant



Past medical history

Do you have any - No
allergies?

Do you have any drug - No
allergies?

Past medical history - nil significant



Surgical history

Surgical history - Nil



Personal history

Marital status - Married

No. of children - 2

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Active



Family history

Coronary artery - none
disease

Cancer - None

PHYSICAL EXAMINATION



General

Height - 146

Weight - 82

BMI - 38.47

Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 98

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 120

Diastolic(mm of Hg) - 90

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath
sounds



Abdomen

Organomegaly - No

Tenderness - No

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URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.005 *		●	1.016-1.026
Color,:	PALE YELLOW			
Transparency:	Clear			
Reaction:	Acidic			7.2-7.8
Protein :	Negative			
Sugar:	Negative			
pH	5.0		●	4.6-8
Blood:	Negative			
Ketone	Negative			
Bile Pigments:	Negative			
Bile Salts :	Negative			
Urobilinogen	Normal			
Nitrite	Negative			
RBC	0	/hpf	●	0-2
WBC/Pus Cells	0-1/HPF	/hpf		
Tc/Sqc(Transitional/Squamous epithelial cells)	7-9/HPF	/hpf		

Monocytes	07	%	●	1-10
Basophils	00	%	●	0-1
ERYTHROCYTE SEDIMENTATION RATE (ESR)	02	mm/1st hr	●	0-20

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 / PLASMA	20 *	U/L	●	30-65
ALBUMIN - SERUM	4.0	g/dL	●	3.5-5
GLOBULIN - SERUM: (Calculated)	4.1 *	g/dL	●	1.8-3.6
ALBUMIN:GLOBULIN - SERUM(RATIO) (Calculated)	1.0 *		●	1.1-1.8
ALKALINE PHOSPHATASE - SERUM/PLASMA	113 *	U/L	●	0-100

AST (SGOT) - SERUM	44 *	U/L	●	15-37
BILIRUBIN, TOTAL - SERUM	0.9	mg/dL	●	0.0-1.0

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	187	mg/dL	●	0-200

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.6	mg/dL	●	0.6-1.0

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
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C B C WITH ESR (AUTOMATION + STANDARD METHOD)

Test Name	Result	Unit	Level	Range
Hemoglobin	11.9	g/dl	●	11.0-16.0
Haematocrit	35.7	%	●	34.0-48.0
RBC COUNT	3.76	Million/ul	●	3.7-5.6
MCV	98.1 *	fl	●	75.0-95.0
MCH	31.7	pg	●	26.0-32.0
MCHC	32.3	g/dl	●	31.0-36.0
RDW	16.3 *	%	●	11-16
Platelet Count(Optical/Impedance)	148	10 ⁹ /m ³	●	140-440
TLC Count	6.50	10 ⁹ /m ³	●	4.0-11.0
Neutrophils	52	%	●	40-75
Lymphocytes	38	%	●	20-45
Eosinophils	03	%	●	1-6

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

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GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	39	U/L	●	0-50
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TOTAL T3: TRI IODOTHYRONINE - SERUM	145	ng/dL	●	Healthy Adults: 69 - 215 Pregnant Women: 1st Trimester:121- 308 2nd & 3rd Trimesters:152- 362
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GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	117 *	mg/dL	●	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (POST PRANDIAL)	140	mg/dL	●	70-140

TOTAL T4: THYROXINE - SERUM	12.1	µg/dL	●	Healthy Adults: 5.2 - 12.7 Pregnancy:1stT rimester:7.8 - 16.2 2nd & 3rd Trimesters: 9.1 - 18.3
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GLYCOSYLATED HEMOGLOBIN (HbA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.2	%	●	0.0-6.0
Mean Plasma Glucose (MPG) Estimate:	107.8200	mg/dL		

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	120	mg/dL	●	0-150
VLDL SERUM-CALCULATED	24.0000			

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM / PLASMA	49	mg/dL	●	40-60
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	3.8		●	0.0-4.5
LDL Cholesterol (Direct LDL)	102	mg/dL		

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	2.0	uIU/mL	●	Euthyroid: 0.3 - 4.5 Hypothyroid: 7.1 - >75.0 Pregnancy(All Trimesters):0.2 -3.5

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN, TOTAL - SERUM / PLASMA	8.1	g/dL	●	6.4-8.2
PROTEIN, TOTAL - SERUM / PLASMA	8.1	g/dL	●	6.4-8.2

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
UREA - SERUM / PLASMA	22	mg/dL	●	15-38
UREA NITROGEN SERUM/PLASMA: (Calculated)	10	mg/dL	●	7-18

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
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URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.0	mg/dL	●	2.6-6.0

LIVER FUNCTION TEST (PACKAGE)

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

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Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.3	mg/dL	●	0.0-0.3
BILIRUBIN UNCONJUGATED - SERUM(Calculated)	0.6	mg/dL	●	0.0-0.7

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

Haematology

STOOL ROUTINE

CERVICAL/VAGINAL SMEAR II SLIDE

Brief Clinical History:

last menstrual period-5 month back

SOURCE OF SPECIMEN :

Cervical Smear-Conventional

I. Specimen Adequacy

Satisfactory for evaluation

II. General Categorization :

Negative for intraepithelial lesion or malignancy

Other non neoplastic findings:

Smears show Intermediate and parabasal squamous cells. Moderate neutrophilic infiltrate is seen. Focal reactive epithelial atypia in few parabasal cells There is no evidence of dysplasia or malignancy. There is no evidence of candida or trichomonas. Negative for intraepithelial lesion or malignancy suggests benign cellular changes of inflammation with atrophic changes and focal reactive epithelial atypia

Adv :Follow up .

Epithelial abnormalities:

Absent

Comments :

CARDIAC STRESS TEST - (TMT)

TEST IS BORDERLINE FOR INDUCIBLE ISCHEMIA

ECG

MAMMOGRAPHY

- 1) No significant abnormality is seen on this study.
- 2) BI – RADS - Category 1.

Suggest : Clinical correlation.

ULTRASOUND - WHOLE ABDOMEN

Grade I fatty infiltration of liver.

No other significant abnormality is detected.

X-RAY CHEST PA

No significant abnormality is detected.



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

High Risk

YOUR SCORE

8

ACCEPTABLE SCORE

4

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

Apollo Prediabetes Risk Tool

Low Risk

You are at low risk for developing prediabetes.

The **Apollo Hospitals Prediabetes Risk tool** is a comprehensive, community-based risk assessment tool for the early diagnosis of prediabetes (before estimation of blood glucose or HbA1C). This tool compiles data based on your physical parameters, lifestyle, and health attributes and assesses whether you have a low, medium or high risk for undiagnosed prediabetes. The tool has been developed based on Indian demographics and has more than 90% accuracy.

ADVICE

- Follow the guidance and education on **dietary and lifestyle management**
- Aim for 30 minutes or more of moderately intense **exercise** (such as brisk walking) most days of the week, for a minimum of 150 minutes (2.5 hours) of total physical activity/week.
- You do not need to be referred to an **endocrinologist or diabetologist** at this time.
- Follow your **physician's guidance** regarding **annual follow-up testing**.

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5. By usage of Prediabetes Risk Score, it is deemed that 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.
6. The current model doesn't account for:
 - Uncontrolled and Undiagnosed Diabetes
 - Gestational Diabetes
 - Polycystic Ovarian Disease (PCOD)
 - Diabetes currently being managed