

Name : Mr. ANKIT KUMAR (34 /M)

Date : 29/02/2024

Address :

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AMHL.0002305414

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH198036



## CHIEF COMPLAINTS

For corporate health checkup  
No specific complaints

## PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,  
Hypertension,  
Dyslipidemia, Thyroid  
disorder, Heart disease,  
Stroke, Asthma  
Since - 6 yrs

Fatty liver



## DRUG ALLERGY

NO KNOWN ALLERGY

:29/02/2024



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Gastrointestinal system

Appetite - normal; Symptoms - acidity, bloating;  
Bowel habits - not regular; Rectal bleeding - yes;  
Since - single episode; Piles - yes; Hernia - no

### Genitourinary system

- Nil Significant

### Eyes

Vision - normal with glasses; Glasses - yes

### ENT

- Nil Significant

### Musculoskeletal system

Spine and joints  
- Nil Significant

### Skin

- Nil Significant



## Present medications

- Nil



## Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No

Covid 19 - No

Tuberculosis - in childhood



## 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 - Mild



## Family history

Father - alive

Mother - has expired

Brothers - 1

Sisters - 1

Diabetes - father

Hypertension - father

Coronary artery disease - none

Cancer - None

## PHYSICAL EXAMINATION



## General

Build - over weight

Height - 167

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Weight - 71  
BMI - 25.46  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 74  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 138  
Diastolic(mm of Hg) - 100  
Heart sounds - S1S2+

### Respiratory system

Breath sounds - Normal vesicular breath sounds



### Abdomen

Organomegaly - No  
Tenderness - No



### Skin

- No significant finding

### Ophthalmology consultation

Ophthalmology findings - UCVA:RE:6/6 LE:6/6  
NVA:RE:N6 LE:N6  
OCULAR MOVEMENT:WNL  
ANT.SEG:WNL  
ADVICE: \*Review after  
1yr/SOS

Printed By : Benazir Begaum

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**COMPLETE HAEMOGRAM PROFILE**

Test Name	Result	Unit	Level	Range
Hemoglobin	14.0	g/dl	●	13.0-17.0
RBC COUNT	4.48 *	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	43.7	%	●	41-53
MCV	97.6	fl	●	83-101
MCH	31.3	pg	●	27-32
MCHC	32.1	%	●	31.5-34.5
RDW	14.6 *	%	●	11.8-14.0
WBC Count	8600	/cu mm	●	4000-10000
Platelet Count	2.14	lacs/cu mm	●	1.5-4.0
Neutrophils	68	%	●	40-80
Lymphocytes	26	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	18 *	mm/1st hr	●	0-15

**URINE ROUTINE AND MICROSCOPY**

Test Name	Result	Unit	Level	Range
Volume:	30	mL		
Colour:	Pale Straw			
Appearance	Clear			
Specific Gravity	1.005			
pH:	6.0			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	Occasional/hpf			
Epithelial Cells	0-2			

Casts: Not Found  
Crystals: Not Found

**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:	A			
Rh (D) Type:	POSITIVE			

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	72 *	U/L	●	0-50
ALBUMIN - SERUM	4.6	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	119 *	U/L	●	43-115

AST (SGOT) - SERUM	43	U/L	●	0-50
BILIRUBIN TOTAL - SERUM	0.7	mg/dL	●	0.3-1.2

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	157	mg/dL	●	0-200

**CREATININE - SERUM**

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

**LIVER FUNCTION TEST (PACKAGE)**

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

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GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM 26 U/L ● 0-55

TOTAL T3: TRI IODOTHYRONINE - SERUM 1.52 ng/ml ● 0.87-1.78

TOTAL T4: THYROXINE - SERUM 12.03 µg/dL ● 5.48-14.28

GLUCOSE - PLASMA (FASTING)

Test Name Result Unit Level Range
GLUCOSE - PLASMA (FASTING) 88 mg/dL ● 70-99

LIPID PROFILE TEST (PACKAGE)

Test Name Result Unit Level Range
TRIGLYCERIDES - SERUM 109 mg/dL ● 0-150

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name Result Unit Level Range
GLUCOSE - PLASMA (POST PRANDIAL) 112 mg/dL ● 70-140

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name Result Unit Level Range
TSH: THYROID STIMULATING HORMONE - SERUM 1.5 µIU/mL ● 0.38-5.33

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name Result Unit Level Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD 4.7 % ●
Nondiabetic : 4 - 5.6 %
Prediabetics : 5.7 - 6.4%
Diabetes : >= 6.5%
ADA Therapeutic goal : <7%

URIC ACID - SERUM

Test Name Result Unit Level Range
URIC ACID - SERUM 8.0 \* 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

LIPID PROFILE TEST (PACKAGE)

Test Name Result Unit Level Range
HDL CHOLESTEROL - SERUM 39 mg/dL ● 30-70
LDL CHOLESTEROL -SERUM 106 mg/dL ● Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated) 12 mg/dL ● 0-35

BUN (BLOOD UREA NITROGEN)

Test Name Result Unit Level Range
BUN (BLOOD UREA NITROGEN) 9.4 mg/dL ● 7.0-18.0

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
A/G - RATIO 1.3 ● 1.0-2.0

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
PROTEIN TOTAL - SERUM 8.3 g/dL ● 6.4-8.3
GLOBULIN: (CALCULATED) - SERUM 3.7 \* g/dL ● 1.8-3.6

BUN/CREATININE RATIO

Test Name Result Unit Level Range
BUN/CREATININE RATIO 10.9

ECG

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

TREADMILL TEST / STRESS TEST

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name Result Unit Level Range

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

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STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

#### 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.

#### 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



Within Normal Range



Borderline High/Low



Out of Range

## Executive Summary



1. H/O Fatty liver.
2. Overweight.
3. Deranged LFT.
4. Hyperuricaemia.
5. USG - Grade I fatty liver.

## Wellness Prescription

### Advice On Diet :-



- \* Low fat, low salt, low purine healthy balanced diet.
- \* Drink plenty of fluids.

### Advice On Physical Activity :-



- \* Regular exercise and maintain ideal weight.

### Other Lifestyle Changes & Recommendations :-

- \* Weight reduction advised.

## Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
LIVER FUNCTION TEST (PACKAGE)	4 Month(s)		review with report.
URIC ACID - SERUM	4 Month(s)		review with report.

## Follow-up and Review Plan



- \* Annual health check-up.



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

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**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**

3

**ACCEPTABLE SCORE**

4

**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**