

Name : Mr. DIPANKAR DAS (31 /M)

Date : 30/10/2024

Address :

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AMHL.0002445338

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH224674



CHIEF COMPLAINTS

For corporate health checkup

PRESENT KNOWN ILLNESS

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



DRUG ALLERGY

NO KNOWN ALLERGY :30/10/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Oral and dental

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant

Central nervous system

- Nil Significant

Eyes

Vision - normal with glasses; Glasses - yes

ENT

- Nil Significant

Musculoskeletal system

Spine and joints

- Nil Significant

Skin

- Nil Significant

Weight

- stable



Past medical history

Past medical history - nil significant



Personal history

Marital status - Married

No. of children - 1

Diet - Non Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Mild



Family history

Father - alive

Mother - alive

Diabetes - father

Hypertension - father

Coronary artery disease - none

Cancer - None

PHYSICAL EXAMINATION



General

Build - obese

Height - 175

Weight - 93

BMI - 30.37

Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 100

Rhythm - Regular

Systolic(mm of Hg) - B.P. Sitting
- 132
Diastolic(mm of Hg) - 91
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

Abdomen

Appearance - Normal
Organomegaly - No
Tenderness - No
Bowel sounds - Normal

Ophthalmology consultation

Ophthalmology findings - OCULAR MOVEMENTS:
(RE):FULL (LE):FULL
ANTERIOR SEGMENTS:
(RE):WNL (LE):WNL
VISUAL ACUITY
DISTANCE:WITH GLASS
(RE):6/6 (LE):6/6 VISUAL
ACUITY NEAR:WITH
GLASS (RE):N6 (LE)N6
ADVICE:*To continue
present glass*Detail
funduscopy*Review after
1yr/SOS

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COMPLETE HAEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	14.1	g/dl	●	13.0-17.0
RBC COUNT	4.91	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	43.1	%	●	41-53
MCV	87.8	fl	●	83-101
MCH	28.6	pg	●	27-32
MCHC	32.6	%	●	31.5-34.5
RDW	14.0	%	●	11.8-14.0
WBC Count	8000	/cu mm	●	4000-10000
Platelet Count	1.70	lacs/cu mm	●	1.5-4.0
Neutrophils	60	%	●	40-80
Lymphocytes	31	%	●	20-40
Monocytes	03	%	●	2-10
Eosinophils	06	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			

ERYTHROCYTE SEDIMENTATION RATE (ESR)

Test Name	Result	Unit	Level	Range
ERYTHROCYTE SEDIMENTATION RATE (ESR)	16 *	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	1.030			
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	Occasional/hpf
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			

ALT(SGPT) - SERUM

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	33	U/L	●	0-50

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
ALBUMIN - SERUM	4.6	g/dL	●	3.5-5.1

ALKALINE PHOSPHATASE - SERUM

Test Name	Result	Unit	Level	Range
ALKALINE PHOSPHATASE - SERUM	86	U/L	●	43-115

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT) - SERUM	26	U/L	●	0-50

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
BILIRUBIN TOTAL - SERUM	1.2	mg/dL	●	0.3-1.2

CHOLESTEROL - SERUM

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

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CHOLESTEROL - SERUM 183 mg/dL ● 0-200

Non-HDL Cholesterol 149

LDL CHOLESTEROL -SERUM 130 mg/dL ● Optimal: <100

VLDL CHOLESTEROL - SERUM (Calculated) 19 mg/dL ● 0-35

CREATININE - SERUM

Test Name Result Unit Level Range
CREATININE - SERUM 1.1 mg/dL ● 0.9-1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name Result Unit Level Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM 31 U/L ● 0-55

GLUCOSE - PLASMA (FASTING)

Test Name Result Unit Level Range
GLUCOSE - PLASMA (FASTING) 84 mg/dL ● 70-99

GLUCOSE - PLASMA (POST PRANDIAL)

Test Name Result Unit Level Range
GLUCOSE - PLASMA (POST PRANDIAL) 133 mg/dL ● 70-140

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name Result Unit Level Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD 5.2 % ●
Nondiabetic : 4 - 5.6 %
Prediabetics : 5.7 - 6.4%
Diabetes : >= 6.5%
ADA
Therapeutic goal : <7%

HDL CHOLESTEROL - SERUM

Test Name Result Unit Level Range
HDL CHOLESTEROL - SERUM 34 mg/dL ● 30-70
TC/HDL-C ratio serum 5 * ● Optimal<3.5

LDL CHOLESTEROL -SERUM

Test Name Result Unit Level Range

PROTEIN TOTAL - SERUM

Test Name Result Unit Level Range
PROTEIN TOTAL - SERUM 7.8 g/dL ● 6.4-8.3
Albumin/Globulin Ratio 1.4 ● 1.0-2.0
GLOBULIN: (CALCULATED) - SERUM 3.2 g/dL ● 1.8-3.6

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name Result Unit Level Range
TOTAL T3: TRI IODOTHYRONINE - SERUM (Chemiluminescence) 1.28 ng/ml ● 0.87-1.78

TOTAL T4: THYROXINE - SERUM

Test Name Result Unit Level Range
TOTAL T4: THYROXINE - SERUM (Chemiluminescence) 12.95 µg/dL ● 5.48-14.28

TRIGLYCERIDES - SERUM

Test Name Result Unit Level Range
TRIGLYCERIDES - SERUM 148 mg/dL ● 0-150

TSH: THYROID STIMULATING HORMONE - SERUM

Test Name Result Unit Level Range
TSH: THYROID STIMULATING HORMONE - SERUM (Chemiluminescence) 1.38 µIU/mL ● 0.38-5.33

URIC ACID - SERUM

Test Name Result Unit Level Range
URIC ACID - SERUM 8.5 * ● mg/dL 2.6-7.2

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name Result Unit Level Range

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

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BILIRUBIN 0.2 mg/dL ● 0.0-0.2
CONJUGATED
(DIRECT) - SERUM

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

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	9.3	mg/dL	●	7.0-18.0
UREA - SERUM	20	mg/dL	●	13-43

Biochemistry

A/G - RATIO

Histopathology

PAP SMEAR /CERVICAL SMEAR

BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	8.5			
BUN (BLOOD UREA NITROGEN)	9.3	mg/dL	●	7.0-18.0
UREA - SERUM	20	mg/dL	●	13-43
CREATININE - SERUM	1.1	mg/dL	●	0.9-1.3

X-RAY CHEST PA

* Chest skiagram does not reveal any significant abnormality.

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

ECG

SINUS RHYTHM.
LEFT VENTRICULAR HYPERTROPHY BY VOLTAGE CRITERIA.

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. KOUSHIKI SEN
DNB RESIDENT
In consultation with

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

Executive Summary



1. Obesity.
2. Elevated LDL Cholesterol.
3. Hyperuricemia.
4. TMT - Stress test is negative for provokable myocardial ischaemia.
5. ECG - Sinus rhythm. Left ventricular hypertrophy by voltage criteria.
6. USG - Grade I fatty liver.

Wellness Prescription

Advice On Diet :-



- * Low fat, low calorie, 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.
- * Dietician review.

Recommended Follow-up Consultations

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

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
LIPID PROFILE TEST (PACKAGE)	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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Printed By : AVIJIT DAS

Dr.SUCHISMITA BHAUMIK
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

Moderate Risk

YOUR SCORE

4

ACCEPTABLE SCORE

3

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