

Name : Mrs. SWATI BISWAS (53 /F)

Date : 06/08/2024

Address : B/11/195 KALYANI P.S- KALYANI, NADIA, NADIA, WEST BENGAL, INDIA

Examined by: Dr .SHARMISTHA MALLIK

UHID : AGHL.0001012025

Package : MEDIWHEEL - FULL BODY ANNUAL PLUS CHECK ADVANCE  
FEMALE HCK

AHC No : AMHLAH213885



## CHIEF COMPLAINTS

For corporate health checkup

## PRESENT KNOWN ILLNESS

No history of - Diabetes mellitus,  
Hypertension,  
Dyslipidemia, Heart  
disease, Stroke, Asthma  
Thyroid disease - hypothyroidism;  
Medication - regular; -  
Thyronorm 75 mcg



## SYSTEMIC REVIEW

### Cardiovascular system

Chest pain - on and off; Character - atypical,  
heaviness; Lasts - for few minutes

### Respiratory system

Blocked nose - yes

### Oral and dental

- Nil Significant

### Gastrointestinal system

- Nil Significant

### Genitourinary system

- Nil Significant

### Gynaec history

No of Children - 2; Last child birth - 18 yrs;  
Deliveries - normal vaginal delivery

### Central nervous system

- Nil Significant

### Eyes

Vision - normal with glasses; Glasses - yes

### ENT

Hearing loss left - moderate; - Snoring

### Musculoskeletal system

Spine and joints  
- Nil Significant

### Skin

- erythema

### Weight

- stable



## Past medical history

Covid 19 - Yes  
Hospitalization for  
Covid 19 - No



## Surgical history

Hysterectomy - partial  
Others - Ectopic pregnancy



## Personal history

Marital status - Married  
No. of children - 2  
Diet - Non Vegetarian  
Alcohol - does not consume alcohol  
Smoking - No  
Chews tobacco - No  
Physical activity - Mild



## Family history

Father - has expired  
Mother - alive  
Diabetes - father  
Coronary artery  
disease - none  
Cancer - None

## PHYSICAL EXAMINATION



## General

Build - obese  
Height - 150  
Weight - 69

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BMI - 30.67  
Pallor - No  
Oedema - no



### Cardiovascular system

Heart rate (Per minute) - 90  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 137  
Diastolic(mm of Hg) - 90  
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 - PGVA:RE:6/6 LE:6/6  
BCVA:RE:N6 LE:N6  
OCULAR MOVEMENT:  
WNL ANT.SEG: WNL(BE)  
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	12.0	g/dl	●	12.0-15.0
RBC COUNT	4.05	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	36.3	%	●	36-46
MCV	89.6	fl	●	83-101
MCH	29.7	pg	●	27-32
MCHC	33.1	%	●	31.5-34.5
RDW	13.7	%	●	11.8-14.0
WBC Count	6600	/cu mm	●	4000-10000
Platelet Count	2.38	lacs/cu mm	●	1.5-4.0
Neutrophils	51	%	●	40-80
Lymphocytes	40	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	20	mm/1st hr	●	0-20

### URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	40	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	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:	B			
Rh (D) Type:	POSITIVE			

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM	58 *	U/L	●	0-35
ALBUMIN - SERUM	4.5	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	102 *	U/L	●	33-98

AST (SGOT) - SERUM	33	U/L	●	0-35
BILIRUBIN TOTAL - SERUM	0.8	mg/dL	●	0.3-1.2

### LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	268 *	mg/dL	●	0-200
Non-HDL Cholesterol	205			

### CREATININE - SERUM

Test Name	Result	Unit	Level	Range
CREATININE - SERUM	0.8	mg/dL	●	0.6-1.1

● Within Normal Range
 ● Borderline High/Low
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**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	92 *	U/L	●	0-38

**GLUCOSE - PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	89	mg/dL	●	70-99

**GLUCOSE - PLASMA (POST PRANDIAL)**

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	122	mg/dL	●	70-140

**HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD	5.1	%	●	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	63	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	176 *	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	29	mg/dL	●	0-35

**LIVER FUNCTION TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.7	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	1.42	ng/ml	●	0.87-1.78
TOTAL T4: THYROXINE - SERUM	10.96	µg/dL	●	5.48-14.28

**LIPID PROFILE TEST (PACKAGE)**

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	141	mg/dL	●	0-150

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

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	1.82	µIU/mL	●	0.38-5.33

**URIC ACID - SERUM**

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	5.2	mg/dL	●	2.4-5.7

**LIVER FUNCTION TEST (PACKAGE)**

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

**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	1.4		●	1.0-2.0

**BUN/CREATININE RATIO**

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	12.3			

**PAP SMEAR /CERVICAL SMEAR**

Ref No: AG01.C2406445

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

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**SPECIMEN TYPE:**

Conventional cervical smear (Papanicolaou stain) x 1

**SPECIMEN ADEQUACY:**

Satisfactory for evaluation with endocervical cells and Metaplastic cells

**INTERPRETATION/RESULT:**

Negative for intraepithelial lesion or malignancy, with no organism

\*

Moderate inflammation is present

\* No significant abnormality. BIRADS – 1.

BIRADS Category: (0= Requires additional evaluation, 1 = Negative, 2 = Benign findings, 3 = Intermediate, 4 = Suspicious malignancy, 5 = Highly suggestive of malignancy, 6 = Histologically proven malignancy).

**Please Note :**

False negative mammogram is 10-15%. Dense breast parenchyma may obscure an underlying neoplasm.

**ECG**

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

**TREADMILL TEST / STRESS TEST**

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

**ULTRASOUND SCREENING WHOLE ABDOMEN**

\* Grade II fatty liver.

\* Chronic calculus cholecystitis.

\* Small cyst in left side of pelvis.

[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. KHWAJA KAMRUDDIN

DMRD, DNB RESIDENT

Reg. No. 62704 (WBMC)

DR. DEBASISH DATTA

DMRD (RADIODIAGNOSIS) CONSULTANT

RADIOLOGIST Reg. No. 42727 (WBMC)

**X-RAY CHEST PA**

\* Chest skiagram does not reveal any significant abnormality.

**X-RAY MAMMOGRAPHY BILATERAL (MHC)**

---END OF THE REPORT---

Dr. SUDESHNA MALAKAR

MD, DNB, MNAMS, FRCR

CONSULTANT RADIOLOGIST

Reg. No 70658 (WBMC)



Within Normal Range




Borderline High/Low



Out of Range

## Executive Summary

- 
1. H/O Hypothyroidism - on medication.
  2. Overweight.
  3. O/E BP - 137/90 mmHg.
  4. Mild Dyslipidaemia.
  5. PAP SMEAR - Negative for intraepithelial lesion or malignancy,with no organism Moderate inflammation is present.
  6. USG - A. Grade II fatty liver.  
B. Chronic calculus cholecystitis.  
C. Small cyst in left side of pelvis.

## Wellness Prescription

### Advice On Diet :-



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

### Advice On Physical Activity :-



- \* Regular exercise and maintain ideal weight.

### Other Lifestyle Changes & Recommendations :-

- \* Monitor BP.
- \* Advised to lose weight.

## Medications

- \* Tab. RAZEL 5MG (ROSUVASTATIN) 1 tab. once daily after dinner x 3 months.
- \* Tab. URSOCOL 300MG (URSODEOXYCHOLIC ACID) 1 tab. twice daily after food x 3 months.
- \* Cap. NATVIE 400IU (VITAMIN E) 1 cap. once daily after dinner x 3 months.

## Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
ENT		7 Day(s)	for C/O Hear problem, Snoring.
OBSTETRICS AND GYNAECOLOGY		7 Day(s)	discuss with PAP SMEAR and USG reports.
GASTROENTROLOGY		1 Month(s)	for Grade II fatty liver.

## Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
LIPID PROFILE TEST (PACKAGE)	3 Month(s)		Review with report.
LIVER FUNCTION TEST (PACKAGE)	3 Month(s)		Review with report.
TSH: THYROID STIMULATING HORMONE - SERUM	3 Month(s)		Review with report.
ULTRASOUND - UPPER ABDOMEN	6 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

Printed By : AVIJIT DAS

**Dr.SHARMISTHA MALLIK**  
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.

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**Dr.SHARMISTHA MALLIK**

AHC Physician / Consultant Internal Medicine



## AICVD RISK SCORE REPORT

**RISK STATUS**

Moderate Risk

**YOUR SCORE**

8

**ACCEPTABLE SCORE**

6

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**