

Name : Mr. LOKNATH RAWAT (54 /M)

Date : 25/01/2024

Address :

Examined by: Dr .SUCHISMITA BHAUMIK

UHID : AMHL.0002047743

Package : MEDIWHEEL - FULL BODY ANNUAL PLUS WITH TMT MALE HCK

AHC No : AMHLAH193158



CHIEF COMPLAINTS

For corporate health checkup
No specific complaints

PRESENT KNOWN ILLNESS

No history of - Hypertension, Thyroid disorder, Heart disease, Stroke, Asthma
Diabetes mellitus - type 2; Since - 2 yrs; Medication - regular
Dyslipidaemia Since - 3 mths; Medication - stopped without medical advice
Fatty liver Since - 3 mths



DRUG ALLERGY

NO KNOWN ALLERGY

:25/01/2024



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Gastrointestinal system

Appetite - normal; Symptoms - acidity, bloating;
Bowel habits - constipation; Piles - no; 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

- names not known



Past medical history

Do you have any allergies? - No
Do you have any drug allergies? - No
Covid 19 - No



Surgical history

Cholecystectomy - 3 yrs
Others - Surgery for renal calculus 3 yrs ago



Personal history

Marital status - Married
No. of children - 4
Diet - Non Vegetarian
Alcohol - consumes alcohol occasionally
Smoking - Yes
Type - Cigarette
Number - 5
Frequency - daily
Chews tobacco - No
Physical activity - Moderate



Family history

Father - has expired
Mother - has expired
Brothers - 2
Sisters - 1
Diabetes - brother
Coronary artery disease - none
Cancer - None

PHYSICAL EXAMINATION



General

Build - over weight
 Height - 173
 Weight - 88
 BMI - 29.4
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 100
 Rhythm - Regular
 - B.P. Sitting
 Systolic(mm of Hg) - 150
 Diastolic(mm of Hg) - 84
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
 Tenderness - No



Skin

- No significant finding

Ophthalmology consultation

Ophthalmology findings - PGVA:RE:6/9(ni) LE:6/9(ni)
 BCVA:RE:N6 LE:N6
 OCULAR MOVEMENT:WNL
 ANT.SEG:(BE)EARLY
 CHANGES
 ADVICE:*To continue
 present glass Rx *Detail
 dilated Funduscopy*Review
 after 1yr/SOS

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COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	14.8	g/dl	●	13.0-17.0
RBC COUNT	5.22	Million/ ul	●	4.5-5.5
Hematocrit - Hct:	45.8	%	●	41-53
MCV	87.7	fl	●	83-101
MCH	28.4	pg	●	27-32
MCHC	32.3	%	●	31.5-34.5
RDW	18.4 *	%	●	11.8-14.0
WBC Count	7800	/cu mm	●	4000-10000
Platelet Count	2.05	lacs/cu mm	●	1.5-4.0
Neutrophils	63	%	●	40-80
Lymphocytes	30	%	●	20-40
Monocytes	03	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Anisocytosis+, Predominantly Normocytic Normochromic.			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	1	mm/1st hr	●	0-15

URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	30	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.015			
pH:	7.0			
Albumin:	Trace			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	1-2	/hpf		

Epithelial Cells	1-2 /h.p.f /hpf
Casts:	Not Found
Crystals:	Not Found
NOTE : -	Urine protein rechecked and confirmed by sulphosalicylic acid test

URINE SUGAR - POST PRANDIAL (QUALITATIVE)

Test Name	Result	Unit	Level	Range
URINE GLUCOSE(POST PRANDIAL)	+++			

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	31	U/L	●	0-50
ALBUMIN - SERUM	4.2	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	135 *	U/L	●	43-115
AST (SGOT) - SERUM	31	U/L	●	0-50
BILIRUBIN TOTAL - SERUM	0.9	mg/dL	●	0.3-1.2

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
CHOLESTEROL - SERUM	161	mg/dL	●	0-200

CREATININE - SERUM

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

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CREATININE - SERUM 0.7 * mg/dL ● 0.9-1.3

TOTAL T3: TRI IODOTHYRONINE - SERUM 0.92 ng/ml ● 0.87-1.78

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM 67 * U/L ● 0-55

TOTAL T4: THYROXINE - SERUM 11.47 µg/dL ● 5.48-14.28

GLUCOSE - PLASMA (FASTING)

Test Name Result Unit Level Range
GLUCOSE - PLASMA (FASTING) 139 * mg/dL ● 70-99

LIPID PROFILE TEST (PACKAGE)

Test Name Result Unit Level Range
TRIGLYCERIDES - SERUM 188 * mg/dL ● 0-150

HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name Result Unit Level Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD 8.4 * % ●
Nondiabetic : 4 - 5.6 %
Prediabetics : 5.7 - 6.4%
Diabetes : >= 6.5%
ADA Therapeutic goal : <7%

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name Result Unit Level Range
TSH: THYROID STIMULATING HORMONE - SERUM 1.54 µIU/mL ● 0.38-5.33

URIC ACID - SERUM

Test Name Result Unit Level Range
URIC ACID - SERUM 3.8 mg/dL ● 2.6-7.2

LIPID PROFILE TEST (PACKAGE)

Test Name Result Unit Level Range
HDL CHOLESTEROL - SERUM 36 mg/dL ● 30-70
LDL CHOLESTEROL -SERUM 114 mg/dL ● Optimal: <100
VLDL CHOLESTEROL - SERUM (Calculated) 11 mg/dL ● 0-35

LIVER FUNCTION TEST (PACKAGE)

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

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
PROTEIN TOTAL - SERUM 8.2 g/dL ● 6.4-8.3
GLOBULIN: (CALCULATED) - SERUM 4.0 * g/dL ● 1.8-3.6

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

Test Name Result Unit Level Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM 0.63 ng/mL ● 0.00-6.50

BUN (BLOOD UREA NITROGEN)

Test Name Result Unit Level Range
BUN (BLOOD UREA NITROGEN) 6.9 * mg/dL ● 7.0-18.0

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name Result Unit Level Range

LIVER FUNCTION TEST (PACKAGE)

Test Name Result Unit Level Range
A/G - RATIO 1.1 ● 1.0-2.0

BUN/CREATININE RATIO

Test Name Result Unit Level Range
BUN/CREATININE RATIO 9.4

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

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ECG

NORMAL SINUS RHYTHM, WITHIN NORMAL LIMITS.

TREADMILL TEST / STRESS TEST

STRESS TEST IS NEGATIVE FOR PROVOCABLE MYOCARDIAL ISCHAEMIA.

ULTRASOUND SCREENING WHOLE ABDOMEN

- * Grade I fatty liver.
- * Mild prostatomegaly.

[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.



Within Normal Range



Borderline High/Low



Out of Range

Executive Summary



1. H/O Diabetes mellitus - on medication (hbA1C - 8.4%).
2. H/O Dyslipidaemia - stopped medication.
3. H/O Fatty liver.
4. Smoker.
5. USG -A. Grade I fatty liver.
B. Mild prostatomegaly

Wellness Prescription

Advice On Diet :-



- * Low fat, low calorie low sugar, alcohol free healthy balanced diet.
- * Drink plenty of fluids.

Advice On Physical Activity :-



- * Regular exercise and maintain ideal weight.

Other Lifestyle Changes & Recommendations :-

- * Weight reduction advised.
- * Advised to quit smoking.

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
DIABETOLOGY		7 Day(s)	for diabetes mellitus.

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

YOUR SCORE

ACCEPTABLE SCORE

Moderate Risk

11

8

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