Name	: Mr. VASANT GOVIND WAGH (60 /M)	Date	: 24/02/2024
Address	: GOLF CLUB NASHIK, NASHIK, NASHIK, MAHARASHTRA, INDIA		
Examined by :		UHID	: MHN1.0000127563
Package	: MediWheel Full Body Health Checkup Male Above 40	AHC No :	NSKAH39114

CHIEF COMPLAINTS

For general 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   :01/11/2022

SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Past medical history

Do you have any allergies?	- No
Do you have any drug allergies?	- No
Past medical history	- nil significant
Covid 19	- Yes

Surgical history

Surgical history	- Nil

Immunization history

- Covid Dose1,Covid Dose2

Personal history

Marital status	- Married
No. of children	- 01
Diet	- Mixed Diet
Alcohol	- does not consume alcohol
Smoking	- No

Chews tobacco	- No
Physical activity	- Active

Family history

Coronary artery disease	- none
Cancer	- None

PHYSICAL EXAMINATION

General

General appearance	- normal
Build	- normal
Height	- 173
Weight	- 77.8
BMI	- 25.99
Pallor	- No
Oedema	- no

Cardiovascular system

Heart rate (Per minute)	- 66
Rhythm	- Regular
	- B.P. Supine
Systolic(mm of Hg)	- 110
Diastolic(mm of Hg)	- 70
Heart sounds	- S1S2+

Respiratory system

Breath sounds	- Normal vesicular breath sounds

Abdomen

Organomegaly	- No
Tenderness	- No

Printed By : Shweta Sharad Shardul

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.015 *		🔴	1.016-1.026
Color,:	PALE YELLOW			
Transparency:	Clear			
Reaction:	Acidic			7.2-7.8
Protein :	Nil			
Sugar:	Nil			
pH	5.0		🟢	4.6-8
Blood:	Negative			
Ketone	Negative			
Bile Pigments:	Negative			
Bile Salts :	Negative			
Urobilinogen	Normal			
Nitrite	Negative			
RBC	00	/hpf	🟢	0-2
WBC/Pus Cells	0-2/hpf	/hpf		
Tc/Sqc(Transitional/Squamous epithelial cells)	3-4/hpf	/hpf		

C B C WITH ESR (AUTOMATION + STANDARD METHOD)

Test Name	Result	Unit	Level	Range
Hemoglobin	16.6	g/dl	🟢	13.0-18.0
Haematocrit	47.3	%	🟢	39.0-54.0
RBC COUNT	5.00	Million/ul	🟢	4.2-6.5
MCV	94.5	fl	🟢	75.0-95.0
MCH	32	pg	🟢	26.0-32.0
MCHC	35.1	g/dl	🟢	31.0-36.0
RDW	12.1	%	🟢	11-16
Platelet Count(Optical/Impedance)	197	10³/mm³	🟢	140-440
TLC Count	5.59	10³/mm³	🟢	4.0-11.0
Neutrophils	66	%	🟢	45-75
Lymphocytes	25	%	🟢	20-45
Eosinophils	03	%	🟢	1-6
Monocytes	06	%	🟢	1-10
Basophils	00	%	🟢	0-1
ERYTHROCYTE SEDIMENTATION RATE (ESR)	05	mm/1st hr	🟢	0-10

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	13 *	U/L	🔴	30-65
ALBUMIN - SERUM	4.0	g/dL	🟢	3.5-5
GLOBULIN - SERUM: (Calculated)	4.0 *	g/dL	🔴	1.8-3.6
ALBUMIN:GLOBULIN - SERUM(RATIO) (Calculated)	1.0 *		🔴	1.1-1.8
ALKALINE PHOSPHATASE - SERUM/PLASMA	68	U/L	🟢	0-100
AST (SGOT) - SERUM	23	U/L	🟢	15-37
BILIRUBIN, TOTAL - SERUM	2.0 *	mg/dL	🔴	0.0-1.0

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Total Cholesterol	154	mg/dL	🟢	0-200

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	1.2	mg/dL	🟢	0.8-1.3

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range

🟢 **Within Normal Range**   🟡 **Borderline High/Low**   🔴 **Out of Range**

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	14	U/L	🟢	0-50

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	102 *	mg/dL	🔴	70-100

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (POST PRANDIAL)	103	mg/dL	🟢	70-140

GLYCOSYLATED HEMOGLOBIN (HbA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	5.4	%	🟢	0.0-6.0
Mean Plasma Glucose (MPG) Estimate:	114.9400	mg/dL		

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM / PLASMA	50	mg/dL	🟢	40-60
TOTAL CHOLESTEROL/HDL CHOLESTEROL RATIO(Calculated)	3.1		🟢	0.0-4.5
LDL Cholesterol (Direct LDL)	120	mg/dL		

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN, TOTAL - SERUM / PLASMA	8.0	g/dL	🟢	6.4-8.2

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	134	ng/dL	🟢	Healthy Adults: 69 - 215

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	8.6	µg/dL	🟢	Healthy Adults:5.2-12.7

LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
Triglycerides - Serum	88	mg/dL	🟢	0-150
VLDL SERUM-CALCULATED	17.6000			

THYROID PROFILE - I(T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	1.6	uIU/mL	🟢	Euthyroid: 0.3 - 4.5 Hypothyroid: 7.1 - >75

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
UREA - SERUM / PLASMA	30	mg/dL	🟢	15-38
UREA NITROGEN SERUM/PLASMA: (Calculated)	14	mg/dL	🟢	7-18

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	4.4	mg/dL	🟢	3.5-7.2

LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
BILIRUBIN CONJUGATED (DIRECT) - SERUM	0.4 *	mg/dL	🔴	0.0-0.3
BILIRUBIN UNCONJUGATED - SERUM(Calculated)	1.6 *	mg/dL	🔴	0.0-0.7

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL)

Test Name	Result	Unit	Level	Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL)	0.8	ng/mL	🟢	0.27-4.8

CARDIAC STRESS TEST - (TMT)

ECG

ULTRASOUND - WHOLE ABDOMEN

🟢 Within Normal Range   🟡 Borderline High/Low   🔴 Out of Range

---

Grade I prostatomegaly with insignificant postvoid urinary retention.

No other significant abnormality is detected.

Advice : PSA correlation.

X-RAY CHEST PA

No significant abnormality is detected.

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

Haematology

STOOL ROUTINE

🟢 **Within Normal Range**   🟡 **Borderline High/Low**   🔴 **Out of Range**

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	YOUR SCORE	ACCEPTABLE SCORE
Low Risk	7	10

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

Apollo Prediabetes Risk Tool

<div style="background-color:green; text-align:center;">Low Risk</div>

You are at <u>low risk</u> 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.

<u>**ADVICE**</u>

· 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**.

<u>**DISCLAIMER**</u>

1. This is not a diagnostic tool and it does not guarantee the accuracy of the result and cannot be independently acted upon.

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 endocrinologist'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 Prediabetes Risk Score without any intervention from their side.

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