

Name : Mrs. ANURADHA MANDAL SARDAR (32 /F)

Date : 23/08/2024

Address : DHUTURDHA, NORTH 24 PARGANAS, NORTH 24 PARGANAS, WEST BENGAL, INDIA

Examined by: Dr .SHARMISTHA MALLIK

UHID : AMHL.0002071163

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH215340



## 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

:05/01/2023



## SYSTEMIC REVIEW

### Cardiovascular system

- Nil Significant

### Respiratory system

- Nil Significant

### Oral and dental

- Nil Significant

### Gastrointestinal system

Bowel habits - constipation; Rectal bleeding - yes;  
Piles - yes

### Genitourinary system

Dysuria/burning micturition - intermittent

### Gynaec history

Last menstrual period - 9.8.24; Periods - regular; No  
of Children - 1; Last child birth - 9 yrs; Deliveries -  
LSCS

### Central nervous system

- Nil Significant

### Eyes

Vision - normal

### ENT

- Nil Significant

### Musculoskeletal system

Spine and joints

- Nil Significant

### Skin

- eczema, fungal rash



## 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 - mother

Coronary artery disease - none

Cancer - None

## PHYSICAL EXAMINATION



### General

Build - normal

Height - 148

Weight - 53

BMI - 24.2

Pallor - No

Oedema - no

Name : Mrs. ANURADHA MANDAL SARDAR  
(32 /F)

UHID : AMHL.0002071163

Date : 23/08/2024

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH215340



### Cardiovascular system

Heart rate (Per minute) - 75  
Rhythm - Regular  
- B.P. Sitting  
Systolic(mm of Hg) - 110  
Diastolic(mm of Hg) - 71  
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 - UCVA:RE:6/6P LE:6/6P  
NVA:RE:N6 LE:N6  
OCULAR MOVEMENT:  
WNL ANT.SEG: WNL

ACCPT:SPECTACLE -  
PWRRE:+0.25/-0.25X25\*  
(6/6,N6)LE:  
+0.25/-0.25X20\*  
(6/6,N6)ADVICE:\*Glass  
Rx.\*Review after 1yr/SOS

Printed By : Benazir Begaum

Name : Mrs. ANURADHA MANDAL SARDAR  
(32 /F)

UHID : AMHL.0002071163

Date : 23/08/2024

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH215340

### COMPLETE HAEMOGRAM PROFILE

Test Name	Result	Unit	Level	Range
Hemoglobin	12.5	g/dl	●	12.0-15.0
RBC COUNT	4.83 *	Million/ ul	●	3.8-4.8
Hematocrit - Hct:	38.8	%	●	36-46
MCV	80.3 *	fl	●	83-101
MCH	25.9 *	pg	●	27-32
MCHC	32.3	%	●	31.5-34.5
RDW	16.3 *	%	●	11.8-14.0
WBC Count	7900	/cu mm	●	4000-10000
Platelet Count	2.48	lacs/cu mm	●	1.5-4.0
Neutrophils	69	%	●	40-80
Lymphocytes	23	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-0
RBC:	Normocytic Normochromic cells			
Platelets:	Adequate.			
ERYTHROCYTE SEDIMENTATION RATE (ESR)	17	mm/1st hr	●	0-20

### URINE ROUTINE AND MICROSCOPY

Test Name	Result	Unit	Level	Range
Volume:	60	mL		
Colour:	Pale Straw			
Appearance	Slightly Turbid			
Specific Gravity	1.005			
pH:	6.5			
Albumin:	Not Detected			
Glucose	Not Detected			
Ketone:	Not Detected			
Bile Pigments	Not Detected			
RBC	Nil	/hpf		
Pus Cells	4-6	/hpf		

Epithelial Cells	15-20
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	12	U/L	●	0-35
ALBUMIN - SERUM	4.5	g/dL	●	3.5-5.1
ALKALINE PHOSPHATASE - SERUM	76	U/L	●	33-98
AST (SGOT) - SERUM	20	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	198	mg/dL	●	0-200
Non-HDL Cholesterol	137			

### CREATININE - SERUM

Test Name	Result	Unit	Level	Range
-----------	--------	------	-------	-------

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

Name : Mrs. ANURADHA MANDAL SARDAR  
(32 /F)

UHID : AMHL.0002071163

Date : 23/08/2024

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH215340

CREATININE - SERUM 0.7 mg/dL ● 0.6-1.1

GLOBULIN:  
(CALCULATED) -  
SERUM 3.4 g/dL ● 1.8-3.6

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	16	U/L	●	0-38

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

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.18	ng/ml	●	0.87-1.78

### GLUCOSE - PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (FASTING)	90	mg/dL	●	70-99

TOTAL T4: THYROXINE - SERUM	10.07	µg/dL	●	5.48-14.28
--------------------------------	-------	-------	---	------------

### LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
TRIGLYCERIDES - SERUM	93	mg/dL	●	0-150

### GLUCOSE - PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
GLUCOSE - PLASMA (POST PRANDIAL)	96	mg/dL	●	70-140

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

Test Name	Result	Unit	Level	Range
TSH: THYROID STIMULATING HORMONE - SERUM	2.87	µIU/mL	●	0.38-5.33

### HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHOLE BLOOD

Test Name	Result	Unit	Level	Range
HBA1C (GLYCOSYLATED HAEMOGLOBIN)-WHO LE BLOOD	5.5	%	●	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	3.3	mg/dL	●	2.4-5.7

### LIPID PROFILE TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
HDL CHOLESTEROL - SERUM	61	mg/dL	●	30-70
LDL CHOLESTEROL -SERUM	121 *	mg/dL	●	0-100
VLDL CHOLESTEROL - SERUM (Calculated)	16	mg/dL	●	0-35

### LIVER FUNCTION TEST (PACKAGE)

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

### LIVER FUNCTION TEST (PACKAGE)

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM	7.9	g/dL	●	6.4-8.3

### BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	5.1 *	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

### BUN/CREATININE RATIO

Test Name	Result	Unit	Level	Range
BUN/CREATININE RATIO	7.3			

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

Name : Mrs. ANURADHA MANDAL SARDAR  
(32 /F)

UHID : AMHL.0002071163

Date : 23/08/2024

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

AHC No : AMHLAH215340

---

### PAP SMEAR /CERVICAL SMEAR

Ref No:

AG01.C2406951

SPECIMEN TYPE:

Conventional cervical smear (Papanicolaou stain) x 1

SPECIMEN ADEQUACY:

Satisfactory for evaluation without endocervical cells.

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy,with no organism

### ECG

ECTOPIC ATRIAL RHYTHM.

### TREADMILL TEST / STRESS TEST

SUBMAXIMAL (UPTO 82%) 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.]

Dr. ARKADEEP DEY  
DNB RESIDENT  
In consultation with

DR. DEBASISH DATTA  
DMRD (RADIODIAGNOSIS) CONSULTANT  
RADIOLOGIST Reg. No. 42727 (WBMC)

### X-RAY CHEST PA

\* Chest skiagram does not reveal any significant abnormality.



Within Normal Range



Borderline High/Low



Out of Range

Name : Mrs. ANURADHA MANDAL SARDAR  
(32 /F)


UHID : AMHL.0002071163

Date : 23/08/2024

Package : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK


AHC No : AMHLAH215340

## Executive Summary


- 
1. LDL Cholesterol level slightly raised (LDL Cholesterol - 121 mg/dL).
  2. ECG - Ectopic atrial rhythm.
  3. TMT - Submaximal (upto 82%) stress test is negative for provokable myocardial ischaemia.
  4. USG - Grade I fatty liver.

## Wellness Prescription

### Advice On Diet :-

- 
- \* Healthy balanced diet.
  - \* Drink plenty of fluids.

### Advice On Physical Activity :-

- 
- \* Regular exercise and maintain ideal weight.


### Other Lifestyle Changes & Recommendations :-

- \* Follow advice given by Ophthalmology department.

## Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
GENERAL SURGERY		7 Day(s)	for Piles.
CARDIOLOGY		2 Day(s)	discuss with ECG 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

**Name** : Mrs. ANURADHA MANDAL SARDAR  
(32 /F)

**UHID** : AMHL.0002071163

**Date** : 23/08/2024

**Package** : MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS HCK

**AHC No** : AMHLAH215340

---

**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

2

### ACCEPTABLE SCORE

3

### 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**