

Name : Mr. SARAVANA NARAYANAN B (53 /M)

Date : 28/05/2024

Address : NO 15 INDIRA STREET BETHANIYAPURAM, MADURAI, MADURAI, TAMIL NADU, INDIA

Examined by: Dr .ARAVIND ADITHYA R

UHID : ASM1.0000706185

Package : MEDIWHEEL WHOLE BODY HEALTH CHECK MALE ABOVE 40YRS

AHC No : MDUMH127241



CHIEF COMPLAINTS

No specific complaints

PRESENT KNOWN ILLNESS

No history of - Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke, Asthma, COPD, Cancer, Impaired Glycemia

Diabetes mellitus - type 2; Since - 3 MONTHS; Medication - not regular; - T.METFORMIN 250MG 1-0-1; Are your sugar levels well – controlled? - Yes



SYSTEMIC REVIEW

Cardiovascular system

- Nil Significant

Respiratory system

- Nil Significant

Oral and dental

- Nil Significant

Gastrointestinal system

- Nil Significant

Genitourinary system

- Nil Significant



Past medical history

Do you have any allergies? - No



Surgical history

Surgical history - Nil



Personal history

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

Height - 160
Weight - 65
BMI - 25.39
Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 72
Rhythm - Regular
Systolic(mm of Hg) - 110
Diastolic(mm of Hg) - 70
- B.P. Sitting
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

Ophthalmology consultation

Ophthalmology findings - RE VN

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6/6 BCVA 6/6	-
BCNV N6LE	-
VN 6/6	-
BCVA 6/6	-
BCNV N6ANT	- SEG
WNL POS	- SEG
WNL	-
ADVICE	-
	- GP
	S/B
DR.BERNARD	-
RAJ KUMAR	-
AT	-
MAXI	-
VISION	-
MADURAI	-

Dental consultation

Dental findings	- Stains++ Receding gums.
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Printed By : VIVIAN

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HEMOGRAM

Test Name	Result	Unit	Level	Range
Hemoglobin	14.2	gm%	●	13.0-18.0
Packed cell volume(Calculated)	41	%	●	40-54
WBC Count	7.6	10 ³ /m ³	●	4-11
Platelet Count	239	10 ³ /m ³	●	150-450
ERYTHROCYTE SEDIMENTATION RATE (ESR)	02	mm/1st hr	●	0-15
RBC Count	5.06	Million/ul	●	4.2-6.5
MCV	82	fl	●	75-95
MCH(Calculated)	28	pg	●	26-32
MCHC(Calculated)	34	g/dl	●	31-36
Reticulocytes(1.3 *	%	●	0.2 - 2.0
Neutrophils	59	%	●	40-80
Lymphocytes	29	%	●	20-40
Eosinophils	04	%	●	01-06
Monocytes	08	%	●	2-10

URINE ROUTINE (CUE)

Test Name	Result	Unit	Level	Range
Specific Gravity	1.030		●	1.001 - 1.035
Colour:	Straw Yellow			Straw Yellow
Transparency:	Slightly Turbid			Clear
pH	5.5		●	4.6-8.00
Protein :	Nil			NIL
Sugar :-	Nil			NIL
Ketone	Negative			NEGATIVE
Bile Pigments :-	Negative			NEGATIVE
Bile Salts :-	Absent			ABSENT
Urobilinogen	Normal	E.U./dL		Normal
RBC	Nil	/hpf		<2
Pus Cells	4-6	/hpf		Male : 2 - 3 Female : 2 - 5
Epithelial Cells	6-8	/hpf		3 - 5

ALT(SGPT) - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
ALT(SGPT)	26	U/L	●	Adult Male : < 45

ALBUMIN - SERUM

Test Name	Result	Unit	Level	Range
Albumin - Serum	4.5	g/dL	●	Adult(20 - 60 Yr): 3.5 - 5.2
Globulin - Serum: (Calculated)	2.3	g/dL	●	Adult (2.0 - 3.5)

ALKALINE PHOSPHATASE - SERUM/PLASMA

Test Name	Result	Unit	Level	Range
Alkaline Phosphatase - Serum	111	U/L	●	Adult(Male): < 129

AST (SGOT) - SERUM

Test Name	Result	Unit	Level	Range
AST (SGOT)	26	U/L	●	Adult Male: <35

BILIRUBIN, TOTAL - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin, Total - Serum	0.4	mg/dL	●	NORMAL : 0.2 TO 1.1

CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Total Cholesterol	134	mg/dL	●	Adult Desirable: <200 Borderline High: 200 - 239 High: >=240

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Creatinine - Serum	0.9	mg/dL	●	Male: 0.9 - 1.3

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

Test Name	Result	Unit	Level	Range
GGTP: Gamma Glutamyl Transpeptidase	21	U/L	●	Male: < 55

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
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Glucose - Serum / Plasma (Fasting) 187 * mg/dL ● 60-99

GLUCOSE - SERUM / PLASMA (POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Glucose - Serum / Plasma (Post Prandial)	258 *	mg/dL	●	< 140 Increase risk of diabetes(Impaired Glucose tolerance):140-199; Diabetic>=200

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
Glycosylated Hemoglobin (HbA1c)	9.2 *	%	●	Normal < 5.7% Increased risk for Diabetes 5.7 - 6.4%--male Diabetes > = 6.5%

HDL CHOLESTEROL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
HDL Cholesterol	42	mg/dL	●	Low: <40 High: >=60

LDL CHOLESTEROL - SERUM / PLASMA (DIRECT LDL)

Test Name	Result	Unit	Level	Range
LDL Cholesterol (Direct LDL)	76	mg/dL	●	Optimal: <100 Near/above optimal: 100 - 129 Borderline High: 130 - 159 High: 160 - 189 Very High: >=190

PROTEIN TOTAL - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Protein Total - Serum	6.8	g/dL	●	>2 Year: 6.0 - 8.0

TRIGLYCERIDES - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol / HDL Cholesterol Ratio (Calculated)	3.2		●	< 4.5

UREA - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
Urea	23	mg/dL	●	Adult: 13 - 43

URIC ACID - SERUM

Test Name	Result	Unit	Level	Range
Uric Acid - Serum	4.2	mg/dL	●	Adult Male: 3.5 - 7.2

VLDL CHOLESTEROL - SERUM

Test Name	Result	Unit	Level	Range
VLDL CHOLESTEROL - SERUM	19		●	Desirable:<30
Triglycerides - Serum	94	mg/dL	●	Normal: <150 High: 150 - 199 Hypertriglyceridemic: 200 - 499 Very High: >=500

BILIRUBIN CONJUGATED (DIRECT) - SERUM

Test Name	Result	Unit	Level	Range
Bilirubin Conjugated - Serum	0.2	mg/dL	●	0.0-0.2
Bilirubin Unconjugated - Serum (Calculated)	0.2	mg/dL	●	0.0-1.0

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10.8	mg/dL	●	Adult : 6 - 20

TOTAL T3: TRI IODOTHYRONINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	108	ng/dL	●	60-180

TOTAL T4: THYROXINE - SERUM

Test Name	Result	Unit	Level	Range
TOTAL T4: THYROXINE - SERUM	8.3	µg/dL	●	3.5 - 12.5

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TSH: THYROID STIMULATING HORMONE - SERUM

Test Name	Result	Unit	Level	Range
TSH: Thyroid Stimulating Hormone	3.33	µIU/mL	●	0.35 - 5.50

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

Test Name	Result	Unit	Level	Range
Prostatic Specific Antigen (PSA Total)	0.9	ng/mL	●	Healthy Men: <= 4.0 Males: 40-49 yrs: 0 - 2.5 50-59 yrs: 0 - 3.5 60-69 yrs: 0 - 4.5 70-79 Yrs: 0 - 6.5

ECG

HEART RATE : 80 bpm

ECG : NORMAL

REPORTED BY: DR SHANKAR RAJAN

X-RAY CHEST PA

NO SIGNIFICANT ABNORMALITY IS DETECTED.

ULTRASOUND SCREENING WHOLE ABDOMEN

Liver shows increased echopattern with no evidence of focal lesion

The intra or extra hepatic biliary radicles are not dilated.

Gall bladder is distended with no evidence of calculus.

Wall thickness appears normal.

Pancreas and spleen appear normal.

No evidence of ascites.

Right kidney measures 9.9 x 4.9 cm.

Left kidney measures 10.2 x 4.6 cm.

Both kidneys show normal echopattern with no evidence of calculi or calyceal dilatation.

Bladder shows normal contour.

Prostate shows normal echopattern (Volume 26 cc)

IMPRESSION:

CLINICAL INDICATION: MASTER HEALTH CHECKUP.

ULTRASOUND SCREENING WHOLE ABDOMEN STUDY DONE ON 28.05.2024 SHOWS,

- Grade III fatty liver

REPORTED BY,
DR. A. PANDIAN, MBBS., DMRD.,
CONSULTANT RADIOLOGIST.

2D-ECHO WITH COLOUR DOPPLER

NORMAL CHAMBERS DIMENSIONS.
STRUCTURALLY NORMAL VALVES.
NO REGIONAL WALL MOTION ABNORMALITY.
NORMAL LV SYSTOLIC FUNCTION.
IMPAIRED LV DIASTOLIC FUNCTION.
NO PERICARDIAL EFFUSION/ CLOT.
LVEF:64%

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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

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Executive Summary


 Physical Examination and routine Investigation in AHC Package reveals the following :
-T2DM

Wellness Prescription

Advice On Diet :-

 -LOW SUGAR DIET

Advice On Physical Activity :-

 -EXERCISE 30MIN/DAY

Medications

-TAB. SITAGLO-M 50/500MG 1-0-1 (AF)

-TAB. RANTC 150MG 1-0-1

-TAB.ATORDAY 10MG 0-0-1

-TAB. MULTI OD 1-0-0

FOR 1 MONTH

- NADIBACT PLUS OINTMENT E/A

Recommended Follow-up Tests

Test Name	Test Schedule	Repeat Frequency	Remarks
GLUCOSE - SERUM / PLASMA (FASTING)	1 Month(s)		
GLUCOSE - SERUM / PLASMA (2 HR POST GLUCOSE)	1 Month(s)		

Printed By : Sasikala T

Dr.ARAVIND ADITHYA R
AHC Physician / Consultant Internal Medicine

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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.

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FOR 1 MONTH

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Dr.ARAVIND ADITHYA R

AHC Physician / Consultant Internal Medicine

AICVD RISK SCORE REPORT

RISK STATUS

YOUR SCORE

ACCEPTABLE SCORE

Low Risk

7

7

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