

# APOLLO HOSPITALS

## Medical Examination Report

### PATIENT INFORMATION

**Name:** Rajesh Kumar Sharma  
**Age/DOB:** 45 years / 15-Mar-1979  
**Gender:** Male  
**Contact:** +91 98765 43210  
**Occupation:** Software Engineer  
**Exam Date:** 28-Jan-2024

### PHYSICAL EXAMINATION

**Height:** 175 cm  
**Weight:** 88 kg  
**BMI:** 28.7 kg/m<sup>2</sup> (Elevated)  
**Blood Pressure:** 142/92 mmHg (Stage 1 Hypertension)  
**Pulse Rate:** 78 bpm

### MEDICAL HISTORY

- Type 2 Diabetes Mellitus: Diagnosed 2021, on Metformin 500mg BD
- Hypertension: Newly detected during this examination
- Family History: Father - Cardiac arrest at age 58
- Surgical History: Appendectomy (2015)
- Allergies: Penicillin
- Smoking: Former smoker, quit 2 years ago (10 pack-years)
- Alcohol: Occasional, 2-3 drinks per week

### LABORATORY RESULTS

Fasting Blood Sugar: 156 mg/dL (HIGH - Normal: 70-100)  
HbA1c: 7.8% (DIABETIC - Normal: <5.7%)  
Total Cholesterol: 242 mg/dL (HIGH - Normal: <200)  
LDL Cholesterol: 158 mg/dL (HIGH - Normal: <100)  
HDL Cholesterol: 38 mg/dL (LOW - Normal: >40)  
Triglycerides: 210 mg/dL (HIGH - Normal: <150)  
Creatinine: 1.1 mg/dL (Normal)  
Hemoglobin: 14.2 g/dL (Normal)

### PRIMARY DIAGNOSES

1. Type 2 Diabetes Mellitus - Suboptimally controlled
2. Essential Hypertension - Stage 1
3. Dyslipidemia - Mixed hyperlipidemia
4. Obesity Class I (BMI 28.7)

**Risk Assessment: MODERATE TO HIGH cardiovascular risk**