AMERICAN ASSOCIATION OF PHYSICIANS OF INDIAN ORIGIN

DR ANUPAMA GOTIMUKULA, MD
AAPI PRESIDENT

DR SATEESH KATHULA, MD
CHAIR, ADOPT A VILLAGE PROGRAM

HEALTH REPORT

ADOPT A VILLAGE PROGRAM

VILLAGE - PENNABADIVANDIAPALLI

AAPI CHAMPIONS

(SPONSORS)

Dr. KRISHNA REDDY & WIFE
Dr. ARUNA REDDY

THE PROJECT

The villagers were screened for the following health parameters::

- Height
- Weight
- BMI
- HBA1C
- Blood pressure
- Temperature
- Pulse Oximetry
- Serum Creatinine
- Lipid Profile
- CBC

SERVICE PARTNER:

GLOBAL TELE CLINICS

GLOBAL TELE CLINICS CHAMPION
Dr. MURTHY GOKULA, MD

DELIVERY ADVISORY:
SURENDER R
+91 9866551131

PROJECT MANAGER:
LAXMA REDDY GUNUKULA

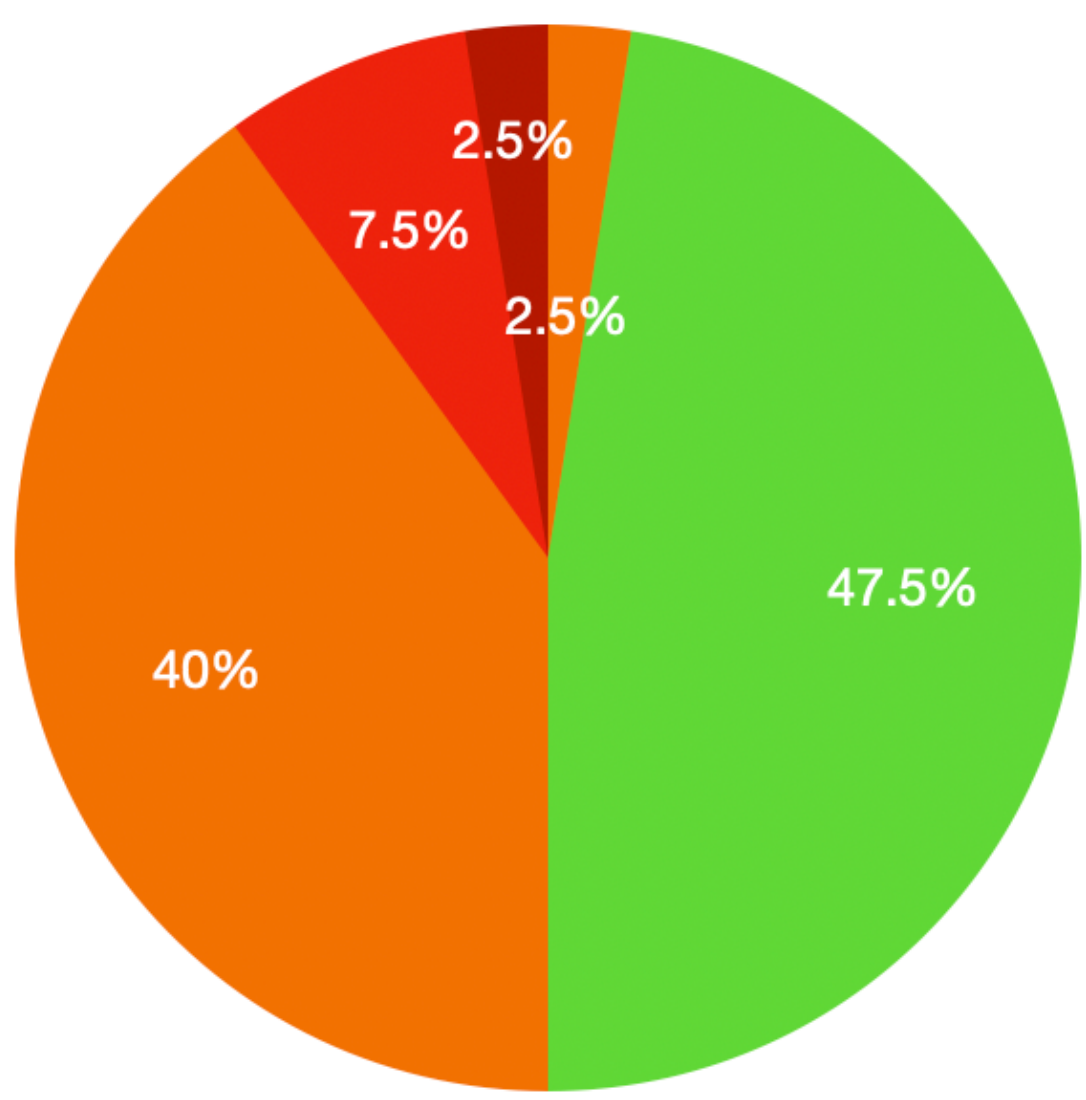**REPORT CREATED BY:**
ROHITH K HEBBAR - CONSULTANT

RESULTS & FINDINGS :

SUMMARY - PRECONDITION & DISEASE

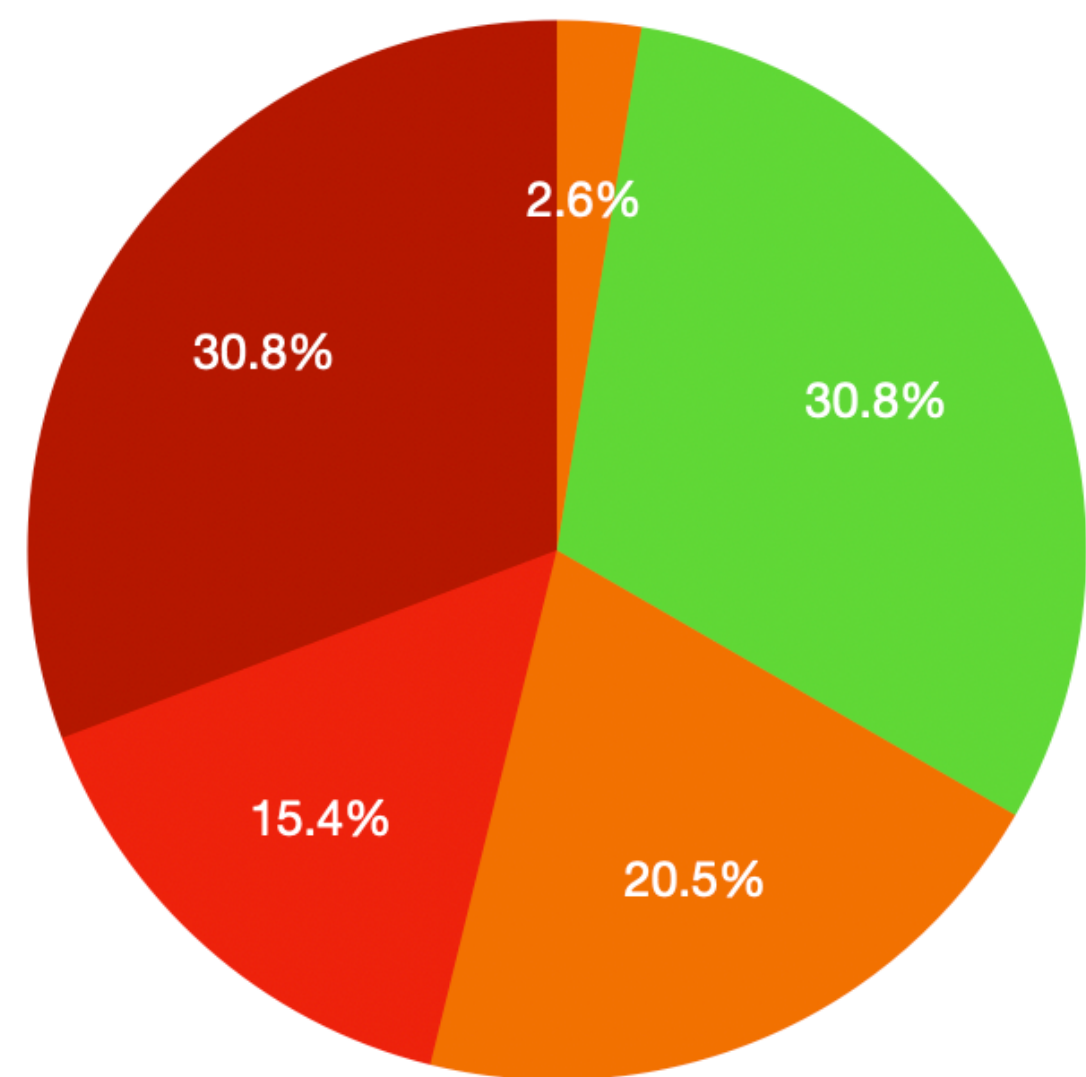### SAMPLE SIZE: 40 (17 MEN, 23 WOMEN)

BMI

Legend: Underweight, Normal, Overweight, Obese, Extremely Obese

- 47.5%
- 40%
- 7.5%
- 2.5%
- 2.5%

47.5 % OF THE SAMPLE HAVE NORMAL BMI
42.5% OF THE SAMPLE HAVE PRECONDITION
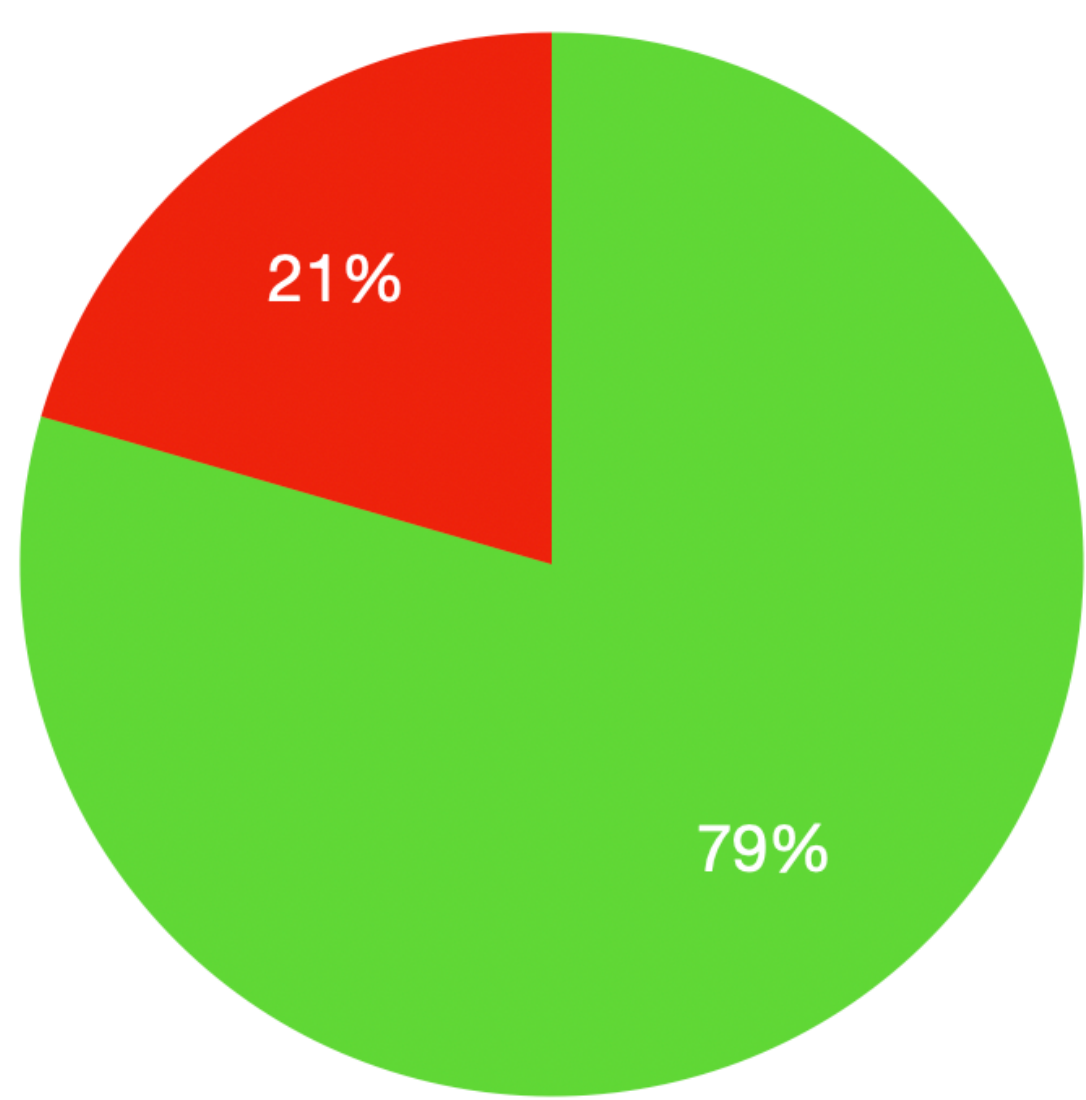10% OF THE SAMPLE HAVE DISEASE

BLOOD PRESSURE

Legend: Low, Elevated, Stage 2 - Hypertension, Normal, Stage 1 - Hypertension

- 2.6%
- 30.8%
- 30.8%
- 15.4%
- 20.5%

30.8 % OF THE SAMPLE HAVE NORMAL BLOOD PRESSURE
23.1% OF THE SAMPLE HAVE PRECONDITION
46.2% OF THE SAMPLE HAVE DISEASE

PULSE RATE - BPM

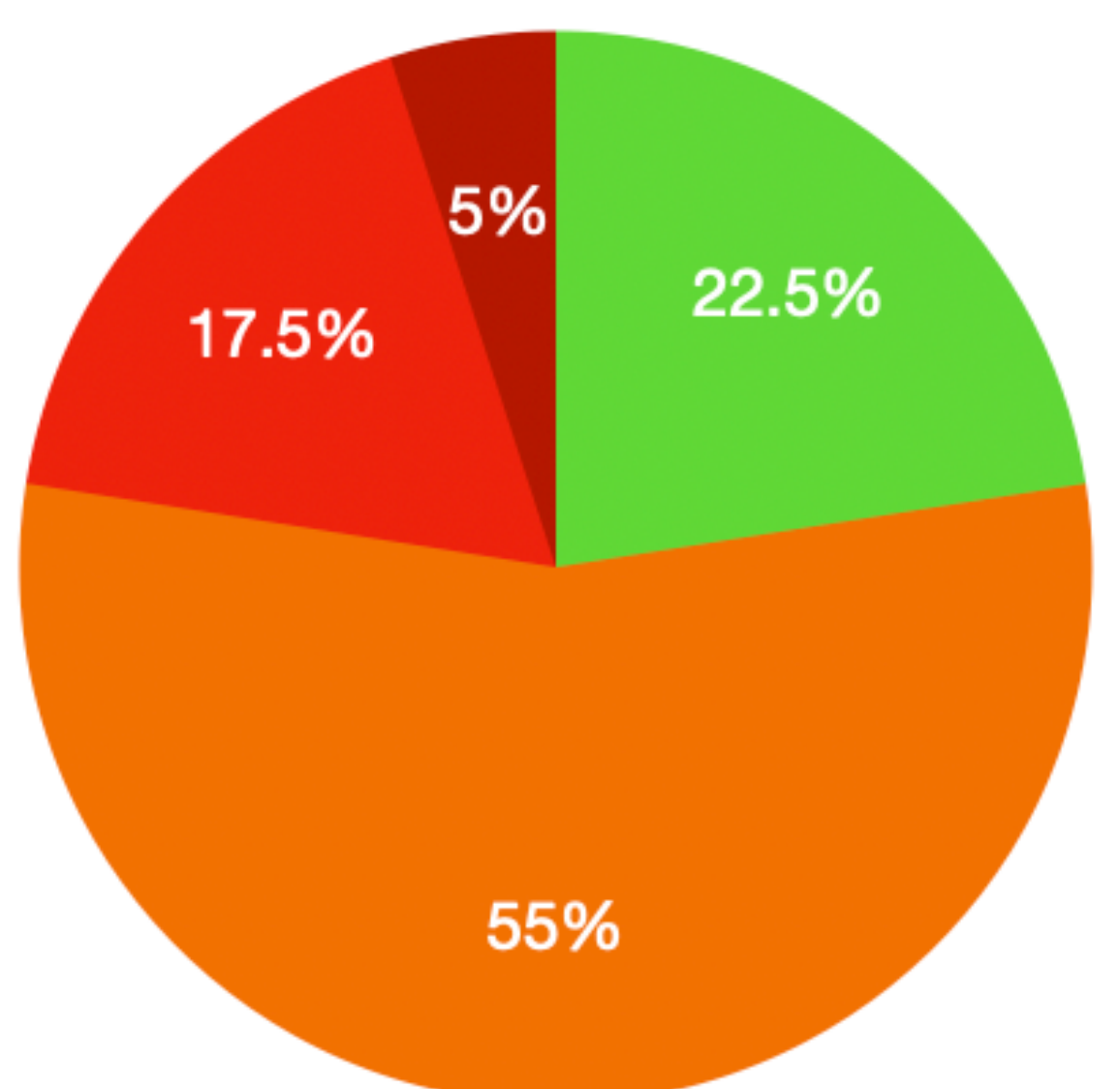Legend: Normal, High

- 79%
- 21%

79% OF THE SAMPLE HAVE NORMAL PULSE RATE

21% OF THE SAMPLE MAY HAVE HEART DISEASE

HBA1C

Legend: Normal, Diabetic, Pre Diabetic, Very High Diabetic

- 22.5%
- 55%
- 17.5%
- 5%

22.5 % OF THE SAMPLE HAVE NORMAL HBA1C
55% OF THE SAMPLE IS PRE DIABETIC
22.5% OF THE SAMPLE IS DIABETIC

MEAN PLASMA

Legend: Normal, Elevated, High

- 30%
- 65%
- 5%
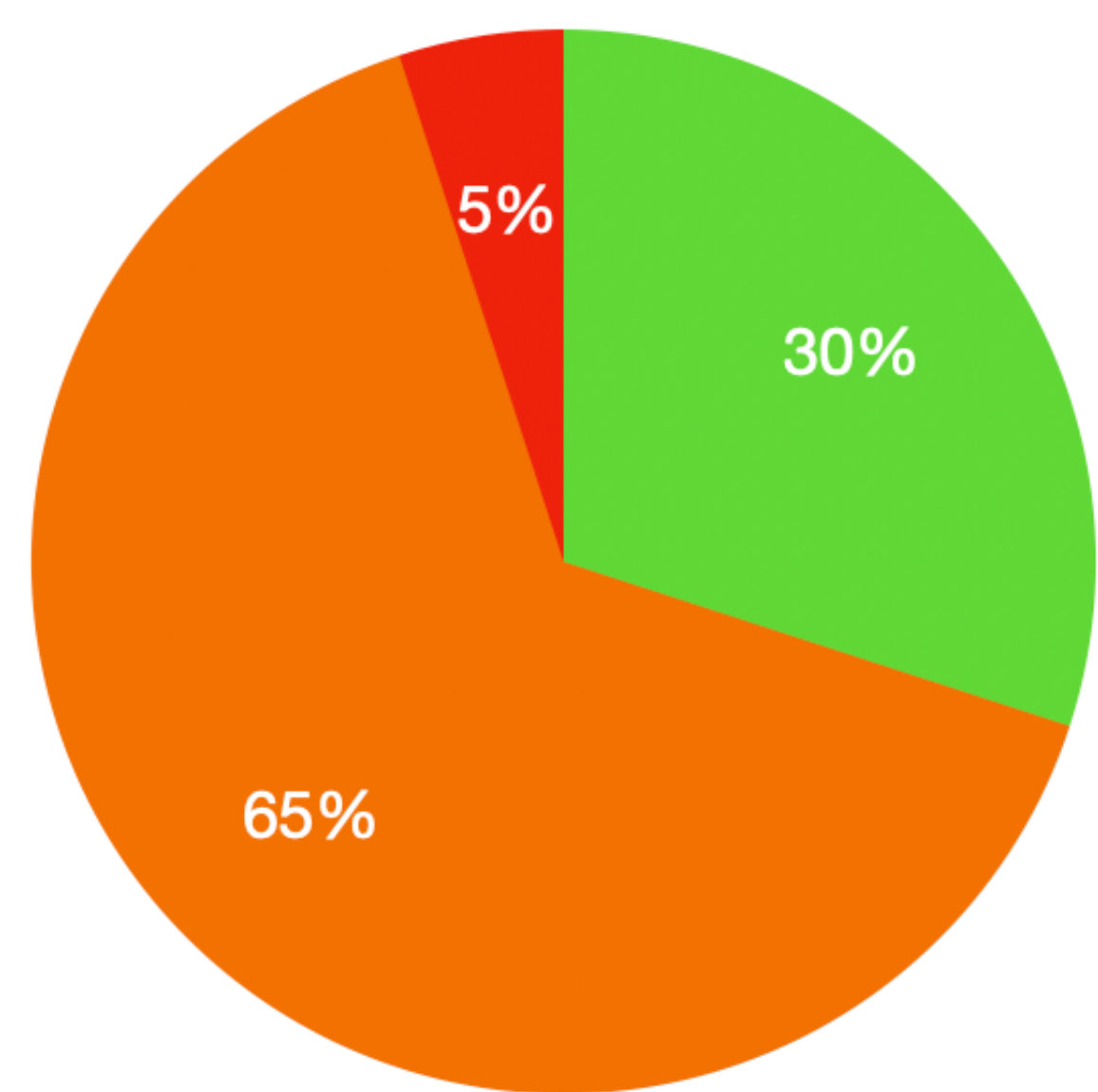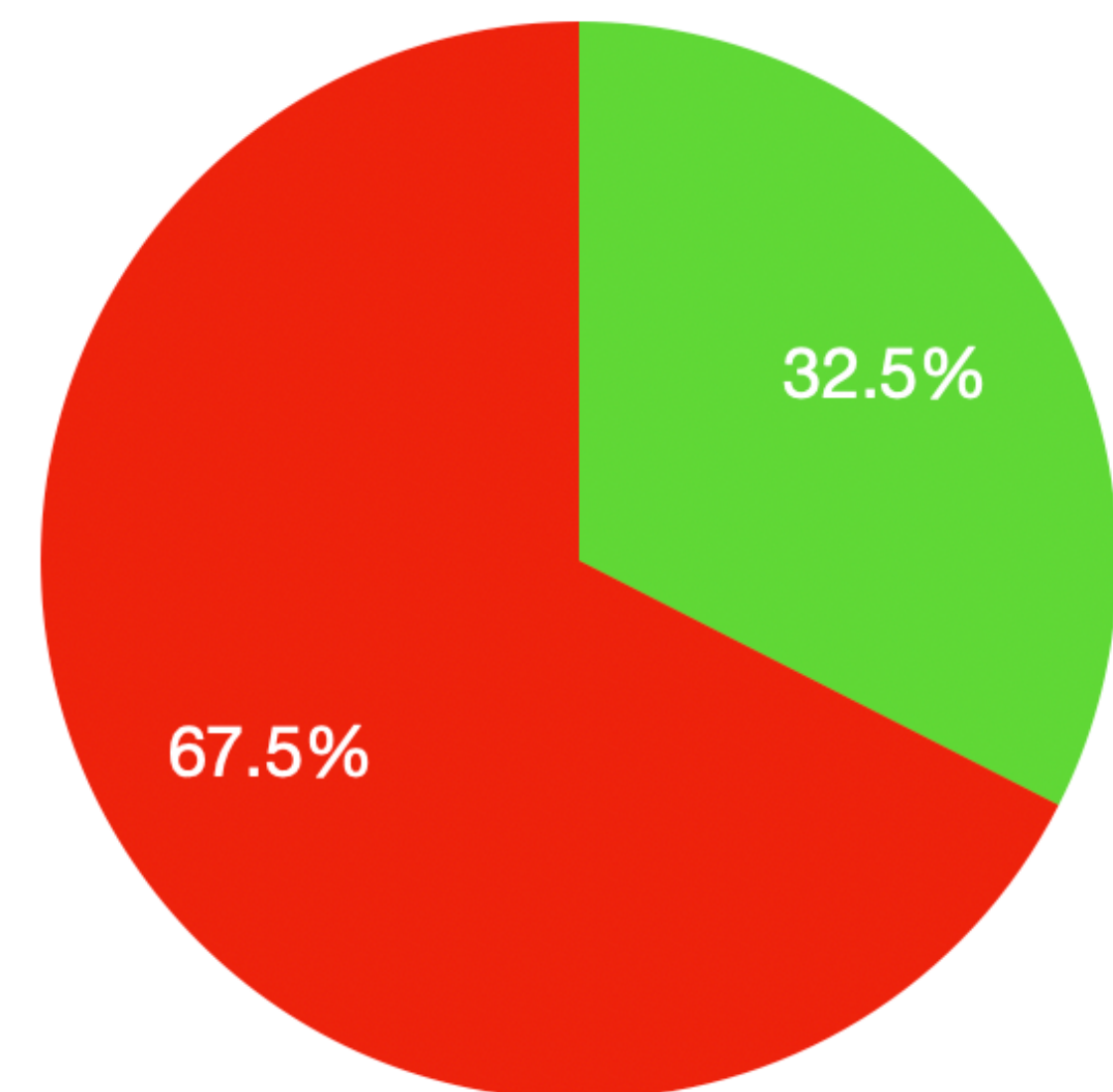
30 % OF THE SAMPLE HAVE NORMAL MEAN PLASMA
65% OF THE SAMPLE HAVE PRE CONDITION
5% OF THE SAMPLE HAVE DISEASE

SERUM CREATININE

Legend: Normal, High

- 32.5%
- 67.5%

32.5 % OF THE SAMPLE HAVE NO KIDNEY DISEASE

67.5% OF THE SAMPLE HAVE KIDNEY DISEASE

CHARTS

BMI

Condition/ Levels	Values
Underweight	< 18.5
Normal	18.5 - 24.9
Overweight	25 - 29.9
Obese	30 - 34.9
Extremely Obese	35 <

Blood Pressure

Condition/ Levels	Values (mm Hg)
Normal	Less than 120
Elevated	120-129
Hypertension Stage1	130-139
Hypertension Stage2	140 and higher

Pulse Rate BPM

Condition/ Levels	Values (BPM)
Normal	Less than 90
High	90-110
Very High	110-130
Severe	140 and higher

HBA1C

Condition/ Levels	Values (%)
Normal	5.5 and Below
Pre Diabetic	5.6 - 6.4
Diabetic	6.5 - 9
Very High Diabetic	10 and Above

Mean Plasma Blood Glucose

Condition/ Levels	Values (mg/dL)
Normal	80-115
Elevated	115 - 200
High	200 and Above

Serum Creatinine

Condition/ Levels	Values
Normal	0.5 - 1.1 for Women / 0.6 to 1.2 for Men
High	1. 1 and above for Women / 1.2 above for Men
Very High	1.6 and above

RESULTS & FINDINGS :

SUMMARY - PRECONDITION & DISEASE

HOTSPOT
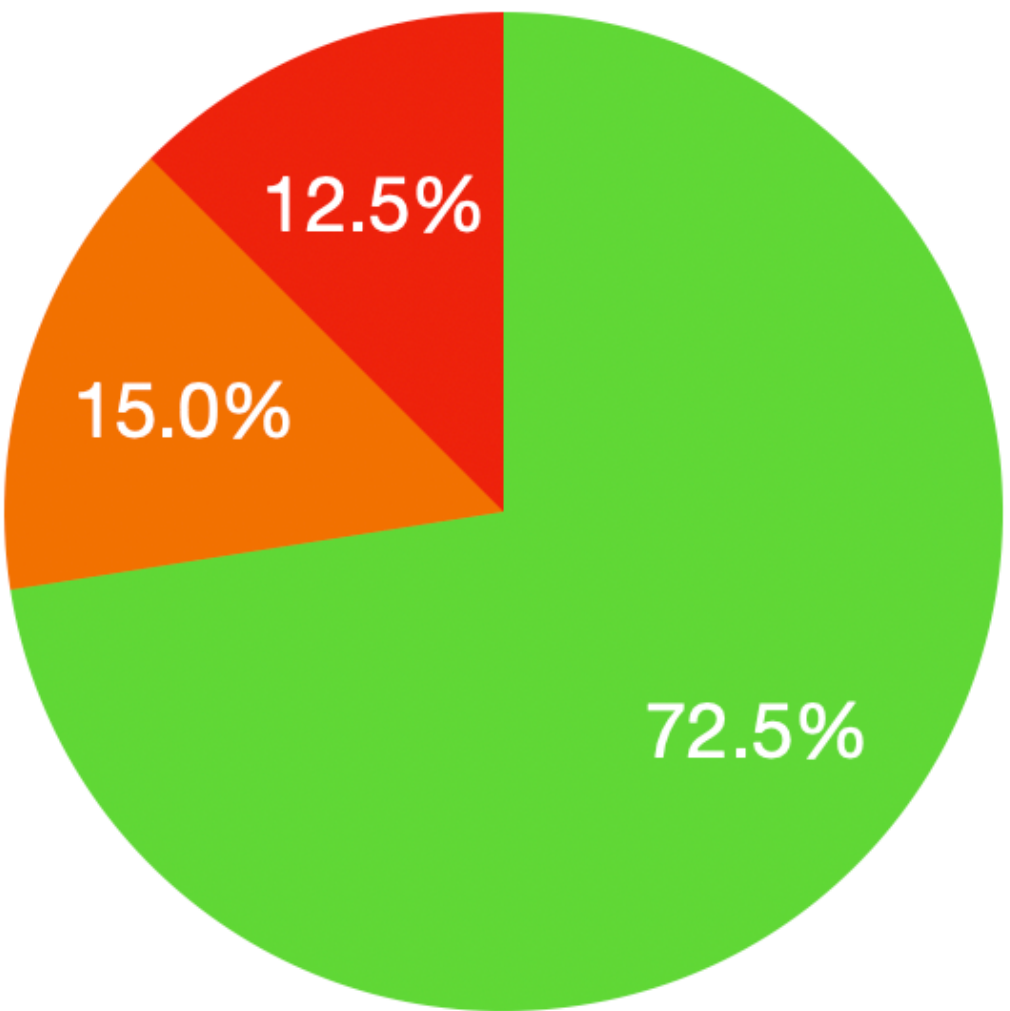**RED ZONE**

PENNABADIVANDIAPALLI VILLAGE FALLS UNDER RED ZONE - HOTSPOT - 50% OF THE SAMPLE PEOPLE TESTED HAVE ONE OR MORE HEALTH CONDITION - PRE CONDITION AND CHRONIC DISEASE.

CONTINUED SUPPORT ON PRIMARY CARE IS REQUIRED FOR IMPROVING OVERALL HEALTH CONDITION OF THE VILLAGE.
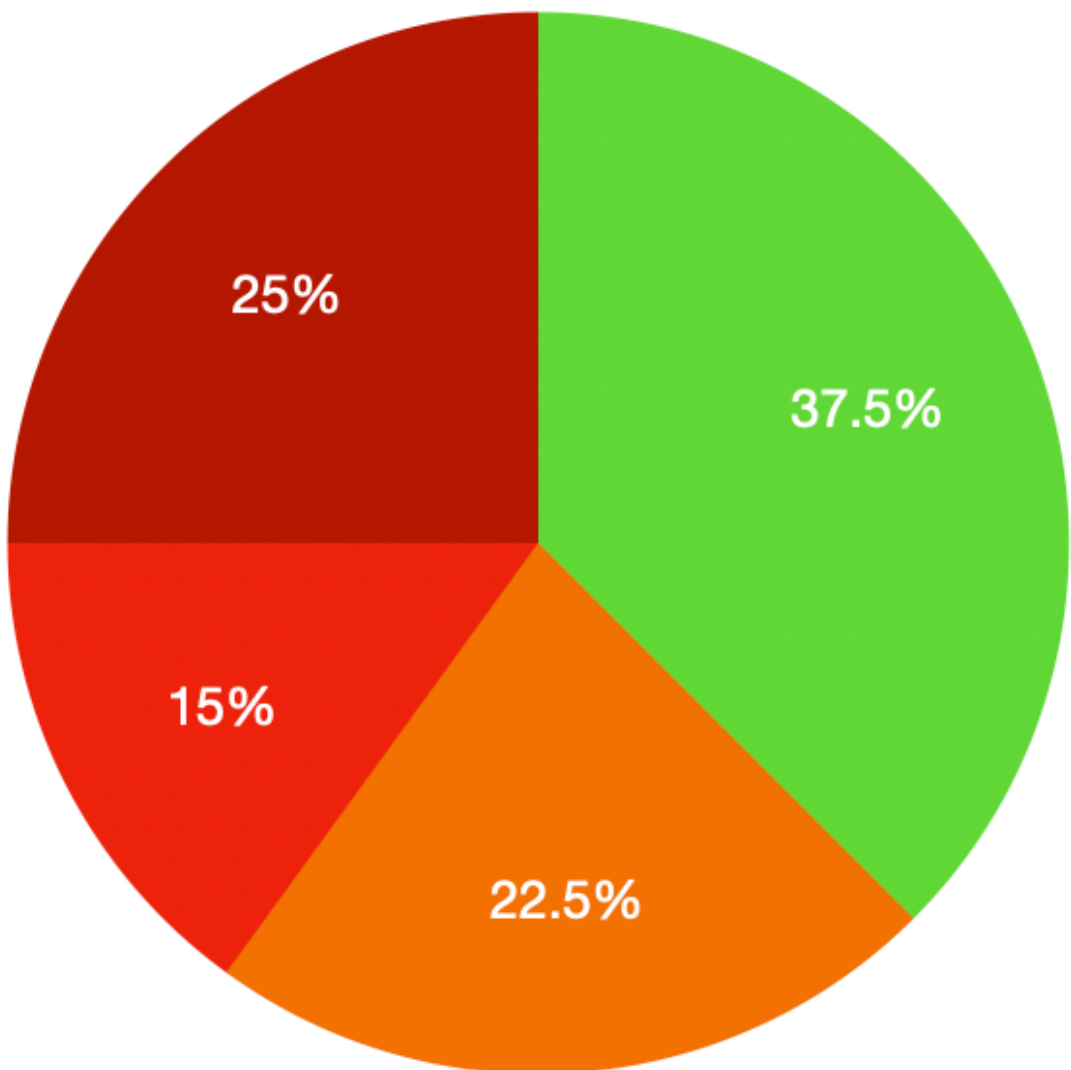
TOTAL CHOLESTEROL

● Normal ● Borderline High ● High

- 12.5%
- 15.0%
- 72.5%

72.5% OF THE SAMPLE HAVE NORMAL TOTAL CHOLESTEROL
15% OF THE SAMPLE HAVE PRE CONDITION
12.5% OF THE SAMPLE HAVE DISEASE

TRIGLYCERIDES

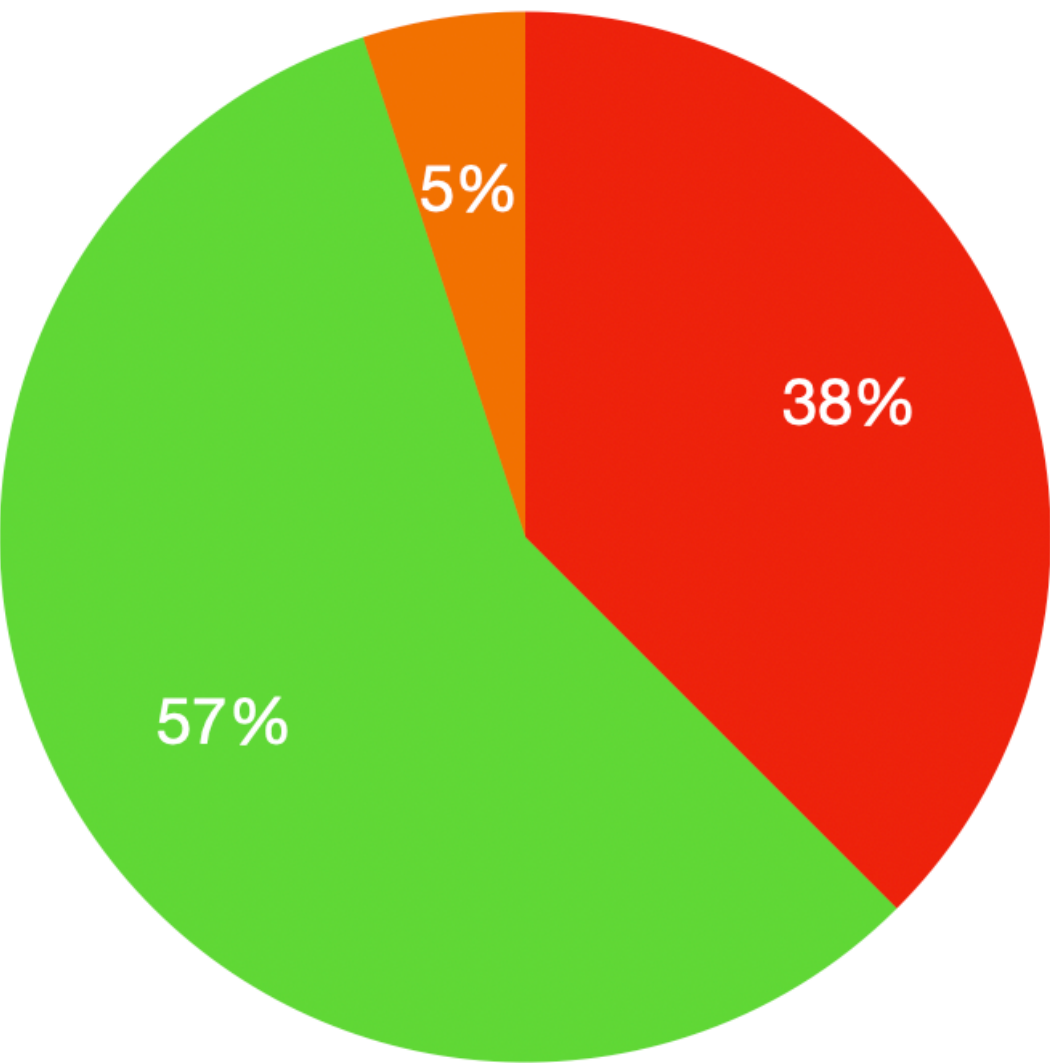● Normal ● Borderline High ● High ● Very High

- 37.5%
- 25%
- 15%
- 22.5%

37.5% OF THE SAMPLE HAVE NORMAL TRIGLYCERIDES
22.5% OF THE SAMPLE HAVE PRE CONDITION
40% OF THE SAMPLE HAVE DISEASE

HDL

● Low ● Normal ● High

- 5%
- 38%
- 57%
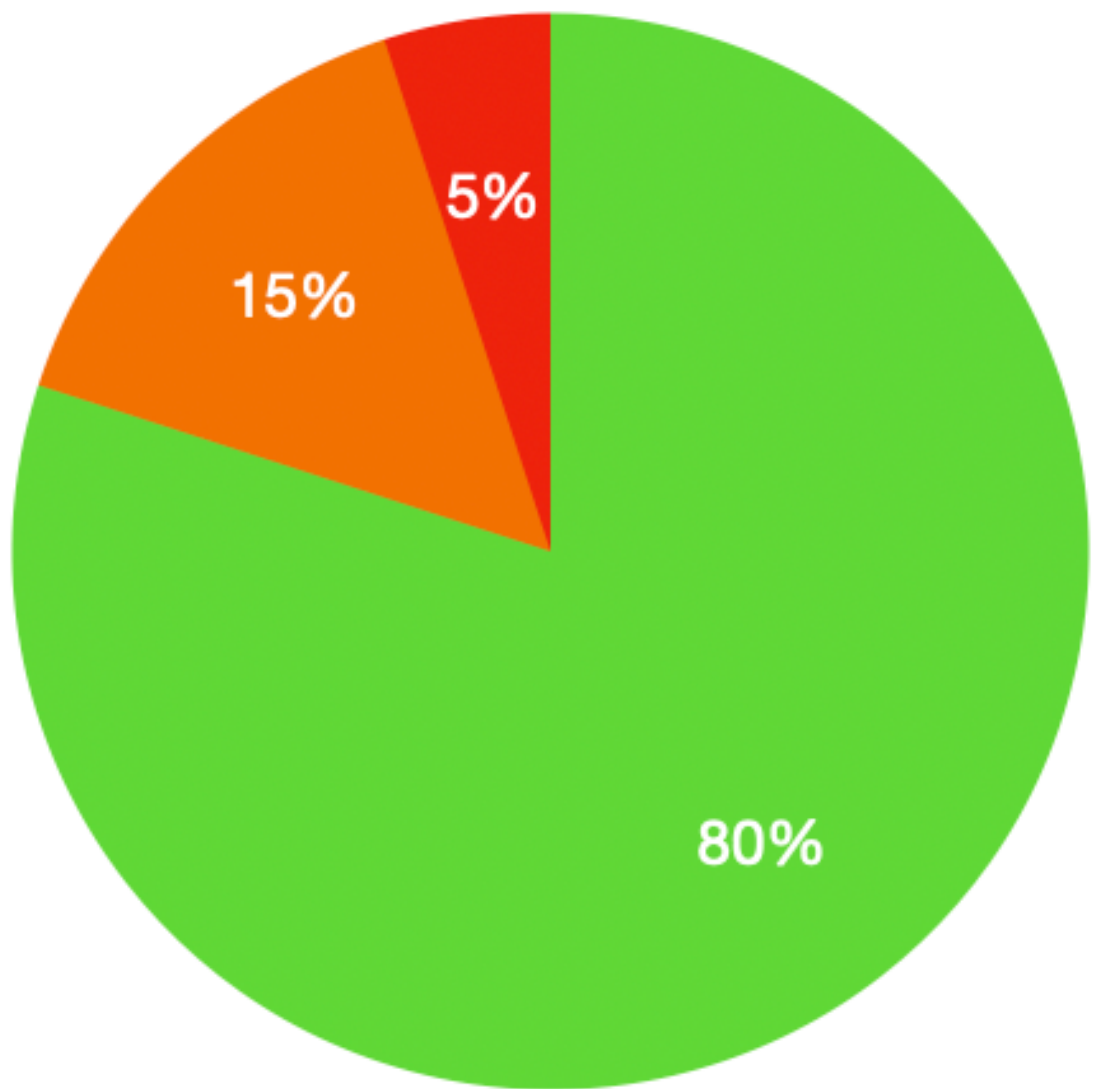
57% OF THE SAMPLE HAVE NORMAL HDL
38% OF THE SAMPLE HAVE PRE CONDITION
5% OF THE SAMPLE HAVE DISEASE

LDL

● Normal ● Borderline High ● High

- 5%
- 15%
- 80%

80% OF THE SAMPLE HAVE NORMAL LDL
15% OF THE SAMPLE HAVE PRE CONDITION
5% OF THE SAMPLE HAVE DISEASE

ADOPTION FEASIBILITY :

NO OF PEOPLE CONSULTED THROUGH TELEPHONE : 27
NO OF PEOPLE WHO DID NOT RESPOND TO CALLS: 13
41% OF SAMPLE POPULATION USES SMART PHONES
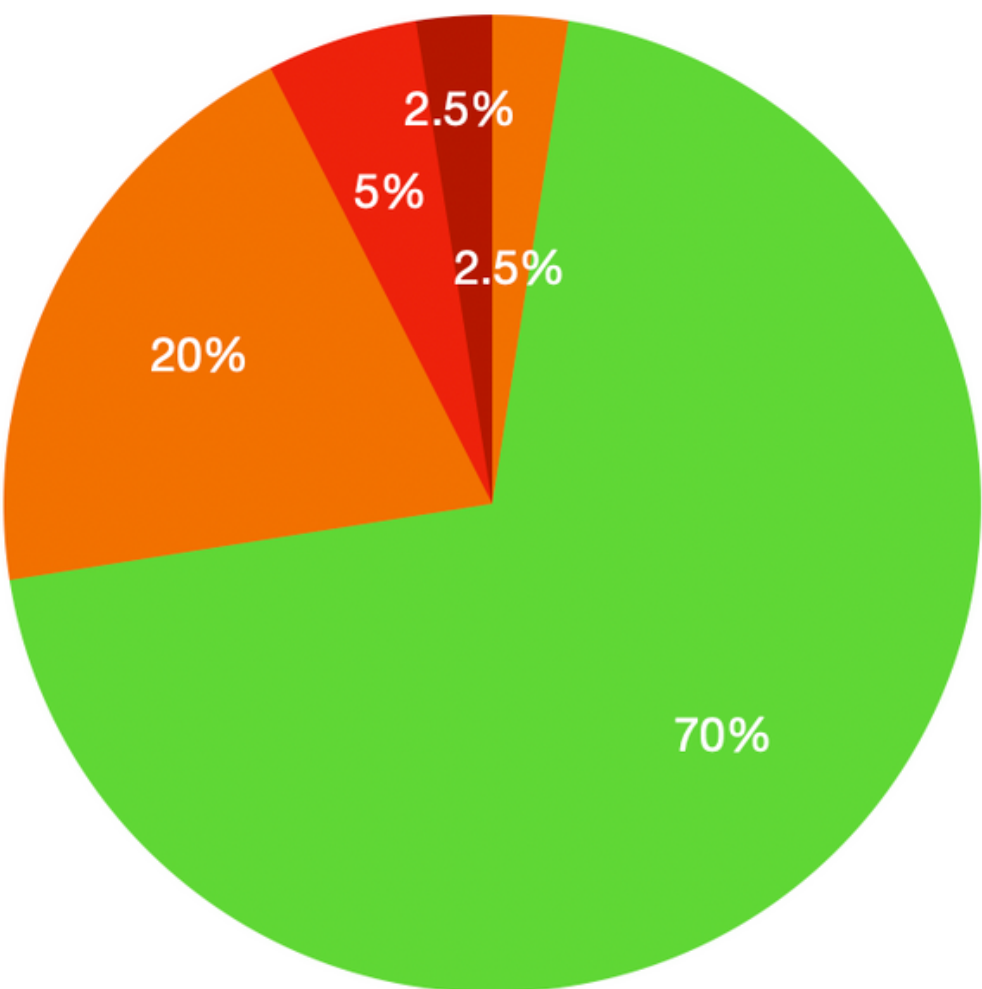67.5% OF SAMPLE POPULATION USE MOBILE PHONES

SMART PHONE USERS - WHATSAPP USERS

● Men: WHATSAPP USER ● Men: NON SMART PHONE - WHATSAPP USER ● Men: NO INFO
● Women: WHATSAPP USER ● Women: NON SMART PHONE - WHATSAPP USER ● Women: NO INFO

- 23%
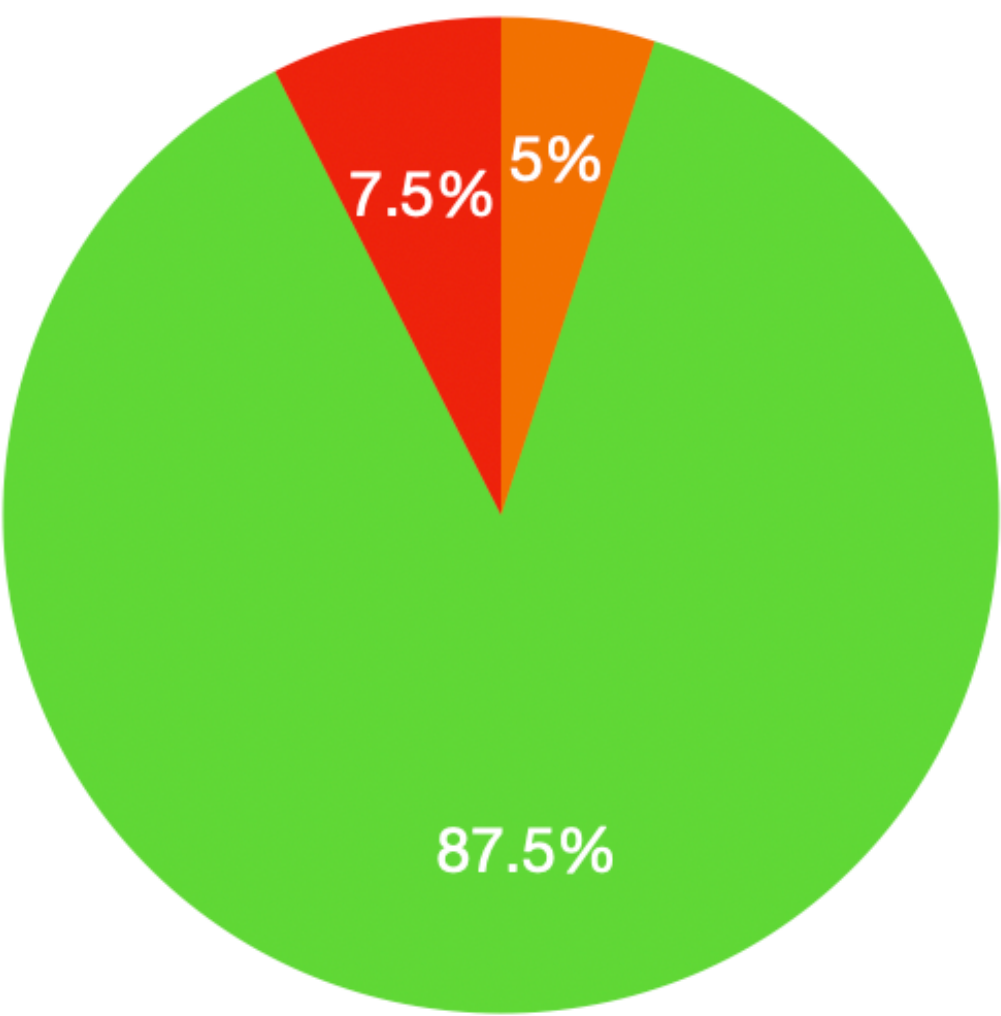- 23%
- 10%
- 10%
- 18%
- 18%
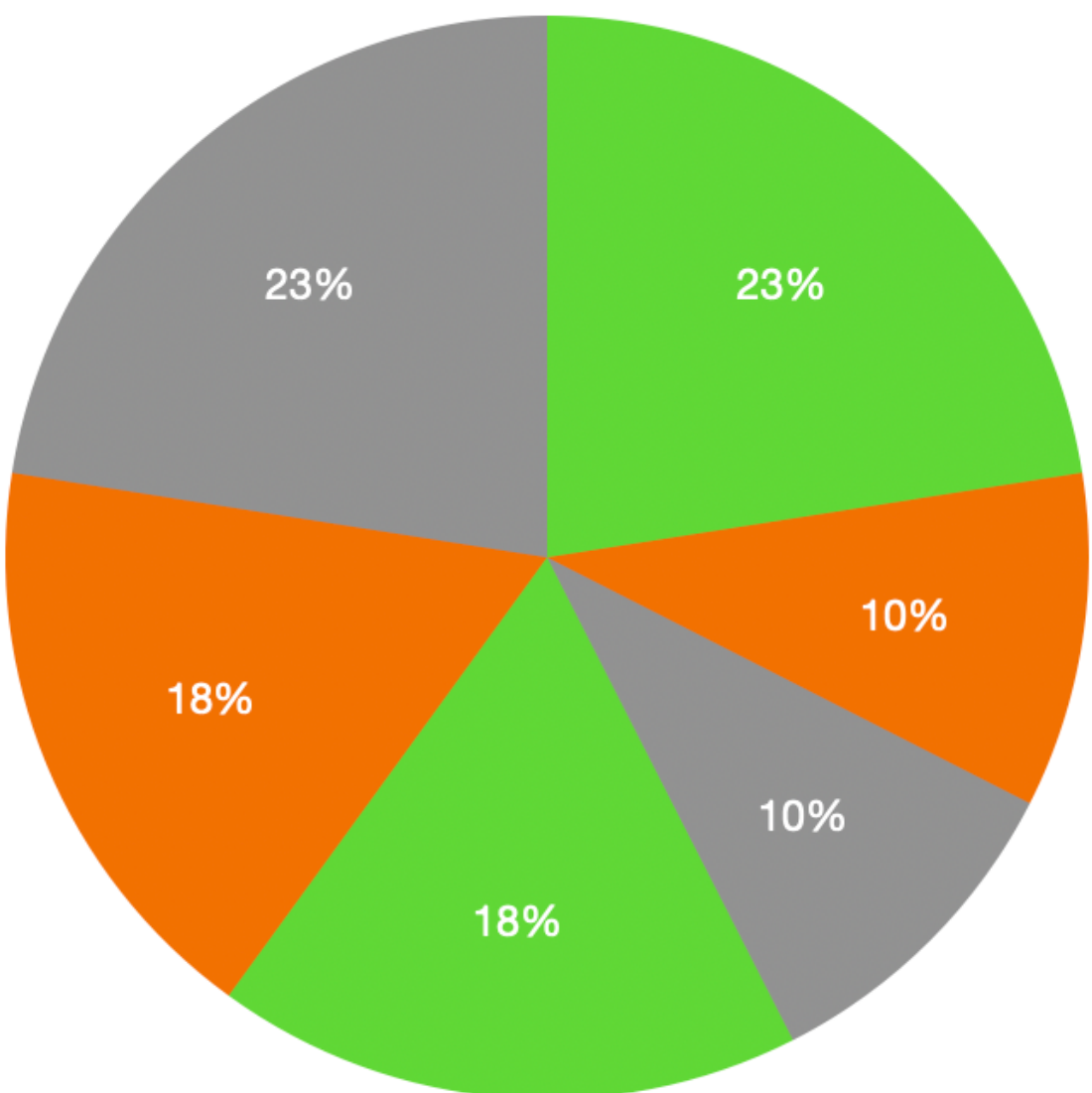
HEMOGLOBIN - HB

● High ● Normal ● Mild Anemia
● Moderate Anemia ● Severe Anemia

- 2.5%
- 5%
- 2.5%
- 20%
- 70%

70% OF THE SAMPLE HAVE NORMAL HEMOGLOBIN
20% OF THE SAMPLE HAVE PRE CONDITION
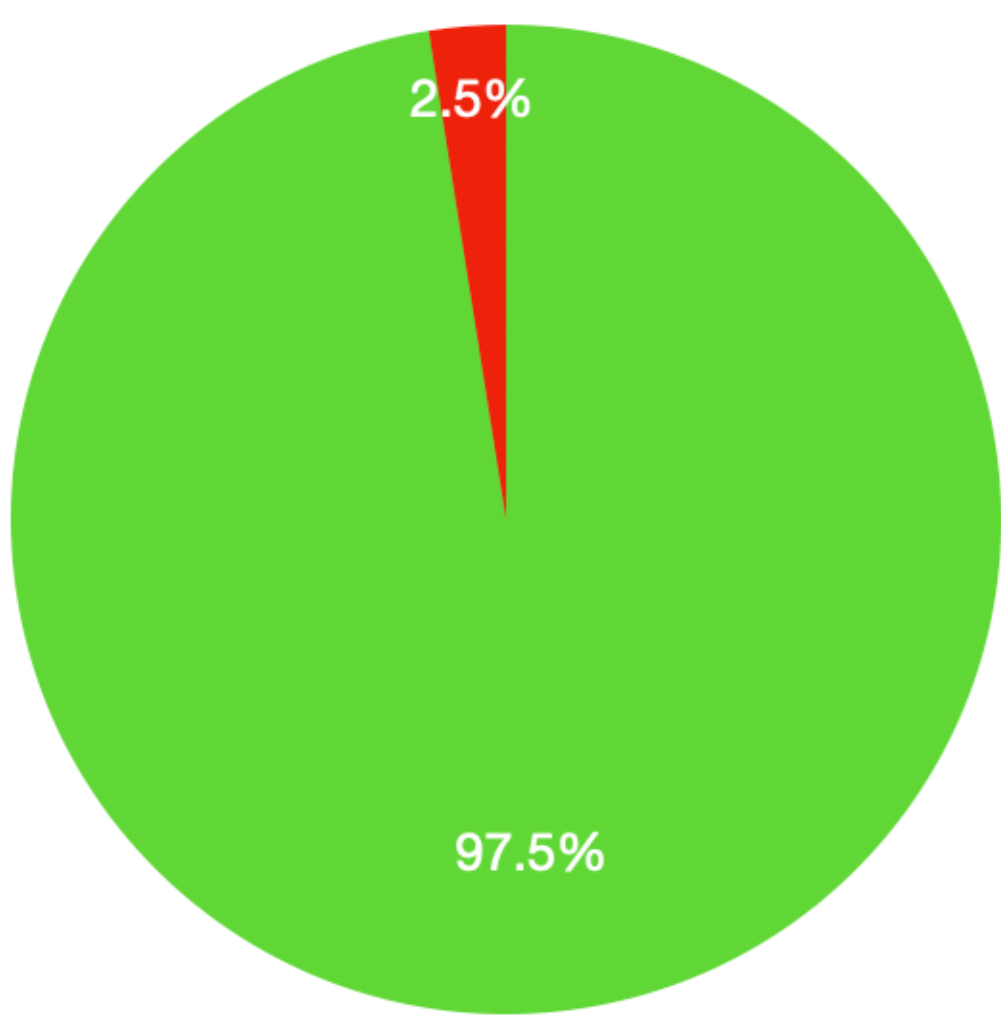10% OF THE SAMPLE HAVE DISEASE

WBC

● Low ● Normal ● High

- 7.5%
- 5%
- 87.5%

87.5% OF THE SAMPLE HAVE NORMAL WBC
5% OF THE SAMPLE HAVE LOW WBC

BLOOD PLATELETS

● Normal ● High - Thrombocytosis

- 2.5%
- 97.5%

97.5% OF THE SAMPLE HAVE NORMAL BLOOD PLATELETS
2.5% OF THE SAMPLE HAVE HIGH BLOOD PLATELETS

Total Cholesterol

Condition/ Levels	Values (BPM)
Normal	Less than 200
Borderline High	200-239
High	240 or higher

Triglycerides

Condition/ Levels	Values
Normal	Less than 150
Borderline High	150 - 199
High	200 or Higher

HDL

Condition/ Levels	Values
Low	Less than 40
Normal	40-59
High	60 and Above

LDL

Condition/ Levels	Values
Normal	Less than 130
Borderline High	130-159
High	160 or Higher

Hemoglobin Hb

Condition/ Levels	Values (Hb - g/dL)
Normal	12-16 g/dL (women) 13.5 - 17.5 g/dL (men)
Mild Anemia	10-12 g/dL (women) 10-13.5 g/dL (men
Moderate Anemia	8 - 10 g/dL
Severe Anemia	< 8 g/dL

WBC

Condition/ Levels	Values (thou/µL)
Low	5 and below
Normal	5 -10
High	10 - 18
Very High	18 and above

Blood Platelets

Condition/ Levels	Values (thou/µL)
Low (Thrombocytopenia)	Less than 150
Normal	150 - 450
High (Thrombocytosis)	450 and above