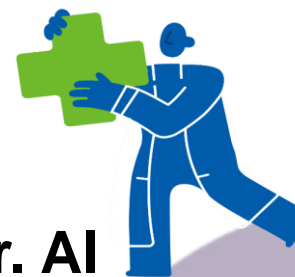




# Dr.AI MedExam Pro

The Health Exam Report Generation System of Dr. AI



# Table of Contents

1. The Value Proposition of Dr.AI MedExam Pro
2. Deployment Benefits
  - 2-1. Produces 100 Reports in Just 15 Minutes
  - 2-2. No Manual Retrieval of Templates
  - 2-3. Comprehensive Diagnoses Across 12 Medical Specialties
  - 2-4. Customizable Report Modules
  - 2-5. Multilingual Report Generation
3. How the System Engages with Your Existing Setup
4. Contact Us for a Trial Report

# 1. The Value Proposition of Dr.AI MedExam Pro

## Unparalleled Efficiency and Productivity

Dr.AI's Health Exam Report Generation System (Dr.AI MedExam Pro) delivers unparalleled efficiency, empowering healthcare professionals and enhancing productivity with the capability of One-Click Batch Report Generation to produce 100 reports in just 15 minutes. This optimizes the health checkup workflow, saves valuable time, and improves precision.

## Dynamic Approach Across 12 Medical Specialties

Dr.AI MedExam Pro offers a dynamic approach across 12 medical specialties, providing comprehensive, authentic narrative diagnoses and suggestions. These diagnoses include personalized follow-up recommendations derived from real-time medical insights, integrating past medical history and family history, along with lifestyle habits and abnormal values, to generate exclusive diagnostic evaluations.

# 1. The Value Proposition of Dr.AI MedExam Pro

## Not Sourced from Pre-Written Templates

Our recommendations, not sourced from pre-written templates, provide dynamic insights directly from test results. Additionally, with the capability to generate reports in diverse international languages, catering to various linguistic needs.

## Addressing Key Challenges

At Dr.AI MedExam Pro, we focus on developing patient-centric medical diagnostic services, aiming to provide the following solutions to challenges faced by healthcare providers:

- Empowering healthcare professionals
- Mitigating healthcare workforce shortages
- Reducing blind spots in medical care
- Enhancing the quality of medical records and reports
- Minimizing time and errors associated with documentation

## 2. Deployment Benefits

### 2-1. Produces 100 Reports in Just 15 Minutes



#### One-Click Batch Report Generation

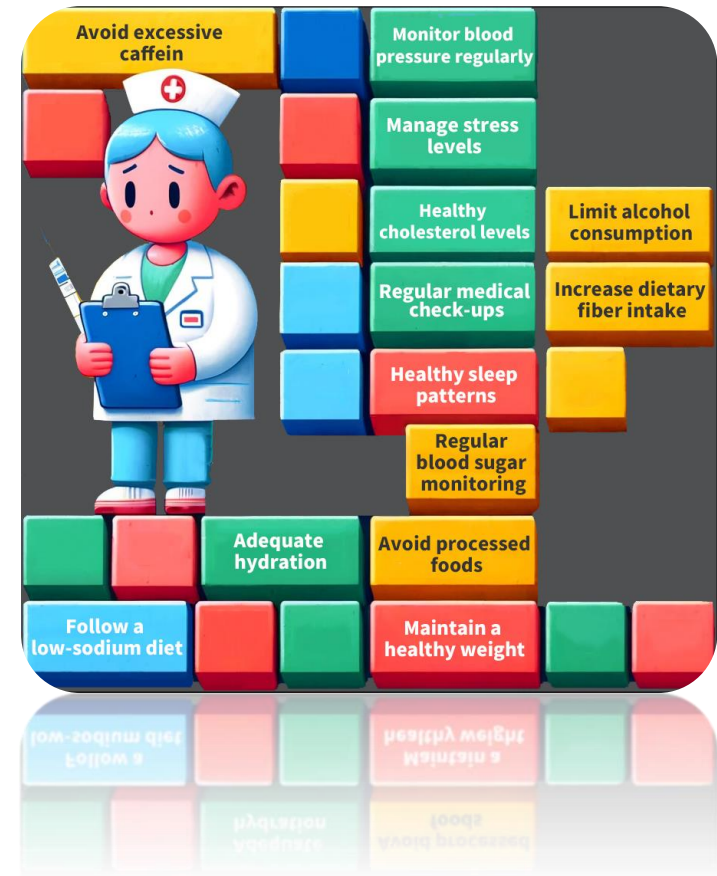
Batch produce 100 reports in just 15 minutes, significantly optimizing workflow, saving valuable time, and reducing costs, thereby increasing healthcare service capacity.

## 2. Deployment Benefits

### 2-2. No Manual Retrieval of Templates

Dr.AI MedExam Pro eliminates the need for manual retrieval of pre-written suggestions by generating dynamic insights directly from test results.

Our recommendations, based on real-time data, offer personalized care and are not derived from generic templates.



## 2. Deployment Benefits

### 2-3. Comprehensive Diagnoses Across 12 Medical Specialties

Dr.AI MedExam Pro offers a dynamic approach across 12 medical specialties, providing comprehensive, authentic narrative diagnoses and suggestions. These diagnoses include automatic spoken explanations and personalized follow-up recommendations derived from real-time medical insights.

### Innovative Cross-Analysis Integrating 3 Key Factors for Comprehensive Evaluations

The system integrates advanced cross-analysis of past medical history and family history, along with lifestyle habits and abnormal values, to generate exclusive diagnostic evaluations and follow-up recommendations.

- **Past Medical History plus Family Medical History** >
- **Lifestyle Habits** >

---

- **Abnormal Value Analysis** >

# 2. Deployment Benefits

## A. Cross-analysis of Past Medical History & Family Medical History

- Past Medical History plus Family Medical History ▶
- Lifestyle Habits >
- Abnormal Value Analysis >

Rochester Clinic    Name : DavisJordan    ID :    Date of Exam : 2024-03-22

### Summary & Suggestions

Impression 5: Elevated Homocysteine

Evidence-Based on: Homocysteine level of 16.0 umol/L.  
Interpretations and Suggestions: Elevated homocysteine is a risk factor for cardiovascular diseases. Dietary modification to increase intake of folate, vitamins B6, and B12 could help lower homocysteine levels. Additionally, evaluating renal function and thyroid status is advised as these can influence homocysteine levels.

06. Diagnosis :  
Impression 6: E

#### Past Medical History & Family Medical History

Evidence-Based **Past medical history**  
Interpretations a **Personal history of diseases: Hypertension, Atrial fibrillation, Ulcerative colitis**  
but it is non-spe **Medication and supplement history: No regular medication or supplement habits.**  
clinical correlati

07. Diagnosis :  
Impression 7: History of Hypertension and Atrial Fibrillation

#### Past Medical History

Evidence-Based on: Personal medical history reporting hypertension and atrial fibrillation.  
Interpretations and Suggestions: Given your medical history, it's imperative to engage in lifestyle modifications, adherence to antihypertensive guidelines, and regular follow-up with a cardiologist, especially to monitor and manage atrial fibrillation.

In conclusion, your primary concerns include being overweight, having prehypertension, mildly elevated liver enzymes, mildly elevated bilirubin, and elevated homocysteine levels. These factors necessitate a focus on lifestyle changes, dietary improvements, and possibly medical interventions for blood pressure and liver health. **Your history of hypertension and atrial fibrillation underscores the importance of cardiovascular health monitoring and management.** The elevated NSE warrants further investigation to exclude serious conditions. Overall, a comprehensive approach including follow-up with your healthcare provider is recommended to address these findings and optimize your health.

# 2. Deployment Benefits

## B. Cross-analysis of Lifestyle Habits

Past Medical History plus Family Medical History >

● Lifestyle Habits ▶

Abnormal Value Analysis >

### Summary & Suggestions

06. Diagnosis :

Impression: Prediabetes

Evidence-Based on: Fas

#### Lifestyle Habits (Smoking, Drinking, etc.)

#### Lifestyle Habits

Drinking habits in the past month: Abstain from alcohol.  
Coffee consumption habits: Yes.  
Average weekly working hours in the past six months: 48

monitoring of blood glu

osis :

Impression: Hyperlipidemia

Evidence-Based on: Total cholesterol of 227 mg/dL, LDL cholesterol of 150 mg/dL

Interpretations and Suggestions: Consider dietary modifications to reduce saturated fats and cholesterol intake, increase intake of omega-3 fatty acids, and consult with your healthcare provider about the potential need for lipid-lowering medication.

08. Diagnosis :

Impression: Hyperuricemia

Evidence-Based on: Uric acid of 9.6 mg/dL

Interpretations and Suggestions: Limit intake of purine-rich foods like red meats and seafood, and avoid alcohol. Stay well-hydrated. Further evaluation for gout or renal issues may be warranted if symptoms such as joint pain or difficulty in urinating occur.

gnosis :

Impression: Hyperthyroidism

#### Lifestyle Medicine Suggestions

Lifestyle Medicine Suggestions:

- Adopting a whole-food, plant-predominant eating pattern will help in managing obesity, prediabetes, hypertension, and hyperlipidemia. Focus on incorporating a wide variety of fruits, vegetables, whole grains, and legumes into your meals.
- ▶ Avoid risky substances, including tobacco and excessive alcohol consumption, to reduce your risk of further aggravating hypertension, hyperuricemia, and liver conditions. Limit caffeine intake as it can affect blood pressure and sleep quality.



# Summary & Suggestions

# 2. Deployment Benefits

## C. Cross-analysis of Abnormal Data

- Past Medical History plus Family Medical History >
- Lifestyle Habits >
- Abnormal Value Analysis** ▶

Item	ID	Value	Unit	Physical Analysis																		
<b>Total Cholesterol</b>	227	227	mg/dl	<b>Physical Analysis</b> <table border="1"> <thead> <tr> <th>Exam Item</th> <th>Result</th> <th>Unit</th> </tr> </thead> <tbody> <tr> <td>Body Height</td> <td>66 inches</td> <td>inches</td> </tr> <tr> <td>Body Weight</td> <td>173.9 lbs</td> <td>lbs</td> </tr> <tr> <td>Body Mass Index</td> <td>28.1</td> <td>kg/m<sup>2</sup></td> </tr> <tr> <td>Body Fat Composition</td> <td>24.3%</td> <td>%</td> </tr> <tr> <td>Waist Circumference</td> <td>36.2 inches</td> <td>inches</td> </tr> </tbody> </table>	Exam Item	Result	Unit	Body Height	66 inches	inches	Body Weight	173.9 lbs	lbs	Body Mass Index	28.1	kg/m <sup>2</sup>	Body Fat Composition	24.3%	%	Waist Circumference	36.2 inches	inches
Exam Item	Result	Unit																				
Body Height	66 inches	inches																				
Body Weight	173.9 lbs	lbs																				
Body Mass Index	28.1	kg/m <sup>2</sup>																				
Body Fat Composition	24.3%	%																				
Waist Circumference	36.2 inches	inches																				
<b>HDL-Cholesterol</b>	44	44	mg/dl																			
<b>LDL-Cholesterol</b>	150	150	mg/dl																			
<b>Total Bilirubin</b>	1.8	1.8	mg/dl																			
<b>Direct Bilirubin</b>	0.3	0.3	mg/dl																			
<b>Indirect Bilirubin</b>	1.5	1.5	mg/dl																			
<b>Systolic BP-Left</b>	143	143	mmHg																			
<b>Diastolic BP-Left</b>	91	91	mmHg																			
<b>HbA1c</b>	6.2	6.2	%																			
<b>AC-Inulin</b>	8.2	8.2	mg/dl																			

**Abnormal Data**

### 25. Diagnosis :

Comprehensive summary

Comprehensive summary: Current test results underscore several significant health concerns that warrant ongoing management and observation. You exhibit mild obesity, which, combined with prediabetes, Hypertension (Stage 1), hyperlipidemia, and mild coronary artery disease, underscores **heightened cardiovascular risk profile**. Importantly, adhering to a lifestyle that promotes weight management, a balanced diet low in simple sugars and saturated fats, along with regular exercise, is paramount. Your condition of Thalassemia minor, while generally not requiring treatment, complements a picture of hematological intricacy, further complicated by eosinophilia and indirect hyperbilirubinemia, suggesting a need for meticulous monitoring of your **blood and liver health**. The presence of **hyperthyroidism, hyperuricemia**, along with mild prostatic enlargement, necessitates a comprehensive approach to your hormonal balance and metabolic processing. Findings of multilevel degenerative changes in your spine, intervertebral disc herniation, and spinal stenosis highlight the significance of incorporating physiotherapy and possibly pain management into your regimen. Notably, the identification of bilateral renal cysts, left renal calcification, and nasopharyngeal stenosis introduces additional layers of complexity requiring specialist consultations to monitor and manage these conditions effectively. Furthermore, the cerebral small vessel disease, Stage 1, and arteriosclerosis of the aortic arch indicate the need for **vigilant control of vascular risk** factors. Regular follow-ups for your heart and kidney functions, alongside adjustments in medication and lifestyle, will be crucial steps in managing your health holistically.

## 2. Deployment Benefits

### 2-4. Customizable Report Modules

Based on the needs of medical exam centers, it offers multiple report modules to choose from, offering Basic, Plus, and Premium versions, and further customizes the required formats and content.

#### Basic Report

Suitable for single, simple physical examination items such as general physical exams, labor inspections, and initial health check-up packages. Provides a brief analysis along with AI comprehensive diagnosis and a nutrition instruction report.

#### Plus Report

Ideal for health check-up packages that include comprehensive physical examinations and specific screening items such as imaging studies. Offers detailed analysis and multiple explanatory reports along with AI comprehensive diagnosis and a nutrition instruction report.

#### Premium Report

Perfect for high-value health check-up packages that may include advanced imaging or VIP packages. Provides detailed and comprehensive AI diagnostic analysis along with a nutrition instruction report.

## HEALTH EXAMINATION REPORT

Name  
I.D. Number  
Gender  
Date of Birth  
Age  
Date of Exam  
Exam Package

Personal

Contents	
Exam Item	Page
Summary & Suggestions	01
Nutrition Instructions	04
Personal and Family History	05
Physical Analysis	06
Vision & Hearing Screen	09
Hematology Screening	10
Biochemistry Examination	14
Serology and Immunology Examination	20
Urinalysis	22
Abdominal Ultrasound	25
Electrocardiogram	27
10-year Coronary Heart Disease Risk Assessment	30
Chest X-Ray Examination	31

Physician

### Nutrition Instructions

#### Diet Suggestions:

- Incorporate a high fiber diet with plenty of fruits, vegetables, whole grains, and legumes to manage prediabetes and hyperlipidemia, and to aid in weight loss.
- Choose lean protein sources and healthy fats, such as fish rich in omega-3 fatty acids, to support heart health.
- Limit intake of salt and processed foods to help control blood pressure.
- Avoid foods high in refined sugars and carbohydrates to help manage blood glucose levels.
- Opt for low glycemic index foods to stabilize blood sugar.
- Ensure adequate hydration throughout the day.

#### Supplement Recommendations:

- Consider a daily multivitamin that does not exceed 100% of the Daily Value of iron, unless otherwise directed by your physician, due to Thalassemia Minor.
- Omega-3 fatty acids supplement could be beneficial for heart health.
- A Vitamin D supplement may be beneficial, especially if your lifestyle or geographic location limits sun exposure.
- Magnesium supplements could help in managing hypertension and might assist in improving sleep quality.

#### Lifestyle Medicine Suggestions:

- Adopt a whole-food, plant-predominant eating pattern focusing on nutrient density to support weight management, improve lipid profile, and manage blood sugar levels.
- Engage in regular physical activity, aiming for at least 150 minutes of moderate aerobic exercise per week, along with muscle-strengthening activities on two or more days per week. This will aid in managing obesity, hypertension, and prediabetes.
- Ensure restorative sleep by maintaining a consistent sleep schedule, creating a sleep-conducive environment (cool, dark, and quiet), and avoiding stimulants and screens before bedtime.
- Manage stress effectively through mindfulness techniques, such as meditation, deep breathing exercises, or yoga. These practices can help in reducing blood pressure and improving overall well-being.

Participating in community support activities that interest you can provide emotional support and improve mental health.

### Summary & Suggestions

#### 01. Diagnosis :

Impression: Mild Obesity

Evidence-Based on: Body Mass Index (BMI) 28.1 kg/m<sup>2</sup>, Body Weight 78.9 kg, Body Fat 24.3%, Waist Circumference 92 cm  
Interpretations and Suggestions: To manage mild obesity, a combination of dietary adjustments focusing on nutrient-dense foods and regular physical activity is recommended. Consider consulting a nutritionist for personalized dietary guidance and a fitness professional to create an exercise regimen that is safe and effective for weight loss and overall health improvement.

#### 02. Diagnosis :

Impression: Stage 1 Hypertension

Evidence-Based on: Systolic Blood Pressure 143 mmHg, Diastolic Blood Pressure 91 mmHg  
Interpretations and Suggestions: Stage 1 hypertension suggests a need for lifestyle modifications such as reducing sodium intake, increasing physical activity, and managing stress. Consistent monitoring of blood pressure and adherence to antihypertensive medication, if prescribed, are important to prevent further cardiovascular risks.

#### 03. Diagnosis :

Impression: Microcytic Anemia, likely Thalassemia Minor

Evidence-Based on: RBC 6.8 x10<sup>6</sup>/dL, MCV 63.8 fL, MCH 18.5 pg, MCHC 29.0 g/dL  
Interpretations and Suggestions: The laboratory findings suggest a diagnosis of Microcytic Anemia, likely Thalassemia Minor, given your high red blood cell count but low MCV, MCH, and MCHC. This condition often does not require treatment; however, regular monitoring of hemoglobin levels and avoidance of unnecessary iron supplements are advisable unless specifically recommended by a physician.

#### 04. Diagnosis :

Impression: Eosinophilia

Evidence-Based on: Eosinophils 9.3%  
Interpretations and Suggestions: Elevated eosinophils can indicate an allergic reaction, parasitic infection, or less commonly, certain types of leukemia. It is recommended to undergo further evaluation to determine the underlying cause, which may include specific allergen testing, stool studies for parasites, and a consultation with a hematologist if indicated.

#### 05. Diagnosis :

Impression: Gilbert's Syndrome Indicated by Indirect Hyperbilirubinemia

Evidence-Based on: Total Bilirubin 1.8 mg/dL, Indirect Bilirubin 1.5 mg/dL  
Interpretations and Suggestions: The pattern of bilirubin elevation suggests Gilbert's Syndrome, a benign condition that typically does not require treatment. However, it's still important to avoid potential liver toxins including excessive alcohol consumption and certain medications known to affect liver function. Regular liver function tests may be conducted to monitor your condition over time.

#### 06. Diagnosis :

Impression: Prediabetes

Evidence-Based on: Fasting Glucose 104 mg/dL, HbA1c 6.2%  
Interpretations and Suggestions: These values indicate prediabetes. Implementing lifestyle changes such as adopting a balanced diet low in refined sugars and carbohydrates, regularly exercising, and periodically monitoring blood glucose levels are crucial steps to delay or prevent the onset of type 2 diabetes. Additionally, a consultation with a diabetes educator or endocrinologist might be beneficial.

#### 07. Diagnosis :

Impression: Hyperlipidemia

Evidence-Based on: Total Cholesterol 227 mg/dL, LDL-Cholesterol 150 mg/dL, T-Chol/HDL-Chol Ratio 5.2  
Interpretations and Suggestions: The cholesterol levels suggest hyperlipidemia, increasing your risk for atherosclerosis and heart disease. A heart-healthy diet, rich in fruits, vegetables, whole grains, and lean proteins, along with regular exercise, is recommended. Depending on your risk factors and overall cardiovascular risk, medication may also be prescribed to help manage your cholesterol levels.

#### 08. Diagnosis :

Impression: Hyperthyroidism

Evidence-Based on: TSH 0.02 uIU/mL, Free T4 1.98 ng/dL  
Interpretations and Suggestions: The suppressed TSH and elevated free T4 levels suggest hyperthyroidism, which may require antithyroid medications or other treatments. Consultation with an endocrinologist for precise diagnosis and management is essential. Monitoring thyroid function tests regularly as advised by your specialist is crucial for appropriate management.

#### 09. Diagnosis :

Comprehensive summary

Based on the comprehensive summary of your health examination, you have been diagnosed with several conditions: Mild Obesity, Stage 1 Hypertension, Microcytic Anemia (likely Thalassemia Minor), Eosinophilia, Gilbert's Syndrome (indicated by indirect hyperbilirubinemia), Prediabetes, Hyperlipidemia, and Hyperthyroidism. A multidisciplinary approach involving lifestyle modifications, close monitoring, and possibly medication is crucial for managing these conditions effectively. Collaboration with various specialists, including an endocrinologist, gastroenterologist, and possibly a hematologist, will be key in optimizing your health. Regular follow-up with your primary care physician is recommended.

# Basic Report

## Basic Report

Suitable for single, simple physical examination items such as general physical exams, labor inspections, and initial health check-up packages. Provides a brief analysis along with AI comprehensive diagnosis and a nutrition instruction report.

# 2. Deployment Benefits

## 2-4. Customizable Report Module

## HEALTH EXAMINATION REPORT

### Personal Information

Name  
I.D. Number  
Gender  
Date of Birth  
Age  
Date of Exam  
Exam Package

DEMO-005

### Contents

- Exam Item
- Summary & Suggestions
- Nutrition Instructions
- Personal and Family History
- Physical Analysis
- Vision & Hearing Screen
- Hematology Screening
- Biochemistry Examination
- Serology and Immunology Examination
- Urinalysis
- Pharyngorhinology
- Abdominal Ultrasound
- Echocardiography Ultrasound
- Carotid Duplex Ultrasound

### Nutrition Instructions

#### Diet Suggestions:

- Prioritize a whole-food, plant-based diet rich in fruits, vegetables, whole grains, and legumes to manage weight, blood pressure, and blood sugar levels.
- Incorporate lean proteins like fish and poultry, and limit red meat and processed foods to manage hyperlipidemia and hypertension.
- Choose foods high in potassium to help manage hypertension.
- Limit salt intake to less than 1500 mg per day to support blood pressure control.
- Avoid high-purine foods such as red meat, organ meats, and certain types of seafood to reduce uric acid levels.
- Opt for foods rich in omega-3 fatty acids, such as salmon, to support heart health.
- Reduce consumption of simple sugars and refined carbohydrates to manage prediabetes and obesity.

#### Supplement Recommendations:

- A multivitamin tailored to your age and sex may help fill any nutritional gaps without providing excess iron, given your beta-thalassemia minor.
- Fish oil supplements, for the omega-3 fatty acids EPA and DHA, may benefit heart health but consult with your doctor due to your lipid profile and cardiovascular concerns.
- Vitamin D, especially if your lifestyle or geographical location limits sun exposure, to support overall health, but consult with your healthcare provider for appropriate dosing.
- Magnesium, which may help with blood pressure control and heart health. Again, check with your physician for the appropriate dose.

#### Lifestyle Medicine Suggestions:

- Adopt a whole-food, plant-predominant eating pattern to address obesity, hypertension, hyperlipidemia, and prediabetes. Focus on incorporating a variety of fruits, vegetables, whole grains, and legumes into your meals.
- Engage in regular physical activity. Aim for at least 150 minutes of moderate aerobic exercise per week, such as brisk walking, cycling, or swimming, along with muscle-strengthening activities two or more days a week. This will help manage weight, blood pressure, and cardiovascular health.
- Ensure restorative sleep by establishing a regular sleep schedule, creating a relaxing bedtime routine, and making your sleeping environment comfortable and free of distractions. Aim for 7-9 hours of sleep per night.
- Manage stress effectively through mindfulness practices, meditation, yoga, or deep-breathing exercises. These methods can help lower blood pressure and improve overall well-being.
- Avoid risky substances including tobacco and limit alcohol intake, as these can exacerbate several of your conditions including hypertension, hyperlipidemia, and liver health.
- Foster positive social connections by maintaining relationships with friends and family. Support groups for specific health conditions can also provide emotional support and valuable information for managing your health.
- Stay well-hydrated, particularly to manage hypertension and kidney health. Aim for at least 8-10

### Summary & Suggestions

#### 01. Diagnosis :

Impression: Mild obesity

Evidence-Based on: BMI of 28.1 kg/m<sup>2</sup>, Body weight of 78.90 kg, Body fat percentage of 24.30%, Waist circumference of 92 cm  
Interpretations and Suggestions: Mild obesity is associated with a higher risk of several chronic diseases. It is important to aim for a slow and steady weight loss through a balanced diet and regular physical activity. Consider consulting a nutritionist for personalized dietary advice.

#### 02. Diagnosis :

Impression: Stage 1 Hypertension

Evidence-Based on: Systolic blood pressure of 143 mmHg, Diastolic blood pressure of 91 mmHg  
Interpretations and Suggestions: Stage 1 hypertension increases the risk of cardiovascular diseases. Limiting salt intake, maintaining a healthy weight, and regular monitoring of blood pressure are crucial. Discuss with your doctor whether medication might be needed to control your blood pressure.

#### 03. Diagnosis :

Impression: Beta-Thalassemia Minor

Evidence-Based on: RBC of 6.8 10<sup>6</sup>/uL, MCV of 63.8 fl, MCH of 18.5 pg/cell  
Interpretations and Suggestions: Beta-thalassemia minor often doesn't require treatment but monitoring for possible anemia symptoms is recommended. Avoid routine iron supplements without evidence of iron deficiency.

#### 04. Diagnosis :

Impression: Eosinophilia

Evidence-Based on: Eosinophils at 9.30%  
Interpretations and Suggestions: Eosinophilia can indicate allergic reactions, parasitic infections, or other causes. It is advisable to see an allergist or immunologist for further evaluation and possible allergy testing.

#### 05. Diagnosis :

Impression: Indirect hyperbilirubinemia

Evidence-Based on: Total Bilirubin at 1.8 mg/dL, Indirect Bilirubin at 1.5 mg/dL  
Interpretations and Suggestions: Further evaluation is necessary to determine the cause of elevated bilirubin. Possibilities include Gilbert's syndrome, hemolysis, or liver dysfunction. Consultation with a hepatologist may be beneficial.

#### 06. Diagnosis :

Impression: Prediabetes

Evidence-Based on: Glucose AC of 104 mg/dL, HbA1C of 6.2%  
Interpretations and Suggestions: Prediabetes indicates a high risk of developing diabetes. Lifestyle modifications including diet and exercise are crucial. Regular follow-up with glucose and HbA1c testing every 6 months is recommended.

#### 07. Diagnosis :

Impression: Hyperlipidemia

Evidence-Based on: Total Cholesterol of 227 mg/dL, LDL-C of 150 mg/dL  
Interpretations and Suggestions: Elevated cholesterol increases the risk of cardiovascular disease. Dietary changes, weight management, and possibly lipid-lowering medication after discussing with your healthcare provider are recommended.

#### 08. Diagnosis :

Impression: Increased risk for atherosclerosis

Evidence-Based on: T-Chol/HDL-Chol ratio of 5.2  
Interpretations and Suggestions: To reduce the risk of atherosclerosis, focus on lifestyle modifications such as increasing physical activity, quitting smoking if applicable, and managing dietary fat intake. Regular monitoring of lipid profile is essential.

#### 09. Diagnosis :

Impression: Hyperuricemia

Evidence-Based on: Uric acid level of 9.6 mg/dL  
Interpretations and Suggestions: High uric acid levels can lead to gout and kidney stones. Dietary changes, weight management, and possibly uric acid-lowering medication after consulting with your healthcare provider are recommended.

#### 10. Diagnosis :

Impression: Hyperthyroidism

Evidence-Based on: TSH of 0.02 uIU/mL, Free T4 of 1.98 ng/dL  
Interpretations and Suggestions: Hyperthyroidism can lead to significant weight loss, increased heart rate, and other symptoms. Treatment options include medication, radioactive iodine, or surgery. Regular monitoring and follow-up with an endocrinologist are essential.

#### 11. Diagnosis :

#### 12. Diagnosis :

Impression: Left Kidney Calcification

Evidence-Based on: Abnormal ultrasound of the kidney showing calcification points in the left kidney.  
Interpretations and Suggestions: This indicates previous kidney damage or infection, leading to calcification. It is important to monitor kidney function and manage blood pressure and blood sugar to prevent further damage. Stay well-hydrated and schedule a follow-up with a nephrologist for ongoing assessment and management strategies.

#### 13. Diagnosis :

Impression: Diastolic Dysfunction

Evidence-Based on: Abnormal echocardiogram indicating left ventricular diastolic dysfunction.  
Interpretations and Suggestions: Diastolic dysfunction is a condition where the heart's ability to relax and fill with blood is impaired. This can be managed by controlling blood pressure, possibly adjusting medication if you have hypertension, and managing other cardiovascular risk factors. Implementing lifestyle changes such as regular physical activity and a heart-healthy diet is beneficial. Further evaluations by a cardiologist are necessary to tailor treatment and monitor the condition.

#### 14. Diagnosis :

Impression: Valve Regurgitation

Evidence-Based on: Abnormal echocardiogram showing mild regurgitation in the mitral, pulmonary, and tricuspid valves.  
Interpretations and Suggestions: Even minimal valve regurgitation deserves attention to monitor for potential progression. Regular follow-up with echocardiograms to assess valve function over time is recommended. Engage in heart-healthy lifestyle practices and manage other cardiovascular risk factors. Consult with a cardiologist for more specific recommendations and potential treatment options.

#### 15. Diagnosis :

Impression: Multinodular Goiter with Cystic Changes

Evidence-Based on: Ultrasound of the thyroid showing multiple nodules with cystic changes in the left thyroid.  
Interpretations and Suggestions: The presence of multiple nodules with cystic changes warrants periodic monitoring through ultrasound to detect any changes in size or characteristics of the nodules. Thyroid function tests should be conducted to evaluate thyroid hormone levels. Consultation with an endocrinologist is important for further assessment and to decide if any nodules require biopsy based on their growth or symptoms.

#### 16. Diagnosis :

Impression: Nodular Thyroid Disease

Evidence-Based on: Ultrasound of the thyroid showing a nodular goiter in the right thyroid.  
Interpretations and Suggestions: Like the multinodular goiter, this condition also needs monitoring over time with ultrasound and thyroid function tests to ensure the nodules do not adversely affect thyroid function. An endocrinological evaluation is crucial, and a biopsy may be considered based on nodule growth or associated symptoms.

#### 17. Diagnosis :

Impression: Atherosclerosis of the Aortic Arch

Evidence-Based on: Abnormal chest X-ray showing aortic arch calcification.  
Interpretations and Suggestions: Aortic arch calcification is indicative of atherosclerosis, a buildup of plaque that can narrow the arteries and increase cardiovascular disease risk. Managing blood pressure, cholesterol, and other cardiovascular risk factors is critical. A cardiology consultation is recommended for a comprehensive cardiovascular risk assessment and management plan.

#### 18. Diagnosis :

Impression: Cervical Spondylosis

Evidence-Based on: Abnormal cervical X-ray showing intervertebral disc narrowing, osteophytes, and ligament calcification.  
Interpretations and Suggestions: Management focuses on relieving pain and maintaining neck mobility. Nonsteroidal anti-inflammatory drugs (NSAIDs), physical therapy, and lifestyle modifications to reduce strain on the neck are important. In some cases, referral to a spine specialist for further evaluation and treatment planning may be necessary, including the possibility of surgery for severe symptoms or nerve involvement.

#### 19. Diagnosis :

Impression: Lumbar and Thoracic Spine Anomalies

Evidence-Based on: Abnormal X-rays showing spondyloarthrosis, vertebral fractures, disc narrowing, and osteophyte formation in the lumbar and thoracic spine.  
Interpretations and Suggestions: This combination of spine issues requires comprehensive management to address pain, prevent further deterioration, and maintain function. Physical therapy geared towards strengthening and flexibility exercises, pain management strategies, and possibly evaluation for surgical intervention in severe scenarios are advised. Regular follow-ups with a specialist in orthopedics or spine disorders are critical to adjust management plans as needed.

#### 20. Diagnosis :

Impression: Comprehensive summary

This report provides a comprehensive summary of your health issues, their severity, and the recommended management strategies. It is crucial to manage several health issues, including mild obesity, stage 1 hypertension, beta-thalassemia minor, eosinophilia, indirect hyperbilirubinemia, prediabetes, hyperlipidemia, increased risk for atherosclerosis, hyperuricemia, hyperthyroidism, left kidney calcification, diastolic dysfunction, valve regurgitation, atherosclerosis of the aortic arch, cervical spondylosis, and lumbar and thoracic spine anomalies. Regular monitoring and follow-up with your healthcare providers are essential to manage these conditions effectively and prevent complications. Implementing lifestyle changes, such as a healthy diet, regular physical activity, and stress management, is highly recommended. Further evaluations by specialists in various fields are necessary to tailor treatment and monitor the condition.

# Plus Report

## Plus Report

Ideal for health check-up packages that include comprehensive physical examinations and specific screening items such as imaging studies. Offers detailed analysis and multiple explanatory reports along with AI comprehensive diagnosis and a nutrition instruction report.

# 2. Deployment Benefits 2-4. Customizable Report Module

## HEALTH EXAMINATION REPORT

### Personal Information

Name  
I.D. Number  
Gender  
Date of Birth  
Age  
Date of Exam  
Exam Package

### Contents

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- Hematology Screening
- Biochemistry Examination
- Serology and Immunology Examination
- Urinalysis
- Pharyngoscopy
- Abdominal Ultrasound

### Nutrition Instructions

#### Diet Suggestions:

- Prioritize a diet rich in vegetables, fruits, whole grains, and lean proteins. Focus on fiber-rich foods to help manage weight and blood sugar levels.
- Reduce saturated fats and cholesterol by choosing plant-based fats such as avocados, nuts, and olive oil over animal fats.
- Limit your intake of processed and high-sodium foods to help control blood pressure.
- Avoid purine-rich foods like red meats and seafood to manage hyperuricemia.
- For hypothyroidism, ensure adequate iodine intake from foods like seaweed, fish, dairy, and eggs, unless otherwise contraindicated.
- Drink plenty of water and stay hydrated, especially important due to the presence of renal cysts and calcification.

#### Supplement Recommendations:

- A high-quality multivitamin tailored to your age and sex may support overall health but avoid iron supplements unless specifically recommended by your healthcare provider due to Thalassemia minor.
- Omega-3 fatty acids (from fish oil supplements) could be beneficial for hyperlipidemia and overall heart health.
- Magnesium and potassium supplements might help in managing blood pressure, but consult with your healthcare provider first.
- Vitamin D supplementation, especially if there is limited sun exposure or dietary intake is low.
- Coenzyme Q10 (CoQ10) could be considered for its potential benefits on heart health and statin-related side effects, if statins are prescribed for hyperlipidemia.

#### Lifestyle Medicine Suggestions:

- Adopting a whole-food, plant-predominant eating pattern will help in managing obesity, prediabetes, hypertension, and hyperlipidemia. Focus on incorporating a wide variety of fruits, vegetables, whole grains, and legumes into your meals.
- Engage in regular physical activity by incorporating at least 150 minutes of moderate-intensity or 75 minutes of high-intensity exercise weekly. Mix aerobic activities, strength training, and flexibility exercises for comprehensive health benefits.
- Ensure restorative sleep by aiming for 7-9 hours per night. Establish a regular sleep schedule and create a relaxing bedtime routine to improve sleep quality.
- Manage stress effectively through mindfulness practices, meditation, or yoga. Regular stress management can aid in managing hypertension and improving overall well-being.
- Avoid risky substances, including tobacco and excessive alcohol consumption, to reduce your risk of further aggravating hypertension, hyperuricemia, and liver conditions. Limit caffeine intake as it can affect blood pressure and sleep quality.
- Foster positive social connections by spending time with family and friends, joining community groups, or participating in group activities that interest you. Positive social support can significantly impact your mental and emotional well-being, which in turn can help manage stress and contribute to a

### Summary & Suggestions

#### 01. Diagnosis :

Impression: Mild obesity

Evidence-Based on: BMI of 28.1, body weight of 78.9 kg, body fat percentage of 24.3%, waist circumference of 92 cm  
Interpretations and Suggestions: Engage in a balanced diet and regular exercise program to achieve a gradual and sustainable weight loss. Consult a nutritionist for a personalized plan.

#### 02. Diagnosis :

Impression: Hypertension, Stage 1

Evidence-Based on: Left systolic blood pressure of 143 mmHg, left diastolic blood pressure of 91 mmHg  
Interpretations and Suggestions: Continue monitoring your blood pressure at home and follow up with your healthcare provider to adjust treatment as necessary. Lifestyle modifications such as reducing sodium intake, maintaining a healthy weight, engaging in regular physical activity, and managing stress can be beneficial.

#### 03. Diagnosis :

Impression: Thalassemia minor

Evidence-Based on: RBC of 6.8 10<sup>6</sup>/uL, MCV of 63.8 fL, MCH of 18.5 pg, MCHC of 29 g/dL  
Interpretations and Suggestions: This condition generally requires no treatment. However, avoid iron supplementation unless iron deficiency is diagnosed by your healthcare provider. Regular monitoring of your hemoglobin levels may be advised.

#### 04. Diagnosis :

Impression: Eosinophilia

Evidence-Based on: Eosinophils at 9.3%  
Interpretations and Suggestions: Further evaluation is required to identify the cause of eosinophilia. Potential causes include allergies, asthma, parasitic infections, or more rare conditions like eosinophilic leukemia. Consult with your healthcare provider for targeted diagnostic testing.

#### 05. Diagnosis :

Impression: Indirect hyperbilirubinemia

Evidence-Based on: Total bilirubin of 1.8 mg/dL, indirect bilirubin of 1.5 mg/dL  
Interpretations and Suggestions: This may indicate a mild condition such as Gilbert's syndrome or other liver function issues. A detailed evaluation including liver function tests, and possibly imaging, is recommended to rule out other causes.

#### 06. Diagnosis :

Impression: Prediabetes

Evidence-Based on: Fasting glucose of 104 mg/dL, HbA1c of 6.2%  
Interpretations and Suggestions: Adopt a diet low in simple sugars and refined carbohydrates. Increase physical activity to at least 150 minutes of moderate exercise per week. Regular monitoring of blood glucose levels is recommended.

#### 07. Diagnosis :

Impression: Hyperlipidemia

Evidence-Based on: Total cholesterol of 227 mg/dL, LDL cholesterol of 150 mg/dL  
Interpretations and Suggestions: Consider dietary modifications to reduce saturated fats and cholesterol intake, increase intake of omega-3 fatty acids, and consult with your healthcare provider about the potential need for lipid-lowering medication.

#### 08. Diagnosis :

Impression: Hyperuricemia

Evidence-Based on: Uric acid of 9.6 mg/dL  
Interpretations and Suggestions: Limit intake of purine-rich foods like red meats and seafood, and avoid alcohol. Stay well-hydrated. Further evaluation for gout or renal issues may be warranted if symptoms such as joint pain or difficulty in urinating occur.

#### 09. Diagnosis :

Impression: Hypothyroidism

Evidence-Based on: TSH of 0.02 uIU/mL, Free T4 of 1.98 ng/dL  
Interpretations and Suggestions: Consult an endocrinologist for a detailed assessment and management plan, including hormone replacement therapy.  
Impression: Nasopharyngeal stenosis

Evidence-Based on: Difficulty inspecting nasopharynx due to stenosis  
Interpretations and Suggestions: An ENT specialist consultation is recommended to evaluate the stenosis and discuss potential treatment options.

#### 11. Diagnosis :

Impression: Left ventricular dysfunction

Evidence-Based on: Abdominal ultrasound showing left ventricular dysfunction  
Interpretations and Suggestions: No recommendations for treatment based on current findings. Conditions that could have contributed to the dysfunction in your left kidney, such as chronic kidney disease or a recent risk of infection, kidney stones. Advise your physician and regular follow-up with healthcare provider to report abnormal test results to assess any changes or progression.

#### 12. Diagnosis :

Impression: Left ventricular diastolic dysfunction

Evidence-Based on: Color Doppler echocardiogram indicating left ventricular diastolic dysfunction  
Interpretations and Suggestions: Engage in lifestyle modifications such as controlling blood pressure, managing diabetes, regular physical activity, and maintaining a healthy body mass index and managing family cholesterol. Medication may also be prescribed to improve heart function. Ongoing monitoring by a cardiologist is essential to evaluate the condition's progression or improvement.

#### 13. Diagnosis :

Impression: Valve abnormalities

Evidence-Based on: Color Doppler echocardiogram showing very minor mitral, pulmonary, and aortic regurgitation  
Interpretations and Suggestions: Discuss the mild nature of regurgitation observed in your heart valves, which is common and may be asymptomatic. However, it's important to undergo periodic echocardiograms to monitor these conditions over time. Engaging in heart-healthy lifestyle and regular cardiovascular check-ups are key steps to ensuring your heart health effectively.

#### 14. Diagnosis :

Impression: Multichamber pacer with cyclic changes in the left bundle branch and nodal gates in the right bundle branch  
Evidence-Based on: Physical assessment revealing multichamber pacer with cyclic changes in the left bundle branch and nodal gates in the right bundle branch.  
Interpretations and Suggestions: Regular monitoring through device function tests and follow-up appointments is crucial to watch for any changes in the pacemaker's performance. Minor cyclic changes in bundle branch conduction are common and may not require treatment, but it's important to assess for symptoms of bundle branch block or the nodal gate. If additional symptoms or device response features are abnormal, further evaluation or intervention may be necessary.

#### 15. Diagnosis :

Impression: Normal ophthalmological and keratological findings

Evidence-Based on: Ophthalmological and keratological examinations showing no significant abnormalities  
Interpretations and Suggestions: The absence of significant findings in the visual pathway and cornea is reassuring. Continue regular health checks with your regular eye care appointments. Should any vision-related concerns arise, consult your healthcare provider for further evaluation will be necessary.

#### 16. Diagnosis :

Impression: Normal abdominal ultrasound findings except for increased left renal calcification  
Evidence-Based on: Abdominal ultrasound showing normal findings except the left kidney calcification.  
Interpretations and Suggestions: The overall normal findings of your abdominal organs are encouraging, indicating no immediate concerns. To support kidney health, maintain a balanced diet, stay hydrated, and avoid smoking. Regular monitoring of kidney function through blood tests, such as creatinine, blood urea nitrogen, and eGFR, is recommended to ensure they do not progress. Adopting regular exercise routine, managing stress effectively, and staying a balanced, lean-body diet will support your cardiovascular system's health and functionality.

#### 18. Diagnosis :

Impression: Arteriosclerosis of the aortic arch

Evidence-Based on: Chest X-ray findings indicating arteriosclerotic changes in the aortic arch  
Interpretations and Suggestions: Lifestyle modifications are essential to minimize further cardiovascular risk. Consider adopting a heart-healthy diet, regular exercise, and avoiding smoking cessation. Discuss with your healthcare provider the possibility of initiating or adjusting medications to manage blood pressure, cholesterol, and other risk factors effectively.

#### 19. Diagnosis :

Impression: Multilevel degenerative changes in the cervical and lumbar spine  
Evidence-Based on: X-ray and MRI findings showing joint fusion, vertebral sliding (spondylosis), disc narrowing, osteophyte formation, and calcification of ligaments in the cervical and lumbar spine.  
Interpretations and Suggestions: Suggest a physiotherapy-based strengthening and flexibility routine. Post-management strategies, including NSAIDs, may be helpful in cases of persistent acute symptoms, surgical consultation could be considered. An ergonomic assessment of your workplace and adoption of posture correction techniques may promote symptom alleviation.

#### 20. Diagnosis :

Impression: Mild coronary artery disease  
Evidence-Based on: CT heart scan showing coronary artery calcification with a total score of 195 and coronary CT angiography revealing mild stenosis in the LAD and LCX arteries.  
Interpretations and Suggestions: Discuss with your doctor the need for medication to manage lipid levels and possibly aspirin for its antiplatelet effect. Lifestyle changes, including dietary modifications, regular physical activity, and managing stress, are crucial. Regular monitoring of your heart health is recommended to assess the progression of coronary artery disease.

#### 21. Diagnosis :

Impression: Confirmed small vessel disease, Stage 1

Evidence-Based on: MRI brain scan findings  
Interpretations and Suggestions: Control vascular risk factors, such as high blood pressure and diabetes, to slow the progression. Consideration of statin therapy may be discussed based on your overall risk profile. Regular neurological evaluations can help in monitoring the condition.

#### 22. Diagnosis :

Impression: Bilateral renal cysts

Evidence-Based on: MRI of the abdomen showing cysts in both kidneys, the largest measuring approximately 3.1 cm.  
Interpretations and Suggestions: Regular monitoring of renal function and cyst size is recommended. Ensure adequate hydration and consult with your healthcare provider before taking medications that may affect kidney function. Typically, surveillance is not required unless symptoms arise or significant changes are observed.

#### 23. Diagnosis :

Impression: Mild prostate enlargement

Evidence-Based on: MRI of the male pelvis indicating mild prostate enlargement.  
Interpretations and Suggestions: Urinary symptoms such as urinary frequency, urgency, or frequency at night. Further evaluation for benign prostatic hyperplasia may be necessary. Discuss dietary modifications, medications, or potentially minimally invasive treatments with a urologist to alleviate symptoms and improve quality of life.

#### 24. Diagnosis :

Impression: Intermittent flat foot and spinal stenosis  
Evidence-Based on: MRI findings of flat foot, stenosis at lumbar L4/L5 and cervical C4/C5 with moderate spinal canal narrowing.  
Interpretations and Suggestions: Consider custom orthotics, including arch supports, anti-inflammatory medications, and possibly corticosteroid injections, to alleviate discomfort. Maintain a healthy weight and engage in low-impact exercises to reduce stress on the spine.

#### 25. Diagnosis :

Impression: Cervical stenosis  
Evidence-Based on: MRI findings of cervical stenosis at C4/C5 and C5/C6 with moderate spinal canal narrowing.  
Interpretations and Suggestions: Regular monitoring of neurological symptoms such as numbness, tingling, or weakness in the arms and hands is essential. Engaging in neck strengthening exercises and avoiding activities that exacerbate symptoms are key. Discuss with your healthcare provider the potential need for physical therapy, medications, or surgical options if symptoms worsen or significantly impact your quality of life.

# Premium Report

## Premium Report

Perfect for high-value health check-up packages that may include advanced imaging or VIP packages. Provides detailed and comprehensive AI diagnostic analysis along with a nutrition instruction report.

# 2-4. Deployment Benefits

# 2-4. Customizable Report Module

# 2. Deployment Benefits

## 2-4. Customizable Report Modules

### Exclusive Three Value-Added Plans Provided

The checkup report includes value-added dietary recommendations, supplement suggestions, and lifestyle medicine advice

#### Dietary Recommendations

##### Diet Suggestions:

- Incorporate a high fiber diet with plenty of fruits, vegetables, whole grains, and legumes to manage prediabetes and hyperlipidemia, and to aid in weight loss.
- Choose lean protein sources and healthy fats, such as fish rich in omega-3 fatty acids, to support heart health.
- Limit intake of salt and processed foods to help control blood pressure.
- Avoid foods high in refined sugars and carbohydrates to help manage blood glucose levels.
- Opt for low glycemic index foods to stabilize blood sugar.
- Ensure adequate hydration throughout the day.

#### Supplement Suggestions

##### Supplement Recommendations:

- Consider a daily multivitamin that does not exceed 100% of the Daily Value of iron, unless otherwise directed by your physician, due to Thalassemia Minor.
- Omega-3 fatty acids supplement could be beneficial for heart health.
- A Vitamin D supplement may be beneficial, especially if your lifestyle or geographic location limits sun exposure.
- Magnesium supplements could help in managing hypertension and might assist in improving sleep quality.

#### Lifestyle Medicine Suggestions

##### Lifestyle Medicine Suggestions:

- Adopt a whole-food, plant-predominant eating pattern focusing on nutrient density to support weight management, improve lipid profile, and manage blood sugar levels.
- Engage in regular physical activity, aiming for at least 150 minutes of moderate aerobic exercise per week, along with muscle-strengthening activities on two or more days per week. This will aid in managing obesity, hypertension, and prediabetes.
- Ensure restorative sleep by maintaining a consistent sleep schedule, creating a sleep-conducive environment (cool, dark, and quiet), and avoiding stimulants and screens before bedtime.
- Manage stress effectively through mindfulness techniques, such as meditation, deep breathing exercises, or yoga. These practices can help in reducing blood pressure and improving overall well-being.
- Avoid risky substances by limiting alcohol consumption and avoiding smoking or the use of illicit drugs. Given Gilbert's Syndrome, minimizing alcohol intake is particularly important to avoid additional liver stress.
- Foster positive social connections by maintaining close relationships with friends and family. Participating in community or group activities that interest you can also provide emotional support and improve mental health.

# 2. Deployment Benefits

## 2-5. Multilingual Report Generation

Ensures accessibility for patients from various backgrounds by catering to the diverse language needs of health exam customers, including Spanish, Chinese, Thai, Vietnamese, and Japanese.



多國語系健檢報告 (中文)

Multilingual Health Checkup Reports (English)

Informe de chequeo de salud multilingüe (Spanish)

Báo cáo kiểm tra sức khỏe đa ngôn ngữ (Vietnamese)

รายงานการตรวจสุขภาพหลายภาษา (Thai)

多言語健診報告 (Japanese)

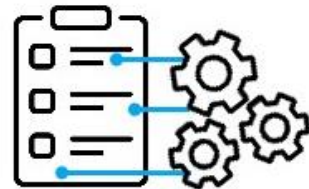
Rapports de contrôle de santé multilingues (French)

다국어 건강 검진 보고서 (Korean)

# 3. How the System Engages with Your Existing Setup

Dr.AI MedExam Pro will integrate with your health checkup center's report system as follows:

- Mapping and initial setting of basic data for health checkup items



- Transmitting de-identified health checkup data through API integration



## 4. Contact Us for a Trial Report

**We invite you to experience the unparalleled efficiency and personalized care offered by Dr.AI MedExam Pro.**

Request a free trial, and our team will contact you to generate a customized health check report for your center.

Please note that the trial report will be de-identified to ensure patient privacy.



**Trial Request**

<https://www.draiai.com/trial-request>

# Enjoy the Power of Dr.AI

Medical Exam Center



Dr.AI MedExam Pro

<https://www.draiai.com/medexampro>

Healthcare Professionals



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Individuals



Coming soon





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**Bridging Borders in Healthcare : Navigating the New Era with Dr.AI**