

Dear Mr. RAVIKUMAR PARMAR

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health risk assessments curated just for you to guide targeted intervention, continuum of care and a path to wellness. Our holistic care continuum integrates clinical expertise and artificial intelligence to gauge and avert the risk, onset and progression of non-communicable diseases (NCDs).

In this personalized health report, you will find your

- Medical History and Physical examination results
- Investigations Results
- Artificial Intelligence powered risk scores
- Physician's Impressions on your Health
- Path to Wellness: A personalized management protocol, including follow-up assessments
- Vaccination counselling advice

Apollo ProHealth encompasses the following processes:

Personalized Health Risk Assessment (pHRA): Based on your online risk assessment, medical history, physical examination, and psychological evaluation, we recommended a health screening assessment for you, including diagnostic and imaging tests. Based on the results of these assessments, we have advised additional follow-up tests and consultations - details of which we have included in your report. Your physician will explain their relevance, and we strongly suggest you comply with the recommendations.

Health Mentor: We have assigned a dedicated health mentor to proactively work with you towards your health goals and ensure that you regularly adhere to the guidance and recommendations from clinical and nutrition consultants. Your health mentor will call you periodically to track your progress

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

Apollo Hospitals International Limited
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ProHealth App: You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

Follow- Up Consultation:

For any follow-up consultations, you can visit your ProHealth physician in-person at the center or you can book a virtual consultation through <https://www.apollo247.com/specialties> or through the Apollo 247 app on your phone.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on
ANDROID IOS

Disclaimer: The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.

Note: You are entitled to one complimentary follow-up consultation with your ProHealth physician within a period of 1 year. Please contact your health mentor for the complimentary consult coupon code. This is available for ProHealth Super, Regal and Covid Recovery and Wellness programs

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Name : Mr. RAVIKUMAR PARMAR (28 /M)

Date : 24/09/2022



Address : AHMEDABAD, OTHER, OTHER, OTHER, INDIA

UHD : AHIL.0000802574

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Examined by : Dr. SHASHIKANT NIGAM

AHC No : AHILAH165882

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

No history of : - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease



Drug Allergy

NO KNOWN ALLERGY :24/09/2022



Systemic Review

Cardiovascular system : - Nil Significant

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : - Nil Significant

Genitourinary system : - Nil Significant

Gynaec history : - Nil Significant

Central nervous system : - Nil Significant

Eyes : - Nil Significant



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UHID : AHIL.0000802574

Date : 24/09/2022

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AHC No / AHILAH165882



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ENT : - Nil Significant

Musculoskeletal system :

Spine and joints

- Nil Significant

Skin : - Nil Significant

General symptoms : - Nil Significant

 **Past medical history**

- Do you have any allergies? - No
- Allergies - Nil
- Past medical history - nil significant
- Covid 19 - No
- Post detection (3 Weeks) - No

 **Surgical history**

Tonsillectomy - 2004

 **Personal history**

- Ethnicity - Indian Asian
- Marital status - Married
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate

 **Family history**

- Father - alive
- Aged - 52
- Mother - alive



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- Aged - 50
- Brothers - 2
- Coronary artery disease - none
- Cancer - father
- Type - Throat

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 165
- Weight - 71.3
- BMI - 26.19
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 75
- Rhythm - Regular
- Systolic(mm of Hg) - 132
- Diastolic(mm of Hg) - 84
- B.P. Sitting
- Heart sounds - S1S2+

Respiratory system

- Breath sounds - Normal vesicular breath sounds



Abdomen

- Organomegaly - No
- Tenderness - No

Printed By : MUKTA S ADALTI



**URINE FOR ROUTINE EXAMINATION**

Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range
Volume	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occassional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occassional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	15.7	gm%	●	13.0-17.0
Packed cell volume(Calculated)	47.8	%	●	40-50
RBC COUNT (Impedance)	5.62	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	85	fl	●	80-100
MCH(Calculated)	28	pg	●	27-32
MCHC(Calculated)	33	%	●	31-36
RDW(Calculated)	13.4	%	●	11.5-14.5
WBC Count (Impedance)	6347	/cu mm	●	4000-11000

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



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Neutrophils	56	%	●	40-75
Lymphocytes	34	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	342700	/cu mm	●	150000-450000
MPV (Calculated)	6.9 *	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	02	mm/1st hr	●	0-15

URINE GLUCOSE(FASTING)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

URINE GLUCOSE(POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	O Positive			

LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	13	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	70	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	21	U/L	●	> 1 year Male : <40
Total Bilirubin	0.405	mg/dL	●	0.300-1.200
Direct Bilirubin	0.146	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.259

mg/dL



1 Day ≤5.1 mg/dL
2 Days ≤7.2 mg/dL
3-5 Days ≤10.3 mg/dL
6-7 Days ≤8.4 mg/dL
8-9 Days ≤6.5 mg/dL
10-11 Days ≤4.6 mg/dL
12-13 Days ≤2.7 mg/dL
14 Days - 9 Years 0.2-0.8 mg/dL
10-19 Years 0.2-1.1 mg/dL
≥20 Years 0.2-1.2 mg/dL

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.94	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	22	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	88	mg/dL	●	70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance ≥ 126 : Diabetes Mellitus

GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	82	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range



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Glycosylated Hemoglobin (HbA1c)

5.4

%



Normal < 5.7

%Increased risk for Diabetes 5.7 - 6.4%

Diabetes >= 6.5%

Monitoring criteria for Diabetes Mellitus
<7.0 : Well Controlled Diabetes
7.1 – 8.0 : Unsatisfactory Control
> 8.0 : Poor Control & Needs Immediate Treatment

Estimated Average Glucose.

108.28

LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.38	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.38	g/dL		6.00-8.00
ALBUMIN - SERUM	5.14	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.14	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.24			2.20-4.20
Globulin-Serum/Plasma	2.24			2.20-4.20
A/G ratio	2.29 *			1.00-2.00
A/G ratio	2.29 *			1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.2	nmol/L		Adults(20-120 Yrs): 1.2 - 3.1 Pregnant Female : First Trimester : 1.61 - 3.53 Second Trimester : 1.98 - 4.02 Third Trimester : 2.07 - 4.02
TOTAL T4: THYROXINE - SERUM	141	nmol/L		Adults(20-100 Yrs):66 - 181 Pregnant Female : First Trimester : 94.3 - 190 Second Trimester : 102 - 207 Third Trimester : 89 - 202
TSH: THYROID STIMULATING HORMONE - SERUM	1.86	µIU/mL		14-120 years : 0.27 - 4.20

Within Normal Range Borderline High/Low Out of Range



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URIC ACID - SERUM

Uric acid is a product of the metabolic breakdown of purine. High blood concentrations of uric acid can lead to gout. It is also associated with other medical conditions including diabetes and the formation of kidney stones.

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.8	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	18	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	272 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	98	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	45 *	mg/dL	●	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	205 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	20		●	< 40 mg/dl
C/H RATIO	6 *		●	0-4.5

X-RAY CHEST PA

X-ray imaging creates pictures of the inside of your body. Chest X-ray can reveal abnormalities in the lungs, the heart, and bones that sometimes cannot be detected by examination.

NORMAL STUDY.

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



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No / AHILAH165882



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ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECG

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

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Executive Summary



BODY WEIGHT 71.3 KG ,IDEAL BODY 51-63 KG
DYSLIPIDEMIA
ECG - NORMAL
ECHO -NORMAL
USG ABDOMEN - NORMAL
X-RAY - NORMAL
ENT - NORMAL
VISION – NORMAL
DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



BALANCED DIET
LOW FAT DIET

Advice On Physical Activity :-



REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
PRACTICE YOGA AND MEDITATION
MAINTAIN WEIGHT BETWEEN 51-63 KG

Conseal Padar

Dr. Shashikant Nigam

Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
MBBS, MD (Gen. Med.)
Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382428, INDIA. Regd. No. : G-21961


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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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. RAVIKUMAR PARMAR | Male | 28Yr 7Mth 21Days
UHID : AHIL.0000802574 **Patient Location:** AHC
Patient Identifier: AHILAH165882 
DRN : 222048758 **Completed on :** 24-SEP-2022 12:05
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform normal echotexture. No evidence of focal or diffuse pathology seen. Intra and extra hepatic biliary radicles are not dilated. Portal vein is normal in calibre. Intrahepatic portal radicles appear normal.

Gall bladder appears normal with no evidence of calculus. Wall thickness appears normal. No evidence of pericholecystic collection.

Head, body and tail of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 9 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. No evidence of calculi. Pelvicalyceal system on both sides appear normal.

No evidence of ascites or lymphadenopathy.

Urinary bladder is normal in contour and outline. Wall thickness appears normal. No evidence of any intraluminal pathology seen.

Prostate measures 8 cc and is normal in size and echopattern.

IMPRESSION :

Normal Study.

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Mr. RAVIKUMAR PARMAR

AHIL.0000802574

AHILAH165882

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. RAVIKUMAR PARMAR | Male | 28Yr 7Mth 21Days
UHID : AHIL.0000802574 **Patient Location:** AHC
Patient Identifier: AHILAH165882 
DRN : 122108064 **Completed on :** 24-SEP-2022 10:30
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

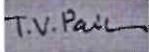
FINDINGS :

Lung fields are clear.
 Cardio thoracic ratio is normal.
 Both costophrenic angles are clear.
 Domes of diaphragm are well delineated.
 Bony thorax shows no significant abnormality.

IMPRESSION

NORMAL STUDY.

--- END OF THE REPORT ---



TIRTH VINAYKUMAR PARIKH

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CARDIOLOGY

Patient Details : Mr. RAVIKUMAR PARMAR | Male | 28Yr 7Mth 21Days
UHID : AHIL.0000802574 **Patient Location:** AHC
Patient Identifier: AHILAH165882 
DRN : 5622070127 **Completed on :** 24-SEP-2022 13:02
Ref Doctor : DR. SHASHIKANT NIGAM

ECHO/TMT

FINDINGS :

Normal cardiac chamber dimensions.
 Normal LV systolic function, LVEF: 60%
 No Regional wall motion abnormalities at rest.
 Normal LV compliance.
 All cardiac valves are structurally normal.
 IAS/ IVS intact.
 No MR, No AR, No PR, No TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

	LVID diastole
Measurements (mm)	.

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Mr. RAVIKUMAR PARMAR

AHIL.0000802574

AHILAH165882

ECHO/TMT

IMPRESSION

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--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

Printed on : 24-Sep-2022 15:29

Printed By : 153182

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Page 2 of 2

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

Apollo Hospitals International Limited
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Phone : +91 79 66701800 | Fax No. : +91 79 66701843
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Regd. Office
19, Bishop Gardens, R.A. Puram, Chennai - 600 025
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For online appointment : www.askapollo.com



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ID: 802574 24.09.2022 11:53:19 Location Room 75 bpm

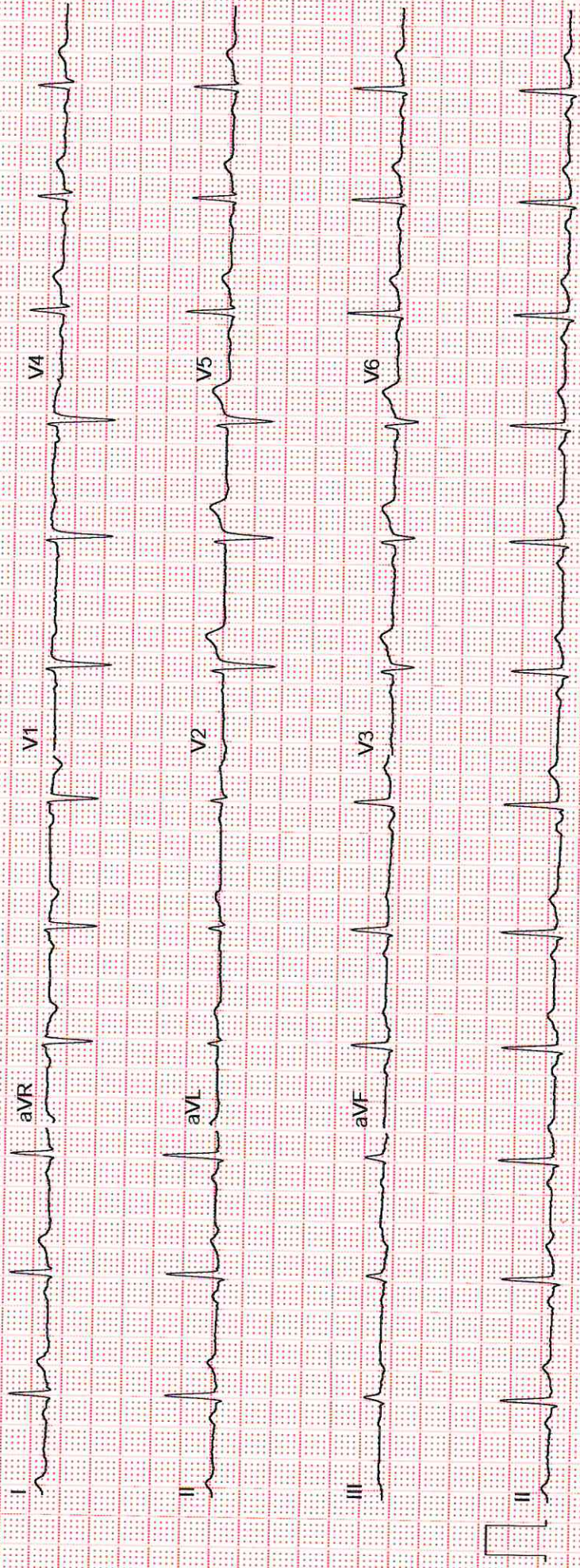
Male Apollo Hospital Order Number / mmHg

Bhat Gandhinagar Medication 1 Medication 2 Medication 3

Normal sinus rhythm with sinus arrhythmia
Normal ECG

QRS 80 ms
 QT / QTcBaz 344 / 384 ms
 PR 150 ms
 P 94 ms
 RR / PP 798 / 800 ms
 P / QRS / T 48 / 45 / 25 degrees

Technician:
 Ordering Ph:
 Referring Ph:
 Attending Ph:



OPHTHALMIC

AHIL.0000802574

Mr. RAVIKUMAR
PARMAR

RECORDS

Name :

28 Year(s) / Male

Date :

24/9/22

UHID :



Distance Vision :

Right Eye -

~~6/9~~ 6/6

Left Eye -

~~6/9~~

(CBE: 6/6)

Near Vision :

Right Eye :

N 6

Left Eye :

N 6

APLN.TN - Right Eye

14

Left Eye-

16

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNL

Both Eye Posterior Segment Examinations -

WNL

J Jagruti
Dr. Jagruti Sinha
MS (Ophthalmology)
Jr. Consultant

Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382428, INDIA. Regd. No.: G-63792

Doctor's Signature

Ophthalmologist Name

OUT PATIENT RECORD

Place Label Here

If label not available, write
Pt, Name, UHID, Age, Sex

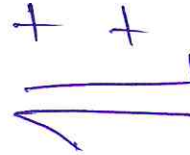
Name: _____ UHID: _____ Age & Sex: _____ Date: 24/9/22
Nutritional History: Normal / Obese / Thin / Cachectic Functional: Independent / Need Assistance / Dependent
Psychological History: Normal / Anxious / Depressed Psychosocial: Nil / Smoking / Tobacco / Alcohol [Social / Excess]
Clinical Notes: _____ Occupation: _____

AHIL.0000802574
Mr. RAVIKUMAR
PARMAR
28 Year(s) / Male



Came for Health check up.

O/E - Ear - Bim - Intact / Normal



Note - DMR to right

Throat - NAD

Diagnosis/Provisional Diagnosis:

Allergies: No known allergies If Yes mention:

Patient's Management (Mention drug name, dose, frequency and specific instructions, if any):

ENT Clinically NAD

Follow-up Advice/Plan:

Dr. Rajesh Vishwakarma
M.S. (ENT), D.L.O.
Cochlear Implant Surgeon
Professor, Sr. Consultant, Director & Head
Dept. of ENT and Head & Neck Surgery
Apollo Hospitals International Limited., Gandhinagar
Regd. No.: G-10406

Consultant Name & Signature



DENTISTRY

Name :
Occupation :
Age : Sex : Male Female

Date 24/09/22 Unit No. :
Ref. Physician :
Copies to :

DENTAL RECORD

ALLERGIES : NA

PAIN : Score (0-10) 0 Location : Character :

DENTAL CLEANING HABIT Once Twice Occasionally
 Brush Finger Stick Any other
 Tooth Paste Powder Any other

DO THE GUMS BLEED WHEN YOU BRUSH YOUR TEETH? Yes No

ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No

ORAL HYGIENE Good Fair Poor

ORAL TISSUE EXAMINATION	PERIODONTAL EXAMINATION	OCCLUSION
NORMAL FINDINGS IN DISEASE	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other :	Gingivitis <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Recession <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia Impaction <u>8/5</u> Non-vital <u>8/5</u> Fracture <u>1/2</u> Abscess Ulcers Caries Missing Teeth Supernumerary Others

PRESENT COMPLAINT : - fracture click up

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy

NA