



Ms. SUMITRA KUKNA (34 /F)

UHID : AHIL.0000859991

AHC No : AHILAH204689

Date : 08/04/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Namaste Ms. SUMITRA KUKNA,

Thank you for choosing Apollo ProHealth, India's first AI-powered health management program, curated to help you make positive health shifts. Being healthy is about making smart choices, and you have taken the first step with this program. We are privileged to be your healthcare partner. Your health is our priority.

We are with you on your path to wellness by:

Predicting your risk: Artificial Intelligence-powered predictive risk scores are generated, based on your personal, medical, and family history and detailed multi-organ evaluation of your body through diagnostic and imaging tests.

Preventing onset or progress of chronic lifestyle diseases: Your Health Mentor is available to help you understand your physician's recommendations and helping you handle any concerns (complimentary service up to one year)

Overcoming barriers to your wellbeing: Your Health Mentor will help you set your health goals and guide you with tips to stay on track. We will also, digitally remind you to proactively prioritize your health.

Through this report, you will be able to understand your overall health status, your health goals and the recommendations for your path to wellness. Your Health Report will include the following:

- Your medical history and physical examination reports
- Results from your diagnostic and imaging tests
- AI powered health risk scores
- Your physician's impression and recommendations regarding your overall health
- Your personalized path to wellness, including your follow-up assessments and vaccinations

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E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

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We have reviewed the results of the tests and have identified some areas for you to act on. We believe that with focus and targeted interventions, you can be healthier and happier.



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You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via www.apollo247.com or through the Apollo 24*7 mobile app. You can avail 30% discount on additional tests and follow-up tests at Apollo Hospitals within one week. You may call your Health Mentor on 04048492633 or email at prohealthcare@apollohospitals.com

Stay Healthy and happy! 😊
Apollo ProHealth Care team

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Name : Ms. SUMITRA KUKNA (34 /F)

Date : 08/04/2023



Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000859991

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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Chief Complaints

For Annual health checkup
No specific complaints

Present Known illness

No history of - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder



Drug Allergy

NO KNOWN ALLERGY :08/04/2023



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
- 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



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- Covid 19 - No
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No



Surgical history

- Cholecystectomy - 2019



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 2
- Female - 1
- Male - 1
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild



Family history

- Father - alive
- Mother - alive
- Brothers - 2
- Coronary artery disease - brother
- Cancer - None
- Asthma - paternal grandfather

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 161
- Weight - 60.6
- BMI - 23.38





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Pallor - No
Oedema - no

 **Cardiovascular system**

Heart rate (Per minute) - 55
Rhythm - Regular
Systolic(mm of Hg) - 100
Diastolic(mm of Hg) - 60
- B.P. Sitting
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

 **Abdomen**

Organomegaly - No
Tenderness - No

Printed By : MUKTA S ADALTI

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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	30	mL		
Specific Gravity	1.020			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	2-4 /h.p.f			0-5
RBC	1-2 /h.p.f	/hpf		0-5/hpf
Epithelial Cells	1-2 /h.p.f			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	10.1 *	gm%	●	12-16
Packed cell volume(Calculated)	31.2 *	%	●	36-46
RBC COUNT (Impedance)	3.82	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	81.8	fl	●	80-100
MCH(Calculated)	26.49 *	pg	●	27-32
MCHC(Calculated)	32.4	%	●	31-36
RDW(Calculated)	13.8	%	●	11.5-14.5
WBC Count (Impedance)	5754	/cu mm	●	4000-11000

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



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Neutrophils	57	%	●	40-75
Lymphocytes	36	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	1	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	293700	/cu mm	●	150000-450000
MPV (Calculated)	8	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	17	mm/1st hr	●	0-20

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:	A 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	5	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	61	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	16	U/L	●	>1 year Female : <32
Total Bilirubin	0.536	mg/dL	●	0.300-1.200
Direct Bilirubin	0.193	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.343

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	0.52	mg/dL		Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	25	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	89	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)	77	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)

5.6

%



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.

114.02

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.21	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.21	g/dL		6.00-8.00
ALBUMIN - SERUM	4.45	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.45	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.76			2.20-4.20
Globulin-Serum/Plasma	2.76			2.20-4.20
A/G ratio	1.61			1.00-2.00
A/G ratio	1.61			1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.5	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	97	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	1.9	µIU/mL		14-120 years : 0.27 - 4.20



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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	6.1 *	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)	11	mg/dL	●	6-20
UREA - SERUM / PLASMA	23	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	165	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	58	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	81	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)	90	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	12		●	< 40 mg/dl
C/H RATIO	2		●	0-4.5

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

Cytology

Ref No:

CY 666/23

Brief Clinical History:

LMP: 4.4.2023



Within Normal Range



Borderline High/Low



Out of Range



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SPECIMEN TYPE:

Conventional

Cervical smear

One wet fixed smear received, labeled as 'Sumitra 859991'.

Microscopic Description:

THE BETHESDA SYSTEM (PAP SMEAR REPORTING):

- Satisfactory for evaluation
- Endocervical cells / Transformation zone, Seen
- Reactive cellular changes associated with inflammation

INTERPRETATION/RESULT:

Negative for intraepithelial lesion or malignancy.

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.

Bilateral apical pleural thickening noted.

Lung fields are otherwise clear.

Cardio thoracic ratio is 0.57, suggests cardiomegaly.

Both costophrenic angles are clear.

Domes of diaphragm are well delineated.

Bony thorax shows no significant abnormality.

ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE



Within Normal Range



Borderline High/Low



Out of Range



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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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CARDIOLOGY
ECG

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

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Executive Summary



- .BODY WEIGHT 60.6 KG, IDEAL BODY WEIGHT 49-59 KG
- .HYPERURICEMIA
- .ECG - SINUS BRADYCARDIA
- .ECHO - NORMAL
- .USG ABDOMEN - POST CHOLECYSTECTOMY
- .CHEST X-RAY -CRADIO THORACIC RATIO IS 0.57 SUGGEST CARDIOMEGALY
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE
- .PAP SMEAR- Negative for intraepithelial lesion or malignancy.

Wellness Prescription

Advice On Diet :-



BALANCED DIET

Advice On Physical Activity :-



REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
 PRACTICE YOGA AND MEDITATION
 MAINTAIN WEIGHT BETWEEN 49-59 KG

Printed By : MUKTA S ADALTI

July 11, 2023
Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam

MBBS, MD (Gen. Med.)

Consultant Internal Medicine

Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382428, INDIA. Regd. No.: G-21961

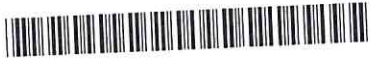
Note :- The Health Check-up examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the Consulting Physician. Additional tests, consultations and follow up may be required in some cases.



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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. SUMITRA KUKNA | Female | 34Yr 10Mth 29Days
UHID : AHIL.0000859991 **Patient Location:** AHC
Patient Identifier: AHILAH204689 
DRN : 223019774 **Completed on :** 08-APR-2023 12:50
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 isn't seen. History of cholecystectomy.

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

Spleen measures 8.5 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.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal. Endometrial thickness is 4 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

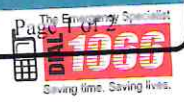
No definite evidence of adnexal/pelvic mass is seen.

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 Plot No-1A, BHAI CHIDAMBARAM, Gandhinagar, Gujarat - 382028, India
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USG WHOLE ABDOMEN

IMPRESSION :

Post cholecystectomy status.
Rest normal study.

---- END OF THE REPORT ----

DR. VAIBHAVI PATEL

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CARDIOLOGY

Patient Details : Ms. SUMITRA KUKNA | Female | 34Yr 10Mth 29Days
UHID : AHIL.0000859991 **Patient Location:** AHC
Patient Identifier: AHILAH204689 
DRN : 5623034320 **Completed on :** 08-APR-2023 15:39
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, Trivial TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

	LVID diastole
Measurements (mm)	.

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 1, Tulsiwaj Society, Nr. Parnal Garden, Ahmedabad
 Phone : +91 79 66305800 / 01 or +91 79 6986 15148
 E-mail : infoahcc@apolohd.com

Regd. Office
 19, Bishop Gardens, R.A. Puram, Chennai - 600 028
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Ms. SUMITRA KUKNA

AHIL.0000859991

AHILAH204689

ECHO/TMT

IMPRESSION

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

Printed on : 11-Apr-2023 15:58

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
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.
Phone : +91 79 66701800 | Fax No. : +91 79 66701843
E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (NON NASH-IC)
1, Tulsiwaj Society, Nr. Parnal Garden, Ahmedabad.
Phone : +91 79 66305800 / 01 or +91 76988 15148
E-mail : infohcc@apolloahd.com

Regd. Office
19, Bishop Gardens, R.A. Puram, Chennai - 600 026
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RADIOLOGY

Patient Details : Ms. SUMITRA KUKNA | Female | 34Yr 10Mth 29Days
UHID : AHIL.0000859991 **Patient Location:** AHC
Patient Identifier: AHILAH204689 
DRN : 123046859 **Completed on :** 08-APR-2023 10:37
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

IMPRESSION

Bilateral apical pleural thickening noted.

Lung fields are otherwise clear.

Cardio thoracic ratio is 0.57, suggests cardiomegaly.

Both costophrenic angles are clear.

Domes of diaphragm are well delineated.

Bony thorax shows no significant abnormality.

---- END OF THE REPORT ----

RAJVEERSINH P CHAVDA

Medical Officer

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

Apollo Hospitals International Limited
Plot No - 141, Phase 1, Gandhinagar, Gujarat - 382 015, India.
Phone : +91 79 66701800 | Fax No : +91 79 66701843
E-mail : info@apolloindia.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre
1, Tulshibai Society, Nr. Parimal Garden, Ahmedabad.
Phone : +91 79 66705800 / 01 or +91 79 667 15140
E-mail : infoahcc@apolloindia.com

Reported By: Regd. Office 7876
19, Bahadur Salvi, N. A. Puram, Chennai - 600 028
CIN No - 11851107A110072110030125105770 - 244A9C343509076
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OPHTHALM

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N RECORDS

Name :

Ms. SUMITRA
KUKNA

Date :

8/4/23

UHID :

34 Year(s) / Female



Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

Right Eye :

NG

Left Eye :

NG

APLN.TN - Right Eye

14

Left Eye-

15 mmHg

Normal

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

Normal

Both Eye Posterior Segment Examinations -

Normal

Dr. Zahedbanu Shaikh
MBBS, DNB - Ophthalmology
Junior Consultant - Ophthalmology
Apollo Hospitals
Bhat, GIDC Estate, Gandhinagar
Regd. No. : G-35153

Ophthalmologist Name



DENTISTRY

Name : Date : 08/04/23 Unit No. :

Occupation : Ref. Physician :

Age : Sex : Male Female Copies to :

DENTAL RECORD

ALLERGIES : -N/A

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 : <u>NA</u>	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia <u>NA</u>
Cheeks : <u>NA</u>	Calculus <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction
Tongue : <u>NA</u>	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth : <u>NA</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture
Palate : <u>NA</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsillar Area : <u>NA</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
Any other : <u>NA</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries
		Missing Teeth
		Supernumerary
		Others

PRESENT COMPLAINT : Postive Cheeky

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy

Anticoagulant Under Drug Therapy


NA



Place Label Here

If label not available, write Pt, Name, IP No/UHID, Age, Sex, Date, Name of Treating Physician

OBSTETRICS & GYNAECOLOGY - AHC

AHIL.0000859991		Date: 8/4/23	Unit No.:
Nar	Ms. SUMITRA	Ref. Physician: Dr. Kiran Natar	
Occ	KUKNA	Copies to:	
Age	34 Year(s) / Female		
			
	Female		

GYNAEC CHECK UP

Chief Complaint:

None.

P2+0

Children: 2, 1♀ 1♂

Weight:

Deliveries: 2 FTD.

BP:

Last Child: Mui / 8.5 years / FTD

Abortions: 1 Miscarriage.

Breasts: Normal

Periods: Regular $\frac{6}{28}$ days

PAP Smear: Taken

LMP: 4/4/23

Previous Medical H/O:

None.

Menopause: -

G. Condition: Fit

F/H/O: ~~No~~ CAD.

P/A: Soft

Previous Surgical H/O:

Lap. Cholecystectomy in 2019.

S/E: -

Uterus: Anteverted, @ size

P/V: Cervix: Healthy looking

P/R: -

Impression:

Kiran Natar

Doctor Signature
Date & Time

8/4/23
2:06 PM

Rate 51

PR 139

QRSD 110

QT 423

QTc 390

--AXIS--

P 44

QRS 59

T 31

AHIL.0000859991

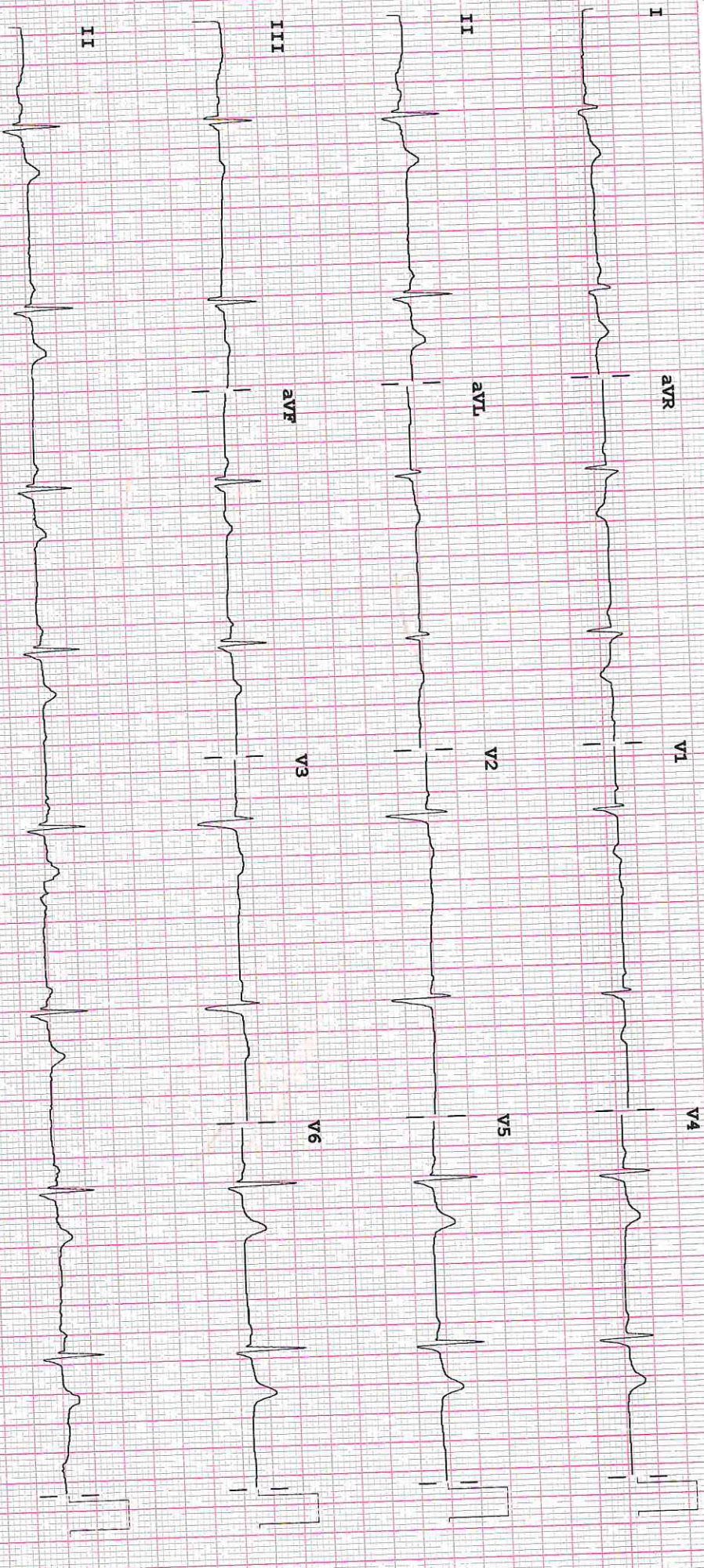
Ms. SUMITRA

KUKNA

34 Year(s) / Female



12 Lead; Standard Placement



Device:

Speed: 25 mm/sec

Lim: 10 mm/mV

Chest: 10.0 mm/mV

F 50 ~ 0.15-100 Hz

PH10

CL

P?