



BHAILAL AMIN
GENERAL HOSPITAL



CONCLUSION OF HEALTH CHECKUP

ECU Number	: 1715	MR Number	: 23200185	Patient Name	: SONALI KUMARI
Age	: 27	Sex	: Female	Height	: 165
Weight	: 71	Ideal Weight	: 63	BMI	: 26.08
Date	: 10/02/2023				

Dr. Manish Mittal

Internal Medicine

Note : General Physical Examination & routine Investigations included in the Health Checkup have certain limitations and may not be able to detect all the latent and asymptomatic diseases.



BHAILAL AMIN GENERAL HOSPITAL



H-2015-0297



MC-3004



E-2021-0037



ECU Number : 1715 MR Number : 23200185 Patient Name : SONALI KUMARI
Age : 27 Sex : Female Height : 165
Weight : 71 Ideal Weight : 63 BMI : 26.08
Date : 10/02/2023

Past H/O : NO P/H/O ANY MAJOR ILLNESS.

Present H/O : NO MEDICAL COMPLAINTS AT PRESENT.

Family H/O : FATHER : RUPTURED GALL BLADDER ; MOTHER : DIABETES, HYPERTENSION, IHD,
HYPOTHYROIDISM.

Habits : NO HABITS.

Gen.Exam. : G.C. GOOD

B.P : 132/70 mm Hg

Pulse : 100/MIN REG.

Others : SPO2 : 98 %

C.V.S : NAD

R.S. : NAD

Abdomen : NP

Spleen : NP

Skin : NAD

C.N.S : NAD

Advice :



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Age : 27
Weight : 71
Date : 10/02/2023

MR Number : 23200185
Sex : Female
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Patient Name: SONALI KUMARI
Height : 165
BMI : 26.08

Ophthalmic Check Up :

Right

Left

- Ext Exam
- Vision Without Glasses
- Vision With Glasses
- Final Correction
- Fundus
- Colour Vision
- Advice

Orthopaedic Check Up :

- Ortho Consultation
- Ortho Advice
- ENT Check Up :
- Ear
- Nose
- Throat
- Hearing Test
- ENT Advice

General Surgery Check Up :

- General Surgery
- Abdominal Lump
- Hernia
- External Genitals
- PVR
- Proctoscopy
- Any Other
- Surgical Advice



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Gynaec Check Up :

OBSTETRIC HISTORY G1 P1 - FTND : FEMALE - 2 YRS.
MENSTRUAL HISTORY -
PRESENT MENSTRUAL CYCLE REGULAR PERIODS ; LMP : 1 WEEK AGO.
PAST MENSTRUAL CYCLE -
CHIEF COMPLAINTS -
PA SOFT
PS NORMAL
PV LOADED RECTUM NS UTERUS
BREAST EXAMINATION RIGHT NORMAL
BREAST EXAMINATION LEFT NORMAL
PAPSMEAR TAKEN
BMD
MAMMOGRAPHY
ADVICE REGULAR BSE.





Dietary Assessment

ECU Number : 1715 MR Number : 23200185 Patient Name : SONALI KUMARI
 Age : 27 Sex : Female Height : 165
 Weight : 71 Ideal Weight : 63 BMI : 26.08
 Date : 10/02/2023

Body Type : Normal / Underweight / Overweight
 Diet History : Vegetarian / Eggetarian / Mixed

Frequency of consuming fried food : / Day / Week or occasional
 Frequency of consuming Sweets : / Day / or occasional
 Frequency of consuming outside food : / Day / Week or occasional
 Amount of water consumed / day : Glasses / liters

Life style assessment :
 Physical activity : Active / moderate / Sedentary / Nil
 Alcohol intake : Yes / No
 Smoking : Yes / No
 Allergic to any food : Yes / No
 Are you stressed out ? : Yes / No
 Do you travel a lot ? : Yes / No

- General diet instructions :
- Have small frequent meals.
 - Avoid fatty products like oil, ghee, butter, cheese.
 - Take salt restricted diet and avoid table salt.
 - Consume fibrous food regularly like whole grains, Daliya, Oats, Bajra, Flex seeds, Pulses, Fruits and Salads.
 - Keep changing your cooking oil every three months.
 - Avoid Maida, Starchy foods and Bakery products.
 - Consume 1-2 servings of all fruits and vegetables, For Diabetic patients avoid Mango, Chikoo, Banana, Grapes and Custurd apple
 - Dring 3 to 4 liters (12 - 14 glass) of water daily.
 - Eat Beetroots, Figs, Almond, Walnut, Dates, Leafy vegetables, roasted Channa and Jeggary (Gur) for Heamoglobin in case of diabetic patient avoid Rasins, Dates and Jeggary
 - Drink green Tea or black Coffee once in a day.
 - Do brisk walking daily.



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Patient Name : Mrs. SONALI KUMARI
Gender / Age : Female / 27 Years 1 Months 21 Days
MR No / Bill No. : 23200185 / 231065538
Consultant : Dr. Manish Mittal
Location : OPD

Type : OPD
Request No. : 105712
Request Date : 10/02/2023 09:04 AM
Collection Date : 10/02/2023 09:06 AM
Approval Date : 10/02/2023 12:54 PM

Complete Lipid Profile

Test	Result	Units	Biological Ref. Range
Complete Lipid Profile			
Appearance	Clear		
Triglycerides	168	mg/dL	1 - 150
<i>(By Lipase / Glycerol dehydrogenase on RXL Dade Dimension < 150 Normal 150-199 Borderline High 200-499 High > 499 Very High)</i>			
Total Cholesterol	160	mg/dL	1 - 200
<i>(By enzymatic colorimetric method on RXL Dade Dimension <200 mg/dL - Desirable 200-239 mg/dL - Borderline High > 239 mg/dL - High)</i>			
HDL Cholesterol	32	mg/dL	40 - 60
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension < 40 Low > 60 High)</i>			
Non HDL Cholesterol (calculated)	128	mg/dL	1 - 130
<i>(Non- HDL Cholesterol < 130 Desirable 139-159 Borderline High 160-189 High > 191 Very High)</i>			
LDL Cholesterol	107	mg/dL	1 - 100
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension < 100 Optimal 100-129 Near / above optimal 130-159 Borderline High 160-189 High > 189 Very High)</i>			
VLDL Cholesterol (calculated)	33.6	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	3.34		2.1 - 3.5
T. Ch./HDL Ch. Ratio	5		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

---- End of Report ----

Dr. Sejal Odedra
M.D.Pathology



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Renal Function Test (RFT)

Test	Result	Units	Biological Ref. Range
Urea (By Urease Kinetic method on RXL Dade Dimension)	11	mg/dL	10 - 45
Creatinine (By Modified Kinetic Jaffe Technique)	<u>0.53</u>	mg/dL	0.6 - 1.1
Estimate Glomerular Filtration rate (Ref. range : > 60 ml/min for adults between age group of 18 to 70 yrs. EGFR Calculated by IDMS Traceable MDRD Study equation. Reporting of eGFR can help facilitate early detection of CKD. By Modified Kinetic Jaffe Technique)	More than 60		
Uric acid (By Uricase / Catalase method on RXL Siemens)	3.0	mg/dL	2.2 - 5.8

---- End of Report ----

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CBC + ESR

Test	Result	Units	Biological Ref. Range
Haemoglobin.			
Haemoglobin	12.9	gm/dL	12 - 15
Red Blood Cell Count (T-RBC)	4.38	mill/cmm	3.8 - 4.8
Hematocrit (HCT)	38.7	%	36 - 46
Mean Corpuscular Volume (MCV)	88.4	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	29.5	pg	27 - 32
MCH Concentration (MCHC)	33.3	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	13.5	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	44.7	fl	39 - 46
Total Leucocyte Count (TLC)			
Total Leucocyte Count (TLC)	6.80	thou/cmm	4 - 10
Differential Leucocyte Count			
Polymorphs	65	%	40 - 80
Lymphocytes	31	%	20 - 40
Eosinophils	1	%	1 - 6
Monocytes	3	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	4.43	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	2.12	thou/cmm	1 - 3
Eosinophils (Abs. Value)	0.02	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.19	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.04	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.3	%	1 - 3 : Borderline > 3 : Significant
Platelet Count			
Platelet Count	157	thou/cmm	150 - 410
Smear evaluation	Adequate		
Remarks	Few large platelets seen.		
ESR	17	mm/1 hr	0 - 12

Test Results are dependent on a number of variables & technical limitations. Hence, it is advised to correlate with clinical findings and other related investigations before any firm opinion is made. Recheck / Retest may be requested.

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CBC + ESR

Immature Granulocyte (IG) count is a useful early marker of infection or inflammation, even when other markers are normal. It is an early and rapid discrimination of bacterial from viral infections. It is also increased in patients on steroid therapy / chemotherapy or haematological malignancy. High IG is always pathological; except in pregnancy and neonates of < 7 days.
Method : HB by Non-Cyanide Hemoglobin analysis method. HCT by RBC pulse height detection method. RBC, TLC & PLC are by Particle Count by Electrical Impedance in Cell Counter. Optical Platelets by Fluorescent + Laser Technology. MCV, MCH, MCHC, RDW (CV & SD) are calculated parameter. DLC by Flowcytometry method using semi-conductor Laser+Smear verification. ESR on Ves metic 20, comparable to Westergrens method and in accordance to ICSH reference method.

---- End of Report ----

Dr. Rakesh Vaidya
MD (Path). DCP.

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Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
Triiodothyronine (T3)	1.53	ng/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.</i>			
<i>Reference interval (ng/ml)</i>			
1 - 3 days	: 0.1 - 7.4		
1-11 months	: 0.1 - 2.45		
1-5 years	: 0.1 - 2.7		
6-10 years	: 0.9 - 2.4		
11-15 years	: 0.8 - 2.1		
16-20 years	: 0.8 - 2.1		
Adults (20 - 50 years)	: 0.7 - 2.0		
Adults (> 50 years)	: 0.4 - 1.8		
Pregnancy (in last 5 months)	: 1.2 - 2.5		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroxine (T4)	9.51	mcg/dL	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.</i>			
<i>Reference interval (mcg/dL)</i>			
1 - 3 days	: 11.8 - 22.6		
1- 2 weeks	: 9.8 - 16.6		
1 - 4 months	: 7.2 - 14.4		
4 - 12 months	: 7.8 - 16.5		
1-5 years	: 7.3 - 15.0		
5 - 10 years	: 6.4 - 13.3		
10 - 20 years	: 5.6 - 11.7		
Adults / male	: 4.6 - 10.5		
Adults / female	: 5.5 - 11.0		
Adults (> 60 years)	: 5.0 - 10.7		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			
Thyroid Stimulating Hormone (US-TSH)	5.82	microIU/ml	
<i>(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.</i>			
<i>Reference interval (microIU/ml)</i>			
Infants (1-4 days)	: 1.0 - 39		
2-20 weeks	: 1.7 - 9.1		
5 months - 20 years	: 0.7 - 6.4		
Adults (21 - 54 years)	: 0.4 - 4.2		
Adults (> 55 years)	: 0.5 - 8.9		
Pregnancy :			
1st trimester	: 0.3 - 4.5		
2nd trimester	: 0.5 - 4.6		
3rd trimester	: 0.8 - 5.2		
<i>(Reference : Tietz - Clinical guide to laboratory test, 4th edition)</i>			

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--- End of Report ---

Dr. Sejal Odedra
M.D.Pathology

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Consultant : Dr. Manish Mittal
Location : OPD

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Request No. : 105712
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Approval Date : 10/02/2023 02:09 PM

Haematology

Test	Result	Units	Biological Ref. Range
Blood Group			
ABO system	B		
Rh system.	Positive		

By Gel Technology / Tube Agglutination Method

Note :

- This blood group has been done with new sensitive Gel Technology using both Forward and Reverse Grouping Card with Autocontrol.
- This method check's group both on Red blood cells and in Serum for "ABO" group.

--- End of Report ---

Dr. Rakesh Vaidya
MD (Path). DCP.

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Patient Name	: Mrs. SONALI KUMARI	Type	: OPD
Gender / Age	: Female / 27 Years 1 Months 21 Days	Request No.	: 105712
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Consultant	: Dr. Manish Mittal	Collection Date	: 10/02/2023 09:06 AM
Location	: OPD	Approval Date	: 10/02/2023 02:55 PM

Pap Smear

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
Pap Smear	Pap Smear Screening Report / Cervico-Vaginal Cytology...		
	Cyto No : P/221/23 Received at 12:10 pm.		
	Clinical Details : No complain P/V findings : Cx. / Vg. - NAD. LMP : 1 week ago		
	TBS Report / Impression :		
	* Satisfactory for evaluation; transformation zone components identified.		
	* Mild inflammatory cellularity (Neutrophils rich).		
	* No epithelial cell abnormality favouring squamous intraepithelial lesion or frank malignancy (NILM).		

Note / Method :

The material received in LBC container, cytosmear was stained by rapid pap method and reported with due consideration to The Bathesda system (Modified 2014)

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Fasting Plasma Glucose

Test	Result	Units	Biological Ref. Range
<i>Fasting Plasma Glucose</i>			
Fasting Plasma Glucose	105	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	107	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimesion

---- End of Report ----

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M.D.Pathology

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HbA1c (Glycosylated Hb)

Test	Result	Units	Biological Ref. Range
HbA1c (Glycosylated Hb)			
Glycosylated Heamoglobin (HbA1c)	5.1	%	
estimated Average Glucose (e AG) *	99.67	mg/dL	

(Method:

By Automated HPLC analyser on D-10 Biorad. NGSP Certified, US-FDA approved, Traceable to IFCC reference method.

* Calculated valued for past 60 days, derived from HbA1c %, based on formula recommended by the A1c - Derived Average Glucose study from ADA and EASD funded The ADAG trial.

Guidelines for Interpretation:

Indicated Glycemic control of previous 2-3 months

HbA1c%	e AG (mg/dl)	Glycemic control
> 8	> 183	Action suggested...High risk of developing long-term complications. Action suggested, depends on individual patient circumstances
7 - 8	154 - 183	Good
< 7	< 154	Goal...Some danger of hypoglycemic reaction in type I Diabetics. Some Glucose intolerant individuals and Sub-Clinical diabetics may demonstrate (elevated) HbA1c in this area.
6 - 7	126 - 154	Near Normal
< 6	< 126	Nondiabetic level)

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Consultant	: Dr. Manish Mittal	Collection Date	: 10/02/2023 09:06 AM
Location	: OPD	Approval Date	: 10/02/2023 01:22 PM

Urine routine analysis (Auto)

Test	Result	Units	Biological Ref. Range
<i>Physical Examination</i>			
Quantity	20	mL	
Colour	Pale Yellow		
Appearance	Turbid (Slight)		
<i>Chemical Examination (By Reagent strip method)</i>			
pH	6.0		
Specific Gravity	<=1.005		
Protein	Negative	gm/dL	0 - 5
Glucose	Negative	mg/dL	0 - 5
Ketones	Negative		0 - 5
Bilirubin	Negative		Negative
Urobilinogen	Negative		Negative (upto 1)
Blood	Negative		Negative
Leucocytes	Trace		Negative
Nitrite	Negative		Negative
<i>Microscopic Examination (by Microscopy after Centrifugation at 2000 rpm for 10 min or on fully automated Sysmex urine sedimentation analyzer UF4000)</i>			
Red Blood Cells	0 - 1	/hpf	0 - 2
Leucocytes	1 - 5	/hpf	0 - 5
Epithelial Cells	1 - 5	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil	/hpf	Nil
Mucus	Absent	/hpf	Absent
Organism	Absent		

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Liver Function Test (LFT)

Test	Result	Units	Biological Ref. Range
Bilirubin			
Bilirubin - Total	0.43	mg/dL	0 - 1
Bilirubin - Direct	0.10	mg/dL	0 - 0.3
Bilirubin - Indirect	0.33	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	39	U/L	13 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	50	U/L	14 - 59
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	98	U/L	42 - 98
<i>(BY PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	19	U/L	5 - 55
<i>(By IFCC method on RXL Dade Dimension.)</i>			
Total Protein			
Total Proteins	8.05	gm/dL	6.4 - 8.2
Albumin	3.99	gm/dL	3.4 - 5
Globulin	4.06	gm/dL	3 - 3.2
A : G Ratio	0.98		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

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DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 23200185 Report Date : 10/02/2023
Request No. : 190052440 10/02/2023 9.04 AM
Patient Name : Mrs. SONALI KUMARI
Gender / Age : Female / 27 Years 1 Months 21 Days

ADVANCED DIGITAL SOLUTIONS

- Computer Radiography
- Ultra Sensitive Colour Doppler
- Ultra High Resolution Sonography
- Multi-Detector CT Scan
- Mammography
- Interventional Radiology
- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

X-Ray Chest AP

Both lung fields are clear.
Both costophrenic sinuses appear clear.
Heart size is normal.
Hilar shadows show no obvious abnormality.
Aorta is normal.

ULTRA SONOGRAPHY CANNOT DETECT ALL ABNORMALITIES
NOT VALID FOR MEDICO-LEGAL PURPOSES
CLINICAL CORRELATION RECOMMENDED

Dr. Priyanka Patel, MD
Consultant Radiologist





DEPARTMENT OF DIAGNOSTIC RADIOLOGY

ADVANCED DIGITAL SOLUTIONS

- Computer Radiography
- Ultra Sensitive Colour Doppler
- Ultra High Resolution Sonography
- Multi-Detector CT Scan
- Mammography
- Interventional Radiology
- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

Patient No. : 23200185 Report Date : 10/02/2023
Request No. : 190052431 10/02/2023 9.04 AM
Patient Name : Mrs. SONALI KUMARI
Gender / Age : Female / 27 Years 1 Months 21 Days

USG : Abdomen (Excluding Pelvis) Or Upper Abdomen

Liver is normal in size and echopattern. No mass lesion identified. The hepaticveins are clear and patent. PV patent. No dilated IHBR.

Gall bladder is well distended and shows no obvious abnormality. Common bile duct measures 4 mm in diameter.

Pancreas shows no obvious abnormality. Tail obscured.
Spleen is mild enlarged size (12.2cm) and normal in echopattern.

Both kidneys are normal in shape and position. Normal echogenicity and cortico medullary differentiation is noted. No hydronephrosis or mass lesion seen.

Uterus is anteverted, normal in size and echo pattern. Endometrium thickness is about 5 mm. No obvious mass lesion seen.

Uterine length : 68 mm.
A.P. 24 mm.

Both ovaries reveal small follicles.
Right ovary measures 24mm x 18mm. in size.
Left ovary measures 26mm x 14mm. in size.

Urinary bladder is well distended and appears normal.

No ascites.

COMMENT:

Mild splenomegaly.

Kindly correlate clinically

Prerna C

Dr.Pruna C Hasani, MD
Consultant Radiologist



• ULTRA SONOGRAPHY CANNOT DETECT ALL ABNORMALITIES
• NOT VALID FOR MEDICO-LEGAL PURPOSES
• CLINICAL CORRELATION RECOMMENDED





DEPARTMENT OF DIAGNOSTIC RADIOLOGY

Patient No. : 23200185 Report Date : 10/02/2023
 Request No. : 190052533 10/02/2023 9.04 AM
 Patient Name : Mrs. SONALI KUMARI
 Gender / Age : Female / 27 Years 1 Months 21 Days

Echo Color Doppler

MITRAL VALVE : NORMAL, NO MS, NO MR
 AORTIC VALVE : TRILEAFLET, NO AS, NO AR
 TRICUSPID VALVE : NORMAL, NO TR, NO PAH
 PULMONARY VALVE : NORMAL, NO PR, NO PS
 LEFT ATRIUM : NORMAL SIZE
 AORTA : NORMAL
 LEFT VENTRICLE : NORMAL LVEF -65%, NO RWMA AT REST
 RIGHT ATRIUM : NORMAL SIZE
 RIGHT VENTRICLE : NORMAL SIZE
 I.V.S. : INTACT
 I.A.S. : INTACT
 PULMONARY ARTERY : NORMAL
 PERICARDIUM : NO EFFUSION
 COLOUR/DOPPLER FLOW MAPPING : NO AR, MR, TR NO PAH

FINAL CONCLUSION:

1. NORMAL SIZED ALL CARDIAC CHAMBERS
2. NORMAL LV SYSTOLIC FUNCTION LVEF - 65 %
3. NO RESTING RWMA
4. NORMAL VALVES, NO MITRAL / AORTIC STENOSIS
5. NORMAL RIGHT HEART SIZE AND RV PRESSURE
6. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.

DR. V C CHAUHAN MD
 INTERVENTIONAL CARDIOLOGIST

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