

NAME:	Mrs Ruchika George	UHID:	
AGE:	34	DATE OF HEALTHCHECK:	30/3/2020
GENDER:	F		

HEIGHT:	157	MARITAL STATUS:	M
WEIGHT:	52.5	NO OF CHILDREN:	1
BMI:	21.3		

C/O: weakness, Fatigue

K/C/O: PRESENT MEDICATION: - No.

P/M/H: - ~~None~~ Sinusitis, DM.

P/S/H: - NO

ALLERGY: - No

PHYSICAL ACTIVITY: Active/ Moderate/ Sedentary

H/A: SMOKING:

FAMILY HISTORY FATHER: -

ALCOHOL: - NO

MOTHER: - DM

TOBACCO/PAN: - NO

O/E:

LYMPHADENOPATHY: - NO

BP: 110/80 PULSE: - 70/min

PALLOR/ICTERUS/CYNOSIS/CLUBBING: - NO

TEMPERATURE: 37 SCARS: -

OEDEMA: - NO

S/E:

P/A: - NO

RS:



CVS: S.I.B.A

Extremities & Spine: - NO

CNS: Cerebellum, Olfactory

ENT: - NO  
Skin: - NO

Vision:

	Without Glass		With Glass	
	Right Eye	Left Eye	Right Eye	Left Eye
FAR :				
NEAR :				
COLOUR VISION:				

Name: Mrs. Ruchika Garg | Age: 34 | Date of Health check-up: 30/3/23

**Findings and Recommendation:**

**Findings:-**

Vit D - 7.57

**Recommendation:-**

- Adequate sun exposure

① Vitamin D  
(60,000)

1/6 onefweek x 8week

Signature:

Consultant -



**DR MAYUR GARG**  
MBBS, MD MEDICINE  
REG NO : 2017020378

## OPHTHALMIC EVALUATION

UHID No.: \_\_\_\_\_ Date : 30/3/23  
 Name : Ruchika Gargi Age : 34 Gender : Male/Female

Without Correction :  
 Distance: Right Eye 6/6P Left Eye 6/6P  
 Near : Right Eye N/B Left Eye N/B

With Correction :  
 Distance: Right Eye \_\_\_\_\_ Left Eye \_\_\_\_\_  
 Near : Right Eye \_\_\_\_\_ Left Eye \_\_\_\_\_

	RIGHT					LEFT				
	SPH	CYL	AXIS	PRISM	VA	SPH	CYL	AXIS	PRISM	VA
Distance										
Near										

Colour Vision : (Normal)  
 Anterior Segment Examination : LASIK done Both eyes.  
 Pupils : \_\_\_\_\_  
 Fundus : WNL  
 Intraocular Pressure : \_\_\_\_\_  
 Diagnosis : \_\_\_\_\_  
 Advice : \_\_\_\_\_

Re-Check on \_\_\_\_\_ (This Prescription needs verification every year)

DR. SHETH NIKET PRASHANT  
 M.B.B.S D.O.M.S  
 Regn. No. 2008/10/3646  
 (Consultant Ophthalmologist)

Ruchika. Gaeg.  
34y / F.

30/03/23

- patient came for routine. health check up.
- No fresh. complaints.

O/E:  
Ears: BIL TM (N) intact.  
Rinne's  $\left\{ \begin{array}{l} R \\ L \end{array} \right\}$  +ve Weber  $\rightarrow \leftarrow$

Nose: DNE to (R)  
ACD to (L)  
ppw clear.

Throat:  
ENT examination within normal limit at present



**Dr. AMOL S. HEKARE**  
MBBS, MS, DNB (ENT)  
Reg. No. 2013/05/1403  
Contact- 8446941033

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Name: Mrs Ruchika Gang Age: 34 Sex: F UHID No.: \_\_\_\_\_ Date: 30/3/23

34 F married: 7 years / P, G (L86)

NO Complaints

willing for PAP smear

Umf- 6/3/23.

mother DM ⊕

o/r

R

GC Full

Mefenide

P- 78 min.

PA- w/PTM.

Vulval Candidiasis ⊕

Pls. Co 1 ⊕

Plu: ut-r/b

MTV

B11 for

CARDIO Crean

1000 7 days

Dr. Dr. Deepthi Shinde



**Apollo Clinic**  
**VASHI**

- Consultation
- Diagnostics
- Health Check-Ups
- Dentistry

## DENTAL CHECKUP

<b>Name:</b> <u>Ruchika Garg</u>	<b>MR NO:</b>
<b>Age/Gender :</b> <u>34/F.</u>	<b>Date:</b> <u>30/3/2023</u>

Medical history:  Diabetes  Hypertension  \_\_\_\_\_

EXAMINATION	UPPER RIGHT	UPPER LEFT	LOWER LEFT	LOWER RIGHT
Calculus & Stains	✓	✓	✓	✓
Mobility				
Caries ( Cavities )				
a) Class 1 (Occlusal)				
b) Class 2 (Proximal)		✓		
c) Class 5 (Cervical)				
Faulty Restoration				
Faulty Crown				
Fractured Tooth				
Root Pieces				
Impacted Tooth				
Missing Tooth				
Existing Denture				

### TREATMENT ADVISED:

TREATMENT	UPPER RIGHT	UPPER LEFT	LOWER LEFT	LOWER RIGHT
Restoration / Filling		✓		
Root Canal Therapy				
Crown				
Extraction				

Oral Prophylaxis:  Scaling & polishing  
 Orthodontic Advice for Braces:  Yes /  No  
 Prosthetic Advice to Replace Missing Teeth:  Denture  Bridge  Implant  
 Oral Habits:  Tobacco  Cigarette  Others since \_\_\_ years  
 Advice to quit any form of tobacco as it can cause cancer.  
 Other Findings: NA

- Scaling and polishing - 1500  
- Filling 2 +67 - 1200 X 2

*Rgarg*

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Name : Mrs. Ruchika Garg                      Gender : Female    Age : 34 Years  
UHID : FVAH 18688                              Bill No :                      Lab No : V-3742-23  
Ref. by : SELF                                      Sample Col.Dt : 30/03/2023 8:50  
Barcode No : 756                                    Reported On : 30/03/2023 20:09

TEST


RESULTS

**Blood Grouping (ABO & Rh)-WB(EDTA) Serum**

ABO Group:    :O:  
Rh Type:    **Positive**  
Method :    Tube Agglutination (forward and reverse)

Shweta Unavane  
Entered By

Ms Kaveri Gaonkar  
Verified By



**Dr. Milind Patwardhan**  
M.D(Path)  
Chief Pathologist

End of Report  
*Results are to be correlated clinically*





Indira Health And Lifestyle Private Limited.

**NABL Accredited Laboratory**

The Emerald, 1st Floor, Plot No. 195, Sector-12,  
Besides Neel Siddhi Tower, Vashi-Navi Mumbai-400703.

Tel.: (022) - 2788 1322 / 23 / 24 ☎ 8291490000

Email: apolloclinicvashi@gmail.com

**Apollo Clinic**  
**VASHI**


Name : Mrs. Ruchika Garg                      Gender : Female      Age : 34 Years  
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TEST	RESULTS	UNITS	BIOLOGICAL REFERENCE INTERVAL
<b>PLASMA GLUCOSE</b>			
Fasting Plasma Glucose :	92	mg/dL	Normal < 100 mg/dL Impaired Fasting glucose : 101 to 125 mg/dL Diabetes Mellitus : $\geq$ 126 mg/dL (on more than one occasion) (American diabetes association guidelines 2016)
Post Prandial Plasma Glucose :	108	mg/dL	Normal < 140 mg/dL Impaired Post Prandial glucose : 140 to 199 mg/dL Diabetes Mellitus : $\geq$ 200 mg/dL (on more than one occasion) (American diabetes association guidelines 2016)

Method : Hexokinase

Vasanti Gondal  
Entered By

Ms Kaveri Gaonkar  
Verified By

  
Dr. Milind Patwardhan  
M.D(Path)  
Chief Pathologist

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End of Report  
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Name : Mrs. Ruchika Garg                      Gender : Female      Age : 34 Years  
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TEST                                      RESULTS                      UNITS                      BIOLOGICAL REFERENCE INTERVAL


**LFT(Liver Function Tests)-Serum**

S.Total Protein (Biuret method)	7.43	g/dL	6.6 - 8.7
S.Albumin (BCG method)	4.42	g/dL	3.5 - 5.2
S.Globulin (Calculated)	3.01	g/dL	2 - 3.5
S.A/G Ratio:(Calculated)	1.47		0.9 - 2
S.Total Bilirubin (DPD):	0.44	mg/dL	0.1 - 1.2
S.Direct Bilirubin (DPD):	0.16	mg/dL	0.1 - 0.3
S.Indirect Bilirubin (Calculated)	0.28	mg/dL	0.1 - 1.0
S.AST (SGOT)(IFCC Kinetic with P5P):	17	U/L	5 - 32
S.ALT (SGPT) (IFCC Kinetic with P5P):	12	U/L	5 - 33
S.Alk Phosphatase(pNPP-AMP Kinetic):	<b>109</b>	U/L	35 - 105
S.GGT(IFCC Kinetic):	18	U/L	07 - 32

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Mrunal Gurav  
Entered By

Ms Kaveri Gaonkar  
Verified By

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Dr. Milind Patwardhan  
M.D(Path)  
Chief Pathologist

End of Report  
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Name : Mrs. Ruchika Garg                      Gender : Female      Age : 34 Years  
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**TEST                                      RESULTS                      UNITS                      BIOLOGICAL REFERENCE INTERVAL**

**RFT - Renal Profile-serum**

S.Urea(Urease-GLDH)	13.4	mg/dL	10.0 - 45.0
S. Urea Nitrogen( Calculated)	6.25	mg/dL	5 - 20
S.Creatinine(Jaffe's Kinetic)	0.69	mg/dL	0.50 - 1.1
S.Uric Acid(Uricase-POD)	3.8	mg/dL	2.4 - 5.7
S.Total Protein(Biuret)	7.43	g/dL	6.6 - 8.7
S.Albumin(BCG)	4.42	g/dL	3.5 - 5.2
S.Globulin(Calculated)	3.01	g/dL	2 - 3.5
A/G Ratio(Calculated)	1.47		0.9 - 2
S.Sodium(Na) (ISE-Direct)	135	mmol/L	135 - 145
S.Potassium(K) (ISE-Direct)	4.3	mmol/L	3.5 - 5.3
S.Chloride(Cl) (ISE-Direct)	98	mmol/L	95 - 106
S.Calcium(NM-BAPTA)	9.42	mg/dL	8.6 - 10.0
S.Phosphorus(UV Phosphomolybdate)	2.54	mg/dL	2.5 - 4.5

Mrunal Gurav  
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Name : Mrs. Ruchika Garg                      Gender : Female    Age : 34 Years  
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TEST    RESULTS    BIOLOGICAL REFERENCE INTERVAL

**SERUM VITAMIN B12**

S. VITAMIN B12 by ECLIA:                      291.6                      pg/mL    211 - 946 pg/ml

1. Vit B12 levels are decreased in megaloblastic anemia, partial/total gastrectomy, pernicious anemia, peripheral neuropathies, chronic alcoholism, senile dementia and treated epilepsy.
2. An associated increase in homocysteine levels is an independent risk marker for cardiovascular disease and deep vein thrombosis.
3. HoloTranscobalamin II levels are a more accurate marker of active Vit B12 component.
4. Increased Vit B12 levels are seen in renal failure, liver disease and myeloproliferative diseases. Increased levels are also noted in patients who have taken B12 injections or oral medication.

**Mrunal Gurav**  
Entered By

**Ms Kaveri Gaonkar**  
Verified By



**Dr. Milind Patwardhan**  
M.D(Path)  
Chief Pathologist

End of Report  
*Results are to be correlated clinically*









Ruchika Garg  
18688

34 Years Female

30.03.2023 9:54:03  
Apollo Clinic  
1st Flr, The Emerald, Sector-12,  
Vashi, Mumbai-400703

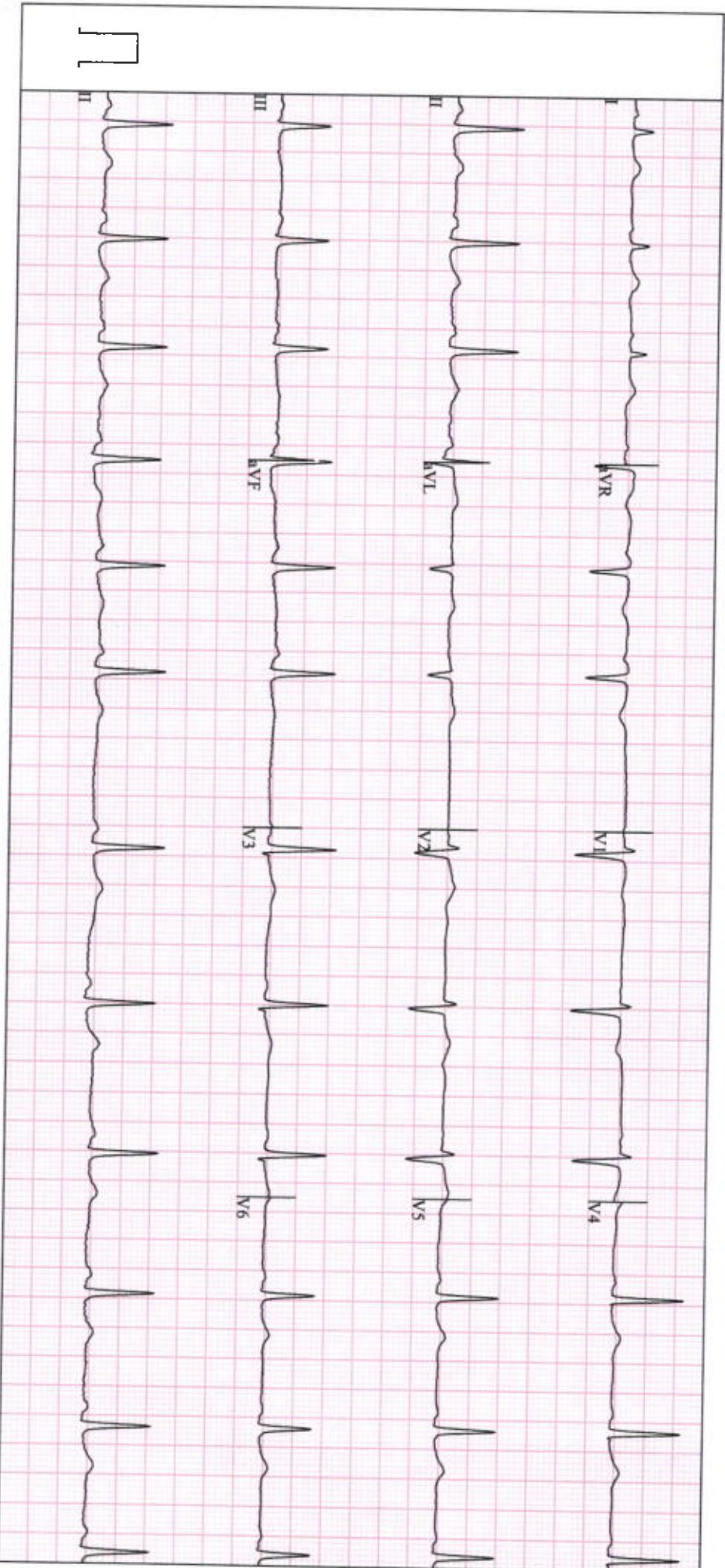
68 bpm  
--/-- mmHg

QRS : 82 ms  
QT/QTcBaz : 412/438 ms  
PR : 140 ms  
P : 100 ms  
RR/PP : 882/882 ms  
P/QRS/T : 63/74/43 degrees

Sinus rhythm with marked sinus arrhythmia  
Otherwise normal ECG

*Sinus Arrhythmia*

**Dr. ANIRBAN DASGUPTA**  
M.B.B.S., D.N.B. Medicine  
Diploma Cardiology  
MMC - 2005/02/0920



GE MAC2000

L11

12SL™ v241

25 mm/s

10 mm/mV

ADS

0.56-20 Hz

50 Hz

Unconfirmed  
4x2.5x3\_25\_R1

1/1



PATIENT'S NAME	RUCHIKA GARG	AGE :- 34 Y/F
UHID	18688	DATE :- 30-03-23

### 2D Echo and Colour doppler report

- All cardiac chambers are normal in dimension.
- No obvious resting regional wall motion abnormalities (RWMA).
- Interatrial and Interventricular septum – Appears Normal
- Valves – Structurally normal.
- Good biventricular function.
- IVC is normal.
- Pericardium is normal.
- Great vessels - Origin and visualized proximal part are normal.
- No coarctation of aorta.

### Doppler study

- Normal flow across all the valves.
- No pulmonary hypertension.
- PASP – 16 mmHg.
- No diastolic dysfunction.
- Peak systolic gradients across LVOT/AV – 08mmHg.

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**Measurements**

Aorta annulus	17 mm
Left Atrium	24 mm
LVID(Systole)	24 mm
LVID(Diastole)	37 mm
IVS(Diastole)	11 mm
PW(Diastole)	11 mm
LV ejection fraction.	55-60%

**Conclusion**

- Good biventricular function
- No RWMA
- Valves – Structurally normal
- No diastolic dysfunction
- No PAH.



**DR. RISHI BHARGAVA**  
**MD DM**

**CONSULTANT INTERVENTIONAL CARDIOLOGIST**

PATIENT'S NAME	RUCHIKA GARG	AGE :- 34y/F
UHID	18688	DATE :- 30 Mar. 23

X-RAY CHEST PA VIEW

OBSERVATION:

Bilateral lung fields are clear.  
Both hila are normal.  
Bilateral cardiophrenic and costophrenic angles are normal.  
The trachea is central.  
Aorta appears normal.  
The mediastinal and cardiac silhouette are normal.  
Soft tissues of the chest wall are normal.  
Bony thorax is normal.

IMPRESSION:

➤ No significant abnormality seen.



DR. CHHAYA S. SANGANI  
CONSULTANT SONOLOGIST  
Reg No. 073826

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<b>PATIENT'S NAME</b>	<b>RUCHIKA GARG</b>	<b>AGE :- 34 Y/F</b>
<b>UHID</b>	<b>18688</b>	<b>30 Mar 2023</b>

**USG WHOLE ABDOMEN (TAS)**

**LIVER** is normal in size, shape and echotexture. No evidence of any focal lesion. The portal vein appears normal & shows normal hepato-petal flow. No evidence of intra-hepatic biliary duct dilatation.

**Gall Bladder** appears well distended with normal wall thickness. There is no calculus or pericholecystic collection. CBD appears normal.

Visualised parts of head & body of **PANCREAS** appear normal.

**SPLEEN** is normal in size and echotexture. No focal lesion seen. Splenic vein is normal.

Both kidneys are normal in size, shape and echotexture with normal parenchymal reflectivity and maintained cortico-medullary differentiation. No hydronephrosis or calculi or mass seen.

**RIGHT KIDNEY** measures 8.4 x 3.1 cm. **LEFT KIDNEY** measures 8.7 x 4.1 cm.

**URINARY BLADDER** is well distended; no e/o wall thickening or mass or calculi seen.

**UTERUS** is anteverted and is normal in size, shape and echotexture; No focal lesion seen. ET measures 10.3 mm.

Both ovaries are normal in size, shape and position.

Visualised **BOWEL LOOPS** appear normal. There is no free fluid seen.

Defect of size measuring approx. 8.7 mm is seen at umbilicus through which there is herniation of fat. No e/o any obstruction / strangulation seen at present scan.

**IMPRESSION –**

- **Umbilical hernia.**
- **No other significant abnormality detected.**

THIS REPORT IS NOT TO BE USED FOR MEDICOLEGAL PURPOSE. THE CONTENTS OF THIS REPORT REQUIRE CLINICAL CO-RELATION BEFORE ANY APPLICATION.



**DR. NITESH PATEL**  
**DMRE (RADIOLOGIST)**

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