



Mr. SINGH SUNIL KUMAR BIRENDRA PRASAD (52 /M)

UHID : AHIL.0000834803

AHC No : AHILAH187371

Date : 19/01/2023



MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE

Dear Mr. SINGH SUNIL KUMAR BIRENDRA PRASAD

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

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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. SINGH SUNIL KUMAR BIRENDRA PRASAD (52 /M)

Date : 19/01/2023

Address :



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Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000834803

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Chief Complaints

For Annual health checkup
RIGHT TOE SWELLING
GIDDINESS

Present Known illness

Hypertension Since - 10 YRS; Medication - regular; - TAB TELMA -AMH
Others - TAB FEBUSTAT- 40 MG



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 : - Nil Significant
- Spine and joints : - Nil Significant
- Skin : - Nil Significant
- General symptoms : - Nil Significant



Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No



Surgical history



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- ACL LIGAMENT -REPAIR RIGHT LEG



Personal history

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



Family history

- Father - alive
- Aged - 80
- Mother - alive
- Aged - 70
- Brothers - 1
- Sisters - 2
- Hypertension - mother
- Coronary artery disease - mother
- Cancer - None
- Mental health disorders - mother
- Other - PROSTATE -FATHER

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 159
- Weight - 84.2
- BMI - 33.31
- Pallor - No





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Oedema - no



Cardiovascular system

Heart rate (Per minute) - 70
Rhythm - Regular
- B.P. Supine
Systolic(mm of Hg) - 140
Diastolic(mm of Hg) - 80
Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
Tenderness - No

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Save and Save more



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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	1.014			
Colour:	STRAW	02		
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Nil			
Ketone	Nil			
Bile Pigments:	Nil			
Urobilinogen	normal			
Nitrite	Nil			
Pus Cells	Occassional			0-5
RBC	Nil	/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)	12.3 *	gm%	●	13.0-17.0
Packed cell volume(Calculated)	37.7 *	%	●	40-50
RBC COUNT (Impedance)	4.22 *	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	89.2	fl	●	80-100
MCH(Calculated)	29.1	pg	●	27-32
MCHC(Calculated)	32.6	%	●	31-36
RDW(Calculated)	15.4 *	%	●	11.5-14.5
WBC Count (Impedance)	7018	/cu mm	●	4000-11000

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



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Test Name	Result	Unit	Level	Range
Neutrophils	70	%	●	40-75
Lymphocytes	22	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	174900	/cu mm	●	150000-450000
MPV (Calculated)	12 *	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	38 *	mm/1st hr	●	0-15

URINE GLUCOSE(FASTING)

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

URINE GLUCOSE(POST PRANDIAL)

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

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
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BLOOD GROUP: B 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	27	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	92	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	23	U/L	●	> 1 year Male : <40
Total Bilirubin	0.442	mg/dL	●	0.300-1.200
Direct Bilirubin	0.183	mg/dL	●	Upto 0.3 mg/dl

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Direct 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	0.81	mg/dL		Adult Male: 0.6 - 1.3

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
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	26	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	103 *	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)	139	mg/dL		70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range

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

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Glycosylated Hemoglobin (HbA1c)

5.7

%



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.

116.89

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	7.6	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.6	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.6	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.6	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.00		●	2.20-4.20
Globulin-Serum/Plasma	3.00		●	2.20-4.20
A/G ratio	1.53		●	1.00-2.00
A/G ratio	1.53		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.8	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	74	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	3.25	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	6.9	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

PSA is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or some prostate disorders. PSA is not a unique indicator of prostate cancer, it may also detect prostatitis or benign prostatic hyperplasia. Only about 30 percent of patients with high PSA have prostate cancer diagnosed after biopsy. It is recommended in men above 50 years of age.

Test Name	Result	Unit	Level	Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM	0.836	ng/mL	●	0.000-4.000

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	12	mg/dL	●	6-20
UREA - SERUM / PLASMA	25	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	202 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	97	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	48 *	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)	146 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High

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VLDL CHOLESTEROL

19



< 40 mg/dl

C/H RATIO

4



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.

Fibrotic strands seen in both lower zones.

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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Executive Summary



- .BODY WEIGHT 84.2 KG,DEAL BODY WEIGHT 47-57 KG
- .IMPAIRED GLUCOSE TOLERANCE
- .DYSLIPIDEMIA
- .H/O HTN
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - CONCENTRIC LVH
 - NORMAL LV SYSTOLIC FUNCTION , LVEF 60 %
 - REDUCED LV COMPLIANCE
 - MILD MR, NO PAH , RVSP:25 MM HG
- .USG ABDOMEN - GRADE I FATTY LIVER
- .CHEST X-RAY - FIBROTIC STRANDS SEEN IN BOTH LOWER ZONES
- .EYE - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-



- REGULAR WALK FOR 30 MINS FOR HEALTH,
- 60 MINS WALK FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 47-57 KG

Other Lifestyle Changes & Recommendations :-

REGULARLY MONITORING OF BLOOD PRESSURE

Follow-up and Review Plan



- FBS and PPBS ONCE IN 30 DAYS
- HBA1C (GLYCOSYLATED HAEMOGLOBIN) NOW AND ONCE IN 3 MONTHS
- CHECK LIPID PROFILE EVERY 6 MONTHS

Consells Parthiv



Scan the QR code in AskApollo App to book your follow-up appointments and investigations

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam
MBBS, MD (Gen. Med.)

Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar,
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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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CARDIOLOGY

Patient Details : Mr. SINGH SUNIL KUMAR BIRENDRA PRASAD | Male | 52Yr 8Mth 25I
UHID : AHIL.0000834803 **Patient Location:** AHC
Patient Identifier: AHILAH187371 
DRN : 5623005767 **Completed on :** 19-JAN-2023 13:14
Ref Doctor : DR. SHASHIKANT NIGAM

ECHO/TMT

FINDINGS :

Concentric LVH.

Normal cardiac chambers & dimensions.

Normal LV systolic function, LVEF: 60%.

No Regional wall motion abnormalities at rest.

Reduced LV compliance.

All cardiac valves are structurally normal

IAS / IVS intact.

Mild MR, Trivial AR, Trivial TR.

No PAH, RVSP: 25 mm Hg.

No Clot / Vegetation / effusion.

MEASUREMENTS (mm) ::

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Mr. SINGH SUNIL KUMAR BIRENDRA I AHIL.0000834803

AHILAH187371

ECHO/TMT

	LVID diastole	LVID systole	IVSd / LVPW	LA Size	AO (Root)
Measurements (mm)	46	30	12/12	34	30

PULSED,HPRF,CW AND COLOUR DOPPLER PARAMETERS

	MITRAL	AORTIC	PULMONAR Y
Peak Velocity m/sc.	E: 0.97/A: 0.64	1.26	0.94
Peak PR. Gradient mm.Hg.		6.33	3.51

IMPRESSION

— END OF THE REPORT —

DR SAMEER DANI MD.DM
Interventional Cardiologist

DR. CHIRAG PRAHLADBHAI PATEL
MBBS., PGDCC

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. SINGH SUNIL KUMAR BIRENDRA PRASAD | Male | 52Yr 8Mth 25I
UHID : AHIL.0000834803 **Patient Location:** AHC
Patient Identifier: AHILAH187371 
DRN : 123007578 **Completed on :** 19-JAN-2023 09:14
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

FINDINGS :

Fibrotic strands seen in both lower zones.

Lung fields otherwise 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

Fibrotic strands seen in both lower zones.

— END OF THE REPORT —

DR. VAIBHAVI PATEL

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Radiology

Patient Details : Mr. SINGH SUNIL KUMAR BIRENDRA PRASAD | Male | 52Yr 8Mth 25I
UHID : AHIL.0000834803 **Patient Location:** AHC
Patient Identifier: AHILAH187371 
DRN : 223003151 **Completed on :** 19-JAN-2023 09:49
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows Grade I fatty changes. No evidence of focal 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.

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

Spleen measures 8.6 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 (volume 16 cc) is normal in size and echopattern.

IMPRESSION :

Grade I fatty liver.

Rest study unremarkable.

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Mr. SINGH SUNIL KUMAR BIRENDRA I AHIL.0000834803

AHILAH187371

USG WHOLE ABDOMEN

— END OF THE REPORT —

A. A. PATEL

Dr. ALPESH A PATEL

DNB Resident

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Savika Ltd. Savika Vets.

DENTISTRY



Name :
Occupation :
Age : Sex : Male Female

Date : 19/1/23 Unit No. :
Ref. Physician :
Copies to :

DENTAL RECORD

ALLERGIES : N/A (?) - not known

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

PRESENT COMPLAINT : Possible decay

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy
47% acid

Rate 65

PR 157

QRSD 85

QT 372

QTc 387

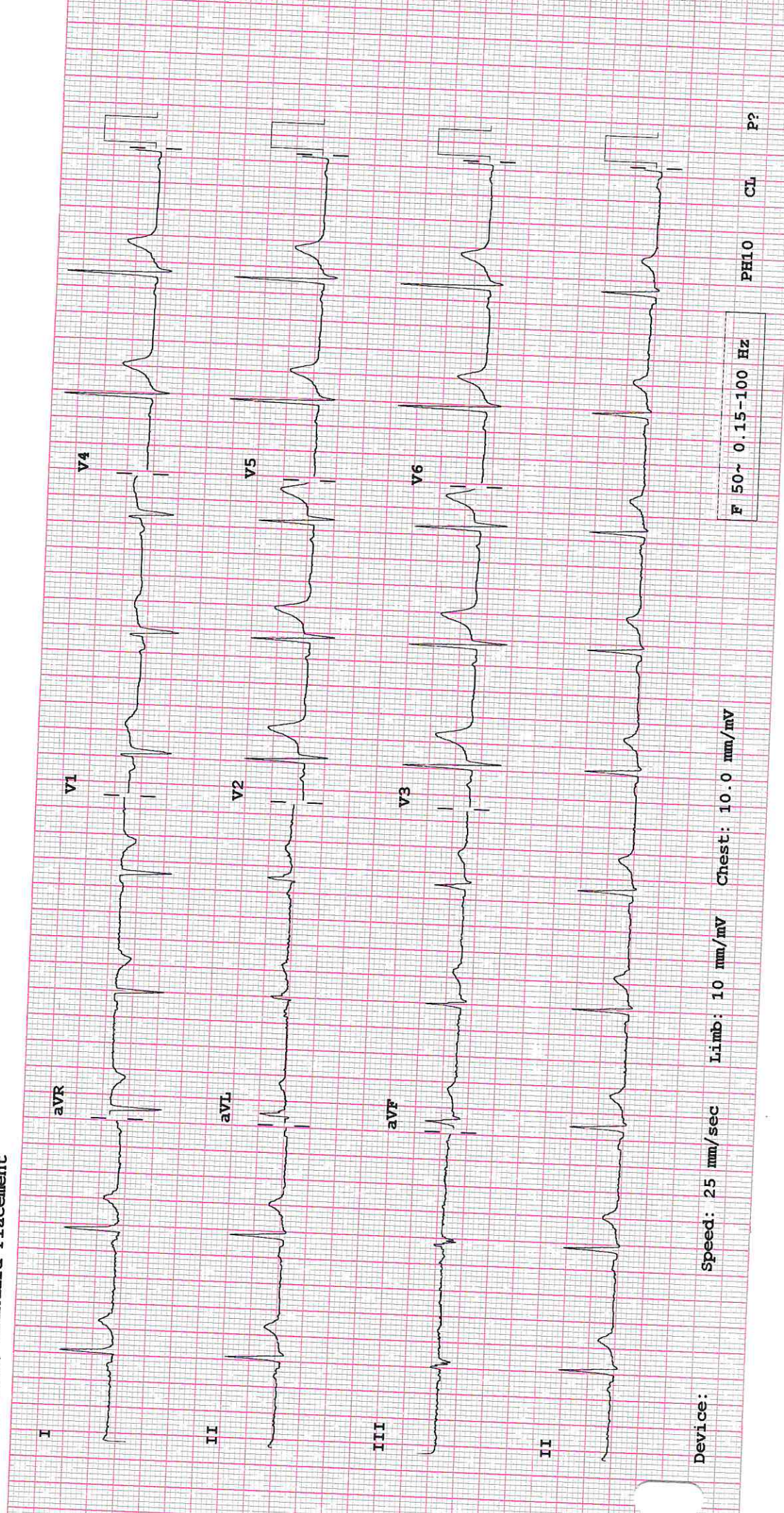
--AXIS--

P 16

QRS 28

T 32

12 Lead; Standard Placement



Device: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

F 50~ 0.15-100 Hz

PH10 CL P?



AHIL.0000834803
 Mr. SINGH SUNIL KUMAR
 BIRENDRA PRASAD
 52 Year(s) / Male



EXAMINATION RECORDS

Date: 19/1/23

Distance Vision :

Right Eye - 6/6 (BE) 6/6
 Left Eye - 6/6 (BE) 6/6

(BE) Grated cal
 e/d bel
 (BE)

Near Vision :

Right Eye : N6
 Left Eye : N6

APLN.TN - Right Eye 14 Left Eye- 12 mmHg

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - Wm

Both Eye Posterior Segment Examinations - Wm

Dr. Jagriti Sinha
 MS (Ophthalmology)
 Jr. Consultant
 Apollo Hospitals International Ltd., Gandhinagar,
 Chennai-600042, INDIA. Regd. No. G-02192

Doctor's Signature

Ophthalmologist Name