



Ms. SWATI SAHU (34 /F)

UHID : AHIL.0000854666

AHC No : AHILAH201041

Date : 24/03/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Namaste Ms. SWATI SAHU,

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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Keep the records carefully and bring them along during your next visit to our Hospital



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](http://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](mailto:prohealthcare@apollohospitals.com)

Stay Healthy and happy! 😊  
Apollo ProHealth Care team

**Disclaimer:** The services offered in the program may vary depending on any prior mutual agreements between guests and the facility/unit.

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Name : Ms. SWATI SAHU (34 /F)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 24/03/2023



UHID : AHIL.0000854666

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### 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 :24/03/2023



### 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? - Yes
- Allergies - food
- Past medical history - nil significant





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



**Surgical history**

- Accidental injury - 2013



**Personal history**

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Female - 1
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Active



**Family history**

- Father - alive
- Mother - alive
- Brothers - 1
- Sisters - 1
- Diabetes - mother
- Hypertension - mother
- Coronary artery disease - none
- Cancer - None
- Thyroid/other endocrine disorder - mother

**Physical Examination**



**General**





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General appearance - normal

Build - normal

Height - 156

Weight - 58.7

BMI - 24.12

Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 70

Rhythm - Regular

Systolic(mm of Hg) - 110

Diastolic(mm of Hg) - 60

- B.P. Sitting

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No

Tenderness - No

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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	Occasional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occasional			
Casts:	Absent			
Crystals:	Absent			

**COMPLETE BLOOD COUNT WITH ESR**

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	13.1	gm%	●	12-16
Packed cell volume(Calculated)	40.7	%	●	36-46
RBC COUNT (Impedance)	4.96	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	82	fl	●	80-100
MCH(Calculated)	26.47 *	pg	●	27-32
MCHC(Calculated)	32.3	%	●	31-36
RDW(Calculated)	14.6 *	%	●	11.5-14.5
WBC Count (Impedance)	6878	/cu mm	●	4000-11000

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



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Neutrophils	55	%	●	40-75
Lymphocytes	35	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	05	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	260300	/cu mm	●	150000-450000
MPV (Calculated)	9.9	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	07	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:	AB 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	35	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	62	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	28	U/L	●	>1 year Female : <32
Total Bilirubin	0.473	mg/dL	●	0.300-1.200
Direct Bilirubin	0.18	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.29

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	0.55	mg/dL		Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	27	U/L		Male : 10 - 71 Female : 6 - 42

### GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	118 *	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)	116	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)

5.9 \*

%



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.

122.63

### LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.58	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.58	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.8	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.8	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.8		●	2.20-4.20
Globulin-Serum/Plasma	2.8		●	2.20-4.20
A/G ratio	2.00		●	1.00-2.00
A/G ratio	2.00		●	1.00-2.00

### THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.0	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	130	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	2.68	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	4.0	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)	5 *	mg/dL	●	6-20
UREA - SERUM / PLASMA	15	mg/dL	●	15 - 50

### LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	228 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	161 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	43 *	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)	171 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	32		●	< 40 mg/dl
C/H RATIO	5 *		●	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.

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**ECHO/TMT**

Investigations Not Done / Not Yet Reported

**Haematology**

STOOL ROUTINE

**Histopathology**

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

**CARDIOLOGY**

ECG



Within Normal Range



Borderline High/Low



Out of Range







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### Executive Summary



- .BODY WEIGHT 58.7 KG, IDEAL BODY WEIGHT 46-55 KG
- .IMPAIRED GLUCOSE TOLERANCE
- .DYSLIPIDEMIA
- .ECG – NORMAL
- .ECHO - NORMAL
- .USG ABDOMEN - NORMAL
- .CHEST X-RAY - NORMAL
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

### Wellness Prescription

#### Advice On Diet :-



- BALANCED DIET
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

#### Advice On Physical Activity :-



- REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 46-55 KG

Printed By : MUKTA S ADALTI

  
**Dr. SHASHIKANT MIGAM**  
 AHO Physician / Consultant Internal Medicine  
 Apollo Hospitals International Limited, Gandhinagar,  
 Gujarat-382018, INDIA. Tel: +91 79 66701800  
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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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## RADIOLOGY

**Patient Details :** Ms. SWATI SAHU | Female | 34Yr 9Mth 14Days

**UHID :** AHIL.0000854666

**Patient Location:** AHC

**Patient Identifier:** AHILAH201041



**DRN :** 123038795

**Completed on :** 24-MAR-2023 09:59

**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 —

RAJVEERSINH P CHAVDA

Medical Officer

Printed on : 25-Mar-2023 15:00

Printed By : 153182

Reported By : 717876

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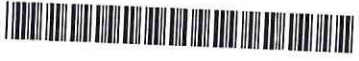
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## CARDIOLOGY

**Patient Details** : Ms. SWATI SAHU | Female | 34Yr 9Mth 14Days  
**UHID** : AHIL.0000854666 **Patient Location:** AHC  
**Patient Identifier:** AHILAH201041   
**DRN** : 5623028925 **Completed on :** 24-MAR-2023 12:23  
**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.  
 Trivial MR, No AR, Trivial TR.  
 No PAH, RVSP: 23 mm Hg.  
 No clots/ vegetation/ effusion.

### MEASUREMENTS (mm) ::

	LVID diastole	LVID systole	IVSd / LVPW	LA Size	AO (Root)
Measurements (mm)	45	29	10/10	31	27

Printed on : 25-Mar-2023 15:00

Printed By : 153182

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The Emergency Specialist



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**ECHO/TMT**

**PULSED, HPRF, CW AND COLOUR DOPPLER PARAMETERS**

	MITRAL	AORTIC	PULMONAR Y
Peak Velocity m/sc.	E: 0.83/A: 0.58	1.26	0.62
Peak PR. Gradient mm.Hg.		6.33	1.53

**IMPRESSION**

— END OF THE REPORT —

DR SAMEER DANI MD.DM

Interventional Cardiologist

DR. CHIRAG PRAHLADBHAI PATEL

MBBS., PGDCC

Printed on : 25-Mar-2023 15:00

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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

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**UHID :** AHIL.0000854666 **Patient Location:** AHC  
**Patient Identifier:** AHILAH201041   
**DRN :** 223016672 **Completed on :** 24-MAR-2023 10:11  
**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 9.5 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 12 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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by Joint Commission International



Ms. SWATI SAHU

AHIL.0000854666

AHILAH201041

**USG WHOLE ABDOMEN**

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

NO ABNORMALITY DETECTED.

— END OF THE REPORT —

DR. VAIBHAVI PATEL

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AHIL.0000854666

Ms. SWATI SAHU

34 Year(s) / Female



ID,

**DENTISTRY**

Name : .....  
 Occupation : .....  
 Age : ..... Sex :  Male  Female

Date : 24/3/22 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 : <u>NA</u>	Gingivitis <input checked="" 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 Fracture Abcess Ulcers Caries Missing Teeth Supernumerary Others

PRESENT COMPLAINT : Rooted decay

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

Name : .....	AHIL.0000854666	Date : 24/3/23	Unit No. : .....
Occupation : .....	Ms. SWATI SAHU	Ref. Physician : Dr. Usha Bhatnagar	Copies to : .....
Age : .....	34 Year(s) / Female		



## GYNAEC CHECK UP

Chief Complaint:

None.  $\text{E}$  Piro

Children: 1  $\text{F}$

Weight:

Deliveries: 1 FTND

BP:

Last Child: Full / 4 years / FTND

Breasts: Normal

Abortions: None

PAP Smear: Not Taken. (Patient refused)

Periods: Regular  $\frac{4}{28}$  days

Previous Medical H/O: None  $\text{E}$

LMP: 8/3/23

Previous Surgical H/O: @FH/O: @M, HTN, Hypothyroid

Menopause: -

G. Condition: Fit

Rod insertion in right leg for # in 20 removal in 201

P/A: Soft

S/E: -

P/V: - ~~cross~~

P/R: - ~~cross~~

P/R: -

Impression:

Doctor Signature  
Date & Time  
24/3/23

AHIL.0000854666

Ms. SWATI  
SAHU

34 Year(s) / Female

**OPT**

**EXAMINATION RECORDS**

Name :



Date :

24/3/23

UHID :

Distance Vision :

Right Eye -

6/6

with glasses

Left Eye -

6/6

Near Vision :

Right Eye :

NG

Left Eye :

NG

APLN.TN - Right Eye

12

Left Eye - 13

mmHg

Both Eye - Colour Vision

WNL

Both Eye - Anterior Segment Examinations -

NAD

Both Eye Posterior Segment Examinations -

NAD

  
Doctor's Signature



Rate 71

PR 143  
QRSD 96  
QT 400  
QTc 435

--AXIS--

P 46  
QRS 30  
T 30

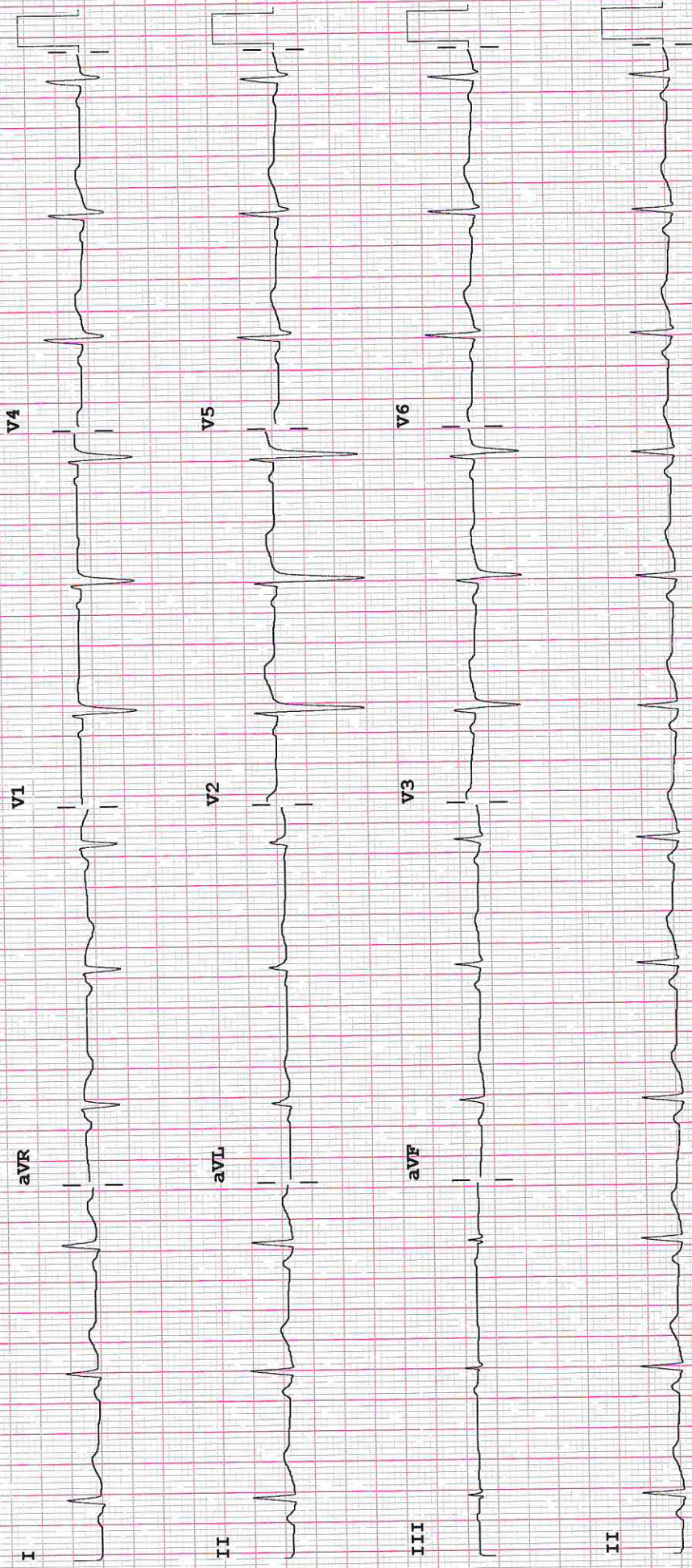
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Ms. SWATI  
SAHU

34 Year(s) / Female



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?