



Ms. RANJAN MANOJ VADODARIYA (41 /F)

UHID : AHIL.0000865361

AHC No : AHILAH208274

Date : 24/04/2023



MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE

Namaste Ms. RANJAN MANOJ VADODARIYA,

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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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. RANJAN MANOJ VADODARIYA (41 /F)

Date : 24/04/2023



Address :

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Examined by : Dr. SHASHIKANT NIGAM

AHC No : AHILAH208274

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Chief Complaints

For Annual health checkup

No specific complaints



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 - dust,pollens
- Do you have any drug allergies? - No



Surgical history

- Surgical history - Nil



Personal history



MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE

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

Family history

- Father** - alive
- Aged** - 75
- Mother** - has expired
- Aged** - 73
- Brothers** - 2
- Sisters** - 2
- Coronary artery disease** - none
- Cancer** - None

Physical Examination

General

- General appearance** - normal
- Build** - normal
- Height** - 155
- Weight** - 56.7
- BMI** - 23.6
- Pallor** - No
- Oedema** - no

Cardiovascular system

- Heart rate (Per minute)** - 86
- Rhythm** - Regular
- B.P. Supine



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Systolic(mm of Hg) - 130
Diastolic(mm of Hg) - 86
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	25	mL		
Specific Gravity	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Nil			
Bile Pigments:	Nil			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			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)	11.9 *	gm%	●	12-16
Packed cell volume(Calculated)	36.7	%	●	36-46
RBC COUNT (Impedance)	4.47	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	82.1	fl	●	80-100
MCH(Calculated)	26.7 *	pg	●	27-32
MCHC(Calculated)	32.6	%	●	31-36
RDW(Calculated)	13.4	%	●	11.5-14.5
WBC Count (Impedance)	5595	/cu mm	●	4000-11000



Within Normal Range



Borderline High/Low



Out of Range



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Test Name	Result	Unit	Level	Range
Neutrophils	62	%	●	40-75
Lymphocytes	28	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	05	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	238400	/cu mm	●	150000-450000
MPV (Calculated)	8.7	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	9	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:	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	14	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	50	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	18	U/L	●	>1 year Female : <32
Total Bilirubin	0.304	mg/dL	●	0.300-1.200
Direct Bilirubin	0.132	mg/dL	●	Upto 0.3 mg/dl

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



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Direct Bilirubin

0.172

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	14	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	88	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)	148 *	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

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.14	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.14	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.29	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.29	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.85		●	2.20-4.20
Globulin-Serum/Plasma	2.85		●	2.20-4.20
A/G ratio	1.51		●	1.00-2.00
A/G ratio	1.51		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.6	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	90	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	1.62	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	4.1	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	167	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	88	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	40 *	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)	131 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	18		●	< 40 mg/dl
C/H RATIO	4		●	0-4.5

ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

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



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STOOL ROUTINE

CARDIOLOGY
 ECG
 X Ray
 X-RAY CHEST PA

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

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Executive Summary



- .BODY WEIGHT 56.7 KG, IDEAL BODY WEIGHT 44-55 KG
- .IMPAIRED GLUCOSE TOLERANCE
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - NO SIGNIFICANT ABNORMALITY
- .CHEST X-RAY - NORMAL
- .EYE - B/E PTERYGIUM
- .DENTAL - AS PER DOCTOR ADVICE
- .MAMMOGRAPHY - BIRADS-0

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 44-55 KG

Follow-up and Review Plan



- FBS and PPBS ONCE IN 30 DAYS
- HBA1C (GLYCOSYLATED HAEMOGLOBIN) NOW AND ONCE IN 3 MONTHS



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 follow-up
 appointments and
 investigations

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. 1961

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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. RANJAN MANOJ VADODARIYA | Female | 41Yr 4Mth 2Days
UHID : AHIL.0000865361 **Patient Location:** AHC
Patient Identifier: AHILAH208274 
DRN : 223022807 **Completed on :** 24-APR-2023 09:26
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.

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

Spleen measures 9.7 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 retroverted and appears normal in size and echotexture. Myometrial and endometrial echopattern appear normal.Endometrial thickness is 6mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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AHILAH208274

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

No significant abnormality detected.

— END OF THE REPORT —

SIDDHARTH S PARMAR

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CARDIOLOGY

Patient Details : Ms. RANJAN MANOJ VADODARIYA | Female | 41Yr 4Mth 2Days
UHID : AHIL.0000865361 **Patient Location:** AHC
Patient Identifier: AHILAH208274 
DRN : 5623038794 **Completed on :** 24-APR-2023 16:10
Ref Doctor : DR. SHASHIKANT NIGAM

ECHO/TMT

FINDINGS :

Normal cardiac chamber dimensions.

Normal LV systolic function, LVEF: 55%

No Regional wall motion abnormalities at rest.

Normal LV compliance.

All cardiac valves are structurally normal.

IAS/ IVS intact.

Trivial MR, No AR, No PR, Trivial TR.

No PAH.

No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

	LVID diastole	LVID systole	IVSd / LVPW	LA Size	AO (Root)
Measurements (mm)	40	24	9/8	30	24

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Ms. RANJAN MANOJ VADODARIYA

AHIL.0000865361

AHILAH208274

ECHO/TMT

PULSED, HPRF, CW AND COLOUR DOPPLER PARAMETERS

	MITRAL	AORTIC	PULMONAR Y
Peak Velocity m/sec.	E: 0.66/A: 0.66	1.3	0.87
Peak PR. Gradient mm.Hg.		6.8	3.01

IMPRESSION

— END OF THE REPORT —

DR SAMEER DANI MD.DM

Interventional Cardiologist

DR. CHIRAG PRAHLADBHAI PATEL

MBBS., PGDCC

Printed on : 25-Apr-2023 9:03

Printed By : 153182

Reported By : 1010611

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RADIOLOGY

Patient Details : Ms. RANJAN MANOJ VADODARIYA | Female | 41Yr 4Mth 2Days
UHID : AHIL.0000865361 **Patient Location:** AHC
Patient Identifier: AHILAH208274 
DRN : 1323008345 **Completed on :** 24-APR-2023 14:00
Ref Doctor : DR. SHASHIKANT NIGAM

MAMMOGRAPHY BOTH BREAST

FINDINGS :

Breast composition :-

C. Heterogenously dense parenchyma obscuring optimum mammography evaluation.

Both breasts show normal architecture of parenchyma, with glandular and fibrofatty elements.

No evidence of obvious focal lesion seen.

No evidence of any pleomorphic microcalcification.

No evidence of skin thickening or nipple retraction seen.

Retromammary area is normal.

Axillary tail region appear normal.

No evidence of axillary lymphadenopathy.

IMPRESSION :

No significant abnormality.

(BIRADS-0)

In dense breast correlation with previous study or USG suggested.

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MAMMOGRAPHY BOTH BREAST

— END OF THE REPORT —

N. Nikita

Dr. NIKITA PANDYA

Consultant Radiologist

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If label r
Age,



DENTISTRY

Name : Date : 24/04/23 Unit No. :

Occupation : Ref. Physician :

Age : Sex : Male Female Copies to :

DENTAL RECORD

ALLERGIES : N/A

PAIN : Score (0-10) 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		
	MILD	MOD	SEV	CLASS I	II	III
NORMAL FINDINGS IN DISEASE				CROSSBITE		
Lips : <u> </u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hypoplasia		
Cheeks : <u> </u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Impaction <u> </u>		
Tongue : <u> </u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Non-vital		
Floor of the mouth : <u> </u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fracture		
Palate : <u> </u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Abscess		
Tonsillar Area : <u> </u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ulcers		
Any other : <u> </u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Caries <u> </u>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Missing Teeth		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Supernumerary		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Others		

PRESENT COMPLAINT : Route clicking - food caught in teeth

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

- N/A -

76 bpm
mmHg

Ms Ranjan, Vadodhiya
ID: 865361

24.04.2023 10:16:04
Apollo Hosp.
Bhat
Gandhinagar

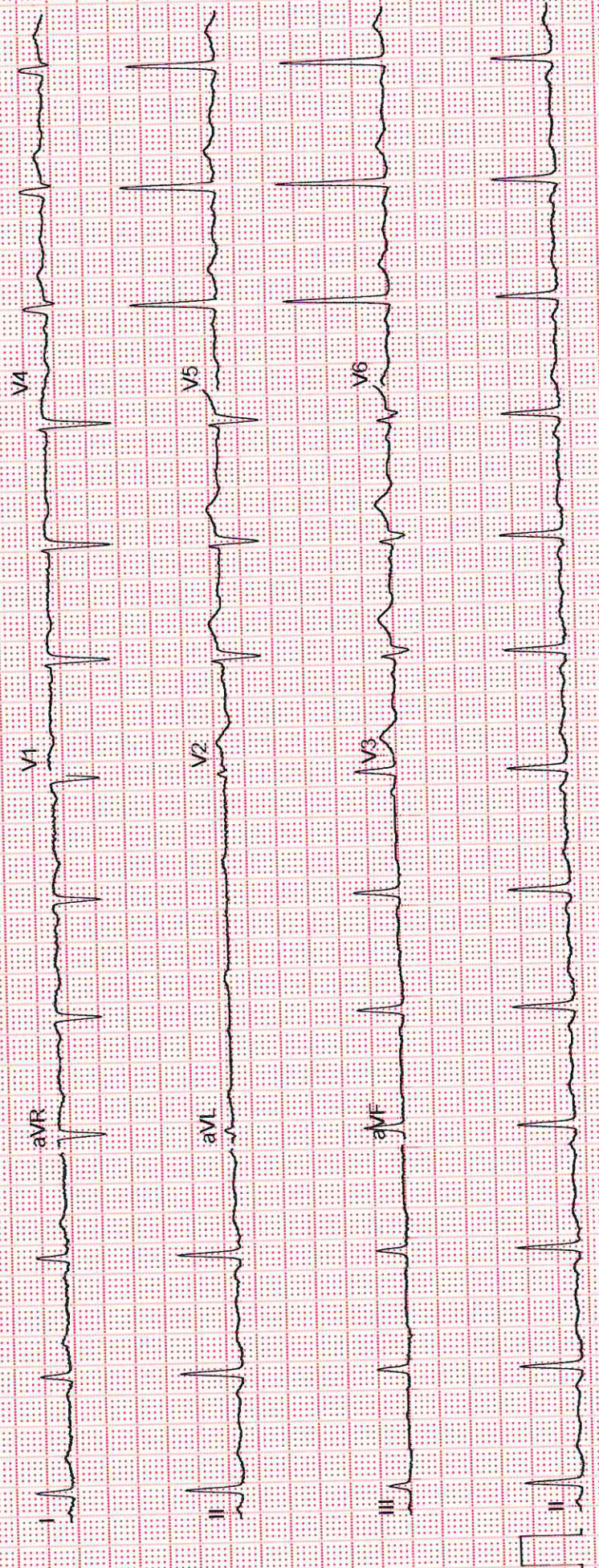
Location
Order Number
Indication
Medication 1
Medication 2
Medication 3

41 Years
Female

Normal sinus rhythm
Normal ECG

QRS 82 ms
QT / QTc/Baz 394 / 443 ms
PR 120 ms
P 56 ms
RR / PP 786 / 789 ms
P / QRS / T 66 / 62 / 24 degrees

Technician
Ordering Ph.
Referring Ph.
Attending Ph.



OBSTETRICS & GYNAECOLOGY - AHC

AHIL.0000865361			
Name :	Ms. RANJAN MANOJ VADODARIYA	Date : 24/4/23	Unit No. :
Occupation	41 Year(s) / Female	Ref. Physician : Dr. Usha Bohra	
Age :		Copies to :	



GYNAEC CHECK UP

Chief Complaint:

G P₂+2
Stress urinary incontinence

Children:

2 ♀

Weight:

Deliveries:

2 FTND.

BP:

Last Child:

Feb / 13 years / FTND.

Abortions:

2 MTP.

Breasts: Normal.

Periods:

Regular 3-4 / 24 days

PAP Smear: Not taken

LMP:

31/4/23

Previous Medical H/O:

None

Menopause:

-

F/H/O: None.

G. Condition:

Fit

Previous Surgical H/O:

None.

P/A:

Soft

S/E:

-

P/V:

-

P/R:

-

Impression:

Adv

Kegel's exercise explained.



Doctor Signature

Date & Time

24/4/23

12:23 PM