



Ms. JYOTSANABEN SOLANKI (54 /F)

UHID : AHIL.0000872398

AHC No : AHILAH213206

Date : 13/05/2023

MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE



Namaste Ms. JYOTSANABEN SOLANKI,

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.

Scan the QR code to download the Apollo 247 App



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

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. JYOTSANABEN SOLANKI (54 /F)

Address :

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE

Date : 13/05/2023



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Chief Complaints

For general health checkup
Abdominal pain
Hip pain, Knee pain, Multiple joint pain

Present Known illness

No history of - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke



Drug Allergy

NO KNOWN ALLERGY : 13/05/2023



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 - No allergies?



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- Allergies** - Nil
- Past medical history - nil significant
- Covid 19 - Yes
- 2022
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - Yes
- Oxygen support - No
- Ventilator support - No



Surgical history

- Appendicectomy - 32 YEARS BACK
- Cholecystectomy - 3 YEARS BEFORE
- Hysterectomy - 9 YEARS BACK



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 3
- Female - 1
- Male - 2
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild



Family history

- Father - has expired
- Mother - alive
- Brothers - 1
- Coronary artery disease - none
- Cancer - None



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Physical Examination



General

General appearance - normal
 Build - normal
 Height - 154
 Weight - 79.8
 BMI - 33.65
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 70
 Rhythm - Regular
 Systolic(mm of Hg) - 136
 Diastolic(mm of Hg) - 74
 - B.P. Sitting
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
 Tenderness - No

Printed By : MUKTA S ADALTI



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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	1.004			
Colour:	L YELLOW			
Transparency:	Clear			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Nil			
Ketone	Nil			
Bile Pigments:	Nil			
Urobilinogen	normal			
Nitrite	Nil			
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)	14	gm%	●	12-16
Packed cell volume(Calculated)	41.8	%	●	36-46
RBC COUNT (Impedance)	5.05	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	82.8	fl	●	80-100
MCH(Calculated)	27.65	pg	●	27-32
MCHC(Calculated)	33.4	%	●	31-36
RDW(Calculated)	13.3	%	●	11.5-14.5
WBC Count (Impedance)	5604	/cu mm	●	4000-11000

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

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Neutrophils	62	%	●	40-75
Lymphocytes	28	%	●	20-40
Monocytes	8	%	●	2-10
Eosinophils	2	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	205700	/cu mm	●	150000-450000
MPV (Calculated)	9	fl	●	7-11
RBC:	Normochromic Normocytic RBCs			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	4	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:	A 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	24	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	98	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	20	U/L	●	>1 year Female : <32

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Test Name	Result	Unit	Level	Range
Total Bilirubin	0.615	mg/dL	●	0.300-1.200
Direct Bilirubin	0.235	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.38	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	0.63	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)	101 *	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)	118	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)

5.4

%



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.

108.28

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	6.98	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	6.98	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	2.69		●	2.20-4.20
Globulin-Serum/Plasma	2.69		●	2.20-4.20
A/G ratio	1.59		●	1.00-2.00
A/G ratio	1.59		●	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	112	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	2.04	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	5.0	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)	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	72	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	52 *	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)	124	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	14		●	< 40 mg/dl
C/H RATIO	3		●	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 79.8 KG, IDEAL BODY WEIGHT 45-54 KG
- .IMPAIRED GLUCOSE TOLERANCE
- .ECG - NORMAL
- .ECHO - NORMAL STUDY
- .USG ABDOMEN -GRADE I FATTY LIVER, POST CHOLECYSTECTOMY STATUS, POST HYSTERECTOMY STATUS
- .MAMMOGRAPHY- BIRADS-I
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED 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 45-54 KG

Other Lifestyle Changes & Recommendations :-

PERIODIC BP MONITORING

Dr. Shashikant Nigam
Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
MBBS, MD (Gen. Med.)
Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382428, INDIA. Regd. No. : G-21961


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 : Ms. JYOTSANABEN SOLANKI | Female | 54Yr 11Mth 12Days
UHID : AHIL.0000872398 **Patient Location:** AHC
Patient Identifier: AHILAH213206 
DRN : 5623043635 **Completed on :** 13-MAY-2023 13:16
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, Mild TR.
 Mild PAH, RVSP: 38 mm Hg.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

	LVID diastole
Measurements (mm)	.

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ECHO/TMT

IMPRESSION

— END OF THE REPORT —

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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RADIOLOGY

Patient Details : Ms. JYOTSANABEN SOLANKI | Female | 54Yr 11Mth 12Days
UHID : AHIL.0000872398 **Patient Location:** AHC
Patient Identifier: AHILAH213206 
DRN : 223026065 **Completed on :** 13-MAY-2023 09:21
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform bright echotexture. 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 not seen due to history of cholecystectomy.

Head, body and tail of pancreas appear normal in size and echotexture. No focal lesions identified Pancreatic duct appears normal in caliber.

Spleen measures 8 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 not seen due to history of hysterectomy.

No definite evidence of pelvic mass is seen.

IMPRESSION:

Grade I fatty liver.
 Post Cholecystectomy status.
 Post Hysterectomy status.

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USG WHOLE ABDOMEN

--- END OF THE REPORT ---

S. S. Parmar

SIDDHARTH S PARMAR

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UHID : AHIL.0000872398 **Patient Location:** AHC
Patient Identifier: AHILAH213206 
DRN : 1323009426 **Completed on :** 13-MAY-2023 13:31
Ref Doctor : DR. SHASHIKANT NIGAM

MAMMOGRAPHY BOTH BREAST

FINDINGS :

Breast composition :-

Scattered fibroglandular breast tissue.

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.

Nodes with preserved hilum noted in both axillary region.

On USG, no significant abnormality seen.

IMPRESSION :

No significant abnormality.

(BIRADS-I)

Printed on : 15-May-2023 10:47

Printed By : 153182

Reported By : 717876

Page 1 of 2

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 E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

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Ms. JYOTSANABEN SOLANKI

AHIL.0000872398

AHILAH213206

MAMMOGRAPHY BOTH BREAST

— END OF THE REPORT —

Shivani

Dr. SHIVANI GOYAL

Consultant Radiologist

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Phone : +91 79 66305800 / 01 or +91 76988 15148
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Rate 62

PR 145

QRSD 89

QT 444

QTc 451

--AXIS--

P 49

QRS 58

T 35

AHIL.0000872398

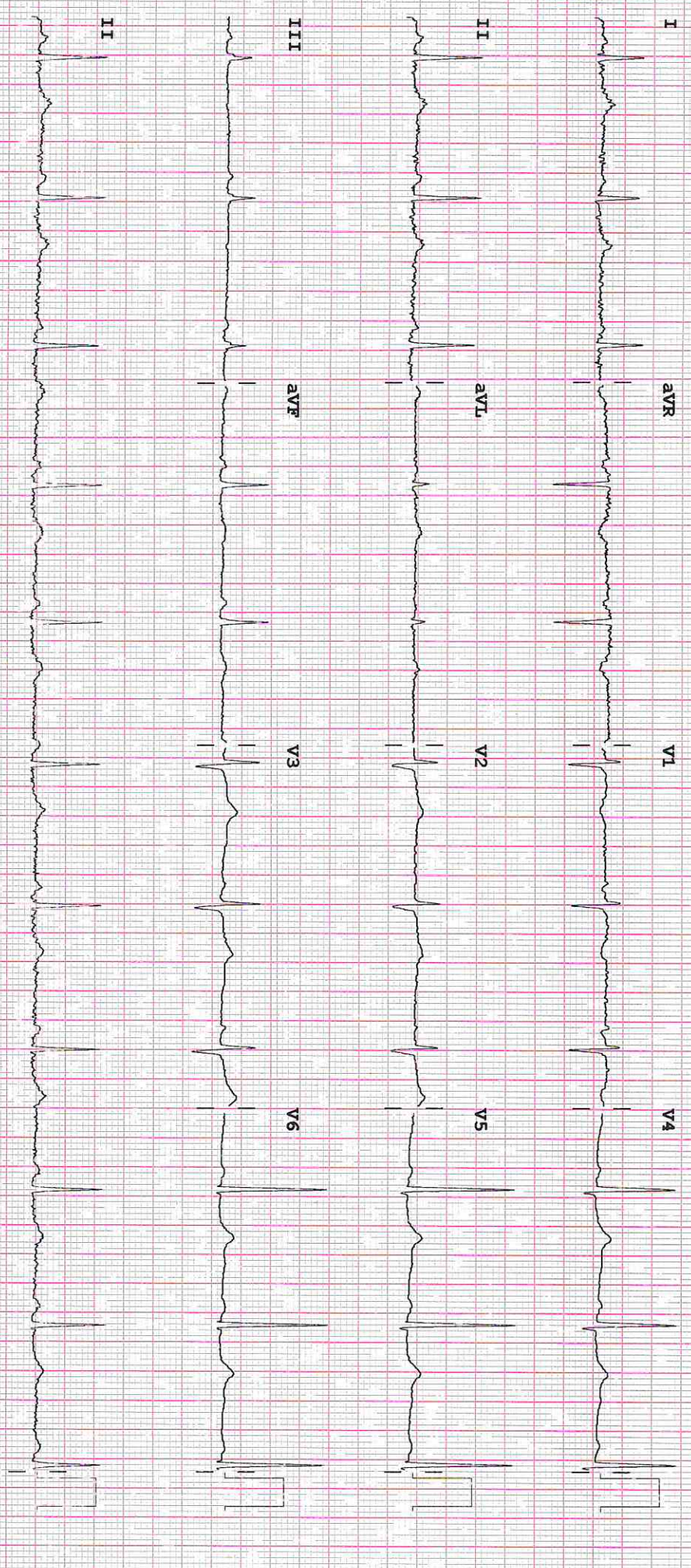
Ms. JYOTSANABEN

SOLANKI

54 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?

AHIL.0000872398

IN RECORDS

Ms. JYOTSANABEN
SOLANKI

Date :

13/5/23

Name :

54 Year(s) / Female

UHID :



Distance Vision :

Right Eye -

6/6 with +1.75 DS
6/6 +1.25 DS

Left Eye -

Near Vision :

Right Eye :

NG with +2.00 DS

Left Eye :

NG

APLN.TN - Right Eye

13

Left Eye - 12 mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

Normal

Both Eye Posterior Segment Examinations -

Normal

ft is jet green outside

Dr. Zahedabonu Shaikh
MBBS, DNB - Ophthalmology
Junior Consultant - Ophthalmology
Apollo Hospitals International Limited,
Plot, GOC Estate, Gandhinagar,
Bangalore. Regd. No. 0-25153

Doctor's Signature

Ophthalmologist Name



AHIL.0000872398

Ms. JYOTSANABEN SOLANKI

54 Year(s) / Female



JHID,
an

DENTISTRY

Name : Date : 13/12 Unit No. :
 Occupation : Ref. Physician :
 Age : Sex : Male Female 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 :	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Recession <input 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 checked="" type="checkbox"/> Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia Impaction Non-vital Fracture Abscess Ulcers Caries Missing Teeth <u>NA</u> Supernumerary Others

PRESENT COMPLAINT : Poor Oral Cleanliness
 PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy

Place Label Here

If label not available, write Pt. Name, IP No/UHID, Age, Sex, Date, Name of Treating Physician

OBSTETRICS & GYNAECOLOGY - AHC

AHIL.0000872398 Ms. JYOTSANABEN SOLANKI Occupation : 54 Year(s) / Female Age : 		Date : 13/5/23 Unit No. : Ref. Physician : Dr. Kirti Nair Copies to :
--	--	---

GYNAEC CHECK UP

Chief Complaint: NAD

Children: P3+0

Deliveries: 3 FTAD

Last Child: Mch/23/05

Abortions: No

Periods:

LMP:

Menopause: 9/05

G. Condition:

P/A: Soft

S/E:

P/V: Vault healthy
foul smell + ut

P/R:

Weight:

BP:

Breasts: Nooney

PAP Smear: Taken

Previous Medical H/O: No

Previous Surgical H/O:

- hysterectomy 9/05 ago.
- cholecystectomy
- Appendectomy

PH - normal

Impression:

clinger taste of passary at night x 7 days.


Doctor Signature
Date & Time



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RADIOLOGY

Patient Details : Ms. JYOTSANABEN SOLANKI | Female | 54Yr 11Mth 18Days
UHID : AHIL.0000872398 **Patient Location:** AHC
Patient Identifier: AHILAH213206 
DRN : 123064076 **Completed on :** 19-MAY-2023 15:19
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 —



AKSHAY SHARMA

Medical Officer

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