



Ms. JINAL PATEL (25 /F)

UHID : AHIL.0000802577

AHC No : AHILAH165973

Date : 24/09/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Dear Ms. JINAL PATEL

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 : Ms. JINAL PATEL (25 /F)

Address :

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 24/09/2022



UHID : AHIL.0000802577

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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, Heart disease, Stroke



Drug Allergy

NO KNOWN ALLERGY

:24/09/2022



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



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



Surgical history

Surgical history - Nil



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Sedentary



Family history



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- alive
- Aged - 50
- Mother - alive
- Aged - 45
- Brothers - 1
- Diabetes - paternal grandfather
- Coronary artery disease - paternal grandfather
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 150
- Weight - 48.7
- BMI - 21.64
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 90
- Rhythm - Regular
- Systolic(mm of Hg) - 120
- Diastolic(mm of Hg) - 70
- 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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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	1.020			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
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)	8.2 *	gm%	●	12-16
Packed cell volume(Calculated)	27.1 *	%	●	36-46
RBC COUNT (Impedance)	4.05	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	67 *	fl	●	80-100
MCH(Calculated)	20.31 *	pg	●	27-32
MCHC(Calculated)	30.3 *	%	●	31-36
RDW(Calculated)	17.5 *	%	●	11.5-14.5
WBC Count (Impedance)	6434	/cu mm	●	4000-11000



Within Normal Range



Borderline High/Low



Out of Range

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Neutrophils	58	%	●	40-75
Lymphocytes	32	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	352800	/cu mm	●	150000-450000
MPV (Calculated)	7.4	fl	●	7-11
RBC:	Anemia			
RBC::	Anisocytosis (+)-Hypochromia (+)-Microcytes (+)			
WBC:	As mentioned.			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	28 *	mm/1st hr	●	0-20
SUGGEST :	S. Iron Profile is indicated.			

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:	O 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	26	U/L	●	0-35

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

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ALKALINE PHOSPHATASE - SERUM/PLASMA

71

U/L



Adult(Female): 35 - 104

AST (SGOT) - SERUM

25

U/L



>1 year Female : <32

Total Bilirubin

0.396

mg/dL



0.300-1.200

Direct Bilirubin

0.151

mg/dL



Upto 0.3 mg/dl

Indirect Bilirubin

0.245

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

0.62

mg/dL



Adult Female: 0.5 - 1.2

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Test Name

Result

Unit

Level

Range

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

37

U/L



Male : 10 - 71
Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name

Result

Unit

Level

Range

Glucose - Plasma (Fasting)

85

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)

83

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) 5.5 % ● 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. 111.15

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	7.44	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.44	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	2.64		●	2.20-4.20
Globulin-Serum/Plasma	2.64		●	2.20-4.20
A/G ratio	1.82		●	1.00-2.00
A/G ratio	1.82		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.3	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	127	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	2.58	µIU/mL	●	14-120 years : 0.27 - 4.20

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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)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	18	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	181	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	58	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	44 *	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)	130	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	12		●	< 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.

NORMAL STUDY.

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



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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 48.7 KG ,IDEAL BODY 43-52 KG
 ANEMIA
 ECG - NORMAL
 ECHO - NORMAL
 USG ABDOMEN -NORMAL
 X-RAY - NORMAL
 ENT - 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 43-52 KG

Follow-up and Review Plan



CHECK HB ELECTROPHORESIS

*After Annual Coroner
 Sample Bloods*



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
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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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. JINAL PATEL | Female | 25Yr 1Mth 22Days
UHID : AHIL.0000802577 **Patient Location:** AHC
Patient Identifier: AHILAH165973 
DRN : 222048908 **Completed on :** 24-SEP-2022 12:12
Ref Doctor : Dr. AHC DOCTOR

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 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 6 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

Printed on : 24-Sep-2022 15:28

Printed By : 153182

Reported By : 717876

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Ms. JINAL PATEL

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USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

Normal Study.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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UHID : AHIL.0000802577 **Patient Location:** AHC
Patient Identifier: AHILAH165973 
DRN : 122108185 **Completed on :** 24-SEP-2022 11:51
Ref Doctor : Dr. AHC DOCTOR

X-RAY CHEST PA

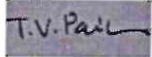
FINDINGS :

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 ---



TIRTH VINAYKUMAR PARIKH

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Apollo Hospitals International Limited
 Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.
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CARDIOLOGY

Patient Details : Ms. JINAL PATEL | Female | 25Yr 1Mth 22Days
UHID : AHIL.0000802577 **Patient Location:** AHC
Patient Identifier: AHILAH165973 
DRN : 5622070333 **Completed on :** 24-SEP-2022 13:04
Ref Doctor : Dr. AHC DOCTOR

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.
 No MR, No AR, Trivial TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

	LVID diastole
Measurements (mm)	.

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Ms. JINAL PATEL

AHIL.0000802577

AHILAH165973

ECHO/TMT

IMPRESSION

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

Printed on : 24-Sep-2022 15:28

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OUT PATIENT RECORD

Place Label Here
If label not available, write
Pt, Name, UHID, Age, Sex

Name: _____ UHID: _____ Age & Sex: _____ Date: 24/9/22
 Nutritional History: Normal / Obese / Thin / Cachectic Functional: Independent / Need Assistance / Dependent
 Psychological History: Normal / Anxious / Depressed Psychosocial: Nil / Smoking / Tobacco / Alcohol [Social / Excess]
 Clinical Notes: _____ Occupation: _____

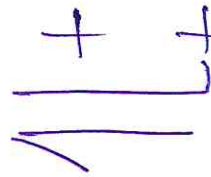
AHIL.0000802577
 Ms. JINAL
 PATEL
 25 Year(s) / Female



O/E - Ear - BTM - wax ⊕

Noise - D NS to right

Throat - NAD



Diagnosis/Provisional Diagnosis:

B/L Impacted
WAX

Allergies: No known allergies If Yes mention:

Patient's Management (Mention drug name, dose, frequency and specific instructions, if any):

① ^{Adv} Folinax ear drop (2-2-2-2) X 10
 day

l.

Follow-up Advice/Plan:

Dr. Rajesh Vishwakarma
 M.S (ENT), D.L.O
 Cochlear Implant Surgeon
 Professor, Sr. Consultant, Director & Head
 Dept. of ENT and Head & Neck Surgery
 Apollo Hospitals International Limited., Gandhinagar
 Regd. No.: G-19406

Consultant Name & Signature



AHIL.0000802577

Ms. JINAL
PATEL

25 Year(s) / Female

ID,



DENTISTRY

Name : Date : 24/09/22 Unit No. :

Occupation : Ref. Physician :

Age : Sex : Male Female Copies to :

DENTAL RECORD

ALLERGIES : - N.A -

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 checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia <u>N/A</u>
Cheeks : <u>N/A</u>	Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction
Tongue : <u>N/A</u>	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth : <u>N/A</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture
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

PRESENT COMPLAINT : - Pouter clery

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy

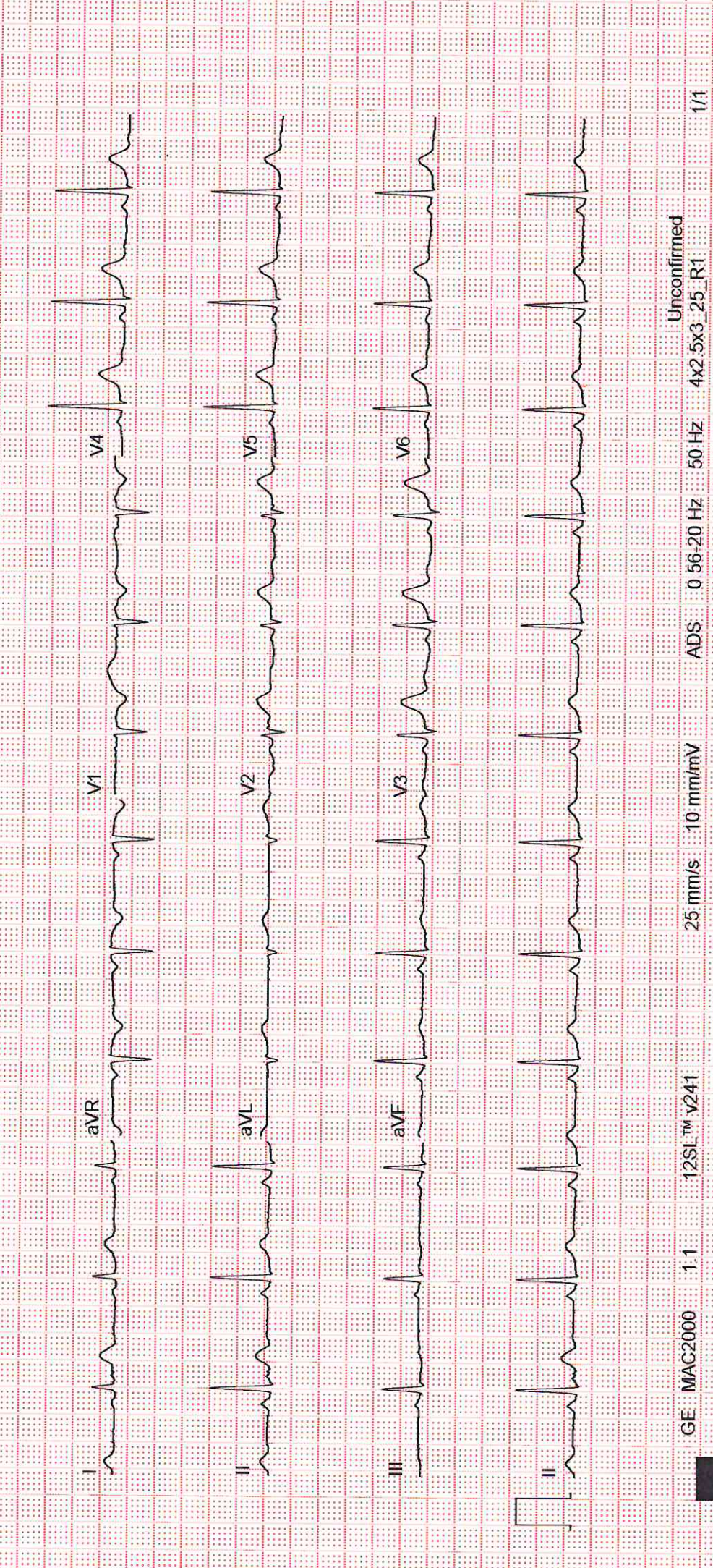
Anticoagulant Under Drug Therapy

N/A

Ms Jinal Patel
 ID: 802577
 25 Years
 Female
 Location: Rm
 Order No: 11:50:57
 Apollo Hospital
 Bhat Gandhinagar
 Technician:
 Ordering Ph:
 Referring Ph:
 Attending Ph:

75 bpm
 / / mmHg
 Medication 1:
 Medication 2:
 Medication 3:
 Normal sinus rhythm
 Normal ECG

QRS: 72 ms
 QT/QTc/Baz: 372 / 415 ms
 PR: 128 ms
 P: 92 ms
 RR/PP: 798 / 800 ms
 P/QRST: 59 / 71 / 736 degrees





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

GYNAECOLOGY - AHC

01 AHIL.0000802577

Name : Ms. JINAL PATEL	Date : 24/9/22	Unit No. :
Occupation : 25 Year(s) / Female	Ref. Physician : Dr. Kirti Shah	
Age :	Copies to :	

GYNAEC CHECK UP

Chief Complaint: *NAD*

Children: *Nulliparous*

Weight:

Deliveries:

BP:

Last Child:

Abortions:

Breasts: *normal*

Periods: *regular / 2 days / flow*

PAP Smear: *not taken*

LMP: *2/9/22*

Previous Medical H/O: *no*

Menopause:

G. Condition:

P/A: *soft*

Previous Surgical H/O: *no*

S/E:

P/V: *UT - NS AV
Cx - healthy*

F/H - *no DM*

P/R:

Impression:

Tabs ~~Exacerbated~~ mettal spas SOS for pain during period

Doctor Signature
Date & Time