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Ms. MEENA KUMARI (50 /F)
 UHID : AHIL.0000820019
 AHC No : AHILAH177531
 Date : 26/11/2022
 MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE

Dear Ms. MEENA KUMARI

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 66701888**

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 Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.
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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. MEENA KUMARI (50 /F)

Date : 26/11/2022

Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000820019

MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE

AHC No : AHILAH177531



Chief Complaints

For Annual health checkup

WEAKNESS

WEIGHT GAIN

H/O MIGRAINE

Present Known illness

Thyroid disease : - hyperthyroidism; Since - 2 YR; Medication - regular; - TAB NEOMERCAZOLE 5

Others : - TAB SIBELIUM 5



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



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Musculoskeletal system :

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

Surgical history - Nil



Personal history

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 - alive

Aged - 65

Brothers - 1



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Sisters	- 3
Hypertension	- father,mother,brother
Coronary artery disease	- none
Cancer	- None
CVA	- father

Physical Examination



General

General appearance	- normal
Build	- normal
Height	- 158
Weight	- 63.7
BMI	- 25.52
Pallor	- No
Oedema	- no



Cardiovascular system

Heart rate (Per minute)	- 80
Rhythm	- Regular
	- B.P. Supine
Systolic(mm of Hg)	- 120
Diastolic(mm of Hg)	- 80
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	25	mL		
Specific Gravity	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Trace			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			0-5
RBC	2-4 /h.p.f	/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)	11.4 *	gm%	●	12-16
Packed cell volume(Calculated)	36.9	%	●	36-46
RBC COUNT (Impedance)	5.9 *	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	62.6 *	fl	●	80-100
MCH(Calculated)	19.29 *	pg	●	27-32
MCHC(Calculated)	30.8 *	%	●	31-36
RDW(Calculated)	15.4 *	%	●	11.5-14.5
WBC Count (Impedance)	5031	/cu mm	●	4000-11000

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Neutrophils	64	%	●	40-75
Lymphocytes	28	%	●	20-40
Monocytes	6	%	●	2-10
Eosinophils	2	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	261600	/cu mm	●	150000-450000
MPV (Calculated)	9.2	fl	●	7-11
RBC:	Erythrocytosis noted~Hypochromic Microcytic RBCs~Anemia			
RBC::	Anisocytosis (+)			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optico-electronic)	02	mm/1st hr	●	0-20
SUGGEST :	Hb electrophoresis.~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:	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	22	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	131 *	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	24	U/L	●	>1 year Female : <32

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Test Name	Result	Unit	Level	Range
Total Bilirubin	0.382	mg/dL	●	0.300-1.200
Direct Bilirubin	0.141	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.241	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	0.52	mg/dL	●	Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	25	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	89	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)	98	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) 4.8 % ● 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. 91.06

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.4	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.4	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.48	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.48	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.92		●	2.20-4.20
Globulin-Serum/Plasma	2.92		●	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	103	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	5.00 *	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	4.7	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	234 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	100	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	71	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)	161 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	20		●	< 40 mg/dl
C/H RATIO	3		●	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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AHC No : AHILAH177531

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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AHC No : AHILAH177531

Executive Summary



- .BODY WEIGHT 63.7 KG,DEAL BODY WEIGHT 47-57 KG
- .H/O THYROID
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM *~ 35 + V4-V6*
- .ECHO - NORMAL
- .USG ABDOMEN - BULKY UTERUS
- .CHEST X-RAY - NORMAL
- .MAMMOGRAPHY - BIRADS-III

Wellness Prescription

Advice On Diet :-



BALANCED DIET---
LOW FAT 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



CHECK LIPID PROFILE EVERY 6 MONTHS
CHECK T3,T4,TSH REGULARLY EVERY 6 MONTHS

Consult Card
Consult Breast Surg



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

Printed By : MUKTA S ADALTI

28/11
Dr.SHASHIKANT NIGAM
 AHC Physician / Consultant
 MBBS, M.D. (General Internal Medicine)
 Consultant Internal Medicine
 Apollo Hospitals International Ltd., Gandhinagar,
 Gujarat-382428, INDIA. Regd. No.: G-21961



The Emergency Specialist
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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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The Emergency Specialist



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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. MEENA KUMARI | Female | 50Yr 11Mth 15Days
UHID : AHIL.0000820019 **Patient Location:** AHC
Patient Identifier: AHILAH177531 
DRN : 122135429 **Completed on :** 26-NOV-2022 11:15
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

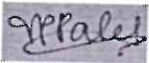
FINDINGS :

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 —



DR. VAIBHAVI PATEL

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RADIOLOGY

Patient Details : Ms. MEENA KUMARI | Female | 50Yr 11Mth 15Days
UHID : AHIL.0000820019 **Patient Location:** AHC
Patient Identifier: AHILAH177531 
DRN : 1322017496 **Completed on :** 26-NOV-2022 14:32
Ref Doctor : DR. SHASHIKANT NIGAM

MAMMOGRAPHY BOTH BREAST

FINDINGS :

Breast composition :-

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.

Nodes with preserved hilum noted in both axillary region.

On USG:

Well defined anechoic cystic lesion of size 10 x 5 mm is seen in periareolar region at 12 o'clock position of right breast. No evidence of any internal echoes / septa / abnormal vascularity.

Small well defined cystic lesion with few internal echoes is seen at 12 o'clock position of right breast, measuring 3 x 2 mm. No evidence of any abnormal intralesional vascularity noted.

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Ms. MEENA KUMARI

AHIL.0000820019

AHILAH177531

MAMMOGRAPHY BOTH BREAST

Simple cyst in periareolar region at 12 o'clock position of right breast.

Small well defined cystic lesion with few internal echoes at 12 o'clock position of right breast. Findings suggest complex cyst.

(BIRADS-III)

Advice follow up after 6 months - 1 year

--- END OF THE REPORT ---

Shivani

Dr. SHIVANI GOYAL

Consultant Radiologist

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Radiology

Patient Details : Ms. MEENA KUMARI | Female | 50Yr 11Mth 15Days
UHID : AHIL.0000820019 **Patient Location:** AHC
Patient Identifier: AHILAH177531 
DRN : 222061085 **Completed on :** 26-NOV-2022 11:49
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 9.2 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. Pelviccalyceal 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 measures 9.5 x 6.9 x 4.7 cm. Endometrial thickness is 5 mm.

Uterus is retroverted and appears enlarged in size. No focal lesion is seen. Myometrial and endometrial echopattern appear normal.

No free fluid is seen in Pouch Of Douglas.

No definite evidence of adnexal/pelvic mass is seen.

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Ms. MEENA KUMARI

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AHILAH177531

USG WHOLE ABDOMEN

Bulky uterus.

— END OF THE REPORT —

A. A. PATEL

Dr. ALPESH A PATEL

DNB Resident

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The Emergency Specialist



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CARDIOLOGY

Patient Details : Ms. MEENA KUMARI | Female | 50Yr 11Mth 15Days
UHID : AHIL.0000820019 **Patient Location:** AHC
Patient Identifier: AHILAH177531 
DRN : 5622089038 **Completed on :** 26-NOV-2022 15:28
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.
 Reduced LV compliance.
 All cardiac valves are structurally normal.
 IAS/ IVS intact.
 No MR, No AR, No PR, No TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

	LVID diastole
Measurements (mm)	

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Ms. MEENA KUMARI

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AHILAH177531

ECHO/TMT

IMPRESSION

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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Rate 67

PR 133
QRS 87
QT 362
QTc 382

--AXIS--
P 6
QRS 45
T -41

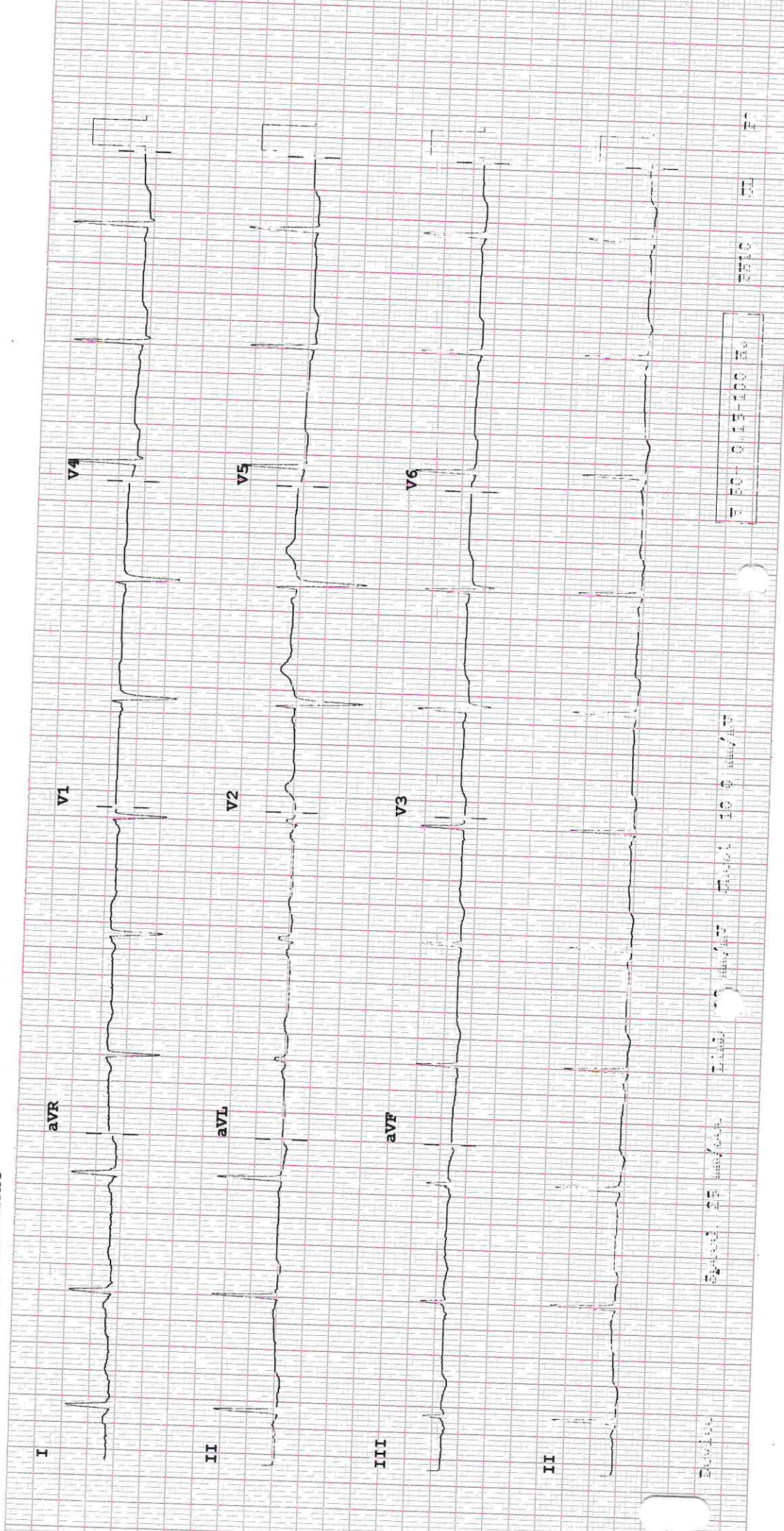
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Ms. MEENA
KUMARI

50 Year(s) / Female



12 Lead; Standard Placement



Speed: 25 mm/sec Scale: 10 mm/mV

F 50 0.13-100 Hz

5010

OBSTETRICS & GYNAECOLOGY - AHC

AHIL.0000820019			
Name :	Ms. MEENA KUMARI	Date : 26/11/2022	Unit No. :
Occupation	50 Year(s) / Female	Ref. Physician : Dr. Kiran Nagesh	
Age :		Copies to :	



GYNAEC CHECK UP

Chief Complaint:

None.

Children: 2, ♀

Deliveries: FTND

Last Child: Fch / 22 years / FTND

Abortions: 1 Spontaneous, 1 MTP
1 D&C

Periods: Irregular

LMP: 21/11/2022

Menopause: Perimenopausal,

G. Condition: Fit

P/A: Soft

S/E: —

P/V: —

P/R: —

Impression: —

Weight:

BP:

Breasts: Normal.

PAP Smear: Not taken.

Previous Medical H/O:
Hypertension (Neumicrazol
5mg)

PH/O: None HTN

Previous Surgical H/O:

None.

Kiran

Doctor Signature
Date & Time