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Mr. NITIN JAIN (39 /M)

UHID : AHIL.0000806399

AHC No : AHILAH168244

Date : 08/10/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Dear Mr. NITIN JAIN

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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Plot No.-1A, Bhai, GIDC, Gandhinagar, Gujarat - 382429, India.
Phone : +91 79 66701800 | Fax No. : +91 79 66701043
E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (0201 8028-10)
1, TulsiBaag Society, Nr. Parimal Garden, Ahmedabad.
Phone : +91 79 66305800 / 01 or +91 79 6688 15148
E-mail : info@ccc@apolloahd.com

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

Apollo Hospitals - City Centre (MDR NARSU-JC)
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Phone : +91 79 66305900 / 01 or +91 79 6688 15148
E-mail : info@apollocity.com

Regd. Office
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Name : Mr. NITIN JAIN (39 /M)

Date : 08/10/2022

Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000806399

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH168244



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



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH168244

General symptoms : - Nil Significant



Past medical history

- Do you have any allergies? - No
- Do you have any drug allergies? - No
- Covid 19 - Yes
- Hospitalization for Covid 19 - No



Surgical history

- Surgical history - Nil



Personal history

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



Family history

- Father - alive
- Aged - 67
- Mother - alive
- Aged - 60
- Sisters - 1
- Diabetes - mother
- Coronary artery disease - none



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Cancer - None

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 170
 Weight - 78.6
 BMI - 27.2
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 100
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 132
 Diastolic(mm of Hg) - 84
 Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No
 Tenderness - No

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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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	1.015			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6			
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	Occasional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	15.3	gm%	●	13.0-17.0
Packed cell volume(Calculated)	45.3	%	●	40-50
RBC COUNT (Impedance)	5.47	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	82.8	fl	●	80-100
MCH(Calculated)	27.9	pg	●	27-32
MCHC(Calculated)	33.7	%	●	31-36
RDW(Calculated)	13.9	%	●	11.5-14.5
WBC Count (Impedance)	9962	/cu mm	●	4000-11000

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



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Neutrophils	60	%	●	40-75
Lymphocytes	31	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	187800	/cu mm	●	150000-450000
MPV (Calculated)	7.8	fl	●	7-11
RBC:	Normochromic Normocytic RBCs			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	05	mm/1st hr	●	0-15

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	33	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	99	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	23	U/L	●	> 1 year Male : <40

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Total Bilirubin	0.552	mg/dL	●	0.300-1.200
Direct Bilirubin	0.216	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.336	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	1.01	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	22	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	90	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)	114	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)	5.2	%	●	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. 102.54

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.36	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.36	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.6	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.6	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.76		●	2.20-4.20
Globulin-Serum/Plasma	2.76		●	2.20-4.20
A/G ratio	1.67		●	1.00-2.00
A/G ratio	1.67		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.2	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	124	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	1.99	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	6.0	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)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	16	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	138	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	267 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	30 *	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)	72	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	53 *		●	< 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.

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



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AHC No : AHILAH168244

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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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH168244



Executive Summary



BODY WEIGHT 78.6 KG ,IDEAL BODYWEIGHT 54-66 KG
DYSLIPIDEMIA
ECG - NORMAL
ECHO - NORMAL
USG ABDOMEN - GRADE I FATTY LIVER
- RIGHT RENAL SIMPLE CYST
CHEST X-RAY - NORMAL
VISION - NORMAL
DENTAL - ASP ER DOCTOR ADVICE

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 54-66 KG

Follow-up and Review Plan



CHECK LIPID PROFILE EVERY 6 MONTHS



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

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
10/10/2022
Dr.SHASHIKANT NIGAM

Dr. Shashikant Nigam 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 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 : Mr. NITIN JAIN | Male | 39Yr 3Mth 0Days
UHID : AHIL.0000806399 **Patient Location:** AHC
Patient Identifier: AHILAH168244 
DRN : 5622073997 **Completed on :** 08-OCT-2022 14:17
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) ::

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

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 1, Tufelbhai Society, Nr. Parimal Garden, Ahmedabad.
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Mr. NITIN JAIN

AHIL.0000806399

AHILAH168244

ECHO/TMT

	LVID diastole
Measurements (mm)	.

IMPRESSION

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. NITIN JAIN | Male | 39Yr 3Mth 0Days
UHID : AHIL.0000806399 **Patient Location:** AHC
Patient Identifier: AHILAH168244 
DRN : 222051418 **Completed on :** 08-OCT-2022 12:09
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform hyperechoic 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 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 10.2 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. Pelvicalyceal system on both sides appear normal.

Approximately 1.4 x 1.3 mm sized simple cyst is seen in lower pole of right kidney.

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.

Prostate measures 18 cc and is normal in size and echopattern.

IMPRESSION :

Grade I fatty liver.

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Phone : +91 79 66701800 | Fax No. : +91 79 66701843
E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (www.ashc.com)
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Phone : +91 79 66905800 / 01 or +91 79988 15148
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USG WHOLE ABDOMEN

Right renal simple cyst.

Rest normal study.

— END OF THE REPORT —

DR. VAIBHAVI PATEL

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1, Tulsihang Society Nr. Parimal Garden, Ahmedabad.
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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. NITIN JAIN | Male | 39Yr 3Mth 0Days
UHID : AHIL.0000806399 **Patient Location:** AHC
Patient Identifier: AHILAH168244 
DRN : 122113725 **Completed on :** 08-OCT-2022 12:21
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 ---

T.V. Parikh

TIRTH VINAYKUMAR PARIKH

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 Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.
 Phone : +91 79 66701800 | Fax No. : +91 79 66701843
 E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (Sub. Centre)
 1, Tufelbong Society, Nr. Parimal Garden, Ahmedabad.
 Phone : +91 79 66305800 / 01 or +91 79 988 15148
 E-mail : info@ccc.apolloahd.com

Regd. Office
 19, Bishop Gardens, R.A. Puram, Chennai - 600 029
 CIN No. : U65110TN1987PLC058016 | GSTIN : 24AA8CA1150H225
 For online appointment : www.askapollo.com

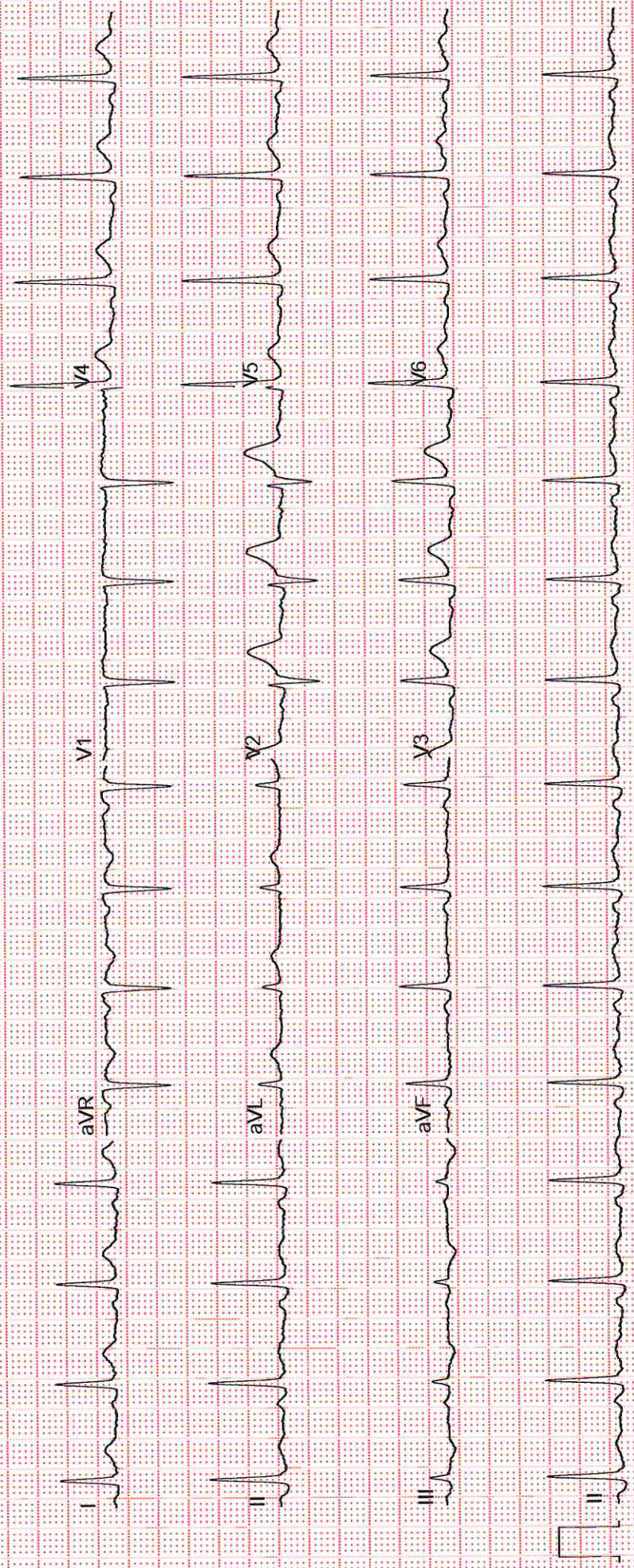


For online appointment : www.askapollo.com
 Keep the records carefully and bring them along during your next visit to our Hospital

Saving time. Saving lives.

Mr Nitin, Jain ID: 806399 08.10.2022 13:26:02 Location: Room: **90 bpm**
 Apollo Hospital, Bhat Gandhinagar Order Number: / mmHg
 Male Medication 1: Medication 2: Medication 3: Technician: Referring Ph: Attending Ph:

39 Years Normal sinus rhythm
 Normal ECG
 QRS 80 ms
 QT / QTcBaz 344 / 420 ms
 PR 146 ms
 P 84 ms
 RR / PP 668 / 666 ms
 P / QRS / T 59 / 40 / 15 degrees



OPHTHALM

AHIL.0000806399

EXAMINATION RECORDS

Name : Mr. NITIN
JAIN

Date : 8/10/22

UHID : 39 Year(s) / Male

806399



Distance Vision : *with glasses*

No eye complaints / disease

Right Eye - *6/6*

Left Eye - *6/6*

best of -2.5 Dspw 6/6

Near Vision :
Right Eye : *12/6*
Left Eye :

APLN.TN - Right Eye *—* Left Eye *—* mmHg

Both Eye - Colour Vision *Normal*

Both Eye - Anterior Segment Examinations - *WN*

Both Eye Posterior Segment Examinations - *BE Disc @ RLT*

[Signature]
Doctor's Signature



DENTISTRY

Name : Date : 08/10/22 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

<input checked="" type="checkbox"/> Once	<input type="checkbox"/> Twice	<input type="checkbox"/> Occasionally
<input checked="" type="checkbox"/> Brush	<input type="checkbox"/> Finger	<input type="checkbox"/> Stick <input type="checkbox"/> Any other
<input checked="" type="checkbox"/> Tooth Paste	<input type="checkbox"/> Powder	<input type="checkbox"/> 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 Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other :	MILD MOD SEV 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"/>	CLASS I II III CROSSBITE Hypoplasia Impaction Non-vital Fracture Abscess Ulcers Caries <u>57 / 78</u> Missing Teeth <u>57 / 78</u> Supernumerary Others

PRESENT COMPLAINT : Routine check up

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

- NAD -