

Ms. ANURADHA KUMARI (34 /F)

UHID : AHIL.0000862673

AHC No : AHILAH206434

Date : 15/04/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Namaste Ms. ANURADHA KUMARI,

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

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

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



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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

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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Apollo Hospitals International Limited
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382429, India.
Phone : +91 79 66701800 | Fax No. : +91 79 66701843
E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (NON NASH-JCI)
1, TulsiBaag Society, Nr. Parimal Garden, Ahmedabad.
Phone : +91 79 66305800 / 01 or +91 76988 15148
E-mail : infoahcc@apolloahd.com

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Name : Ms. ANURADHA KUMARI (34 /F)

Address :

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 15/04/2023



UHID : AHIL.0000862673

AHC No : AHILAH206434



Chief Complaints

For Annual health checkup

Acidity

Head ache

Present Known illness

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



Drug Allergy

NO KNOWN ALLERGY : 15/04/2023



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 - 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 - Mild



Family history

- Father - alive
- Mother - alive
- Brothers - 1
- Sisters - 4
- Coronary artery disease - none
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 157
- Weight - 62.5
- BMI - 25.36





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Pallor - No
Oedema - no



Cardiovascular system

Heart rate (Per minute) - 64
Rhythm - Regular
Systolic(mm of Hg) - 100
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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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:	Slightly Turbid			
pH	5.5			
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	1-2 /h.p.f	/hpf		0-5/hpf
Epithelial Cells	4-6 /h.p.f			
Casts:	Absent			
Crystals:	Absent			
Others	Bacilli seen.			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	11.5 *	gm%	●	12-16
Packed cell volume(Calculated)	35.4 *	%	●	36-46
RBC COUNT (Impedance)	3.98	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	88.9	fl	●	80-100
MCH(Calculated)	28.86	pg	●	27-32
MCHC(Calculated)	32.5	%	●	31-36
RDW(Calculated)	15.3 *	%	●	11.5-14.5

● Within Normal Range
 ● Borderline High/Low
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WBC Count (Impedance)	5519	/cu mm	●	4000-11000
Neutrophils	67	%	●	40-75
Lymphocytes	26	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	188000	/cu mm	●	150000-450000
MPV (Calculated)	11.6 *	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	26 *	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:	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	10	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	93	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	13	U/L	●	>1 year Female : <32
Total Bilirubin	0.702	mg/dL	●	0.300-1.200

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Direct Bilirubin	0.295	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.407	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	0.67	mg/dL	●	Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSEPTIDASE - SERUM	10	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)	100	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)	4.3	%	●	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. 76.71

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.79	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.79	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.58	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.58	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.21		●	2.20-4.20
Globulin-Serum/Plasma	3.21		●	2.20-4.20
A/G ratio	1.43		●	1.00-2.00
A/G ratio	1.43		●	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	118	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	3.3	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	3.5	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)	10	mg/dL	●	6-20
UREA - SERUM / PLASMA	21	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	136	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	77	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	61	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)	75	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	15		●	< 40 mg/dl
C/H RATIO	2		●	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

Histopathology

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

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 62.5 KG, IDEAL BODY WEIGHT 46-56 KG
- .ECG - NORMAL
- .ECHO -NORMAL
- .USG ABDOMEN - SPLENOMEGALY
- .CHEST X-RAY - NORMAL
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



BALANCED DIET

Advice On Physical Activity :-



- REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 46-56 KG

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. ANURADHA KUMARI | Female | 34Yr 2Mth 23Days
UHID : AHIL.0000862673 **Patient Location:** AHC
Patient Identifier: AHILAH206434 
DRN : 5623036490 **Completed on :** 15-APR-2023 17:24
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.

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

No PAH.

No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

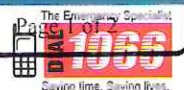
Measurements (mm)	Value
LV ID diastole	

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Apollo Hospitals International Limited
 Plot No.-19, Bival, GIDC, Gandhinagar, Surat-392015, India
 Phone : +91 79 66701800 | Fax No. : +91 79 66701843
 E-mail : info@apollohd.com | www.apollohospitals.com

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Ms. ANURADHA KUMARI

AHIL.0000862673

AHILAH206434

ECHO/TMT

PULSED,HPRF,CW AND COLOUR DOPPLER PARAMETERS

MITRAL

Peak Velocity m/sc.

IMPRESSION

---- END OF THE REPORT ----

DR SUBIR GHOSH MD.DM

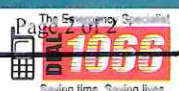
Interventional Cardiologist

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Apollo Hospitals International Limited
Plot No.-1R/Block-B/D/16/5, Sakinaka, New Arrah - 800022, India-06
Phone: +91 79 66701800 | Fax No.: +91 79 66701843
E-mail: info@apollosai.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre
1, Tulshibaug Society, 4th Floor, 62-64, Ahmedabad.
Phone: +91 79 66305800 / 01 or +91 76988 15148
E-mail: info@apolloah.com

Recorded By: 20407
12, Vignani Gardens, P.A. Puram, Chennai - 600 028
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RADIOLOGY

Patient Details : Ms. ANURADHA KUMARI | Female | 34Yr 2Mth 23Days
UHID : AHIL.0000862673 **Patient Location:** AHC
Patient Identifier: AHILAH206434 
DRN : 223021094 **Completed on :** 15-APR-2023 12:48
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 13.5 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 4 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.



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Ms. ANURADHA KUMARI

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USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSTION:

Splenomegaly.

Rest normal study.

— END OF THE REPORT —

SIDDHARTH S PARMAR

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Reported By : 717876

Page 2 of 2

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Apollo Hospitals International Limited
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382429, India.
Phone : +91 79 66701800 | Fax No. : +91 79 66701843
E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (NON NABH-JCI)
1, TulsiBaag Society Nr. Parimal Garden, Ahmedabad.
Phone : +91 79 66305800 / 01 or +91 76988 15146
E-mail : infoahcc@apolloahd.com

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AHIL.0000862673
 Ms. ANURADHA KUMARI
 If 34 Year(s) / Female

DENTISTRY

Name : Date : 15/04/23 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

<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 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	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other : <u>NA</u>	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 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 :

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

-NA-AD-

OBSTETRICS & GYNAECOLOGY - AHC

AHIL.0000862673 No Ms. ANURADHA KUMARI O 34 Year(s) / Female A <input type="checkbox"/> Female		Date: 15/4/23 Unit No.: Ref. Physician: Dr. Kirti Nalwa Copies to:
---------------------------------------------------------------------------------------------------------	--	--------------------------------------------------------------------------



GYNAEC CHECK UP

Chief Complaint:

None. (AHC - 2 years)

Children: -

Weight:

Deliveries: -

BP:

Last Child: -

Abortions: -

Breasts: Normal

Periods: Regular

$\frac{2}{28-30}$ days

PAP Smear: Not taken (pt. refused)

LMP: 18/03/23

Previous Medical H/O:

Menopause: -

None

G. Condition: Fit

FH/O: None

P/A: Soft

Previous Surgical H/O:

None.

S/E: -

P/V: -

P/R: -

Impression:

Kirti

Doctor Signature
Date & Time

15/4/23

2:01 PM

Rate 68

PR 158

QRSD 88

QT 377

QTc 401

--AXIS--

P 54

QRS 48

T 27

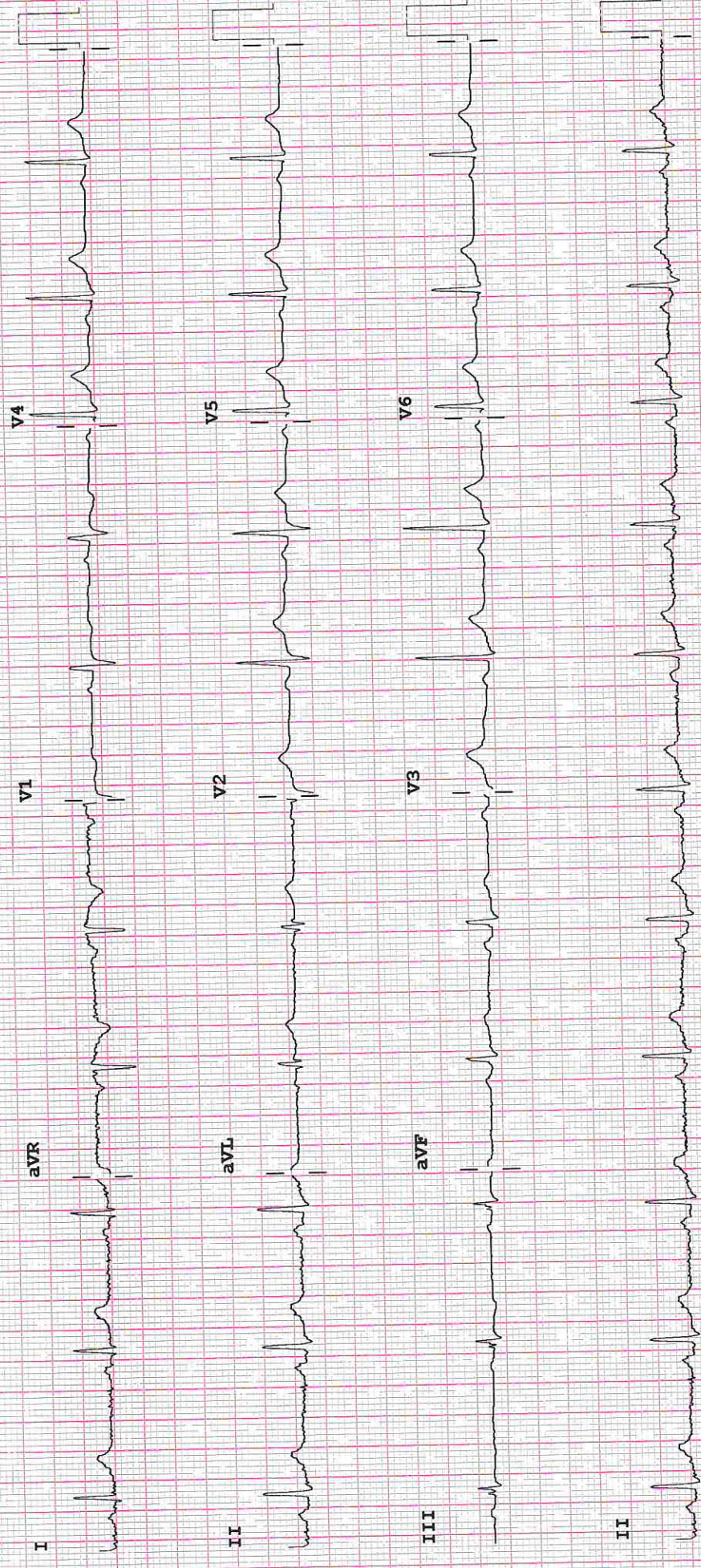
12 Lead; Standard Placement

AHIL.0000862673

Ms. ANURADHA

KUMARI

34 Year(s) / Female



F 50~ 0.15-100 Hz

Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

PH10 CL P?

Device:

OPHTHALMIC EXAMINATION RECORDS

AHIL.0000862673
Ms. ANURADHA
KUMARI
34 Year(s) / Female

RECORDS

Name :

Date :

15/4/23

UHID :



Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

Right Eye :

N6

Left Eye :

N6

APLN.TN - Right Eye

12

Left Eye -

11

mmHg

Normal

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

Normal

Both Eye Posterior Segment Examinations -

Normal

Dr. Zahed Saikh
MBBS, MCh Ophthalmology
Junior Consultant Ophthalmology
Apollo Hospitals Limited,
Bhat, GIDC Estate, Gandhinagar
Reg. No. : G-35153

Ophthalmologist Name