

Namaste Mrs. CHANDRIKABEN PATEL,

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

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](http://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](mailto: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** : Mrs. CHANDRIKABEN PATEL (48 /F)

**Date** : 11/03/2023

**Address** : SABARKANTHA, SABARKANTHA, SABARKANTHA, GUJARAT, INDIA

**Examined by** : Dr. SHASHIKANT NIGAM

**UHID** : AHIL.0000554408

**MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE**

**AHC No** : AHILAH197924



### Chief Complaints

For Annual health checkup  
GASTRIC PROBLEM



### 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 allergies? - No

Do you have any drug allergies? - No



### Surgical history

Caesarian section - 2004

Hysterectomy - 2020



### Personal history





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- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 3
- Female - 2
- Male - 1
- Profession - corporate employed
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate



### Family history

- Father - has expired
- Aged - 74
- Mother - has expired
- Aged - 73
- Brothers - 2
- Sisters - 1
- Coronary artery disease - none
- Cancer - None

## Physical Examination



### General

- General appearance - normal
- Build - normal
- Height - 152
- Weight - 67.5
- BMI - 29.22
- Pallor - No
- Oedema - no



### Cardiovascular system

- Heart rate (Per minute) - 75



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**Rhythm**

- Regular
- B.P. Supine

Systolic(mm of Hg) - 150

Diastolic(mm of Hg) - 90

Heart sounds - S1S2+

**Respiratory system**

Breath sounds - Normal vesicular breath sounds

**Abdomen**

Organomegaly - No

Tenderness - No

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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	1.010			
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	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)	12.7	gm%	●	12-16
Packed cell volume(Calculated)	37.3	%	●	36-46
RBC COUNT (Impedance)	3.42 *	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	109.2 *	fl	●	80-100
MCH(Calculated)	37.12 *	pg	●	27-32
MCHC(Calculated)	34	%	●	31-36
RDW(Calculated)	14.4	%	●	11.5-14.5
WBC Count (Impedance)	7967	/cu mm	●	4000-11000

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

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Test Name	Result	Unit	Level	Range
Neutrophils	65	%	●	40-75
Lymphocytes	28	%	●	20-40
Monocytes	5	%	●	2-10
Eosinophils	2	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	256000	/cu mm	●	150000-450000
MPV (Calculated)	7.2	fl	●	7-11

RBC:: Macro-ovalocytes (+)~Macrocytes (+)

WBC: Few hypersegmented neutrophils are seen.

ERYTHROCYTE SEDIMENTATION RATE (ESR) (Auto-Analyzer Optic-electronic) 18 mm/1st hr ● 0-20

SUGGEST : S. Vitamin B12 assay 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	12	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	58	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	13	U/L	●	>1 year Female : <32

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Total Bilirubin	0.621	mg/dL	●	0.300-1.200
Direct Bilirubin	0.229	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.392	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	0.7	mg/dL	●	Adult Female: 0.5 - 1.2

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

### GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	87	mg/dL	●	70 - 100 : Normal 100 - 125 : Impaired Glucose Toleranc ≥ 126 : Diabetes Mellitus

### GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	123	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)

4.6

%



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.

85.32

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Liver function tests (LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests are 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	6.65	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	6.65	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.52	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.52	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.13 *		●	2.20-4.20
Globulin-Serum/Plasma	2.13 *		●	2.20-4.20
A/G ratio	2.12 *		●	1.00-2.00
A/G ratio	2.12 *		●	1.00-2.00

**THYROID PROFILE (T3,T4 AND TSH)**

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.5	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	86	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	2.54	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	5.2	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	157	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	107	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	37 *	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)	112	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	21		●	< 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.

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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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### Executive Summary



- .BODY WEIGHT 67.5 KG,DEAL BODY WEIGHT 44-53 KG
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - GRADE I FATTY LIVER
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE
- .MAMMOGRAPHY - BIRADS- O

### Wellness Prescription

#### Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE 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 44-53 KG

Printed By : MUKTA S ADALTI

*(Signature)*  
Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam  
MBBS, MD (Gen. Med.)

Consultant Internal Medicine  
Apollo Hospitals International Ltd., Gandhinagar,  
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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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### Radiology

**Patient Details** : Mrs. CHANDRIKABEN PATEL | Female | 48Yr 11Mth 14Days  
**UHID** : AHIL.0000554408 **Patient Location:** AHC  
**Patient Identifier:** AHILAH197924   
**DRN** : 223013679 **Completed on :** 11-MAR-2023 09:31  
**Ref Doctor** : DR. SHASHIKANT NIGAM

### USG WHOLE ABDOMEN

#### FINDINGS :

Liver appears normal in size and shows fatty changes. 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 10.4 cm 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 visualized (history of hysterectomy)

#### IMPRESSTION

Grade I Fatty liver.

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Mrs. CHANDRIKABEN PATEL

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AHILAH197924

**USG WHOLE ABDOMEN**

— END OF THE REPORT —

A. A PATEL

Dr. ALPESH A PATEL

DNB Resident

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### RADIOLOGY

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**UHID :** AHIL.0000554408      **Patient Location:** AHC  
**Patient Identifier:** AHILAH197924        
**DRN :** 123031928      **Completed on :** 11-MAR-2023 11:21  
**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 —



RAJVEERSINH P CHAVDA

Medical Officer

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**CARDIOLOGY**

**Patient Details** : Mrs. CHANDRIKABEN PATEL | Female | 48Yr 11Mth 14Days

**UHID** : AHIL.0000554408 **Patient Location:** AHC

**Patient Identifier:** AHILAH197924 

**DRN** : 5623023484 **Completed on :** 11-MAR-2023 17:27

**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, Trivial TR.

No PAH.

No clots/ vegetation/ effusion.

**MEASUREMENTS (mm) ::**

	LVID diastole
Measurements (mm)	.

**ECHO/TMT**

**PULSED,HPRF,CW AND COLOUR DOPPLER PARAMETERS**

	MITRAL
Peak Velocity m/sec.	.

**IMPRESSION**

— END OF THE REPORT —



DR SUBIR GHOSH MD.DM

Interventional Cardiologist





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by Joint Commission International



## RADIOLOGY

**Patient Details** : Mrs. CHANDRIKABEN PATEL | Female | 48Yr 11Mth 14Days  
**UHID** : AHIL.0000554408 **Patient Location:** AHC  
**Patient Identifier:** AHILAH197924   
**DRN** : 1323004874 **Completed on :** 11-MAR-2023 11:21  
**Ref Doctor** : DR. SHASHIKANT NIGAM

## MAMMOGRAPHY BOTH BREAST

### FINDINGS :

Breast composition :-

C. 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.

### IMPRESSION :

No significant abnormality.

(BIRADS-0)

In dense breast correlation with USG or previous study suggested.

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Mrs. CHANDRIKABEN PATEL

AHIL.0000554408

AHILAH197924

**MAMMOGRAPHY BOTH BREAST**

— END OF THE REPORT —

*Nikita*

Dr. NIKITA PANDYA

Consultant Radiologist

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Rate 68

PR 138

QRSD 89

QT 375

QTc 399

--AXIS--

P 26

QRS 50

T -7

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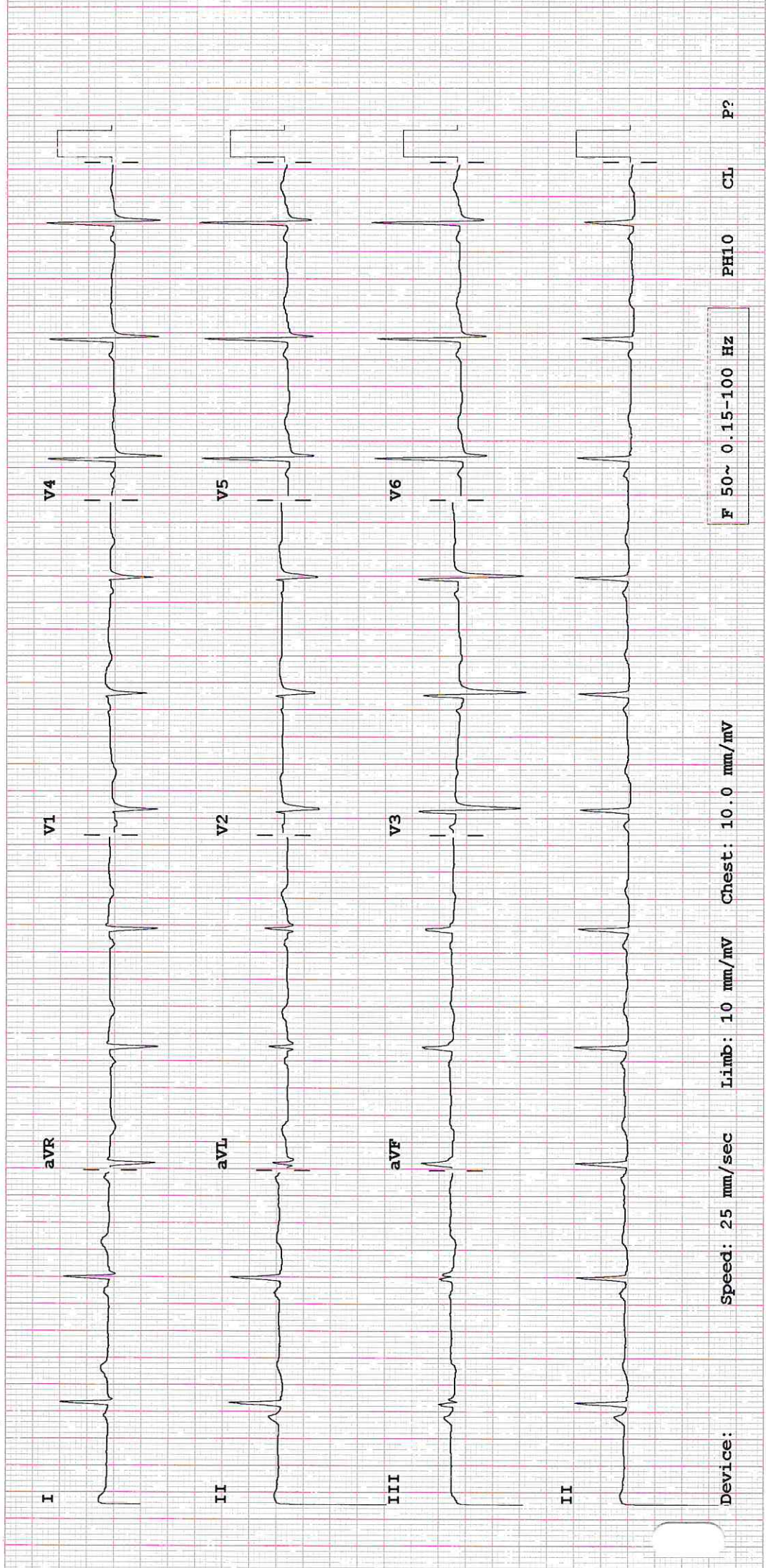
Mrs. CHANDRIKABEN

PATEL

49 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.0000554408

Mrs. CHANDRIKABEN PATEL

49 Year(s) / Female

UHID,   
 ian



**DENTISTRY**

Name : .....  
 Occupation : .....  
 Age : ..... Sex :  Male  Female

Date : 11/3/23 Unit No. : .....  
 Ref. Physician : .....  
 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 : <u>NA</u>	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia
Cheeks : <u>NA</u>	Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction
Tongue : <u>NA</u>	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth : <u>NA</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture <u>26/08</u>
Palate : <u>NA</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsillar Area : <u>NA</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
Any other : <u>NA</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries
		Missing Teeth
		Supernumerary
		Others

PRESENT COMPLAINT : Poly A decay

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

NA

**OBSTETRICS & GYNAECOLOGY - AHC**

Name : .....	AHIL.0000554408	Date : .....	11-3-23	Unit No. : .....
Occupation : .....	Mrs. CHANDRIKABEN PATEL	Ref. Physician : .....	Dr. Kiran Mharg	
Age : .....	49 Year(s) / Female	Copies to : .....		



**GYNAEC CHECK UP**

**Chief Complaint:**

None.

P3+0.

Children: 3, 2♀ 1♂

Weight:

Deliveries: 3 @ 2 FTND LSCS

BP:

Last Child: Mch / 19 years / LSCS

Abortions: 3 - D&E.

Breasts: Normal

Periods: }  
LMP: } Hysterectomy  
Menopause: } 3 years ago

PAP Smear: Not Taken.

Previous Medical H/O:

G. Condition: Fit

F H/O: None.

P/A: Soft

Previous Surgical H/O:

S/E: -

Hysterectomy  
3 years ago.

P/V: ~~Normal~~ ~~Normal~~ ~~Normal~~

P/R: -

**Impression:**

*Kiran*

Doctor Signature  
Date & Time

11/3/23  
4.10 PM

**OPHTHALM**

AHIL.0000554408  
Mrs. CHANDRIKABEN  
PATEL

**ON RECORDS**

Name :

49 Year(s) / Female

Date :

11/3/23

UHID :



Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

Right Eye :

NG

±

+1.75

Left Eye :

NG

APLN.TN - Right Eye

14

Left Eye -

15

mmHg

Both Eye - Colour Vision

WNL

Both Eye - Anterior Segment Examinations -

NAD

NAD

Both Eye Posterior Segment Examinations -

Pt is got from our side and  
can do her duty

Doctor's Signature

Ophthalmologist Name