

Donoreply <noreply@apolloclinics.info>
to drmkinnawala, mo, rahulrai, priyam.padyal, bhumika.jit, abhcnmembers, syamsunder.m, corporate, deepak.gaddam, rani.g, devendra.singh, apsara.bagchi

Greetings from Apollo!!
Respected Sir/Madam,

Please find corporate HC appointment details scheduled for 12-04-2023 at your Niyanta Diabetes & Heart Clinic Pvt Ltd - Naranpur Center.

Points to note :-

- Collect photocopy of employee ID proof if health check is through an employer
- Collect photocopy of personal ID proof if health check is for insurance
- Collect MER as per package details & that company's format (already shared)
- By 12 noon of appointment date, share Work order number & visit status (Show/No show)
- Upload reports in Abhutam portal as per specifications given earlier

Appointment Booking Details													
Corporate / TPA	Agreement Name	Package Name	Package Inclusions	Customer Name	Gender M/F	Relation (Self/Spouse)	DOB / Age	Emp ID	E-Mail Id	Mobile No	Date of appointment	Appt Time	Ref No / UHID
ARCOFEMI HEALTHCARE LIMITED	ARCOFEMI MEDIWHEEL - FULL BODY ANNUAL CREDIT PAN INDIA OP AGREEMENT	ARCOFEMI - MEDIWHEEL - FULL BODY ANNUAL PLUS MALE - 2D ECHO - PAN INDIA - FY2324	Dietician consultation, Glycosylated Hemoglobin (HbA1C) - Whole Blood, 2 D ECHO, ECG, Fitness by General Physician, Lipid Profile (all Parameters), URINE GLUCOSE (FASTING), URINE GLUCOSE (POST PRANDIAL), BMI, Ophthal by General Physician, THYROID PROFILE - (T3, T4 AND TSH), GLUCOSE - SERUM / PLASMA (FASTING AND POST PRANDIAL, HEMOGRAM (CBC+ESR), Renal Function Test, Blood Grouping And Typing (Abo And Rh), Urine Routine (CUE), Package Consultation - ENT, LIVER FUNCTION TEST (PACKAGE), GGTP: Gamma Glutamyl Transpeptidase - Serum, X-Ray Chest PA, Ultrasound - Whole Abdomen, Consultation - Dental	MR. YADAV UMESH KUMAR	M	Self	31	bobE37558	umesh.yadav@bankofbaroda.com	9455136414	2023-04-12T00:00:00	8:30 AM - 9:00 AM	AHCNNY0604231000

Please login to Abhutam for more details.


Abhutam Uri : <https://franchise.apollohlt.com/AHLIntranet/Login.aspx>

Regards,
Team Clinic Operations
Apollo Health and Lifestyle Ltd.,

<https://mail.google.com/mail/u/0/?tab=rm&ogbl=#search/umesh/FMfcgzGsitMijNjixMbHFDgPdZCIQKK>

MER- MEDICAL EXAMINATION REPORT

Date of Examination	12/04/2023		
NAME	UMESH KUMAR YADAV		
AGE	33	Gender	MALE
HEIGHT(cm)	178	WEIGHT (kg)	109.4
B.P.	124/80 mm of Hg		
BMI	31.68		
X Ray	Normal X-Ray chest PA view		
Vision Checkup	Color Vision : NO colour Blindness		
	Far Vision Ratio : 6/6 -1.60 \pm glasses		
	Near Vision Ratio : N16. \pm glasses		
Present Ailments	NO		
Details of Past ailments (If Any)	NO		
Comments / Advice : She /He is Physically Fit	He is Physically Fit		


Dr. Maulik K. Kinariwala
 (M.D.(Medicine), PGDDM(UK))
 Regd. No. : G - 11575
 Niyanta Diabetes & Heart Clinic Pvt. Ltd.

Signature with Stamp of Medical Examiner

Niyanta Diabetes & Heart Clinic Pvt. Ltd.
 209/210, Swanik Arcade, Pragatinagar,
 Narandhra, Ahmedabad-380013.
 Regd. No. 001902468

12-04-2023 08:57:39

ID: 2284

Name: UMESHKUMAR, YADAV

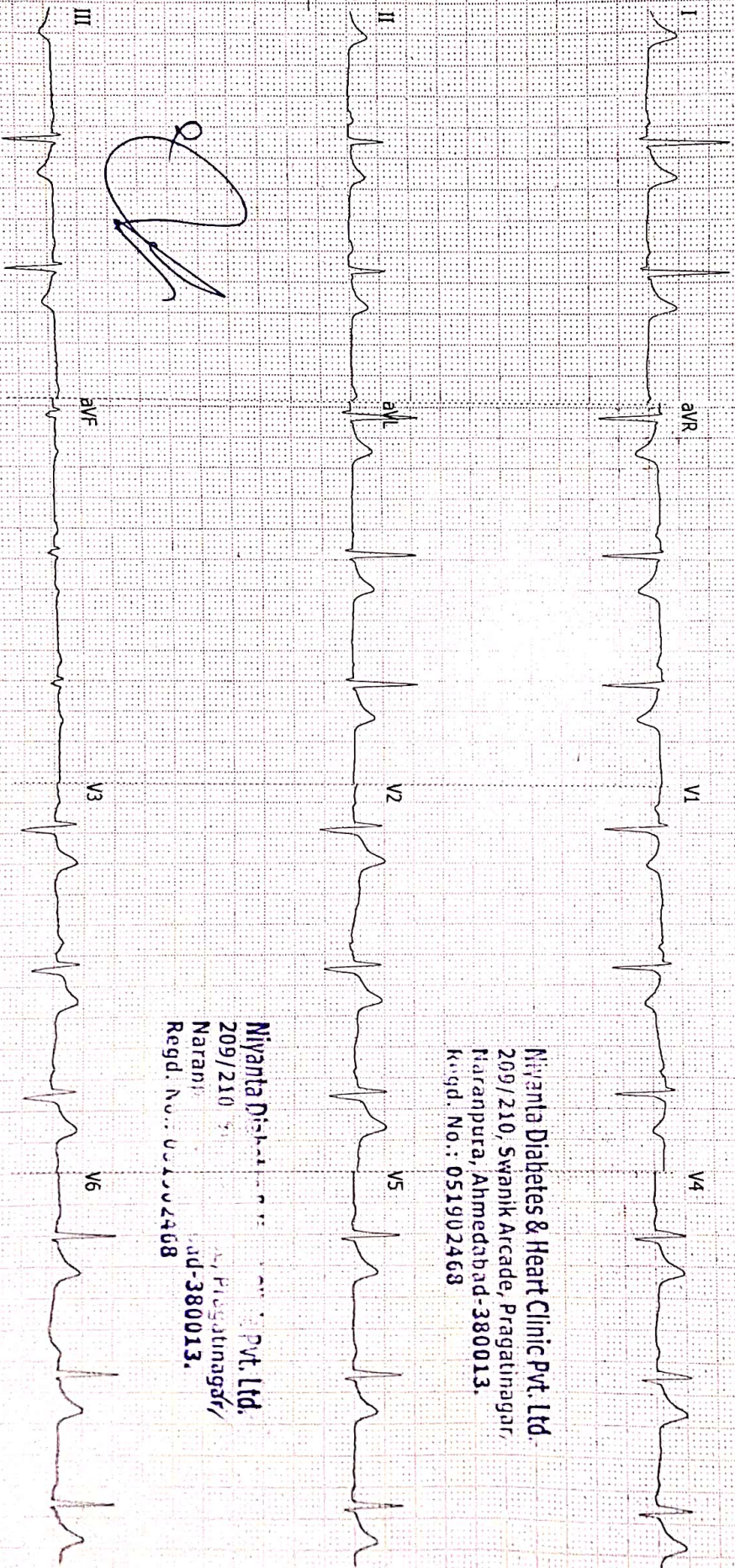
Age: 33yrs

Sex:

Hospital:

Department:

0.67Hz - 35Hz AC 50Hz 25 mm/s 10 mm/mv



HR	67 bpm
PR	156 ms
QRS	94 ms
QT/QTc	348/366 ms
P/QRS/T	56/1/6 deg
RV5/SV1	0.791/-0.859 mV
RV5+SV1	1.650 mV

<< Analysis Result >>
 ** normal ECG **
 Sinus rhythm

Dr. Maulik K. Kinariwala
 (M.D. (Medicine), PGDDM(UK))
 Regd. No.: G - 14926
Niyanta Diabetes & Heart Clinic Pvt. Ltd
 Need to be confirmed by doctor.

Handwritten signature

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 Regd. No.: 051902468

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 Regd. No.: 051902468

NAME: UMESHKUMAR YADAV	AGE YRS/ MALE
REF BY :	DATE: 12/04/2023

INVESTIGATION: X-RAY CHEST - PA VIEW

Both lung fields show prominent broncho-vascular markings, more in lower zones

No Koch's consolidation or pleural effusion is seen on either side.

Cardiac shadow appears normal.

Diaphragm and rib cage appear normal.

IMPRESSION: -

NORMAL X RAY CHEST PA VIEW

Dr. Jay Parikh

(M.S., Radiologist)

Regd. No. : G - 20251



Niyanta Diabetes & Heart Clinic Pvt. Ltd.

DR JAY PARIKH

CONSULTANT RADIOLOGIST

Niyanta Diabetes & Heart Clinic Pvt. Ltd.

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Emergency : 079 27499835 / +91 9904290525  niyantadiabetes@gmail.com  www.niyantadiabetes.com

R

UMESHKUMAR YADAV AGE-33 Male Pat. ID.

Chest PA

REF DR:

12-04-2023 9:01:16 AM

NIYANTA DIABETES & METABOLIC CLINIC, AHMEDABAD

Save as New

Worklist

Examination

Editing

Niyanta Diabetes & Heart Clinic Pvt. Ltd.
209/210, Swanik Arcade, Pragatinagar,
Naranpura, Ahmedabad-380013.
Regd. No.: 051902468

Scanned with OKEN Scanner

NAME: UMESHKUMAR YADAV	DATE: 12 / 04 /2023
AGE: 33 YEARS SEX: Male	REF.DR. ARCOFEMI

INVESTIGATION : USG ABDOMEN & PELVIS

LIVER appears 20.0cm in size and shows normal echopattern. No evidence of focal mass lesion. No evidence of dilated intrahepatic biliary radicals noted. Portal vein and hepatic veins are unremarkable. Common bile duct appears normal.

GALL BLADDER appears normal distended. No cholecystitis.

PANCREAS appears normal in size and echopattern.

SPLEEN appears 15.0cm in size and normal echopattern. No evidence of mass lesion seen.

KIDENYS:

Both kidneys appear normal in size, shape and position. No evidence of mass lesion or hydronephrosis seen on either side. Both Kidneys show normal cortical echogenicity well preserved cortico-medullary differentiation.

Left renal mid calyx 5.0mm size calculus seen .

URINARY BLADDER is partially distended. No evidence of vesical mass or calculus is seen.

Prostate appears normal size and normal echopattern.

Small and large bowel loops are unremarkable.

No evidence of ascites or lymphadenopathy is seen.


IMPRESSION:-

=Moderate hepatosplenomegaly .

=Left renal mid calyx 5.0mm size calculus seen .

Dr. Jay Parikh
(M.S., Radiologist)



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Niyanta Diabetes & Heart Clinic Pvt. Ltd,

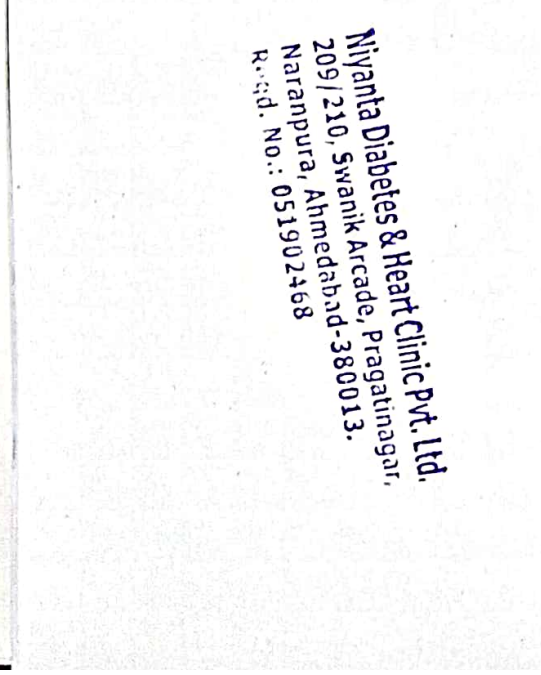
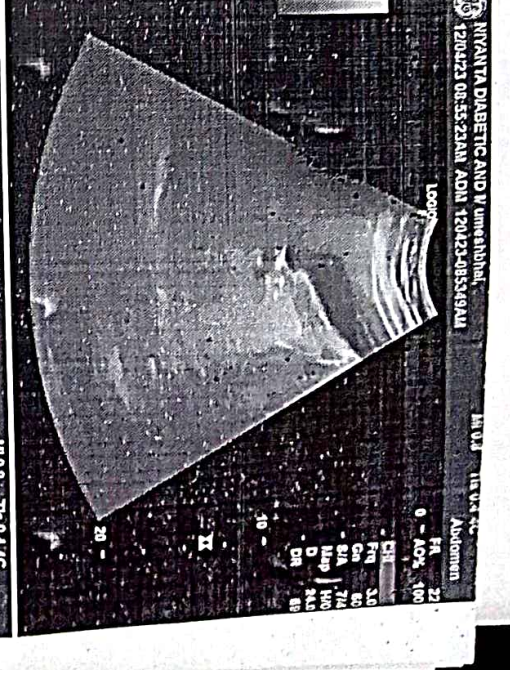
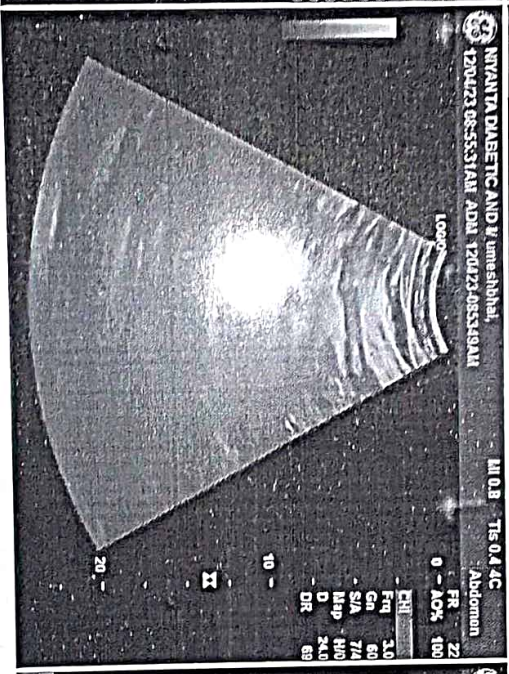
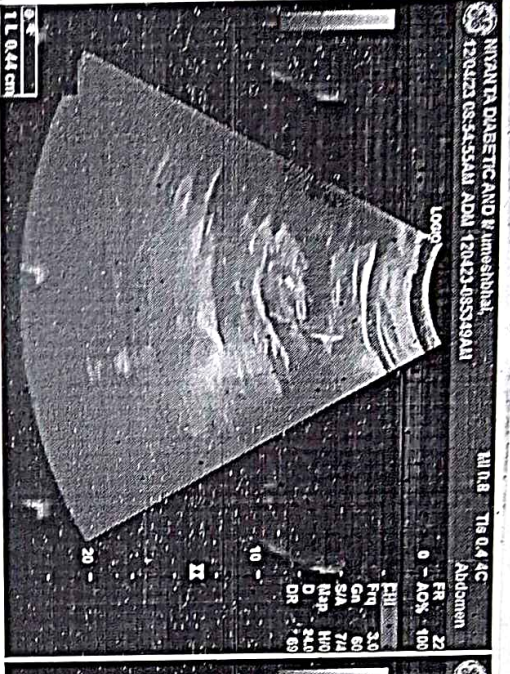
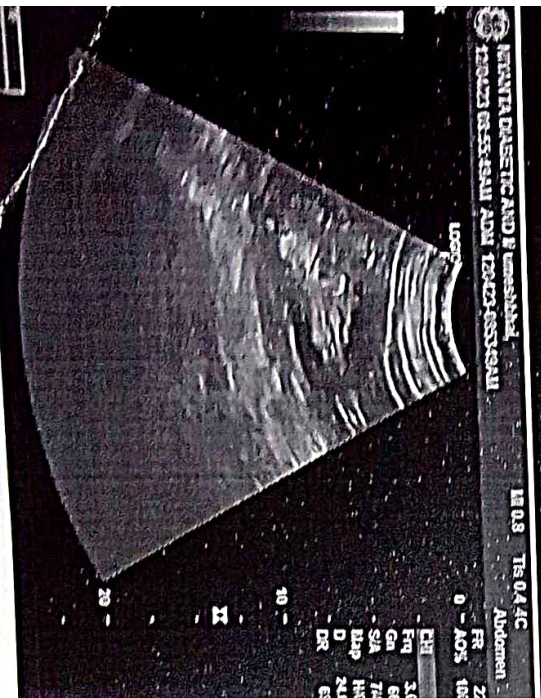
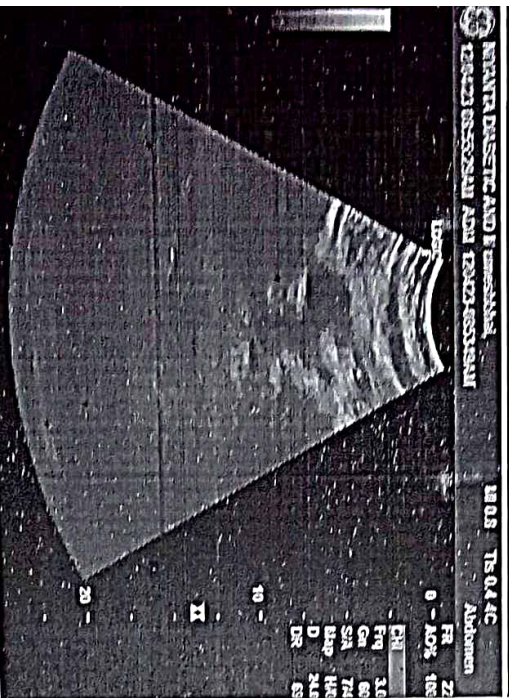
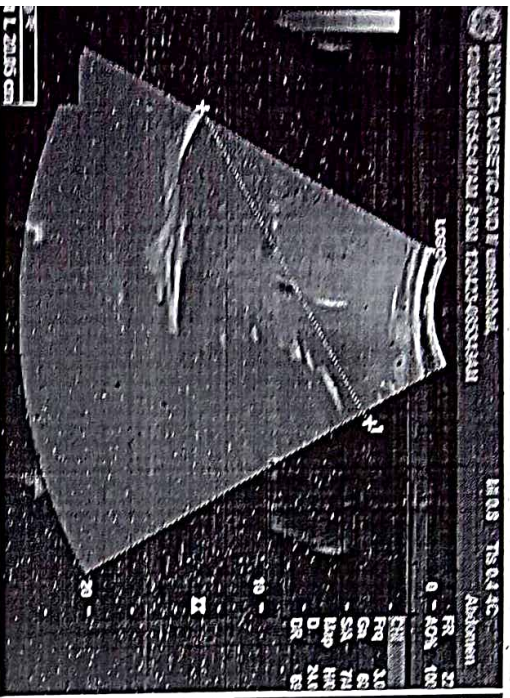

Dr. JAY PARIKH

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 Regd. No.: 051902468

INVESTIGATION: 2D ECHO CARDIOGRAPHY

PATIENT NAME: UMESH KUMAR YADAV

AGE/SEX: 33 YRS/MALE

REF. Dr. : ARCOFEMI MEDIWHEEL

DATE: 12/04/2023

<u>MITRAL VALVE</u>	PROLAPSE	<u>LEFT VENTRICLE</u>	
PROLAPSE	BOTH LEAFLETS	LVID DIASTOLE	46 MM
AREA	NORMAL	LVID SYSTOLIC	32 MM
<u>AORTIC VALVE</u>	NORMAL	<u>EJECTION FRECTION</u>	62 %
ROOT SIZE	32	IVS	10 MM
LA SIZE	38	LVPW	09 MM
<u>PULMONARY VALVE</u>	NORMAL	<u>TRICUSPID VALVE</u>	NORMAL

DOPPLER STUDY:-

	MITRAL VALVE	AORTIC VALVE	PULMONARY VALVE	TRICUSPID VALVE
PEAK VELOCITY m/sec	1.00	1.00	1.00	0.69
PEAK GRADIENT mm hg	4.00	4.00	4.00	2.00
REGURGITATION	TRIVIAL	NIL	NIL	TRIVIAL

FINAL IMPRESSION:

MITRAL VALVE PROLAPSE (BOTH LEAFLETS)


NORMAL RA, RV, LA, LV

GOOD LV SFUNCTION (LVEF=62%)

TRIVIAL MR, TR, NORMAL LV COMPLICNACE

NO SIGNIFICANT PAH (RVSP = 30 MMHG)

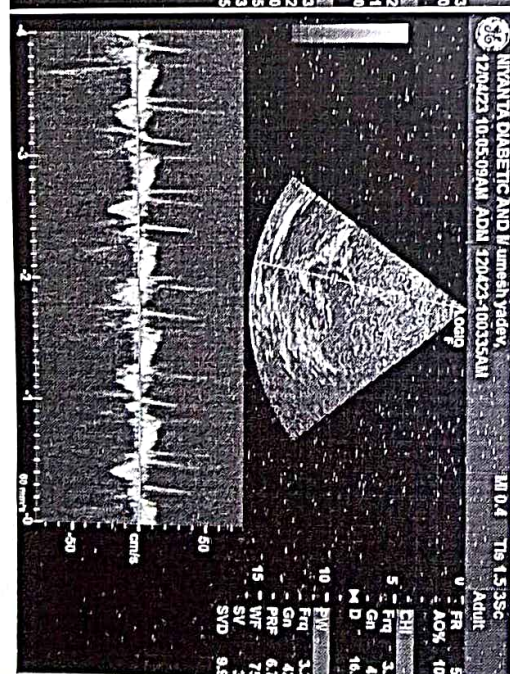
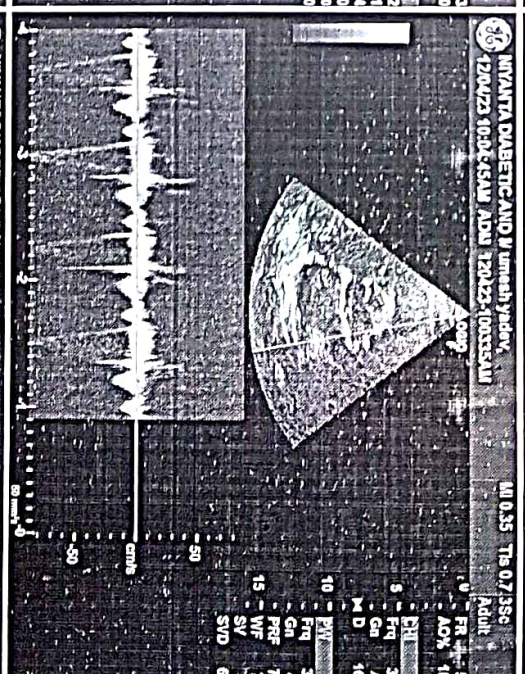
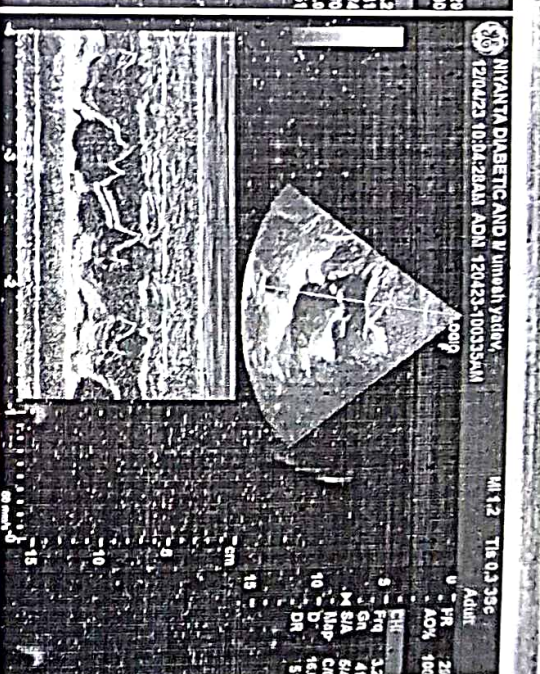
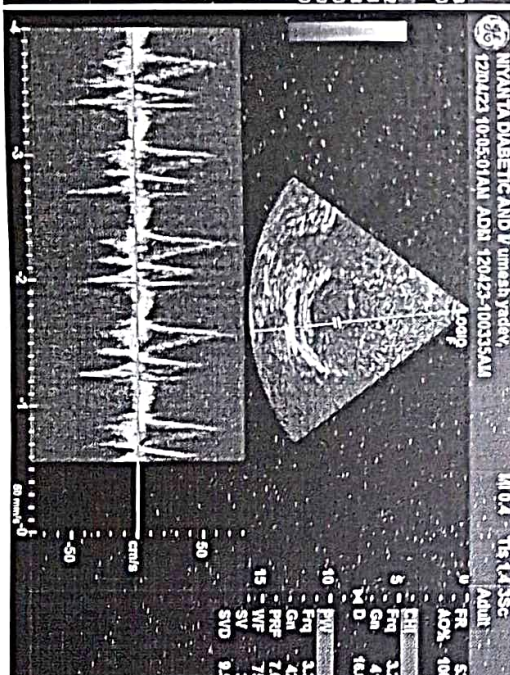
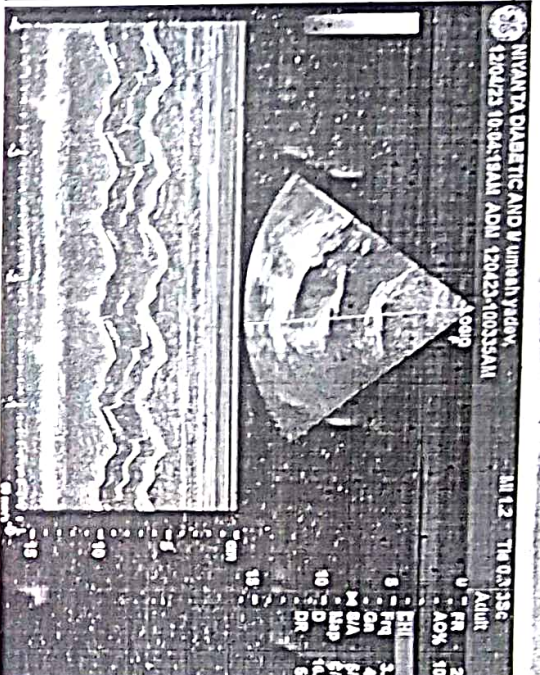
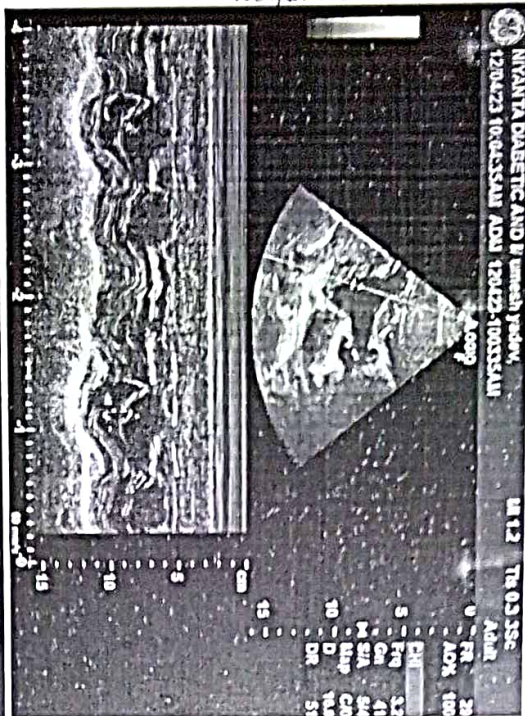
NO CLOT, VEGETATION, PE.


Dr. Rasesh A. Pothiwala
M.D., DNB (Cardiologist)
Regd. No. : G-25943
MD, DNB CARDIO
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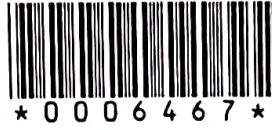
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Dr. Jitendra N. Nayak
M.D. (Path)

Dr. Janak M. Thakkar
M.B.D.C.P. (Path)

Niyanta  Pathology
Laboratory



PATIENT'S NAME : UMESHKUMAR YADAV
AGE/SEX : 33 Years/Male
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED
LOCATION : NIYANTA DIABETIC & METABOLIC CLINIC
LAB. NO : NY-161-23
SAMPLE NO : 6467
DATE/TIME : 12/04/2023\08:35
PT ID :

COMPLETE BLOOD COUNT

(PERFORM BY FULLY AUTOMATED SYSMAX-XP 100 CELL COUNTER)

Sample Type: EDTA


Test Name	Result	Units	Biological Reference Interval	
Blood Counts				
Haemoglobin :	15.50	Gms%	13.5 - 18.0	
Total R.B.C. :	5.14	mill/c.mm	4.7 - 6.0	
Total W. B. C. :	7300	/cu mm	4000 - 11000	
Platelet Count :	259000	/cu.mm	1,50,000 - 4,50,000	
Differential Count				
	%	Expected Value	(Absolute Count/uL)	
Neutrophils :	53	50 - 60	3869	1600 - 7000
Lymphocytes :	35	20 - 40	2555	1000-4000
Eosinophils :	05	1 - 4	365	40 - 400
Monocytes :	07	2 - 6	511	200 - 1000
Basophils :	00	0 - 01	00	0 - 100
Blood Indices				
P. C. V :	43.80	%	42 - 52	
M. C. V. :	85.20	fl	78 - 100	
M.C.H :	30.20	pg	27 - 32	
M. C. H. C :	35.40	%	32 - 36	
R.D.W :	13.70	%	11.5 - 14.0	

Peripheral smear study

RBC's : R.B.C -Normocytic Normochromic.
WBC's : W.B.C -Normal in Number & DC As Given Above.
Platelets : Platelets are Adequate and Normal in Morphology.
PS FOR MP : No Any Blood Parasites seen.

..... End Of Report

Dr. Jitendra N. Nayak
(M.D., Pathologist)
Regd. No. : G - 14786
Niyanta Diabetes & Heart Clinic Pvt. Ltd.
DR. JITENDRA NAYAK
M.D.(PATH)


DR. JANAK THAKKAR
M.B.DCP (PATH)

Niyanta Diabetes & Heart Clinic Pvt. Ltd.
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Naranpura, Ahmedabad - 380013. Ltd.
Regd. No.: 051902468
Niyanta Diabetes & Heart Clinic Pvt. Ltd.
Regd. No.: 051902468

Pathologist

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PATIENT'S NAME : UMESHKUMAR YADAV LAB. NO : NY-161-23
AGE/SEX : 33 Years/Male SAMPLE NO : 6467
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED DATE/TIME : 12/04/2023\08:35
LOCATION : NIYANTA DIABETIC & METABOLIC CLINIC PT ID :

BIOCHEMISTRY

(DONE ON EM 200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample: Serum/Plasma

Test Name	Result	Units	Biological Reference Interval
Urea METHOD: Urease-GLDH	:17.6	mg/dL	12.6 - 42.6
Creatinine METHOD: Jaffe's Buffewr Kinetic	:0.92	mg/dL	0.7 - 1.4
BUN METHOD: UREASE ENZ	:8.22	mg/dL	7.94 - 20.1
S.G.P.T IFCC WITH PYRIDOXAL PHOSPHATE ACTIVATION	: <u>117.1</u>	U/L	0 - 40
S.G.O.T IFCC WITH PYRIDOXAL PHOSPHATE ACTICATION	: <u>93.7</u>	U/L	0-45
Alkaline Phosphatase METHOD: PNPP-AMP (IFCC), KINETIC ASSAY	: 67.1	U/L	30-120
Bilirubin - Total METHOD: DIAZO	:0.68	mg/dL	0.2 - 1.3
Bilirubin - Direct METHOD: DIAZO	:0.30	mg/dL	0 - 0.6
Bilirubin - Indirect METHOD: CALCULATED	:0.38	mg/dL	0.1 - 0.4
Total Protein METHOD: BIURET	:8.15	gm/dL	6.3 - 8.2
Albumin METHOD: BCG	:4.64	gm/dL	3.5 - 5.0
Globulin METHOD: CALCULATED	: <u>3.51</u>	gm/dL	1.9 - 3.5
Albumin/Globulin Ratio METHOD: CALCULATED	:1.32		0.9 - 2.9
ELECTROLYTE METHOD: ISE DIRECT			
Sodium	:141	mmol/L	137 - 145
Pottasium	:4.1	mmol/L	3.5-5.5
Chloride	:106	mmol/L	98 - 107
URIC ACID METHOD: URICASE	:6.9	mg/dL	3.4-7.0

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..... End Of Report Pathologist

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PATIENT'S NAME	: UMESHKUMAR YADAV	LAB. NO	: NY-161-23
AGE/SEX	: 33 Years/Male	SAMPLE NO	: 6467
REFERRED BY	: ARCOFEMI HEALTHCARE LIMITED	DATE/TIME	: 12/04/2023\08:35
LOCATION	: NIYANTA DIABETIC & METABOLIC CLINIC	PT ID	:


DR. JITENDRA NAYAK
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Dr. Jitendra N. Nayak
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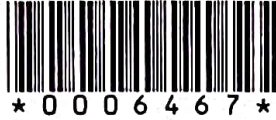
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AGE/SEX : 33 Years/Male
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LAB. NO : NY-161-23
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DATE\TIME : 12/04/2023\08:35
PT ID :

LIPID PROFILE

(DONE ON EM 200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample Type: Serum

Test Name	Result	Units	Biological Reference Interval
S. Cholesterol (CHOD-POD ENZYMATIC METHOD)	:228.1	mg / dl	Desirable level/low risk : < 200 Borderline level/moderate risk : 200-239 Elevated level/ high risk : > 240
S. Triglyceride (GPO/PAP METHOD)	: <u>170.4</u>	mg / dl	Normal : <150 Borderline high :150-199 High : 200-499 Very High:>=500
S. HDL Cholesterol (IMMUNOINHIBITION)	:41.6	mg / dl	Low (High Risk) : <40 High (Low Risk) : >60
S. LDL Cholesterol (Direct)	: <u>152.42</u>	mg / dl	Optimal : <100 Near Optimal : 100-129 Borderline High : 130-159 High :160-189 Very High:> 190
S. VLDL Cholesterol (CALCULATED)	: <u>34.08</u>	mg / dl	Upto 34
Total Lipids (CALCULATED)	: <u>826.6</u>	mg / dl	400 - 1000
Chol./HDL Ratio (CALCULATED)	:5.48		0-5
LDL/HDL Ratio (CALCULATED)	: <u>3.66</u>		1-3.5

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..... End Of Report

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AGE/SEX : 33 Years/Male
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED
LOCATION : NIYANTA DIABETIC & METABOLIC CLINIC
LAB. NO : NY-161-23
SAMPLE NO : 6467
DATE\TIME : 12/04/2023\08:35
PT ID :

HbA1C REPORT
(BY HPLC)

Test Name	Result	Units	Biological Reference Interval
HbA1C :	7.0	%	Non Diabetic Level : < 5.7 % Pre Diabetic : 5.7-6.4 % Diabetes : > (=)6.5% ADA Target for Diabetic Patient : 7.0 %
Estimated Average Glucose: (eAG)	154.2	mg/dl	

THYROID FUNCTION
(CLIA METHOD)

Sample Type:SERUM


Test Name	Result	Units	Biological Reference Interval
SERUM T3 :	1.40	ng/ml	0.6-1.81
SERUM T4 :	8.3	ug/dl	3.2-12.6
SERUM TSH :	4.57	μIU/mL	[2 to 12 Years 0.64 - 6.27] [12 to 18 Years 0.51 - 4.94] [> 18 Years 0.35 - 5.5]


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PATIENT'S NAME : UMESHKUMAR YADAV
AGE/SEX : 33 Years/Male
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED
LOCATION : NIYANTA DIABETIC & METABOLIC CLINIC
LAB. NO : NY-161-23
SAMPLE NO : 6467
DATE\TIME : 12/04/2023\08:35
PT ID :

E.S.R.(Westergren Method)

Sample Type: EDTA

Test Name	Result	Units	Biological Reference Interval
After one hour :	<u>08</u>	mm	[M: 1 - 7 / F: 3 - 12]

BLOOD GROUP

Sample Type: EDTA


Test Name	Result
ABO SYSTEM :	" A "
RH Typing :	POSITIVE


LIVER FUNCTION TEST

Sample Type: Serum

Test Name	Result	Units	Biological Reference Interval
G.G.T :	<u>136.5</u>	U/L	F :5-32 M 10-45

..... End Of Report


DR. JITENDRA NAYAK
M.D.(PATH)


DR. JANAK THAKKAR
M.B.DCP (PATH)

Niyanta Diabetes & Heart Clinic Pvt. Ltd.
209/210, Swanik Arcade, Pragatinagar,
Naranpura, Ahmedabad-380013.
Regd. No.: 051902468

Dr. Jitendra N. Nayak
(M.D., Pathologist)
Regd. No. : G - 14786
Niyanta Diabetes & Heart Clinic Pvt. Ltd.

Pathologist

Manage by Spandan Pathology Laboratory • Home Collection Facilities Available

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PATIENT'S NAME : UMESHKUMAR YADAV LAB. NO : NY-161-23
AGE/SEX : 33 Years/Male SAMPLE NO : 6467
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED DATE/TIME : 12/04/2023\08:35
LOCATION : NIYANTA DIABETIC & METABOLIC CLINIC PT ID :

URINE ANALYSIS

Sample Type: Urine

Test Name	Result	Units	Biological Reference Interval
<u>Physical Examination</u>			
Colour :	Pale Yellow		
Transparency :	Clear		
<u>Chemical Examination</u> (BY MISSION(ACON) U120 SMART AUTOMATED URINALYSIS)			
Specific Gravity :	1.030		
PH :	5.5		
Protein :	<u>Present (Trace)</u>		
Sugar :	NIL		
Ketone :	ABSENT		
Bile Salts :	Absent		
Bile Pigments :	Absent		
Urobilogen :	ABSENT		
Nitrites :	ABSENT		
<u>Microscopic Examination</u> (AFTER CENTRIFUGING AT 2000 RPM FOR 10 MINS)			
Red blood Cells :	NIL	/HPF	
Pus Cells :	2-3	/HPF	
Epithelial Cells :	2-3	/HPF	
Amorphous :	ABSENT		
Bacteria :	ABSENT		
Crystals :	ABSENT		
Casts :	ABSENT	/LPF	
Fungus :	Absent		

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(M.D., Pathologist)
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Niyanta Diabetes & Heart Clinic Pvt. Ltd.

DR. JITENDRA NAYAK
M.D.(PATH)

..... End Of Report

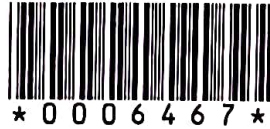
DR. JANAK THAKKAR
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PATIENT'S NAME : UMESHKUMAR YADAV
AGE/SEX : 33 Years/Male
REFERRED BY : ARCOFEMI HEALTHCARE LIMITED
LOCATION : NIYANTA DIABETIC & METABOLIC CLINIC
LAB. NO : NY-161-23
SAMPLE NO : 6467
DATE/TIME : 12/04/2023\08:35
PT ID :


BLOOD(PLASMA) GLUCOSE
(GOD-POD METHOD)

(DONE ON EM200 FULLY AUTOMATED BIOCHEMISTRY ANALYSER)

Sample Type: Serum/Plasma

Test Name	Result	Units	Biological Reference Interval
Fasting(FBS)			
Blood Glucose :	<u>117.2</u>	MG/DL	70 - 110
Post Prandial (PP2BS)			
Post Prandial Blood Glucose After 2HRS. :	<u>187.1</u>	MG/DL	80-140

..... End Of Report


DR. JITENDRA NAYAK
M.D.(PATH)


DR. JANAK THAKKAR
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Regd. No.: 051902468

Dr. Jitendra N. Nayak
(M.D., Pathologist)
Regd. No. : G - 14786
Niyanta Diabetes & Heart Clinic Pvt. Ltd.

Pathologist

Umesh Kumar Yadan.

12 | 4 | 23.

No Fresh Complaints,

No Any Medical Past History,

Family history: Mother - D.M.,

Habit: Drink, once in week,

Reports Received,

Recently detected Diabetes Mellitus - II + Dyslipidemia

T - 98.3 F

P - 70/min.

BP - 140/90 mmHg.

RI
US
US } NAD

PIA - (E) soft


WT - 100.4 kg

Height - 178 cm.

HBA1c - 7.0.



LDL - 150.

USG - left Renal calculus.


Dr. Maulik K. Kinariwala
(M.D. (Medicine), PGDDM (UK))
Regd. No. : G - 14926
Niyanta Diabetes & Heart Clinic Pvt. Ltd

Niyanta Diabetes & Heart Clinic Pvt. Ltd.

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Emergency : 079 27499835 / +91 9904290525  niyantadiabetes@gmail.com  www.niyantadiabetes.com



**AHMEDABAD
DENTAL**

610, Swanik Arcade, Opp. Arjun Green, Pragatinagar,
Naranpura, Ahmedabad, Gujarat 380013
Ph.: 9879994844, 9725368282
Web : www.ahmedabadental.com

Name : YADAV UMESH KUMAR Date : 12/04/23
Mobile No. : 9455136414 Case No. : 943
Email : umesh.yadav@bankofbaroda.com Birth Date : 05/01/1990
Occupation : Manager at Bank of Baroda
Address : Sattadhar Nagar, Vaspu
Medical History : NAG

Consent Statement :

I hereby authorize and request the performance of dental services for Myself. I also give my consent to any advisable and necessary dental procedures, medications or anaesthetics to be administered by the attending dentist. I completely understand the complications and risks associated with the same. I understand and acknowledge that I am Financially responsible for service provided for my self of the above mentioned.

હું ડોક્ટરને દાંત પાડવાની/સર્જરી/દાંતની તમામ સારવાર અને તે માટે જરૂરી શીશી સૂંઘાડવાની/ઇન્જેક્શન આપી બહેરૂ કરાવાની અને દવા આપવાની સંમતિ આપુ છું. મેં ડોક્ટર સાહેબને મારી બિમારીને લગતી તમામ સાચી માહિતી આપી છે અને ડોક્ટર સાહેબે સારવાર અંગેના તમામ સાચા/ખોટા પરિણામોની મને મારી ભાષામાં જાણકારી આપી છે. સારવાર દરમ્યાન જે મને કાંઈપણ થાય અને સારવાર ના ખર્ચાની સંપૂર્ણ જવાબદારી મારી રહેશે તે અંગે ડોક્ટર/હોસ્પિટલ/સ્ટાફ/સંસ્થા જવાબદારી રહેશે નહિ.

Signature, (In case of minor) Signature of Guardian

Chief Complaints : Regular check-up.

Examination	Treatment Required
<p>→ Steirion L 1 & Cervix 1. 1.</p> <p>→ Impulse <u>81</u> <u>81</u></p>	<p>→ Same polishing</p> <p>→ hygiene maintenance & follow up <u>81</u> <u>81</u></p> <p>Nivanta Diabetes & Heart Clinic Pvt. Ltd. 205/210 Swanik Arcade, Pragatinagar, Naranpura, Ahmedabad-380013. Ph : 9879994844</p>

• Interest in recall at : 3 months 6 months

Diet Plan - 15.2

Date : 12/4/23

Name : Umeshkumar

Age : 33y/F

Height : _____ Weight : _____ B.M.I. : _____

Activity Level : _____ Recommended Calories : 1500 K.Cal APP,

SRD, LFD, HPD,
Fibre Rich Low
Carbs diet

સવારે (Early Morning)

નવશેકું પાણી / ગ્રીન જ્યુશ, મેથીનું પાણી 1 ગ્લાસ.

7:00 નાસ્તો (Break Fast) ^{Cup}

ચા / દુધ / કોફી 1 કપ (ખાંસ વગર), વેજ. ઉપમા / ખાખરા,
મીઠા વેજીટેબલ પરાઠા નંગ (ચણા/મગ), પુડલા

^{Sprouts / UPma}

(Avoid
sugar, Jaggery)

10:00 મોડી સવારે (Mid Morning)

ફ્રુટ / વેજ. સુપ / લીબુનું પાણી

^{Fruit} Orange / Apple.

2:00 બપોરે જમવાનું (Lunch)

સલાસ 1 બાઉલ, શાકભાજી 1 વાટકી, દાળ કે કઠોળ 1 વાટકી,
રોટલી 1 નંગ, છાશ 1 ગ્લાસ (200ml.), ચાઈવું, દહી
Plain Roti B.milk.

^{Deal}

4:30 બપોરે (Tea Time)

ગ્રીન ટી / દુધ / કોફી / ચા 1 કપ, શેકેલા પૌઆ / શેકેલા ચણા / મખાના

^{Green Tea}

^{Roasted chana.}

6:00 રાત્રે (Dinner)

સુપ 1 બોલ, બાફીને કટ્ટેલ શાકભાજી 1 વાટકી, કટો / દહી / છાશ /
દુધ 1 વાટકી, રોટલી 2 નંગ, વેજ. ખીચડી / કોદરી / મલ્ટીગ્રેઈન દલીયા

^{Veg. 2 Bowl}

10:30 રાત્રે (Bed Time)

દુધ 1 ગ્લાસ (200ml., ખાંસ વગર), શેકેલા ચણા / મખાના

^{Cup}
Tanned milk.

Special Recommendations :

Niyanta Diabetes & Heart Clinic Pvt Ltd.

207, Swank Arcade, Pragatinagar,

Nandivada, Ahmedabad-380013.

Regd. No.: 051902468

NIYANTA DIABETES & HEART CLINIC


भारत सरकार
GOVERNMENT OF INDIA



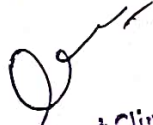
उमेश कुमार यादव
Umesh Kumar Yadav

जन्म वर्ष / Year of Birth : 1990
पुरुष / Male




7317 0718 8966

आधार — आम आदमी का अधिकार



Niyanta Diabetes & Heart Clinic Pvt. Ltd.
 25/4/0, Swanik Arcade, Pragatinagar,
 Karampura, Ahmedabad-380013.
 Regd. No.: 051902468



 12/04/2023



भारतीय विशिष्ट पहचान प्राधिकरण
UNIQUE IDENTIFICATION AUTHORITY OF INDIA


पता: S/O शारदा प्रसाद यादव, 1/596
 विशाल खंड-1, गोमती नगर, गोमतीनगर,
 लखनऊ, उत्तर प्रदेश, 226010

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Dr. Maulik K. Kinariwala
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 Regd. No. : G-1447
Niyanta Diabetes & Heart Clinic Pvt. Ltd.



GPS Map Camera

Ahmedabad, Gujarat, India

Nirnay Nagar, Ahmedabad, Gujarat

380081, India

Lat 23.068376°

Long 72.552581°

12/04/23 10:54 AM GMT +05:30



Niyanta Diabetes & Heart Clinic Pvt. Ltd.
 209/210, 5th Floor, Pragatinagar,
 Hazratpura, Ahmedabad-380013,
 Gujarat, India