



Token No.

Name: Mrs. Raizada Esha		Age: 36	Sex: Male <input type="checkbox"/> Female <input checked="" type="checkbox"/>	
BMI: 25.6	Height: 150 cm		Weight: 63kg	
Fasting RBS 128mg/dl -				
Required Initial Assessment:			Date: 24/02/2024 Time: am/pm	
Pulse: 80	B.P.: 120/80	Temp.: 97.2F	Resp.:	SPO2: 98%
Significant Past History			Drug Allergy (If Any)	

Pain Grade

Provisional Diagnosis

M/O Notal Mordidje & OP/OW x 1/2 month
- Some time esp. v. v. v.
no added opus
✓ ✓

Symptoms / History / Examination

(Include Gynae/Obs. / Vaccination History)

Treatment Advised (Medicine / Dose / Frequency / Instructions)

Investigations Advised / Assessed :

Adm
→ NCCET PNS $\left\{ \begin{array}{l} \text{Coronary} \\ \text{Approved} \end{array} \right.$

Special Instructions :

Nutritional Assessment:

Small and frequent meal
Plenty of water 2-3L

Name / Signature of Doctor

Regd. No.

Follow up on _____ at _____ am/pm in OPD No. _____ Sign. _____ Out Time:

ON PANEL BSNL, ECHS & CGHS

Email: medicheckgroup1@gmail.com | Website: www.medicheckhospital.in





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Mrs. Esha Rajyada

24-2-24

no white discharge
off 2m

MIL → 11 yr

P, L, A, O

♀ 6yr FTLs

LMP → 10-2-24

PIA → (S)

NO G / T / R

PIs → Os patulous

white discharge

(+) (+)

(S) Patulous

No erosion

NO foul, smelly

+

white discharge (+)

Pap smears taken

PIV → UT MS / AV

for pain

• Liqui Pap

HPV DNA

(3yr) Neg

inj. Cervarix

Gt / Herb / Linc

1/1/10

→ 9-11-2 dose

14-15-3 dose

Counseling

E. Rajyada

ON PANEL BSNL, ECHS & CGHS

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Mrs. Raizada Esha
Age - 36 years / female

Height - 150 cm
Weight - 63 kg
BMI - 25.6

RDA \Rightarrow 1600 kcal / Day.

early Morning \Rightarrow 6:00
500ml - 3-4 glass - Normal.

Breakfast \Rightarrow Dalia/oats - Seed's Mix -
Coconut water
Pumpkin seed
flaxseed
sesame seed
sunflower seed
25 Almond
2 Date
1 month
Soyab

Mid meal \Rightarrow 11:30
sprouts / fruits / Coconut / Lassi / Sabu / Amla

Lunch \Rightarrow Veg -
Dahl -
1 Big Rice / Roti -
30 before -> Salad -
curd. -

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Isha
36/F

pt has come for an annual check up

MH - Not sig.

o/e - No significant findings

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OPD NO:- 2024/0257

DATE:-24/02/2024

NAME:- MRS RAIZADA ESHA

AGE:36YRS/FEMALE

Ultra Sound Whole Abdomen

Liver is normal in size, shape, position and echo texture. There is no dilatation of the intra hepatic biliary radicals seen. The hepatic veins are normal. No focal lesion is seen. CBD and portal vein are normal in caliber.

GB is not distended.

Pancreas is normal in size, shape and echo texture.

Spleen is normal in shape and echotexture. The splenic vein is normal.

Kidneys are normal in size, shape, position and echotexture. The cortico-medullary is maintained. No hydronephrosis.No Calculus.

Small gut loops prominent.

There is no free fluid/ lymphadenopathy seen.
The Aorta and IVC are Normal.

Urinary bladder is not distended.

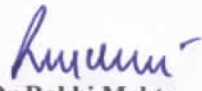
Impression: SMALL GUTS LOOPS ARE PROMINENT

ADV: CECT/NCCT W/A.

Suggest: Clinico – pathological correlation.

In case of any discrepancy due to typing error, kindly get it rectified immediately.

Dr Ranjeeta Gupta.
Consultant OBS & GYN Ultrasonologist
Diploma in Reproductive Medicine &
Embryology Advance Fertility & IVF Training
From U.K & Germany
HN: 3365


Dr Rakhi Mehta
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LAB REPORT

Date	24/02/2024	IPD	
Name	Mrs. RAIZADA ESHA	Srl No.	3
Ref. By	MEDICHECK HOSPITAL	Age	36 Yrs.
Sample	EDTA Blood	Gender	Female

HAEMATOLOGY

Test Name	Result	Unit	Normal Value
<u>COMPLETE BLOOD COUNT (CBC)</u>			
HAEMOGLOBIN (Hb)	10.2	gm/dl	12.0 - 16.0
TOTAL LEUCOCYTE COUNT (TLC)	7,100	/cumm	4000 - 11000
<u>DIFFERENTIAL LEUCOCYTE COUNT (DLC)</u>			
NEUTROPHIL	60	%	40 - 70
LYMPHOCYTE	32	%	20 - 45
EOSINOPHIL	01	%	0 - 06
MONOCYTE	07	%	0 - 10
BASOPHIL	00	%	0 - 02
ESR (WESTEGREN'S METHOD)	36	mm/1st hr.	0 - 20
R B C COUNT	3.88	Millions/cmm	3.8 - 4.8
P.C.V / HAEMATOCRIT	32.2	%	35 - 45
M C V	83.0	fl.	80 - 100
M C H	26.4	Picogram	27.0 - 31.0
M C H C	31.8	gm/dl	33 - 37
PLATELET COUNT	1.90	Lac/Cmm	1.50 - 4.50

A complete blood count (CBC) is a blood test used to evaluate your overall health and detect a wide range of disorders, including anemia, infection and leukemia. A complete blood count test measures several components and features of your blood, including: Red blood cells, which carry oxygen

BLOOD GROUP ABO	"O"
RH TYPING	POSITIVE

Dr. B. C. Gupta
Dr. B. C. Gupta
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Reg. No. : HMC 3218



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LAB REPORT

Date	24/02/2024	IPD	
Name	Mrs. RAIZADA ESHA	Srl No.	3
Ref. By	MEDICHECK HOSPITAL	Age	36 Yrs.
Sample	Plain Serum, Serum	Gender	Female


LIPID PROFILE

Test Name	Result	Unit	Normal Value
TRIGLYCERIDES	75.0	mg/dL	40.0 - 150.0
TOTAL CHOLESTEROL	223.0	mg/dL	123.0 - 200.0
H D L CHOLESTEROL DIRECT	49.0	mg/dL	30.0 - 90.0
V L D L	15	mg/dL	30.0 - 50.0
L D L CHOLESTEROL DIRECT	159	mg/dL	63.4 - 100.0
TOTAL CHOLESTEROL/HDL RATIO	4.551		0.0 - 4.00
LDL / HDL CHOLESTEROL RATIO	3.245		0.00 - 3.55

KIDNEY FUNCTION TEST (KFT)

BLOOD UREA	28.2	mg /dl	10.0 - 40.0
SERUM CREATININE	0.9	mg%	0.5 - 1.3
SERUM URIC ACID	3.23	mg%	2.5 - 6.0
SODIUM	139.0	mmol/L	130.0 - 145.0
POTASSIUM	4.2	mmol/L	3.5 - 5.5

**** End Of Report ****


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LAB REPORT


Date	24/02/2024	IPD	
Name	Mrs. RAIZADA ESHA	Srl No.	3
Ref. By	MEDICHECK HOSPITAL	Age	36 Yrs.
Sample	Plain Serum, Serum	Gender	Female

LIVER FUNCTION TEST (LFT)

Test Name	Result	Unit	Normal Value
BILIRUBIN TOTAL	0.53	mg/dl	0 - 1.0
CONJUGATED (D. Bilirubin)	0.20	mg/dl	0.00 - 0.40
UNCONJUGATED (I.D.Bilirubin)	0.33	mg/dl	0.00 - 0.60
TOTAL PROTEIN	7.0	gm/dl	6.2 - 8.2
ALBUMIN	4.2	gm/dl	3.5 - 5.5
GLOBULIN	2.8	gm/dl	1.8 - 3.6
A/G RATIO	1.5		
SGOT	17.4	IU/L	10 - 40
SGPT	22.6	IU/L	10.0 - 40.0
ALKALINE PHOSPHATASE IFCC Method	92.0	U/L	50.0 - 141.0

**** End Of Report ****

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LAB REPORT


Date	24/02/2024	IPD	
Name	Mrs. RAIZADA ESHA	Sri No.	3
Ref. By	MEDICHECK HOSPITAL	Age	36 Yrs.
Sample	Plain Serum, Serum	Gender	Female

BIOCHEMISTRY

Test Name	Result	Unit	Normal Value
BLOOD SUGAR FASTING	128	mg/dl	70 - 110

**** End Of Report ****

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LAB REPORT

Date	24/02/2024	IPD	
Name	Mrs. RAIZADA ESHA	Sri No.	3
Ref. By	MEDICHECK HOSPITAL	Age	36 Yrs.
Sample	EDTA Blood	Gender	Female

HBA1C 5.3 %

EXPECTED VALUES :-

Metabolically healthy patients	=	4.8 - 5.5 % HbA1C
Good Control	=	5.5 - 6.8 % HbA1C
Fair Control	=	6.8-8.2 % HbA1C
Poor Control	=	>8.2 % HbA1C

REMARKS:-


In vitro quantitative determination of **HbA1C** in whole blood is utilized in long term monitoring of glycemia . The **HbA1C** level correlates with the mean glucose concentration prevailing in the course of the patient's recent history (approx - 8-12 weeks) and therefore provides much more reliable information for glycemia monitoring than do determinations of blood glucose or urinary glucose.

It is recommended that the determination of **HbA1C** be performed at intervals of 8-12 weeks during Diabetes Mellitus therapy.

Results of **HbA1C** should be assessed in conjunction with the patient's medical history, clinical examinations and other findings.

**** End Of Report ****

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LAB REPORT

Date	24/02/2024	IPD	
Name	Mrs. RAIZADA ESHA	Srl No.	3
Ref. By	MEDICHECK HOSPITAL	Age	36 Yrs.
Sample	Serum	Gender	Female

IMMUNOLOGY

Test Name	Result	Unit	Normal Value
FT3 Chemiluminescence	4.96	pmol/l	4.0 - 8.3
FT4 Chemiluminescence	13.24	pmol/l	10.6 - 19.4
TSH Chemiluminescence	3.27	uIU/ml	0.35 - 5.50

REFERENCE RANGE


PAEDIATRIC AGE GROUP

BIOLOGICAL REFERENCE VALUE FOR TSH

0-3 DAYS	1-20	ulu/ ml
3-30 DAYS	0.5 - 6.5	ulu/ml
1 MONTH -5 MONTHS	0.5 - 6.0	ulu/ml
6 MONTHS- 18 YEARS	0.5 - 4.5	ulu/ml
<u>ADULTS</u>	0.35 - 5.50	ulu/ml

Note: TSH levels are subject to circadian variation, rising several hours before the onset of sleep, reaching peak levels between 11 pm to 6 am. Nadir concentrations are observed during the afternoon. Diurnal variation in TSH level approximates $\pm 50\%$, hence time of the day has influence on the measured serum TSH concentration.

**** End Of Report ****


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LAB REPORT

Date	24/02/2024	IPD	
Name	Mrs. RAIZADA ESHA	Srl No.	3
Ref. By	MEDICHECK HOSPITAL	Age	36 Yrs.
Sample	Urine	Gender	Female

URINE EXAMINATION TEST

Test Name	Result	Unit	Normal Value
URINE EXAMINATION			
PHYSICAL EXAMINATION			
QUANTITY	10	ml.	
COLOUR	PALE YELLOW		
TRANSPARENCY	CLEAR		
SPECIFIC GRAVITY	1.020		
PH	6.0		
CHEMICAL EXAMINATION			
ALBUMIN	NIL		
REDUCING SUGAR	NIL		
MICROSCOPIC EXAMINATION			
PUS CELLS	4-6	/HPF	
RBC'S	NIL	/HPF	
CASTS	NIL		
CRYSTALS	NIL		
EPITHELIAL CELLS	3-4	/HPF	
BACTERIA	NIL		
OTHERS	NIL		

**** End Of Report ****

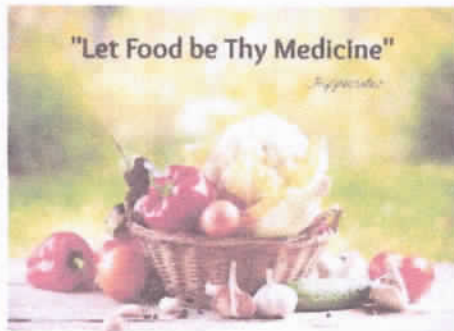
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GENERAL RECOMMENDATIONS

- **Avoid overeating or binging in between meals.**
- **Eat your food slowly in peaceful environment.**
- **Choose whole grains**
- **Add besan, chana, jowar, ragi, jau, soyabean with wheat flour to add protein, fiber .**
- **Add raw salads for fiber intake in your diet**
- **Drink 2-3 liters of water or as advice by doctor.**
- **Have early & lite dinner. It should be taken 2 hours before sleeping.**
- **Use multigrain or wheat made products like pasta, pizza, vermicelli, breads.**
- **Add milk and its products and milk preprations to add calcium in your diet**
- **Take whole egg with yolk to add vitamin d and iron in your diet**
- **Add green leafy vegetables to add minerals and iron in your diet**
- **Avoid too much coffee & tea.**
- **Do not take tea and coffee just after meals it will make your nutrition loss**
- **Add whole fruits to add vitamins and fiber in your diet instead of juices**
- **Use fresh juices and coconut water instaed of packed**
- **Use desi ghee for food preprations to add good fatty acids in your diet**
- **Use makhana, roasted chana, mix seeds and nuts like flaxseeds , pumpkin seeds, sesame and sunflower seeds, almonds, walnuts, rice flakes roasted , pistachios, cashews as a snack instaed of packed chips and namkeens .**

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Reduce the intake of packed foods which have high content of salt, sugar & fat.

- **Avoid too much of sugary beverages like milk shakes, aerated drinks, ice tea, cold coffee(canned)**
- **Avoid too much of bakery items and refined flours like- cakes , pastries, patty, pastas, pizzas.**
- **For sugar cravings add jaggery and dates in your diet**
- **Take hand full of nuts and seeds daily**
- **Take fennel seed water and zeera water in the morning to reduce gastritis**
- **Do yoga/ running/ brisk walk regularly to maintain ideal body weight.**
- **Avoid alcohol & smoking (active& passive both).**
- **Most important be good, positive, and healthy .keep smiling and glowing.**

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REPORT

Patient Name : Mrs. ESHA RAJADA	Reg. No. : 00152402240184
Age and Sex : 36 Yrs / Female	PCC Code : PCL-HR-117
Referring Doctor : Self	Sample Drawn Date : 24-Feb-2024 02:00 PM
Referring Customer : NA	Registration Date : 24-Feb-2024 07:33 PM
Vial ID : N3573499	Report Date : 26-Feb-2024 05:56 PM
Sample Type : PAP Smear-Air Dried	Report Status : Final Report
Client Address : 1C-76 & 53 , NIT,FARIDABAD	

CYTOPATHOLOGY

Cytology -PAP -Air Dried Smear

Cytology Number	CYG-4169/2024
Specimen	Received 01 unstained smears and are stained with Pap's stain.
Clinical History	CO White discharge on and off.
Specimen Adequacy	Satisfactory for evaluation, with evidence of endocervical cellular components.
General Categorization	Negative for intraepithelial Lesion or Malignancy (NILM).
Interpretation	Negative for intraepithelial Lesion or Malignancy (NILM). There is microscopic evidence suggestive of : Reactive cellular changes associated with inflammation.
Remarks	Please correlate clinically. Follow up cervical cytology.
Note	Pap's smear examination is a screening test for cervical cancer with inherent false negative results. Slides are stored for 10 (Ten) years from the time of receipt at the laboratory. No request, for any of the above, will be entertained after the due date.

Correlate Clinically.

*** End Of Report ***



DR. NEEMA NEHRA
 MBBS; MD - PATHOLOGIST