



Ms. CHARU SHARMA (41 /F)

UHID : AHIL.0000853871

AHC No : AHILAH201306

Date : 25/03/2023

MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE



Namaste Ms. CHARU SHARMA,

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

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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.



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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

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Name : Ms. CHARU SHARMA (41 /F)

Address :

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-ABOVE40-FEMALE

Date : 25/03/2023



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Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

Thyroid disease - hypothyroidism; Since - 2012; Medication - regular; - THYRONORM 75



Drug Allergy

NO KNOWN ALLERGY :25/03/2023



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 allergies? - Yes
- Allergies - food
- Past medical history - nil significant



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APOLLO HOSPITALS

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Covid 19 - Yes

- 2022

Post detection (3 Weeks) - No

Hospitalization for Covid 19 - No

Oxygen support - No

Ventilator support - No



Surgical history

Caesarian section - 2012



Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Female - 1

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Active



Family history

Father - alive

Mother - alive

Diabetes - father

Hypertension - father,mother

Coronary artery disease - father

Cancer - maternal grandmother,maternal grandfather

Type - Stomach

Type - BLOOD

Thyroid/other endocrine disorder - father



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Physical Examination



General

General appearance - normal
 Build - normal
 Height - 158
 Weight - 67.7
 BMI - 27.12
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 72
 Rhythm - Regular
 Systolic(mm of Hg) - 109
 Diastolic(mm of Hg) - 74
 - B.P. Sitting
 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	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	10-12 /h.p.f			0-5
RBC	1-2 /h.p.f	/hpf		0-5/hpf
Epithelial Cells	1-2 /h.p.f			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	13.5	gm%	●	12-16
Packed cell volume(Calculated)	39.7	%	●	36-46
RBC COUNT (Impedance)	4.56	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	87.1	fl	●	80-100
MCH(Calculated)	29.52	pg	●	27-32
MCHC(Calculated)	33.9	%	●	31-36
RDW(Calculated)	13.2	%	●	11.5-14.5
WBC Count (Impedance)	4661	/cu mm	●	4000-11000

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



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Neutrophils	48	%	●	40-75
Lymphocytes	40	%	●	20-40
Monocytes	10	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	210500	/cu mm	●	150000-450000
MPV (Calculated)	8.2	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	10	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:	A 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	69	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	18	U/L	●	>1 year Female : <32
Total Bilirubin	0.226 *	mg/dL	●	0.300-1.200
Direct Bilirubin	0.101	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.125

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

0.61

mg/dL



Adult Female: 0.5 - 1.2

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Test Name

Result

Unit

Level

Range

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

12

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)

88

mg/dL



70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name

Result

Unit

Level

Range



Within Normal Range



Borderline High/Low



Out of Range



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Glycosylated Hemoglobin (HbA1c)

5.0

%



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.

96.80

LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	6.71	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	6.71	g/dL		6.00-8.00
ALBUMIN - SERUM	4.3	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.3	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.41			2.20-4.20
Globulin-Serum/Plasma	2.41			2.20-4.20
A/G ratio	1.78			1.00-2.00
A/G ratio	1.78			1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.2	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	128	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	1.83	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	3.3	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)	6	mg/dL	●	6-20
UREA - SERUM / PLASMA	15	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	146	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	57	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)	83	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	11		●	< 40 mg/dl
C/H RATIO	2		●	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 67.7 KG, IDEAL BODY WEIGHT 47-57 KG
- .ECG - NORMAL
- .ECHO - NORMAL
- .USG ABDOMEN - NO SIGNIFICANT ABNORMALITY
- .MAMMOGRAPHY- BIRADS-O
- .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 47-57 KG

Follow-up and Review Plan



PERIODIC BP MONITORING



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follow-up
appointments and
investigations

Printed By : MUKTA S ADALTI

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Dr. SHASHIKANT NIGAM
 Physician
 Consultant Internal Medicine
 AHC Physician (Gen. Med.)
 Apollo Hospitals International Ltd., Gandhinagar,
 Gujarat-382428, INDIA. Regd. No.: G-21861


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. CHARU SHARMA | Female | 41Yr 5Mth 20Days
UHID : AHIL.0000853871 **Patient Location:** AHC
Patient Identifier: AHILAH201306 
DRN : 5623029380 **Completed on :** 25-MAR-2023 11:47
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, Trivial TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

	LVID diastole
Measurements (mm)	

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ECHO/TMT

IMPRESSION

— END OF THE REPORT —

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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The Emergency Specialist



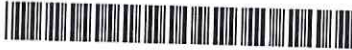
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RADIOLOGY

Patient Details : Ms. CHARU SHARMA | Female | 41Yr 5Mth 20Days
UHID : AHIL.0000853871 **Patient Location:** AHC
Patient Identifier: AHILAH201306 
DRN : 1323006239 **Completed on :** 25-MAR-2023 11:10
Ref Doctor : DR. SHASHIKANT NIGAM

MAMMOGRAPHY BOTH BREAST

FINDINGS :

Breast composition :-

Extremely 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.

However, very dense breasts without comparison studies limiting sensitivity.

Hence, comparison to previous Mammograms / Ultrasound correlation would be helpful.

OVERALL ASSESSMENT & SUGGESTION:- (BIRADS-0);

NOTE:

- The false negative rate of mammography is approximately 10%.
- Dense breast may obscure underlying neoplasm.
- Management of a palpable abnormality must be based on clinical assessment.
- If you detect a lump or any other change in your breast before your next screening mammogram, consult your doctor immediately.

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MAMMOGRAPHY BOTH BREAST

Carry the hard copy of previous mammography (if available) for comparison.

BI-RADS ASSESSMENT CATEGORIES

- BI-RADS 0: Need additional image
- BI-RADS 1: Negative
- BI-RADS 2: Benign Finding
- BI-RADS 3: Probably Benign
- BI-RADS 4: Suspicious Abnormality (4A: low, 4B intermediate, 4C moderate suspicious)
- BI-RADS 5: Highly suggestive of malignancy
- BI-RADS 6: Known malignancy

— END OF THE REPORT —

Shivani

Dr. SHIVANI GOYAL

Consultant Radiologist

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. CHARU SHARMA | Female | 41Yr 5Mth 20Days
UHID : AHIL.0000853871 **Patient Location:** AHC
Patient Identifier: AHILAH201306 
DRN : 223016964 **Completed on :** 25-MAR-2023 14:14
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.

Visualized Head and body of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 9.0 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 12 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Ms. CHARU SHARMA

AHIL.0000853871

AHILAH201306

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

NO ABNORMALITY DETECTED.

— END OF THE REPORT —

DR. VAIBHAVI PATEL

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The Emergency Specialist



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RADIOLOGY

Patient Details : Ms. CHARU SHARMA | Female | 41Yr 5Mth 20Days
UHID : AHIL.0000853871 **Patient Location:** AHC
Patient Identifier: AHILAH201306 
DRN : 123039356 **Completed on :** 25-MAR-2023 11:10
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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DENTISTRY

Name :
Occupation :
Age : Sex : Male Female

Date : 25/03/23 Unit No. :
Ref. Physician :
Copies to :

DENTAL RECORD

ALLERGIES : - N/A

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 : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : <u>XND</u> Any other :	Gingivitis <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input 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"/>	Hypoplasia Impaction <u>- 5/5</u> Non-vital Fracture Abscess Ulcers Caries Missing Teeth Supernumerary Others

PRESENT COMPLAINT : 204 for CBCM...

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

OBSTETRICS & GYNAECOLOGY - AHC

Name : ...	AHIL.0000853871	Date : 25/3/23	Unit No. :
Occupation :	Ms. CHARU SHARMA	Ref. Physician : Dr. Rishy Nishy
Age :	41 Year(s) / Female	Copies to :



GYNAEC CHECK UP

Chief Complaint: P+0
None

Children: 1 ♀ **Weight:**

Deliveries: LSCS **BP:**

Last Child: Feb 19 years LSCS At 7th month.

Abortions: None **Breasts:** Normal

Periods: Regular $\frac{3}{28}$ days **PAP Smear:** Not Taken

LMP: 14/03/23 **Previous Medical H/O:**

Menopause: - Hypothyroid (on tab. Thyronorm 75mcg 1-0-0)

G. Condition: F+X **PH/O:** DM, HTN, Hypothyroid

P/A: Soft **Previous Surgical H/O:** None.

S/E: -

P/V: -

P/R: -

Impression:

Rishy Nishy

Doctor Signature
Date & Time
25/3/23
12:35 PM.



OPTH

AHIL.0000853871

Ms. CHARU SHARMA

41 Year(s) / Female

Name :

UHID :



VISION RECORDS

Date : 25/3/23

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 - 13 mmHg

Normal

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

Normal

Both Eye Posterior Segment Examinations -

Normal

Doctor's Signature

Ophthalmologist Name

Ms. charu sharma
ID: 653871

25.03.2023 11:03:04
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Bhat
Gandhinagar

Location
Room
Order Number
Indication
Medication 1
Medication 2
Medication 3

65 bpm
mmHg

41 Years
Female

Normal sinus rhythm
Normal ECG

QRS
QT / QTcBaz 372 / 386 ms
PR 164 ms
P 94 ms
RR / PP 928 / 923 ms
P / QRS / T 60 / 54 / 19 degrees

Technician
Ordering Ph
Referring Ph
Attending Ph

