

Patient Name : *Soubhagya* **Age /Sex :** *59/F* **UHID No.:** **Date :** *12/8/22*

Chief Complaints :

*routine checkup.
compatible with glasses.*

Others : Cold, Fever, Nausea, Vomiting, Giddiness.

Past History : Eye Treatment (Y/N) /N Eye Operation (Y/N) /N

General Health : DM HTN Heart Disease Br. Asthma Allergies Any Others

VISION

Right Eye

Left Eye

PL :

Distant PH :

6/6

6/6.

GL :

6/6 (P)

6/6 (P)

Near

PL :

GL :

N6

N6.

Colour vision: *Normal.*

AMSLER GRID :

AR Reading:

Dry	SPH	CYL	AXIS
RE			
LE			

Wet	SPH	CYL	AXIS
RE			
LE			

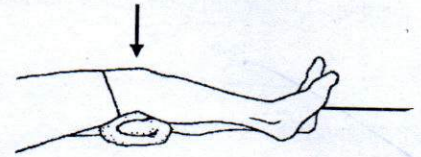
Acceptance :

RIGHT EYE				LEFT EYE			
SPH	CYL	AXIS	VA	SPH	CYL	AXIS	VA

IPD :

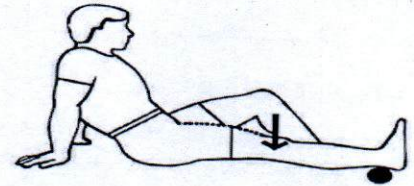
1. Static Quadriceps

Keep towel roll/pillow under the knee and tighten the knee by pressing the towel downwards. Hold for 10 secs/counts and relax. Repeat it for 10 times.



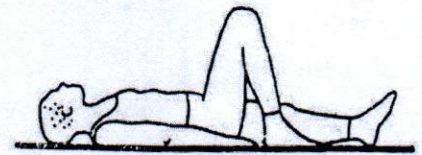
2. Static Hamstrings

Keep towel roll/pillow under the heel and press the heel downwards. Hold for 10 secs/counts and relax. Repeat it for 10 times.



3. Heel Drags/Slides

Lying on your back drag/slide the heel backward and forward for 10 times. Repeat it for 10 times.



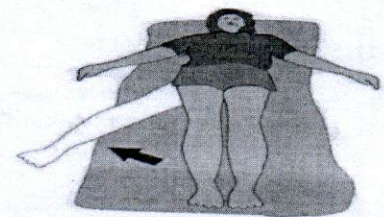
4. Straight Leg Raises

Lift one leg straight upwards with the knee straight upto 50°- 60°. Hold it for 10 secs/counts and lower the leg down slowly. Repeat it for 10 times.



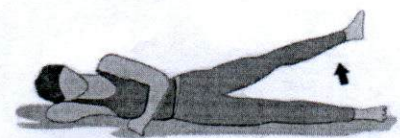
5. Hip Abduction

Lying on your back, Lift one leg and move it outwards/sideways with the knee straight. Hold for 10 secs/counts and bring the leg back slowly. Repeat it for 10 times.



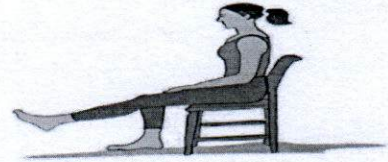
6. Hip Abduction in side lying

Lying on one side, lift the leg upwards with the knee straight. Hold for 10 secs/counts and lower it down slowly. Repeat it for 10 times.



7. Dynamic Quadriceps

In sitting position, keep both hands on thigh and straighten the knee without lifting the thigh. Hold for 10 secs/counts and lower it down slowly. Repeat it for 10 times.



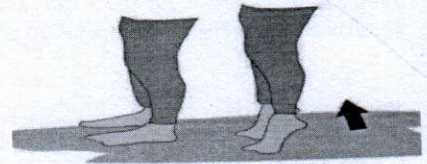
8. Sitting Towel Squeeze

Keep towel roll/pillow in between the knees and press the towel roll/pillow with the knees. Hold for 10 secs/counts and relax. Repeat it for 10 times.



9. Standing Heel Raise

In standing position raise both the heels on your toes. Hold it for 3 secs/counts and lower the heels slowly. Repeat it for 10 times.



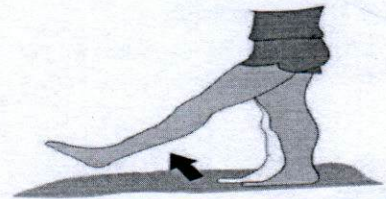
10. Standing Leg Curls

In standing position, bend one knee upto 90° and hold it for 10 secs/counts and lower the leg down slowly. Repeat it for 10 times.



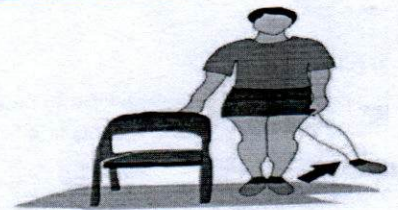
11. Standing Leg Raise-forward

In standing position, lift one leg forward with the knee straight. Hold for 10 secs/counts and lower it down slowly. Repeat it for 10 times.



12. Standing Leg Raise-sideways

In standing position, lift one leg sideward with the knee straight. Hold for 10 secs/counts and lower it down slowly. Repeat it for 10 times.



Physiotherapy Facilities Available

Therapy :

- Complete Pain Management,
- Comprehensive Neuro-Rehab,
- Paediatric Physiotherapy and Rehab,
- Orthopaedic (Joint and Trauma) Rehab,
- Ante-natal & Post-natal Physiotherapy
- Sports Injury Management and Rehab,

- Geriatric (Old age people) Rehab,
- Cardiothoracic Rehab,
- Fitness Assistance,
- Obesity Management,
- Exercise Prescription,
- Ergonomics Assistance,
- Vestibular Rehab.

Facilities :

- Evidence Based Manual Therapy,
- Sports/Kinesio/Rigid/Mulligan/McConnell Taping,
- Dry Needling Therapy,
- Trigger Point Release Therapy,
- Stretch Band Exercises,
- All Electrotherapeutic Modalities,
- All Exercise Therapy Equipments, etc.
- Pain Neuroscience Education

Name: soubhagya Age / Sex: 59/f Ph. No.: UHID No: 135030

OUT PATIENT HISTORY, FINDINGS & ADVISE

HE - 154.3cm
 WT - 82.8kg
 BP - 110/70 mmHg
 SpO2 - 97%
 PR - 62b/m
 BMI - 36

uric acid - 10.7 ↑↑

dsl B Dr Sidhar

pt is a kldo HTN on

Tab prolomet XL25
 100
 Tab Olmezeest 40
 100
 Tab Ecosprin 150
 100

Advice

① Tab - Olmezeest AM 40/5
100

② low purine diet

③ Tab Febustat 40 100 x 3 months

④ Tab Ecosprin 75 100 x to continue

⑤ Tab prolomet XL25 100 x to continue

PLEASE SIGN AFTER EACH ENTRY

OUT PATIENT RECORD NOTE

Name: Mrs. Soubhagya Age / Sex: 57 Ph. No.:

UHID No: 135030

OUT PATIENT HISTORY, FINDINGS & ADVISE

HT - 154.3cm
WT - 82.8kg
BP - 110/72mmHg
SpO2 - 97%
PR - 62b/min
BMI - 36

PLEASE SIGN AFTER EACH ENTRY

UHID / IP NO	135030 (27934)	RIS No / Study :	23162
Patient Name :	Mrs. SOUBHAGYA	Age/Gender :	57 Y/F
Referred By :	Dr. SRIDHAR SRINIVASAN G	Ward/Bed No :	OPD
Bill Date/No :	13/08/2022 10:13AM/ OPCR/23/2331	Scan Date :	
Report Date :	13/08/2022 1:13PM	Company Name:	Final

WE CURE WITH CARE
(A Unit of Sree Vasavi Trust)

M- MODE MEASUREMENTS

AO	2.60	cm	RVIDD	1.20	cm
LA	3.00	cm	IVSD	1.11	cm
AO/LA RATIO	0.80	cm	LVIDD	4.08	cm
AV CUP	1.56	cm	LVPWD	1.11	cm
EPSS	0.9	cm	IVSS	1.33	cm
DE	1.83	cm	LVIDS	2.63	cm
EF SLOPE	0.7	cm	LVPWS	1.33	cm
SV	57.41		EDV	73.72	ml
CO			ESV	25.34	ml
HR			EF	65.73	%
LVMI			FS	35.90	%
OTHERS			LV MASS	188.32	grams

DESCRIPTIVE FINDINGS: Technically Adequate Study. Normal Sinus rhythm during Study.

LEFT VENTRICLE	Normal in size
LEFT ATRIUM	Normal in size
RIGHT VENTRICLE	Normal in size
RIGHT ATRIUM	Normal in size
WALL MOTION ANALYSIS	No RWMA
TRICUSPID VALVE	Normal
MITRAL VALVE	Normal
PULMONIC VALVE	Normal
AORTIC VALVE	Normal
IAS & IVS	Intact
AORTA & PA	Normal In Size
SYSTEMIC & PULMONARY VENIS	Normally Draining
PERICARDIUM	Normal
OTHERS	No Intra Cardiac Thrombus, Tumour or Vegetation

UHID / IP NO	135030 (27934)	RISNo./Study :	23162/
Patient Name :	Mrs. SOUBHAGYA	Age/Gender :	57 Y/F WE CURE WITH CARE
Referred By :	Dr. SRIDHAR SRINIVASAN G	Ward/Bed No :	OPD (A Unit of Sree Vasavi Trust)
Bill Date/No :	13/08/2022 10:13AM/ OPCR/23/2331	Scan Date :	
Report Date :	13/08/2022 1:13PM	Company Name:	Final

DOPPLER STUDY

VALVES	VELOCITY	GRADIENT	REGURGITATION	OTHERS
P V	0.71m/s		NO PR	
MV	E: 0.86m/s A: 0.50m/s		NO MR	
AV	1.48m/s		NO AR	
TV	E: 0.60m/s A: 0.40m/s	PASP-35mmHg	MILD TR	MILD PAH
OTHERS				

SUMMARY FINDINGS:

NORMAL CARDIAC CHAMBERS & VOLUMES

NO REGIONAL WALL MOTION ABNORMALITY AT REST

NORMAL LV SYSTOLIC FUNCTION (EF-65 %)

MILD TR WITH MILD PAH (PASP-35mmHg)

NO CLOT / EFFUSION / VEGETATION

Dr. PRANEETHS
CONSULTANT
CARDIOLOGIST

Mr. Naveen Kumar M K



DEPARTMENT OF RADIOLOGY & IMAGING

Patient Name	Mrs. SOUBHAGYA	RIS No	23162
UHID	135030	Order Date	13/08/2022 10:13AM
Age/Gender	57 Yrs/Female	Receiving Date	13/08/2022 12:26PM
Bed No/Ward	OPD	Report Date	13/08/2022 12:31PM
Referred By	Dr. SRIDHAR SRINIVASAN G	Report Status	Final
Bill No.	OPCR/23/2331	Manual No.	M765

X-RAY**MAMMOGRAPHY (BOTH) (X RAY)**

CLASS: B

Bilateral CC and MLO Views done.

RIGHT BREAST:

Predominant glandular dense tissues noted.

No obvious focal lesions / architectural distortion /Micro calcification noted.

Nipple areolar complex appears normal.

IMPRESSION: BIRADS-I, NORMAL STUDY.**LEFT BREAST:**

Predominant glandular dense tissues noted.

Focal asymmetry is seen in the upper outer quadrant of left breast.

No obvious architectural distortion /Micro calcification noted.

Nipple areolar complex appears normal.

IMPRESSION:**Focal asymmetry in the upper outer quadrant of left breast. BIRADS 0.****- Suggested Sonomammography Correlation.**

--End Of Report--

Verified By
Ms Amrutha NDr. KIRUTHIKA SELVARAJ
MBBS, DMRD
CONSULTANT RADIOLOGIST

Printed on 13/08/2022 12:30

Page: 1 Of 1

#15, 70th Cross, 14th Main, 1st Stage, Kumaraswamy Layout, (Opp. to 15E Bus Stop), Bengaluru - 560 078

☎ 080 7150 0500 / 88844 66000 ✉ info@vasavihospitals.com 🌐 www.vasavihospitals.com

Gastroenterology • Neurology • Orthopaedics • General Surgery • Obstetrics & Gynecology • Nephrology & Urology • ENT • Emergency & Critical Care

24/7 Radiology Services (Digital X-Ray, Ultrasound, Computed Tomography (CT))



Vasavi Hospitals

LABORATORY

WE CURE WITH CARE
(A Unit of Sree Vasavi Trust)

Patient Name	Mrs. SOUBHAGYA	Lab No	23162
UHID	135030	Sample Date	13/08/2022 10:13AM
Age/Gender	57 Yrs/Female	Receiving Date	13/08/2022 10:43AM
Bed No/Ward	OPD	Report Date	13/08/2022 12:48PM
Referred By	Dr. SRIDHAR SRINIVASAN G	Report Status	Final
Bill No.	OPCR/23/2331	Manual No.	

HAEMATOLOGY

Test Name	Result	Unit	Biological Ref. Range	Method
BLOOD GROUP	B			
RH TYPE	POSITIVE			
			Sample: Blood	
HAEMOGLOBIN	11.8 L	gm/dl	12.00 - 16.00	
TOTAL COUNT	6940	cells/cumm	4500.00 - 11000.00	
DLC				
NEUTROPHILS	67 H	%	35.00 - 66.00	
LYMPHOCYTES	22 L	%	24.00 - 44.00	
MONOCYTES	08	%	4.00 - 10.00	
EOSINOPHILS	03	%	1.00 - 6.00	
BASOPHILS	00	%	0.00 - 1.00	
R.B.C COUNT	4.08	mill/cumm	4.00 - 5.20	
PACKED CELL VOLUME (PCV)	35.1 L	%	36.00 - 46.00	
PLATELET COUNT	2.95	lakh/cumm	1.50 - 4.50	
M.C.V	86.0	fL	80.00 - 100.00	
M.C.H	28.8	pg	26.00 - 34.00	
M.C.H.C	33.5	%	32.00 - 36.00	
ESR (ERYTHROCYTE SEDIMENTATION RATE)	12	mm/hr	0.00 - 19.00	

--End Of Report--

Verified By
SHWETHA J

BADARINATH S
MD (PGI)
HEMATOPATHOLOGIST / PATHOLOGIST

Printed on 13/08/2022 15:08

Page: 4 Of 5

#15, 70th Cross, 14th Main, 1st Stage, Kumaraswamy Layout (Opp. to 15 E Bus Stop), Bengaluru - 560 078

☎ 080 7150 0500 / 88844 66000 ✉ info@vasavihospitals.com 🌐 www.vasavihospitals.com



Vasavi Hospitals

LABORATORY

WE CURE WITH CARE
(A Unit of Sree Vasavi Trust)

Patient Name	Mrs. SOUBHAGYA	Lab No	23162
UHID	135030	Sample Date	13/08/2022 10:13AM
Age/Gender	57 Yrs/Female	Receiving Date	13/08/2022 10:43AM
Bed No/Ward	OPD	Report Date	13/08/2022 12:48PM
Referred By	Dr. SRIDHAR SRINIVASAN G	Report Status	Final
Bill No.	OPCR/23/2331	Manual No.	

BIOCHEMISTRY

Test Name	Result	Unit	Biological Ref. Range	Method
Sample: Serum				
BLOOD UREA NITROGEN	15.7	mg/dl	Upto 14 years : 5 - 18 mg/dl Male (above 14 years): 8 - 24 mg/dl Female (above 14 years): 6 - 21 mg/dl Pregnant women : 5 - 12 mg/dl	
SERUM CREATININE	0.89	mg/dl	0.60 - 1.40	
FASTING BLOOD SUGAR	111.8 H	mg/dl	74.00 - 100.00	
GLYCOSYLATED HAEMOGLOBIN (HbA1c)				
HbA1c (GLYCOSYLATED Hb)	5.4	%	4.00 - 6.00	Immunoturbidimetric
MEAN BLOOD GLUCOSE	108.28 H	mg/dl		
LIPID PROFILE				
TOTAL CHOLESTEROL	141	mg/dl	0.00 - 200.00	
TRIGLYCERIDES	100.0	mg/dl	0.00 - 200.00	
HDL CHOLESTEROL - DIRECT	58.0 H	mg/dl	35.00 - 55.00	
LDL CHOLESTEROL - DIRECT	76.5	mg/dl	0.00 - 130.00	
TC/HDL	2.43			
LDL/HDL	1.32			

Sample: Serum

LIVER FUNCTION TEST (LFT)

Verified By
SHWETHA J

Badarinath S

BADARINATH S
MD (PGI)
HEMATOPATHOLOGIST / PATHOLOGIST

Printed on 13/08/2022 15:08

Page: 1 Of 5

#15, 70th Cross, 14th Main, 1st Stage, Kumaraswamy Layout (Opp. to 15 E Bus Stop), Bengaluru - 560 078

☎ 080 7150 0500 / 88844 66000 ✉ info@vasavihospitals.com 🌐 www.vasavihospitals.com

Gastroenterology • Neurology • Orthopaedics • General Surgery • Obstetrics & Gynecology • Nephrology & Urology • ENT • Emergency & Critical Care



Vasavi Hospitals

LABORATORY

WE CURE WITH CARE
(A Unit of Sree Vasavi Trust)

Patient Name	Mrs. SOUBHAGYA	Lab No	23162
UHID	135030	Sample Date	13/08/2022 10:13AM
Age/Gender	57 Yrs/Female	Receiving Date	13/08/2022 10:43AM
Bed No/Ward	OPD	Report Date	13/08/2022 12:48PM
Referred By	Dr. SRIDHAR SRINIVASAN G	Report Status	Final
Bill No.	OPCR/23/2331	Manual No.	

TOTAL BILIRUBIN 0.71 mg/dl Adult - 0.2 - 1.3 mg/ dL

Special condition:

Premature - <2.0 mg/ dL
Full term - <2.0 mg/ dL
0-1 day - Premature-
1.0 - 8.0 mg/ dL
0-1 day - Full term -
2.0 - 6.0 mg/ dL
1 - 2 days Premature -
6.0 - 12.0 mg/ dL
1 - 2 days Full term -
6.0 - 10.0 mg/ dL
3 - 5 days Premature -
10.0 - 14.0 mg/ dL
3 - 5 days Full term -
4.0 - 8.0 mg/ dL

DIRECT BILIRUBIN	0.37 H	mg/dl	0.00 - 0.30
INDIRECT BILIRUBIN.	0.34	mg/dl	
ASPARATE AMINOTRANSFERASE (SGOT/AST)	29.2	U/L	0.00 - 40.00
ALANINE AMINOTRANSFERASE (SGPT/ALT)	12.0	U/L	0.00 - 40.00
ALKALINE PHOSPHATASE (ALP)	107 H	IU/L	42.00 - 98.00
TOTAL PROTEIN	6.09	g/dl	6.00 - 8.50
SERUM ALBUMIN	4.04	g/dl	3.50 - 5.20
SERUM GLOBULIN	2.05 L	g/dl	2.30 - 3.50
A/G RATIO	1.97 H	%	1.00 - 1.50
URIC ACID	10.7 H	mg/dl	3.20 - 6.40

--End Of Report--



Verified By
SHWETHA J

BADARINATH S
MD (PGI)

HEMATOPATHOLOGIST / PATHOLOGIST

Printed on 13/08/2022 15:08

Page: 2 Of 5

#15, 70th Cross, 14th Main, 1st Stage, Kumaraswamy Layout (Opp. to 15 E Bus Stop), Bengaluru - 560 078

☎ 080 7150 0500 / 88844 66000 ✉ info@vasavihospitals.com 🌐 www.vasavihospitals.com

Gastroenterology • Neurology • Orthopaedics • General Surgery • Obstetrics & Gynecology • Nephrology & Urology • ENT • Emergency & Critical Care



Vasavi Hospitals

LABORATORY

WE CURE WITH CARE
(A Unit of Sree Vasavi Trust)

Patient Name	Mrs. SOUBHAGYA	Lab No	23162
UHID	135030	Sample Date	13/08/2022 10:13AM
Age/Gender	57 Yrs/Female	Receiving Date	13/08/2022 10:43AM
Bed No/Ward	OPD	Report Date	13/08/2022 12:48PM
Referred By	Dr. SRIDHAR SRINIVASAN G	Report Status	Final
Bill No.	OPCR/23/2331	Manual No.	

HORMONES

Test Name	Result	Unit	Biological Ref. Range	Method
THYROID PROFILE (T3, T4, TSH)				
TOTAL TRIIODOTHYRONINE (T3)	1.87	nmol/L	0.93 - 3.72	
TOTAL THYROXINE (T4)	128.8	nmol/L	41.00 - 163.00	
TSH (THYROID STIMULATING HORMONE)	2.07	uIU/ml	0.40 - 5.00	

--End Of Report--

Verified By
SHWETHA J

BADARINATH S
MD (PGI)
HEMATOPATHOLOGIST / PATHOLOGIST

Printed on 13/08/2022 15:08

Page: 5 Of 5

#15, 70th Cross, 14th Main, 1st Stage, Kumaraswamy Layout (Opp. to 15 E Bus Stop), Bengaluru - 560 078

☎ 080 7150 0500 / 88844 66000 ✉ info@vasavihospitals.com 🌐 www.vasavihospitals.com



Vasavi Hospitals

LABORATORY

WE CURE WITH CARE
(A Unit of Sree Vasavi Trust)

Patient Name	Mrs. SOUBHAGYA	Lab No	23162
UHID	135030	Sample Date	13/08/2022 10:13AM
Age/Gender	57 Yrs/Female	Receiving Date	13/08/2022 10:43AM
Bed No/Ward	OPD	Report Date	13/08/2022 12:48PM
Referred By	Dr. SRIDHAR SRINIVASAN G	Report Status	Final
Bill No.	OPCR/23/2331	Manual No.	

CLINICAL PATHOLOGY

Test Name	Result	Unit	Biological Ref. Range	Method
UIRNE GLUCOSE FASTING				
URINE SUGAR	NIL		NEGATIVE Sample: Urine	
PHYSICAL CHARACTERS				
COLOUR	Pale Yellow			
APPEARANCE	Clear		Clear	
SPECIFIC GRAVITY	1.015			
PH	6.0			
CHEMICAL CONSTITUENTS				
ALBUMIN	Nil			
SUGAR	Nil			
BILE SALTS	Absent			
BILE PIGMENTS	Absent			
KETONE BODIES	NEGATIVE			
BLOOD	Absent			
MICROSCOPY				
PUS CELLS	2-3/HPF			
R.B.C	Nil			
EPITHELIAL CELLS	3-4/HPF			
CASTS	Nil			
CRYSTALS	Nil			
BACTERIA	Absent			

--End Of Report--

Verified By

BADARINATH S
MD (PGI)

SHWETHA J

HEMATOPATHOLOGIST / PATHOLOGIST

Printed on 13/08/2022 15:08

Page: 3 Of 5

#15, 70th Cross, 14th Main, 1st Stage, Kumaraswamy Layout (Opp. to 15 E Bus Stop), Bengaluru - 560 078

☎ 080 7150 0500 / 88844 66000 ✉ info@vasavihospitals.com 🌐 www.vasavihospitals.com

Gastroenterology • Neurology • Orthopaedics • General Surgery • Obstetrics & Gynecology • Nephrology & Urology • ENT • Emergency & Critical Care



DENTAL ASSESSMENT FORM

Patient Name : *Sowbhagya S*

Age / Sex *Female*

UHID No. *135030*

Contact No. : *9739118577*

Date & Time : *13/8/2022*

Vital Parameters :

Height

Bp: */*

Weight :

BMI :

Dear Oral Health Care guest, welcome to Vasavi Hospital. We thank you for choosing us to address your dental care needs. You are very much a part of our team that will work closely and effectively to achieve the expected results.

Please spend few minutes to fill this form, which will aid us diagnose and treat your issues efficiently. Please ensure that the details being entered are accurate. Do feel free to contact us for any assistance.

Please tick (✓) the below details. If Yes please enter the details.

Have you been diagnosed with any medical conditions ? NO Yes

Do you take any medicines on a regular basis? NO Yes

Are you allergic to any medication / material? NO Yes

Were you hospitalized for any reason? NO Yes

Have you sought dental treatment earlier? NO Yes

The information provided by me is complete and accurate to the best of my knowledge.

Patient's name and Signature

Chief Complaint : *Regular examination*

Extra oral examination

NO

Facial Symmetry

NO

Lymph nodes

NO

TMJ

NO

Other Findings: */*

Other Findings :

Gingiva : Normal / Localised / Generalised Gingivits Localised / Genearal Periodontitis.

sof Palate :

HARd PALate :

Tongue :

MAD

Oral Mucosa :

Hard tissues	Class 1	Class 2	CLass 3	Class 4	Class 5	Class 6
1. Decayed teeth	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678
2. Fractured teeth	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678
3. Malformed teeth	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678
4. Missing teeth	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678
5. Malpositioned teeth	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678
6. Impacted teeth	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678
7. Abraded teeth	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678
8. Eroded teeth	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678
9. Attrited teeth	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678
10. Discolored teeth	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678	87654321 12345678 87654321 12345678

Provisional Diagnosis

Treatment plane :

1. Oral prophylaxi
2. Restoration of abraded teeth
Modification of brushing technique



15,927A

Date & Time :

Follow up date

16/1 Aug 12

Dr. Name & Signature

Reg. Number :

Name :	<u>Mrs. Subhagya</u>	Age :	<u>57</u>	Sex :	<u>M/F</u>
Height (cms)	<u>154.3</u>	Weight :	<u>82.2</u>	IBW :	<u>54</u>

Morning:

Coffee/ Tea/ Milk (with Skimmed milk) with ½ tsp sugar or without sugar/ Green Tea - 1 cup/

Breakfast: 8 am - 9 am

Idly- 3/ Dosa- 2/ Roti- 2/ Pulkas -2/Upma/ Pongal/Rice- 1½cup/ Brown Bread -3 Slices/ Oats/Muslei/ Cornflakes- 1½cup + Vegetable Salad - 1 cup / Sprouts - 1 cup / Egg - 1 Sambar - 1cup/ Chutney - 3 tsp

Mid morning: 11 am - 11.30 am

Fruit - 1/ Buttermilk - 1glass/Lime or Tomato juice - 1 glass/ Marie/ oats/ Biscuits - 2 no Green Tea - 1 cup/ Soup - 1glass/ Ragi Malt - 1 glass / Dry Fruits - 10

Lunch: 1pm - 2 pm

Rice - 1½ cup/ Pulkas- 2 (medium)/ Rice - 1cup+ Pulka - 1+ Sambar - 1cup +Rasam - 1 cup
Green leafy/ Vegetable palya- 1cup+Salad - 1cup+ Skimmed Curds -1 cup/
Buttermilk - 1glass

Evening: 4pm - 6 pm

Coffee/ Tea with ½ tsp sugar - 1 cup + Marie Biscuits -2 nos/ Fruit - 1 no /
Sprouts / Boiled legumes- 1cup

Dinner: 8.00 pm - 9.00 pm

Same as Lunch or Breakfast

Oil - 2tsp. Non Veg: Skin out chicken 3 / Fish 3 (Weekly once/ 15 days once).

Avoid Mutton.

Fluids

~~Water~~ - 2 lts per day

Exercise Regular

FOODS TO BE RESTRICTED:

- * Dairy Products: Whole milk, milk cream, ghee, butter, cheese
- * Animal Products: Red meat, skin with chicken, sea foods, organ meats(liver, kidney, brain and heart), egg yolk
- * Bakery products: Cakes, puffs, cream biscuits, chocolates, pizza, pasta, maida processed foods
- * Drinks: Milk shakes, sweetened juices, proprietary drinks, carbonated, alcohol*Fried foods, fried dhals, gravy foods, processed and canned foods, spices

FOODS TO BE RECOMMENDED:

- * Cereals: Whole grains, unpolished rice/ brown rice/ broken wheat/ Millets*Pluses: Whole gram, dhals, sprouts
- * Vegetables: All fibrous vegetables, green leafy vegetables, salads* Fruits: All fruits except big banana, jackfruit, seethaphal, Sapota* Milk and Milk Products: Skimmed milk, butter milk, skimmed curds*Animal products: Skin out chicken, fish, egg
- * Fats & Oils: source of oil should be changed every month like canola oil, groundnut oil,olive oil, rice bran oil, sunflower oil, saf flower oil, soya oil, mustard oil, sesame oil.

Tips:

- * Never skip meals
- * Eat high fibre food
- * Exercise regularly
- * Include vegetables, green leafy vegetables and fruits in your diet*Keep on changing source of oil every month.
- * Follow the healthy guidelines while eating out
- * Choose healthy snacks
- * Small and frequent meals at regular intervals should be taken *Use brown rice or unpolished rice instead of white rice





DEPARTMENT OF RADIOLOGY & IMAGING

Patient Name	Mrs. SOUBHAGYA	RIS No	23162
UHID	135030	Order Date	13/08/2022 10:13AM
Age/Gender	57 Yrs/Female	Receiving Date	13/08/2022 12:13PM
Bed No/Ward	OPD	Report Date	13/08/2022 12:38PM
Referred By	Dr. SRIDHAR SRINIVASAN G	Report Status	Final
Bill No.	OPCR/23/2331	Manual No.	41901

X-RAY**CHEST PA VIEW (X RAY)****FINDINGS:**

The lungs on the either side show equal translucency.

Cardiac size and ventricular configuration are normal.

Both hilar region appear normal.

Both C P angles appear clear.

Both domes of diaphragm appear normal.

Bony cage and soft tissue appear normal.

IMPRESSION: ESSENTIALLY NORMAL STUDY.

--End Of Report--



Verified By
Ms Amrutha N

Dr. KIRUTHIKA SELVARAJ
MBBS, DMRD
CONSULTANT RADIOLOGIST

Printed on 13/08/2022 12:38

Page: 1 Of 1

#15, 70th Cross, 14th Main, 1st Stage, Kumaraswamy Layout, (Opp. to 15E Bus Stop), Bengaluru - 560 078

☎ 080 7150 0500 / 88844 66000 ✉ info@vasavihospitals.com 🌐 www.vasavihospitals.com

Gastroenterology • Neurology • Orthopaedics • General Surgery • Obstetrics & Gynecology • Nephrology & Urology • ENT • Emergency & Critical Care

24/7 Radiology Services (Digital X-Ray, Ultrasound, Computed Tomography (CT))

**DEPARTMENT OF RADIOLOGY & IMAGING**WE CURE WITH CARE
(A Unit of Sree Vasavi Trust)

Patient Name	Mrs. SOUBHAGYA	RIS No	23162
UHID	135030	Order Date	13/08/2022 10:13AM
Age/Gender	57 Yrs/Female	Receiving Date	13/08/2022 12:38PM
Bed No/Ward	OPD	Report Date	13/08/2022 12:41PM
Referred By	Dr. SRIDHAR SRINIVASAN G	Report Status	Final
Bill No.	OPCR/23/2331	Manual No.	22861

USG

LIVER: Liver is 15.2 cm in size, both lobes of liver are normal in size with homogeneous echotexture. No evidence of any focal lesion / intrahepatic biliary dilatation noted. CBD and Portal vein normal in size and echotexture.

GALL BLADDER: Well distended, gall bladder wall thickness is normal. Contents are clear. No evidence of gall stones /cholecystitis.

PANCREAS: Head and body appears normal. Uncinate process and tail could not be assessed due to bowel gas. MPD is normal.

SPLEEN:Normal in size measuring 9.4 cms with normal echotexture.

KIDNEYS: Both Kidneys are normal in size, shape, contour & position. Cortico medullary differentiation is well maintained. No evidence of any hydronephrosis / hydroureter.
Right Kidney measures : 9.0 x 3.9 cms. Parenchymal thickness 1.4 cms.
Left Kidney measures : 9.3 x 4.1 cms. Parenchymal thickness 1.3 cms.

URINARY BLADDER: Partially filled.

UTERUS AND OVARIES: Atrophied.

No obvious free fluid in the peritoneal cavity / pleural collection.

IMPRESSION: NO SONOLOGICAL ABNORMALITY DETECTED.

**** Note: All abnormalities cannot be detected by Ultrasound scan due to technical limitation, obesity and other factors. Scan findings to be correlated with old reports or other investigations.**

--End Of Report--

**Verified By**

Ms Amrutha N

Dr. KIRUTHIKA SELVARAJ
MBBS, DMRD**CONSULTANT RADIOLOGIST**

Printed on 13/08/2022 12:40

Page: 1 Of 1

#15, 70th Cross, 14th Main, 1st Stage, Kumaraswamy Layout, (Opp. to 15E Bus Stop), Bengaluru - 560 078

☎ 080 7150 0500 / 88844 66000 ✉ info@vasavihospitals.com 🌐 www.vasavihospitals.com

Gastroenterology • Neurology • Orthopaedics • General Surgery • Obstetrics & Gynecology • Nephrology & Urology • ENT • Emergency & Critical Care

24/7 Radiology Services (Digital X-Ray, Ultrasound, Computed Tomography (CT))

Dr. Revathi N

B.D.S, MDS

Consultant - Endodontist

KMC No.15927-A



**VASAVI
HOSPITAL**

WE CURE WITH CARE

(A Unit of Sree Vasavi Trust)

Rx Mrs Soubhagya

DATE: 13/11/22

1) DENTAL FLOSS WITH HOLDER (1)

USE THREE DAY

Department of Dental Sciences