Apollo

MEDICAL SUMMARY

Apollo Clinic VASHI

NAME:	Mrs. Puran Sahoo	UHID:	18805
AGE:	39 Yrs	DATE OF HEALTHCHECK:	8/6/2024
GENDER:	Female		

HEIGHT:	151 cm	MARITAL STATUS:	M
WEIGHT:	72.2 kg	NO OF CHILDREN:	2
BMI:	31.7		

C/O: Schizophrenia on Rx.

K/C/O: DM, HTN, Hypothyroid, Schizophrenia

PRESENT MEDICATION: on medication

P/M/H: - Schizophrenia

P/S/H: - LSCS.

ALLERGY: - No

PHYSICAL ACTIVITY: Active/ Moderate/ Sedentary

H/A: SMOKING: NAD

ALCOHOL:

TOBACCO/PAN:

FAMILY HISTORY FATHER: - DM.

MOTHER:

O/E:

BP: 110/80 PULSE: - 88/min

TEMPERATURE: N SCARS:

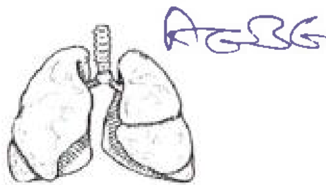
LYMPHADENOPATHY: NAD

PALLOR/ICTERUS/CYNOSIS/CLUBBING:

OEDEMA:

S/E:

RS: AEBE



P/A: S.N.T. NAD

CVS: S1S2+

Extremities & Spine: - NAD

CNS: Conscious, oriented

ENT: NAD.

Skin:

Vision:

	Without Glass		With Glass	
	Right Eye	Left Eye	Right Eye	Left Eye
FAR :				
NEAR :				
COLOUR VISION:				

Vashi : M/S. Indira Health & Lifestyle Pvt. Ltd. The Emerald, 1st Floor, Plot No. 195, Sector - 12, Besides Neel Siddhi Tower, Vashi - Navi Mumbai - 400703.
Tel.: (022) - 2788 1322 / 23 / 24 8291490000 • Email: apolloclinicvashi@gmail.com

Name: POONAM P SAHOO	Age: 39	Date of Health check-up: 8/4/23

Findings and Recommendation:

Findings:-

- Kidney ~~[illegible]~~ → shrunken
- Sugar ↑ F, ↑ SHF.
- Urine Alb ⊕
- Dyslipidemia ⊙
- Gr II ⊗ F L.
- HbA1c - 9.1

Recommendation:-

- Nephrologist opin.
- T. [illegible] Venfoca DM.

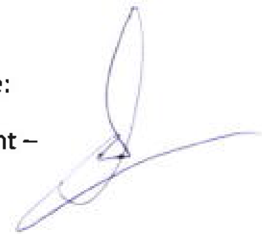
  1 — 1 — ½

- T. Rosuvas F 0 — 0 — 1
- Diet / Exer
- → T. Thyron 12.5 mcg

  1 — 0 — 0

Signature:

Consultant –



DR. ANIRBAN DASGUPTA
MBBS, D.N.B MEDICINE
DIPLOMA CARDIOLOGY
MMC- 2005/02/0920

Apollo

Apollo Clinic VASHI

OPHTHALMIC EVALUATION

UHID No.: 18805

Date: 8/4/23

Name: Mrs Poonam

Age: 39

Gender: Male/Female ✓

Without Correction:

Distance: Right Eye 6/6

Left Eye 6/6

Near: Right Eye N6

Left Eye N6

With Correction:

Distance: Right Eye

Left Eye

Near: Right Eye

Left Eye

	RIGHT					LEFT				
	SPH	CYL	AXIS	PRISM	VA	SPH	CYL	AXIS	PRISM	VA
Distance										
Near										

Colour Vision: Normal (BE)

Anterior Segment Examination:

Pupils:

Fundus: NAD (BE)

Intraocular Pressure: 14 mm Hg (BE)

Diagnosis:

Advice:

Re-Check on 6-7-23 (This Prescription needs verification every year)

DR. RUCHIRA SHARMA
M. S. (OPHTH)
CONSULTING OPHTHALMOLOGIST
& MICRO SURGEON
REG. No.: 3262 / 09/ 02

Dr. (Consultant Ophthalmologist)

■ Consultation ■ Diagnostics ■ Health Check-Ups ■ Dentistry

Apollo TOUCHING LIVES

Apollo Clinic VASHI

DENTAL CHECKUP

Name: Poonam Sahoo.	MR NO:
Age/Gender : 39 / F.	Date: 8/4/2023

Medical history: ☐ Diabetes ☐ Hypertension ☐ ______

EXAMINATION	UPPER RIGHT	UPPER LEFT	LOWER LEFT	LOWER RIGHT
Calculus& Stains				
Mobility				
Caries (Cavities)				
a)Class 1 (Occlusal)		✓	✓	✓
b)Class 2 (Proximal)				
c)Class 5 (Cervical)				
Faulty Restoration				
Faulty Crown				
Fractured Tooth				
Root Pieces				
Impacted Tooth				
Missing Tooth				
Existing Denture				

TREATMENT ADVICED:

TREATMENT	UPPER RIGHT	UPPER LEFT	LOWER LEFT	LOWER RIGHT
Restoration / Filling		✓	✓	✓
Root Canal Therapy				
Crown				
Extraction				

Oral Prophylaxis: ☐ Scaling & polishing

Orthodontic Advice for Braces: ☐ Yes /☐ No

Prosthetic Advice to Replace Missing Teeth: ☐ Denture ☐ Bridge ☐ Implant

Oral Habits: ☐ Tobacco ☐ Cigarette ☐ Others since ____ years

☐ Advice to quit any form of tobacco as it can cause cancer.

Other Findings: NA

- Filling per tooth - 1200 x 5.

• ANDHERI • COLABA • NASHIK • VASHI

ENT EVALUATION

Name: MRS. POONAM SAHU	MR NO:
Age/Gender: 39/F	Date: 8/4/25

EAR :
Tympanic Membrane:
Pre- auricular :-
Pina / EAC:
Mastoid Tunning Fork tests :-
Pure tone audiometry

N

NOSE :-
External Nose :-
Anterior Rhinoscopy:-
Post – Nasal space:-

N

THROAT :-
70% scopy :
Tongue / palate / Teeth :-

NECK :-
Nodes :-
Thyroid :-
Glands :-

N

Sleep –Related examination:-
Tongue – Base :-
Palate:-
Uvula:

N

INVESTIGATIONS :

IMPRESSION:-

DR. MANOJ JONDHALE
M.S. (ENT) , DNB,FCPS
Reg. No. 2010/05/1791
Consultation ENT & Head- Neck Surgeon

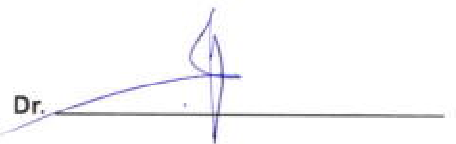
Name : Mrs. Poonam S. Age : 39 Sex : F UHID No. : Date : 8/4/2023

39 yrs, F, P1L2
r/s pap smear

LMP - 28/3/2023

Rst in nil

c/o - [illegible]
afebrile
[illegible] / NAD
P/A - soft
P/S - pap smear
taken



Dr.

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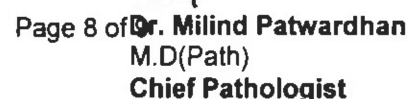
Email: apolloclinicvashi@gmail.com

Apollo TOUCHING LIVES — MC-2364 — Apollo Clinic VASHI

Name	: Mrs. Poonam Prava Sahoo	Gender	: Female	Age	: 39 Years
UHID	: FVAH 18805.	Bill No	:	Lab No	: V-916-23
Ref. by	: SELF	Sample Col.Dt	: 08/04/2023 09:40		
Barcode No	: 1901	Reported On	: 08/04/2023 18:25		

TEST	RESULTS		BIOLOGICAL REFERENCE INTERVAL
HAEMOGRAM(CBC,ESR,P/S)-WB (EDTA)			
Haemoglobin(Colorimetric method)	12.4	g/dl	11.5 - 15
RBC Count (Impedance)	4.61	Millions/cumm.	4 - 6.2
PCV/Haematocrit(Calculated)	38.3	%	35 - 55
MCV:(Calculated)	83	fl	78 - 98
MCH:(Calculated)	26.9	pg	26 - 34
MCHC:(Calculated)	32.4	gm/dl	30 - 36
RDW-CV:	16	%	10 - 16
Total Leucocyte count(Impedance)	9540	/cumm.	4000 - 10500
Neutrophils:	66	%	40 - 75
Lymphocytes:	26	%	20 - 40
Eosinophils:	05	%	0 - 6
Monocytes:	03	%	2 - 10
Basophils:	00	%	0 - 2
Platelets Count(Impedance method)	3.98	Lakhs/c.mm	1.5 - 4.5
MPV	8.4	fl	6.0 - 11.0
ESR(Westergren Method)	**45**	mm/1st hr	0 - 20
Peripheral Smear (Microscopic examination)			
RBCs:	Normochromic,Normocytic		
WBCs:	Normal		
Platelets	Adequate		
Note:	Test Run on 5 part cell counter. Manual diff performed.		



Sushant Gaikwad
Entered By

Ms Kaveri Gaonkar
Verified By

Dr. Milind Patwardhan
M.D(Path)
Chief Pathologist

End of Report
Results are to be correlated clinically

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TEST	RESULTS
Blood Grouping (ABO & Rh)-WB(EDTA) Serum	
ABO Group:	**:B:**
Rh Type:	**Positive**
Method :	Tube Agglutination (forward and reverse)

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Anushka Chavan
Entered By

Ms Kaveri Gaonkar
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TEST	RESULTS		BIOLOGICAL REFERENCE INTERVAL

HbA1c(Glycosylated Haemoglobin)WB-EDTA

(HbA1C) Glycosylated Haemoglobin :	**9.1**	%	Normal <5.7 % Pre Diabetic 5.7 - 6.5 % Diabetic >6.5 % Target for Diabetes on therapy < 7.0 % Re-evalution of therapy > 8.0 %
Mean Blood Glucose :	214.47	mg/dL	

Corelation of A1C with average glucose

A1C (%)	Mean Blood Glucose (mg/dl)
6	126
7	154
8	183
9	212
10	240
11	269
12	298

Method High Performance Liquid Chromatography (HPLC).

INTERPRETATION

* The HbA1c levels corelate with the mean glucose concentration prevailing in the course of Pts recent history (apprx 6-8 weeks) & therefore provides much more reliable information for glycemia control than the blood glucose or urinary glucose.
* This Methodology is better then the routine chromatographic methods & also for the daibetic pts.having HEMOGLBINOPATHIES OR UREMIA as Hb varaints and uremia does not INTERFERE with the results in this methodology.
* It is recommended that HbA1c levels be performed at 4 - 8 weeks during therapy in uncontrolled DM pts.& every 3 - 4 months in well controlled daibetics .
* Mean blood glucose (MBG) in first 30 days (0-30)before sampling for HbA1c contributes 50% whereas MBG in 90 - 120 days contribute to 10% in final HbA1c levels

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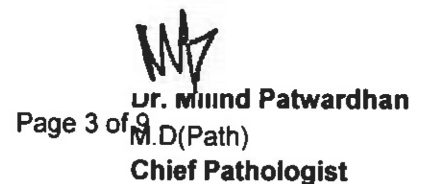

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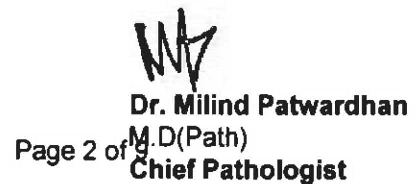
TEST	RESULTS	UNITS	BIOLOGICAL REFERENCE INTERVAL
PLASMA GLUCOSE			
Fasting Plasma Glucose :	**180**	mg/dL	Normal < 100 mg/dL Impaired Fasting glucose : 101 to 125 mg/dL Diabetes Mellitus : >= 126 mg/dL (on more than one occasion) (American diabetes association guidlines 2016)
Post Prandial Plasma Glucose :	**322**	mg/dL	Normal < 140 mg/dL Impaired Post Prandial glucose : 140 to 199 mg/dL Diabetes Mellitus : >= 200 mg/dL (on more than one occasion) (American diabetes association guidlines 2016)

Method : Hexokinase



Vasanti Gondal
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Ms Kaveri Gaonkar
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Apollo TOUCHING LIVES MC-2364

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Barcode No	: 1901	Reported On	: 08/04/2023 18:25		

TEST	RESULTS	UNITS	BIOLOGICAL REFERENCE INTERVAL
	Lipid Profile- Serum		
S. Cholesterol(Oxidase)	221	mg/dL	Desirable < 200 Borderline:>200-<240 Undesirable:>240
S. Triglyceride(GPO-POD)	**260**	mg/dL	Desirable < 150 Borderline:>150-<499 Undesirable:>500
S. VLDL:(Calculated)	**52**	mg/dL	Desirable <30
S. HDL-Cholesterol(Direct)	**29.1**	mg/dL	Desirable > 60 Borderline:>40-<59 Undesirable:<40
S. LDL:(calculated)	139.9	mg/dL	Desirable < 130 Borderline:>130-<159 Undesirable:>160
Ratio Cholesterol/HDL	**7.6**		3.5 - 5
Ratio of LDL/HDL	**4.8**		2.5 - 3.5

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LFT(Liver Function Tests)-Serum

TEST	RESULTS	UNITS	BIOLOGICAL REFERENCE INTERVAL
S.Total Protein (Biuret method)	7.69	g/dL	6.6 - 8.7
S.Albumin (BCG method)	4.02	g/dL	3.5 - 5.2
S.Globulin (Calculated)	**3.67**	g/dL	2 - 3.5
S.A/G Ratio:(Calculated)	1.1		0.9 - 2
S.Total Bilirubin (DPD):	0.29	mg/dL	0.1 - 1.2
S.Direct Bilirubin (DPD):	0.13	mg/dL	0.1 - 0.3
S.Indirect Bilirubin (Calculated)	0.16	mg/dL	0.1 - 1.0
S.AST (SGOT)(IFCC Kinetic with P5P):	**69**	U/L	5 - 32
S.ALT (SGPT) (IFCC Kinetic with P5P):	**64**	U/L	5 - 33
S.Alk Phosphatase(pNPP-AMP Kinetic):	91	U/L	35 - 105
S.GGT(IFCC Kinetic):	**97**	U/L	07 - 32

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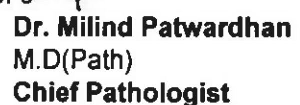

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TOUCHING LIVES
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RFT - Renal Profile-serum

TEST	RESULTS	UNITS	BIOLOGICAL REFERENCE INTERVAL
S.Urea(Urease-GLDH)	11.1	mg/dL	10.0 - 45.0
S. Urea Nitrogen(Calculated)	5.18	mg/dL	5 - 20
S.Creatinine(Jaffe's Kinetic)	0.62	mg/dL	0.50 - 1.1
S.Uric Acid(Uricase-POD)	4.6	mg/dL	2.4 - 5.7
S.Total Protein(Biuret)	7.69	g/dL	6.6 - 8.7
S.Albumin(BCG)	4.02	g/dL	3.5 - 5.2
S.Globulin(Calculated)	**3.67**	g/dL	2 - 3.5
A/G Ratio(Calculated)	1.1		0.9 - 2
S.Sodium(Na) (ISE-Direct)	**134**	mmol/L	135 - 145
S.Potassium(K) (ISE-Direct)	4.7	mmol/L	3.5 - 5.3
S.Chloride(Cl) (ISE-Direct)	100	mmol/L	95 - 106
S.Calcium(NM-BAPTA)	8.77	mg/dL	8.6 - 10.0
S.Phosphorus(UV Phosphomolybdate)	2.81	mg/dL	2.5 - 4.5

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TEST	RESULTS	UNITS	BIOLOGICAL REFERENCE INTERVAL
Thyroid (T3,T4,TSH)- Serum			
Total T3 (Tri-iodo Thyronine) (ECLIA)	2.32	nmol/L	1.3 - 3.1 nmol/L
Total T4 (Thyroxine) (ECLIA)	137.3	nmol/L	66 - 181 nmol/L
TSH-Ultrasensitive (Thyroid-stimulating hormone) Method : ECLIA	**11.76**	□IU/ml	Euthyroid :0.35 - 5.50 □IU/ml Hyperthyroid : < 0.35 □IU/ml Hypothyroid : > 5.50 □IU/ml

Grey zone values observed in physiological/therapeutic effect.

Note:

T3 :

1. Decreased values of T3 (T4 and TSH normal) have minimal Clinical significance and not recommended for diagnosis of hypothyrodism.
2. Total T3 and T4 values may also be altered in other conditions due to changes in serum proteins or binding sites ,Pregnancy, Drugs (Androgens,Estrogens,O C pills, Phenytoin) etc. In such cases Free T3 and free T4 give corrected Values.
3. Total T3 may decrease by < 25 percent in healthy older individuals

T4 :

1. Total T3 and T4 Values may also be altered in other condition due to changes in serum proteins or binding sites, Pregnancy Drugs (Androgens,Estrogens,O C pills, Phenytoin), Nerphrosis etc. In such cases Free T3 and Free T4 give Corrected values.

TSH :

1. TSH Values may be transiently altered because of non thyroidal illness like severe infections,liver disease, renal and heart failure. Severe burns, trauma and surgery etc.
2. Drugs that decrease TSH values e,g L dopa, Glucocorticoids.
3. Drugs that increase TSH values e.g. Iodine,Lithium, Amiodarone

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URINE REPORT

TEST	RESULTS		BIOLOGICAL REFERENCE INTERVAL
PHYSICAL EXAMINATION			
QUANTITY	30	mL	
COLOUR	Pale Yellow		
APPEARANCE	Clear		Clear
SEDIMENT	Absent		Absent
CHEMICAL EXAMINATION(Strip Method)			
REACTION(PH)	7.0		4.6 - 8.0
SPECIFIC GRAVITY	1.010		1.005 - 1.030
URINE ALBUMIN	**Trace**		Absent
URINE SUGAR(Qualitative)	**Present (+)**		Absent
KETONES	Absent		Absent
BILE SALTS	Absent		Absent
BILE PIGMENTS	Absent		Absent
UROBILINOGEN	Normal(<1 mg/dl)		Normal
OCCULT BLOOD	Absent		Absent
Nitrites	Absent		Absent
MICROSCOPIC EXAMINATION			
PUS CELLS	2 - 3 / hpf		0 - 3/hpf
RED BLOOD CELLS	Nil /HPF		Absent
EPITHELIAL CELLS	**4 - 5 / hpf**		3 - 4/hpf
CASTS	Absent		Absent
CRYSTALS	Absent		Absent
BACTERIA	Absent		Absent

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Name	: Mrs. Poonam Prava Sahoo	Gender	: Female	Age	: 39 Years
UHID	: FVHA 18805.	Bill No	:	Lab No	: V-916-23
Ref. by	: SELF	Sample Col.Dt	: 08/04/2023 11:57		
Barcode No	: 1901	Reported On	: 08/04/2023 18:25		

CYTOPATHOLOGY REPORT

Specimen No: AP-794-23

Specimen Adequacy: ADEQUATE

CELLS

ENDOCERVICAL:	Absent
ENDOMETRIAL:	Absent
SQUAMOUS:	**SUPERFICIAL(+++) AND INTERMEDIATE(++) SQUAMOUS CELLS**
HISTIOCYTES:	Absent
RBCs:	Absent
POLYMORPHS:	**Present(Few)**
LYMPHOCYTES:	Absent

FLORA

TRICHOMONAS VAGINALIS:	Absent
MONILIA:	Absent
BACTERIA:	Absent
DODERLEIN BACILLI:	Absent
LEPTOTHRIX:	Absent

CELLULAR CHANGES

METAPLASIA:	Absent
DYSPLASIA:	Absent
MALIGNANT CELL:	Absent
IMPRESSION:	**NEGATIVE FOR INTRAEPITHELIAL LESION OR MALIGNANCY**

Ms Kaveri Gaonkar
Entered By

Ms Kaveri Gaonkar
Verified By

Dr. Milind Patwardhan
M.D(Path)
Chief Pathologist

End of Report
Results are to be correlated clinically

Poonam, Sahoo
18805

Female
39 Years

08.04.2023 10:06:52
Apollo Clinic
1st Flr,The Emerald,Sector-12,
Vashi, Mumbai-400703.

91 bpm
-- / -- mmHg

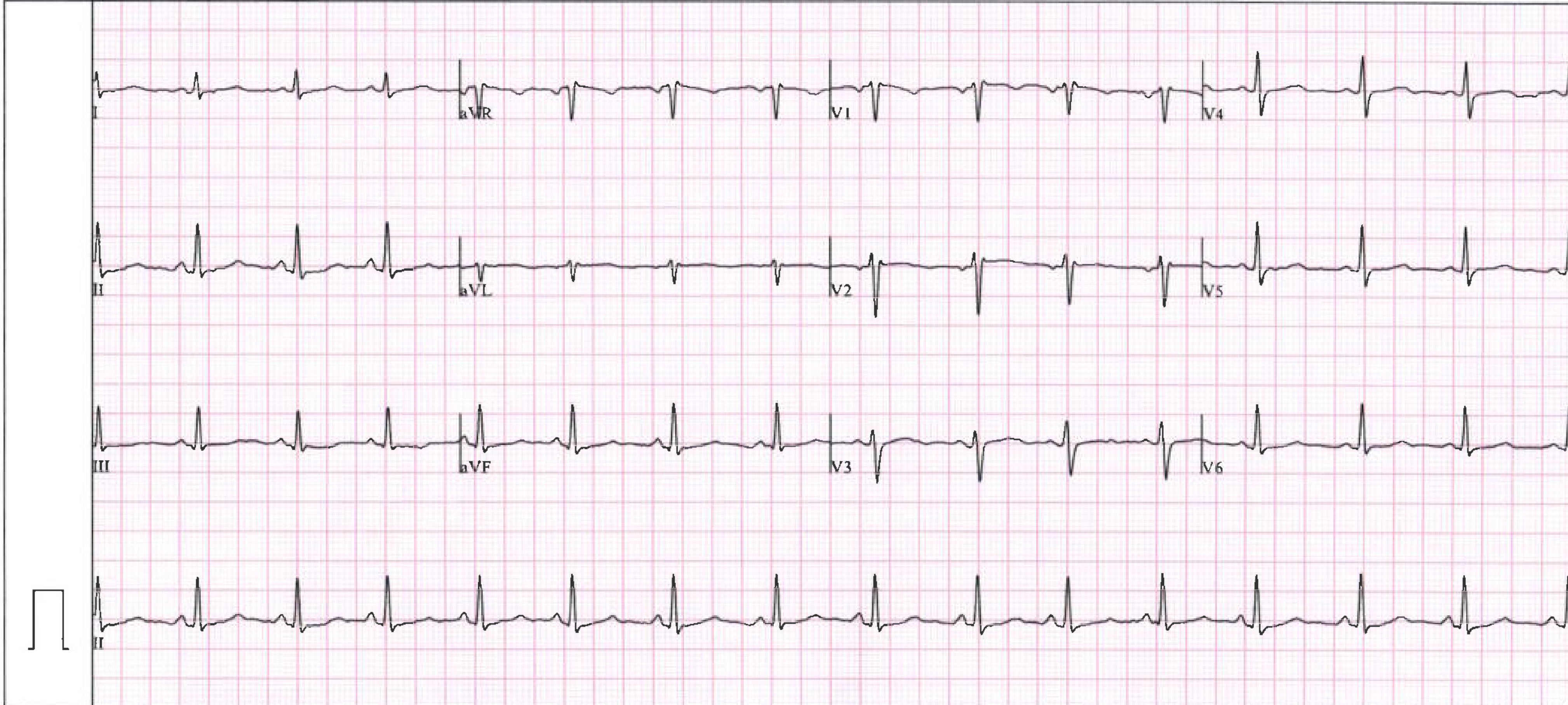
QRS	:	88 ms
QT / QTcBaz	:	380 / 467 ms
PR	:	120 ms
P	:	90 ms
RR / PP	:	660 / 659 ms
P / QRS / T	:	64 / 77 / 39 degrees

Normal sinus rhythm
Normal ECG

NORMAL ECG

WNL

Dr. ANIRBAN DASGUPTA
M.B.B.S., D.N.B. Medicine
Diploma Cardiology
MMC -2005/02/0920



GE MAC2000 1.1 12SL™ v241 25 mm/s 10 mm/mV ADS 0.56-20 Hz 50 Hz Unconfirmed 4x2.5x3_25_R1 1/1

PATIENT'S NAME	POONAM P SAHOO	AGE :- 39Y/F
UHID	18805	DATE :- 08-04-23

2D Echo and Colour doppler report

Poor windows

All cardiac chambers are normal in dimension

No obvious resting regional wall motion abnormalities (RWMA)

Interatrial and Interventricular septum – Appears Normal

Valves – appears Structurally normal

Good biventricular function.

IVC is normal.

Pericardium is normal.

Great vessels - Origin and visualized proximal part are normal.

No coarctation of aorta.

Doppler study

Normal flow across all the valves.

No pulmonary hypertension.

No diastolic dysfunction.

Vashi : M/S. Indira Health & Lifestyle Pvt. Ltd. The Emerald, 1st Floor, Plot No. 195, Sector - 12, Besides Neel Siddhi Tower, Vashi - Navi Mumbai - 400703.
Tel.: (022) - 2788 1322 / 23 / 24 8291490000 • Email: apolloclinicvashi@gmail.com

Measurements

Aorta annulus	16 mm
Left Atrium	28 mm
LVID(Systole)	17 mm
LVID(Diastole)	34 mm
IVS(Diastole)	09 mm
PW(Diastole)	10 mm
LV ejection fraction.	55-60%

Conclusion

- Good biventricular function
- No RWMA
- Valves – appears Structurally normal
- No diastolic dysfunction
- No PAH

Performed by: Dr. Anirban Dasgupta
D.N.B. Internal Medicine, Diploma Cardiology (PGDCC-IGNOU).

PATIENT'S NAME	POONAM PRAVA SAHOO	AGE :- 39 y/F
UHID NO	18805	8 Apr 2023

X-RAY CHEST PA VEIW

OBSERVATION:

Bilateral lung fields are clear.
Both hila are normal.
Bilateral cardiophrenic and costophrenic angles are normal.
The trachea is central.
Aorta appears normal.
The mediastinal and cardiac silhouette are normal.
Soft tissues of the chest wall are normal.
Bony thorax is normal.

IMPRESSION:

- **No significant abnormality seen.**

DR. DISHA MINOCHA
DMRE (RADIOLOGIST)

Apollo TOUCHING LIVES

Apollo Clinic VASHI

PATIENT'S NAME	POONAM P SAHOO	AGE :- 39Y/F
UHID	18805	8 Apr 2023

USG WHOLE ABDOMEN (TAS)

LIVER is normal in size, shape and shows bright echotexture. No evidence of any focal lesion. The portal vein appears normal & shows normal hepato-petal flow. No evidence of intra-hepatic biliary duct dilatation.

Gall Bladder appears well distended with normal wall thickness. There is no calculus or pericholecystic collection. CBD appears normal.

Visualised parts of head & body of **PANCREAS** appear normal.

SPLEEN is normal in size, and echotexture. No focal lesion seen. Splenic vein is normal.

Right kidney is normal in size, shape and echotexture with normal parenchymal reflectivity and maintained cortico-medullary differentiation.
RIGHT KIDNEY measures 11.9 x 5.2 cm. No hydronephrosis or calculi or mass seen.
LEFT KIDNEY measures 6.4 x 3.3 cm. shows small shrunken and grade I hyperechoic with maintained CMD.

URINARY BLADDER is well distended; no e/o wall thickening or mass or calculi seen.

UTERUS is anteverted and is normal in size, shape and echotexture; No focal lesion seen.
It measures 7.8 x 4.6 x 3.3 cm.

Both ovaries are normal in size, shape and position.
RIGHT OVARY measures : 2.9 x 1.7 cm, **LEFT OVARY** measures : 3.2 x 2.2 cm.

Visualised BOWEL LOOPS appear normal. There is no free fluid seen.

IMPRESSION –

- **Grade II fatty liver.**
- **Small shrunken grade I hyperechoic left kidney.**

THIS REPORT IS NOT TO BE USED FOR MEDICOLEGAL PURPOSE.THE CONTENTS OF THIS REPORT REQURE CLINICAL CO-RELATION BEFORE ANY APPLICATION.

DR.CHHAYA S. SANGANI
CONSULTANT SONOLOGIST
Reg: No. 073826

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