



Mr. SUNNY PATEL (30 /M)

UHID : AHIL.0000823994

AHC No : AHILAH180428

Date : 10/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Dear Mr. SUNNY PATEL

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health risk assessments curated just for you to guide targeted intervention, continuum of care and a path to wellness. Our holistic care continuum integrates clinical expertise and artificial intelligence to gauge and avert the risk, onset and progression of non-communicable diseases (NCDs).

In this personalized health report, you will find your

- Medical History and Physical examination results
- Investigations Results
- Artificial Intelligence powered risk scores
- Physician's Impressions on your Health
- Path to Wellness: A personalized management protocol, including follow-up assessments
- Vaccination counselling advice

Apollo ProHealth encompasses the following processes:

Personalized Health Risk Assessment (pHRA): Based on your online risk assessment, medical history, physical examination, and psychological evaluation, we recommended a health screening assessment for you, including diagnostic and imaging tests. Based on the results of these assessments, we have advised additional follow-up tests and consultations - details of which we have included in your report. Your physician will explain their relevance, and we strongly suggest you comply with the recommendations.

Health Mentor: We have assigned a dedicated health mentor to proactively work with you towards your health goals and ensure that you regularly adhere to the guidance and recommendations from clinical and nutrition consultants. Your health mentor will call you periodically to track your progress

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

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ProHealth App: You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

Follow- Up Consultation:

For any follow-up consultations, you can visit your ProHealth physician in-person at the center or you can book a virtual consultation through <https://www.apollo247.com/specialties> or through the Apollo 247 app on your phone.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on

ANDROID IOS

Disclaimer: The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.

Note: You are entitled to one complimentary follow-up consultation with your ProHealth physician within a period of 1 year. Please contact your health mentor for the complimentary consult coupon code. This is available for ProHealth Super, Regal and Covid Recovery and Wellness programs

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Name : Mr. SUNNY PATEL (30 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 10/12/2022



UHID : AHIL.0000823994

AHC No : AHILAH180428



Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

No history of : - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke



Drug Allergy

NO KNOWN ALLERGY

:10/12/2022



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



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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? - No
- Allergies - Nil
- Past medical history - nil significant
- Covid 19 - No
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No
- Oxygen support - No

Surgical history

Surgical history - Nil

Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Mild

Family history



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Father	- alive
Aged	- 60
Mother	- alive
Aged	- 58
Diabetes	- father
Hypertension	- mother
Coronary artery disease	- none
Cancer	- None

Physical Examination



General

General appearance	- normal
Build	- normal
Height	- 170
Weight	- 118
BMI	- 40.83
Pallor	- No
Oedema	- no



Cardiovascular system

Heart rate (Per minute)	- 68
Rhythm	- Regular
Systolic(mm of Hg)	- 148
Diastolic(mm of Hg)	- 115
	- B.P. Sitting
Heart sounds	- S1S2+

Respiratory system

Breath sounds	- Normal vesicular breath sounds
---------------	----------------------------------



Abdomen

Organomegaly	- No
Tenderness	- No

Printed By : MUKTA S ADALTI



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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No: AHILAN180428



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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	25	mL		
Specific Gravity	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Nil			
Bile Pigments:	Nil			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occassional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	15.8	gm%	●	13.0-17.0
Packed cell volume(Calculated)	45.9	%	●	40-50
RBC COUNT (Impedance)	5.41	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	84.9	fl	●	80-100
MCH(Calculated)	29.24	pg	●	27-32
MCHC(Calculated)	34.5	%	●	31-36
RDW(Calculated)	13	%	●	11.5-14.5
WBC Count (Impedance)	7890	/cu mm	●	4000-11000

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





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Test Name	Result	Unit	Level	Range
Neutrophils	64	%	●	40-75
Lymphocytes	28	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	202800	/cu mm	●	150000-450000
MPV (Calculated)	7.7	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	04	mm/1st hr	●	0-15

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:	B 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	25	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	82	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	32	U/L	●	> 1 year Male : <40
Total Bilirubin	0.53	mg/dL	●	0.300-1.200
Direct Bilirubin	0.21	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.32 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	0.69	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	20	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	91	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)	125	mg/dL		70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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Within Normal Range Borderline High/Low Out of Range



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Glycosylated Hemoglobin (HbA1c)

4.9

%



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.

93.93

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
PROTEIN TOTAL - SERUM / PLASMA	6.75	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	6.75	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.66	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.66	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.09 *		●	2.20-4.20
Globulin-Serum/Plasma	2.09 *		●	2.20-4.20
A/G ratio	2.23 *		●	1.00-2.00
A/G ratio	2.23 *		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.4	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	150	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	2.39	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	5.9	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)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	17	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	171	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	130	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	38 *	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)	122	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	26		●	< 40 mg/dl
C/H RATIO	4		●	0-4.5

USG WHOLE ABDOMEN

Ultrasound of the abdomen helps to look for abnormalities of the abdominal organs like liver, spleen, gall bladder, pancreas, kidneys, uterus, etc.

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Liver appears normal in size and shows mild diffuse fatty infiltration . No evidence of solid or cystic lesion seen. No evidence of IHBR dilatation seen. Portal vein is normal in calibre & shows normal colour flow. Gall bladder is distended & shows normal wall thickness. No evidence of calculus / wall oedema / mass seen.

Pancreas appears normal in size and echotexture. No evidence of pseudocyst / MPD dilatation / mass seen. Spleen appears normal in size & shows normal echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation .No evidence of calculus / hydronephrosis / hydroureter / mass seen on either side.

Urinary bladder is distended & shows normal wall thickness. No evidence of calculus / haematoma / mass / diverticuli seen.

Prostate appears unremarkable. No evidence of focal lesion seen.

Visualised bowel loops appear unremarkable. No evidence of abnormal bowel wall thickening / mass or dilatation seen.

No evidence of ascites or lymphadenopathy seen.

Umbilical hernia seen with wall defect of 35 x 30 mm & herniation of fat.

CONCLUSION :

Mild diffuse fatty infiltration in liver.

Umbilical hernia with wall defect of 35 x 30 mm & herniation of fat.

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.

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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UHID : AHIL.0000823994

Date : 10/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH180428



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Executive Summary



- .BODY WEIGHT 118 KG, IDEAL BODY WEIGHT 54-66 KG
- .ECG - SINUS BRADYCARDIA
- .ECHO - NORMAL
- .USG ABDOMEN - Mild diffuse fatty infiltration in liver. Umbilical hernia with wall defect of 35 x 30 mm & herniation of fat.
- .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 54-66 KG

Surgical Consultant of Umbilical Hernia

Printed By : MUKTA S ADALTI

Dr. SHASHIKANT NIGAM
MBBS, MD (Gen. Med.)

Consultant Internal Medicine
AHC Physician / Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar
Gujarat-382428, INDIA. Regd. No. : G-21961

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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RADIOLOGY

Patient Details : Mr. SUNNY PATEL | Male | 30Yr 5Mth 18Days
UHID : AHIL.0000823994 **Patient Location:** AHC
Patient Identifier: AHILAH180428 
DRN : 222063775 **Completed on :** 10-DEC-2022 10:47
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

IMPRESSION :

Liver appears normal in size and shows mild diffuse fatty infiltration. No evidence of solid or cystic lesion seen. No evidence of IHBR dilatation seen. Portal vein is normal in calibre & shows normal colour flow.

Gall bladder is distended & shows normal wall thickness. No evidence of calculus / wall oedema / mass seen.

Pancreas appears normal in size and echotexture. No evidence of pseudocyst / MPD dilatation / mass seen.

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Umbilical hernia seen with wall defect of 35 x 30 mm & herniation of fat.

CONCLUSION :

Mild diffuse fatty infiltration in liver.

Umbilical hernia with wall defect of 35 x 30 mm & herniation of fat.

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Printed By : 153182

Reported By : 717876

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Mr. SUNNY PATEL

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USG WHOLE ABDOMEN

--- END OF THE REPORT ---

Dr. SANDIP PRABHUBHAI PRAJAPATI
Consultant Radiologist

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Radiology

Patient Details : Mr. SUNNY PATEL | Male | 30Yr 5Mth 18Days
UHID : AHIL.0000823994 **Patient Location:** AHC
Patient Identifier: AHILAH180428 
DRN : 122141492 **Completed on :** 10-DEC-2022 11:22
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 ---



Dr. HARSH S VYAS

DNB Resident

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The Emergency Specialist



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CARDIOLOGY

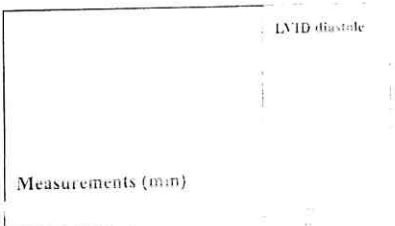
Patient Details : Mr. SUNNY PATEL | Male | 30Yr 5Mth 18Days
UHID : AHIL.0000823994 **Patient Location:** AHC
Patient Identifier: AHILAH180428 
DRN : 5622093139 **Completed on :** 10-DEC-2022 13:34
Ref Doctor : DR. SHASHIKANT NIGAM

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, No TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::



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Apollo Hospitals - City Centre (NON NEAR-JCI)
 1, TulsiBaag Society, Nr. Parimal Garden, Ahmedabad.
 Phone : +91 79 66305800 / 01 or +91 76988 15148
 E-mail : infoahcc@apolloahd.com

Regd. Office
 19, Bishop Gardens, R.A. Puram, Chennai - 600 028
 CIN No. : U85110TN1997PL0039016 | GSTin : 24AAHC44150H225
 For online appointment : www.askapollo.com



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 Keep the records carefully and bring them along during your next visit to our Hospital



ID: 823994 10.12.2022 9:32:26 Room: bpm

Order Nu: Incl: Medication 1: Medication 2: Medication 3: Technician: Ordering Ph: Referring Ph: Attending Ph:

30 Years Male Apollo Hos Bhat Gandinagar Sinus bradycardia Otherwise normal ECG

QRS 84 ms QT / QTcBaz 410 / 399 ms PR 130 ms P 102 ms RR / PP 1050 / 1052 ms P / QRS / T 29 / 20 / 22 degrees

GE MAC2000 1.1 12SL™ V241 25 mm/s 10 mm/mV ADS 0.56-20 Hz 50 Hz 4x2.5x3_25_R1 Unconfirmed 1/1

DENTISTRY



Name : Date : 10/12/22 Unit No. :

Occupation : Ref. Physician :

Age : Sex : Male Female 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 Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : <u>N/A</u> Any other :	MILD MOD SEV Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Recession <input 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"/>	CLASS I II III CROSSBITE Hypoplasia Impaction Non-vital Fracture Abcess Ulcers Caries - <u>7 2 1 2</u> <u>90 162</u> Missing Teeth Supernumerary Others

PRESENT COMPLAINT : No visible decay

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

N/A

AHIL.0000823994

Mr. SUNNY
PATEL

30 Year(s) / Male



DN RECORDS

Date : 10/12/22

OPHTHAL

Name :

UHID :

Distance Vision :

Right Eye -

Left Eye -

6/12
6/12

(BE) 6/9

(LE) exotropia

Near Vision :

Right Eye :

Left Eye :

N 6
N 6

APLN.TN - Right Eye

14

Left Eye -

12 mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WM

Both Eye Posterior Segment Examinations -

WM

Doctor's Signature

Ophthalmologist Name