



### CONCLUSION OF HEALTH CHECKUP

ECU Ref. No : MH/22/000907 Patient No : 21042086 Date : 23/04/2022  
Name : **MRS. JALPA C GOSAI** Sex / Age : FEMALE 35  
Height / Weight : 156 Cms 64 Kgs Ideal Weight 56 Kgs BMI : 26.3

**Dr. Manish Mittal**  
Physician

*Note: General Physical Examination & Routine Investigations included in the Health Checkup have certain limitations and may not be able to detect all the latent and asymptomatic diseases.*

Name : MRS. JALPA C GOSAI

Sex / Age : FEMAL 35

**Present History**

NO ANY MAJOR ILLNESS AT PRESENT

**Past History**

NO ANY MAJOR ILLNESS IN PAST

**Family History**

FATHR- DIABETES MELLITUS

**Personal History**

VEG DIET; NP SMOKING OR ALCOHOL

**Clinical Examination**

B.P. 116/72 MMHG

Pulse 78/MIN; REG

Others NAD

**Respiratory System**

CLINICALLY NAD

**Cardio Vascular System**

CLINICALLY NAD

**Abdominal System**

CLINICALLY NAD

**Neurological System**

CLINICALLY NAD

Name : **MRS. JALPA C GOSAI**

Sex / Age : **FEMALE 35**

**Eye Checkup**

Doctor Name **Dr. Ketan J. Patel**

	<b>Right</b>	<b>Left</b>
History	NIL	NIL
Uncorrected vision	6/6	6/6
Corrected vision	N.6	N.6
IOP	14.6 MMHG	14.6 MMHG
Fundus	NORMAL	NORMAL
Any other	NAD	NAD
Advice	-	

Name : MRS. JALPA C GOSAI

Sex / Age : FEMALE 35

Height / Weight : 156 Cms 64 Kgs

Ideal Weight : 56 Kgs

BMI : 26.3

Obstetric History FTLSCS- MALE- 10 YRS ; L &W

Menstrual History

Present Menstrual Cycle LMP-29/4/2022; URISNG CU-T

Past Menstrual Cycle -

**Chief Complaints**

NIL

**Gynac Examination**

P/A SOFT

P/S CERVIX- NORMAL; VAGINA- NORAML; CT-T THREAD SEEN

P/V UTERUS NORMAL SIZE; FX CLEAR

Breast examination - Right NORMAL

Breast examination - Left NORMAL

PAP Smear TAKEN

BMD -

Mammography -

Advice FOLLOW UP WITH REPORTS

Dr. Sonia Golani  
Gynecologist

### Dietary Assessment

Name : **MRS. JALPA C GOSAI** Sex / Age : FEMALE 35  
Height : 156 Cms Weight : 64 Kgs Ideal Weight : 56 Kgs BMI : 26.3

Body Type : Normal / Underweight / Over weight

#### Diet History

Diet preference : Vegetarian / Eggeterian / Mixed

Frequency of consuming fried food : / day / week or occasional

Frequency of consuming sweets : / day or occasional

Frequency of consuming outside food : / week or occasional

Amount of water consumed / day : glasses / liters

#### Life style assessment

Physical activity : Active / moderate / Sedentary / Nil

Alcohol intake : Yes / No

Smoking : Yes / No

Allergic to any food : Yes / No

Are you stressed out ? : Yes / No

Do you travel a lot ? : Yes / No

#### General diet instructions :

Have small frequent meals.

Avoid fatty products like oil, ghee, butter, cheese.

Take salt restricted diet and avoid table salt.

Consume fibrous food regularly like whole grains, Daliya, Oats, Bajra, Flex seeds, Pulses, Fruits and Salads.

Keep changing your cooking oil every three months.

Avoid Maida, Starchy foods and Bakery products.

Consume 1-2 servings of all fruits and vegetables, For Diabetic patients avoid Mango, Chikoo, Banana, Grapes and Custurd Apple.

Drink 3 to 4 liters (12 - 14 glass) of water daily.

Eat Beetroot, Figs, Almond, Walnut, Dates, leafy vegetables, roasted Channa and Jeggary (Gur) for Heamoglobin. In case of diabetic patient avoid Rasins, Dates and Jeggary.

Drink green Tea or black Coffee once in a day.

Do brisk walking daily.

Dietitian



Patient Name : Mrs. JALPA C GOSAI  
 Gender / Age : Female / 35 Years 10 Months 28 Days  
 MR No / Bill No. : 21042086 / 231003623  
 Consultant : Dr. Manish Mittal  
 Location : OPD

Type : OPD  
 Request No. : 40226  
 Request Date : 23/04/2022 08:51 AM  
 Collection Date : 23/04/2022 09:06 AM  
 Approval Date : 23/04/2022 12:36 PM

**CBC + ESR**

Test	Result	Units	Biological Ref. Range
<b>Haemoglobin</b>			
Haemoglobin	<u>10.6</u>	gm/dL	12 - 15
Red Blood Cell Count (T-RBC)	4.06	mill/cmm	3.8 - 4.8
Hematocrit (HCT)	<u>31.7</u>	%	36 - 46
Mean Corpuscular Volume (MCV)	<u>78.1</u>	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	<u>26.6</u>	pg	27 - 32
MCH Concentration (MCHC)	34.1	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	13.6	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	<u>38.8</u>	fl	39 - 46
<b>Total Leucocyte Count (TLC)</b>			
Total Leucocyte Count (TLC)	6.48	thou/cmm	4 - 10
<b>Differential Leucocyte Count</b>			
Polymorphs	59	%	40 - 80
Lymphocytes	36	%	20 - 40
Eosinophils	01	%	1 - 6
Monocytes	04	%	2 - 10
Basophils	00	%	0 - 2
Polymorphs (Abs. Value)	3.84	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	2.31	thou/cmm	1 - 3
Eosinophils (Abs. Value)	<u>0.04</u>	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.27	thou/cmm	0.2 - 1
Basophils (Abs. Value)	0.02	thou/cmm	0.02 - 0.1
Immature Granulocytes	0.2	%	1 - 3 : Borderline > 3 : Significant
<b>Platelet Count</b>			
Platelet Count	303	thou/cmm	150 - 410
Smear evaluation	Adequate		
ESR	4	mm/1 hr	0 - 12

Test Results are dependent on a number of variables & technical limitations. Hence, it is advised to correlate with clinical findings and other related investigations before any firm opinion is made. Recheck / retest may be requested.



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DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mrs. JALPA C GOSAI  
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**CBC + ESR**

Immature Granulocyte (IG) count is a useful early marker of infection or inflammation, even when other markers are normal. It is an early and rapid discrimination of bacterial from viral infections. It is also increased in patients on steroid therapy / chemotherapy or haematological malignancy. High IG is always pathological; except in pregnancy and neonates of < 7 days.  
Method : HB by Non-Cyanide Hemoglobin analysis method. HCT by RBC pulse height detection method. RBC, TLC & PLC are by Particle Count by Electrical Impedance in Cell Counter. Optical Platelets by Fluorescent + Laser Technology. MCV, MCH, MCHC, RDW (CV & SD) are calculated parameter. DLC by Flowcytometry method using semi-conductor Laser+Smear verification. ESR on Ves metic 20, comparable to Westergrens method and in accordance to ICSH reference method.

--- End of Report ---

Dr. Rakesh Vaidya  
MD (Path). DCP.

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**DEPARTMENT OF LABORATORY MEDICINE**

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**Haematology**

Test	Result	Units	Biological Ref. Range
<b>Blood Group</b>			
ABO system	O		
Rh system.	Positive		

By Gel Technology / Tube Agglutination Method

Note :

- This blood group has been done with new sensitive Gel Technology using both Forward and Reverse Grouping Card with Autocontrol.
- This method check's group both on Red blood cells and in Serum for "ABO" group.

--- End of Report ---

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## Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Fasting Plasma Glucose	78	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	121	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimesion

--- End of Report ---

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**Liver Function Test (LFT)**

Test	Result	Units	Biological Ref. Range
<b>Bilirubin</b>			
Bilirubin - Total	0.68	mg/dL	0 - 1
Bilirubin - Direct	0.16	mg/dL	0 - 0.3
Bilirubin - Indirect	0.52	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	17	U/L	13 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	17	U/L	7 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	69	U/L	42 - 98
<i>(BY PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	15	U/L	5 - 55
<i>(By IFCC method on RXL Dade Dimension.)</i>			
<b>Total Protein</b>			
Total Proteins	7.34	gm/dL	6.4 - 8.2
Albumin	3.73	gm/dL	3.4 - 5
Globulin	3.61	gm/dL	3 - 3.2
A : G Ratio	1.03		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

--- End of Report ---

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**Renal Function Test (RFT)**

Test	Result	Units	Biological Ref. Range
Urea <i>(By Urease Kinetic method on RXL Dade Dimension)</i>	24	mg/dL	10 - 45
Creatinine <i>(By Modified Kinetic Jaffe Technique)</i>	0.61	mg/dL	0.6 - 1.1
Estimate Glomerular Filtration rate <i>(Ref. range : &gt; 60 ml/min for adults between age group of 18 to 70 yrs. EGFR Calculated by IDMS Traceable MDRD Study equation. Reporting of eGFR can help facilitate early detection of CKD. By Modified Kinetic Jaffe Technique)</i>	More than 60		
Uric acid <i>(By Uricase / Catalase method on RXL Siemens)</i>	4.6	mg/dL	2.2 - 5.8

— End of Report —

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**Complete Lipid Profile**

Test	Result	Units	Biological Ref. Range
<b>Complete Lipid Profile</b>			
Appearance	Clear		
Triglycerides	66	mg/dL	1 - 150
<i>(By Lipase / Glycerol dehydrogenase on RXL Dade Dimension)</i>			
< 150 Normal			
150-199 Borderline High			
200-499 High			
> 499 Very High			
Total Cholesterol	162	mg/dL	1 - 200
<i>(By enzymatic colorimetric method on RXL Dade Dimension)</i>			
< 200 mg/dL - Desirable			
200-239 mg/dL - Borderline High			
> 239 mg/dL - High			
HDL Cholesterol	50	mg/dL	40 - 60
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
< 40 Low			
> 60 High			
Non HDL Cholesterol (calculated)	112	mg/dL	1 - 130
<i>(Non- HDL Cholesterol)</i>			
< 130 Desirable			
139-159 Borderline High			
160-189 High			
> 191 Very High			
LDL Cholesterol	97	mg/dL	1 - 100
<i>(By Direct homogenous technique, modified enzymatic non-immunological method on RXL Dade Dimension)</i>			
< 100 Optimal			
100-129 Near / above optimal			
130-159 Borderline High			
160-189 High			
> 189 Very High			
VLDL Cholesterol	13.2	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	1.94		2.1 - 3.5
T. Ch./HDL Ch. Ratio	3.24		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

--- End of Report ---

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## Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
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Triiodothyronine (T3)	1.07	ng/ml	
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(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)

Reference interval (ng/ml)

1 - 3 days : 0.1 - 7.4  
 1-11 months : 0.1 - 2.45  
 1-5 years : 0.1 - 2.7  
 6-10 years : 0.9 - 2.4  
 11-15 years : 0.8 - 2.1  
 16-20 years : 0.8 - 2.1  
 Adults (20 - 50 years) : 0.7 - 2.0  
 Adults (> 50 years) : 0.4 - 1.8  
 Pregnancy (in last 5 months) : 1.2 - 2.5

(Reference : Tietz - Clinical guide to laboratory test, 4th edition))

Thyroxine (T4)	6.51	mcg/dL	
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(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)

Reference interval (mcg/dL)

1 - 3 days : 11.8 - 22.6  
 1 - 2 weeks : 9.8 - 16.6  
 1 - 4 months : 7.2 - 14.4  
 4 - 12 months : 7.8 - 16.5  
 1-5 years : 7.3 - 15.0  
 5 - 10 years : 6.4 - 13.3  
 10 - 20 years : 5.6 - 11.7  
 Adults / male : 4.6 - 10.5  
 Adults / female : 5.5 - 11.0  
 Adults (> 60 years) : 5.0 - 10.7

(Reference : Tietz - Clinical guide to laboratory test, 4th edition))

Thyroid Stimulating Hormone (US-TSH)	1.76	microIU/ml	
--------------------------------------	------	------------	--

(Done by 4th generation electrochemiluminescence based method on automated immunoassay / Cobas e 411.)

Reference interval (microIU/ml)

Infants (1-4 days) : 1.0 - 39  
 2-20 weeks : 1.7 - 9.1  
 5 months - 20 years : 0.7 - 6.4  
 Adults (21 - 54 years) : 0.4 - 4.2  
 Adults (> 55 years) : 0.5 - 8.9

Pregnancy :

1st trimester : 0.3 - 4.5  
 2nd trimester : 0.5 - 4.6  
 3rd trimester : 0.8 - 5.2

(Reference : Tietz - Clinical guide to laboratory test, 4th edition))

— End of Report —

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 Gender / Age : Female / 35 Years 10 Months 28 Days  
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 Approval Date : 23/04/2022 01:58 PM

**Pap Smear**

Test	Result	Units	Biological Ref. Range
Pap Smear	Pap Smear Screening Report / Cervico-Vaginal Cytology...		

Cyto No : 625/22  
 Received at 12.30 pm.

Clinical Details : No complain  
 P/V findings : Cx. - NAD, Bleeding thro' os. / Vg. - NAD. H/O CuT.  
 LMP : 19/04/2022

**TBS Report / Impression :**

- \* Satisfactory for evaluation; transformation zone components identified.
- \* Mild acute inflammatory cellularity.
- \* No epithelial cell abnormality favouring squamous intraepithelial lesion or frank malignancy ( NILM ).

**Note / Method :**

The material received in LBC container, cytosmear was stained by rapid pap method and reported with due consideration to The Bethesda system (Modified 2014)

— End of Report —

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## Clinical Biochemistry

Test	Result	Units	Biological Ref. Range
Glycosylated Hemoglobin (HbA1c)	4.6	%	
estimated Average Glucose (e AG) *	85.32	mg/dL	

(Method:

By Automated HPLC analyser on D-10 Biorad. NGSP Certified, US-FDA approved, Traceable to IFCC reference method.

\* Calculated value for past 60 days, derived from HbA1c %, based on formula recommended by the A1c - Derived Average Glucose study from ADA and EASD funded The ADAG trial.

Guidelines for Interpretation:

Indicated Glycemic control of previous 2-3 months

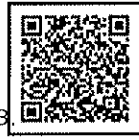
HbA1c%	e AG (mg/dl)	Glycemic control
> 8	> 183	Action suggested...High risk of developing long-term complications. Action suggested, depends on individual patient circumstances
7 - 8	154 - 183	Good
< 7	< 154	Goal...Some danger of hypoglycemic reaction in type I Diabetics. Some Glucose intolerant individuals and Sub-Clinical diabetics may demonstrate (elevated) HbA1c in this area.
6 - 7	126 - 154	Near Normal
< 6	< 126	Nondiabetic level)

— End of Report —

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**Urine Routine**

Test	Result	Units	Biological Ref. Range
<b>Physical Examination</b>			
Quantity	30	mL	
Colour	Pale Yellow		
Appearance	Turbid (Slight)		
<b>Chemical Examination (By Reagent strip method)</b>			
pH	5.5		
Specific Gravity	>=1.030		
Protein	Negative	gm/dL	Negative
Glucose	Negative	mg/dL	Negative
Ketones	Negative		Negative
Bilirubin	Negative		Negative
Urobilinogen	Negative		Negative (upto 1)
Blood	2+		Negative
Bile Salt	Absent		Absent
Leucocytes	Trace		Negative
Bile Pigments	Absent		Absent
Nitrite	Positive		Negative
<b>Microscopic Examination (After Centrifugation at 2000 rpm for 10 min)</b>			
Red Blood Cells	Present (10-20)	/hpf	0 - 2
Leucocytes	Present (2-5)	/hpf	0 - 5
Epithelial Cells	Present (0-2)	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil		Nil
Mucus	Absent		Absent
Organism	Bacteria +		

— End of Report —

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- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

Patient No. : 21042086                      Report Date : 23/04/2022  
 Request No. : 190017892              23/04/2022 8.51 AM  
 Patient Name : **JALPA C GOSAI**  
 Gender / Age : Female / 35 Years 10 Months 28 Days

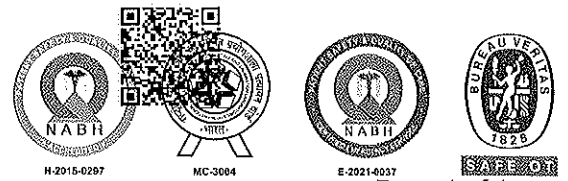
**X-Ray Chest AP**

Both lung fields are clear.  
 Both costophrenic sinuses appear clear.  
 Heart size is normal.  
 Hilar shadows show no obvious abnormality.  
 Aorta is normal.

• ULTRA SONOGRAPHY CANNOT DETECT ALL ABNORMALITIES  
 • NOT VALID FOR MEDICO-LEGAL PURPOSES  
 • CLINICAL CORRELATION RECOMMENDED

*Prerna C Hasani*

**Dr. Prerna C Hasani, MD**  
 Consultant Radiologist





**DEPARTMENT OF DIAGNOSTIC RADIOLOGY**

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- Echocardiography

Patient No. : 21042086      Report Date : 23/04/2022  
Request No. : 190017913      23/04/2022 8.51 AM  
Patient Name : **JALPA C GOSAI**  
Gender / Age : Female / 35 Years 10 Months 28 Days

**USG : Abdomen (Excluding Pelvis) Or Upper Abdomen**

**Liver is normal in size and echopattern. No mass lesion identified. The hepaticveins are clear and patent. PV patent. No dilated IHBR.**

Gall bladder is well distended and shows no obvious abnormality. Common bile duct measures 4 mm in diameter.

Pancreas shows no obvious abnormality. Tail obscured. Spleen is normal size and echopattern.

Both kidneys are normal in shape and position. Normal echogenicity and cortico medullary differentiation is noted. No hydronephrosis or mass lesion seen.

Uterus is anteverted, normal in size and echo pattern. Endometrium thickness is about 5 mm. No obvious mass lesion seen. **IUCD noted.**

Uterine length :                      57 mm.  
A.P. :                                      36 mm.

Both ovaries reveal small follicles.

Urinary bladder is well distended and appears normal.

No ascites.

**COMMENT:**

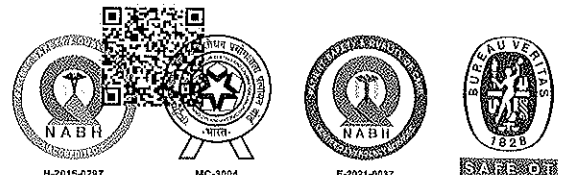
**No obvious abnormality seen.**

*Kindly correlate clinically*

\* ULTRA SONOGRAPHY CANNOT DETECT ALL ABNORMALITIES  
 \* NOT VALID FOR MEDICO-LEGAL PURPOSES  
 \* CLINICAL CORRELATION RECOMMENDED

*Hasani*

**Dr. Prerna C Hasani, MD**  
Consultant Radiologist





EC



BHAILAL AMIN  
GENERAL HOSPITAL

ESTD. 1964

Patient No. : 21042086 Report Date : 23/04/2022  
Request No. : 190017921 23/04/2022 8.51 AM  
Patient Name : JALPA C GOSAI  
Gender / Age : Female / 35 Years 10 Months 28 Days

### Echo Color Doppler

MITRAL VALVE : NORMAL, NO MS, NO MR  
AORTIC VALVE : TRILEAFLET, NO AS, NO AR  
TRICUSPID VALVE : NORMAL, NO TR, NO PAH  
PULMONARY VALVE : NORMAL, NO PR, NO PS  
LEFT ATRIUM : NORMAL SIZE  
AORTA : NORMAL  
LEFT VENTRICLE : NORMAL LVEF -65%, NO RWMA AT REST  
RIGHT ATRIUM : NORMAL SIZE  
RIGHT VENTRICLE : NORMAL SIZE  
I.V.S. : INTACT  
I.A.S. : INTACT  
PULMONARY ARTERY : NORMAL  
PERICARDIUM : NO EFFUSION  
COLOUR/DOPPLER FLOW MAPPING : NO AR, MR, TR NO PAH

### FINAL CONCLUSION:

1. NORMAL SIZED ALL CARDIAC CHAMBERS
2. NORMAL LV SYSTOLIC FUNCTION LVEF - 65%
3. NO RESTING RWMA
4. NORMAL VALVES, NO MITRAL / AORTIC STENOSIS
5. NORMAL RIGHT HEART SIZE AND RV PRESSURE
6. NO PERICARDIAL EFFUSION, CLOT OR VEGETATION SEEN, SR+.

DR. KILLOL KANERIA MD, DM  
INTERVENTIONAL CARDIOLOGIST

ECU 21042086  
35 Years

23-Apr-22

9:39:57 AM

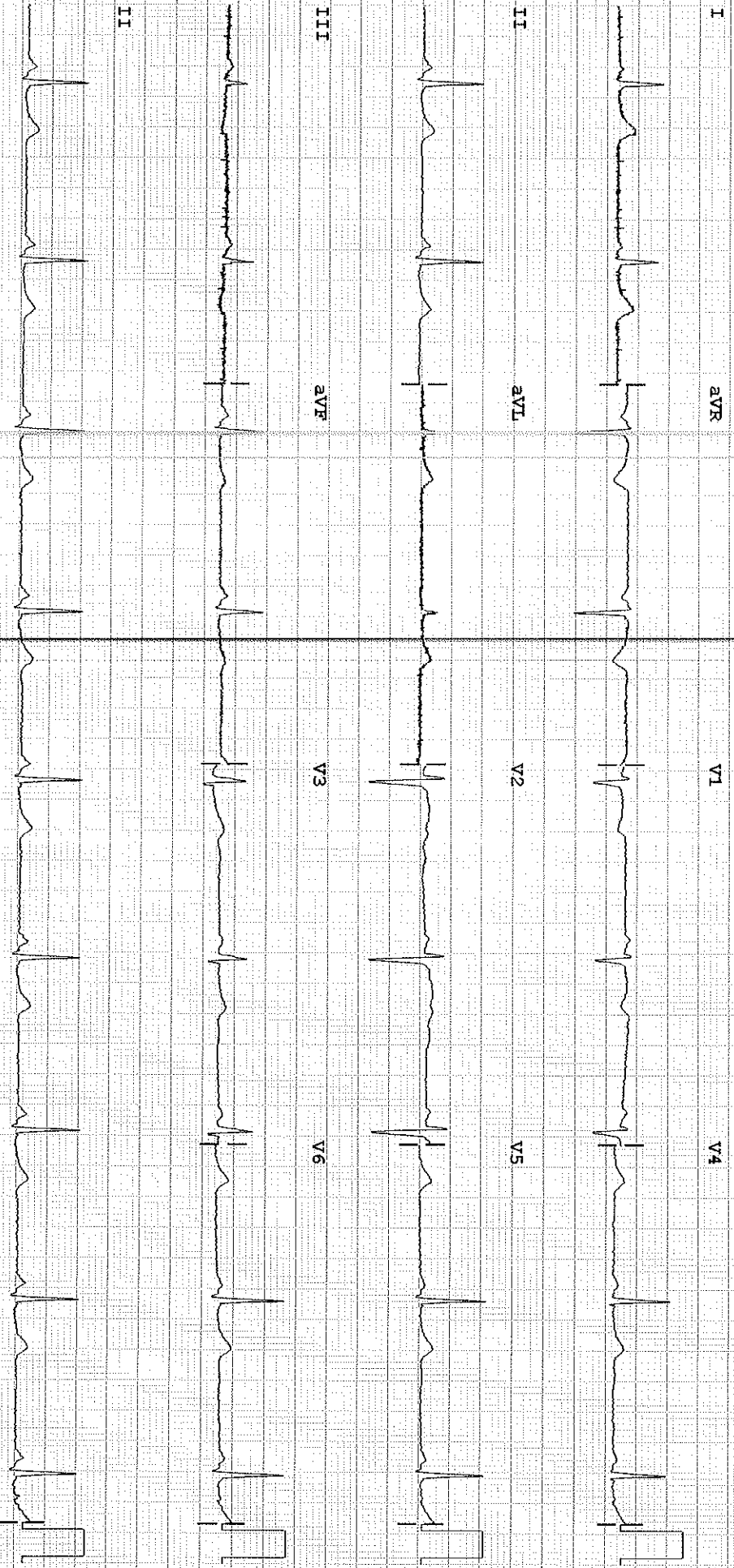
JALPA C GOSAI

Female

Doctor MANISH MITTAL

Rate 53  
PR 128  
QRSD 82  
QT 440  
QTc 413

--AXIS--  
P 73  
QRS 44  
T 9



Dev: Speed: 25 mm/sec Limb: 1u mm/mV Chest: 10 mm/mV 50~ 0.15-150 Hz PH08 P?

**Dr. Sonica Peshin**

Cosmetic Dentist & Implantologist

Reg. No. : 6966-A

M. : 9586867301



**BHAILAL AMIN  
GENERAL HOSPITAL**

**Dental assessment form**

23/04/2022

Name: Jalpa C Gosai

Age/ Sex: 35 years/Female

Patient has come for a regular check up.

**On Examination:**

- Stains+
- History of horizontal brushing
- Mild attrition, recession
- Impacted tooth with respect to 38

**Provisional diagnosis:**

- Chronic generalised gingivitis

**Treatment plan:**

- Recalled after an year for an oral hygiene check up

**Advised:**

- Brush your teeth twice daily
- Salt water gargle twice daily
- Clean your tongue and floss in between everyday.
- Follow vertical brushing technique.

  
Dr Sonica Peshin

ITEM CODE:SMD066

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