

Namaste Ms. BHUMIKA PRIYANKAR,

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

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.

Scan the QR code to download the Apollo 24*7 App



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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

Disclaimer: The services offered in the program may vary depending on any prior mutual agreements between guests and the facility/unit.

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Name : Ms. BHUMIKA PRIYANKAR (33 /F)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 25/03/2023



UHID : AHIL.0000854815

AHC No : AHILAH201313



Chief Complaints

For Annual health checkup

No specific complaints



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? - No

Do you have any drug allergies? - No

Covid 19 - Yes

Hospitalization for Covid 19 - No

Chickunguniya - YES



Surgical history



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Surgical history - Nil



Personal history

Ethnicity - Indian Asian
 Marital status - Married
 No. of children - 1
 Male - 1
 Profession - corporate employed
 Diet - Mixed Diet
 Alcohol - does not consume alcohol
 Smoking - No
 Chews tobacco - No
 Physical activity - Moderate



Family history

Father - alive
 Aged - 60
 Mother - alive
 Aged - 58
 Brothers - 1
 Sisters - 1
 Hypertension - mother
 Coronary artery disease - none
 Cancer - None
 Asthma - mother

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 155
 Weight - 53.1
 BMI - 22.1
 Pallor - No





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Edema - no

Cardiovascular system

Heart rate (Per minute) - 72
Rhythm - Regular
- B.P. Supine
Systolic(mm of Hg) - 120
Diastolic(mm of Hg) - 70
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-FEMALE

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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:	Slightly Turbid			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	6-8 /h.p.f			0-5
RBC	2-4 /h.p.f	/hpf		0-5/hpf
Epithelial Cells	4-6 /h.p.f			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	12.8	gm%	●	12-16
Packed cell volume(Calculated)	37.9	%	●	36-46
RBC COUNT (Impedance)	4.59	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	82.6	fl	●	80-100
MCH(Calculated)	27.93	pg	●	27-32
MCHC(Calculated)	33.8	%	●	31-36
RDW(Calculated)	13.1	%	●	11.5-14.5
WBC Count (Impedance)	7887	/cu mm	●	4000-11000

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

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Neutrophils	60	%	●	40-75
Lymphocytes	32	%	●	20-40
Monocytes	04	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	289100	/cu mm	●	150000-450000
MPV (Calculated)	8.5	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	08	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:	O 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	19	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	93	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	20	U/L	●	>1 year Female : <32
Total Bilirubin	0.353	mg/dL	●	0.300-1.200
Direct Bilirubin	0.114	mg/dL	●	Upto 0.3 mg/dl

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AHC No: AHILAH201313

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Indirect Bilirubin

0.239

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

0.57

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)

102

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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Date : 25/03/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No : AHILAH201313



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Glycosylated Hemoglobin (HbA1c)

5.4

%



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.

108.28

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	7.73	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.73	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.61	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.61	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.12		●	2.20-4.20
Globulin-Serum/Plasma	3.12		●	2.20-4.20
A/G ratio	1.48		●	1.00-2.00
A/G ratio	1.48		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.5	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	138	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	3.2	µIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range



Name: Ms. BHUMIKA PRIYANKAR

UHID : AHIL.0000854815

Date : 25/03/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No: AHILAH200313

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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	3.8	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	16	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	201 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	158 *	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	46 *	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)	144 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	32		●	< 40 mg/dl
C/H RATIO	4		●	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.

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



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AHC No : AHILAH201313



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ECHO/TMT

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

Histopathology

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

CARDIOLOGY

ECG

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

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 MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

UHID : AHIL.0000854815

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Executive Summary

- .BODY WEIGHT 53.1 KG,DEAL BODY WEIGHT 44-55 KG
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL
- .USG ABDOMEN - RIGHT RENAL CONCRETION
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-

- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-

- REGULAR WALK FOR 30 MINS FOR HEALTH,
- 60 MINS WALK FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 44-55 KG

Follow-up and Review Plan

- CHECK LIPID PROFILE EVERY 6 MONTHS



Scan the QR code
 in AskApollo App
 to book your
 follow-up
 appointments and
 investigations

Printed By : MUKTA S ADALTI

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Dr. SHASHIKANT NIGAM
 AHC Physician / Consultant Internal Medicine
 MRBS MD (Gen. Med.)
 Apollo Hospitals International Ltd., Gandhinagar,
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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 : Ms. BHUMIKA PRIYANKAR | Female | 33Yr 9Mth 4Days

UHID : AHIL.0000854815

Patient Location: AHC

Patient Identifier: AHILAH201313



DRN : 123039339

Completed on : 25-MAR-2023 09:41

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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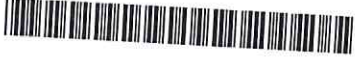
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CARDIOLOGY

Patient Details : Ms. BHUMIKA PRIYANKAR | Female | 33Yr 9Mth 4Days
UHID : AHIL.0000854815 **Patient Location:** AHC
Patient Identifier: AHILAH201313 
DRN : 5623029533 **Completed on :** 25-MAR-2023 12:39
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) ::

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Ms. BHUMIKA PRIYANKAR

AHIL.0000854815

AHILAH201313

ECHO/TMT

	LVID diastole
Measurements (mm)	

IMPRESSION

— END OF THE REPORT —

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.
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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Ms. BHUMIKA PRIYANKAR | Female | 33Yr 9Mth 4Days

UHID : AHIL.0000854815

Patient Location: AHC

Patient Identifier: AHILAH201313



DRN : 223016901

Completed on : 25-MAR-2023 10:48

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 8.0 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. Pelvicalyceal system on both sides appear normal.

Tiny concretion seen in mid calyx of right kidney,
No evidence of calculi on left side.

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 8.5 mm.

Both ovaries are normal in size and echopattern.

Printed on : 26-Mar-2023 16:35

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Ms. BHUMIKA PRIYANKAR

AHIL.0000854815

AHILAH201313

USG WHOLE ABDOMEN

No free fluid is seen in Pouch Of Douglas.

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

Right renal concretion.

— END OF THE REPORT —

DR. VAIBHAVI PATEL

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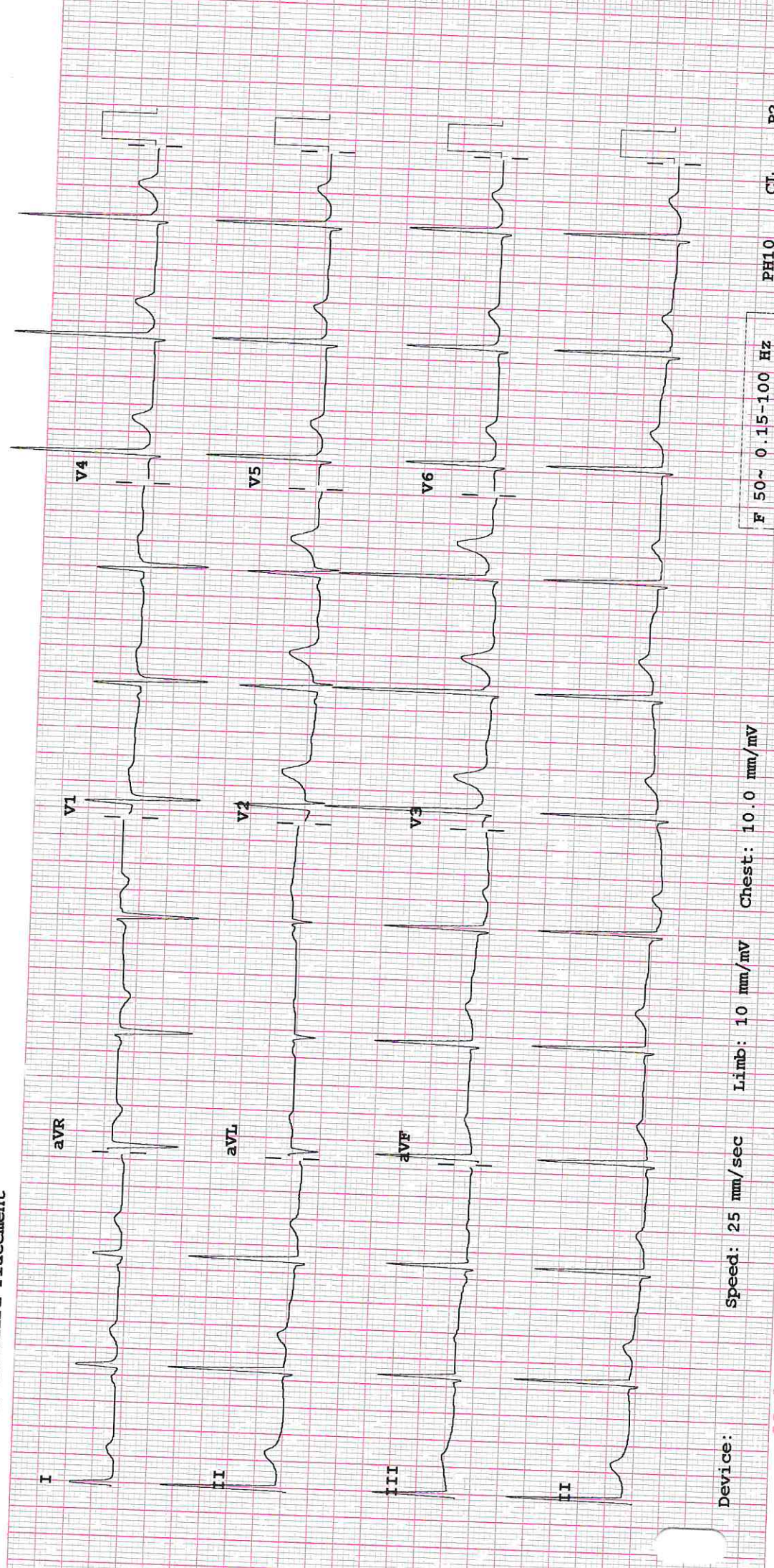
Rate 70

PR 110
QRSD 83
QT 386
QTc 417

--AXIS--
P -5
QRS 64
T 32

12 Lead; Standard Placement

AHIL.0000854815
Ms. BHUMIKA
PRIYANKAR
33 Year(s) / Female



Device: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

F 50 ~ 0.15-100 Hz

PH10 CL P?



AHIL.0000854815

Ms. BHUMIKA
PRIYANKAR

33 Year(s) / Female

D,



DENTISTRY

Name :

Occupation :

Age : Sex : Male Female

Date : 25/3/23 Unit No. :

Ref. Physician :

Copies to :

DENTAL RECORD

ALLERGIES : NA

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		
	MILD	MOD	SEV	CLASS I	II	III
NORMAL FINDINGS IN DISEASE				CROSSBITE		
Lips :				Hypoplasia		
Cheeks :				Impaction		
Tongue :				Non-vital		
Floor of the mouth :				Fracture		
Palate :				Abcess		
Tonsillar Area : <u>OK</u>				Ulcers		
Any other :				Caries		
				Missing Teeth		
				Supernumerary		
				Others		

PRESENT COMPLAINT :

Red to cheeks

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

NA

AHIL.0000854815

Ms. BHUMIKA
PRIYANKAR

33 Year(s) / Female

ION RECORDS

OPHTH

Name :

Date : 25/3/23

UHID :



Distance Vision :

Right Eye - 6/6

Left Eye - 6/6

Near Vision :

Right Eye : NG

Left Eye : NG

APLN.TN - Right Eye 14 Left Eye - 15 mmHg Normal

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - Normal

Both Eye Posterior Segment Examinations - Normal

Doctor's Signature

Ophthalmologist Name

Place Label Here

If label not available, write Pt, Name, IP No/UHID,
Age, Sex, Date, Name of Treating Physician

OBSTETRICS & GYNAECOLOGY - AHC

AHIL.0000854815

Name : ...

Ms. BHUMIKA
PRIYANKAR

Occupat

33 Year(s) / Female

Age : ...



male

Date : 25/3/23

Unit No. :

Ref. Physician : Dr. Kiran Naker

Copies to :

GYNAEC CHECK UP

Chief Complaint:

None P+1

Children: 10

Deliveries: 1 FTD

Last Child: 16/16 years / FTD

Abortions: 1 MTP

Periods: Regular

5/28 days

LMP: 9/3/23

Menopause: -

G. Condition: fit

P/A: Soft

S/E: -

P/V: Uterus: Anteverted, @ size

P/R: Cervix: Small erosion ++
Bleeds on touch

Weight:

BP:

Breasts: Normal

PAP Smear: Taken

Previous Medical H/O:

None

FH/O: None

Previous Surgical H/O:

None

Impression:

Adv

① Tab. Fole 150mg 1 tab / week X 4 weeks

② Clinger forte Vaginal Pessary
at night X 14 days
nights.

Kiran

Doctor Signature
Date & Time

25/3/23
1:47 PM