

Patient Name	: Mrs. RESHMA SASEENDRAN	Age/Gender	: 36 Y/F
UHID/MR No.	: CMYS.0000058866	OP Visit No	: CMYSOPV120378
Sample Collected on	:	Reported on	: 16-12-2023 11:27
LRN#	: RAD2180038	Specimen	:
Ref Doctor	: SELF		
Emp/Auth/TPA ID	: 522267		

DEPARTMENT OF RADIOLOGY

ULTRASOUND - WHOLE ABDOMEN

LIVER: It is normal in size and echotexture. No focal lesions seen. IHBR are not dilated. CBD and Portal vein are normal.

GALL BLADDER: It is well distended and normal. No calculi seen.

SPLEEN: It is normal in size, outline and echopattern. No e/o focal lesions.

PANCREAS: It is normal.

RIGHT KIDNEY: It measures 107x46 mm with parenchymal thickness of 13 mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 115x48 mm with parenchymal thickness of 13 mm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

URINARY BLADDER: It is well distended. The UB wall is normal. No calculi seen.

UTERUS: It is anteverted and measures 81x45x57 mm with ET= 11mm. It is normal in size, outline and echotexture. Multiple hypoechoic lesions noted largest measuring 52x54 mm seen in fundal region.

Rt. OVARY: It measures 28x24 mm. It is normal. No mass lesion seen.

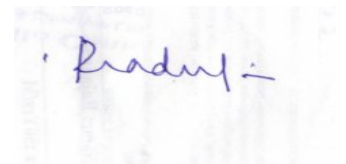
Lt. OVARY: It measures 33x33 mm. It is normal. No mass lesion seen.

RIF: No evidence of focal collection or mass lesion seen. Appendix is not visualized.

OTHERS: No e/o free fluid in the abdomen. No e/o lymphadenopathy. No e/o gut wall thickening. No mass lesion seen in the abdomen.

IMPRESSION: MULTIPLE UTERINE FIBROIDS.

Pradeep Kumar C N, DNB
Consultant Radiologist.



Dr. PRADEEP KUMAR C N
MBBS DNB(RADIOLOGY)
Radiology



Patient Name : Mrs. RESHMA SASEENDRAN

Age/Gender : 36 Y/F

CERTIFICATE OF MEDICAL FITNESS

This is to certify that I have conducted the clinical examination

of RESHMA on 16/12/23

After reviewing the medical history and on clinical examination it has been found that he/she is

	Tick
<ul style="list-style-type: none"> • Medically Fit 	<input type="checkbox"/>
<ul style="list-style-type: none"> • Fit with restrictions/recommendations <p>Though following restrictions have been revealed, in my opinion, these are not impediments to the job.</p> <p>1..... <u>Correction of Anaemia</u></p> <p>2.....</p> <p>3.....</p> <p>However the employee should follow the advice/medication that has been communicated to him/her.</p> <p>Review after _____</p>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> • Currently Unfit. <p>Review after _____ recommended</p>	<input type="checkbox"/>
<ul style="list-style-type: none"> • Unfit 	<input type="checkbox"/>

Dr. ABM
Medical Officer
The Apollo Clinic, Mysore.

Apollo Clinic

#23, 1st Floor,
Kalidasa Road, Mysore - 07
Ph : 0821-4006040/41

This certificate is not meant for medico-legal purposes.

Apollo Health and Lifestyle Limited

ICIN: DR5110702000PPL115819
Kings Office: 110/10/12, Ashoka Kaghanupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
Ph: Tel: 040-4004 7744 | Fax: No: 4904 7744 | Email ID: enquiry@apollohi.com | www.apollohi.com

APOLLO CLINICS NETWORK KARNATAKA

Bangalore: Basavanagudi | Bellandur | Electronic City | Fraser Town | HSR Layout | Indra Nagar | JP Nagar | Kundalahalli |
Kannanagara | Sarajpur Road | Mysore: XV Mahallal

Online appointments: www.apollohi.com

TO BOOK AN APPOINTMENT

1860 500 7788

Date : 16-12-2023
 MR NO : CMYS.0000058866
 Name : Mrs. RESHMA SASEENDRAN
 Age/ Gender : 36 Y / Female

Department : GENERAL
 Doctor : *D. Umashankar*
 Registration No : 67084
 Qualification : *M.B.B.S MD*

Consultation Timing: 08:12

Height: <i>152</i>	Weight: <i>64</i>	BMI:	Waist Circum: <i>70</i>
Temp:	Pulse: <i>74</i>	Resp: <i>20</i>	B.P: <i>120/70</i>

General Examination / Allergies History

Pallor +
Cx
Rx
PA

Clinical Diagnosis & Management Plan

Adx
free T3 T4
Iron profile
B12
RBC-folic acid level.

Hb- 5.1
T3- 0.6
T4- 3.93
TSH 2.16

Follow up date :

[Signature]
 Doctor Signature

Apollo Clinic
 # 23, 1st Floor,
 Kalidasa Road, Mysore - 02
 Ph : 0821-4006040/41

ID: 58866

16-12-2023 09:29:29 AM

MRS RESHMA SASEENDRAN

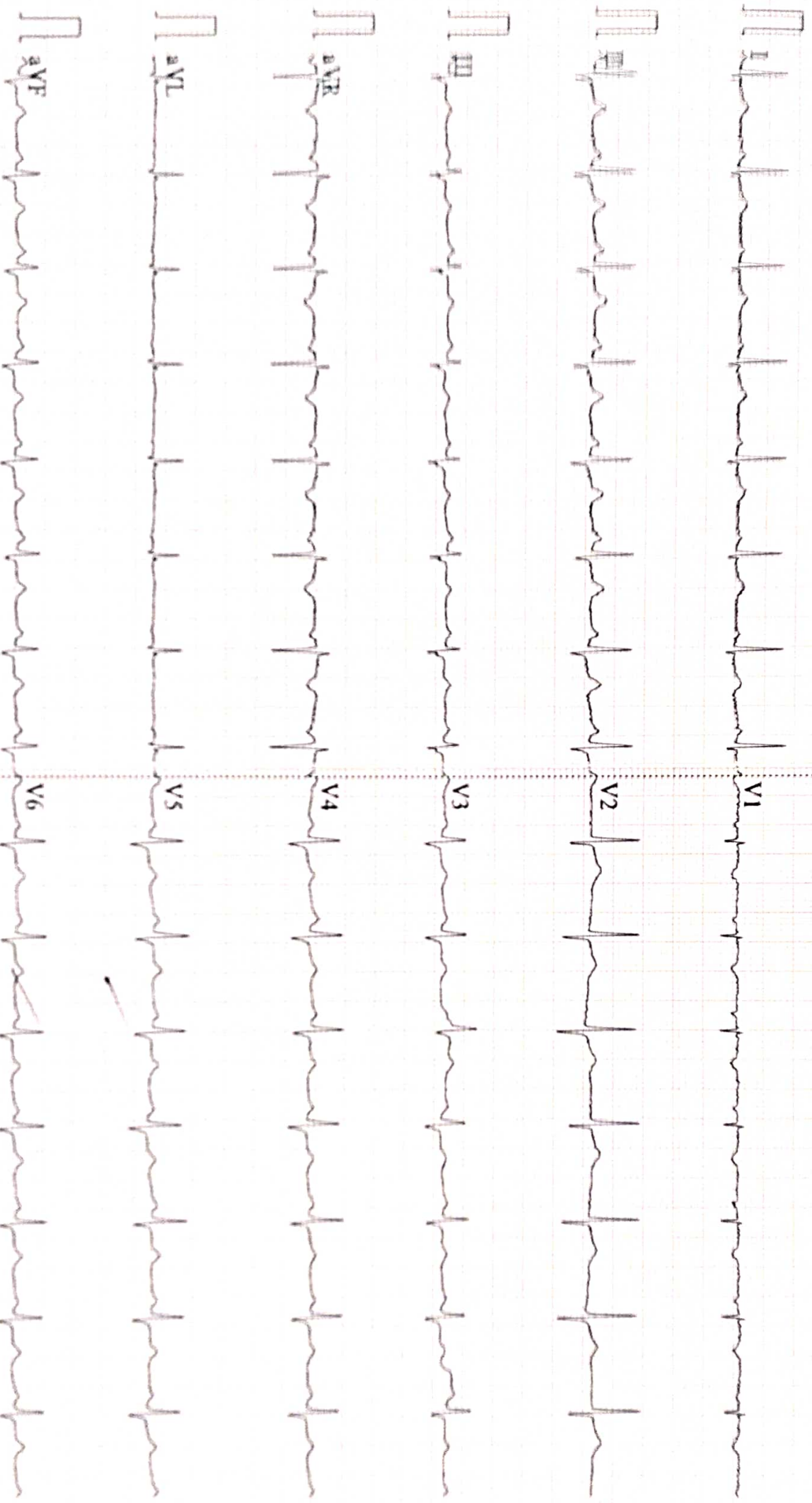
Female 36Years

152cm 64kg 120/70 mmHg

Diagnosis Information:

Unconfirmed Report.

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Kallidasa Road, Mysore - 02
Ph : 0821-4006040/41



0.5-45Hz AC50 25mm/s 10mm/mV 2*5.0s 90 CARDIART

D V143 Glasgow V2860 APOLLO CLINIC MYSURU

Date : 16-12-2023
MR NO : CMYS.0000058866

Department : GENERAL Dietetics
Doctor : Madhura. B.P

Name : Mrs. RESHMA SASEENDRAN

Registration No :

Age/ Gender : 36 Y / Female

Qualification : M.Sc Nutrition & Dietetics
PhD

Consultation Timing: 08:12

Height : 152	Weight : 64	BMI : 27 kg/m ²	Waist Circum : 70
Temp :	Pulse :	Resp :	B.P : 120/70

General Examination /
Allergies History

HB - 8.1
Non-HDL - 137
LDL - 122.43
T3, Total - 0.6
T4, Total - 3.93

Clinical Diagnosis & Management Plan

dx - Multiple uterine fibroids

- ⇒ Advised low calorie diet with Iron rich foods.
- ⇒ Take small frequent meals, Do not skip meals.
- ⇒ Include all variety of seasonal fruits, vegetable & green leafy vegetables.
- ⇒ Include nuts like Almonds, walnuts and dry-fruits like dried dates & raisins daily.
- ⇒ Include seeds like Flax seeds, Pumpkin seeds, sesame, sunflower seeds & watermelon seeds - 1 teaspoon each, dry roasted.
- ⇒ Avoid cruciferous vegetables like cauliflower, broccoli, cabbage and soy products.
- ⇒ Avoid maida, sugar, too much of salt, bakery soda & cream completely.
- ⇒ Avoid bakery products, chate, junk foods, deep fried foods, packed & processed foods.
- ⇒ Drink 12-14 sig glass of water/day.

Follow up date :

Doctor Signature

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 16-12-2023
MR NO : CMYS.0000058866

Department : GENERAL
Doctor :

Name : Mrs. RESHMA SASEENDRAN
Age/ Gender : 36 Y / Female

Registration No : Dr. Haver Kumar
Qualification : MS (ENT)

Consultation Timing: 08:12

Height : 152	Weight : 64	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 120/70

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

Came for regular health checkup

Ear - bilateral ear wax ⊕

Nose - nasal mucosa ⊕

oral cavity in sphero ⊕

neck ⊕

As

wrap & suture

Follow up date :


Doctor Signature
Apollo Clinic
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Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Patient Name: Mrs .Reshma Saseendran	Date : 16.12.2023	Referring Doctor: Dr .Self
Age / Sex: 36 Yrs/Female	UHID NO:58866	Location : OP
ULTRASONOGRAPHY- ABDOMEN & PELVIS		

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Dr. Pradeep Kumar C N, DNB
Consultant Radiologist.

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(CIN: URS110TG2000PLC115819)

Head Office: 1-10-60-62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

Ph. No: (040) 4904 7777 Fax No: 4904 7744 | Email ID: enquiry@apollohl.com | www.apollohl.com

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Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

1860/500 7788

Informed Consent/Declaration For Test Exclusion

Patient Name: Mrs Reshma Age: 36 y

UHID Number: S8868

Please tick and sign the relevant part

I certify that I will skip I, BC Pap smear + Gyn Consultation Test from my own. + opthal

No refund is provided for the above excluded test and i have been informed about the same.

Patient signature: [Signature] Date: 16/12/23

Witness signature: [Signature] Date: 16/12/23

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