

To,

The Coordinator,
Mediwheel (Arcofemi Healthcare Limited)
Helpline number: 011- 41195959

Dear Sir / Madam,

Sub: Annual Health Checkup for the employees of Bank of Baroda

This is to inform you that the following spouse of our employee wishes to avail the facility of Cashless Annual Health Checkup provided by you in terms of our agreement.

PARTICULARS OF HEALTH CHECK UP BENEFICIARY	
NAME	VIDHYA VAMANG KUNKALKAR
DATE OF BIRTH	24-10-1981 41/F
PROPOSED DATE OF HEALTH CHECKUP FOR EMPLOYEE SPOUSE	15-03-2023
BOOKING REFERENCE NO.	22M93421100048140S
SPOUSE DETAILS	
EMPLOYEE NAME	MR. GAUDE KUNKALKAR VAMAN SAWLO
EMPLOYEE EC NO.	93421
EMPLOYEE DESIGNATION	SINGLE WINDOW OPERATOR A
EMPLOYEE PLACE OF WORK	MARCELA
EMPLOYEE BIRTHDATE	26-10-1980

This letter of approval / recommendation is valid if submitted along with copy of the Bank of Baroda employee id card. This approval is valid from **11-03-2023** till **31-03-2023**. The list of medical tests to be conducted is provided in the annexure to this letter. Please note that the said health checkup is a **cashless facility** as per our tie up arrangement. We request you to attend to the health checkup requirement of our employee's spouse and accord your top priority and best resources in this regard. The EC Number and the booking reference number as given in the above table shall be mentioned in the invoice, invariably.

We solicit your co-operation in this regard.

Yours faithfully,

Sd/-

**Chief General Manager
HRM Department
Bank of Baroda**

(Note: This is a computer generated letter. No Signature required. For any clarification, please contact Mediwheel (Arcofemi Healthcare Limited))

आधार

भारतीय विशिष्ट पहचान प्राधिकरण

भारत सरकार

Unique Identification Authority of India

Government of India

नामांकन क्रम / Enrollment No.: 0000/00371/22654

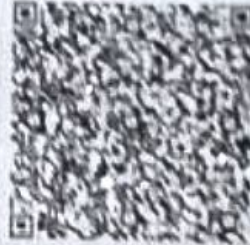
To
विद्या वामन गावडे कुंकलकर
Vidhya Vaman Gaude Kunkalkar
W/O Vaman Gaude Kunkalkar
164 Chimul Wada
Marcela
Orgao
Marcela
Ponda North Goa
Goa 403107
9049557732

01/09/2012

35443616



MD354436168FH



आपका आधार क्रमांक / Your Aadhaar No. :

8031 3299 4388

मेरा आधार, मेरी पहचान

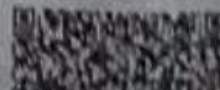


भारत सरकार

Government of India



विद्या वामन गावडे कुंकलकर
Vidhya Vaman Gaude Kunkalkar
जन्म तिथि / DOB: 24/10/1981
महिला / Female





SAVAIKAR HOSPITAL & LAPAROSCOPY CENTRE

Warkhandem, Ponda, Goa 403 401

Hosp. Reg. No. T/0/412

Tel. No. 2312603, 2319202 OPD.: 2311031 Fax No. 2319870

website : www.savaikarhospital.com

email : drsavaikar@gmail.com



॥ अस्मिन् भवति ॥

Patient : MRS. VIDHYA VAMAN GAUDE

UHID No : SHLC/28725

Ref.by : DR.MEGHA SAVAIKAR

Bill No : 8679

Age/Sex : 41/Female

Date : 24.03.2023

Print Date : 24.03.2023 04:16:45 PM

HAEMATOLOGY REPORT

CBC

Test Done

Observed values

Ref. Range

HAEMOGLOBIN (HB)

9.3 g/dl

M: 13.5 - 19.5 g/dl, F: 11.5 - 16.5 g/dl

TOTAL WBC COUNT

6,100 Cells/cu mm

4,000-10,500 /cu mm

DIFFERENTIAL COUNT

STAB CELLS (IMMATURAL NEUTROPHILS) 02 %

0 - 5 %

NEUTROPHILS 65 %

40 - 70 %

LYMPHOCYTES 26 %

20 - 45 %

EOSINOPHILS 03 %

1 - 4 %

MONOCYTES 04 %

2 - 8 %

BASOPHILS 00 %

0 - 1 %

PLATELETS 2,76,000 /cu mm

1,50,000 - 4,00,000 /cu mm

RBC COUNT 4.01 millions/cu mm

4.5 - 6.5 / cu mm

HCT 27.5 %

40 to 54 %

ESR 42 mm/hr

0 - 20 mm/hr

..... End of Report

CHECKED BY

LAB TECHNICIAN

DR. MRS. USHA V. PRIOLKAR

M.B.B.S., M.D.

Consultant Pathologist



The Hospital for perfect health



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॥ अस्मिन्सुखं धनसंपत्तौ ॥

Patient : MRS. VIDHYA VAMAN GAUDE
 UHID No : SHLC/28725
 Ref.by : DR.MEGHA SAVAIKAR
 Bill No : 8679

Age/Sex : 41/Female
 Date : 24.03.2023

Print Date : 24.03.2023 04:17:52 PM

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<u>FASTING BLOOD SUGAR</u>		
FASTING BLOOD SUGAR	96.5 mg/dl	60 to 110
<u>BLOOD SUGAR POST PRANDIAL</u>		
BLOOD SUGAR POST PRANDIAL	105.2 mg/dl	70 to 150 mg/dl
<u>HBA1C</u>		
HBA1C	4.93 %	Normal 0.0-6.0% Good Control 6.0-7.0% Fair Control 7.0-8.0% Poor Control 8.0-10.0% Unsatisfactory c

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
<u>HBA1C</u>		
Mean Blood Glucose	98.20 mg%	100-140

..... End of Report

CHECKED BY

 LAB TECHNICIAN

DR. MRS. USHA V. PRIOLKAR
 M.B.B.S., M.D.
 Consultant Pathologist

 DR. USHA V. PRIOLKAR
 M.D.(PATH.)
 GMC.Reg.No. 0613
 Savaikar Nursing Home, Ponda-Goa.



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Patient : MRS. VIDHYA VAMAN GAUDE
 UHID No : SHLC/28725
 Ref.by : DR.MEGHA SAVAIKAR
 Bill No : 8679

Age/Sex : 41/Female
 Date : 24.03.2023

Print Date : 24.03.2023 04:20:38 PM

<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
BLOOD GROUP RH TYPING		
BLOOD GROUP RH TYPING	'O' Rh Positive	

BIOCHEMISTRY REPORT

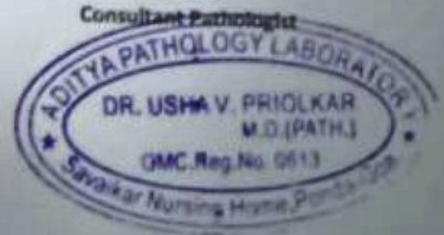
<u>Test Done</u>	<u>Observed values</u>	<u>Ref. Range</u>
RENAL FUNCTION TEST		
Blood Urea	22.01 mg/dl	15.0 - 40.0
BUN	10.27 mg/dl	5.0 - 21.0
CREATININE	0.82 mg/dl	0.5 - 1.5
URIC ACID	3.81 mg/dl	Male : 3.5 - 7.2, Female : 2.5 - 6.2
LIPID PROFILE		
SERUM CHOLESTEROL	203.2 mg/dl	130 to 240 mg/dl
HDL CHOLESTEROL	60.3 mg/dl	M:35-80,F:42-88
SERUM TRIGLYCERIDES	93.6 mg/dl	0 to 200
VLDL CHOLESTEROL	18.72 mg/dl	0 - 35
LDL CHOLESTEROL	124.18 mg/dl	0 - 160
LDL/HDL CHOLESTROL (R)	2.05	0.0 - 4.0
TOTAL CHOL / HDL CHO	3.37	0.0 - 4.5

..... End of Report

CHECKED BY

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 M.B.B.S., M.D.
 Consultant Pathologist



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Patient : MRS. VIDHYA VAMAN GAUDE
 UHID No : SHLC/28725
 Ref.by : DR.MEGHA SAVAIKAR
 Bill No : 8679

Age/Sex : 41/Female
 Date : 24.03.2023

Print Date : 24.03.2023 04:22:52 PM

BIOCHEMISTRY REPORT

Test Done	Observed values	Ref. Range
LIVER FUNCTION TEST WITH PROTEINS		
SGOT	28.5 U/L	5 - 40
SGPT	21.9 U/L	7 - 50
BILIRUBIN		
TOTAL	0.30 mg/dl	0.1 - 1.2
DIRECT	0.18 mg/dl	0.058 - 0.3
INDIRECT	0.12 mg/dl	0.2 - 0.7
ALKALINE PHOSPHATASE	68.7 U/L	53 - 128
SERUM PROTEIN		
TOTAL PROTEINS	6.80 gms %	6.0 - 8.5
ALBUMIN	3.69 gms %	3.2 - 5.5
GLOBULIN	3.11 gms %	2.1 - 3.3
A:G RATIO	1.18	1.5 - 2.1:1

..... End of Report

CHECKED BY

LAB TECHNICIAN

Priolkar

DR. MRS. USHA V. PRIOLKAR
 M.B.B.S., M.D.

Consultant Pathologist



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Patient : MRS. VIDHYA VAMAN GAUDE

Age/Sex : 41/Female

UHID No : SHLC/28725

Date : 24.03.2023

Ref.by : DR.MEGHA SAVAIKAR

Bill No : 8679

Print Date : 24.03.2023 04:23:59 PM

CLINICAL PATHOLOGY REPORT

Test Done

Observed values

Ref. Range

URINE ROUTINE

PHYSICAL EXAMINATION

Colour	Pale Yellow
Odour	Faintly Aromatic
Appearance	Clear

CHEMICAL EXAMINATION

Reaction	6.0	5.5 - 7.5
Specific Gravity	1.020	1.010 - 1.025
Deposit	Absent	
Protein	Absent	
Sugar	Absent	
Ketones	Absent	

MICROSCOPIC EXAMINATION

Pus Cells	3-4 /hpf	0 - 5 hpf
Epithelial Cells	1-2 /hpf	
RBC's	Nil /hpf	0 - 2hpf

..... End of Report

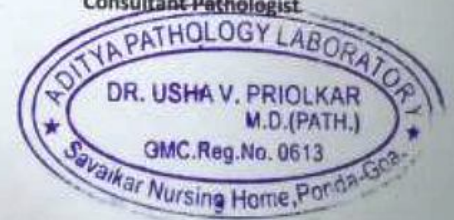
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LAB TECHNICIAN

DR. MRS. USHA V. PRIOLKAR

M.B.B.S., M.D.

Consultant Pathologist



The Hospital for perfect health



CID : 2308318808
 Name : MS. VIDHYA VAMAN GAUDE KUNKALKAR
 Age / Gender : 41 Years / Female
 Consulting Dr. : MEGHA SAVAIKAR
 Reg. Location : Margao, South Goa

Use a QR Code Scanner
 Application To Scan the Code

Collected : 24-Mar-2023 / 13:51
 Reported : 24-Mar-2023 / 15:24

THYROID FUNCTION TEST

<u>PARAMETER</u>	<u>RESULTS</u>	<u>BIOLOGICAL REF RANGE</u>	<u>METHOD</u>
Total T3, Serum	1.5	1.3-3.1 nmol/l	ECLIA
NOTE: The unbound fraction of total T3 concentrations, free triiodothyronine (FT3) is metabolically active hence, more useful than measuring total T3 as altered levels of total T3 occur due to changes in T3 binding proteins, especially TBG as in case of normal pregnancy and steroid therapy.			
Total T4, Serum	85.0	66-181 nmol/l	ECLIA
NOTE: T4 circulates in the blood as an equilibrium mixture of free and protein bound hormone. FT4 is a better indicator of thyroid hormone action than Total T4 because it is not affected by changes in Thyroxine Binding Globulin (TBG) or other Thyroxine Binding Proteins like in illness, drug intake or pregnancy.			
sensitiveTSH, Serum	2.00	0.35-5.5 microIU/ml First Trimester:0.1-2.5 Second Trimester:0.2-3.0 Third Trimester:0.3-3.0	ECLIA



Use a QR Code Scanner Application To Scan the Code

RR
EE
PP
OO
RR
TT

CID : 2308318808
Name : MS. VIDHYA VAMAN GAUDE KUNKALKAR
Age / Gender : 41 Years / Female
Consulting Dr. : MEGHA SAVAIKAR
Reg. Location : Margao, South Goa

Collected : 24-Mar-2023 / 13:51
Reported : 24-Mar-2023 / 15:24

Interpretation:

A thyroid panel is used to evaluate thyroid function and/or help diagnose various thyroid disorders.

Clinical Significance:

- 1) TSH Values between high abnormal upto 15 microIU/ml should be correlated clinically or repeat the test with new sample as physiological factors can give falsely high TSH.
- 2) TSH values may be transiently altered because of non thyroidal illness like severe infections, liver disease, renal and heart severe burns, trauma and surgery etc.

TSH	FT4 / T4	FT3 / T3	Interpretation
High	Normal	Normal	Subclinical hypothyroidism, poor compliance with thyroxine, drugs like amiodarone, Recovery phase of non-thyroidal illness, TSH Resistance.
High	Low	Low	Hypothyroidism, Autoimmune thyroiditis, post radio iodine Rx, post thyroidectomy, Anti thyroid drugs, tyrosin kinase inhibitors & amiodarone, amyloid deposits in thyroid, thyroid tumors & congenital hypothyroidism.
Low	High	High	Hyperthyroidism, Graves disease, toxic multinodular goiter, toxic adenoma, excess iodine or thyroxine intake pregnancy related (hyperemesis gravidarum, hydatiform mole)
Low	Normal	Normal	Subclinical Hyperthyroidism, recent Rx for Hyperthyroidism, drugs like steroids & dopamine, Non thyroidal illness.
Low	Low	Low	Central Hypothyroidism, Non Thyroidal Illness, Recent Rx for Hyperthyroidism.
High	High	High	Interfering anti TPO antibodies, Drug interference: Amiodarone, Heparin, Beta Blockers, steroids & anti epileptics.

Diurnal Variation: TSH follows a diurnal rhythm and is at maximum between 2 am and 4 am, and is at a minimum between 6 pm and 10 pm. The variation is on the order of 50 to 206%. Biological variation: 19.7% (with in subject variation)

Reflex Tests: Anti thyroid Antibodies, USG Thyroid, TSH receptor Antibody, Thyroglobulin, Calcitonin

Limitations:

1. Samples should not be taken from patients receiving therapy with high biotin doses (i.e. >5 mg/day) until atleast 8 hours following the last biotin administration.
2. Patient samples may contain heterophilic antibodies that could react in immunoassays to give falsely elevated or depressed results. this assay is designed to minimize interference from heterophilic antibodies.

Reference:

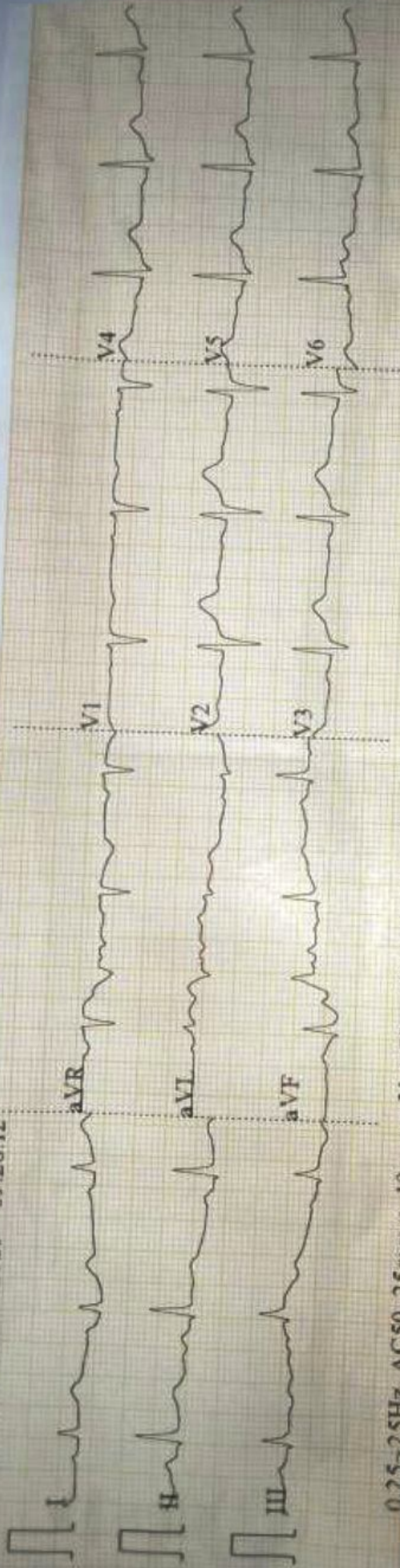
1. O. Koulouri et al. / Best Practice and Research clinical Endocrinology and Metabolism 27(2013)
2. Interpretation of the thyroid function tests, Dayan et al. THE LANCET, Vol 357
3. Tietz, Text Book of Clinical Chemistry and Molecular Biology -5th Edition
4. Biological Variation: From principles to Practice- Callum G Fraser (AACC Press)

*Sample processed at SUBURBAN DIAGNOSTICS (INDIA) PVT. LTD Goa Lab, Margao
*** End Of Report ***



Dr. Vineeth Nair
Dr. VINEETH NAIR
M.D. (PATH)
Pathologist

ID: 7858 24-03-2023 09:28:12



0.25-25Hz AC50 25mm/s 10mm/mV ♥73 V10 SEMIP V1.7

limbs

Ela within nasal

Dhaad

Vidhya vaman ^{Caude} Konkarna
Age 41 / F

ECG Within Normal Limits


Dr. (Mrs.) Lalena V. Bakhale
M.D. (BOM), Reg. No. 19220
Consultant Physician
Ponda-Goa

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email : drsavaikar@gmail.com



॥ आरोग्यं धनं ॥

ECHOCARDIOGRAPHY REPORT

Name: Vidhya Kunkalkar 41Y/F

Date: 24th March - 2023

Referred by:

M Mode Measurements :

IVSd (cms) = 0.965	LVsD (cms) = 2.23
LVdD (cms) = 4.23	Aorta (cms) = 3.6
PWd (cms) = 0.965	LA (cms) = 2.4
EF (%) = 65%	RVD (cms) =

Doppler Data :

Mitral Valve :

E (m/s) = 1.12

A (m/s) = 0.51

Regurgitation : nil

Stenosis : nil

MVA -

Tricuspid Valve :

Regurgitation - nil

PASP = + RAP mmHg

Stenosis : Nil

Aortic Valve :

Peak velocity (m/s+) = 1.29

Gradient (mmHg): PG/MG = nil

Regurgitation : nil

Stenosis : nil

Pulmonary valve :

Peak velocity (m/s) 1.36

Gradient (mmHg): PG/MG = normal

Regurgitation : nil

Stenosis : Nil

Regional Wall Motion Abnormality (RWMA) : nil

FINAL IMPRESSION :

NORMAL SIZE ALL 4 CARDIAC CHAMBERS

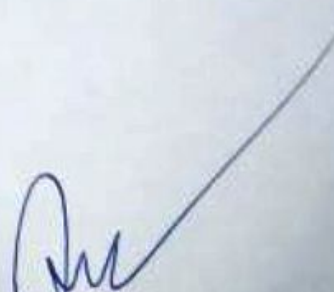
~~NO RWMA, IAS/IVS INTACT,~~ VALVES NORMAL

NO RWMA, IAS/IVS INTACT,

NORMAL LV FUNCTION(EF= 65%)

NO CLOT/VEGETATION/PE




Dr. Sabyasachi Mukhopadhyay
Consultant Cardiologist

The Hospital for perfect health



NAME: VIDHYA VAMAN KUNKALKAR

REF BY: HEALTH CHECK UP

DATE: 24/03/2023

RADIOGRAPH OF THE CHEST-PA VIEW

The trachea is central

The lung fields are clear

Both CP angles are clear

Cardiothoracic ratio is within normal limits

The rib cage is normal

Both the diaphragm contours are normal

With warm regards.

Reshma

Dr. RESHMA DALVI
M.D, D.N.B (RADIO-DIAGNOSIS)

Dr. Reshma Dalvi
MD, DNB (RADIO-DIAGNOSIS)
Reg. No. 0896

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११ सवािकार अस्पताल ११

Name: VIDHYA VAMAN GAUDE KUNKALKAR 41/F

Date :24-03-2023

HEALTH CHECKUP

USG ABDOMEN & PELVIS

Liver: normal in size, with normal echotexture. Hepatic veins are normal. No focal mass lesion noted. The **Portal Vein** is normal.

There is no dilatation of intra-hepatic biliary radicals. The **CBD** is normal in caliber.

Gall bladder: contracted. No calculi. No wall thickening. No peri-cholecystic fluid.

Spleen: normal in size, with normal echotexture. No focal mass lesion.

Pancreas: normal in size and echotexture. No focal mass noted. The pancreatic duct is normal. No calculi / calcification. No peri-pancreatic collection.

Right kidney: measures 9.2 cm. The cortical echogenicity is normal. Cortico-medullary differentiation is maintained. No dilatation of pelvicalyceal system noted. No calculi. No focal lesion.

Left kidney: measures 10.7 cm. The cortical echogenicity is normal. Cortico-medullary differentiation is maintained. No dilatation of pelvicalyceal system noted. No calculi. No focal lesion.

Urinary bladder: adequately distended. No calculi. No focal mass. No wall thickening. No e/o internal echoes.

The **uterus** is anteverted.

There is an anterior intra-mural fibroid, measuring 1.2 cm.

The endometrial echo is central, well-defined. Endometrial thickness measures 6 mm.

Both the **ovaries** are normal in size and appearance. There is no adnexal mass.

The great vessels are normal.

No bowel wall thickening.

No intra-abdominal lymphadenopathy.

No free fluid in the abdominal cavity.

No basal pleural effusion.

No obvious mass lesion.

Impression:

Uterine fibroid.



Dr. Sarvesh L. S. Dubhashi
Consulting Radiologist

Thanks for the reference

The Hospital for perfect health



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॥ अस्मिन् भवसंपदा ॥

Name: VIDHYA VAMAN GAUDE KUNKALKAR 40/F

Date :24-03-2023

HEALTH CHECKUP

SONOMAMMOGRAPHY-BOTH BREASTS

Right breast:

There is a solid oval lesion at 10 o'clock, measuring 6 mm.

There is no cystic lesion in any quadrant of the right breast.

There is no axillary lymphadenopathy.

Left breast:

There is no solid / cystic lesion in any quadrant of the left breast.

There is no axillary lymphadenopathy.


Impression:

Right breast :

Fibroadenoma at 10 o'clock (BIRADS 2)

Left breast :

No significant abnormality detected during present examination.


Dr. Suresh L. S. Dubhashi
Consulting Radiologist

Thanks for the reference



The Hospital for perfect health



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॥ अस्मिन्नेषु अस्मिन्नेषु ॥

Date:- 24.03.2023

NAME:- Vidhya Vaman Gaude Kunkalkar

AGE:- 41

SEX:- Female

COMPANY NAME :- _____

OPHTHALMIC EXAMINATION:

VISION	DISTANT		NEAR	
	RIGHT	LEFT	RIGHT	LEFT
VISUAL ACUITY				
WITH SPECTS				
WITHOUT SPECTS	6/6	6/6	N/G	N/G
COLOUR VISION	NORMAL			
SIGNS OF NIGHT BLINDNESS:- Yes / No			PHORIAS :- Nil	

Kunkalkar

SIGNATURE OF THE EMPLOYEE



The Hospital for perfect health

Sawaikar Hospital & Laparoscopy Centre

Warkhandem, Ponda - Goa 403 401.

Hosp. Reg.No.: T/0/412

Dr. S. V. Sawaikar
M.B.B.S., M.D. (Delhi)
Obstetrician & Gynaecologist
Reg. No. 0834 GMC

Phone: Hosp.: (0832) 2312603

(0832) 2319202

Res.: (0832) 2314913

Timings: 10 a.m. to 12 30 p.m.

5 p.m. to 6.30 p.m.

EX. CONSULTANT
CHRISTIAN MEDICAL COLLEGE & HOSPITAL, VELLORE

WANLESS MISSION HOSPITAL MEDICAL COLLEGE, MIRAJ

AGE: 41/F

Vidhya Kunkalkar Date: 24.03.2023

wt - 53

Gynaecological check up

Married 11 yrs. 4.7.3 P 2 L 2 ♀ 6

X dels.

Long periods Nil.

Menstrual - intermittent bleeding.

L.M.P. 15-3-8-3-23

Cycles 25/30 days.

BP. 120/80

01C - P/S.

Wt cx healthy.
whitish discharge.

No signs of infection.

Wt. Normal size. freely movable.

Adnexae - Normal

Impression: Normal

Dr. S. V. Sawaikar

M.B.B.S., M.D. (Delhi)

OBST & Gyn. Reg. No. 0834

Sawaikar Hospital & Laparoscopy Centre
Ponda-Goa 403 401



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॥ सर्वस्वमिदं ॥

Midhya (5K-8K)

Exercise:- 1/2 hour walking

Water Intake:- 3 litres

Sleep, Stress ✓

Height = 153 cm
wt = 53 kg

5:30am:- Dates + 1 glass water
(2-3 nos)

8:30am:- Chapati [Palak / Carrot] → 2 nos.
Egg omelette or ^{Puree} Seasonal Vegetable → 1 cup

Tea → 1 cup (Sugarless)

11:00am:- Any 1 fruit

(Fruit Restrict)

1:00pm:- Rice → 1/2 bowl
fish curry / dal → 1 cup
Any Seasonal Vegetable → 1 cup

5:00 pm:- Tea → 1 cup (Sugarless) | Chia Seeds water → 1 glass
6:30 pm

8:30 pm:- Paneer Buzi or Chole → 1 cup
Roti → 2 nos



The Hospital for perfect health

Savaikar Hospital Health Check Summary

Date :- 24.03.2023

Name :- Vidhya Vaman Gaude kunkalkar

Age :- 41

Sex :- Female

Address :- Marcel

Cont. No. :- 9049557732

Height - 153.5

Weight - 53 kg

Past History :- - Fibroadenoma - Rt breast
Allergy - to dust - smoking.

Obstetric History :- G2 III Para II . 1st miscarriage at 3 mths

Menstrual History :- 3-4 day regular . not heavy.
28-30.

Personal History :-
- Appetite normal
- Sleep normal
- Urine / motion normal
- Addictions Nil

Family History :-
- Addictions Nil
1. Mother - DM - HTN , expired.
Father - healthy.

On Examination :- Anaeleg + - pale to green ^{no creas}
^{no edema} BP - 124/80

CVS :- H.S. normal No rrrrrr
R/S :- Lungs clear B.S. normal -

CNS :- No deficit

P/A :- Sg1 - No tenderness' No lumps

Liver / N.P

Lab Investigations:- Hb. - 9.3 gm/dl.
rest normal.

Significant Findings:-

Resting ECG :- normal

Ultrasound:- uterine fibroid-
Sonomemogr

X-Ray:- normal

Summary:- Anaemia,
rest- normal.

Advice:- Serum Iron
B₁₂
vit D
Peripheral smear

- Diet as advised
- water

proper XR
Lentils #5

Dr.(Mrs.) Lalana Bakhale
M.B.B.S. , M.D.

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