



CONCLUSION OF HEALTH CHECKUP

ECU Number	: 377	MR Number	: 21956469	Patient Name	: RIDDHI RAJ
Age	: 21	Sex	: Female	Height	: 150
Weight	: 59	Ideal Weight	: 52	BMI	: 26.22
Date	: 26/11/2022				

Dr. Manish Mittal

Internal Medicine

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.



# BHAILAL AMIN GENERAL HOSPITAL



ECU Number : 377                      MR Number : 21956469              Patient Name: RIDDHI RAJ  
Age : 21                                      Sex : Female                              Height : 150  
Weight : 59                                      Ideal Weight : 52                              BMI : 26.22  
Date : 26/11/2022

Past H/O : NO P/H/O ANY MAJOR ILLNESS

Present H/O : C/O RECENTLY IRREGULAR PERIODS

Family H/O : NO F/H/O ANY MAJOR ILLNESS

Habits : NO HABITS  
Gen.Exam. : G.C.GOOD  
B.P : 110/70 mm Hg  
Pulse : 84/MIN REG  
Others : SPO2-95%  
C.V.S : CLINICALLY NAD  
R.S. : CLINICALLY NAD  
Abdomen : NP  
Spleen : NP  
Skin : NAD  
C.N.S : NAD  
Advice :



ECU Number : 377  
Age : 21  
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MR Number : 21956469  
Sex : Female  
Ideal Weight : 52

Patient Name : RIDDDHI RAJ  
Height : 150  
BMI : 26.22

Ophthalmic Check Up :	Right	Left
Ext Exam		NIL
Vision Without Glasses	6/6 N.5	6/6 N.5
Vision With Glasses	NA	NA
Final Correction	NA	NA
Fundus	NORMAL	
Colour Vision	NORMAL	
Advice	NIL	

**Orthopaedic Check Up :**

Ortho Consultation

Ortho Advice

**ENT Check Up :**

Ear

Nose

Throat

Hearing Test

ENT Advice

**General Surgery Check Up :**

General Surgery

Abdominal Lump

Hernia

External Genitals

PVR

Proctoscopy

Any Other

Surgical Advice



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Patient Name : RIDDHI RAJ  
Height : 150  
BMI : 26.22

**Gynaec Check Up :**

OBSTETRIC HISTORY ML- 1 YRS  
MENSTRUAL HISTORY  
PRESENT MENSTRUAL CYCLE LMP=12/11/2022  
PAST MENSTRUAL CYCLE REGULAR

**CHIEF COMPLAINTS**

PA SOFT  
PS Cx-(N) Vg-WHITE DISCHARGE  
PV UT NS Fx CLEAR  
BREAST EXAMINATION RIGHT NORMAL  
BREAST EXAMINATION LEFT NORMAL  
PAPSMEAR TAKEN  
BMD  
MAMMOGRAPHY  
ADVICE FOLLOW UP WITH REPORT

**Dietary Assessment**

ECU Number : 377                      MR Number : 21956469              Patient Name: RIDDHI RAJ  
Age : 21                                      Sex : Female                      Height : 150  
Weight : 59                                      Ideal Weight : 52                      BMI : 26.22  
Date : 26/11/2022

Body Type : Normal / Underweight / Overweight  
Diet History : Vegetarian / Eggetarian / Mixed  
Frequency of consuming fried food : / Day / Week or occasional  
Frequency of consuming Sweets : / Day / or occasional  
Frequency of consuming outside food : / Day / 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

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

Eat Beetroots, 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.



Patient Name : Ms. RIDDHI RAJ  
 Gender / Age : Female / 21 Years 7 Months 27 Days  
 MR No / Bill No. : 21956469 / 231050530  
 Consultant : Dr. Manish Mittal  
 Location : OPD

Type : OPD  
 Request No. : 88803  
 Request Date : 26/11/2022 08:39 AM  
 Collection Date : 26/11/2022 08:43 AM  
 Approval Date : 26/11/2022 02:04 PM

**CBC + ESR**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
<b>Haemoglobin.</b>			
Haemoglobin	12.9	gm/dL	12 - 15
Red Blood Cell Count (T-RBC)	<b>5.13</b>	mill/cmm	3.8 - 4.8
Hematocrit (HCT)	40.7	%	36 - 46
Mean Corpuscular Volume (MCV)	<b>79.3</b>	fl	83 - 101
Mean Corpuscular Haemoglobin (MCH)	<b>25.1</b>	pg	27 - 32
MCH Concentration (MCHC)	31.7	%	31.5 - 34.5
Red Cell Distribution Width (RDW-CV)	<b>14.2</b>	%	11.6 - 14
Red Cell Distribution Width (RDW-SD)	41.1	fl	39 - 46
<b>Total Leucocyte Count (TLC)</b>			
Total Leucocyte Count (TLC)	5.02	thou/cmm	4 - 10
<b>Differential Leucocyte Count</b>			
Polymorphs	57	%	40 - 80
Lymphocytes	35	%	20 - 40
Eosinophils	3	%	1 - 6
Monocytes	5	%	2 - 10
Basophils	0	%	0 - 2
Polymorphs (Abs. Value)	2.82	thou/cmm	2 - 7
Lymphocytes (Abs. Value)	1.79	thou/cmm	1 - 3
Eosinophils (Abs. Value)	<b>0.15</b>	thou/cmm	0.2 - 0.5
Monocytes (Abs. Value)	0.24	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	203	thou/cmm	150 - 410
Smear evaluation	Adequate		
ESR	10	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. Rechecks / retest may be requested.

365 Days / 24 Hours Laboratory Services

Home Collection Facility Available  
(Mon To Sat 8:00 am to 5:00 pm)



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DEPARTMENT OF LABORATORY MEDICINE

Patient Name	: Ms. RIDDHI RAJ	Type	: OPD
Gender / Age	: Female / 21 Years 7 Months 27 Days	Request No.	: 88803
MR No / Bill No.	: 21956469 / 231050530	Request Date	: 26/11/2022 08:39 AM
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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**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
<b>Blood Group</b>			
ABO system	B		
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 ----

**Dr. Rakesh Vaidya**  
MD (Path). DCP.

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DEPARTMENT OF LABORATORY MEDICINE

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**Fasting Plasma Glucose**

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Biological Ref. Range</u>
<i>Fasting Plasma Glucose</i>			
Fasting Plasma Glucose	87	mg/dL	70 - 110
Post Prandial 2 Hr. Plasma Glucose	107	mg/dL	70 - 140

By Hexokinase method on RXL Dade Dimension

---- End of Report ----

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**HbA1c (Glycosylated Hb)**

Test	Result	Units	Biological Ref. Range
<b>HbA1c (Glycosylated Hb)</b>			
Glycosylated Hemoglobin (HbA1c)	5.2	%	
estimated Average Glucose (e AG) *	102.54	mg/dL	

**(Method:**

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

\* Calculated valued 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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**Renal Function Test (RFT)**

Test	Result	Units	Biological Ref. Range
Urea (By Urease Kinetic method on RXL Dade Dimension)	21	mg/dL	10 - 45
Creatinine (By Modified Kinetic Jaffe Technique)	0.80	mg/dL	0.6 - 1.1
Estimate Glomerular Filtration rate (Ref. range : > 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)	More than 60		
Uric acid (By Uricase / Catalase method on RXL Siemens)	5.5	mg/dL	2.2 - 5.8

--- End of Report ---

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**Liver Function Test (LFT)**

Test	Result	Units	Biological Ref. Range
<b>Bilirubin</b>			
Bilirubin - Total	0.41	mg/dL	0 - 1
Bilirubin - Direct	0.12	mg/dL	0 - 0.3
Bilirubin - Indirect	0.29	mg/dL	0 - 0.7
<i>(By Diazotized sulfanilic acid on RXL Dade Dimension.)</i>			
Aspartate Aminotransferase (SGOT/AST)	27	U/L	13 - 35
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alanine Aminotransferase (SGPT/ALT)	38	U/L	14 - 59
<i>(By IFCC UV kinetic method on RXL Dade Dimension.)</i>			
Alkaline Phosphatase	74	U/L	42 - 98
<i>(BY PNPP AMP method on RXL Dade Dimension.)</i>			
Gamma Glutamyl Transferase (GGT)	23	U/L	5 - 55
<i>(By IFCC method on RXL Dade Dimension.)</i>			
<b>Total Protein</b>			
Total Proteins	8.12	gm/dL	6.4 - 8.2
Albumin	4.32	gm/dL	3.4 - 5
Globulin	3.8	gm/dL	3 - 3.2
A : G Ratio	1.14		1.1 - 1.6
<i>(By Biuret endpoint and Bromocresol purple method on RXL Dade Dimension.)</i>			

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.

--- End of Report ---

Dr. Rakesh Vaidya  
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Patient Name : Ms. RIDDI RAJ  
 Gender / Age : Female / 21 Years 7 Months 27 Days  
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**Complete Lipid Profile**

Test	Result	Units	Biological Ref. Range
<b>Complete Lipid Profile</b>			
Appearance	Clear		
Triglycerides	104	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	152	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	35	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)	117	mg/dL	1 - 130
<i>(Non- HDL Cholesterol)</i>			
< 130 Desirable			
139-159 Borderline High			
160-189 High			
> 191 Very High			
LDL Cholesterol	98	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 (calculated)	20.8	mg/dL	12 - 30
LDL Ch. / HDL Ch. Ratio	2.8		2.1 - 3.5
T. Ch./HDL Ch. Ratio	4.34		3.5 - 5
<i>(Recent NECP / ATP III Guidelines / Classification (mg/dl) :)</i>			

--- End of Report ---

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 Gender / Age : Female / 21 Years 7 Months 27 Days  
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## Thyroid Hormone Study

Test	Result	Units	Biological Ref. Range
------	--------	-------	-----------------------

Triiodothyronine (T3)	0.996	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
11-16 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)	6.39	mcg/dL	
----------------	------	--------	--

(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)	3.41	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 / 21 Years 7 Months 27 Days  
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 Location : OPD

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 Approval Date : 26/11/2022 02:42 PM

**Pap Smear**

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

Cyto No : P/2121/22  
 Received at 12:56 pm

Clinical Details : No complain  
 P/V findings : Cx. - NAD / Vg. - White discharge.  
 LMP :12/11/2022

## TBS Report / Impression :

- \* Satisfactory for evaluation; transformation zone components identified.
- \* Mild acute inflammatory cellularity. No evidence of T. vaginalis / Fungal elements.
- \* 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 Bathesda system (Modified 2014)

---- End of Report ----

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**Urine routine analysis (Auto)**

Test	Result	Units	Biological Ref. Range
<b>Physical Examination</b>			
Quantity	30	mL	
Colour	Pale Yellow		
Appearance	Clear		
<b>Chemical Examination (By Reagent strip method)</b>			
pH	5.5		
Specific Gravity	1.025		
Protein	Negative	gm/dL	0 - 5.
Glucose	Negative	mg/dL	0 - 5
Ketones	Negative		0 - 5
Bilirubin	Negative		Negative
Urobilinogen	Negative		Negative (upto 1)
Blood	Negative		Negative
Bile Salt	Absent		Absent
Leucocytes	Negative		Negative
Bile Pigments	Absent		Absent
Nitrite	Negative		Negative
<b>Microscopic Examination (by Microscopy after Centrifugation at 2000 rpm for 10 min or on fully automated Sysmex urine sedimentation analyzer UF4000)</b>			
Red Blood Cells	0.0 - 1.0	/hpf	0 - 2
Leucocytes	0.0 - 1.0	/hpf	0 - 5
Epithelial Cells	0.0 - 1.0	/hpf	0 - 5
Casts	Nil	/lpf	Nil
Crystals	Nil	/hpf	Nil
Mucus	Absent	/hpf	Absent
Organism	Absent		

---- End of Report ----

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**DEPARTMENT OF DIAGNOSTIC RADIOLOGY**

**ADVANCED DIGITAL SOLUTIONS**

- Computer Radiography
- Ultra Sensitive Colour Doppler
- Ultra High Resolution Sonography
- Multi-Detector CT Scan
- Mammography
- Interventional Radiology
- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

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Patient Name : **Ms. RIDDHI RAJ**  
Gender / Age : Female / 21 Years 7 Months 27 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

**Dr. Priyanka Patel, MD**  
Consultant Radiologist





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**DEPARTMENT OF DIAGNOSTIC RADIOLOGY**

Patient No. : 21956469      Report Date : 26/11/2022  
Request No. : 190042742      26/11/2022 8.39 AM  
Patient Name : Ms. RIDDHI RAJ  
Gender / Age : Female / 21 Years 7 Months 27 Days

*ew*

**ADVANCED DIGITAL SOLUTIONS**

- Computer Radiography
- Ultra Sensitive Colour Doppler
- Ultra High Resolution Sonography
- Multi-Detector CT Scan
- Mammography
- Interventional Radiology
- Digital Subtraction Angiography
- Foetal Echocardiography
- Echocardiography

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

Liver is normal in size and echopattern. No mass lesion identified. The hepatic veins are clear and patent.

Gall bladder is partially distended and shows no obvious abnormality. Common bile duct measures 3 mm in diameter.

Pancreas shows no obvious abnormality. Tail obscured.  
Spleen is normal in 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.

	<b>RIGHT</b>	<b>LEFT</b>
Renal length :	87 mm.	103 mm.
A.P. :	32 mm.	48 mm.

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

*Priyanka Patel*  
**Dr. Priyanka Patel, MD**  
Consultant Radiologist



Patient No. : 21956469      Report Date : 26/11/2022  
Request No. : 190042790      26/11/2022 8.39 AM  
Patient Name : Ms. RIDDHI RAJ  
Gender / Age : Female / 21 Years 7 Months 27 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+.

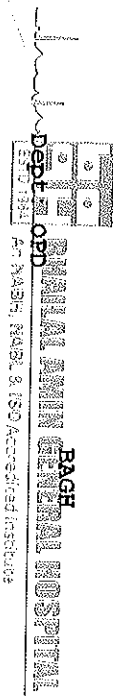
DR. KILLOL KANERIA MD,DM  
INTERVENTIONAL CARDIOLOGIST

ECU/21/956469  
21 Years

26-Nov-22

10:14:28 AM  
Female

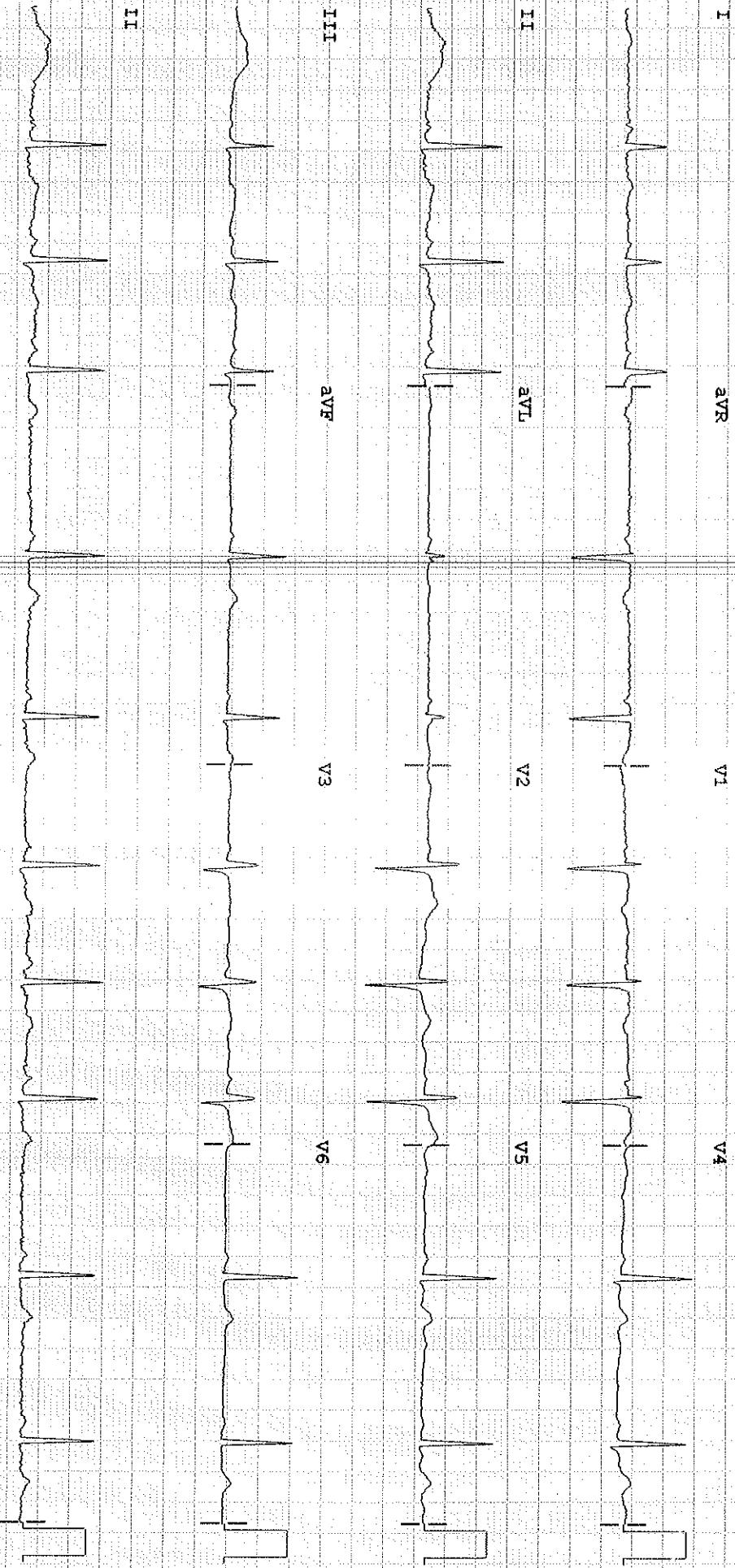
MS. RIDDI RAJ



Doctor MANISH MITTAL

Rate 66  
PR 148  
QRSD 90  
QT 400  
QTc 419

--AXIS--  
P 53  
QRS 48  
T 42



Dev: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10 mm/mV

F 50 ~ 0.5-150 Hz W

PH08

P?

# Dr. Sonica Peshin

Cosmetic Dentist & Implantologist

Reg. No. : 6966-A

M. : 9586867301



BHAILAL AMIN  
GENERAL HOSPITAL

## Dental assessment form

26/11/2022

Name: Riddhi Raj

Age/ Sex: 21 years/Female

Patient has come for an oral hygiene check up

### On Examination:

- Stains++ Calculus++
- History of horizontal brushing
- Mild attrition
- Decayed occlusal pit caries with respect to 36

### Provisional diagnosis:

- Chronic generalised gingivitis

### Treatment plan:

- Scaling and polishing
- Restoration of 36

### Advised:

- Brush your teeth twice daily
- Salt water rinses atleast once a day.
- Clean your tongue and floss in between everyday.
- Follow vertical brushing technique.

  
Dr Sonica Peshin

ITEM CODE:SMD066

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