

**Dear Mr. BALU BHUJBAL**

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health risk assessments curated just for you to guide targeted intervention, continuum of care and a path to wellness. Our holistic care continuum integrates clinical expertise and artificial intelligence to gauge and avert the risk, onset and progression of non-communicable diseases (NCDs).

**In this personalized health report, you will find your**

- Medical History and Physical examination results
- Investigations Results
- Artificial Intelligence powered risk scores
- Physician's Impressions on your Health
- Path to Wellness: A personalized management protocol, including follow-up assessments
- Vaccination counselling advice

**Apollo ProHealth encompasses the following processes:**

**Personalized Health Risk Assessment (pHRA):** Based on your online risk assessment, medical history, physical examination, and psychological evaluation, we recommended a health screening assessment for you, including diagnostic and imaging tests. Based on the results of these assessments, we have advised additional follow-up tests and consultations - details of which we have included in your report. Your physician will explain their relevance, and we strongly suggest you comply with the recommendations.

**Health Mentor:** We have assigned a dedicated health mentor to proactively work with you towards your health goals and ensure that you regularly adhere to the guidance and recommendations from clinical and nutrition consultants. Your health mentor will call you periodically to track your progress



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**ProHealth App:** You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

**Follow- Up Consultation:**

For any follow-up consultations, you can visit your ProHealth physician in-person at the center or you can book a virtual consultation through <https://www.apollo247.com/specialties> or through the Apollo 247 app on your phone.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on  
ANDROID IOS

**Disclaimer:** The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.

**Note:** You are entitled to one complimentary follow-up consultation with your ProHealth physician within a period of 1 year. Please contact your health mentor for the complimentary consult coupon code. This is available for ProHealth Super, Regal and Covid Recovery and Wellness programs

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

**Apollo Hospitals International Limited**  
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382429, India.  
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**Name** : Mr. BALU BHUJBAL (40 /M)  
**Address** :  
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**Date** : 08/10/2022



**Examined by** : Dr. SHASHIKANT NIGAM

**UHID** : AHIL.0000806335

**MEDIWHEEL-FULL BODY CHK-BELOW40-MALE**

**AHC No** : AHILAH168216



### Chief Complaints

For Annual health checkup  
 No specific complaints

### Present Known illness

No history of : - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease

Others : - KNOWN CASE OF OCD



### Drug Allergy

NO KNOWN ALLERGY :08/10/2022



### 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





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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
- Allergies - Nil
- Past medical history - nil significant
- Covid 19 - Yes
- 2022
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No



### Surgical history

- Surgical history - Nil



### Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- No. of children - 1
- Male - 1
- Profession - corporate employed
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No



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Chews tobacco - No  
Physical activity - Sedentary

Family history

Father - alive  
Aged - 70  
Mother - alive  
Aged - 60  
Brothers - 1  
Sisters - 3  
Diabetes - father,uncle  
Hypertension - father  
Coronary artery disease - father  
Cancer - None

Physical Examination

General

General appearance - normal  
Build - normal  
Height - 167  
Weight - 81.7  
BMI - 29.29  
Pallor - No  
Oedema - no

Cardiovascular system

Heart rate (Per minute) - 100  
Rhythm - Regular  
Systolic(mm of Hg) - 149  
Diastolic(mm of Hg) - 100  
- B.P. Sitting  
Heart sounds - S1S2+

**Respiratory system**



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Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No

Tenderness - No

Printed By : MUKTA S ADALTI

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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	30	mL		
Specific Gravity	1.030			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occassional			
Casts:	Absent			
Crystals:	Absent			

**COMPLETE BLOOD COUNT WITH ESR**

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	14.3	gm%	●	13.0-17.0
Packed cell volume(Calculated)	43.6	%	●	40-50
RBC COUNT (Impedance)	5.09	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	85.6	fl	●	80-100
MCH(Calculated)	28.16	pg	●	27-32
MCHC(Calculated)	32.9	%	●	31-36
RDW(Calculated)	14.9 *	%	●	11.5-14.5
WBC Count (Impedance)	5832	/cu mm	●	4000-11000

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Neutrophils	59	%	●	40-75
Lymphocytes	29	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	06	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	235200	/cu mm	●	150000-450000
MPV (Calculated)	8.6	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	04	mm/1st hr	●	0-15

**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:	AB 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	94 *	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	105	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	67 *	U/L	●	> 1 year Male : <40
Total Bilirubin	0.374	mg/dL	●	0.300-1.200
Direct Bilirubin	0.181	mg/dL	●	Upto 0.3 mg/dl

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





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Indirect Bilirubin	0.193	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
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**CREATININE - SERUM / PLASMA**

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.9	mg/dL	●	Adult Male: 0.6 - 1.3

**LFT (LIVER FUNCTION TEST)**

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	79 *	U/L	●	Male : 10 - 71 Female : 6 - 42

**GLUCOSE - SERUM / PLASMA (FASTING)**

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	106 *	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)	135	mg/dL	●	70-140

**GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD**

Test Name	Result	Unit	Level	Range
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Glycosylated Hemoglobin (HbA1c)

6.6 \*

%



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.

142.72

### LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.74	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.74	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.07	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.07	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.67		●	2.20-4.20
Globulin-Serum/Plasma	2.67		●	2.20-4.20
A/G ratio	1.9		●	1.00-2.00
A/G ratio	1.9		●	1.00-2.00

### THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.4	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	121	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	0.9	µIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range



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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	5.2	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)	7	mg/dL	●	6-20
UREA - SERUM / PLASMA	15	mg/dL	●	15 - 50

### LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	150	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	129	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	29 *	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)	103	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	26		●	< 40 mg/dl
C/H RATIO	5 *		●	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





Name: Mr. BALU BHUJBAL

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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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ECHO/TMT

Investigations Not Done / Not Yet Reported

**Haematology**

STOOL ROUTINE

**CARDIOLOGY**

ECG

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

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### Executive Summary



BODY WEIGHT 81.7 KG, IDEAL BODY 52-63 KG  
 .NEWLY DETECTED DIABETES MELLITUS  
 .BP- 149/100  
 .ABNORMAL LFT  
 ECG - PREMATURE VENTRICULAR COMPLEXES  
 ECHO - - NORMAL LV SYSTOLIC FUNCTION, LVEF 60%  
 - REDUCED LV COMPLIANCE  
 - NO PAH ,  
 USG ABDOMEN - Grade I fatty liver.  
 Few small calculi of size 3.5 to 4 mm noted in both kidneys. No evidence of hydronephrosis or hydroureter at present.  
 X-RAY - NORMAL  
 VISION – NORMAL  
 DENTAL - AS PER DOCTOR ADVICE

### Wellness Prescription

#### Advice On Diet :-



BALANCED DIET  
 LOW CARBOHYDRATE DIET

#### Advice On Physical Activity :-



REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION  
 PRACTICE YOGA AND MEDITATION  
 MAINTAIN WEIGHT BETWEEN 52-63 KG

### Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
ENDOCRINOLOGY	RAMESH GOYAL	1 Week(s)	

### Follow-up and Review Plan



PERIODIC BP MONITORING



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



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Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam

MBBS, MD (Gen. Med.)

Consultant Internal Medicine

Apollo Hospitals International Ltd., Gandhinagar, Gujarat-382428, INDIA. Regd. No. : G-21961

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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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details** : Mr. BALU BHUJBAL | Male | 40Yr 4Mth 27Days  
**UHID** : AHIL.0000806335 **Patient Location:** AHC  
**Patient Identifier:** AHILAH168216   
**DRN** : 222051284 **Completed on :** 08-OCT-2022 14:23  
**Ref Doctor** : DR. SHASHIKANT NIGAM

### USG WHOLE ABDOMEN

#### **FINDINGS :**

Liver appears normal in size and shows grade I fatty changes. No evidence of focal 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.

Head, body and tail of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 10 cms and shows uniform echotexture.

Few small calculi of size 3.5 to 4 mm noted in both kidneys. No evidence of hydronephrosis or hydroureter at present.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth.

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.

Prostate (volume 21 cc) is normal in size and echopattern.

#### **IMPRESSION :**

Grade I fatty liver.

Few small calculi of size 3.5 to 4 mm noted in both kidneys. No evidence of hydronephrosis or hydroureter at present.

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AHILAH168216

**USG WHOLE ABDOMEN**

--- END OF THE REPORT ---

T.V. Parikh

TIRTH VINAYKUMAR PARIKH

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Phone : +91 79 66701800 | Fax No. : +91 79 66701843  
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**Apollo Hospitals - City Centre**  
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**Regd. Office**  
19, Bishop Garden, R.A. Puram, Chennai - 600 029  
CIN No. : U65113TN1997PLC039016 | GSTIN : 24AAAC44150H225  
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### CARDIOLOGY

**Patient Details** : Mr. BALU BHUJBAL | Male | 40Yr 4Mth 27Days  
**UHID** : AHIL.0000806335 **Patient Location:** AHC  
**Patient Identifier:** AHILAH168216   
**DRN** : 5622074000 **Completed on :** 08-OCT-2022 12:51  
**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.  
 Reduced LV compliance.  
 All cardiac valves are structurally normal.  
 IAS/ IVS intact.  
 No MR, No AR, No PR, No TR.  
 No PAH.  
 No clots/ vegetation/ effusion.

#### MEASUREMENTS (mm) ::

	LVID diastole
Measurements (mm)	.

Printed on : 10-Oct-2022 9:40

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Reported By : 1010611

Page 1 of 2

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**DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES**

**Patient Details** : Mr. BALU BHUJBAL | Male | 40Yr 4Mth 27Days  
**UHID** : AHIL.0000806335 **Patient Location:** AHC  
**Patient Identifier:** AHILAH168216   
**DRN** : 122113648 **Completed on :** 08-OCT-2022 13:33  
**Ref Doctor** : DR. SHASHIKANT NIGAM

**X-RAY CHEST PA**

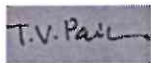
**FINDINGS :**

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 —



TIRTH VINAYKUMAR PARIKH

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**Regd. Office**  
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Mr. BALU BHUJBAL

AHIL.0000806335

AHILAH168216

ECHO/TMT

**IMPRESSION**

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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Mr. BALU  
BHUJBAL

**VISION RECORDS**

Name :

40 Year(s) / Male

806335

Date :

8/10/22

UHID :



Distance Vision :

*glasses*

*No eye complaints / disease*

Right Eye -

*6/6*

Left Eye -

*6/6*

Near Vision :

Right Eye :

*} NG*

Left Eye :

APLN.TN – Right Eye

Left Eye –

mmHg

Both Eye – Colour Vision

*Normal*

Both Eye – Anterior Segment Examinations –

*WNL*

Both Eye Posterior Segment Examinations –

*(Unaided)*

*BE Disc (N)  
All*

Doctor's Signature

Ophthalmologist Name





AHIL.0000806335

Mr. BALU  
BHUJBAL

40 Year(s) / Male



**DENTISTRY**

Name : ..... Date : 08/10/22 Unit No. : .....  
 Occupation : ..... Ref. Physician : .....  
 Age : ..... Sex :  Male  Female Copies to : .....

**DENTAL RECORD**

ALLERGIES : - N/A

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
NORMAL FINDINGS IN DISEASE	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other :	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Calculus <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia Impaction Non-vital Fracture Abscess Ulcers Caries <u>- et</u> Missing Teeth Supernumerary Others

PRESENT COMPLAINT : Root canal therapy

PRE-MEDICAL HISTORY:  DM  HTN  Thyroid  Acidity  Pregnancy  
 Anticoagulant  Under Drug Therapy  
- N/A - Psychiatric Medication



**Bhujbal, Balu**      08.10.2022 12:43:35      Location: Room      **97** bpm  
 ID: 806335      Apollo Hospita'      Order Numt      /      mmHg  
    Bhat      Indicati      /      mmHg  
    Gandinagar      Medication 1      /      mmHg  
         Medication 2      /      mmHg  
         Medication 3      /      mmHg

40 Years      Male      Sinus rhythm with occasional premature ventricular complexes  
 QRS      80 ms      Otherwise normal ECG  
 QT / QTcBaz      362 / 459 ms  
 PR      144 ms  
 P      104 ms  
 RR / PP      614 / 618 ms  
 P / QRS / T      58 / 43 / 50 degrees

Technician:  
 Ordering Ph:  
 Referring Ph:  
 Attending Ph:

