



Mrs. DIGISHAKUMARI PATEL (33 /F)

UHID : AHIL.0000828204

AHC No : AHILAH183345

Date : 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Dear Mrs. DIGISHAKUMARI PATEL

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

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

Apollo Hospitals International Limited
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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
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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

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Name : Mrs. DIGISHAKUMARI PATEL (33 /F)

Address : NA, AHMADABAD, AHMADABAD, GUJARAT, INDIA

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date : 24/12/2022



UHID : AHIL.0000828204

AHC No : AHILAH183345



Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

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



Drug Allergy

NO KNOWN ALLERGY

:24/12/2022



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
- Covid 19 - Yes
- 2021
- Post detection (3 Weeks) - No



Surgical history

- Surgical history - Nil



Personal history

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



Family history

- Father - has expired
- Mother - alive





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- Brothers - 1
- Diabetes - father,mother
- Hypertension - father,mother
- Coronary artery disease - none
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 151
- Weight - 53.6
- BMI - 23.51
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 84
- Rhythm - Regular
- B.P. Supine
- Systolic(mm of Hg) - 153
- Diastolic(mm of Hg) - 99
- Heart sounds - S1S2+

Respiratory system

- Breath sounds - Normal vesicular breath sounds



Abdomen

- Organomegaly - No
- Tenderness - No

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Organization is Accredited
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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	1.015			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6			
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	1-2 /h.p.f			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	9.3 *	gm%	●	12-16
Packed cell volume(Calculated)	32.7 *	%	●	36-46
RBC COUNT (Impedance)	6.31 *	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	51.8 *	fl	●	80-100
MCH(Calculated)	14.82 *	pg	●	27-32
MCHC(Calculated)	28.6 *	%	●	31-36
RDW(Calculated)	22.3 *	%	●	11.5-14.5
WBC Count (Impedance)	7787	/cu mm	●	4000-11000

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



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Neutrophils	57	%	●	40-75
Lymphocytes	37	%	●	20-40
Monocytes	05	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impeuanice)	360600	/cu mm	●	150000-450000
MPV (Calculated)	9	fl	●	7-11

RBC: Erythrocytosis noted~Anemia

RBC:: Anisocytosis (+)~Hypochromia (+)~Microcytes (+)

Platelets: Adequate on the smear

ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic) 06 mm/1st hr ● 0-20

SUGGEST : Hb electrophoresis is indicated after iron supplements.~S. Iron Profile is indicated.

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:	A 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	12	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	76	U/L	●	Adult(Female): 35 - 104

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AST (SGOT) - SERUM

17

U/L



>1 year Female : <32

Total Bilirubin

0.223 *

mg/dL



0.300-1.200

Direct Bilirubin

0.096

mg/dL



Upto 0.3 mg/dl

Indirect Bilirubin

0.127

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

0.65

mg/dL



Adult Female: 0.5 - 1.2

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Test Name

Result

Unit

Level

Range

GGTP: GAMMA GLUTAMYL
TRANSEPTIDASE - SERUM

22

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)

124

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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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)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.69	g/dL		6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.69	g/dL		6.00-8.00
ALBUMIN - SERUM	4.68	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.68	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.01			2.20-4.20
Globulin-Serum/Plasma	3.01			2.20-4.20
A/G ratio	1.55			1.00-2.00
A/G ratio	1.55			1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.9	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	108.5	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	3.15	µIU/mL		14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range



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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	3.1	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	144	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	52	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	60	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)	81	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	10		●	< 40 mg/dl
C/H RATIO	2		●	0-4.5

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

Cytology

Ref No:

CY 2056/22

Brief Clinical History:

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



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- Vaginal discharge
- Complaint of Itching per vagina

SPECIMEN TYPE:

Conventional

Cervical smear

One wet fixed smear received, labeled as 'Digishakumari 828204'.

SPECIMEN ADEQUACY:

Satisfactory for evaluation with endocervical cells.

INTERPRETATION/RESULT:

*

Negative for intraepithelial lesion or malignancy, Reactive cellular changes associated with inflammation

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.

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 53.6 KG,DEAL BODY WEIGHT 43-52 KG
- .ANEMIA
- .IMPAIRED GLUCOSE TOLERANCE
- .ECG - NORMAL SINUS RHYTHM
- .ECHO - NORMAL LV SYSTOLIC FUNCTION, LVEF 60 %
 - MITRAL VALVE PROLAPSE +
 - MILD MR , NO PAH
- .USG ABDOMEN - NORMAL STUDY
- .CHEST X-RAY - NORMAL
- .EYE - NORMAL

Wellness Prescription

Advice On Diet :-



- BALANCED DIET
- LOW FAT 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 43-52 KG

Follow-up and Review Plan



- Hb electrophoresis is indicated after iron supplements.~S. Iron Profile is indicated
- CHECK FBS AND PPBS ONCE IN A MONTH
- CHECK HBA1C NOW AND ONCE IN 3 MONTH

*Iron profile
Hb electrophoresis after 3 months
Corrected*

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

Dr. SHASHIKANT NIGAM
27/12/2022

AHC Physician / Consultant Internal Medicine

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.

Dr. Shashikant Nigam
MBBS, MD (Gen. Med.)
Consultant Internal Medicine

Apollo Hospitals International Ltd., Gandhinagar, Gujarat-382428, INDIA, Regd. No.: G-21981



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DIAL 1066
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CARDIOLOGY

Patient Details : Mrs. DIGISHAKUMARI PATEL | Female | 33Yr 6Mth 10Days
UHID : AHIL.0000828204 **Patient Location:** AHC
Patient Identifier: AHILAH183345 
DRN : 5622098146 **Completed on :** 24-DEC-2022 17:29
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.
 Mild Mitral valve prolapse +.
 Other cardiac valves are structurally normal.
 IAS/ IVS intact.
 Mild MR, No AR, No PR, No TR.
 No PAH.
 No clots/ vegetation/ effusion.

MEASUREMENTS (mm) ::

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ECHO/TMT

	LVID diastole
Measurements (mm)	.

IMPRESSION

--- END OF THE REPORT ---

DR SUBIR GHOSH MD.DM

Interventional Cardiologist

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mrs. DIGISHAKUMARI PATEL | Female | 33Yr 6Mth 10Days
UHID : AHIL.0000828204 **Patient Location:** AHC
Patient Identifier: AHILAH183345 
DRN : 122148059 **Completed on :** 24-DEC-2022 11:48
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

FINDINGS :

Lung fields are clear.

 Cardio thoracic ratio is normal.

 Both costophrenic angles are clear.

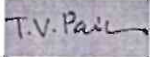
 Domes of diaphragm are well delineated.

 Bony thorax shows no significant abnormality.

IMPRESSION

NORMAL STUDY.

--- END OF THE REPORT ---



TIRTH VINAYKUMAR PARIKH



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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mrs. DIGISHAKUMARI PATEL | Female | 33Yr 6Mth 10Days
UHID : AHIL.0000828204 **Patient Location:** AHC
Patient Identifier: AHILAH183345 
DRN : 222067011 **Completed on :** 24-DEC-2022 12:52
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.

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

Spleen measures 11 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation .Cortical outlines appear smooth. No evidence of calculi. Pelvicalyceal system on both sides appear normal.

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.

Endometrial thickness is 16 mm.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Apollo Hospitals International Limited
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.
Phone : +91 79 66701800 | Fax No. : +91 79 66701843
E-mail : info@apolohd.com | www.abmasabhad.apollohospitals.com

Apollo Hospitals - City Centre (NEW KASHI-JOY)
1, Tulshibang Society, Nr. Parimal Garden, Ahmedabad.
Phone : +91 79 66305000 / 01 or +91 76306 15148
E-mail : infoahcc@apolohd.com

Regd. Office
19, Bishop Garden, R.A. Puram, Chennai - 600 026
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Mrs. DIGISHAKUMARI PATEL

AHIL.0000828204

AHILAH183345

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

Normal Study.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

Printed on : 26-Dec-2022 12:32

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Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382429, India.
Phone : +91 79 66701800 | Fax No. : +91 79 66701843
E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (WOMEN'S CLINIC)
1, Tulsi Nagar Society Nr. Pannai Garden, Ahmedabad.
Phone : +91 79 66305800 / 01 or +91 78988 15148
E-mail : info@ahcc.apolloahd.com

Regd. Office
19, Bishop Gardens, R.A. Puram, Chennai - 600 026
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Place Label Here

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

OBSTETRICS & GYNAECOLOGY - AHC

AHIL.0000828204

Name :

Mrs. DIGISHAKUMARI PATEL

Date : 24/12/22 Unit No. :

Occupation :

33 Year(s) / Female

Ref. Physician : Dr - Vandana Senha

Age :

Copies to :



GYNAEC CHECK UP

Chief Complaint:

~~None~~ (Married) Itching PV Burning after micturition } x2 do

Children: -

Weight:

Deliveries: -

BP:

Last Child: -

Abortions: -

Breasts:

Periods: Regular $\frac{4}{25}$ days

PAP Smear:

LMP: 7/12/22

Previous Medical H/O:

Menopause: -

None

G. Condition: Post

F/H/O: DM

P/A: Soft

Previous Surgical H/O:

None

S/E: -

P/V: Discharge ++ Cervix (Secretions ++)

P/R: -

Impression:

- ① Tab. Fole 150 mg 1 tab/week x 4 weeks
- ② Clingen forte vaginal pessary HS x 7 days.

Vandana Senha
 Doctor Signature
 Date & Time
 24/12/22
 12:15 PM

828204

MRS DIGISHAKUMARI PATEL

24-Dec-22 12:23:32 PM

Born 14-Jun-89 33 Years

Female

Rate 81

PR 142

QRSD 67

QT 347

QTc 403

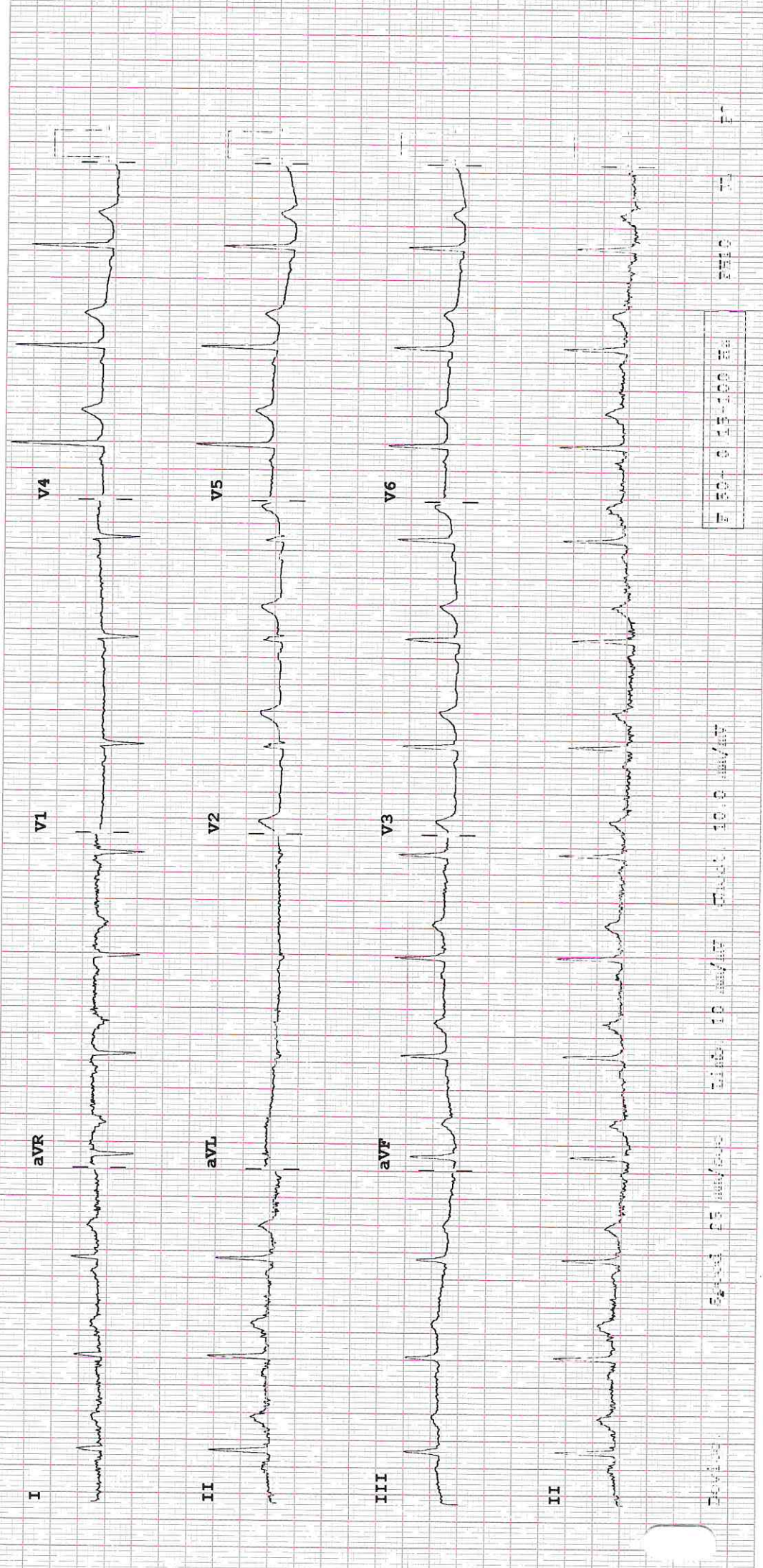
--AXIS--

P 35

QRS 63

T 53

12 Lead; Standard Placement



Device: ECG 12 leads Lib: 10 mm/mV Speed: 10.0 mm/s

5 50-0 15-100 Hz

TIME 7:11

OPHTHALMIC EXAMINATION RECORDS

Name : Mrs. Digisha

Date : 24.12.22

UHID : 828204 F/33

Distance Vision : *c/g*

Right Eye - 6/6

Left Eye - 6/6

*No visual symp/disease
No Httb any eye disease.*

Near Vision :

Right Eye : *?*
Left Eye : *N6*

Dig
APLN/TN - Right Eye *(N)* Left Eye - *(N)* mmHg

Both Eye - Colour Vision *Normal*

Both Eye - Anterior Segment Examinations - *WN*

Both Eye Posterior Segment Examinations - *BE Disc & DR 0.8*
(undilated) *FRL 0.6-0.7*

Ady
Glaucoma Assessment

Doctor's Signature *[Signature]*