



PANACEA HOSPITAL



A shelter for many hearts A Home for many lives

(An ISO 9001:2008 Certified Organisation)
Lab Attached with CMC Under EQAS Scheme

Dept. of Radiodiagnosis - 32 Slice CT Scan, 3D/4D USG, 2D ECHO, Colour Doppler, Intervention Procedures, Digital X-Ray

PATIENT'S NAME	: SHAISTA YASMIN	AGE/SEX: 30 Y/F
REF. BY	: Dr. ASHUTOSH MISHRA(MD)	DATE: 22/01/2024

Echo - Cardiography


MITRAL VALVE Doppler	AML - normal morphology MV Flow - E - 1.0 A-0.7 E/A=1.42	PML - normal morphology MVA - 3.0 cm ² Mitral Regurgitation - No
TRICUSPID VALVE Doppler	Normal TV Flow -No	Tricuspid Regurgitation -No
PULMONARY VALVE Doppler	Normal PV Flow -No	Pulmonary Regurgitation - No
AORTIC VALVE Doppler	Trileaflet-No AV Flow - no	Aortic Regurgitation - no
MEASUREMENT	Aorta - 22.3 (20-38) mm IVS ed - 9.7 (6-12) mm LVID ed - 41.7 (35-55) mm LVPW ed - 9.7 (6-12) mm OA - 7 (> 5) mm	LA - 22.3 (24-32) mm IVS es - 12.0 (6-12) mm LVID es - 29.1 (24-40) mm LVPW es - 15.4 (6-12) mm EPSS - 6 (< 9) mm

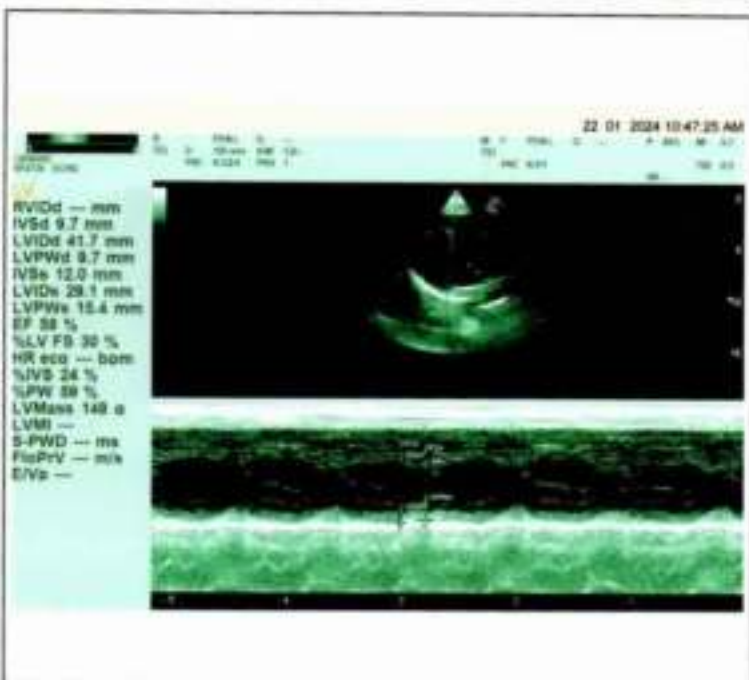
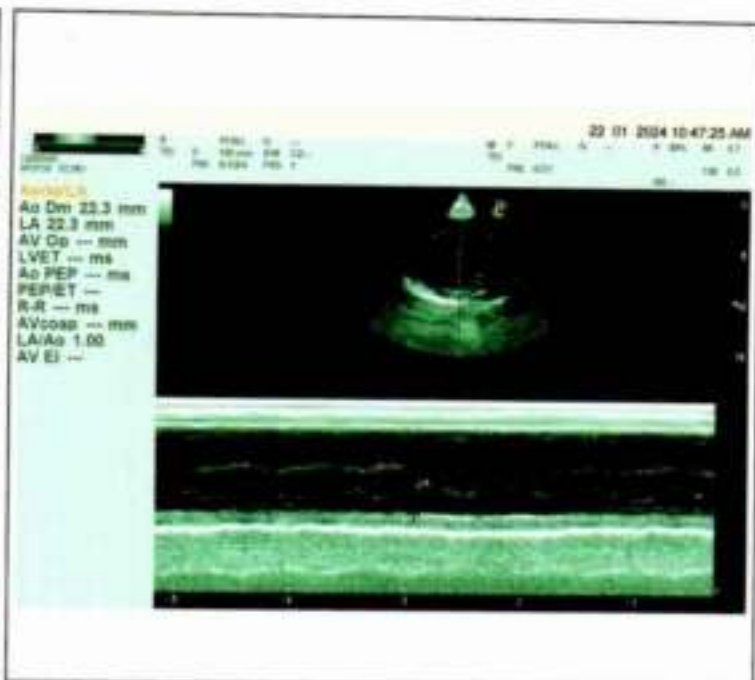
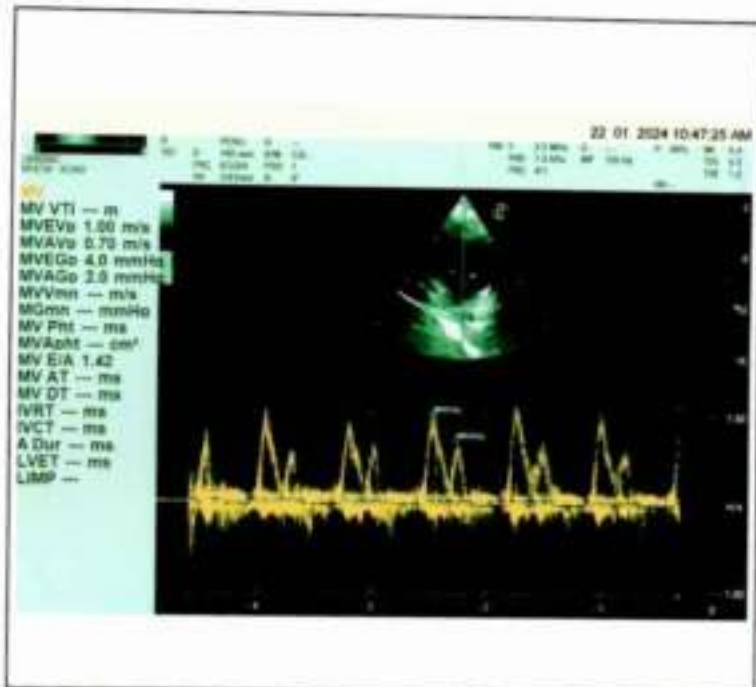
CONCLUSION

All cardiac chamber dimensions are WNL
 No valvular abnormalities
 Good LV systolic function present Modified Simpson's method (4C, 2C) (LVEF-58%)
 No diastolic dysfunction present (E/A = 1.42)
 No RWMA
 No pericardial effusion
 Intact IAS / IV
 No PAH
 No intra cardiac mass /thrombus /vegetation

IMPRESSION **Normal Echocardiogram**


 Dr. Pallavi Mishra
 Sonographer Assistant
 (P-1042)


 Dr. Pallavi Mishra
DR. Pallavi Mista
 MBBS, MD(GENERAL MEDICINE)
 MCI Reg. No.52033



भारत सरकार
Government of India

शहनाज यामीन
Shaista Yasmin
जन तिथि/DOB: 14/05/1993
लिंग: FEMALE

Download Date: 27/01/2024

Issue Date: 13/10/2013

8267 6757 7902
VID : 9162 9394 9015 8426

मेरा आधार, मेरी पहचान



Varanasi, Uttar Pradesh, India
44-B3, Durgakund, Bhelupur, Varanasi, Uttar Pradesh 221001, India
Lat 25.289217°
Long 82.993343°
22/01/24 09:28 AM GMT +05:30



AA79

भारतीय एलिस्टिड पहचान प्राधिकरण
Unique Identification Authority of India

पता:
 D/O: मोहद रिजवान अहमद, एस-8/414-के-1-सी,
 माकबूल अलाम रोड, खजुरी खजुरी गोला, वाराणसी,
 उत्तर प्रदेश - 221002

Address:
 D/O: Mohd. Rizwan Ahmad, S-8/414-K-1-C,
 MAKBOOL ALAM ROAD, KHAJURI
 KHAJURI GOLA, Varanasi, Varanasi,
 Uttar Pradesh - 221002

8267 6757 7902
 VID : 9162 9304 9015 8426

1947 | help@uidai.gov.in | www.uidai.gov.in



GPS Map Camera



Varanasi, Uttar Pradesh, India
 44-B3, Durgakund, Bhelupur, Varanasi, Uttar Pradesh 221001, India
 Lat 25.289217°
 Long 82.993343°
 22/01/24 09:28 AM GMT +05:30

Facilities:

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ISO 9001:2008 Certified
 Mobile: 9389994334, 9554572190, 9453837595



Panacea Pathology

Clinical Reference Lab

Persistence, Preparedness and Precision
 EQAS (CMC Vellore Attached) & IQAS System
 पूर्वांचल की सर्वोत्तम गुणवत्ता वाली पैथोलॉजी

UHID No	:- UD-23240005650	Booking No/Date	:- 48 / 22-Jan-2024 12:24 PM
Patient Name	:- Mrs SHAISTA YASMIN	Age/Sex	:- 30 Y/F
Husband	:- MOHAMMD LATIF SIDDIQUI	OP No	:- OP-23240017306
Address	:- 3/76 1G ORDERLY BAZAAR CANTT - 221002, varanasi	Mobile No	:- 8460003064
Consultant	:- Dr Pallavi Mishra (MBBS,MD)		

Investigations	Observations	Biological Ref. Interval	Unit
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HAEMATOLOGY

CBC

HAEMOGLOBIN <small>Default Method / test Machine</small>	8.6	12.50 - 15.00	gm/dl
TLC <small>Hematology / Count</small>	6,800	4000.00 - 11000.00	Cells/cumm.
DLC DIFFERENTIAL LEUCOCYTE COUNT			
NEUTROPHILS	79	40.00 - 75.00	%
LYMPHOCYTES	18	20.00 - 45.00	%
EOSINOPHILS	01	1.00 - 6.00	%
MONOCYTES	02	2.00 - 10.00	%
BASOPHILS	00	<1-2	%
PLATELET COUNT	1.78	1.50 - 4.10	lacs /cumm
PCV	27.7	33.00 - 42.00	%
RBC <small>Hematology / Count</small>	3.89	3.50 - 4.50	million/cumm
MCV(MEAN CELL VOLUME)	71.3	83.00 - 101.00	fl
MCH(MEAN CELL HAEMOGLOBIN)	22.1	27.00 - 32.00	pg
MCHC	31.0	31.50 - 35.00	gm%
RDW-CV	13.9	11.00 - 16.00	%
RDW-SD	40.0	37.00 - 57.00	fl

Lab Technician

Timing : 24/7 hrs

Consulting Pathologist

Dr. Umesh Kumar
 DR. UMESH KUMAR
 MBBS, MD (PATHOLOGY)
 MCI Reg. No. 41111

This Report is not valid for medico-legal purpose

Note: These tests have technical limitations. Clinico-pathological interpretation is necessary. In case of any disparity test may be repeated immediately.

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Email: dramishra@gmail.com, drpallaviojha@gmail.com Website: panaceahospital.org

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Consultant	:- Dr Pallavi Mishra (MBBS,MD)		

Investigations	Observations	Biological Ref. Interval	Unit
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URINE EXAMINATION

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATION

QUANTITY	25		ml
COLOR <small>Methodology</small>	STRAW	CLEAR YELLOW	
APPEARANCE <small>DefaultMethod</small>	CLEAR	CLEAR	

CHEMICAL EXAMINATION

SPECIFIC GRAVITY	1.015	1.01 - 1.03	
PH	6.5	4.60 - 8.00	
GLUCOSE	NIL	60.00 - 100.00	mg/dl
PROTEIN-	NIL		

MICROSCOPIC EXAMINATION

PUS CELLS	01-02	2.00 - 3.00	/HPF
RBCS (RED BLOOD CELLS)	NIL	3.50 - 4.50	/HPF
EPITHELIAL CELLS	NIL		/HPF
CASTS	ABSENT	ABSENT	
CRYSTALS	ABSENT	ABSENT	

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Investigations	Observations	Biological Ref. Interval	Unit
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HAEMATOLOGY

ESR	42.0	0.00 - 20.00	mm at 1 hr
BLOOD GROUP ABO & RH FACTOR			
BLOOD GROUP	"A"		
RH FACTOR	POSITIVE		
HBA1C -(BY GOLD STANDARD METHOD :HPLC)	5.6	Normal: 4.0 - 5.4 Prediabetic : 5.5 -6.3 Diabetes mellitus :- 6.4	%

BIOCHEMISTRY

BLOOD SUGAR FASTING

GLUCOSE	109.0	60.00 - 100.00	mg/dl
PRE-DIABETICS(IMPAIRED FASTING TOLER)	-	100.00 - 125.00	mg/dl
DIABETICS	-	upto 126	mg/dl
TARGET IN DM	-	80.00 - 130.00	mg/dl

BIOCHEMISTRY

PPBS(POST PRANDIAL BLOOD SUGAR)

POST PRANDIAL BLOOD GLUCOSE(2 HR AFTER MEAL)	140.0	110.00 - 150	mg/dl
IGT(2 HR 75GM GLUCOSE)	-	140.00 - 199.00	mg/dl
DIABETES	-	upto200	mg/dl

Lab Technician

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Investigations	Observations	Biological Ref. Interval	Unit
TARGET IN DM	-	80.00 - 130.00	mg/dl

IMMUNOLOGY

THYROID PROFILE (T3,T4,TSH)

Investigations	Observations	Biological Ref. Interval	Unit
T3	1.03	0.60 - 1.81	ng/ml
T4	7.2	4.50 - 10.90	ug/dl
TSH	2.56	0.39 - 6.10	uIU/mL

THYROID PROFILE

Remarks:

- Total serum T3 and T4 concentration is dependent upon a multiplicity of factors: thyroid gland function and its regulation, thyroxin binding globulin (TBG) concentration, and the binding of T3 & T4 to TBG. Thus, total T3 & T4 concentration alone is not sufficient to assess the clinical status.
- A decrease in total tri - iodothyronine values is found with protein - wasting diseases, certain liver diseases & administration of testosterone, diphenylhydantoin or salicylates
- Serum TSH values may be elevated by pharmacological intervention, Domperidone, amiodazon, iodide, Phenobarbital, phenytoin have been reported to increase TSH levels

BIOCHEMISTRY

LIPID PROFILE

TOTAL CHOLESTROL	138.0	Desirable : - < 200 mg/dL Borderline: - 200 - 239 mg/dL High : - > 240mg/dL	mg/dl
------------------	-------	---	-------

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Investigations	Observations	Biological Ref. Interval	Unit
TRIGLYCERIDES	142.0	35.00 - 160.00	mg/dl
HDL CHOLESTROL	39.0	42.00 - 88.00	mg/dl
LDL CHOLESTROL	70.6	<130	mg/dl
VLDL	28.40	<40	mg/dl
CHOLESTROL/ HDL RATIO	3.54	<3.0 LOW RISK, 3.0-5.0 AVG RISK, >5.0 HIGH RISK	ratio
LDL/HDL RATIO	1.81	<3	ratio
RFT (RENAL FUNCTION TESTS)			
BLOOD UREA	21.0	10.00 - 50.00	mg/dl
SERUM CREATININE	0.85	0.60 - 1.60	mg/dl
URIC ACID	3.95	2.50 - 6.80	mg/dl
ALKALINE PHOSPHATASE	68.0	25.00 - 140.00	U/L
TOTAL PROTIENS	7.21	6.60 - 8.70	g/dl
ALBUMIN	3.90	3.50 - 5.20	gm%
SERUM GLOBULIN	3.31	2.30 - 3.50	g/dl
CALCIUM	9.24	8.80 - 10.20	
PHOSPHORUS	3.74	2.50 - 5.00	

Lab Technician

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Consultant :- Dr Pallavi Mishra (MBBS,MD)

Investigations	Observations	Biological Ref. Interval	Unit
SERUM SODIUM NA+	138.0	135.00 - 155.00	mEq/Ltr
SERUM POTASIAM K+	4.12	3.60 - 5.50	mEq/Ltr
ICALCIUM	1.15	1.10 - 1.35	mmol/L
SERUM CHLORIDE CL+	108.0	98.00 - 110.00	mEq/Ltr
LFT (LIVER FUNCTION TESTS)			
TOTAL BILIRUBIN	0.61	0.00 - 1.20	mg/dl
DIRECT BILIRUBIN	0.21	0.00 - 0.30	
INDIRECT BILIRUBIN	0.40	0.20 - 0.70	mg/dl
SGOT	28.0	2.00 - 31.00	U/L
SGPT	30.0	10.00 - 45.00	U/L
ALKALINE PHOSPHATASE	68.0	25.00 - 140.00	U/L
TOTAL PROTIENS	7.21	6.60 - 8.70	g/dl
ALBUMIN	3.90	3.50 - 5.20	gm%
GLOBULIN	3.31	1.50 - 3.60	gms/dl

* END OF REPORT *

Lab Technician

Timing : 24/7 hrs

Consulting Pathologist

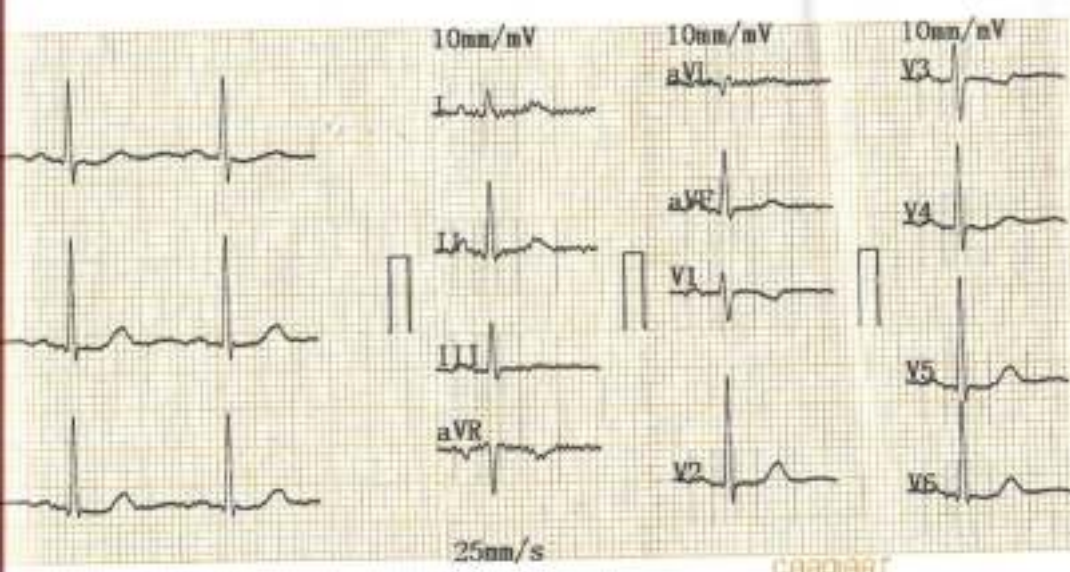
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2024-01-22 09:35

<< Conclusions >>

ID :
 Name : Sheista Yasmin
 Sex : F Age : 30
 Height : 153 Weight : 66 kg
 SYS :
 DIA :

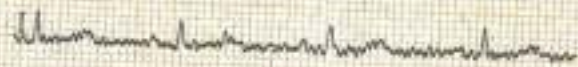
Normal Sinus Rhythm,
 Cardiac electric axis normal.
 Report need physician confirm

HR : 75 bpm
 PR Interval : 178 ms
 P Duration : 120 ms
 QRS Duration : 67 ms
 T Duration : 207 ms
 QT/QTc : 384/430 ms
 P/QRS/T Axis : 56.2/62.4/48.0 deg
 R(V5)/S(V1) : 1.45/0.37 mV
 R(V5)+S(V1) : 1.82 mV

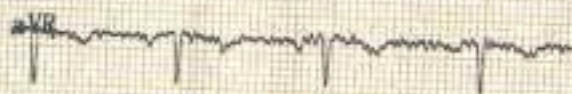
DR. Pallavi Misra
 MBBS, MD (GENERAL MEDICINE)
 MCI Reg. No. 52033

Physician _____

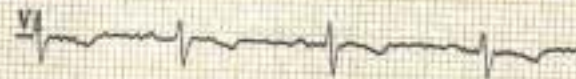
AUTO 10mm/mV



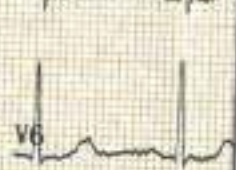
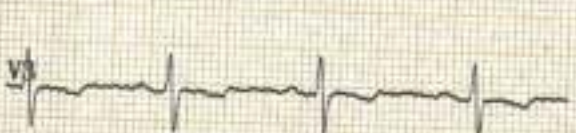
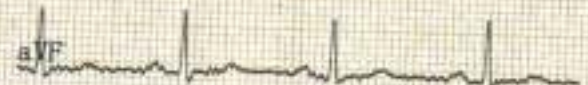
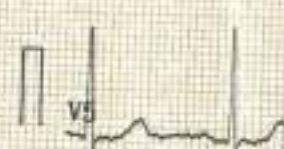
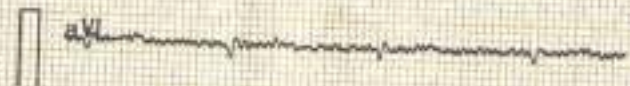
10mm/mV



10mm/mV



10mm/mV



25mm/s AC50Hz+EMC35Hz+DFT

CARDIART



PANACEA HOSPITAL

B 36/44 F.K KABIR NAGAR, DURGAKUND
TOLLFREE NO-18001233070. Whatsapp No - 8795832852
www.paire.org
panaceaquery@gmail.com|panaceahospital@gmail.com



OP Slip

Print Date : 22-Jan-2024 10:03AM



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Patient Name	:- Mrs SHAISTA YASMIN	Age/Sex	:- 30 Y/Female	Mobile No	:- 8460003064
Husband	:- MOHAMMD LATIF SIDDIQI	Department	:- GENERAL MEDICINE		
Pay Type	:- Cash	Consultant	:- Dr Pallavi Mishra (MBBS,MD,MBBS)		
Token No	:- NOR - 2	Paid/Bal	:- 0.00 /30.00		
Patient Type	:- Normal				
Address	:- 3/76 1G ORDERLY BAZAAR CANTT - 221002, varanasi				

BP :- 110/70
 height :- 153
 Weight (kg) :- 66
 BMI :- 28.2

Rx

SS

Rx

Tab Metformin 500mg OD
 Dts. Celipros 1/2 OD
 Dr. Core (Siddiqi)

Printed By : Ms. Renuka
 Created By : Ms. Renuka

DR. Pallavi Mishra
 MBBS, MD(GENERAL MEDICINE)
 MCI Reg. No.52033



PANACEA HOSPITAL

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TOLLFREE NO-18001233070. Whatsapp No - 8795832852
www.pire.org
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OP Slip

Print Date : 22-Jan-2024 10:03AM



UHID No	:- UD-23240005650	OP No	:- OP-23240017306	OP Date	:- 22 Jan 2024 9:59AM
Patient Name	:- Mrs SHAISTA YASMIN	Age/Sex	:- 30 Y/Female	Mobile No	:- 8460003064
Husband	:- MOHAMMD LATIF SIDDIQUI	Department	:- OPTHALMOLOGY		
Pay Type	:- Cash	Consultant	:- Dr SANTOSH VERMA (MBBS,MS)		
Token No	:- NOR.-2	Paid/Bal	:- 0.00 /30.00		
Patient Type	:- Normal				
Address	:- 3/76 1G ORDERLY BAZAAR CANTT - 221002, varanasi				

BP :-
height :-
Weight (kg) :-
BMI :-

Rx
 < 6/9 - 6/6' ~~1/1~~
 < 6/6' - n1 ~~1/1~~

AR < -0.50DS -0.75DC X 117
 -0.75DS -0.75DC X 11

ST < -0.25DS -0.50DC X 120' 6/1
 -0.50DS -0.50DC X 110. 1/6

B/E. Refr Error i ADD -1.5'

Ans
 - Dilat of fundus
 - OCT (m) p disc
 - IOP work up.
 - Glaucoma work up.
 (family Hx)

Dr.
 Cap 2 ARTE PUS 100x10 day
 B/E
 1. LUBSTANE ULTRA 1DS

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Adv: - Ref convergence exposure
 Glau
 - 10-15 days

Page 1 of 1
Dr. SANTOSH VERMA
 MBBS, MS (Ophthalmologist)
 MCI Reg. No. 03-34327



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OP Slip

Print Date : 22-Jan-2024 10:02AM



UHID No	:- UD-23240005650	OP No	:- OP-23240017306	OP Date	:- 22 Jan 2024 9:59AM
Patient Name	:- Mrs SHAISTA YASMIN	Age/Sex	:- 30 Y/Female	Mobile No	:- 8460003064
Husband	:- MOHAMMD LATIF SIDDIQUI	Department	:- OBST. & GYNAECOLOGY		
Pay Type	:- Cash	Consultant	:- Dr VANDANA SINGH (MBBS,MS)		
Token No	:- NOR - 1	Paid/Bal	:- 0.00 /30.00		
Patient Type	:- Normal				
Address	:- 3/76 1G ORDERLY BAZAAR CANTT - 221002, varanasi				

BP :-
height :-
Weight (kg) :-
BMI :-

Rx

Hb - 8.6
HbA1c - 5.6
BS - 109
A+ve

Pitd₁ - 4y ♀ LSCS

MYO - IUCD insertion post partum - 4y back

LMP - 13-1-24

Hb
Hb electrophoresis

adu
1) Tab Ins XT 1x BD x 30d.

(O) → 2) Tab Albendazole 400mg x 4/5.

3) Pap smear.

0 - 4) Tab fofivite 1x OD x 30d.

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OP Slip

Print Date : 22-Jan-2024 10:00AM



UHID No	:- UD-23240005650	OP No	:- OP-23240017306	OP Date	:- 22 Jan 2024 9:59AM
Patient Name	:- Mrs SHAISTA YASMIN	Age/Sex	:- 30 Y/Female	Mobile No	:- 8460003064
Husband	:- MOHAMMD LATIF SIDDIQUI	Department	:- DIETICIAN		
Pay Type	:- Cash	Consultant	:- Dr NAMRATA DIXIT (MBBS)		
Token No	:- NOR - 1	Paid/Bal	:- 0.00 /30.00		
Patient Type	:- Normal				
Address	:- 3/76 1G ORDERLY BAZAAR CANTT - 221002, varanasi				

BP :-
height :-
Weight (kg) :-
BMI :-

Rx

1400 K Cal diet chart given.

- ① Rheumatoid Arthritis.
- ② Prediabetic.

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OP Slip

Print Date : 22-Jan-2024 10:00AM



UHID No	:- UD-23240005650	OP No	:- OP-23240017306	OP Date	:- 22 Jan 2024 9:59AM
Patient Name	:- Mrs SHAISTA YASMIN	Age/Sex	:- 30 Y/Female	Mobile No	:- 8460003064
Husband	:- MOHAMMD LATIF SIDDQUI	Department	:- DENTAL		
Pay Type	:- Cash	Consultant	:- Dr SHRUTI MISHRA (AA)		
Token No	:- NOR. - 2	Paid/Bal	:- 0.00 /30.00		
Patient Type	:- Normal				
Address	:- 3/76 1G ORDERLY BAZAAR CANTT - 221002, varanasi				

BP :-
height :-
Weight (kg) :-
BMI :-

Rx
Patient come for dental check up.

O/E => -> stain / calculus - ++ / +++

-> RCT treated => 5 $\frac{8}{4,5}$

-> Restoration = $\frac{1}{6,7}$

-> Proximal caries = $\frac{6}{6}$

T/A => Restoration $\frac{6}{6}$

complete oral prophylaxis

X-ray - $\frac{6}{6}$

(Scaling & Polishing)

Shruti
Dr. SHRUTI MISHRA
BDS, (DENTIST)
MCI Reg. No. (A-09784)

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Rgn. AL-1500

Panacea Hospital Diabetes Care Organization

A Shelter for man hearts. A Home for many lives

Department of Food & Nutrition
Panacea Hospital
(A unit of Aaroha Health Care)

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Mobile : 8795832852, 879583249, Toll Free: 18001233070
E-mail: reach2panacea@gmail.com
website: www.pire.org

I Need a DIETPLAN

Patient's Name	Shaista Yasmin				
Age	30y	Gender	F		
Height (cm)	153	Weight (kg)	66	IBW	53
BMI	28.2				

Consulting Dietitian.....

BMR:- 1166

AF- 291.5

TER- 1457.50

wt loss / maintenance / Gain diet-

Present K cal-

CHO ----- 61% ----- gm

Protein 13% ----- gm

Fat ----- 26% ----- gm -----

Consumption of oil / month is-

Activity:- (a) Sedentary _____ (b) Moderate _____ (c) Heavy _____

Eating Habit:-

(a) Local Food *Diater Two times in week*

(b) Home Made Canteen

- (c) Aware of food labelling : Yes/ No ✓
 (d) Binge eating Behaviour : Yes/ No ✓

(e) Anxiety ✗

Daily Routine :

- (a) Wakeup time — 8 AM
 (b) Sleep duration — 5 Hours

(c) Exercise ✗

(d) Work time — 6 HOURS

(e) Day & Night Shift/both

(f) Food Timing

(g) Busy Executive ✗

(h) Out side Travel ✓ 2 days in week

Healthy eating and drinking		
Quantities in a complete meal or 100 g snack		
Food	A little	A lot
Fat	< 5 g	> 20 g
Saturated fat	< 1 g	> 5 g
Sugars	< 5 g	> 10 g
Fibre	< 0.5 g	> 3 g
Sodium (1 g sodium = 2.5 g salt)	< 0.1 g	> 0.5 g

B. 8-30 AM

L 12-1.0 PM

E-

D 6-7 PM ✓

Diet Chart available : Yes / No ✓ Compliance : Yes / No

Religious Believe

Veg / Non Veg. Non-Veg. / Vegan _____

Fast (Navratri / Ramzan) ✓

Frequency of green leafy vegetable serving 1 x 7/7 day / week

Frequency of fruit Serving Three a week daily / week

Recommended Consumption 500ml / Adult member / Month or 3-4 tsp

Problem identified

Solution offered

- | | |
|--------------------------|---|
| ① Long gap in breakfast. | ① Reduce gap. Take small & frequent meal. |
| ② ↓ fibre intake. | ② ↑ fibre intake |
| ③ ↑ CHO in diet. | ③ ↓ CHO in diet. |
| ④ No Physical activity. | ④ Do Physical activity at least 60 minutes / per day. |

अनाज की अदला बदली

प्रत्येक अदला बदली में			
प्रोटीन	1-2 ग्राम	85 Kcal	
कार्बोहाइड्रेट	18-21 ग्राम		
फेहूँ का अटा	25 ग्राम	फसल का चवल	1/2 कप
कमका का अटा	25 ग्राम	दुहली	1 (माध्यम)
मक्के का अटा	25 ग्राम	डोसा	1 (माध्यम)
काजल	25 ग्राम	पपारी	1 (माध्यम)
दलिया	25 ग्राम	उपमा	1/2 कप
सूजी	25 ग्राम	मुठ्ठल	1/2 कप
ओट्स	25 ग्राम	अण्ड	100 ग्राम
कान्हेला	25 ग्राम	चिल्लेबाद	75 ग्राम
सानुदान	25 ग्राम	अरबी	100 ग्राम
काकूरकदी	75 ग्राम		

दात का अदला बदली

प्रत्येक अदला बदली में			
प्रोटीन	6 ग्राम	85 Kcal	
कार्बोहाइड्रेट	15 ग्राम		
दात	25 ग्राम		
डिलेक वाली दात	25 ग्राम		

दूध की अदला बदली

प्रत्येक अदला बदली में			
प्रोटीन	8 ग्राम	85 Kcal	
कार्बोहाइड्रेट	5 ग्राम	5 ग्राम	
दूध का दूध	100 मि.लि.		
भेड़ का दूध	50 मि.लि.		
घाँ	100 मि.लि.		

मांस की अदला बदली

प्रत्येक अदला बदली में			
प्रोटीन	5-7 ग्राम	85 Kcal	
कार्बोहाइड्रेट	नहीं	6 ग्राम	
धनी	30 ग्राम		
अंडा	1		
बादल/नौस	50 ग्राम		
मछली	75-100 ग्राम		
चिकन (सुखी का मांस)	75 ग्राम		
शिबर	75 ग्राम		

तरकारी विनिमय - घुप A (100g)

प्रत्येक अदला बदली में			
कार्बोहाइड्रेट	30 Kcal	प्रोटीन	1 ग्राम
पाक	नहीं	फसल गोभी	
सूजी का सूप		खीरा	
पोहा का सूप		काकड़ी	
मेथी का सूप		पुदीना	
कपुआ		धनिया पत्ती	
चने का सूप		लहसुं	
सरसों का सूप		गेहूँ	
कद्दू (तरा)			

तरकारी विनिमय - घुप B (100g)

प्रत्येक अदला बदली में			
कार्बोहाइड्रेट	40-60 Kcal	प्रोटीन	2 ग्राम
नहीं	नहीं	गाजर	
बीन्स		शलगन्ध	
फूल गोभी		सुकन्दर	
कमल पत्तल		सेम	
कद्दू (सफेद/लाल)			
भिंडी			

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 website: www.fareg.org

फलों का विनिमय (100g)

प्रत्येक विनिमय में			
कार्बोहाइड्रेट	30 ग्राम	40 Kcal	
बीजता	4-5	सेब	1 (छोटी)
केला	आधा (छोटा)	अण्ड	20
अमरुद	1 (माध्यम)	कमरून	10 छोटे
संतरा	1 (माध्यम)	पपीता 2"x4"	दुकड़ा
काकड़ा	1	अप्रनास	1 साइडल
तरबूज	1 टुकड़ा (200 ग्राम)	काकड़ा	200 ग्राम

खाद्य की अदला बदली

प्रत्येक अदला बदली में प्रोटीन और कार्बोहाइड्रेट नहीं।			
जई	30 ग्राम	90 Kcal	
सेल	300 ग्राम		
घी	30 ग्राम		
समझन	30 ग्राम		

वर्जित आहार

काकूर	सेम	सुकोच
केरी	बाहुद	संक्षिप्त फल
सिगा	सुखा फल	गुड
केक	मिठाईयाँ	किन्ही
सलवा	सॉसलेट	भरजी
समझन	अण्ड	भूटी
पिप	पैकू	खोश
फलों का चूस	सोपे	सरीसा
अण्ड	अण्ड	सलकरोद
डिप्लोमेट	अण्ड	सराब/अल्कोहल

सॉसट्रिक जैसे सिरका, धान, मिठोटा आदि
 हार्निक, सोनेरीटा, कोमपान
 अण्डे का चूस धान

हानि रहित आहार

सुपु (समझन निकाल देंगिये)
 कच्ची सब्जियों का सलाद
 फास्कर के बिना मीठ का रस
 मसाला: धनिया, सरसों, काली मिर्च
 सहायन, प्याज, पुदीना आदि उड़का रखने की चीजे
 रसातल का रस
 सोडा वाटर

Ways to reduce Oil

Tinned milk, egg white
 टैंड दूध, अण्डे की सफेदी
 Remove Skin from Chicken
 चिकन में से स्किन को निकाल दें
 Trim fat from meat
 मीट से चर्ब को निकाल दें
 Avoid dalda, Vana-padi
 दासला, वनस्पदी को न लें
 Use Non-Stick Pan
 नॉन स्टिक पैन का इस्तेमाल करें
 Stir Fry
 सिर फ्राय

How to reduce GI


Fruit Vegetable salad
 फल और सब्जियों का सलाद 2:1
 Wheat + Channa Roti 2:1
 गेहूँ और चना की रोटी 2:1
 Whole grain (संयुक्त अनाज)

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 E-mail: foodreg@foodreg.com
 website: www.fareg.org

Panacea Hospital

Diabetes Care Organisation

AT I HELP YOU

 GPS Map Camera

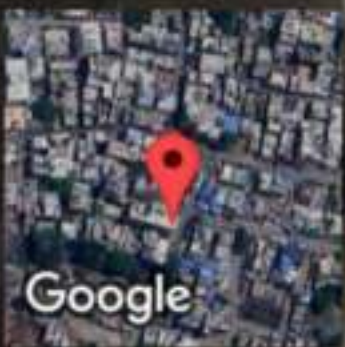
Varanasi, Uttar Pradesh, India

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22/01/24 09:40 AM GMT +05:30



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Lab Attached with CMC Under EQAS Scheme

Dept. of Radiodiagnosis - 32 Slice CT Scan, 3D/4D USG, 2D ECHO, Colour Doppler, Intervention Procedures, Digital X-Ray

PATIENT'S NAME : SHAISTA YASMIN AGE/SEX: 30 Y/F
REF. BY : Dr. ASHUTOSH MISHRA (MD) Monday, January 22, 2024

U/S. WHOLE ABDOMEN

- LIVER** : Liver is normal in size(143mm), shape & echotexture. Intra hepatic biliary radicals are normal. Portal venous channels are normal.
- G. B.** : Gall bladder is normal in size, lumen is clear. Wall thickness normal.
- C.B.D.** : C.B.D. is normal in caliber.
- PANCREAS** : Pancreas is normal in size, shape and echotexture. No evidence of any inflammatory disease or mass.
- SPLEEN** : Spleen is normal in size, shape and echotexture.
- Rt. KIDNEY** : Normal in size, shape and echotexture. Renal sinus is normal Cortico medullary differentiation is normal. P. C. system is normal.
- Lt. KIDNEY** : Normal in size, shape and echotexture. Renal sinus is normal Cortico medullary differentiation is normal. P. C. system is normal.
- URI. BLADDER** : Urinary bladder is normal in size, position. Wall thickness normal. No evidence of calculus or mass.
- UTERUS** : Normal in size, shape & echotexture. Endometrial echo is normal(3.3mm)
- IUCD insitu**
- OVARIES** : Rt. Ovary:- Normal in size.
Lt. Ovary:-Normal in size.
No free fluid seen in P. O. D.

IMPRESSION : NO OBVIOUS SONOLOGICAL ABNORMALITY SEEN.

Thanks for reference.


Ultrasonologist
Dr. Rahul Kumar Tiwari
MBBS, MD (Radio Diagnosis)
Reg. No. 57557





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Dept. of Radiodiagnosis - 32 Slice CT Scan, 3D/4D USG, 2D ECHO, Colour Doppler, Intervention Procedures, Digital X-Ray

NAME: SHAISTA YASMIN
REF.DR.ASHUTOSH MISHRA(MD)

AGE/SEX: 30YRS/FEMALE
DATE: 22/01/2024

X-RAY CHEST PA

- Both lungs show normal bronchovascular pattern.
- Visualized lung fields appear normal.
- Trachea appear normal in position and course.
- Mediastinal shadow is normal.
- Cardiac shadow within normal limits.
- Both CP angles appear clear.
- Bony rib cage and soft tissue shadows appear normal.

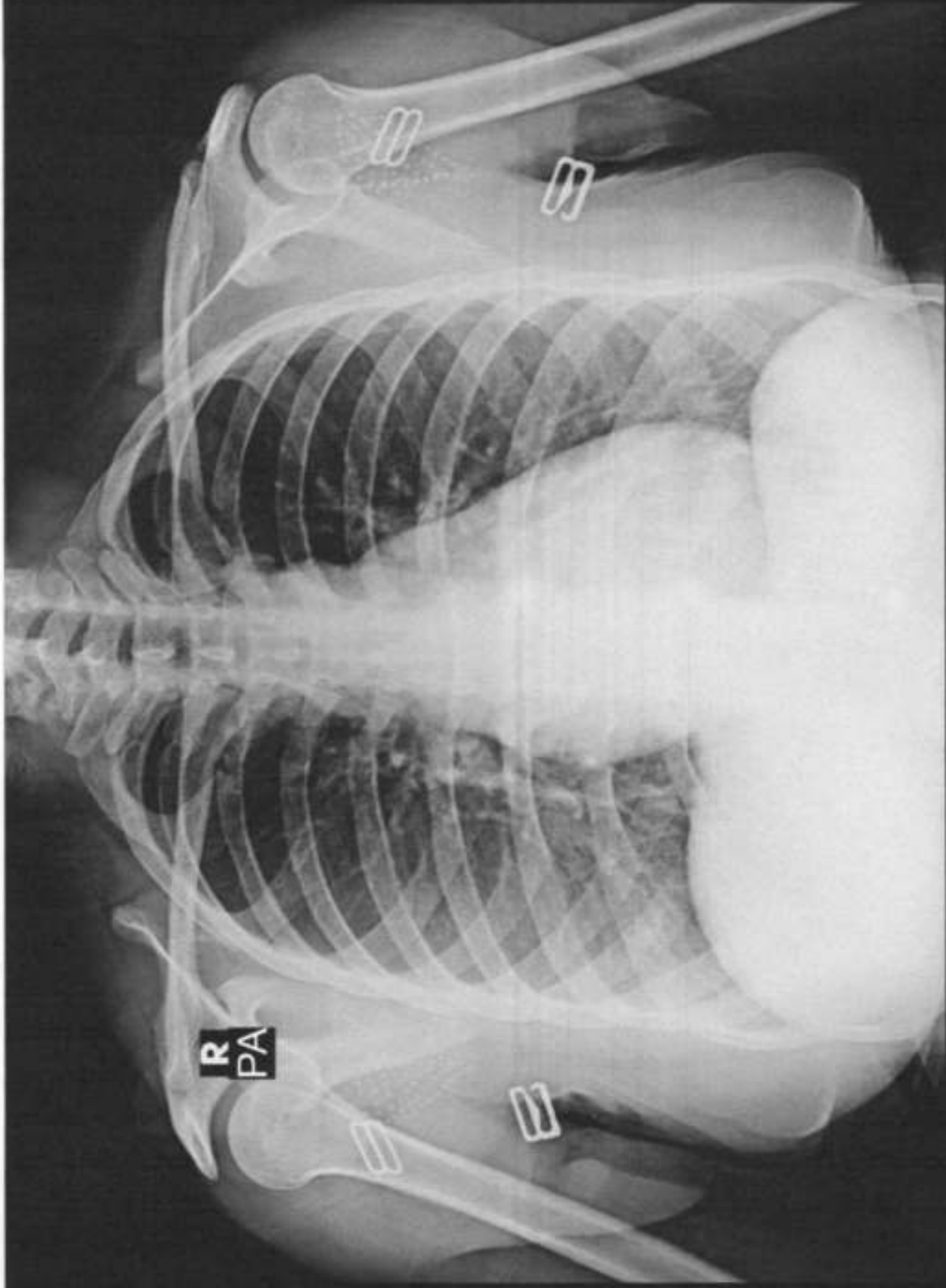
IMPRESSION:

- ❖ NO SIGNIFICANT RADIOGRAPHIC ABNORMALITY.


Dr. Radiologist Tiwar
MBBS, MD (Radio Diagnosis)
Reg. No. 57557

Disclaimer: This report is not valid for Medical or Judicial Purpose. Radiological diagnosis is solely interpretation of images produced by tissue & may not be always conclusive.

Address : B36/44 B4 Kabir Nagar (Near Sanjay Shiksha Niketan), Durgakund, Varanasi
Mobile : 9554572190 / 9453837595 / Recpn, 9389994334
Email : dramishra@gmail.com, drpallaviojha@gmail.com, Website : www.paire.org



SHAISTA YASMIN 30Y/F 5650 F CHEST P.A. 22-Jan-24 10:22 AM

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