

Name : Mrs. Jayalakshmi S

Age: 28 Y

Sex: F

UHID:CMYS.0000060180



OP Number:CMYSOPV123755

Bill No :CMYS-OCR-22776

Date : 23.03.2024 08:13

Address : mysore

Plan : ARCOFEMI MEDIWHEEL FEMALE AHC CREDIT PAN
INDIA OP AGREEMENT

Sno	Service Type/ServiceName	Department
1	ARCOFEMI - MEDIWHEEL - FULL BODY HEALTH ANNUAL PLUS CHECK - FEMALE - 2D ECHO - PAN INDIA - FY2324	
1	GAMMA GLUTAMYL TRANSFERASE (GGT)	
2	D ECHO → R	
3	LIVER FUNCTION TEST (LFT)	
4	GLUCOSE, FASTING	
5	HEMOGRAM - PERIPHERAL SMEAR	
6	GYNAECOLOGY CONSULTATION → P	
7	DIET CONSULTATION → P	
8	COMPLETE URINE EXAMINATION	
9	URINE GLUCOSE(POST PRANDIAL)	
10	PERIPHERAL SMEAR	152
11	HCG	
12	LBC PAP TEST - PAPSURE → skip	60.8
13	RENAL PROFILE/RENAL FUNCTION TEST (RFT/KFT)	
14	DENTAL CONSULTATION	90/60
15	GLUCOSE, POST PRANDIAL (PP), 2 HOURS (POST MEAL)	
16	URINE GLUCOSE(FASTING)	
17	HbA1c, GLYCATED HEMOGLOBIN	
18	X-RAY CHEST PA	
19	ENT CONSULTATION → P	
20	FITNESS BY GENERAL PHYSICIAN → P	
21	BLOOD GROUP ABO AND RH FACTOR	
22	LIPID PROFILE	
23	BOBY MASS INDEX (BMI)	
24	OPHTHAL BY GENERAL PHYSICIAN	
25	ULTRASOUND - WHOLE ABDOMEN → P	
26	THYROID PROFILE (TOTAL T3, TOTAL T4, TSH)	

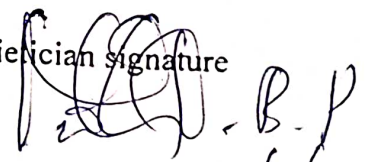
Department- Dietetics

Name- Madhura B P

Qualification- M.Sc Nutrition & Dietetic
PhD*

- Do not skip any of the meals, take small frequent meals.
- Include all variety of seasonal fruits, vegetables and green leafy vegetables on regular basis.
- Include nuts like Almond, Walnuts and dry-fruits like dried dates and raisins regularly.
- Include seeds like Flax seeds, Pumpkin seeds, Sunflower seeds, Sesame seeds and watermelon seeds- 1 teaspoon each and dry roasted.
- Avoid 5 white slow poisons like Sugar, Salt, Maida, Baking soda and creams.
- Cooking oil- ½ litre/person/month.
- Use combination of oils like Rice bran oil, Groundnut oil, Sesame oil, Mustard oil/ Coconut oil and Ghee. Change the oil every month or 2 months. But do not mix the oils.
- Drink at least 2-3 liters of water in a day.
- Skimmed or toned milk can be used on regular basis. Since it's a rich source of protein and low in calories.
- Avoid Butter, Vanaspati and Dalda.
- Avoid deep-fried foods, Biscuits, Cookies, Bakery products, Pastries, Papad, packed and processed foods, chocolates, Alcohol, caffeine and carbonated beverages.
- Avoid junk foods like Pizza and Burger.

Dietician signature


23/2/2024

ID: 60180

23-03-2024 09:20:12 AM

MRS JAYALAKSMI S

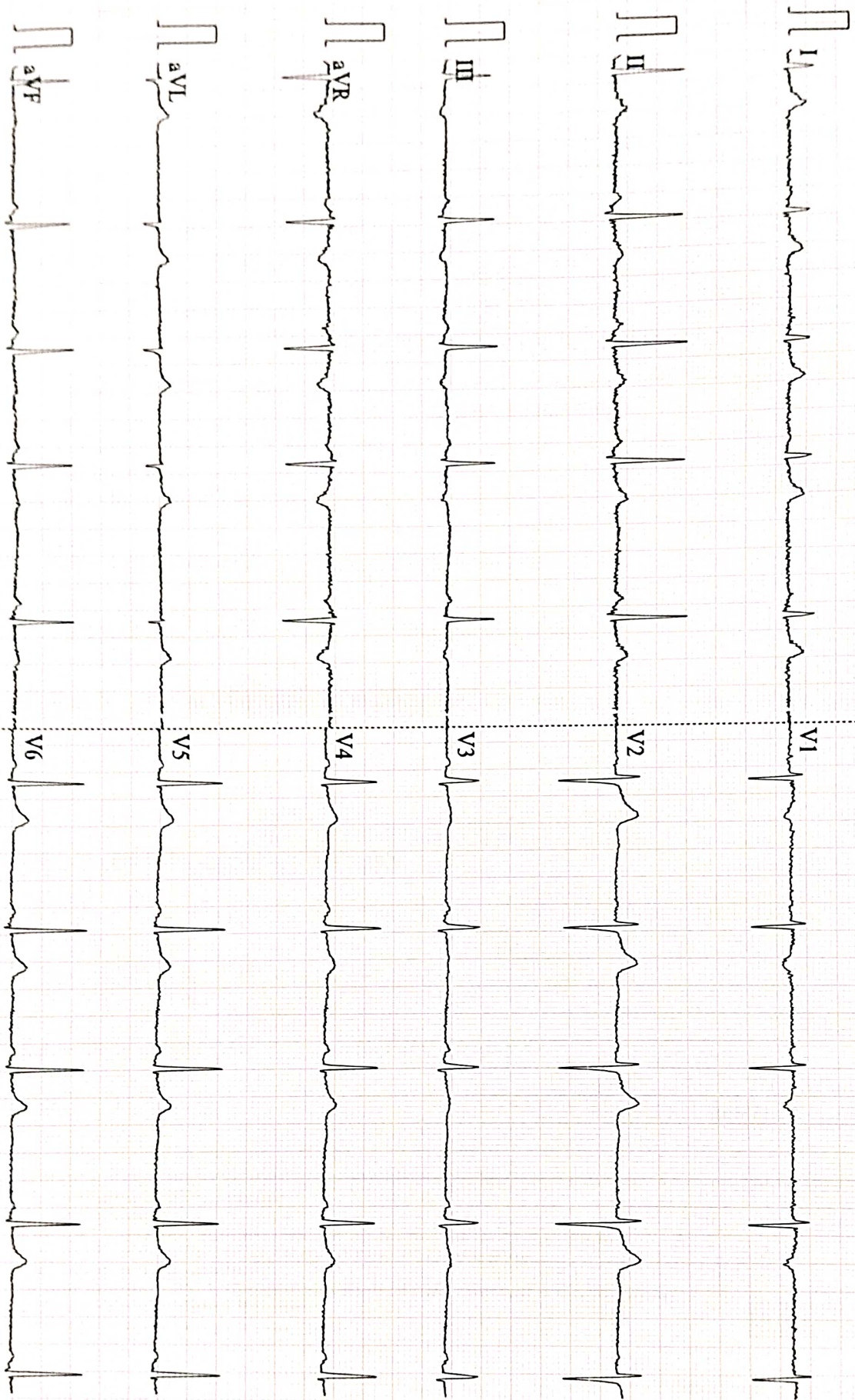
Female 28Years

152cm 60kg 90/60 mmHg

Diagnosis Information:

Apollo Clinic
23, 1st Floor,
Kallidasa Road, Mysore - 02
Ph : 0821-4006040/41

Unconfirmed Report.



Patient Name	: Mrs. Jayalakshmi S	Age	: 28 Y F
UHID	: CMYS.0000060180	OP Visit No	: CMYSOPV123755
Reported on	: 23-03-2024 15:06	Printed on	: 23-03-2024 15:07
Adm/Consult Doctor	:	Ref Doctor	: SELF

DEPARTMENT OF RADIOLOGY

X-RAY CHEST PA

Both lung fields and hila are normal .

No obvious active pleuro-parenchymal lesion seen .

Both costophrenic and cardiophrenic angles are clear .

Both diaphragms are normal in position and contour .

Thoracic wall and soft tissues appear normal.

IMPRESSION :NORMAL STUDY .

Printed on:23-03-2024 15:06

---End of the Report---


Dr. CHETAN HOLEPPAGOL
MBBS, DNB(RADIO DIAGNOSIS)
Radiology

Apollo Health and Lifestyle Limited

(CIN: U85110TG2000PLC115819)

Regd. Office: 1, 10, 60, 62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

Ph. No: 040 4904 7777 Fax No: 4904 7744 | Email ID: enquiry@apollohl.com | www.apollohl.com

APOLLO CLINICS NETWORK KARNATAKA

Bangalore | Basavanagudi | Bellandur | Electronic City | Fraser Town | MSR Layout | Indira Nagar | JP Nagar | Kundalahalli |
Koramangala | Sarjapur Road | Mysore (VV Mohalla)

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

 **1860 500 7788**

Patient Name: Mrs. Jayalakshmi S	Date : 23.03.2024	Referring Doctor: DR Self
Age / Sex: 28Yrs/Female	UHID No :60180	Location : OP
ULTRASONOGRAPHY- ABDOMEN & PELVIS		

LIVER: It is normal in size and echotexture. No focal lesions seen. IHBR are not dilated. CBD and Portal vein are normal.

GALL BLADDER: It is well distended and normal. No calculi seen.

SPLEEN: It is normal in size, outline and echopattern. No e/o focal lesions.

PANCREAS: It is normal.

RIGHT KIDNEY: It measures 9.8x3.1 cm with parenchymal thickness of 1.1 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

LEFT KIDNEY: It measures 8.6x3.9cm with parenchymal thickness of 1.2 cm. It is normal in size, outline and echotexture. No e/o calculus or hydronephrosis seen.

URINARY BLADDER: It is well distended. The UB wall is normal. No calculi seen.

UTERUS: It is anteverted and measures 6.8x3.7x4.3 cm with ET= 7mm. It is normal in size, outline and echotexture. No mass lesion.

Rt. OVARY: It measures 2.6x1.5cm. It is normal. No mass lesion seen.

Lt. OVARY: It measures 3x1.5cm. It is normal. No mass lesion seen.

OTHERS: No e/o free fluid in the abdomen. No e/o lymphadenopathy. No e/o gut wall thickening. No mass lesion seen in the abdomen.

IMPRESSION: NORMAL STUDY.


Dr. Chetan H, DNB
Consultant Radiologist.

Apollo Health and Lifestyle Limited

(CIN: URS110TG2003PLC115819)
Regd. Office: 1-10-60-62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

Ph. No: (040) 4904 7777 | Fax No: 4904 7744 | Email ID: enquiry@apollohl.com | www.apollohl.com

APOLLO CLINICS NETWORK KARNATAKA

Bangalore (Basavanagudi) | Bellandur | Electronic City | Fraser Town | HSR Layout | Indira Nagar | JP Nagar | Kundalahalli |
Koramangala | Sarjapur Road | Mysore (VV Mohalla)

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

 **1860 500 7788**

Patient's Name : Mrs. Jyalakshmi S	Age & Sex; 28Yrs /Female
Date : 23.03.2024	UHID No:60180

2D ECHOCARDIOGRAPHY STUDY

Impression:

- Normal chambers and valves
- No regional wall motion abnormality
- Normal left ventricular systolic function. EF 63 %
- No clots. No pericardial effusion

Findings

Left Ventricle:	No RWMA
Right Ventricle	Normal
Left Atrium	Normal
Right Atrium	Normal
Aorta	Normal
Pulmonary Artery	Normal
IAS	Intact
IVS	Intact
Valves	Normal
Pericardium	Normal
Doppler	Normal

Apollo Health and Lifestyle Limited

(CIN: UR5110TG2000PLC115819)

Regd Office: 1-10-60-62, Ashoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016

Ph. No: (40) 4904 7777, Fax No: 4904 7744 | E-mail ID: enquiry@apollohl.com | www.apollohl.com

APOLLO CLINICS NETWORK KARNATAKA

Bangalore | Basavanagudi | Bellandur | Electronic City | Fraser Town | HSR Layout | Indira Nagar | JP Nagar | Kundalahalli |
Koramangala | Sarjapur Road | **Mysore** (VV Mohalla)

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

 **1860 500 7788**

Informed Consent/Declaration For Test Exclusion

16/1/5... 2841F



Apollo Clinic
Expertise. Closer to you

Patient's Name : Mrs. Jyalakshmi S

Age & Sex; 28 Yrs / Female

Date : 23.03.2024

UHID No:60180

Measurements

AO : 2.3 cm
LA : 2.7 cm

RV : 2.1 cm
LVIDd : 5.08 cm
LVIDs : 3.33 cm
IVSd : 0.83 cm
IVSs : 1.15 cm
PWd : 0.79 cm
PWs : 1.19 cm
EF : 63.0 %
FS : 33.0 %

Doppler
MV : E 0.79 m/s
TV : E --- m/s
AV : V max 1.27 m/s
PV : V max 0.79 m/s
A : A 1.01 m/s

Dr. GURU PRASAD. B. V, MBBS, PGDCC, CONSULTANT - NON-INVASIVE CARDIOLOGY
MBBS, PGDCC (CARDIO), CRFC (ICCP), PGCC, CCEBDM
Specialty: Invasive Cardiology
LIC No 69949

Apollo Health and Lifestyle Limited

ICP# URS110TG2000PLC115819
Kargi Office: 1-10-60-62, Anoka Raghupathi Chambers, 5th Floor, Begumpet, Hyderabad, Telangana - 500 016
Ph: No (646) 4904 7777 Fax: No 4904 7744 | Email ID enquiry@apolloh.com | www.apolloh.com

APOLLO CLINICS NETWORK KARNATAKA

Bangalore (Basavanagudi) | Bellandur | Electronic City | Frazer Town | MSR Layout | Indira Nagar | JP Nagar | Kundalahalli | Mysore (VV Mohalla)

Online appointments: www.apolloclinic.com

TO BOOK AN APPOINTMENT

1860/500 7788

Date : 23-03-2024
MR NO : CMYS.0000060180

Department : GENERAL
Doctor :

Name : Mrs. Jayalakshmi S
Age/ Gender : 28 Y / Female

Registration No :
Qualification : RNT

Consultation Timing: 08:13

Height : 152	Weight : 60.8	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 90/60

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

RNT Examined

Nose - NAD
throat - NAD
Blc tm - normal.

Overth

Follow up date :

Doctor Signature

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 01
Ph : 0821-4006040/41

Date : 23-03-2024
 MR NO : CMYS.0000060180
 Name : Mrs. Jayalakshmi S
 Age/ Gender : 28 Y / Female

Department : GENERAL
 Doctor :
 Registration No :
 Qualification :

Consultation Timing: 08:13

Height : 52	Weight : 60.8	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 90/60

General Examination /
 Allergies History

Clinical Diagnosis & Management Plan

PH → hypothyroid +
 2H - NS.

MI - regular cycle.
 Imp → 2 days back.

MI → 5 yrs. B2/B2
 Both US.
 subcutaneous

USH - normal study.

Breasts → RAD.

SJH - 3.420.

adv: regular walk/ yoga.
 avoid junk food.

- CANDID POWDER for UT.

- FENKAL - L for UT.
 ointment.

Follow up date :

[Signature]
 Doctor Signature

Apollo Clinic
 # 23, 1st Floor,
 Kalidasa Road, Mysore - 02
 Ph : 0821-4006040/41

Date : 23-03-2024
MR NO : CMYS.0000060180
Name : Mrs. Jayalakshmi S
Age/ Gender : 28 Y / Female

Department : GENERAL [Dental]
Doctor :
Registration No :
Qualification :

Consultation Timing: 08:13

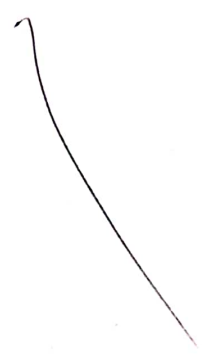
Height : 152	Weight : 60.8	BMI :	Waist Circum :
Temp :	Pulse :	Resp :	B.P : 90/60

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

CW +, St-1

Agvi - dental prophylaxis



Follow up date :


Doctor Signature

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 23-03-2024
 MR NO : CMYS.0000060180
 Name : Mrs. Jayalakshmi S
 Age/ Gender : 28 Y / Female

Department : GENERAL [Ophthalm]
 Doctor :
 Registration No :
 Qualification :

Consultation Timing: 08:13

Height : 1.52	Weight : 60.8	BMI :	Waist Circum :
Temp : 37.5	Pulse : 92/min	Resp : 20/min	B.P : 90/60

General Examination /
 Allergies History

-NO-

Clinical Diagnosis & Management Plan

Regular corrected spectacles
 > 6 ~~years~~ months.

No H₁O Ty II DM / HTN
 low (maintaining) B.P.

vision	(R)	(L)
Far	6/6	6/6
Near	N6	N6
colour	NOT affected	

Follow up date :

- Regular check up

Doctor Signature
 Clinic
 # 23, 1st Floor,
 Kalidasa Road, Mysore - 02
 Ph : 0821-4006040/41

Date : 23-03-2024
MR NO : CMYS.0000060180

Department : GENERAL Dietetics
Doctor : Madhura . B . P

Name : Mrs. Jayalakshmi S
Age/ Gender : 28 Y / Female

Registration No :
Qualification : M.Sc Nutrition & Dietetics
PhD

Consultation Timing: 08:13

Height : 152	Weight : 60.8	BMI : 25.4 kg/m ²	Waist Circum : 70/80
Temp :	Pulse :	Resp :	B.P :


General Examination /
Allergies History

ESR - 26
LDL - 111.98

Clinical Diagnosis & Management Plan

→ Advised low fat, high protein diet with
fiber rich foods.
→ Dietary guidelines chart is given

Follow up date :


Doctor Signature 23/3/2024

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Date : 23-03-2024
MR NO : CMYS.0000060180

Department : GENERAL
Doctor :

Name : Mrs. Jayalakshmi S

Registration No :

Age/ Gender : 28 Y / Female

Qualification :

Consultation Timing: 08:13

Height : 152	Weight : 60.8	BMI :	Waist Circum : 90/60
Temp :	Pulse :	Resp :	B.P :

General Examination /
Allergies History

Clinical Diagnosis & Management Plan

K/K/O Hypothyroidism on T. Thyroxine
25mg
Since 8yrs

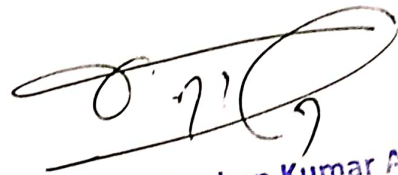
No Complaint

REGULAR

up
K
o

as case as

Follow up date :



Dr. Ravi Chethan Kumar A
M.B.B.S., MD (General Medicine)
KMC Reg. No. 82089
Apollo Clinic, K.D. Road, Mysore

Doctor Signature

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4006040/41

Informed Consent/Declaration For Test Exclusion

Patient Name: Mrs Jayalakshmi S Age: 28 y / F

UHID Number: 60180

Please tick and sign the relevant part

I certify that I will skip VBC Pap smear (After 10 days.) Test from my own.

No refund is provided for the above excluded test and i have been informed about the same.

Patient signature * Jayalakshmi S Date 23/3/2024

Witness signature: A Date: 23/3/2024

Apollo Clinic
23, 1st Floor,
Kalidasa Road, Mysore - 02
Ph : 0821-4005000/41

Informed Consent/Declaration For Test Exclusion

Patient Name: Jayalakshmi Age: 28 Years
UHID Number: 60180

Please tick and sign the relevant part

I certify that I will skip Fchoiphyllofel (Gyn + USg) ^{will come on wednesday} Test from my own.

No refund is provided for the above excluded test and I have been informed about the same.

Patient signature Jayalakshmi S Date 23/03/24

Witness signature: Nikita H. R Date: 23/03/24