

Patient Details

Name : Mr. SOMASHEKAR H K
 PTID No Age/Sex: 48 Y/M
 PTID: PTH202400263180
 Birth Date: 05-03-1976
 Reg Date: 10-08-24 08:1

**GENERAL
OUT PATIENT
FOLLOWUP
SHEET**

Main Sheet

PTID _____ Date 10/08/24

Name _____ Age / Sex. _____

Address _____ Phone No.. _____

Consultant Dr. Pichai's @ Team Type of Consultation: New / Follow Up / Revisit

Department District Referring Dr/Centre _____

Background History
HT / DM/IHD/Others

Regular Medications

Wt	Ht	BMI
HR	RR	Sats

Nutritional Assessment
Cachectic / Thin built / Obese / Normal

Current Problems

Examination

Provisional Diagnosis

Plan

Follow up

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PEOPLE TREE Hospitals @ Raghavendra
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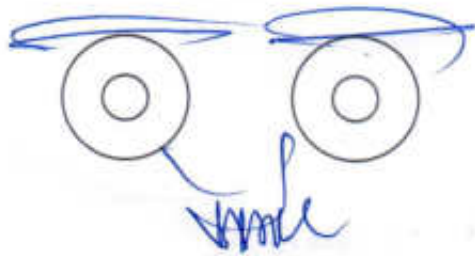
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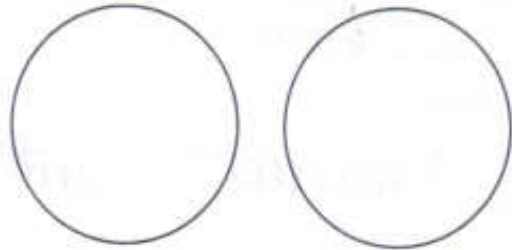
EXAMINATION

IOP

Anterior segment



Posterior segment



OTHERS

ADVICE

PTN/GEN/07/Rev-07/6
CIP

Dr. NAVNEET S

MBBS, MS (Ophthalmology)

Fellowship in IOL, Fellowship in PHACO and REFRACTIVE

CONSULTANT - OPHTHALMOLOGY

KMC No: 95407

Patient Details
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**HEALTH CHECK - UP
OUT PATIENT
CASE SHEET**

Annual / Periodic / Corporate Health Examination Flowsheet

Date: 10/08/24

Consultant: Dr. Sakthikanth / Dr. Karthik N Dept: G/H Type: New / Follow Up / Revisit

MHC / SHC / EHC / CHC / WH / Corporate / Annual Health Exam / Pre Employment Referring Dr/Centre _____

CC: No Comorbidities

MEDS: None Compliant

HOPD: None

Allergies: _____ / NKDA

PMHx: None PSHx:

DM
HTN
 Asthma / COPD
 CAD

Others:

Social Hx

Sm

ETOH

Other:

Family Hx

Non Contributing

DM

HTN

CAD

Other:

O/E: Vitals

HT <u>170</u> cms	WT <u>89</u> Kg	BMI <u>31</u>	RR	% Sats <u>98</u> %	P <u>84</u> b/m	BP Rt <u>140/100</u>
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P	I	Cy	Cl.	L	E	Temp: °F	BP Lt <u>mmHg</u>
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HEENT: _____
 CVS: /ac
 RS: _____
 P/A: /ac
 Ext: _____

CNS

Labs / Studies :

CBC
 6.9 / 13.0 / 15.2
 39.9

Lipids
 191 / 525
 30 / 525

Electrolytes
 0.60

Urine Routine (N)
 Post wine } No
 fast wine } No

FBS	PPBS
124	196
HBAIC 6.8 %	

VIT D

VIT B12

LFT

v. acid - 5.00

γ-Bilirubin - 1.4

Suot - 69

SuPT - 87

ECG - NSE

Others

2 DECHO

TMT

PFT

CXR - PA → Normal

U/S ABD

ESR - 08

YSH - 2346

BUN - 3.27

PSA - 0.348

Assessment 1. MASH 4. _____
 2. Type 2 DM (Newly detected) 5. _____
 3. Hypertension 6. _____

Plan : a) Lifestyle Modification Diet Low Salt Low Fat DM Diet Exercise

b) _____

c) Rx Regular walking

Tab. Glymet ER 1000 1-0-0
 50mg

Tab. Tonaet TG 10/160mg
~~10/160~~

0 0 1 - 3 months
 or

Fit for Employment Unfit for Employment

Pending

Follow Up _____

DR. KARTHIK N
 MBBS, MD (GENERAL MEDICINE),
 FELLOW IN DIABETOLOGY (BMJ)
 CONSULTANT - GENERAL MEDICINE
 KMC No. : 82833

Dr. Karthik N

REG No.: 82833



Dec 20, 2021 - Dec 19, 2025

**LABORATORY INVESTIGATION REPORT**

Name	: Mr. SOMASHEKAR H K	MR No	: PTH202400263180
Age/Sex	: 48 Y/M	Prescribing Dr	:
Mobile No	: +919902151555	Reported on	: 10-08-2024 10:10
Requesting Ward	:		
Referred By	: DEEPAK (PRO)		

HAEMATOLOGY

Parameters	Observed Values	Units	Reference Range	Sample
COMPLETE BLOOD COUNTS (AUTOMATED) (CBC),				
(Sample Received On:10 Aug, 2024 8:43:00 AM)				
HAEMOGLOBIN (AUTOMATED)	13.0	g/dL	13.5- 18	Plasma(EDTA)
TC (TOTAL COUNT) (AUTOMATED)	6990	Cell/mm ³	4000 - 11000	
NEUTROPHILS	53.7	%	40-75	
LYMPHOCYTES	35.3	%	20-45	
EOSINOPHILS	4.1	%	1 - 6	
MONOCYTES	6.6	%	1 - 10	
BASOPHILS	0.3	%	0 - 1	
RBC COUNT	6.84	Million cell/mm ³	4.2 - 6.5	
PLATELET COUNT	152400	Cells/mm ³	150000 - 450000	
PCV	39.9	%	39 - 54	
MCV	58.4	fL	75-95	
MCH	19.0	pg	30 - 35	
MCHC	32.5	g/dL	30 - 35	

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---End of Report---

VERIFIED BY
Shwetha S

DR JAYALAKSHMI | MBBS,DCP,MD
Consultant Pathologist
KMC No.54878

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Age/Sex	: 48 Y/M	Prescribing Dr	:
Mobile No	: +919902151555	Reported on	: 10-08-2024 11:14
Requesting Ward	:		
Referred By	: DEEPAK (PRO)		

BIOCHEMISTRY

Parameters	Observed Values	Units	Reference Range	Sample
GLUCOSE - FASTING SUGAR(FBS), (Sample Received On:10 Aug, 2024 8:43:00 AM) Lab ID No: LAB570851				
FASTING BLOOD SUGAR[GOD-POD]	124	mg/dL	70 - 106	Serum
THYROID PROFILE (T3 T4 TSH), (Sample Received On:10 Aug, 2024 8:43:00 AM) Lab ID No: LAB570851				
T3[Chemiluminescence]	1.920	ng/mL	0.970 - 1.69	Serum
T4[Chemiluminescence]	12.200	ug/dL	5.53 - 11.0	
TSH[Chemiluminescence]	2.346	micIU/mL	0.4001 - 4.049 1st Trimester : > 0.1298 - 3.120 2nd Trimester > 0.2749 - 2.652 3rd Trimester > 0.3127 - 2.947	
LIPID PROFILE (CHOL,TGL,LDL ,HDL), (Sample Received On:10 Aug, 2024 8:43:00 AM) Lab ID No: LAB570851				
CHOLESTEROL- TOTAL[CHOD-POD]	191.00	mg/dL	Desirable : <200 Borderline High : 200 - 239 High : >/=240	Serum
TRYGLYCERIDES[GPO]	>525(DILUTION VALUE 694)	mg/dL	<150	
CHOLESTEROL - LDL[Calculated]	Not reportable as Triglycerides are >525	mg/dL	Up to 130	
CHOLESTEROL - HDL[Polymer detergent]	33.0	mg/dL	Low : <40 High : >/=60	
CHOLESTEROL - VLDL[Calculated]	Not reportable as Triglycerides are >525	mg/dL	<40	
Lab ID No: LAB570851				
URIC ACID - SERUM[Uricase POD]	5.00	mg/dL	3.5 - 8.5	Serum
(Sample Received On:10 Aug, 2024 8:43:00 AM)				
Lab ID No: LAB570851				
BUN (BLOOD UREA NITROGEN)[Urease]	3.27	mg/dL	7 - 20	Serum
(Sample Received On:10 Aug, 2024 8:43:00 AM)				

CREATININE- SERUM,

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Mobile No	: +919902151555	Reported on	: 10-08-2024 11:14
Requesting Ward	:		
Referred By	: DEEPAK (PRO)		

(Sample Received On:10 Aug, 2024 8:43:00 AM)

Lab ID No: LAB570851

CREATININE - SERUM[Creatinine Amidohydrolase]	0.60	mg/dL	0.6 - 1.3	Serum
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Lab ID No: LAB570851

PROTEIN TOTAL[Biuret]	7.80	g/dL	6.4 - 8.3	Serum
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(Sample Received On:10 Aug, 2024 8:43:00 AM)

LIVER FUNCTION TEST (TBIL,DBIL,PROTEIN,ALB,OT,PT,ALP,GGT),

(Sample Received On:10 Aug, 2024 8:43:00 AM)

Lab ID No: LAB570851

BILIRUBIN- TOTAL[Reflectance Spectrophotometry]	1.4	mg/dL	0.2 - 1.3	Serum
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BILIRUBIN- DIRECT[Reflectance Spectrophotometry]	0.4	mg/dL	0 - 0.3	
--	-----	-------	---------	--

BILIRUBIN- INDIRECT[Reflectance Spectrophotometry]	1.0	mg/dL	0 - 0.6	
--	-----	-------	---------	--

TOTAL PROTEIN[Biuret]	7.80	g/dL	6.4 - 8.3	
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ALBUMIN[Bromocresol Green]	4.50	g/dL	3.5 - 5	
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GLOBULIN	3.3	g/dL	2 - 3	
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A:G RATIO	1.3		0.8 - 2.5	
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SGOT (AST)[Multipoint Rate with P-5-P]	69.00	U/L	17 - 59	
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SGPT (ALT)[Multipoint Rate with P-5-P]	87.00	U/L	< 50	
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GGT[-glutamyl-p-nitroanilide]	45.00	IU/L	15 - 73	
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ALP[Enzymatic]	46.00	U/L	38 - 126	
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PSA - TOTAL,

(Sample Received On:10 Aug, 2024 8:43:00 AM)

Lab ID No: LAB570851

PSA - TOTAL[Chemiluminescence]	0.348	ng/ml	4	Serum
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---End of Report---

VERIFIED BY
Nutan N

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Age/Sex	: 48 Y/M	Prescribing Dr	:
Mobile No	: +919902151555	Reported on	: 10-08-2024 10:37
Requesting Ward	:		
Referred By	: DEEPAK (PRO)		

HAEMATOLOGY

Parameters	Observed Values	Units	Reference Range	Sample
ESR (Sample Received On:10 Aug, 2024 8:43:00 AM)	08	mm/hr	0 - 10	Plasma(EDTA)

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Age/Sex	: 48 Y/M	Prescribing Dr	:
Mobile No	: +919902151555	Reported on	: 10-08-2024 11:14
Requesting Ward	:		
Referred By	: DEEPAK (PRO)		

CLINICAL PATHOLOGY

Parameters	Observed Values	Units	Reference Range	Sample
URINE ROUTINE AND MICROSCOPY (QUALITATIVE METHOD),				
(Sample Received On: 10 Aug, 2024 8:43:00 AM)				
PHYSICAL EXAMINATION				
Volume	30	mL	NA	Urine
Colour	PALE YELLOW		Pale Yellow	
Appearance	CLEAR		Clear	
CHEMICAL EXAMINATION(Automated)[Reagent Strip Method]				
pH	6.0		5.0 - 8.0	
Specific Gravity	1.005		1.001 - 1.035	
Albumin	NIL		TRACE, - 0.15g/L PRESENT(1+) - 0.3g/L PRESENT(2+) - 1.0g/L PRESENT(3+) - 3.0g/L PRESENT(4+) - 20g/L	
Sugar	NIL		TRACE - 100mg/dl PRESENT(1+) - 200mg/dl PRESENT(2+) - 500mg/dl PRESENT(3+) - 1000mg/dl PRESENT(4+) 2000mg/dl	
Ketone Bodies	NIL		NIL	
Nitrite	Negative		NA	
Bilirubin	NEGATIVE		Negative	
Urobilinogen	NORMAL		Normal	
MICROSCOPY[Manual Method]				
RBCs	NIL	/hpf	0 - 3/HPF	
Pus Cells	3-4	/hpf	0 - 5/HPF	
Epithelial Cells	0-2	/hpf	0 - 2/HPF	
Casts	NIL		NIL	
Crystals	NIL		NIL	
Others	NIL			

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Age/Sex	: 48 Y/M	Prescribing Dr	:
Mobile No	: +919902151555	Reported on	: 10-08-2024 11:14
Requesting Ward	:		
Referred By	: DEEPAK (PRO)		

Consultant Pathologist
KMC No.54878

PTH/GEN/18/Rev-1/17

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Name	: Mr. SOMASHEKAR H K	MR No	: PTH202400263180
Age/Sex	: 48 Y/M	Prescribing Dr	:
Mobile No	: +919902151555	Reported on	: 10-08-2024 11:10
Requesting Ward	:		
Referred By	: DEEPAK (PRO)		

BIOCHEMISTRY

Parameters	Observed Values	Units	Reference Range	Sample
GLYCATED HEMOGLOBIN (HBA1C), (Sample Received On:10 Aug, 2024 8:43:00 AM) GLYCATED HEMOGLOBIN[HPLC]	6.8	%	"Non-Diabetic HbA1c < 5.6 Fasting plasma glucose <100 Pre - Diabetes HbA1c 5.7 - 6.4 Fasting plasma glucose 100 - 125 Diabetes HbA1c > 6.5 Fasting plasma glucose > 126"	Plasma(EDTA)
ESTIMATED AVERAGE GLUCOSE	148	mg/dL		

Note : Any condition altering red cell life will alter the GHB values. Low Hb% values may not correlate with GHB. GHB value should not be taken as a sole criteria for diagnosis. GHB gives average Blood Glucose level for the period of 10 - 12 wks & it need not correlate with blood sugar levels. For Geriatric group, HbA1c reference range depends upon comorbid conditions.

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LABORATORY INVESTIGATION REPORT

Name	: Mr. SOMASHEKAR H K	MR No	: PTH202400263180
Age/Sex	: 48 Y/M	Prescribing Dr	:
Mobile No	: +919902151555	Reported on	: 10-08-2024 12:17
Requesting Ward	:		
Referred By	: DEEPAK (PRO)		

BIOCHEMISTRY

Parameters	Observed Values	Units	Reference Range	Sample
FASTING URINE SUGAR (Sample Received On: 10 Aug, 2024 8:43:00 AM)	NIL			Urine

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---End of Report---

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Nutan N

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Mobile No	: +919902151555	Reported on	: 10-08-2024 12:23
Requesting Ward	:		
Referred By	: DEEPAK (PRO)		

HAEMATOLOGY

Parameters	Observed Values	Units	Reference Range	Sample
BLOOD GROUPING & RH TYPING,				
(Sample Received On:10 Aug, 2024 8:43:00 AM)				
BLOOD GROUP	"A"			Plasma(EDTA)
RH Type	POSITIVE			
Note	Blood group done by forward grouping only. Suggested confirmation by forward and reverse typing method for the purpose of blood transfusion etc			

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---End of Report---

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Shwetha S

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Mobile No	: +919902151555	Reported on	: 10-08-2024 12:28
Requesting Ward	:		
Referred By	: DEEPAK (PRO)		

BIOCHEMISTRY

Parameters	Observed Values	Units	Reference Range	Sample
GLUCOSE POST PRANDIAL SUGAR (PPBS), (Sample Received On:10 Aug, 2024 11:25:51 AM) POST PRANDIAL BLOOD SUGAR[GOD-POD]	196	mg/dL	70 - 140	Serum

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PEOPLE TREE MAAGRA
Yelahanka Satellite Town, Bengaluru
P : +80 4665 99 99

Touch • Move • Inspire



Dec 20, 2021 - Dec 19, 2025



LABORATORY INVESTIGATION REPORT

Name	: Mr. SOMASHEKAR H K	MR No	: PTH202400263180
Age/Sex	: 48 Y/M	Prescribing Dr	:
Mobile No	: +919902151555	Reported on	: 10-08-2024 12:36
Requesting Ward	:		
Referred By	: DEEPAK (PRO)		

BIOCHEMISTRY

Parameters	Observed Values	Units	Reference Range	Sample
POST PRANDIAL URINE SUGAR (Sample Received On:10 Aug, 2024 11:25:51 AM)	NIL			Urine

DISCLAIMER : The result obtained relate only to the sample given/received & tested. A single test result is not always indicative of a disease, it has to be correlated with clinical data for interpretation.

---End of Report---

VERIFIED BY
Nutan N

DR JAYALAKSHMI | MBBS,DCP,MD
Consultant Pathologist
KMC No.54878

PTH/GEN/18/Rev-1/17

PEOPLE TREE HOSPITALS
A UNIT OF TMI HEALTHCARE PRIVATE LIMITED
CIN: U85100KA2011PTC059175

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DEPARTMENT OF DIETITICS

Low Carbohydrate, Low Cholesterol & High Fiber Diet

Name:- _____ ID No- _____ Sex: Male/Female
 Age:- _____ year Height: _____ cm Weight: _____ kg BMI: _____ kg/m²

General Advice,

Questions.....	Our Answers.....
How many meals in a day?	Follow a 3+3 meal pattern i.e. 3 meals and 3 small, healthy snacks A small and frequent meal pattern helps to control your blood sugar and at the same time keeps hunger pangs away.
How much and what type of fiber?	Both the quantity and type of fiber play an important role in your diet. Sources of rough fiber are whole grains, vegetables and fruits with peels. And soluble fiber is found in nuts and seeds, pulses, beans etc. Include plenty of salad and raw vegetables in your daily diet. Include plenty of salad and raw vegetables in your daily diet.
How to select good carbohydrates?	Always stay away from refined carbohydrates like sugar, jaggery, honey, maida, candies as these cause a sharp rise in your blood sugar levels. If you use artificial sweeteners limit to 3-4 pellets or drops a day.
What type of fat is best suited?	Fats that are solid at room temperature, like lard, ghee, butter are restricted. Instead choose from vegetable oils (see list). Making the right choice of fat ensure that your heart remains healthy.
How to select healthy beverages?	The best choice is water, always and every time. Otherwise you can pick from buttermilk, fresh lime soda (salted only) and occasionally tender coconut water. Make sure to avoid aerated beverages, fruit juices, and alcoholic beverages, malted drinks
Is too much salt bad?	Diabetes increases the risk of hypertension i.e. high blood pressure. Try and restrict your salt intake to less than 5g per day. Also avoid high sodium foods like papads, pickles, jams, preserves and any other food preserved in salt.



DEPARTMENT OF DIETITICS

Is it necessary to lose weight?	If you are overweight or obese you would be advised to lose weight in a safe and healthy manner by your nutritionist. Even a loss of 5 kg can result in significant improvement in blood glucose control. Those who are in healthy weight range should maintain the weight range should maintain the weight
---------------------------------	---

Food Selection Guide

FOOD GROUP (Recommended Serves/Day)	1 SERVE IS	DAILY	RESTRICTED- WEEKLY 2-3 TIMES ONLY	AVOIDED
CEREALS (8-10 SERVES)	1 Roti, 1/2 cup Rice, 3-4 tbsp of dry cereal	Whole wheat atta, dalla & roti, oats. Millets like Ragi, Jowar, Bajra, Wheat Flakes	Rice, Breads, Suji, Muesli, Corn flakes	Maida, its products Poori Naan, Parata, Cakes, Cookies, Brownies, Doughnut, Instant Noodles
PULSES (2-3 SERVES)	1 cup cooked dhal ½ cup sprouts	Whole lentils, Chickpeas, Whole bengal gram, Rajmah, Lobia, Sprouts	-----	Deep oil fried dhals or whole pulses
VEGETABLES (4-5 SERVES)	1 cup cooked, 1/2cup raw, 1/2 cup root veg cooked	All Green Leafy Vegetables like spinach, fenugreek, Gourds like bottle, bitter, snake and ridge, Ladies finger, French beans	Carrots, Radish, Pumpkin, Beetroot, Tapioca, Yam	Potatoes, Sweet potato
FRUITS (1-2 SERVES)	1 fist size, 1/2cup cut	Guava, Papaya, Citrus fruits like Orange, Sweet lime; Apple	Grapes, Watermelon, Pineapple, Pomegranate	Mango, Banana, Custard Apple, Jackfruit, Juices
MILK & ITS PRODUCT (3 SERVES)	1 glass milk, 1 cup curd, 1/2 cup paneer	Low fat milk, Low fat paneer, Curd, Buttermilk	-----	Khoa, Cheese, Condensed milk



DEPARTMENT OF DIETITICS

MEAT & POULTRY (1-2 SERVES)	1 medium egg Deck or card size piece of meat	Skinless chicken, Fish, Egg white	Egg Whole	Red meats like beef, mutton and pork Fried fish/chicken
FATS (1.5-2 SERVES)	5 ml or 1 tsp	Vegetable Oils like Canola, Olive, Rice bran, Mustard, Sesame	-----	Ghee, Butter, Peanut butter Vanaspati dalda or Vanaspati ghee
SUGARS		NIL	Artificial sweeteners (Quantity as specified by Clinical Nutritionist)	Sugar Joggery, Honey, Jam

Disclaimer-

The information given in the Fact Sheet is general in nature & does not substitute for individualized Nutritional Assessment/Counseling from the Clinical Nutritionist. The information is subject to review based on the Nutrition Research/Updates.



Radiology Report

Patient Name : Mr. SOMASHEKAR H K Age/Sex : 48 Y/M Order Date : 10-08-2024 08:08
Ref by : MR No. : PTH202400263180

X RAY CHEST PA VIEW

FINDINGS:

- Lung fields are clear.
- No mediastinal shift.
- Both the hila appear normal.
- CP angles are normal.
- Cardiac diameter is within normal limits.
- Visible bony thoracic cage is normal.

IMPRESSION:

- **NORMAL STUDY**

DR PRADEEP A V
MBBS MD DNB FFM
Ex SR AIIMS DELHI & NIMHANS
**CONSULTANT RADIOLOGIST and
FETAL MEDICINE SPECIALIST**

Mr. SOMASHEKAR H K
Age/Sex: 48 Y/M
PTID: PTH202400263180

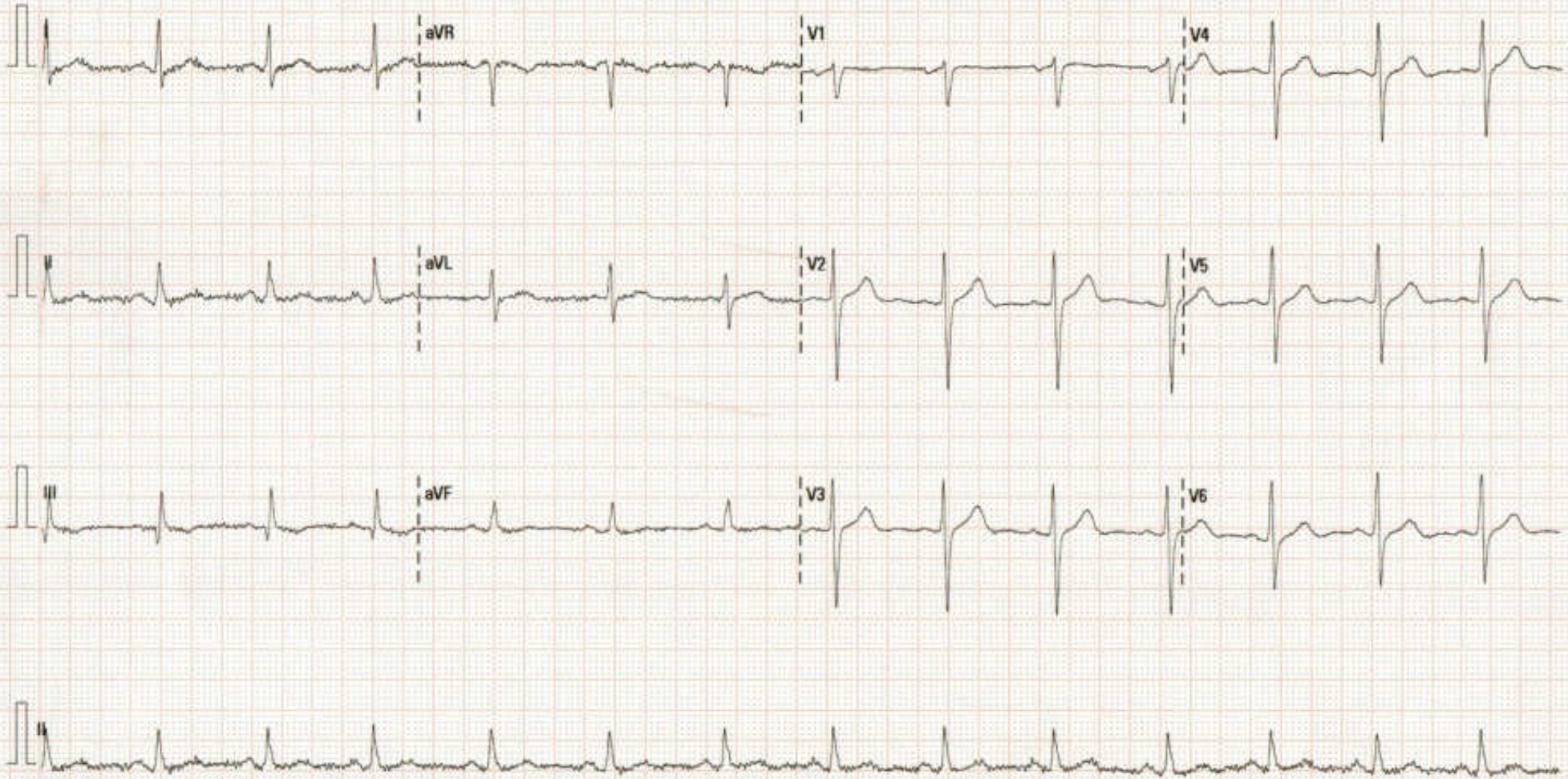
Birth Date: 05-03-1976
Reg Date: 10-08-24 08:1

10-08-2024 10:33:34

Vent. Rate	82 bpm
PR Interval	146 ms
QRS Duration	94 ms
QT/QTc Interval	346/385 ms
P/QRS/T Axes	51/57/19 deg
QTc:Hodges	

Sinus rhythm
— Interpretation made without knowing patient's gender/age —
Normal ECG

Unconfirmed Diagnosis.



DIABETIC DIET GUIDELINES

NAME-----
 Diet Prescription-----

Age/Sex-----

PHTID-----

Date-----

TIME	MENU	QUANTITY
06:00:00	Meethiseed water	1 Cup
8 - 9AM	Idly/dosa(wheat/Rava/ Ragi)/ Upma (Rava/ Dhalia) Oats + Sambar (Include Dhal) + Vegetables (In the form of sabji or boiled) + egg whites /cooked sprouts	2 no 1 Cup 1 Cup 1 Cup 1 Cup 1 cup
10-11AM	Fruit / vegetables Salad + Nuts (3 each)+Seeds	1/2 Cup (1 teaspoon of two different seeds daily) ex:Flaxseed/pumpkinseeds/ sunflowerseeds/sesame seeds
12:30-1.30pm	RagiBall/ Phulkas/ rice + sambar(dhal/sprouts) + vegetables + butter milk	1 Medium Size / 2 no. 1 cup 1 cup 1 cup 1 cup
4-5pm	Veg Bhel/Sprouts/Egg White/Veg Soup/ Whole Wheat Biscuts	1 cup /one/1 Glass/2-3 no
7.30 - 8.30pm	Chapathi/Khichdi/Upma(multi grain/Milletts) + Boiled vegetables + Sambar/Non veg	2 -3 no 1 cup
10:00:00 PM	1 Glass butter milk/Milk	250ml

FOODS TO BE AVIODED

- 1) Simple sugars like honey , syrups , sweets.
- 2) Bakery products like cakes, artificial juices, biscuits etc.
- 3) Too much of nuts,artificially sweetened drinks , jaggery sweetened juices
- 4) **Red meat**, deep fried-oily items should be avoided
 - 5) Fried foods , restrict oil , per month oil content should be around 300 ml to 400 ml.
 - 6) One whole fruit/day or 150gms of fruit bowl/day is allowed.
 - 7) **AVOID FRUIT JUICES,TENDERCOCONUT WATER AND SUGAR CANE JUICE**
 - 8) **Milk intake per day limit to be 250ml.**

FOODS TO BE INCLUDED

- 1)Choose green leafy vegetables ,fruits can be taken except **SAPORTA,GRAPES,MANGO and JACKFRUIT .**
- 2) Skimmed milk , butter milk ,clear soups .
- 3) Cereals , pulses , white meat , egg white , nuts , fruits can be eaten in moderately

GUIDELINES

- 1) Adequate calories can be given for the existing weight and height.
- 2) The patient should maintain the body weight 10 percent lower than the ideal /desired body weight.
- 3) Patient should avoid fasting and feasting .
- 4) Junk foods need to be avoided.
- 5) Diet should meet the nutritional requirements for the Patient
- 6) **Be more physically active.**

Review after-----weeks

**NUTRITION & DIETITICS DEPARTMENT
PEOPLE TREE HOSPITALS**



Radiology Report

Patient Name : Mr. SOMASHEKAR H K Age/Sex : 48 Y/M Order Date : 10-08-2024 08:08
Ref by : MR No. : PTH202400263180

USG ABDOMEN AND PELVIS

LIVER: Mildly enlarged in size (16.2cms) and shows moderate increase in echopattern. No focal lesions seen. Intrahepatic biliary radicals are normal. Portal vein appears normal.

GALL BLADDER: Distended, appears normal. No obvious calculi / pericholecystic fluid seen. Common bile duct is not dilated.

PANCREAS: Normal in size, shape & has uniform echogenicity.

SPLEEN: Normal in size (12.4cms) and echopattern. No focal lesions seen.

KIDNEYS: Both the kidneys are normal in position, size, shape and contour. Cortical echogenicity is normal, corticomedullary differentiation is well maintained.

RT.KIDNEY- 9.7cm in length and 1.7cm in parenchymal thickness. No calculi / hydronephrosis seen.

LT.KIDNEY- 10.8cm in length and 1.5cm in parenchymal thickness. No calculi / hydronephrosis seen.

URINARY BLADDER: Normal in outline and wall thickness. No calculi or mucosal irregularity seen.

PROSTATE: Normal in size and echotexture.

No free fluid / dilated / thickened bowel loops are noted.

IMPRESSION:

- Mild hepatomegaly with grade II hepatic steatosis

DR PRADEEP A V
MBBS MD DNB FFM
Ex SR AIIMS DELHI & NIMHANS
CONSULTANT RADIOLOGIST and
FETAL MEDICINE SPECIALIST



Ultrasound Image Report

Patient

Exam

ID
Name
Birth Date
Gender

263180
SOMASHEKAR H K
19760810
Male

Accession #
Exam Date
Description
Sonographer

20240810







Mr. SOMASHEKAR H K
 Age/Sex: 48 Y/M
 PTID: PTH202400263180



**OPHTHALMOLOGY
 CASE SHEET**

Birth Date: 05-03-1976
 Reg Date: 10-08-24 08:13

PTID: _____ IP No. _____ Date: 10/8/24

Name: _____ Age / Sex: _____

Address: _____ Phone No.: _____

Consultant's Name: Dr Navneeth Referring Doctor's Name: _____

Medical History: ~~Diabetes~~ / Hypertension / Cardiac / Asthma

Drug Allergy: 6 years

Ophthalmic History: Cataract / Glaucoma / Retina

Family History: _____

PRESENT PROBLEMS

Regular check up

PRESENT GLASSES / CL

IPD	Sphere	Cylinder	Axis	Add	Contact Lens
Right					
Left					

Vision	UCVA	Near	PH	PG	Colour
Right	<u>6/6</u>	<u>N10</u>			<u>(D)</u>
Left	<u>6/6</u>	<u>N10</u>			<u>(D)</u>

SUGGESTED CORRECTION

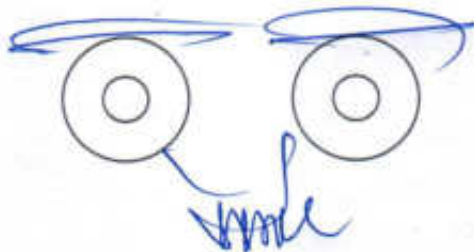
IPD	Sphere	Cylinder	Axis	Vision	Add
Right	<u>+0.00</u>	<u>—————</u>		<u>6/6</u>	<u>+1.75</u>
Left	<u>+0.00</u>	<u>—————</u>		<u>6/6</u>	<u>+1.75</u>

PTH/GEN/07/Rev-016

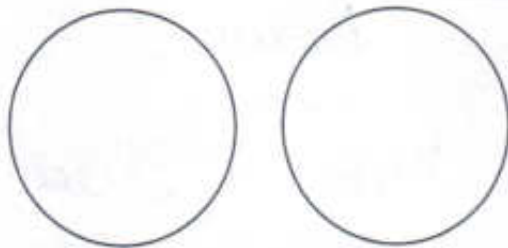
EXAMINATION

IOP

Anterior segment



Posterior segment



OTHERS

ADVICE

cup

Dr. NAVNEET S

MBBS, MS (Ophthalmology)
Fellowship in IOL, Fellowship in PHACO and REFRACTIVE
CONSULTANT - OPHTHALMOLOGY
KMC No: 95407