

PATIENT INFORMATION

- **Medical Record Number:** MRN-IND000006
- **Date Created:** 02/20/2025
- **Last Updated:** 04/12/2025
- **Full Name:** Meera Krishnan
- **Date of Birth:** 08/25/1950
- **Age:** 74
- **Sex:** Female
- **Address:** 101, Defence Colony, New Delhi 110024
- **Phone:** (Cell) 98XXXXXX51
- **Email:** meera.k50@email.com
- **Preferred Contact Method:** Phone
- **Preferred Language:** Hindi, English
- **Emergency Contact:** Sanjay Krishnan (Son), 98XXXXXX52
- **Insurance:** Max Bupa Health Companion
- **Primary Care Provider:** Dr. Anil Gupta, MD, Max Hospital Saket

ALLERGIES AND ADVERSE REACTIONS

- Aspirin: GI Upset, Mild (Avoids NSAIDs)
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MEDICATIONS

- Calcium Carbonate/Vitamin D3: 1250mg/1000 IU Once daily (Started 2015, Dr. Gupta, Osteoporosis)
- Alendronate: 70 mg Once weekly (Started 2018, Dr. Gupta, Osteoporosis)
- Levothyroxine: 75 mcg Once daily (Started 2005, Dr. Gupta, Hypothyroidism)
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- Paracetamol: 500 mg As needed for pain (OTC, Osteoarthritis)

IMMUNIZATION RECORD

- Influenza: 10/2024
- Tdap: 2017
- COVID-19 (Booster): 11/2024
- Pneumococcal (PCV13 & PPSV23): Completed series
- Shingrix: Completed series 2021

MEDICAL HISTORY

- **Chronic Conditions:** Osteoporosis (Diagnosed 2015), Osteoarthritis (Knees, Hands - diagnosed 2010), Hypothyroidism (Diagnosed 2005), GERD (Diagnosed 2012)
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- **Past Medical History:** Hysterectomy (for fibroids, 1995)
- **Surgical History:** Hysterectomy (1995), Total Knee Replacement (Right) (2019, Dr. Sharma - Orthopedics)

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FAMILY HISTORY

- Father: Deceased at 85 (Natural Causes)
- Mother: Deceased at 78 (Hip Fracture Complications, had Osteoporosis)
- Sister: 70, Living (Osteoarthritis)

SOCIAL HISTORY

- **Substance Use:** Never smoker. Never drinks alcohol. 1 cup tea daily.
- **Occupation:** Retired Teacher
- **Exercise:** Gentle Yoga, Short walks daily (limited by knee pain - left knee). Attends physiotherapy weekly.
- **Diet:** Vegetarian, ensures adequate calcium intake. Takes Pantoprazole occasionally for GERD symptoms.
- **Living Situation:** Lives with son and daughter-in-law. Home adapted for mobility (grab bars).

REVIEW OF SYSTEMS (Latest: 04/02/2025)

- Reports chronic pain in left knee, moderate severity, worse with activity. Right knee feels good post-replacement. Denies recent falls. Occasional heartburn, managed with diet and occasional OTC antacids. Stable thyroid symptoms.

PHYSICAL EXAMINATION (Latest: 04/02/2025)

- **Vital Signs:** BP 130/78 mmHg, HR 76 bpm, RR 16/min, Temp 98.0°F, Wt 62 kg, Ht 155 cm, BMI 25.8
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- **General:** Alert, walks with a slight limp favoring left leg.
- **Exam:** Heart, Lungs normal. Abdomen soft. MSK: Heberden's nodes hands. Left knee: mild effusion, crepitus, reduced ROM, tender medially. Right knee: well-healed surgical scar, good ROM, no tenderness.

LABORATORY DATA (Latest: 03/20/2025)

- CBC: WNL
- CMP: Calcium 9.5 mg/dL, Creatinine 0.9 mg/dL
- TSH: 2.9 mIU/L
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- Vitamin D, 25-Hydroxy: 35 ng/mL (Adequate)

DIAGNOSTIC IMAGING AND PROCEDURES

- DEXA Scan (01/2024): T-score Lumbar Spine -2.8, Femoral Neck -2.5 (Osteoporosis, stable from prior). # [\[DEXA Scan Report Summary\]](#)

DEXA Report

@: info@myvitalmetrics.com

P: 0207 459 4219



Sex: Male
Ethnicity:

Height: 184.1 cm
Weight: 92.1 kg
Age: 27

Referring Physician:

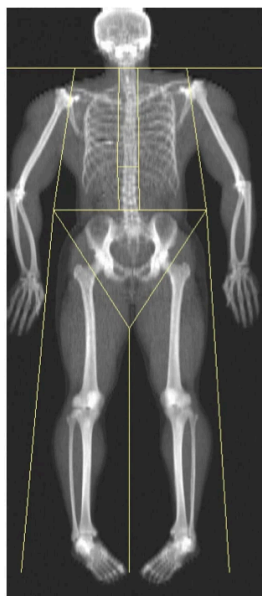


Image not for diagnostic use
327 x 150
DAP: 13.1 cGy*cm²

Scan Information:

Scan Date: 09 April 2022 ID:
Scan Type: a Whole Body
Analysis: 09 April 2022 11:02 Version 13.5.3
Auto Whole Body Fan Beam

Operator:

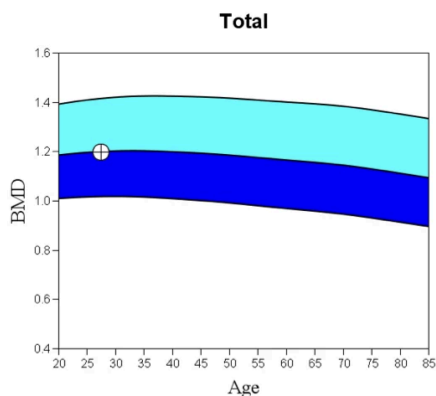
Model: Discovery A (S/N 84234)

Comment:

DXA Results Summary:

Region	Area (cm²)	BMC (g)	BMD (g/cm²)	T - score	Z - score
L Arm	268.64	262.67	0.978		
R Arm	269.43	276.08	1.025		
L Ribs	175.77	132.71	0.755		
R Ribs	149.46	106.50	0.713		
T Spine	137.51	135.98	0.989		
L Spine	57.79	70.98	1.228		
Pelvis	294.54	439.79	1.493		
L Leg	450.39	556.71	1.236		
R Leg	450.78	572.21	1.269		
Subtotal	2254.32	2553.63	1.133		
Head	249.90	449.08	1.797		
Total	2504.23	3002.71	1.199		0.0

Total BMD CV 1.0%



T-score vs. White Male. Source:2008 NHANES/Hologic White Male. Z-score vs. White Male. Source:2008 NHANES/Hologic White Male.

Bone Density Explanatory Notes

What is Bone Density?

Bone density is a measure of how much calcium your bones contain (in grams) for their overall size (in cm²). In general the greater your bone density, the stronger your bones are, and the less likely they will fracture when faced with an accident or fall.

What do the measurements mean?

We measure a number of things when we measure bone density with a DEXA. The first column above is the total area of bone - this gives you the overall size. Taller and broader people will have larger bones overall. This area is measured in (in cm²). Next we measure the weight of the bones, this is measured in grams. Finally - the bone density is a calculation from these:

$$\text{Bone Mineral Density (BMD)} = \frac{\text{Weight of bones (g)}}{\text{Size of bones (cm}^2\text{)}}$$

What do the numbers mean

Each area of the body: Legs, Pelvis, Lumbar Spine, Thoracic Spine, Ribs and Arms will have their own bone density, but these figures are then converted into a single figure. Everyone gets something called a Z-Score, and certain populations get an additional figure called a T-Score. Z- and T-scores are expressed in terms of variations from the average, in Standard Deviation Units. This means that 66% of the population will get a score between -1.0 and 1.0, and 95% of the population will get a score between -2.0 and 2.0.

Z-Score

This measures your bone density and compares it to other people your age, sex and ethnicity. Any score of > -1.0 is considered normal. If it is less than -1.0 we may start to recommend remedial action to improve it.

T-Score

This measures your bone density and compares it to that of a healthy 30-year-old. Only some populations will get a T-Score. T-Scores of less than -1.5 may indicate a problem with bones and we'll discuss this with you. A score less than 2 might be worth showing your doctor.

HOLOGIC®

- X-ray Left Knee (03/2025): Severe medial compartment Osteoarthritis, joint space narrowing, osteophytes.



- X-ray Right Knee (Post-op check 2020): TKR components well-aligned.



PROBLEM LIST

1. Osteoporosis (M81.0) - Active, Treated
 2. Osteoarthritis, severe, Left Knee (M17.12) - Active, Symptomatic
 3. Osteoarthritis, Hands (M15.9) - Active
 4. Status Post Right Total Knee Arthroplasty (Z96.651) - History
 5. Hypothyroidism (E03.9) - Active, Controlled
 6. GERD (K21.9) - Active, Managed PRN
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