



Evergreen Wellness Hospital

123 KL Street, VS Puram , Coimbatore - 641002 India

MEDICAL REPORT

Visit Info

Doctor's Name: Ms. Devi K **Visit Date:** 09.09.2024
Specialization: Nutrition and Dietetics

Patient Info

Full Name: Ms. Radha L **Birth Date:** 09.08.1970
Med. Number: 60191234 **IHI:** 46758293
Phone: 9867452310 **Email:** radhal09@gmail.com

Assessment

The patient reports bone pain, back pain, and a history of fractures. A bone density test reveals low bone mass. Further review of the patient's medical history and lifestyle indicates risk factors for bone demineralization, including insufficient calcium and vitamin D levels.

Diagnosis

Osteoporosis - A condition characterized by weak and brittle bones, often due to insufficient calcium and vitamin D, making bones more prone to fractures.



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Prescription

- Administer Calcium and Vitamin D supplements (whey protein or soy-based) as per dietary needs.
- Vitamin D3 1000 IU daily for 3 months
- Regular monitoring of bone density and adjustment of supplements as needed for next 3 months