

**Gupta Murali Dhara**

50 Y old Male, DOB: 10/03/1971

Account Number: 403298

House Number- 18/28 YELLAPPAGARI STREET, PRODDATUR,

Cuddapah, AP - 516360

Home: 9440664240

Guarantor: Gupta Murali Dhara Primary Insurance: HCLT

Dependent

Appointment Facility: HCL Healthcare Bangalore SEZ Center

24/09/2021 Dr Praveen M P MBBS, MD (Medicine), Consultant (Internal Medicine), Regn.No.KMC/96683**Reason for Appointment**

1. Annual health check

History of Present IllnessPhase 3 Health Index:

Phase 3 Health Index Questionnaire

Do you have or had Diabetes means high blood sugar problem or took or taking its treatment? No

Do you have or had Hypertension means high blood pressure or BP or took or taking its treatment? No

Do you have or had any heart disease brain stroke or any other problem of heart, brain or blood vessels (means arteries or veins related problem), or took or taking its treatment? No

Do you have or had any Thyroid related problems – means the thyroid glands of neck or took or taking its treatment? No

Do you have or had Asthma? No

Do you have or had Hyperlipidemia any problem of high blood cholesterol ? No

Do you have or had any Cancer or took or taking its treatment? No

CONSENT: Virtual consult through Audio Call. Before initiation of the present consult, the patient/consultee was informed and explained about telemedicine, that is, the facility of virtual consult/tele-consult through a tele-health mode, including its limitations, the rights and duties of the provider and the patient/consultee as per the statutory guideline for the same; and after having understood it, the patient/consultee has given his/her informed, verbal consent for this virtual consult. DISCLAIMER: This virtual consult/tele-consult has been done as per the statutory guidelines viz. Telemedicine Guideline .

Past Medical History

Diabetes mellitus.

Vital Signs

Wt-kg 80 kg, Ht-cm 177 cm, BMI 25.53 index.

ExaminationGeneral Examination:

GENERAL APPEARANCE: pleasant, in no acute distress.

Limited examination could be done due to virtual mode of consult through virtual call.

Assessments/ Health Conditions Identified

1. Type 2 diabetes mellitus - E11 (Primary)

2. Vitamin D deficiency - E55

Treatment**1. Type 2 diabetes mellitus**

Start GLYCOMET TRIO FORTE TAB 1mg/1000mg/0.2mg, 1-0-0

Start AMARYL FILM-COATED TAB 1mg, 0-0-1

2. Vitamin D deficiency

Start LUMIA CAP 60000IU, weekly once for 8weeks and later monthly once for 8 months

Start SHELICAL-500 FILM-COATED TAB, once a day, 60 days

Procedures

NA.

LabsLab: Diabetes Care Plan(P587)Lab: FASTING BLOOD SUGAR(T0240) (Ordered for 16/10/2021)Lab: POSTPRANDIAL BLOOD SUGAR(T0520) (Ordered for 16/10/2021)**Wellness Plan**

Clinical Data:

Preventive Education

Given Yes

General advice for diabetes mellitus patients-

- 1.) Dietary modification -a) Take small frequent meals
 - b) Decrease starch/carbohydrate content and increase protein consumption
 - 2.) Lifestyle modification - a.) Daily 30-45minutes of walking
 - b.) Walking shall be based on age group, however timing is a vital factor
 - c.) If busy professional, then alternatively activity of 10 minutes per hour like climbing steps, walking some distance
 - 3.) Monthly fasting/postprandial blood sugar and follow up is advised
 - 4.) 3monthly Hba1c is advised , however 6monthly can be done if prior consecutive values are less than 7
 - 5.) Annual lipid profile testing, renal function testing including urine PCR and vibrometry testing is recommended
 - 6.) Annual ophthalmology examination and cardiac evaluation -TMT and 2Decho for early detection of complications and intervention even in patients without symptoms
- General advice for Vitamin D deficiency patients-
- 1.) Take vitamin D supplement medication as advised
 - 2.) Ensure adequate intake of milk , yogurt, orange juice
 - 3.) Cod liver oil and salmon are rich in vitamin D
 - 4.) Adequate daily exposure to sunlight
 - 5.) Longterm vitamin D supplements are necessary in certain medical illness like chronic kidney disease, chronic pancreatitis and chronic liver disease
 - 6.) Untreated vitamin D predisposes to bone fracture with trivial trauma.

Images**Disclaimer**

In case of any Covid or Non-Covid related health urgency or emergency, please seek medical assistance promptly. You can reach out to the 24x7 HCL Global Helpline (Phone: 9211022223, Email: Covid19@hcl.com), or seek help from any nearby doctor/hospital.

Electronically signed by Dr.Praveen M Patremane on 25/09/2021 at 12:08 AM IST**Sign off status: Completed**

**HCL Healthcare Bangalore SEZ Center
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Bengaluru KA 562106
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CIN: U85100DL2011PTC264453

Website: www.HCLHealthcare.in

Patient: Gupta Murali Dhara DOB: 10/03/1971 Progress Note: Dr Praveen M P MBBS, MD (Medicine), Consultant (Internal Medicine), Regn.No.KMC/96683 24/09/2021

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