



Kala Chandra

46 Y old Female, DOB: 01/01/1975

Account Number: 403299

House Number- 18/28 YELLAPPAGARI STREET, PRODDATUR,

Cuddapah, AP - 516360

Home: 9440664240

Guarantor: Kala Chandra 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 up -initial visit

History of Present Illness

Phase 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

Nil.

Surgical History

nil

Allergies

nil

Hospitalization/Major Diagnostic Procedure

nil

Vital Signs

Wt-kg 70 kg, Ht-cm 165 cm, BMI 25.71 index.

Examination

General 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. Encounter for general adult medical examination - Z00.0 (Primary)
2. Vitamin D deficiency - E55
3. Anemia unspecified - D64.9
4. Thyrotoxicosis [hyperthyroidism] - E05

Treatment

1. Encounter for general adult medical examination

Start LIVOGEN CAPTAB, 1-0-0

Start NEUROBION FORTE TAB, 1-0-0

2. Vitamin D deficiency

Start LUMIA CAP 60000IU, weekly once for 10 weeks and later monthly once for 8 months

Start SHELICAL-500 FILM-COATED TAB, once a day, 90 days

3. Thyrotoxicosis [hyperthyroidism]

Clinical Notes: To do Anti-Thyroidperoxidase, Anti-TPO antibodies, Anti-TSH receptor antibodies, Ultrasound thyroid gland and review with report.

Procedures

NA.

Labs

Lab: ANTI THYROGLOBULIN ANTIBODY (ATG)(Too94)

Lab: VITAMIN B-12

Wellness Plan

Clinical Data:

Preventive Education

Given Yes

General advice-

1. Ensure adequate hydration, healthy nutritious food intake, avoid high calorie diet

2. Regular physical activity

3. Maintain ideal body weight by checking your body mass index

4. Socialisation, quality time with family, extracurricular activities are crucial for general well being

5. Seek early medical advice and treatment if you have any symptoms

6. Avoid self medication 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.

Next Suggested Appointment

SOS

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 12:01 AM IST

Sign off status: Completed

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Bengaluru KA 562106
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Registered Office Address: 806 Siddharth 96, Nehru Place, New Delhi - 110019, India
CIN: U85100DL2011PTC264453
Website: www.HCLHealthcare.in**

**Patient: Kala Chandra DOB: 01/01/1975 Progress Note: Dr Praveen M P MBBS, MD (Medicine), Consultant
(Internal Medicine), Regn.No.KMC/96683 24/09/2021**

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