

Medical Report

Patient Name: Riya Sharma
Age/Sex: 32 / Female
Patient ID: RS321098
Date of Visit: 30 July 2025
Consulting Doctor: Dr. Meenal Desai, MD (General Medicine)
Hospital Name: CityCare Multispecialty Hospital
Location: Pune, Maharashtra

Chief Complaint:

- Persistent fatigue and occasional headaches for the past 3 weeks
- Mild shortness of breath on exertion

Vital Signs:

Blood Pressure: 122/78 mmHg
Heart Rate: 84 bpm
Respiratory Rate: 18 breaths/min
Temperature: 98.4°F
SpO2: 97%
Height: 162 cm
Weight: 64 kg
BMI: 24.4 kg/m²

Medical History:

- No known chronic illnesses
- No history of diabetes or hypertension
- Non-smoker, non-alcoholic
- Allergic to Penicillin

Physical Examination:

- General condition: Stable
- No pallor, cyanosis, or edema
- Chest clear on auscultation
- Heart sounds normal
- Abdomen soft, non-tender

Investigations Ordered:

- Complete Blood Count (CBC)
- Thyroid Function Test (T3, T4, TSH)
- Vitamin D & B12 levels
- ECG
- Chest X-ray (PA View)

Key Findings:

Hemoglobin:	10.8 g/dL (Low)
Vitamin D:	14 ng/mL (Deficient)
Vitamin B12:	180 pg/mL (Borderline low)
TSH:	3.1 µIU/mL (Normal)
ECG and Chest X-ray:	Normal

Diagnosis:

- Mild Iron-Deficiency Anemia
- Vitamin D Deficiency
- General Fatigue Syndrome

Recommendations:

- Ferrous Ascorbate 100mg once daily for 3 months
- Vitamin D3 Sachets: 60,000 IU once weekly for 8 weeks
- Multivitamin tablets for 2 months
- Adequate rest, hydration, and regular light exercise
- Follow-up after 6 weeks with repeat blood tests

Doctor's Signature:

Dr. Meenal Desai

Reg. No: MH/MC/40678

Date: 30/07/2025