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| Name: SMT.LEELAVATHI | Reg No: 7-3SMMHC18 |
| Age / Sex:62/F | Contact No:9945188677 |
| Marital Status:MARRIED. 27 YEARS | Date:10/3/18 |
| Occupation:STENOGRAPHER AT NIMHANS | Dr. PJFP |
| Address:  NATIVE OF BLORE. | DIAGNOSIS- |

1. REGULAR CHECK UPS GOT TO KNOW SHE HAS DM. SLIGHTLY HIGHER SIDE. OTHERWISE SHE DOESN’T FEEL ANYTHING.
2. KCO HYPOTHYROID FRM 20 YEARS. HAD SWELLING AROUND THE NECK NOTICED BY ANOTHER PERSON AND SUGGESTED FR A TEST THEN.

ATTAINED MAENOPAUSE AT 52 YEARS.

NOW ALSO SWEAT PROFUSELY FROM HER MENOPAUSE.

1. CALF MUSCLE PAIN SINCE <NIGHTS, AFTER GETTING ONTO BED . RIGHT MORE. BUT HAS IN BOTH. THERE FROM MANY YEARS.

ALL HAVE THIS IN THEIR FAMILY . ITS LIKE A PULLING SENSATION IF STRETCHES HER LEG. FROM INSIDE IT IS PAINING USES HAND IN PULLING. MUST TIE A CLOTH TIGHLY SCARF CRAPE, CLOTH SO THAT THE BLOOD CIRCULATION WONT BE THERE THEN ONLY I GET SOME RELIEF. USES INTENSE LANGUAGE STESSING ON THE WORD TIGHHHHHHTLY, VERRRRRYYYY. EARLIER WAS ABLE TO TOLERATE IT BUT NOW UNABLE TO. BECAUSE OF THAT PAIN SLEEP IS DISTURBED.

PRIOR TO PAIN IF MASSAGES THE CALF MUSCLE THEN FEELS BETTER.

PAST H/O:

* MIGRAINE HEADACHE ALOST HAD FR 25 YEARS. AFTER MENOPAUSE COMPLETELY CAME DOWN. USE TO TAKE STEROIDS FR THT PAIN.
* LEFT FEMUR (USE TO GET PAIN IN THE LEFT THIGH, THOT IT WAS HER OCCUPATIONAL HAZARD AND WENT TO SOME DOCTOR SAID SOME PBM IN HER LEFT FEMUR BONE AND GOT OP IN 2000). ANOTHER STAFF NURSE TOOK BY FORCE. SHE USE TO SAY LET IT BE ITS COMMON I GET IT OF MY WRK.
* CHOLECYSTECTOMY OF GALL STONES. IN 2012.
* UMBILICAL HERNIA 4-5 YEARS.
* 1 DAUGHTER LSCS – DIDN’T GET LABOR PAIN EVEN AFTER THE EDD

TAKING CALCIUM TABLET FROM THE FEMUR SURGERY ONWARDS. DOC ASKED TO TAKE IT PERMANENTLY.

VEG. IRREGULAR MEAL TIMINGS. DUE TO WORK. FROM BEGINNING SAME. 12 BREAKFAST 4.30 LUNCH. 10.30 DINNER.

DESIRES SPICY, MASALA FOOD.

2LTS/DAY, FEEL THIRSTY NORMAL WATER.

CFFEE -1/1 SMTMES 1/1/1

LIKES FOOD AND DRINKS TO BE PIPING HOT. IRRESPECTIVE OF THE SEASON.

DON’T LIKE COLD THINGS. EVEN LITTLE COLD WILL CATCH COLD. BUT LIKES HOT.

FEELS BETTER IN WINTER BUT OK WITH ALL SEASONS.

HOT WATER BATH. EVEN IN SUMMER

COVERINGS DEPENDS ON THE WEATHER . WANTS FEET TO BE COVERED FEELS COMFORTABLE.

DON’T GET SLEEP IN ONE POSITION. KEEPS CHANGING RSTLESS.

READING MAGAZINES AND NEWSPAPERS. LIKE TO SEE NEWS LIKES POLITICS. SRIDEVIS DEATH CONT WATHCED FR 4 DAYS.

I DON’T RELY ON OTHERS I DON’T LIKE WHAT OTHERS DO BUT NOW MY COND IS HELPLESS BCOZ OF SURGERY CANT BEND MUCH SO EXPECTS HUSBAND TO DO , MUS DO LIKE THAT ONLY.

TAKES TENSION LIKE ANYTHING.IF TRAIN IS AT 9 SHE WOULD GO BY 7PM. IF THINGS ARE NOT DONE AT RIGHT TIME GET ANGRY. FEEL LIKE SHOUTING AT THE PERSON WHO CAUSED IT. I DNT FEEL LIKE DOING ANYTHNG I JUST LIE ON THE BED. WILL NOT DO ANYTHING. STAYS FR 2-3 DAYS. CRYING SAME THING WILL BE RINGING IN MY MIND. WHEN AGAIN REMEMBERS WILL CRY AGAIN.

AT WORK LIKED BY EVERYONE. VERY HAPPY. EVERYBODY USE TO RESPECT ME AND ALL USE TO DO THE WORK ASSIGNED. APPRECIATION USE TO GET WHICH IS LIKE MOTIVATION.

I AM SYSTEMATIC I WAS LIKE THIS THIS IS HOW I WANT TO BE. I EXPECT OTHERS ALSO BUT IT DOESN’T WORK OUT FR ME.

I AM A VERY STRONG PERSON.

I HAVE BAD BREATH, CONSULTED MANY DENTIST AND ALL BUT STILL FEELS SMELLY IMMAFTR BRUSH. SO CONSCIOUS ABOUT THT AND NOT ABLE TO TALK FREELY WITH ANYBODY FRM LAST 3-4 MONTHS. HAD DECAYS AND TREATED. TEETH CLEANING.

RX:

1. NAT MUR 200 – 3 DOSES – 5 DAYS ONCE B/BRUSH WATER.
2. MAG PHOS 12 X 4-4-4-4
3. PENTAPHOS -2-2-2-2.
4. RUB 15 – 1 DOSE NT B/FOOD.