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RogiMitra.AI

Compassionate Care, Clear Communication

Final Diagnostic & Treatment Report for Rahul Sharma (41M)

Prepared by: Dr. Sneha Kapoor

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Your Diagnosis Simplified:

1. Mild Viral Cold (Upper Respiratory Infection URTI)

- Your symptoms (mild fever, sore throat, dry cough, and body aches) are caused by a common viral infection. Lab tests show slight inflammation, but antibiotics are not needed unless symptoms worsen.
- This will likely resolve on its own with rest and care.

2. Prediabetes & Cholesterol Management

- Your blood sugar levels are slightly high (prediabetes), and your cholesterol needs attention. You're already on medications for this.
- Vitamin D Deficiency: Your levels are low, so continue the prescribed supplement.

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Your Treatment Plan:

## Medicines to Take:

### 1. For Fever & Discomfort:

- Paracetamol (500mg) Take 1 tablet twice daily (morning and evening) until fever subsides.

### 2. For Dry Cough:

- Benadryl Cough Syrup (10ml) Take once at bedtime if cough disturbs sleep.

### 3. For Prediabetes & Cholesterol:

- Metformin (500mg) Continue 1 tablet twice daily (after breakfast and dinner).
- Atorvastatin (as prescribed) Keep taking your cholesterol medication.
- Vitamin D3 (Weekly Dose) Do not miss your supplement.

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## Tests to Monitor (If Needed):

- Re-test CRP blood test only if fever continues beyond 34 days.
- Follow up for HbA1c and lipid profile in 3 months to check sugar and cholesterol control.

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## Lifestyle & Dietary Advice:

### Do This:

- Hydrate well: Drink warm water, herbal teas, or soups frequently.
- Gargle with saltwater (1/2 tsp salt in warm water) 23 times/day for throat relief.
- Rest: Avoid strenuous activity until fever and fatigue improve.
- Balanced diet: Focus on vegetables, lean proteins, and whole grains to manage prediabetes.

Avoid This:

- Sugar & processed foods: Minimize sweets, sugary drinks, and refined carbs.
- Smoking or alcohol: These can worsen throat irritation and blood sugar levels.
- Skipping meals: Eat at regular intervals to stabilize blood sugar.

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When to Seek Help:

Contact RogiMitra.AI or your doctor immediately if:

- Fever rises above 101°F (38.3°C) or lasts more than 3 days.
- Cough produces colored mucus or breathing becomes difficult.
- You feel excessively drowsy or dehydrated.

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Final Notes:

Your condition is manageable with the current plan. Stay consistent with medications, hydrate, and monitor symptoms. We're here if you need further support!

Signed,

Dr. Sneha Kapoor

RogiMitra.AI

"Your Health, Our Priority"

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Next follow-up: 1 week (if symptoms persist) or as advised.

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