Ajay sharma

Pts age :31yrs

Occ:editor

Pd:

c/c:since 2months I am feeling lazy may be diet is very bad

vegterian and unmarried so I am in same profession since 7yrs and diet is problem

execise ns

ad sied:

f/h:

mother:psychological problem –bipolar issue

father:suagr issue

one elder brother and he si fine

paternal side all have diabetes

personal h/o:

addictions:ns alcohol very rare

parenst ar eind elhi

thirts:2liters bho nahi ho pata

diet:3melas in a day

motions:clear

sleep:good

stress:depends mostly with work high

advised :ferritin level/bsl/vit b12/vit d3 /lft rft /lipid profile