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BALWINDER KAUR (1524796)

Date: 02/08/2024

Kg YOB: 1983 Female (Valid for 1 Revisit within 7 days)

Diagnosis: Ankylosing Spondylitis
Regular Exercise Meet dietitian,

Notes: Happiness Index, Heal Your Life

Medicines

1 TAB B 2 HEAL RIBOFLAVIN5+FOLIC ACID5+VIT C25MG+LACTOBACILLUS60MILL	Thrice Weekly	MON, TUES, THURS
2 TAB L THYROXINE 125 MCG	Once Daily	EMPTY STOMACH
3 OIL TOPFENAC TOPICAL MASSAGE OIL	Twice daily	LOCAL APPLICATION
4 TAB AVOCART PLUS AVOCADO SOYABEAN150+COLLAGEN20+DIACEREIN50+GLUCOSAMINE750+ASTAXANTHIN4MG+VIT D1K IU	Once daily	
5 TAB METHOTREXATE 7.5 MG	Twice Weekly	SATURDAY MORNING SATURDAY EVENING
6 TAB NAPROXEN 500 MG	SOS	PAIN
7 TAB RABEPRAZOLE 20 MG	SOS	ACIDITY
8 TAB LEFLUNOMIDE 10 MG	Once Daily	NIGHT TIME
9 TAB PREGABALIN 25 MG	Once Daily	NIGHT TIME
10 TAB VITAMIN D 60000 IU	Once weekly	SUNDAY WITH MILK X 6 WEEKS
11 CAP ARORAB DSR RABEPRAZOLE20+DOMPERIDONE30 MG	SOS	ACIDITY
12 CAP INDOMETHACIN 25 MG	SOS	PAIN
13 TAB SULFASALAZINE 1000 MG	Once daily	X 10 DAYS FOLL BY TWICE DAILY
14CAP INDOMETHACIN SR 75 MG	Once daily	NIGHT TIME
15 TAB FOLIC ACID 5 MG	Twice weekly	SUN, WED
16INJ PARACETAMOL	Once daily	FRIDAY X 2

Spl inst: No Alcohol/Tobacco

Follow up 100 Days

Videos

Investigations COMPLETE HAEMOGRAM, CRP QUANTITATIVE, CREATININE, SGOT, SGPT, ALP, RBS, URINE ROUTINE, CXR PA, X RAY PELVIS AP WITH BOTH HIPS, ANA IF, CPK, LDH, RHEUMATOID FACTOR, X RAY BOTH HANDS WITH WRISTS AP