

## JAYANT DAHIYA

	<b>BEFORE</b>	<b>AFTER DIP DIET</b>
<b>Hospital Name</b>	<b>Girdhar Hospital sec-23, Sonipat</b>	<b>VOPD</b>
<b>Medical Condition</b>	<b>Insulin dependent Diabetes Type 1</b>	<b>Insulin Free since Sept 2021</b>
<b>Medications Taken</b>	Insulin Apidra 3-5 units before every meal and Insulin Lantus 8 units at night.	DIP Diet - 100%
<b>Physical Discomforts / symptoms</b>	Frequent urination	Nil
<b>Investigation</b>	HbA1c-11.7, Random blood sugar high (more than 500)	Not undergone any test

## GIRDHAR HOSPITAL

**DR. AINAM**

MBBS,MD CHILD SPECIALIST  
& NEONATOLOGIST

**DR. ATUL GIRDHAR**

M.B.B.S.,M.D CHILD SPECIALIST &  
NEONATOLOGIST

BAWA TARANA ROAD, KHANNA COLONY,SONIPAT

Case No: 11121

Date: 11/09/2021 01:00 PM

Name: JAYANT

Age: 11 Yr 1 Mth 18 Days

Gender: Male

SEC 23, SONIPAT Mobile: 9466018372

**Anthro-Vitals:** Height: 144.9 Cms. [127.9 - 154.78]

**Clinical Note:**

for check up

ADV URINE R/M  
USG KUB

Rx

1 Inj. LANTUS  
4 UNIT AT 8 PM SUBCUTANEOUS ✓


2 VETROL SACHET  
one sachet every sunday for 5 weeks ✓

3 Sy. CALCIMAX-P  
5 ml 2 time(s) a day ✓✓

Give medicines in dosages prescribed.Ph 2237470

You can take consultation from home by booking through video/online link  
available at [www.girdharhospital.com](http://www.girdharhospital.com) or else contact on Whatt's app at  
9812810370

DR. AINAM  
MBBS,MD  
DMR/R/7038

  
Dr. ATUL GIRDHAR  
M.B.B.S.,M.D  
HN7475

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MBBS,MD  
CHILD SPECIALIST & NEONATOLOGIST

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M.B.B.S.,M.D

CHILD SPECIALIST & NEONATOLOGIST

**BAWA TARANA ROAD, KHANNA COLONY, SONIPAT**

### DISCHARGE SUMMARY

CASE NO : 11121 IND.NO. : 478/2021-22  
NAME : JAYANT  
DOB / SEX : 25/07/2010 / MALE AGE: 11 YR 18 DAYS  
ADDRESS : SEC 23, SONIPAT  
MOBILE 9466018372  
D.O.A. : 09/08/2021 20:10 PM BED: PRIVATE ROOM 8 [1]  
D.O.D. : 11/08/2021 6:00 PM  
WEIGHT : ON ADM. 32.8 KGS

**FINAL DIAGNOSIS: IDDM**

**PRESENTING COMPLAINTS: INCREASE FREQUENCY OF URINE**

**COURSE AFTER ADMISSION:** ADMITTED WITH ABOVE MENTION COMPLAINTS, INVESTIGATED ACCORDINGLY AND MANAGED CONSERVATIVELY WITH SUPPORTIVE CARE.

CHILD CONDITION IMPROVING GRADUALLY.

**MEDICINES GIVEN:** , LANTUS[INJ], ACIDRA[INJ],

**KEY INVESTIGATIONS:** BLOOD SUGAR ----- HIGH, URINE R/M-P(+4)

9/08/2021-HB-13.6, TLC-10000, DLC N-44/L-47/E-4/M-5, RBC-5.08, PCV-42.7, MCV-84.1, MCH-26.8, MCHC-31.9, PL CT-2.84, RDW-13, KFT-BL UREA-30/S, CREATININE-0.9/S, URIC ACID-3.6/ALBUMIN-4.9/A/G RATIO-3.267/BUN-14/NA-131.4/K-4.8/S, CAL-1.25/CHLORIDE-96.4, BL SUGAR-510

9 PM-426 MGS%/11 PM-373MGS%

10/08/2021-HBA1C-11.7 BL SUGAR-1 AM-280MGS%/3 AM-211MGS%/5 AM-118MGS%/7 AM-66MGS%/9:30 AM-179MGS

**CONDITION AT DISCHARGE: IMPROVING**

#### **MEDICINES ADVISED:**

1. INJ. LANTUS  
8 UNITS S/C AT NIGHT( 9 PM)

2. INJ. ACIDRA  
3-5 UNITS S/C BEFORE MEALS AS ADVISED

*DR. VAISHAKHI - Mob:- 8447412346*  
FOLLOWUP AFTER 2 DAYS / OR EARLIER IF REQUIRED, IN CASE OF NOTICING DANGER SIGNS LIKE LETHARGY, CONTINUES HIGH GRADE FEVER, DECREASED, ACCEPTANCE, DIFFICULTY IN BREATHING, BLUISH DISCOLOURATION OF SKIN ETC. IN EMERGENCY CONTACT NO: 9812810370

**DR. AINAM**  
MBBS,MD  
DMR/R/7038

**DR. ATUL GIRDHAR**  
M.B.B.S.,M.D  
HN7475

I HAVE RECEIVED ALL DISCHARGE DOCUMENTS & NECESSARY INSTRUCTIONS. WE ARE FULLY SATISFIED WITH THE TREATMENT RECEIVED AT GIRDHAR HOSPITAL.

**GIRDHAR HOSPITAL**

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& NEONATOLOGIST

**DR. ATUL GIRDHAR**

M.B.B.S.,M.D CHILD SPECIALIST &  
NEONATOLOGIST

BAWA TARANA ROAD, KHANNA COLONY,SONIPAT

Case No: 11121

Date: 09/08/2021 06:59 PM

Name: JAYANT

Age: 11 Yr 16 Days

Gender: Male

SEC 23, SONIPAT Mobile: 9466018372

**Anthro-Vitals:** Weight: 32.8 Kgs. [22.9 - 48.2] Height: 144.5 Cms. [127.5 - 154.24]

**Clinical Note:**

INC FREQ. OF URINE

ADV BL SUGAR, URINE R/M  
USG KUB ESP. FOR BL CAPACITY

Rx

~~1 Tab. OXYSPAS 2.5~~

~~1 tablet 3 time(s) a day~~

*Admit*

NO PUNISHMENT, NO FLUIDS AFTER 7 P.M, GIVE REWARDS, FIX ALARM FOR URINATION AT 2 A.M

Give medicines in dosages prescribed. Ph 2237470

You can take consultation from home by booking through video/online link available at [www.girdharhospital.com](http://www.girdharhospital.com) or else contact on Whatt's app at 9812810370

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MBBS,MD  
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*A*  
Dr. ATUL GIRDHAR  
M.B.B.S.,M.D  
HN7475



# NEHRA CLINICAL LABORATORY

Fully Computerised, Equipped with Bio-Chemistry Analyser & Haematology Analyser

Aadarsh Nagar, Sonapat - 131001 (Hr.) Mob.: 9466712311

NAME :- Mst. JAYANT

AGE & SEX :- 11 Yrs. M.

CONSULTANT :- Dr. ATUL GIRDHAR

DATE :- 09-08-2021

BLOOD SUGAR (RANDOM) :- HIGH

REFERENCE LIMIT  
(80-140)

## URINE EXAMINATION

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### PHYSICAL EXAMINATION

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COLOUR :- Light Yellow

TURBIDITY :- NIL

DEPOSIT :- NIL

SP.GRAVITY :- Q.N.S.

### CHEMICAL EXAMINATION

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REACTION :- Acidic

ALBUMIN :- NIL

SUGAR :- P(+4)

BILE SALTS :- X

BILE PIGMENTS :- X

UROBILINOGEN :- X

### MICROSCOPIC EXAMINATION

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PUS CELLS :- 1-2 per H.P.F.

LEUCOCYTES :- NIL per H.P.F.

R.B.C.'s :- NIL per H.P.F.

CAST :- NIL

CRYSTALS :- NIL

EPITH.CELLS :- NIL per H.P.F.

AMORPHOUS URATES :- NIL

YEAST CELLS:- NIL per H.P.F.

BACTERIA :- NIL per H.P.F.

DEAD SPERMS:-NIL per H.P.F.

OTHERS :- NIL

DR. K.D.GANDHI

M.B.B.S.M.D.

Senior Consultant Pathologist

Reg.No.16318

- If the results of the test (s) is alarming or unexpected the patient is advised to contact the Lab for possible remedial advice.
- Clinical Correlation is essential for final diagnosis, in case of any doubt please contact the laboratory.
- This report is for the perusal of doctor's only & not for medico-legal cases.





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Aadarsh Nagar, Sonapat - 131001 (Hr.) Mob.: 9466712311

Date 09/08/2021  
Name Mst. JAYANT  
Ref. By Dr. ATUL GIRDHAR

Srl No. 33  
Age 11 Yrs.

UHID No.  
Sex Male

Test Name Value Unit Normal Value

## HAEMATOLOGY

### COMPLETE BLOOD COUNT (CBC)

HAEMOGLOBIN (Hb)	13.6	gm/dl	11.9 - 13.0
TOTAL LEUCOCYTE COUNT (TLC)	10,000	/cumm	4000 - 11000
<u>DIFFERENTIAL LEUCOCYTE COUNT (DLC)</u>			
NEUTROPHIL	44	%	40 - 75
LYMPHOCYTE	47	%	20 - 45
EOSINOPHIL	04	%	01 - 06
MONOCYTE	05	%	02 - 10
BASOPHIL	00	%	0 - 1
R B C COUNT	5.08	Millions/cmm	3.1 - 5.1
P.C.V / HAEMATOCRIT	42.7	%	31 - 41
M C V	84.1	fl.	74 - 408
M C H	26.8	Picogram	25 - 35
M C H C	31.9	gm/dl	32 - 36
PLATELET COUNT	2.84	Lakh/cmm	1.50 - 4.50
RDW	13.0	%	11.5 - 14.5

### KIDNEY FUNCTION TEST (RFT)

BLOOD UREA	30	mg /dl	14.0 - 40.0
SERUM CREATININE	0.9	mg%	0.7 - 1.4
SERUM URIC ACID	3.6	mg%	3.5 - 7.2

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Date 09/08/2021  
Name Mst. JAYANT  
Ref. By Dr. ATUL GIRDHAR

Srl No. 33  
Age 11 Yrs.


UHID No.  
Sex Male

Test Name	Value	Unit	Normal Value
TOTAL PROTEIN	6.4	gm/dl	6.0 - 8.0
ALBUMIN	4.9	gm/dl	3.2 - 5.0
GLOBULIN	1.5	gm/dl	2.5 - 3.5
A/G RATIO	3.267	gm/dl	00.90 - 2.00
BLOOD UREA NITROGEN (BUN)	14.0	mg%	6.0 - 20.0
SODIUM	131.4	mmol/L	130.0 - 150.0
POTASSIUM	4.8	mmol/L	3.5 - 5.0
IONIZED CALCIUM	1.25	mmo/L	1.10 - 1.35
CHLORIDE	96.4	mmol/L	94.0 - 110.0

## BIOCHEMISTRY

BLOOD SUGAR RANDOM HEXOKINASE	510	mg/dl	65 - 99
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\*\*\*\* End Of Report \*\*\*\*

  
Dr. K.D.GANDHI  
M.B.B.S.M.D.  
Senior Consultant Pathologist  
Reg.No. 16318

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Aadarsh Nagar, Sonapat - 131001 (Hr.) Mob.: 9466712311

NAME :- Mst.JAYANT

AGE & SEX :- 11Yrs.M.

CONSULTANT :- Dr. ATUL GIRDHAR

DATE :- 09-08-2021

REFERENCE LIMIT

09 PM BLOOD SUGAR (RANDOM) :- 426 mgs%

(80 - 140)

11 PM BLOOD SUGAR (RANDOM) :- 373 mgs%

(80 - 140)



DR. K.D.GANDHI  
M.B.B.S.M.D.  
Senior Consultant Pathologist  
Reg.No.16318



Patient Name : MASTER JAYANT

Age / Gender : 11 years / Male

Patient ID : 16812

Source : GIRDHAR HOSPITAL

Referral : Dr. ATUL GIRDHAR

Collection Time : Aug 10, 2021, 11:48 a.m.

Reporting Time : Aug 10, 2021, 01:43 p.m.

Sample ID :



Test Description	Value(s)	Reference Range	Unit
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**HbA1C**

HbA1c (GLYCOSYLATED HEMOGLOBIN), 11.7 %

**BLOOD**

Method : (HPLC, NGSP certified)

Estimated Average Glucose : 289.09 mg/dL

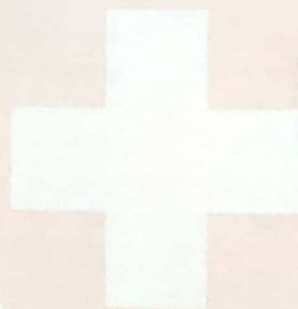
**Interpretation**

As per American Diabetes Association (ADA)	
Reference Group	HbA1c in %
Non diabetic adults >=18 years	<5.7
At risk (Prediabetes)	5.7 - 6.4
Diagnosing Diabetes	>= 6.5
Therapeutic goals for glycemic control	Age > 19 years
	Goal of therapy: < 7.0
	Action suggested: > 8.0
	Age < 19 years
	Goal of therapy: <7.5

**Comments**

HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations.

**\*\*END OF REPORT\*\***



*Pansi Aggarwal*

**Dr. Pansi Aggarwal**  
MBBS, MD, DNB (Pathology)  
Gold Medalist

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Aadarsh Nagar, Sonapat - 131001 (Hr.) Mob.: 9466712311



NAME

:- Mst. JAYANT

AGE & SEX : 11 YEAR. M.

CONSULTANT :- Dr. ATUL GIRDHAR

DATE :- 10-08-2021

REFERENCE LIMIT

01 AM BLOOD SUGAR (RANDOM) :-	280 mgs%	(80 - 140)
03 AM BLOOD SUGAR (RANDOM) :-	211 mgs%	(80 - 140)
05 AM BLOOD SUGAR (RANDOM) :-	118 mgs%	(80 - 140)
07 AM BLOOD SUGAR (RANDOM) :-	66 mgs%	(80 - 140)
09:30 AM BLOOD SUGAR (RANDOM) :-	179 mgs%	(80 - 140)

DR. K.D. GANDHI  
M.B.B.S.M.D.  
Senior Consultant Pathologist  
Reg.No. 16318



# Pediatric and Adolescent Endocrine & Hormone Clinic



**Dr. Vaishakhi Rustagi**

Consultant Pediatric and Adolescent Endocrinologist

M.B.B.S., M.D. (Gold Medalist, Mumbai) • P.D.C.C (Pediatric Endocrinology)  
Clinical Training, CHOP (USA) • International Scholar, NCH (USA)



## Specializes in :

Growth Issues

Childhood Obesity

Adolescent Hormonal Disorders

Type 1 / Type 2 Diabetes

Hypoglycemia

Thyroid Issues

Delayed Puberty

Precocious Puberty

PCOD

Adrenal Disorders

Disorders of Sexual Development

Neonatal Hormonal Disorders

Gynaecomastia

Disorders of Water Balance

Bone Disorders

Calcium and Electrolyte Imbalance

Androgenic Hair Loss

Genetic Testing

**Name:** Jayant  
**Age/Sex:** 10y 1m 8d / M  
**Office ID:** VR1749

**Date:** 02-09-2021 06:29 pm  
**Mobile:** 9671463472

**Symptoms:** Type 1 DM  
**Findings:** Thyroid exam  
**Vitals:** Weight: 33.1 kg  
**Diagnosis:** Type 1 Diabetes Mellitus

Rx	Name	Frequency	Duration	Notes
1	Injection <b>Lantus (100 IU)</b>	4 units - Once a day	1 Month	Bedtime
2	Injection <b>Apidra (100IU)</b>	3 units - Thrice a day	1 Month	If sugar more than 200 mg %, Subcutaneous
3	Syrup <b>Arachitol Nano (60 k)</b>	Once a week	4 Weeks	After Food

**Advised Investigations:** Thyroid Function Test, C- peptide levels, tTg (Tissue Transglutaminase), Total IgA level

### Instructions:

- Sugar monitoring before breakfast, before lunch, before dinner and bedtime. Twice in a week 5 am sugar to be checked.
- Sugar diary to be maintained
- Change the injection sites
- Hypoglycaemia symptoms and management explained

**Dr. Vaishakhi Rustagi**

Find your prescription online on [docon.co.in](http://docon.co.in)

Scan QR code to download the digital Prescription on [Docon Patient app](http://Docon Patient app)



Appointments

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