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| **Basic Information** | |
| **S.No** | 60135 |
| **Patient First Name** | Kameswari Bandaru |
| **Guardian Name** |  |
| **Organization** |  |
| **Address** | 4-3-785/4,Giripuram,Tirupati |
| **Country** | India |
| **State** | Andhra Pradesh |
| **City** | Tirupati |
| **Postal code** | 517501 |
| **Telephone** |  |
| **Mobile Number** | 7893322479 |
| **Email** | [drrcdh@yahoo.com](mailto:drrcdh@yahoo.com) |
| **Alternate Email** | [drrcdh1@gmail.com](mailto:drrcdh1@gmail.com) |
| **Age** | 70 |
| **Sex** | female |
| **Height** | 162 |
| **Weight** | 67 |
| **Structure** | Medium |
| **Marital Status** | married |
| **Job Details** |  |
| **Present Complaints** | |
|  |  |

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| **S.No** | **Description** | **Duration** |
| **1** | Rheumatoid arthritis | 30 yrs |
| **2** | osteoporosis | 9 months |

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| **Full History of present**  **complaints** | Diagnosed as Rheumatoid arthritis 30 yrs back.since then on medication with Methotrexate and other supportive medications.BMD was done around a 9 monthsback shown severe osteoporosis , on treatment with terifrac injection. Generalised myalgia since 6 months. |
| **Details of investigations done so far** | All investigations for Rheumatoid work up positive. BMD showed severe osteoporosis. LFT&RFT normal range. VIT D was normal. |
| **Details of**  **treatments done** | on Medication for Rheumatoid Arthritis, osteoporosis |
| **Current**  **Medication** | Methotrexate once a week,supplements, Terifrac 20 u for osteoporosis |
| **Allergies** | Know Atopic for Dust |
| **History of**  **previous illnesses** |  |
| **Past Medical History** | |
| **Hypertension** | yes |
| **Diabetes** | no |
| **Heart Disease** | no |
| **Asthma** | yes |
| **Piles** | no |
| **Thyroid Disorder** | yes |
| **Acidity** | no |
| **Other Diseases** |  |
| **Readiness to get admitted, if**  **recommended** | yes |
| **State of Digestion** | |
| **Appetite** | Normal |
| **Bowel Habits** | Regular |
|  | |

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| **3** | Generalised myalgia | 6 months |
| **4** | osteo arthritis | 3 yrs |
| **5** |  |  |
| **6** |  |  |

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| **Urine Quantity** | Adequate |
| **Sleep** | Disturbed |
| **Menstruation** | |
| **Cycle** |  |
| **Flow** |  |
| **Associated With** |  |
| **Obstetric History** |  |
| **No of children** | 0 |
| **Delivery** |  |
| **Complications** |  |
| **Dietary Habits** | |
| **Dietary Habits** | Vegetarian |
|  |  |
| **Addiction** |  |

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| **Schedule** | **Menu** | **Timing** |
| **Early**  **Morning** |  |  |
| **Break Fast Menu** | Idli,pongal,bread,dosa,upma | 9 am |
| **Mid Morning Menu** | - | - |
| **Lunch Menu** | 2pm | Moderate meals with Rice, vegetable curries |
| **Evening Menu** | Tea | 5 pm |
| **Night Menu** | chapati | 9 pm |