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PS- Bad  
উজ্জ্বল কাম মুন্ডাল

DEPARTMENT OF HEALTH & FAMILY WELFARE  
GOVERNMENT OF WEST BENGAL  
OPD Patient Card

02/10/18  
11:50 AM  
User Name : amit  
Paid Rupees : 2

উজ্জ্বল কাম মুন্ডাল [RGM/CR1600591412] Thursday

Name : \_\_\_\_\_ Day : 13-09-2018  
 Sex : \_\_\_\_\_ Age : \_\_\_\_\_ Yrs. Months Days Reg. No. : BELMOR/800701112  
 Ref. From : \_\_\_\_\_ Reg. Date : \_\_\_\_\_  
 Card No. : \_\_\_\_\_  
 Visit No. : 1 Department : \_\_\_\_\_ Visit Date : \_\_\_\_\_ Time : \_\_\_\_\_  
 Doctor/Unit Name (DOW) : \_\_\_\_\_ Entry No. : \_\_\_\_\_  
 Room No. : \_\_\_\_\_

Visit Date : _____ Department : _____ Doctor/Unit : _____ Entry No. : _____	Visit No. : 2 Tm. : _____	Visit Date : _____ Department : _____ Doctor/Unit : _____ Entry No. : _____	Visit No. : 3 Tm. : _____	Visit Date : _____ Department : _____ Doctor/Unit : _____ Entry No. : _____	Visit No. : 4 Tm. : _____
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Clinical Notes

13 SEP 2018

c/o LBP x 1yr.

24 SEP 2018

c/o - Lower back pain x 1 year

DXR LS spine - Shows sacroiliac changes. Loss of lumbar lordosis Morning stiffness present

ADVICE

Dr. (Dr.) K. Mondal  
M.B.B.S. (Cal), M.D. (Cal), HOD  
Dept. Physical Medicine & Rehabilitation  
R.G.Kar Medical College, Kolkata-4

শারীর-চিকিৎসা

Adv

Tab. Zerodol P - BACX10d.  
 Tab. Raze20 - ONACX10d.  
 Tab. Pregabalin 75 - ONMSX10d.  
 Review & report

Adv

Avoid heavy wt lifting  
 Avoid forward bending  
 PT - Core muscle strengthening exercise  
 Tab PCM (650) 1tbl BAPC x 15 days  
 Tab ParD 1tbl OBAC x cont-  
 Tab Calcium (500) + vit D<sub>3</sub> 1tbl op x

MRI of LS spine & sacroiliac joint  
 Review & report

বৃদ্ধি 3-4 বর্ষের সময়  
 নিয়ে আসবেন

বৃদ্ধি 3-4 বর্ষের সময়  
 নিয়ে আসবেন  
 2 ঘন্টা আগে আসবেন  
 1 HOUR OF YOUR BOOKING TIME

PLEASE BRING ALL  
 PREVIOUS REPORT  
 দয়া করিয়া পুরোনো রিপোর্ট  
 নিয়ে আসবেন