

10/4/23

DEXA  
(AP spine BMD)  
L2 → Tscore -2.1 SD  
(osteopenia)

TUS (21/12/2023)

Myometrium homogenous

→ POD - free from fluid.

Ut - 5.45cm x 2.91cm

\* ET - 0.47cm

→ B/L menopausal ovaries.

Adnexa - (N)

Rx

(4 patches / mo)  
① Estraderm Mx50 Patch  
Transdermal patch x 7 days  
(replace each week) → for 4 weeks

②

Tab. Estradiol valerate 1mg  
(Progynova) ODX 1 mo

from dis

② Tab. Dydrogesterone 10mg OD  
x 4 days  
(last 2 weeks)

Gap 4 days

① & ② Repeat same  
for 3 cycles

Review 888

Singh

Contraception  
for 6 months

Barrier method

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श्री अशु क शिंह  
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असोसिएट प्रोफेसर  
ऑब्स्टेट्रिक्स और गायनेकोलॉजी  
आर्य समाज मेडिकल साइंसेस सेन्टर  
एन आई आई, नई दिल्ली

21/12/2023

△ Post-menopause = Osteopenia (on HRT)

BP - 118/76 mmHg  
Paller +

Go menopause 1 1/2 yrs back  
↑↑ (excessive) bone & joint pain ∴ 1 1/2 yrs  
off = on itih - perineum  
" dry - vagina

O/H PA<sub>2</sub> 2 FTCS < 23 yrs > AM  
2 MTP fib D&E LA - 20 yrs back

PMH - RNF, H/O perimenopausal TBI. P/V (for 2 mo) settled = menopause

PH - H/O COCBs for 20 yrs (stopped 1 1/2 yrs back)  
H/O ↑ cholesterol - on statins

FH - father - HTN  
Sister - HTN

Ix ③  
CBC  
Cervical cytology (Pap smear)

P/A soft, NT, no organomegaly  
fatty abdo.

P/S Cx(N), vagina(N), minimally dry  
↳ nulliparous

P/V AU N/S FM F/F  
firm

OGY  
& Sensitivity  
& Sensitivity  
for Culture & Sensitivity  
ure & Sensitivity

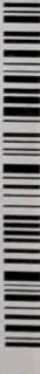


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Dept/Unit Orthopaedics (ORTHO D BLOCK)

Psy|23|2373

बाह्य रोगी पुस्तिका / OPD Booklet

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Weight \_\_\_\_\_  
Father's Name \_\_\_\_\_  
Department \_\_\_\_\_ Unit \_\_\_\_\_  
Consultant Name \_\_\_\_\_  
General OPD / Special Clinic \_\_\_\_\_

अस्पताल आने पर इस पुस्तिका को अवश्य साथ लाएं

Website : [www.aiimsdeoghar.edu.in](http://www.aiimsdeoghar.edu.in)