

**Patient MRN** : 10010001084975  
**Patient Name** : Uddhab Das  
**Gender/Age/Dob** : Male , 63 Years , 31/12/61  
**Patient Phone No** : 9101049250  
**Patient Address** : Guwahati, Kamrup, Assam, India, -781012  
**Consultation Date** : 21/05/2025 09:45 AM  
**Consultant** : Dr. Sharat Damodar (ADULT HAEMATO-ONCOLOGY AND BMT)  
**Consultation Type** : VC , REVISIT



The Consultation Summary is generated after a Remote Consultation session

### CHIEF COMPLAINTS & HISTORY OF PRESENT ILLNESS

- COMPLETED 3 CYCLES :  
OF VRD
- Referred for anemia : 62 year old male .  
Non HTN , Non DM .

Initially consulted a cardiologist with c/o dyspnea and chest pain on exertion since 2 months .

CBC showed Hb of 5.1 .  
Referred for further management .

No weight loss . No loss of appetite .  
C/O Black coloured stools , 2-3 episodes .  
No PR bleed .  
No back pain .  
Consumes Mixed diet .  
No blood transfusion in the past .

### GENERAL EXAMINATION

- Icterus : Absent
- Pallor : +

### SYSTEMIC EXAMINATION

- Per Abdomen : no organomegaly
- Respiratory Examination : NVBS heard

### PAST MEDICAL HISTORY

- No significant past medical history



#### Mazumdar Shaw Medical Center

(A Unit of Narayana Hrudayalaya Limited) CIN: L85110KA2000PLC027497

**Hospital Address:** Narayana Health City, 258/A, Bommasandra Industrial Area, Anekal Taluk, Bangalore 560099 | Tel +91 80 712 22222 | Fax +91 80 2783 2648

**Registered Office Address:** 258/A, Bommasandra Industrial Area, Anekal Taluk, Bengaluru - 560099



Appointment  
**1800 309 0309**



Email:  
**info.msmc@narayanahealth.org**



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## DIAGNOSIS

- 87522002 | Iron deficiency anemia (disorder) , Primary , Final , 13/05/2024
- 109989006 | Multiple myeloma (disorder) , Primary , Final , 02/09/2024

## MEDICATION ORDER

DRUG NAME	PATIENT INSTRUCTION
1) ASPIRIN-TABLET-75MG- <u>ECOSPRIN</u>	Once Daily ( 0 - 1 - 0 - 0 ) Tablet After Food For 3 Months   Qty: 90   Start Date: May 21, 2025   End Date: Aug 18, 2025
2) ACICLOVIR-TABLET-200MG- <u>ACIVIR</u>	Twice Daily After Food For 3 Months   Qty: 180   Start Date: May 21, 2025   End Date: Aug 18, 2025
3) DEXAMETHASONE-TABLET-4MG- <u>DECMAX</u>	Once a week ( 3 - 0 - 0 - 0 ) Tablet After Food For 3 Months   Qty: 39   Start Date: May 21, 2025   End Date: Aug 18, 2025
4) ZOLEDRONIC ACID-INJECTION-4MG /10ML- <u>ZOLASTA</u>	STAT (Immediately) For 1 Day once in 3 months   Start Date: May 21, 2025   End Date: May 21, 2025
5) PANTOPRAZOLE-TABLET-40MG- <u>PANTOCID</u>	Once a week Before Food For 3 Months   Qty: 13   Start Date: May 21, 2025   End Date: Aug 18, 2025
6) LENALIDOMIDE-CAPSULE-10MG- <u>LENANGIO</u>	Once Daily After Food For 3 Months 3 WEEKS IN A MONTH   Qty: 90   Start Date: May 21, 2025   End Date: Aug 18, 2025
7) CALCIUM CARBONATE+VIT D3-TABLET-500MG+250IU- <u>SHELCAL</u>	Twice Daily ( 1 - 0 - 0 - 1 ) Tablet For 3 Months   Qty: 180   Start Date: May 21, 2025   End Date: Aug 18, 2025

## PROCEDURE HISTORY

- Fixation of fracture: 35 years ago  
Remarks: Right hip fracture

## ALLERGY

- No known allergies

## NOTES

- M SPIKE- 1.97. LAMBDA, FREE LIGHT CHAIN mg/L 23.86  
KAPPA/LAMBDA(FLC), RATIO 31.134 KAPPA, FREE LIGHT CHAINmg/L 742.85
- PET - NO LYTIC LESIONS
- M SPIKE-0.56 LAMBDA, mg/L 15.43 KAPPA/LAMBDA(FLC), RATIO 10.345  
KAPPA, mg/L 159.61

## NOTES

- m spike- 0.63 k- 131 l- 20 k/l- 6.432 ( 2/12/24)
- M SPIKE- 0.69 K -160 L- 27 K/L- 5.875 ( 18/2/25)
- M SPIKE- 0.6 K -2.8 L- 0.9 K/L- 2.99 ( 14/5/25)

## FOLLOW UP DETAILS

- **Physical Consultation** for Dr. Sharat Damodar (ADULT HAEMATO-ONCOLOGY AND BMT) after **3 Months** with below investigation results

### Follow-up Investigation

SERUM FREE LIGHT CHAIN ASSAY | PROTEIN ELECTROPHORESIS, SERUM INCLUDES TOTAL PROTEIN, ELECT | RENAL PACKAGE - 2 (RFT RANDOM) | LIVER FUNCTION TEST(LFT) | COMPLETE BLOOD COUNT (CBC)

## SOCIAL HISTORY

- Alcohol Consumption  
QUIT SINCE 1 MONTH.
- Smoking  
QUIT SINCE 1 MONTH.
- Tobacco Chewing  
QUIT SINCE 1 MONTH.

## FAMILY HISTORY

- No significant family history

## CONSULTANT DETAILS



Dr. Sharat Damodar , Senior Consultant & HOD , ADULT HAEMATO-ONCOLOGY AND BMT

One free consultation with the same doctor within next 6 days.

Printed By: Dr. Sharat Damodar | Printed On: 21.05.2025 09:54



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