

Covering Letter

Name: Mrs. Prajila Kumari, P
Address: Mrs. Prajila Kumari, P, W/o Manoj Kumar, K., 'Sabari' (House),
Chenoli Road, Perambra (PO), Kozhikkode, Kerala, PIN: 673525
Phone: 8547155943 (Patient); 8618667835 (Shijith: Immediate first-degree
relative)
Age: 44 years, Female

The ailment: History: I started developing mild episodes of breathing difficulties in the middle of 2020. It happened whenever I walked fast or did heavy house chores such as scrubbing toilet /bathroom floors and climbing stairs, and also during mental stress and worries. Initially, I ignored it but consulted a cardiologist after a sudden episode of severe breathlessness, which interrupted my night sleep one day in October 2021. The doctor diagnosed the ailment as rheumatic heart disease with moderate mitral stenosis and mild mitral regurgitation (*Copy of the echo test is attached as '2-Trans...*). The prescribed medicines were, LASIX 40mg tab, Furosemide; ALDACTONE 25mg tab, Spironolactone (25mg); PENTIDS 400mg tab., Penicillin-G (400,000IU). I continued these medicines for one year, i.e. till the first week of October 2022, with frequent follow-up visits to the doctor. Another echo test was carried out on 17th October 2022 (*Copy attached as '3-Trans..'*) along with other lab tests (*Copies attached as 4 & 5*), after which the doctor advised me to prepare for surgery (*Summary of advise attached as 6-Summary*).

Present ailment: I got relieved once I started taking tablets in October 2021. However, gradually, the earlier symptoms of shortness of breath during mental stress and worries, climbing stairs etc. have been recurring along with a slight but sharp pain in the left side of the chest. My heart is beating too hard or fast, even during mild strain and anxiety. I don't have unbearable pain. Kindly permit me to undergo a detailed check-up by the expert cardiologists of the Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Prasanthigram.

Preferred time to visit the hospital: Anytime in November 2022