



HANDE Medical Centre

Nungambakkam

a unit of Hande Hospital

65, Nungambakkam High Road, (Opp. SBI Bank), Chennai-600 034.

For Appointments : 10.00a.m - 7.00p.m

Ph : 044 - 4201 8115 / 28253347, 99625 22667 E-mail: handehospital@yahoo.com

3/04/2026
IMC/Hosp
0032849
/08/2025

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NARAYANAN 36/M

3/04/2026

This is to certify that Mr. NARAYANAN

Has been under my care for the treatment of
Severe Psoriasis and Psoriatic Arthritis.

He is not responding to conventional medications.

In view of expanding skin lesions and severe
joint pains. We have to use biologic medications.

like SECUKINUMAB or TILDRAKIZUMAB

for preventing spread and arresting joint involvement
to prevent joint deformities.

Murali

Dr. MURALI NARASIMHAN

MD (DVL) DNB (DV)

Regd: TNMC 67812

www.handehospital.org

Emergency 24x7 - 98410 11390

R. 8000

ADALIMUMAB.
40mg

80mg 1st dose



2 weeks — 40mg × 4 doses.



4 weeks — 40mg × 3 years.

20000

SEKUKINUMAB. 150mg

300mg 1st dose.

150mg — 7, 14, 21, 28.

once a month 300mg

Humira



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Mr. Narayanaiah 35/F

23/12/25

ESAMINO	1	—	○	—	○	} x 4 weeks.
EICOSA	1	—	○	—	1	
BILA 20mg	○	—	1	—	○	
PSORID 100mg	1	—	○	—	○	

DMAX Soap

LIG. PARAFFIN E/A — Twice a day

SEBOWASH Shampoo.

muu

Review after 4 weeks.

Approved leave
from 9/12/25 to
12/12/25 (4 days)
V Nivedha
11/1/26

CBC
LFT
Urea, creatinine

Dr. V. NIVEDHA M.B.B.S.,
Registered Medical Practitioner
Reg No: 146128

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MR. NARAYANAN 33Y/M 6/08/25

* Psoriasis \rightarrow Syeem. \rightarrow Erythroderma.
Psoriatic arthritis. \rightarrow Dactylitis.

5/05/ | Hb = 12.3

TC = 8600

CRP = 24.1

SROT / SROPT - WNL (20.9 / 20.5)

Albumin - 3.8 | Gltab = 2.7.

GGT - 29.

Suggested \rightarrow HbA_{1c} / FBS, PPBS.
 \rightarrow Fasting Lipid profile
 \rightarrow T.G.R.A / Quantiferon gold.
for TB.
Urea, creatinine.
Wine routine.

— VSG / Albumin.

—



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MR. N. ARAYANAN 33y/m 12/08/25

Hg-A_{1c} = 5.7

Lipids. — waz

Winn. routine (N)

Ig RA — Negative.

BP

Check

Twice a day

6am | 6pm

Nail psoriasis.

Small joint dactylitis.

Scalp (+)

Erythroderma.

① PsORID 100mg 1—0—1

NEORAL X 15 days
CYCLOSPORIN

② ESAMINO 1—0—1 X 15 days.

③ BILASHINE 2mg 1—0—1 X 15 days.

④ LIQUID PARAFFIN External use — 3 times/day

⑤ SEBOWASH Shampoo

⑥ DMAX Soap.

sunbath.



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Severe Psoriasis
psoriatic arthritis.
Multiple joints inflamed.
Nails + Scalp involved.

Mr. Narayanan 33/M

9/12/25

ESAMINO 1 — 0 — 0 — 0 } x 4 weeks
 EICOSA 1 — 0 — 0 — 1 }
 BILA 20mg 0 — 0 — 1 — 0 }
 RITE D3 60K once a week x 4 weeks

PSORID 100mg 1 — 0 — 1 (60)

D MAX Soap
Sebowash Shampoo.

LIQUID PARAFFIN External use — Morning
— Night

To do: * Advised. Rest and Avoid travel for 1 week.

- CBC
- LFT
- Urea, creatinine
- Hb A_{1c}
- Lipid profile.
- Wine routine

Chest x-ray
 Tg RA (Quantiferon Gold - TB)

Munline

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98410 11390

