

## EXERCISE STRESS TEST REPORT

Patient Name: MR SHUBHAM GUPTA,  
Patient ID: 456060  
Height:  
Weight:

DOB: 24.03.1987  
Age: 36yrs  
Gender: Male  
Race: Indian

Study Date: 08.04.2023  
Test Type: Treadmill Stress Test  
Protocol: BRUCE

Referring Physician: DR. SITA RAM GUPTA  
Attending Physician: DR. SITA RAM GUPTA  
Technician: MR.SHIV KUMAR SOLANKI

### Reason for Exercise Test:

Screening for CAD

### Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	HR (bpm)	BP (mmHg)	Comment
PRETEST	SUPINE	00:15	0.00	0.00	79	120/80	
	STANDING	00:15	0.00	0.00	78		
	HYPERV.	00:15	0.00	0.00	75		
	WARM-UP	00:17	1.60	0.00	79		
EXERCISE	STAGE 1	03:00	2.70	10.00	127	130/80	
	STAGE 2	03:00	4.00	12.00	142	140/80	
	STAGE 3	03:00	5.40	14.00	169	150/80	
	STAGE 4	01:21	6.70	16.00	190		
	RECOVERY		04:19	0.00	0.00	112	140/80

The patient exercised according to the BRUCE for 10:20 min:s, achieving a work level of Max. METS: 13.30. The resting heart rate of 76 bpm rose to a maximal heart rate of 190 bpm. This value represents 103 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 150/80 mmHg. The exercise test was stopped due to Target heart rate achieved.

### Interpretation

Summary: Resting ECG: normal.  
Functional Capacity: normal.  
HR Response to Exercise: appropriate.  
BP Response to Exercise: normal resting BP - appropriate response.  
Chest Pain: none.  
Arrhythmias: none.  
ST Changes: ...  
Overall impression: ...

### Conclusions

NO ST-T CHANGES SEEN DURING EXERCISE & RECOVERY PERIOD  
PLEASE CORRELATE CLINICALLY.

Physician



Technician

MR SHUBHAM GUPTA,

Patient ID 456060

08.04.2023

Male

10:51:24am

36yrs Indian

Meds:

Test Reason: Screening for CAD

Medical History:

Ref. MD: DR. SITA RAM GUPTA Ordering MD

Technician: MR.SHIV KUMAR SOLANKI Test

Comment:

Tabular Summary

NARAYANA MULTISPECIALITY



BRUCE: Total Exercise Time 10:20  
Max HR: 190 bpm 103% of max predicted 184 bpm -HR at rest: 76  
Max BP: 150/80 mmHg BP at rest: 120/80 Max RPP: 24300 mmHg\*bpm  
Maximum Workload: 13.30 METS  
Max. ST: -1.25 mm, 0.00 mV/s in III; EXERCISE STAGE 4 09:30

Arrhythmia: A:110

ST/HR index: 0.54  $\mu$ V/bpm

Reasons for Termination: Target heart rate achieved

Summary: Resting ECG: normal. Functional Capacity: normal.

HR Response to Exercise: appropriate. BP Response to

Exercise: normal resting BP - appropriate response. Chest

Pain: none. Arrhythmias: none. ST Changes: ... Overall

impression: ...

Conclusion: NO ST-T CHANGES SEEN DURING

EXERCISE & RECOVERY PERIOD

PLEASE CORRELATE CLINICALLY.

Phase Name	Stage Name	Time in Stage	Speed (km/h)	Grade (%)	Workload (METS)	HR (bpm)	BP (mmHg)	RPP (mmHg*bpm)	VE (/min)	ST Level (III mm)
PRETEST	SUPINE	00:15	0.00	0.00	1.0	79	120/80	9480	0	0.50
	STANDING	00:15	0.00	0.00	1.0	78			0	0.45
	HYPERV.	00:15	0.00	0.00	1.0	75			0	0.55
	WARM-UP	00:17	1.60	0.00	1.1	79			0	0.45
EXERCISE	STAGE 1	03:00	2.70	10.00	4.6	127	130/80	16510	0	0.45
	STAGE 2	03:00	4.00	12.00	7.0	142	140/80	19880	0	0.35
	STAGE 3	03:00	5.40	14.00	10.0	169	150/80	25350	0	-0.25
	STAGE 4	01:21	6.70	16.00	13.3	190			0	-0.60
RECOVERY		04:19	0.00	0.00	1.0	112	140/80	15680	0	0.35

Narayana Multispeciality Hospital

(A Unit of Narayana Hrudayalaya Limited) CIN: L85110KA2000PLC027497

Registered Office: 258/A, Bommasandra Industrial Area, Anekal Taluk, Bangalore 560099

Hospital Address: Sector 28, Kumbha Marg, Pratap Nagar, Jaipur 302033

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GST No. 08AABCN1685J1Z8

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Appointments

1800-309-0309 (Toll Free)

Unconfirmed

Attending MD: DR Page 1 Emergencies

99837-32222

http://www.pdf4free.com

MRN NO: 15010000456060  
PATIENT'S NAME: MR SHUBHAM GUPTA  
DR. NAME: DR. SITARAM GUPTA

DATE: 08/04/2023  
AGE/SEX: 36 YRS./M

**ULTRASOUND STUDY OF ABDOMEN & PELVIS (PHC)**

**Liver:** - is enlarged in size and bright in echotexture. No evidence of any mass lesion is seen. Bilobar Intrahepatic biliary radicals are not dilated.

**Gall Bladder:** - Is distended. Lumen is clear. Wall thickness is normal.

**CBD:** - Normal in calibre. No calculus is seen in visualized part of CBD.

**Portal Vein:** - Normal in calibre.

**Pancreas:** - Normal in size & echotexture. No focal lesion is seen. MPD is not dilated.

**Spleen:** - Normal in size & echotexture. No focal lesion is seen.

**Right Kidney:** - Normal in shape, size & location. Echotexture is normal. Corticomedullary differentiation is maintained. There is no evidence of calculus or hydronephrosis.

**Left Kidney:** - Normal in shape, size & location. Echotexture is normal. Corticomedullary differentiation is maintained. There is no evidence of calculus or hydronephrosis.

**Urinary Bladder:** - is distended. No calculus or mass lesion is seen. Wall thickness is normal.


**Prostate:** - is normal in size, shape and echotexture.

**Others:** - No free fluid is seen in abdomen.

**Impression:** USG findings are suggestive of: -

- Hepatomegaly with fatty changes in liver.

*Correlate clinically & with other related investigations.*

  
Dr. Swati Jain  
Consultant Radiologist

Dr. Vijay Kumar Sharma  
Consultant Radiologist

Dr. Sunny Maharwal  
Consultant Radiologist

*This is a preventive health checkup sonography report with no available clinical details and previous records.*

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GST No. 08AABCN1685J1Z8



Appointments

**1800-309-0309 (Toll Free)**

Emergencies

**99837-32222**

<b>Patient Name</b>	Shubham Gupta	<b>Requested By</b>	Dr. ^Sitaram^Gupta
<b>MRN</b>	15010000456060	<b>Procedure DateTime</b>	2023-04-08 09:13:36
<b>Age/Sex</b>	36Y / Male	<b>Hospital</b>	NH JAIPUR

**X-RAY CHEST P.A. VIEW**

Both lung fields are clear. No parenchymal lesion noted.


Both CP angles are clear.

Cardiac shadow is within normal limits.

ny thorax & soft tissue appears normal.

Domes of diaphragm are normally placed.

*Correlate clinically & with other related investigations.*



**Dr. Vijay Kumar Sharma**  
Consultant (Radiology)

This is a digitally signed valid document. Reported Date/Time: 2023-04-08 10:51:07

**DEPARTMENT OF LABORATORY MEDICINE**

Patient Name : Mr Shubham Gupta MRN : 15010000456060 Gender/Age : MALE , 36y (24/03/1987)  
 Collected On : 08/04/2023 09:25 AM Received On : 08/04/2023 09:25 AM Reported On : 08/04/2023 11:17 AM  
 Barcode : 482304080018 Specimen : Urine Consultant : Dr. Sitaram Gupta(NON INVASIVE DIAGNOSTIC SERVICES)  
 Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8126062576

Test	CLINICAL PATHOLOGY		Biological Reference Interval
	Result	Unit	
<b>URINE ROUTINE &amp; MICROSCOPY</b>			
<b>PHYSICAL EXAMINATION</b>			
Volume	25 H	ml	0.0-0.0
Colour	Pale Yellow	-	-
Appearance	Clear	-	0-36500
<b>CHEMICAL EXAMINATION</b>			
pH(Reaction)	6.0	-	4.5-9.0
Sp. Gravity	>=1.030	-	1.002-1.03
Protein	Negative	-	0-0
Urine Glucose	Negative	-	0-0
<b>MICROSCOPIC EXAMINATION</b>			
Pus Cells	1-2	/hpf	-
RBC	Nil	/hpf	-
Epithelial Cells	1-2	/hpf	-
Crystals	Nil	-	-
Casts	Nil	-	-

--End of Report--

Patient Name : Mr Shubham Gupta MRN : 15010000456060 Gender/Age : MALE , 36y (24/03/1987)

*Manish*

Dr. Manisha Agarwal  
MBBS, DNB Pathology and DCP  
Consultant

**Note**

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



**DEPARTMENT OF LABORATORY MEDICINE**

Patient Name : Mr Shubham Gupta MRN : 15010000456060 Gender/Age : MALE , 36y (24/03/1987)

Collected On : 08/04/2023 09:25 AM Received On : 08/04/2023 09:25 AM Reported On : 08/04/2023 12:41 PM

Barcode : 482304080018 Specimen : Urine Consultant : Dr. Sitaram Gupta(NON INVASIVE DIAGNOSTIC SERVICES)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8126062576

**CLINICAL PATHOLOGY**

Test	Result	Unit
Urine For Sugar (Fasting)	Negative	-

--End of Report--



Dr. Manisha Agarwal  
MBBS, DNB Pathology and DCP  
Consultant

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## DEPARTMENT OF LABORATORY MEDICINE

Patient Name : Mr Shubham Gupta MRN : 15010000456060 Gender/Age : MALE , 36y (24/03/1987)  
 Collected On : 08/04/2023 09:25 AM Received On : 08/04/2023 09:25 AM Reported On : 08/04/2023 10:26 AM  
 Barcode : 412304080069 Specimen : Whole Blood Consultant : Dr. Sitaram Gupta(NON INVASIVE DIAGNOSTIC SERVICES)  
 Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8126062576

Test	HAEMATOLOGY		Biological Reference Interval
	Result	Unit	
<b>COMPLETE BLOOD COUNT (CBC)</b>			
Haemoglobin (Hb%) (Photometric Measurement)	15.2	g/dL	13.0-17.0
Red Blood Cell Count (Electrical Impedance)	4.42	millions/ $\mu$ L	4.2-6.0
PCV (Packed Cell Volume) / Hematocrit (Calculated)	41.3	%	40.0-54.0
MCV (Mean Corpuscular Volume) (Derived)	93	fL	80.0-100.0
MCH (Mean Corpuscular Haemoglobin) (Calculated)	34.3	pg	32.0-35.0
MCHC (Mean Corpuscular Haemoglobin Concentration) (Calculated)	<b>36.8 H</b>	g/L	27.0-34.0
Red Cell Distribution Width (RDW)	12.4	%	12.0-18.0
Platelet Count (Electrical Impedance Plus Microscopy)	234	Thousand / $\mu$ L	150.0-400.0
Total Leucocyte Count(WBC) (Electrical Impedance / Flow Cytometric)	5.5	Thous/cumm	4.0-10.0
<b>DIFFERENTIAL COUNT (DC)</b>			
Neutrophils	66.0	%	40.0-75.0
Lymphocytes	29.3	%	15.0-45.0
Monocytes	<b>1.2 L</b>	%	4.0-13.0
Eosinophils	2.7	%	0.5-7.0
Basophils	0.8	%	0.0-2.0



Patient Name : Mr Shubham Gupta    MRN : 15010000456060    Gender/Age : MALE , 36y (24/03/1987)

Absolute Neutrophil Count	3.63	Thousand / $\mu$ L	1.5-7.0
Absolute Lymphocyte Count	1.62	Thousand / $\mu$ L	1.0-4.0
Absolute Monocyte Count	<b>0.07 L</b>	Thousand / $\mu$ L	0.2-0.8
Absolute Eosinophil Count	0.15	Thousand / $\mu$ L	0.0-0.2
Absolute Basophil Count	0.05	Thousand / $\mu$ L	0.0-0.2

*As per the recommendation of International Council for Standardization in Hematology, the differential counts are additionally being reported as absolute numbers.*

--End of Report--



Dr. Manisha Agarwal  
 MBBS, DNB Pathology and DCP  
 Consultant

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- Kindly correlate clinically.



**DEPARTMENT OF LABORATORY MEDICINE**

Patient Name : Mr Shubham Gupta MRN : 15010000456060 Gender/Age : MALE , 36y (24/03/1987)

Collected On : 08/04/2023 09:25 AM Received On : 08/04/2023 09:25 AM Reported On : 08/04/2023 10:29 AM

Barcode : 402304080088 Specimen : Plasma Consultant : Dr. Sitaram Gupta(NON INVASIVE DIAGNOSTIC SERVICES)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8126062576

**BIOCHEMISTRY**

Test	Result	Unit	Biological Reference Interval
<b>Fasting Blood Sugar (FBS)</b> (Colorimetric (Glucose Oxidase Hydrogen Peroxidase))	93	mg/dL	65.0-110.0

--End of Report--

*Anil*

Dr. Anil Sharma  
MBBS , MD ( Microbiology )  
Senior Consultant

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**DEPARTMENT OF LABORATORY MEDICINE**

Patient Name : Mr Shubham Gupta MRN : 15010000456060 Gender/Age : MALE , 36y (24/03/1987)  
Collected On : 08/04/2023 11:56 AM Received On : 08/04/2023 11:57 AM Reported On : 08/04/2023 01:17 PM  
Barcode : 402304080213 Specimen : Plasma Consultant : Dr. Sitaram Gupta(NON INVASIVE DIAGNOSTIC SERVICES)  
Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8126062576

**BIOCHEMISTRY**

Test	Result	Unit	Biological Reference Interval
Post Prandial Blood Sugar (PPBS) (GOD/POD)	96	mg/dL	70.0-139.0

--End of Report--

*Anil*

Dr. Anil Sharma  
MBBS , MD ( Microbiology )  
Senior Consultant

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**DEPARTMENT OF LABORATORY MEDICINE**

Patient Name : Mr Shubham Gupta MRN : 15010000456060 Gender/Age : MALE , 36y (24/03/1987)  
Collected On : 08/04/2023 09:25 AM Received On : 08/04/2023 09:25 AM Reported On : 08/04/2023 10:51 AM  
Barcode : 412304080070 Specimen : Whole Blood - ESR Consultant : Dr. Sitaram Gupta(NON INVASIVE DIAGNOSTIC SERVICES)  
Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8126062576

**HAEMATOLOGY**

Test	Result	Unit	Biological Reference Interval
<b>Erythrocyte Sedimentation Rate (ESR)</b> (Westergren Method)	02	mm/hr	0.0-10.0

--End of Report--

*Manisha*

Dr. Manisha Agarwal  
MBBS, DNB Pathology and DCP  
Consultant

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**DEPARTMENT OF LABORATORY MEDICINE**

Patient Name : Mr Shubham Gupta MRN : 15010000456060 Gender/Age : MALE , 36y (24/03/1987)  
Collected On : 08/04/2023 09:25 AM Received On : 08/04/2023 09:25 AM Reported On : 08/04/2023 10:29 AM  
Barcode : 402304080089 Specimen : Serum Consultant : Dr. Sitaram Gupta(NON INVASIVE DIAGNOSTIC SERVICES)  
Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8126062576

**BIOCHEMISTRY**

Test	Result	Unit	Biological Reference Interval
<b>Bilirubin Total</b> (Dyphylline, Diazonium Salt)	0.81	mg/dL	0.2-1.3
<b>Albumin To Globulin (A/G)Ratio</b>	1.41	-	1.0-2.1

--End of Report--

*Anil*

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MBBS , MD ( Microbiology )  
Senior Consultant

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**DEPARTMENT OF LABORATORY MEDICINE**

Patient Name : Mr Shubham Gupta MRN : 15010000456060 Gender/Age : MALE , 36y (24/03/1987)  
 Collected On : 08/04/2023 09:25 AM Received On : 08/04/2023 09:25 AM Reported On : 08/04/2023 10:58 AM  
 Barcode : 402304080089 Specimen : Serum Consultant : Dr. Sitaram Gupta(NON INVASIVE DIAGNOSTIC SERVICES)  
 Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 8126062576

Test	BIOCHEMISTRY		Biological Reference Interval
	Result	Unit	
<b>SERUM CREATININE</b>			
Serum Creatinine	0.96	mg/dL	0.66-1.25
eGFR	88.7	mL/min/1.73m <sup>2</sup>	Both: <60 indicative of renal impairment Both: Note:eGFR is inaccurate for Hemodynamically unstable patients eGFR is not applicable for less than 18
<b>Blood Urea Nitrogen (BUN)</b> (Colorimetric (Urease UV))	<b>7.64 L</b>	mg/dL	9.0-20.0
<b>Serum Uric Acid</b> (Colorimetric - Uricase,Peroxidase)	5.26	mg/dL	3.5-8.5
<b>LIPID PROFILE (CHOL,TRIG,HDL,LDL,VLDL)</b>			
Cholesterol Total (Enzymatic Method (cholesterol Oxidase, Esterase, Peroxidase))	<b>226.1 H</b>	mg/dL	Both: Desirable: < 200 Both: Borderline High: 200-239 Both: High: > 240
Triglycerides (Enzymatic Method (lipase, Kinase, Oxidase And Peroxidase))	<b>270.7 H</b>	mg/dL	Both: Normal: < 150 Both: Borderline High: 150-199 Both: High : 200-499 Both: Very High: => 500
HDL Cholesterol (HDLC) (Direct Measure, PTA /MgCl <sub>2</sub> )	46.4	mg/dL	Low: < 40 High: => 60
Non-HDL Cholesterol	179.7	-	-
LDL Cholesterol (Friedewald Formula)	<b>125.6 H</b>	mg/dL	Both: Desirable: < 100 Both: Optimal: 100-129 Both: Borderline High: 130-159 Both: High: 160-189 Both: Very High: > 190
VLDL Cholesterol (Friedewald Formula)	<b>54.14 H</b>	mg/dL	10.0-50.0
Cholesterol /HDL Ratio	4.9	-	0.0-5.0

Patient Name : Mr Shubham Gupta MRN : 15010000456060 Gender/Age : MALE , 36y (24/03/1987)			
<b>Total Protein</b> (Biuret (alkaline Cupric Sulfate))	7.47	gm/dL	6.3-8.2
<b>SGOT (AST)</b> (Enzymatic Colorimetric)	39	U/L	17.0-59.0
<b>SGPT (ALT)</b> (UV With P5P -IFCC)	44	U/L	<50.0
<b>Alkaline Phosphatase (ALP)</b>	88	U/L	38.0-126.0
<b>Gamma Glutamyl Transferase (GGT)</b> (L-gamma-glutamyl-4-nitroanalide/glycylglycine Kinetic Method)	73	U/L	15.0-73.0
<b>THYROID PROFILE (T3, T4, TSH)</b>			
Tri Iodo Thyronine (T3) (Enhanced Chemiluminescence)	1.39	ng/ml	0.97-1.69
Thyroxine (T4) (Enhanced Chemiluminescence)	6.27	ug/dl	4.3-12.5
TSH (Thyroid Stimulating Hormone) (Enhanced Chemiluminescence)	2.11	uIU/ml	0.35-5.5

--End of Report--

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Senior Consultant

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ID: 15010000456060  
Name: MR SHUBHAM  
Age:  
Gender:

04-08-2023 10:21:50 AM

Vent. Rate	73 bpm
PR Interval	142 ms
QRS Duration	94 ms
QT/QTc Interval	364/387 ms
P/QRS/T Axes	55/41/33 deg
QTc/Hodges	

Sinus rhythm  
--- Interpretation made without knowing patient's gender/age ---  
Normal ECG

Unconfirmed Diagnosis.

