

MER- MEDICAL EXAMINATION REPORT

Date of Examination	14/10/23		
NAME	Ashutosh Jaiswal		
AGE	33	Gender	m
HEIGHT(cm)	180	WEIGHT (kg)	100 Bmi- 30.9
B.P.	120/70		
ECG	Normal		
X Ray	Normal		
Vision Checkup	Weg for eyes for future vision		
Present Ailments	No		
Details of Past ailments (If Any)	No		
Comments / Advice : She /He is Physically Fit	Medicinesy fit		


 Signature with Stamp of Medical Examiner


Dear sir

- You have been informed that opathal and diet consultation facility is not available at our centre. If you are ready then your test can be start

Adha





भारत सरकार

Government of India



आशुतोष जायसवाल

Ashutosh Jaiswal

जन्म तिथि / DOB : 05/08/1990

पुरुष / Male



8646 9112 9065

आधार - आम आदमी का अधिकार



भारतीय विशिष्ट पहचान प्राधिकरण

Unique Identification Authority of India

पता,

S/O अनिल कुमार जायसवाल,
563/90, चित्रगुप्ता नगर, आलमबाग,
आलमबाग, लखनऊ, आलमबाग,
उत्तर प्रदेश, 226005

Address:

S/O: Anil Kumar Jaiswal, 563/90,
chitragnpta nagar, alambagh,
Alambagh, Lucknow, Alambagh,
Uttar Pradesh, 226005

AK



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1947
1800 300 1947



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MODERN PATHOLOGY AND DIAGNOSTIC CENTER

Gomti Nagar Lucknow

Report



ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg

Date: 14 - 10 - 2023 Refd By : APOLLO HEALTH Examined By:

Stage	Time	Duration	Speed(Kmph)	Elevation	METs	Rate	% THR	BP	RPP	PVC	Comments
Supine	00:03	0:03	00.0	00.0	01.0	078	42 %	120/70	093	00	
Standing	00:06	0:03	00.0	00.0	01.0	078	42 %	120/70	093	00	
HV	00:10	0:04	00.0	00.0	01.0	076	41 %	120/70	091	00	
ExStart	00:35	0:25	00.0	00.0	01.0	082	44 %	120/70	098	00	
BRUCE Stage 1	03:35	3:00	02.7	10.0	04.7	126	67 %	128/82	161	00	
BRUCE Stage 2	06:35	3:00	04.0	12.0	07.1	160	86 %	136/90	217	00	
PeakEx	07:39	1:04	05.5	14.0	08.2	174	93 %	140/92	243	00	
Recovery	08:39	1:00	00.0	00.0	01.2	135	72 %	138/90	186	00	
Recovery	09:39	2:00	00.0	00.0	01.0	111	59 %	134/86	148	00	
Recovery	10:39	3:00	00.0	00.0	01.0	101	54 %	130/84	131	00	
Recovery	10:49	3:10	00.0	00.0	01.0	105	56 %	126/82	132	00	

FINDINGS :

Exercise Time : 07:04
 Max HR Attained : 174 bpm 93% of Target 187
 Max BP Attained : 140/92 (mm/Hg)
 Max WorkLoad Attained : 8.2 Fair response to induced stress
 Test End Reasons : Test Complete

REPORT :

CONCLUSIONS:

1. STRESS TEST IS NEGATIVE FOR EXERCISE INDUCED ISCHAEMIC HEART DISEASE.


 Dr. ANAND MOHAN
 MD

Reg. No. 44559

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ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg / HR : 78

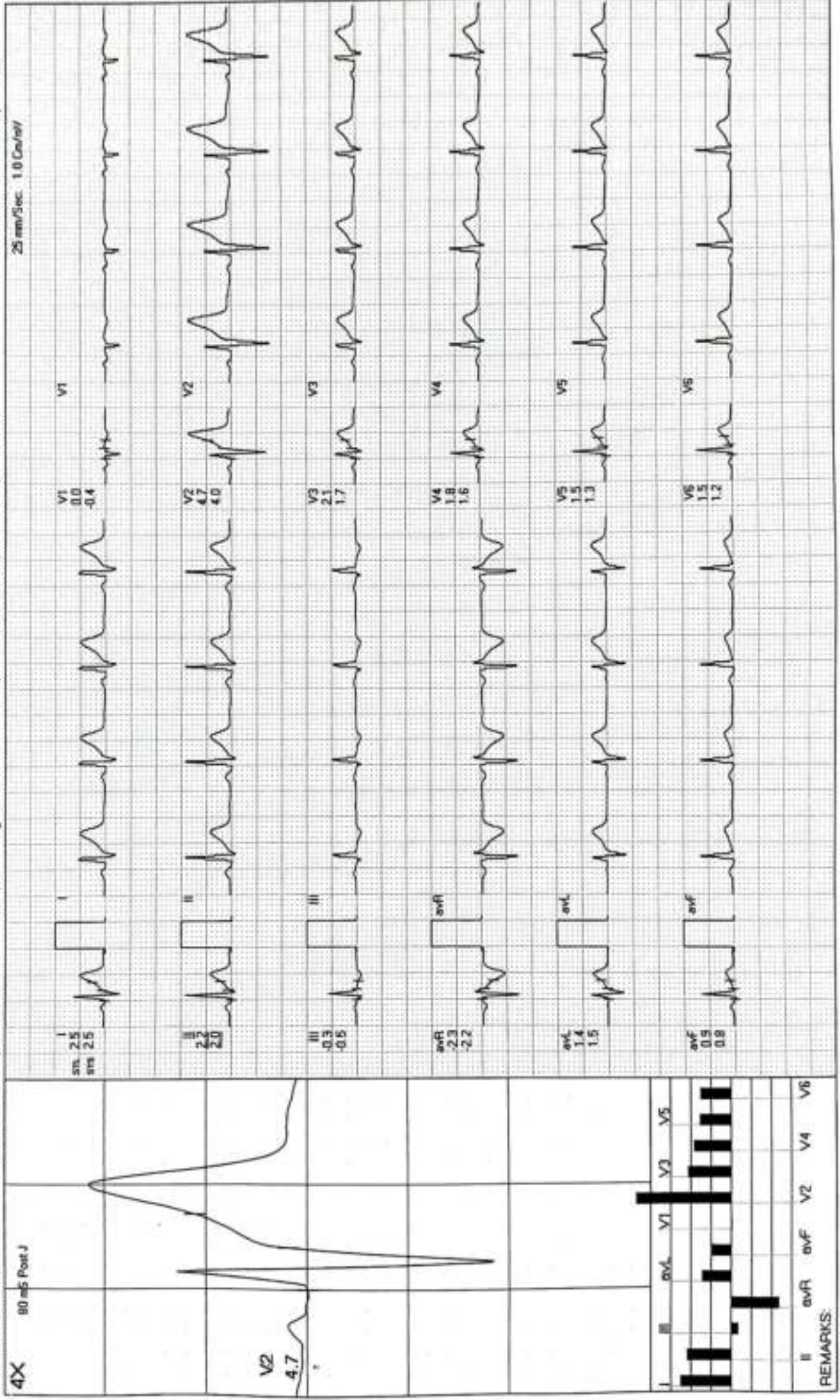
BRUCE:Supine(0:04)



Date: 14-10-2023

METS: 1.0/ 78 bpm 42% of THR BP: 120/70 mmHg Combined Medians/ ELC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime: 00:00 0.0 Kmph 0.0%



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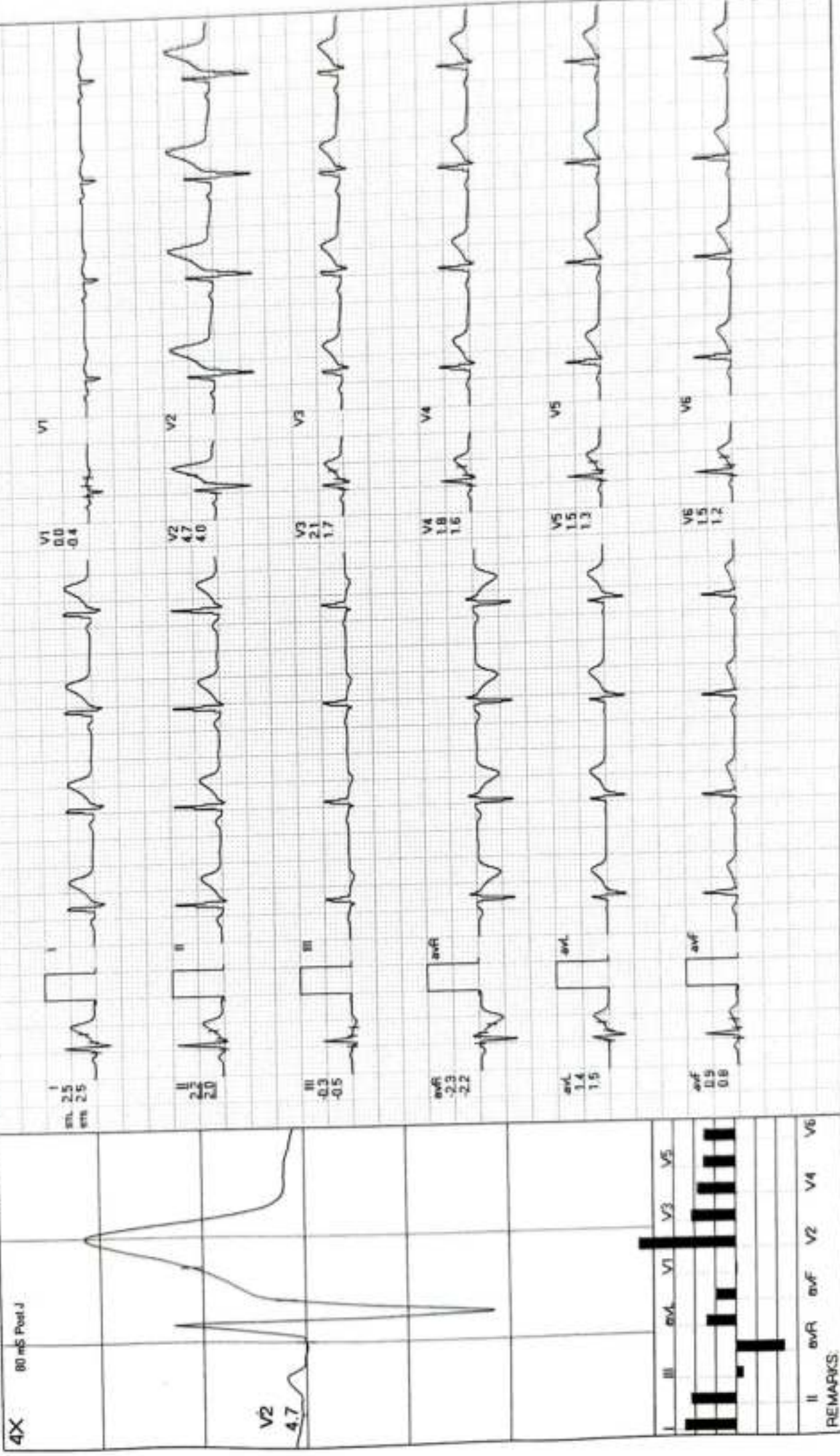
ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg / HR : 78

BRUCE: Standing(0:04)



ExTime 00:00 0.0 Kmph 0.0%

Date: 14-10-2023 METS: 1.0/ 78 bpm 42% of THR BP: 120/70 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



REMARKS:

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ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg / HR : 76

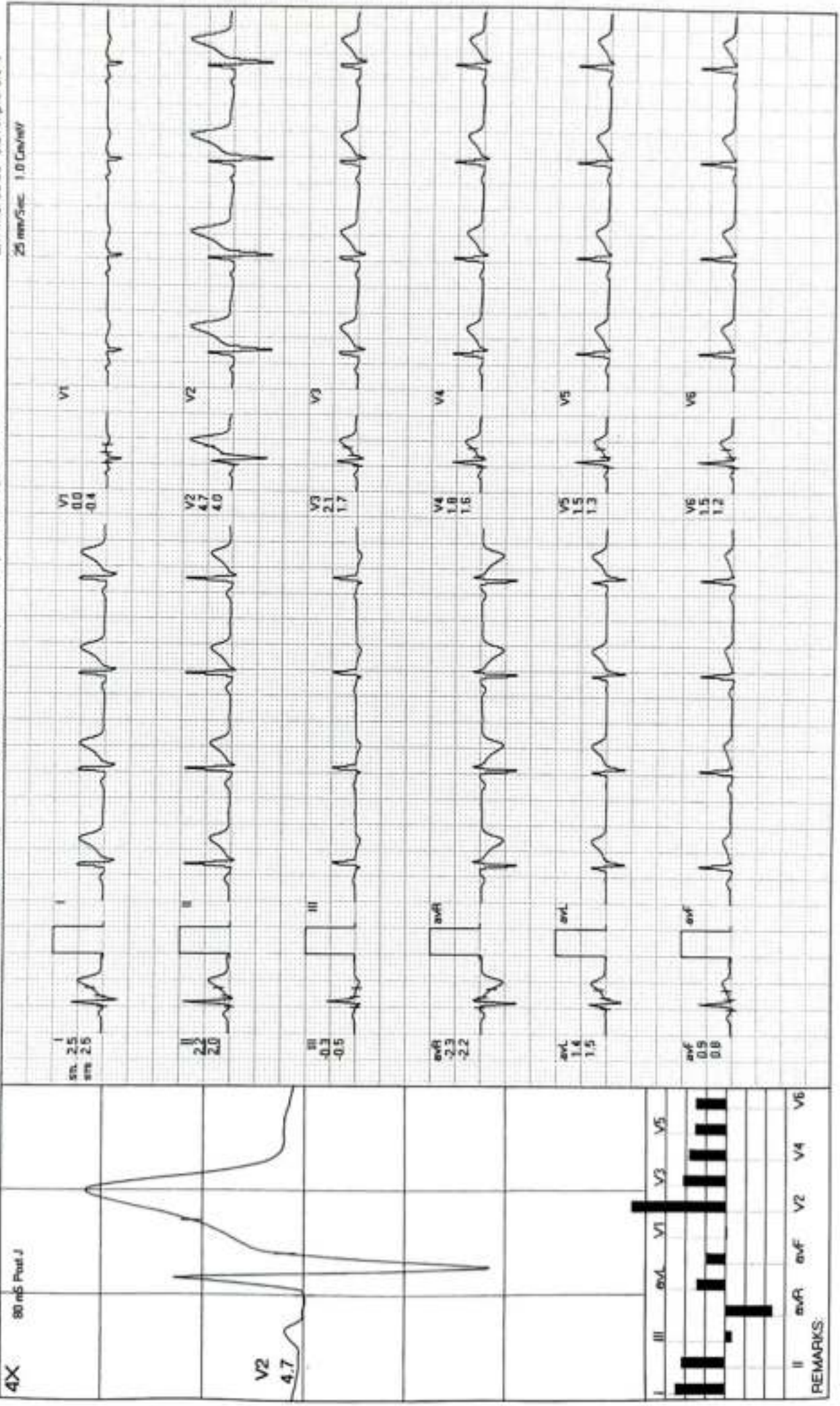
BRUCE:HV(0:06)



Date: 14-10-2023

METS 1.0/ 76 bpm, 41% of THR BP: 120/70 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/ LF 35 Hz

ExTime 00:00 0.0 KmPh 0.0%



Lead	III	aVR	V1	V3	V5
ST-T	0.5	2.3	0.0	2.1	1.5

Lead	II	aVR	aVL	V2	V4	V6
ST-T	2.3	2.3	1.4	4.7	1.8	1.5

REMARKS:

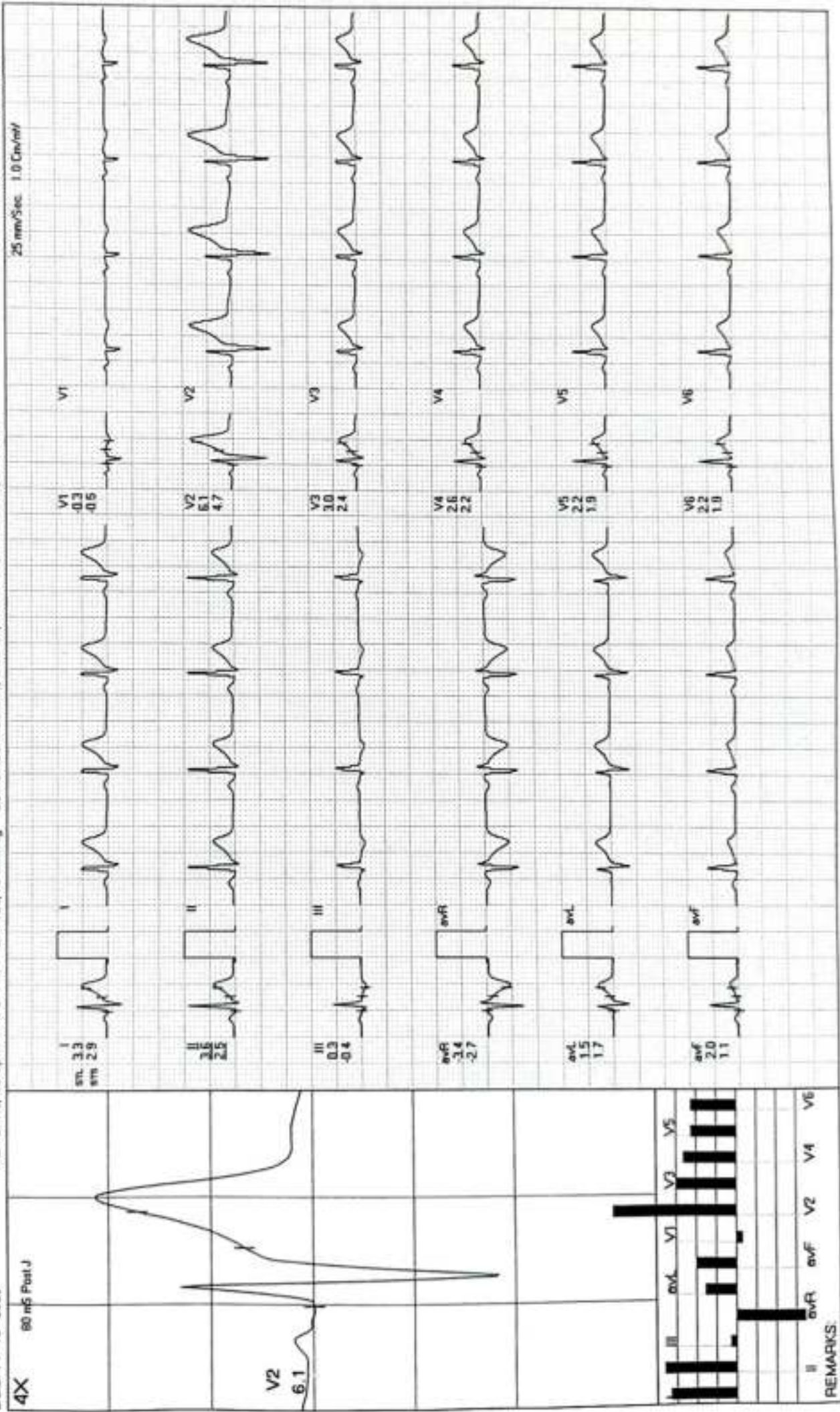
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ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg / HR : 82

ExStart



Date: 14-10-2023 METS: 1.0/82 bpm 44% of THR BP: 120/70 mmHg Combined Medians/BLC Ov/ HF 0.05 Hz/LF 35 Hz ExTime 00:00 0.0 Km/ph 0.0%



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ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg / HR : 126

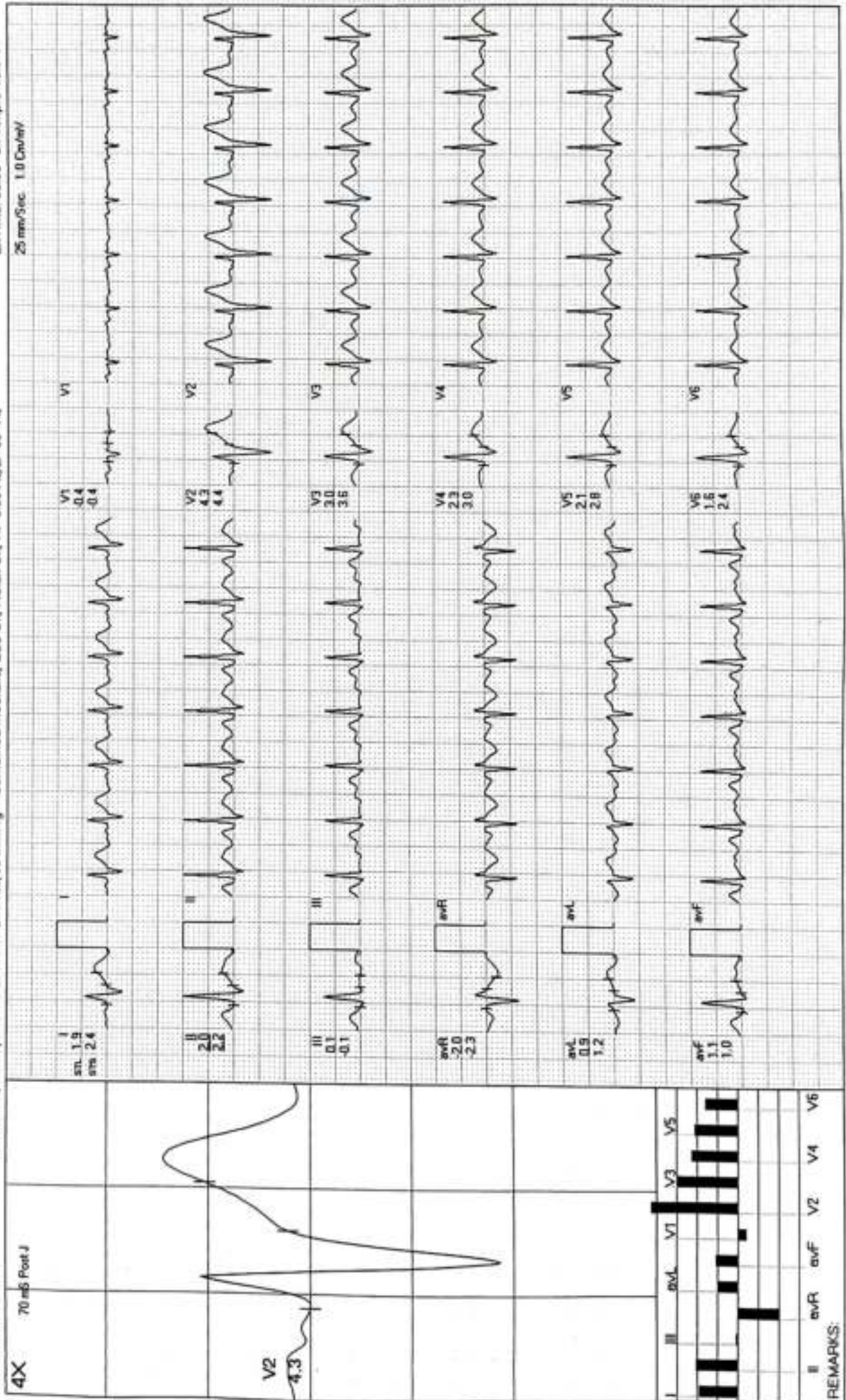
BRUCE: Stage 1(3:00)



Date: 14-10-2023

METS: 4.7 / 126 bpm 67% of THR BP: 128/82 mmHg Combined Medians/BLC On/Notch On/HF 0.05 Hz/LF 35 Hz

ExTime: 03:00 2.7 Kmph 10.0%



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ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg / HR : 160

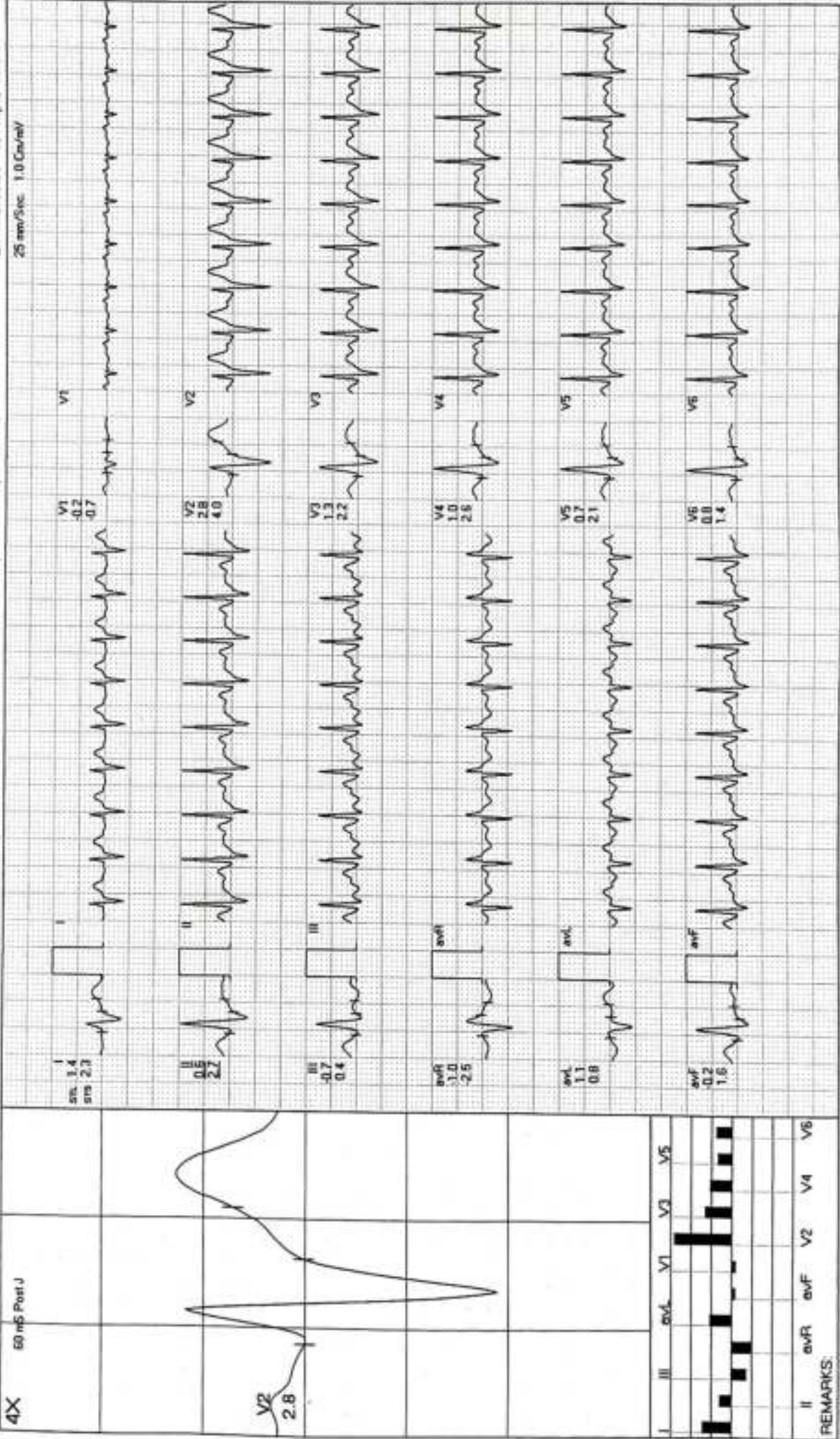
BRUCE: Stage 2 (3:00)



Date: 14-10-2023

METS: 7.1 / 160 bpm 86% of Th-R BP: 136/90 mmHg Combined Medians/ BLC Or/ Notch Or/ HF 0.05 H₁/L/F 35 Hz

ExTime: 06:00 4.0 Kmph 12.0%



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ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg / HR : 174

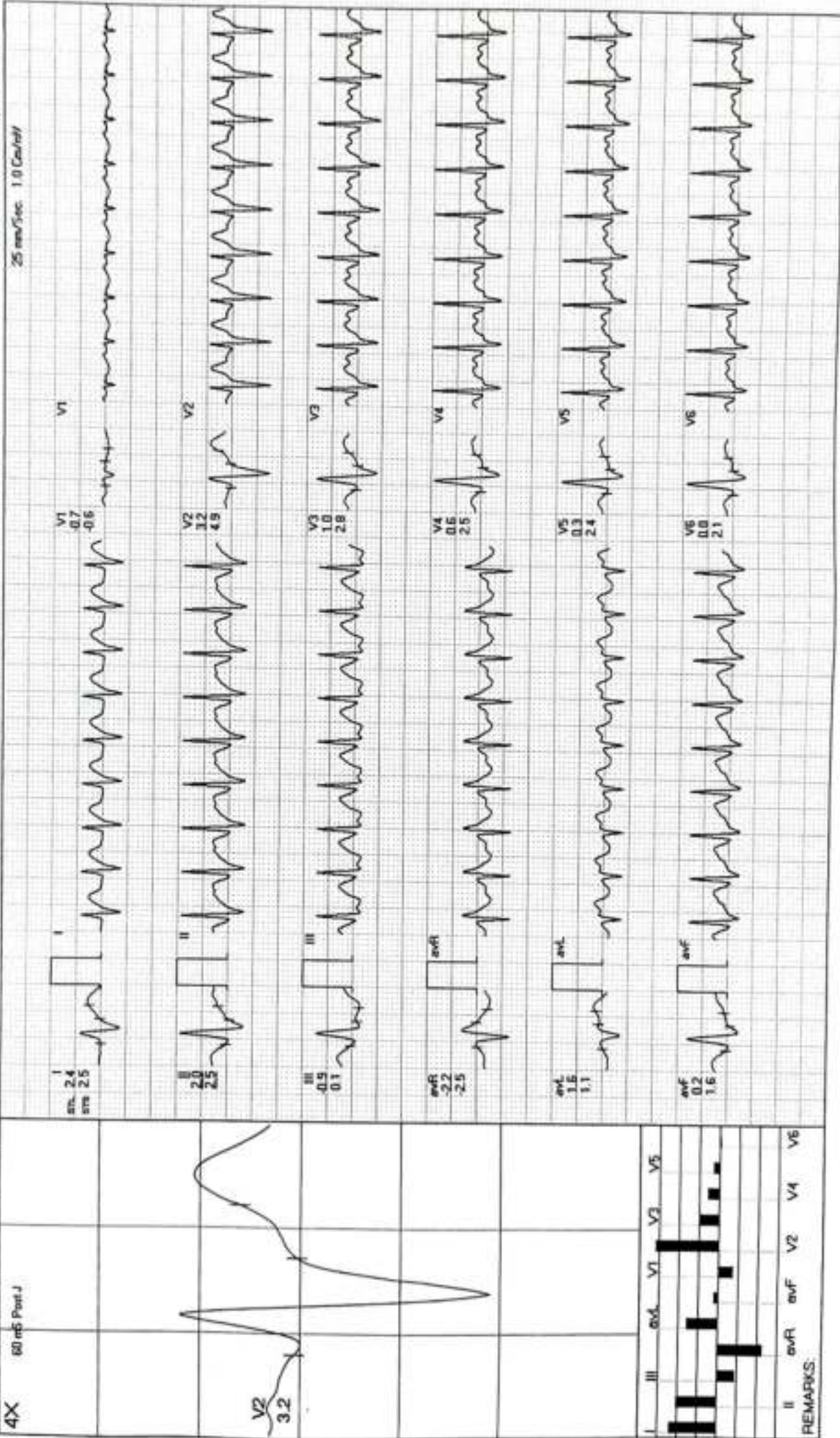
PeakEx



Date: 14-10-2023

MEETS: 82/174 bpm 93% of THR BP: 140/92 mmHg Combined Medians/ ELC On/ Natch On/ HF 0.95 Hz/ LF 35 Hz

ExTime: 07.04 5.5 Kmph. 14.0%



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ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg / HR : 135

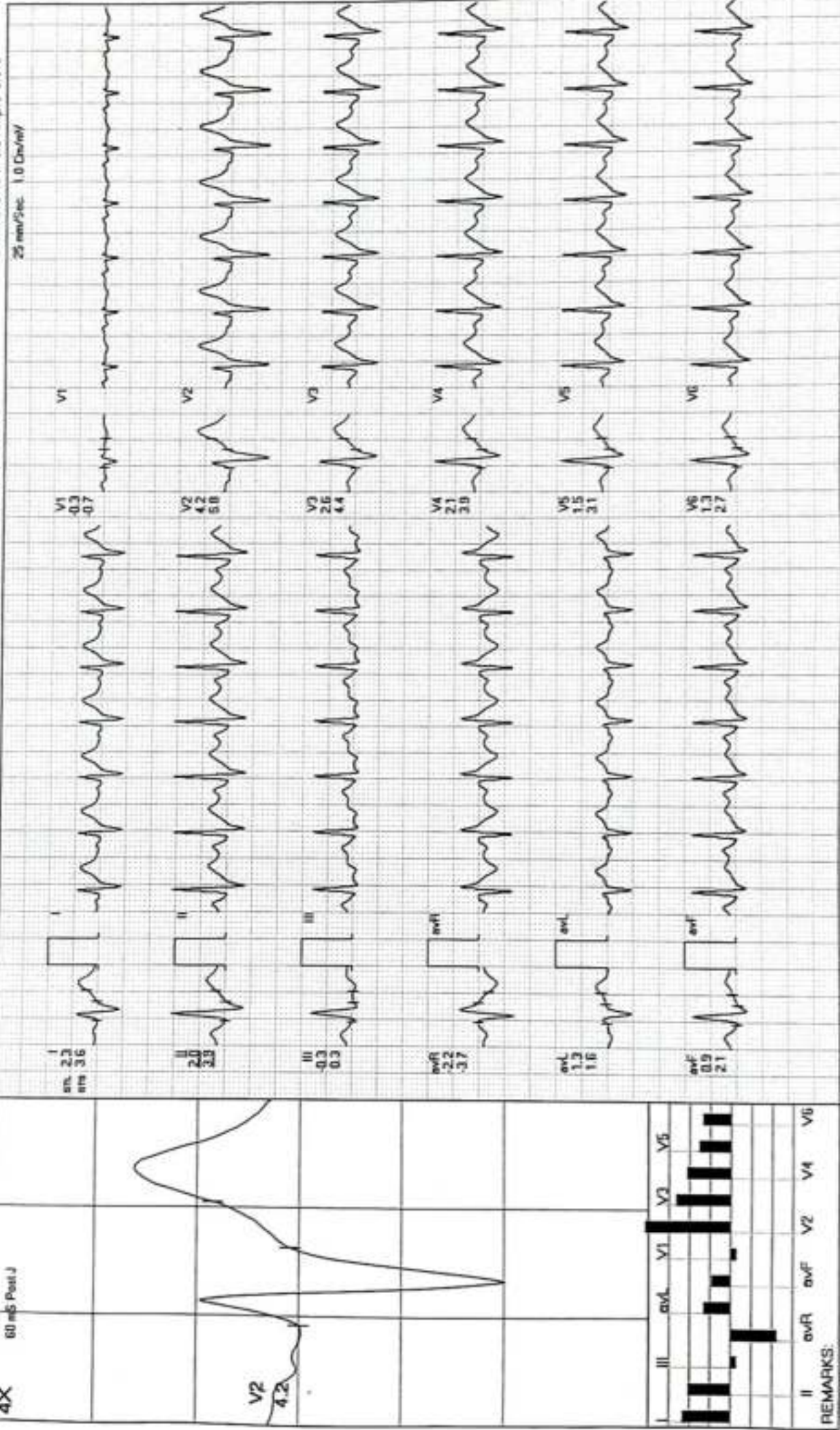
Recovery(1:00)



Date: 14-10-2023

METS: 1.2/135 bpm 72% of Th-R BP: 138/90 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/ LF 35 Hz

ExTime 07.04 0.0 Kmph 0.0%



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ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg / HR : 111

Recovery(2:00)

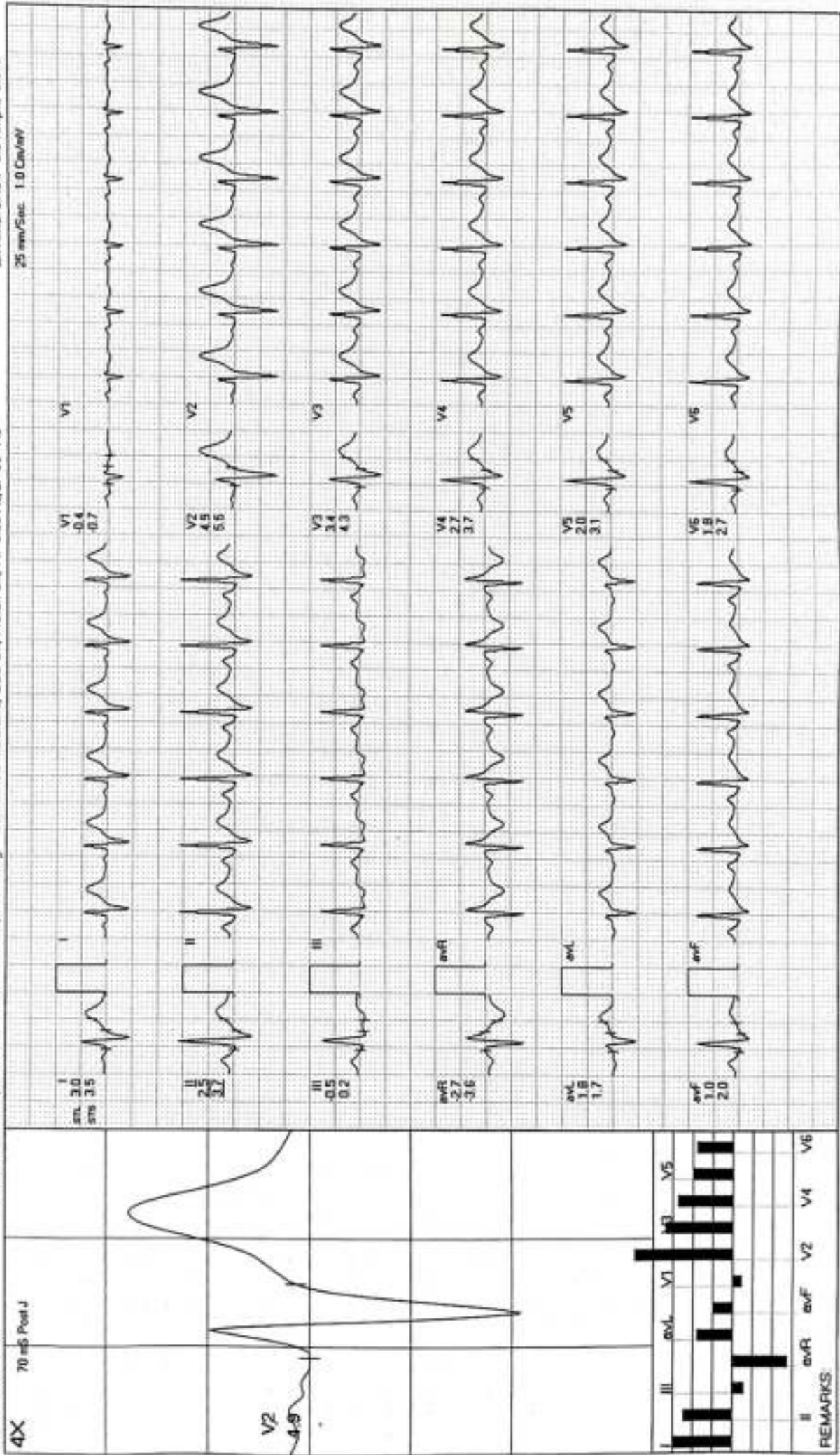


Date: 14-10-2023

METS: 1.0/111 bpm/59% of THR BP: 134/86 mmHg

Combined Medians/ BLC Ov/ Notch Ov/ HF 0.05 Hz/LF 35 Hz

ExTime 07:04 0.0 Kmph. 0.0%



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ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg / HR : 101

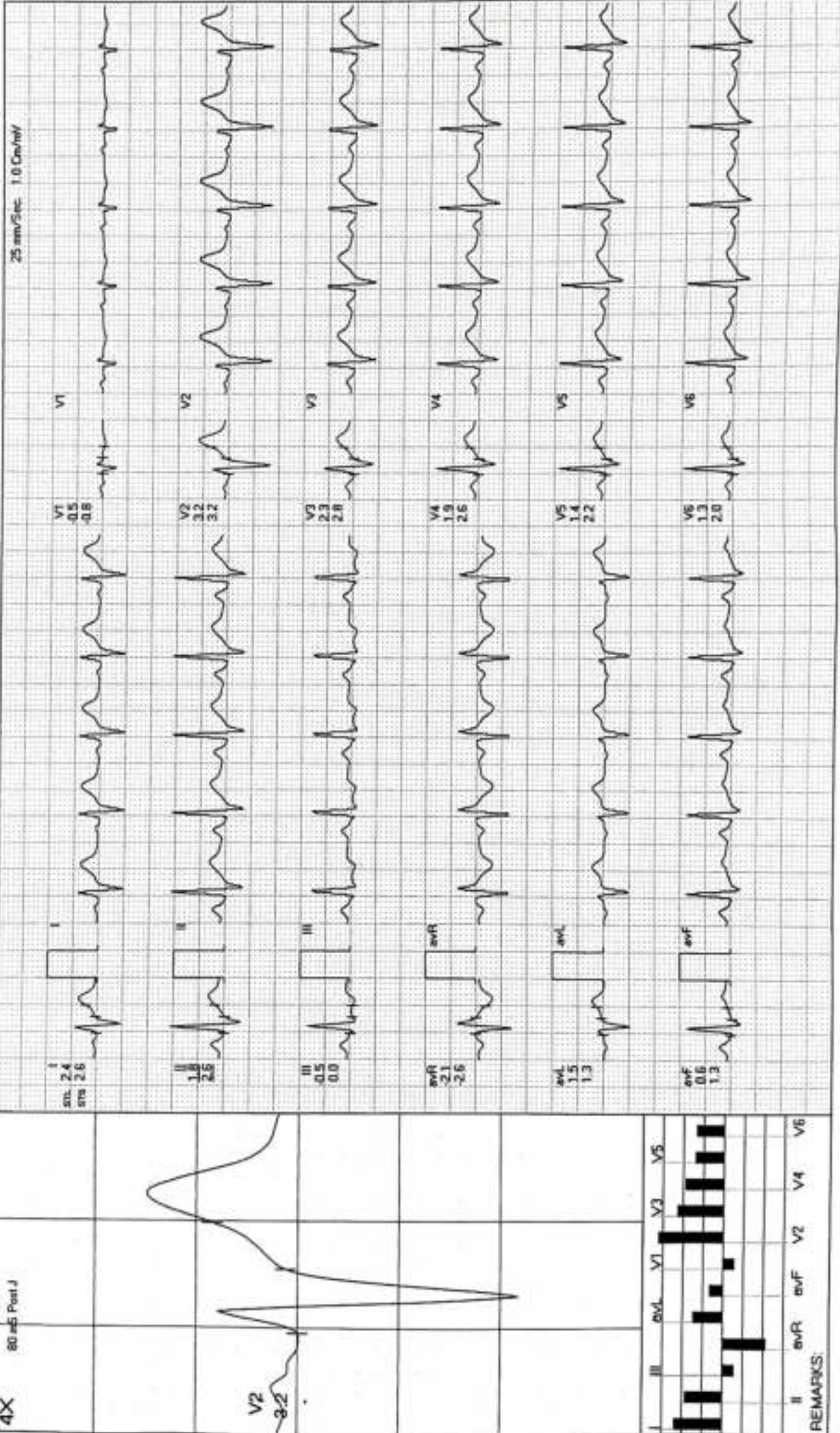
Recovery(3:00)



Date: 14-10-2023

METS: 1.0/101 bpm 54% of THR BIP: 130/84 mmHg Combined Medians/ BLC Ov/ Notch Ov/ HF 0.05 Hz/LF 35 Hz

ExTime 07:04 0.0 Kmph 0.0%



REMARKS:

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ASHUTOSH JAISWAL / 33 Yrs / M / 180 Cms / 100 Kg / HR : 105

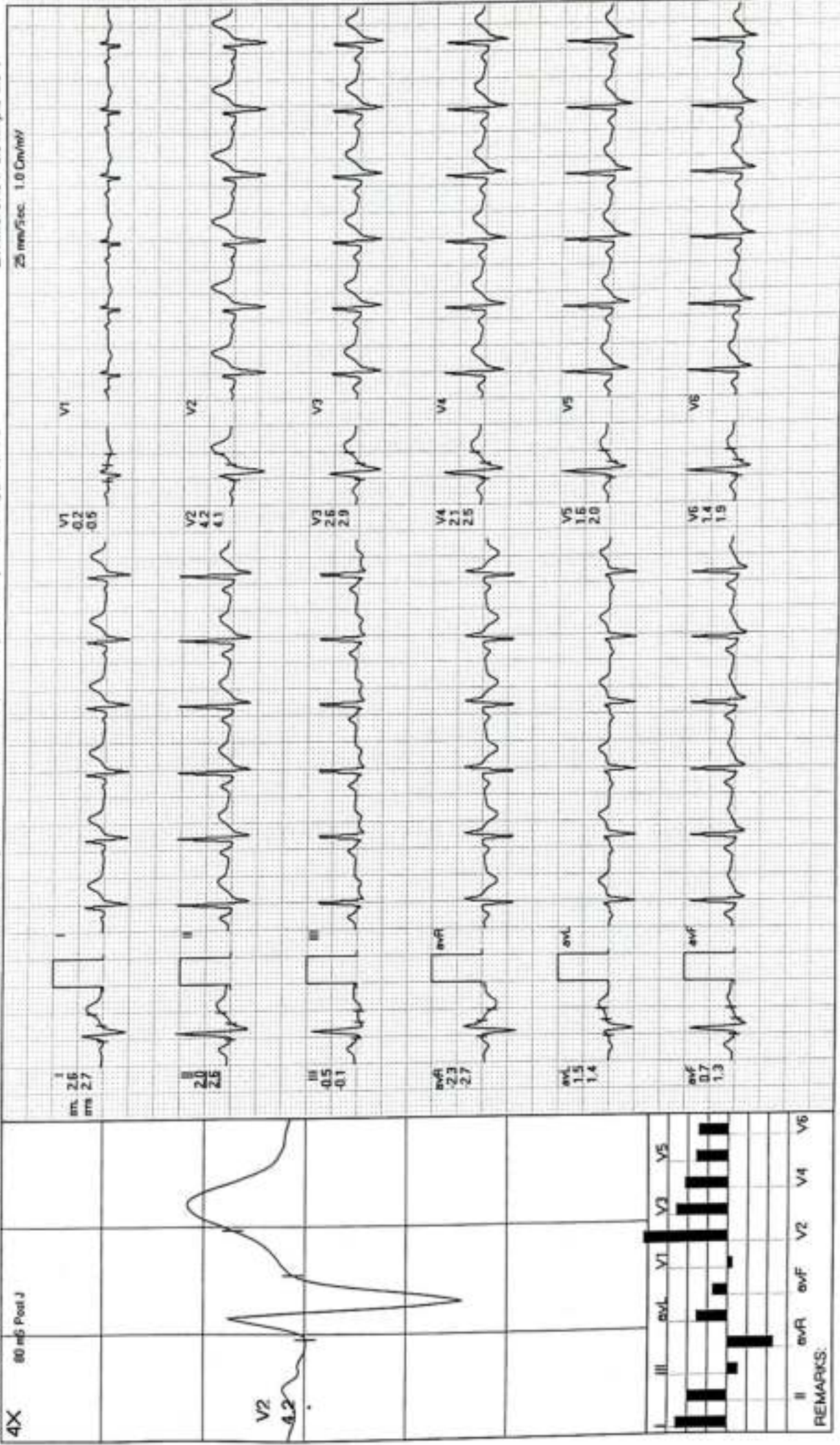
Recovery(3:10)



Date 14-10-2023

METS: 1.0/105 bpm 56% of THR BP- 126/82 mmHg Combined Medians/ ELC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime: 07:04 0.0 Kmph 0.0%





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Ph.: 0522-4008184, 4308184 • 8112323230
Mob: 7618884441, 9450389932, 817706387



TEST REQUEST ID :012310140014	SAMPLE DATE	:14/Oct/2023 08:56AM
NAME :Mr. ASHUTOSH JAISWAL	SAMPLE REC. DATE	:14/Oct/2023 08:56AM
AGE/SEX :33 YRS/MALE	REPORTED DATE	:14/Oct/2023 11:55AM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01140014

USG WHOLE ABDOMEN-MALE

Liver: is borderline enlarged in size (151 mm). Parenchymal echogenicity is increased. No focal echovariant lesion is seen. Intrahepatic biliary radicles are not dilated.

Gall Bladder: is well distended. Lumen is anechoic. Wall is of normal thickness.

CBD: is normal in diameter. Portal vein is normal in diameter.

Pancreas: is normal in size, shape and echotexture. No focal echovariant lesion is seen. Pancreatic duct is not dilated.

Spleen: is normal in size (118 mm), shape and echotexture. No focal echovariant lesion is seen. Splenic vein is normal.

Both Kidneys: are normal in size (RK- 115 x 50 mm & LK -105 x 54 mm), shape, position and excursion. Parenchymal echogenicity and echotexture is normal with maintained corticomedullary differentiation. No mass, cyst or calculi is seen. Pelvicalyceal systems are not dilated. Ureters are not dilated.

Urinary bladder: is well distended. Lumen is anechoic. Wall is of normal thickness. No mass or calculus is seen.

Prostate: is normal in size (26 x 32 x 30 mms, wt = 13.3 gms), shape and echotexture. No focal echovariant lesion is seen. Prostatic capsule appears to be intact. Median lobe is not projecting in UB lumen. Both seminal vesicles appear normal.

Both iliac fossae are clear. No obvious bowel pathology is noted.
There is no free fluid in peritoneal cavity.

OPINION: BORDERLINE HEPATOMEGALY WITH GRADE-III FATTY LIVER

Dr. Sanjay Rastogi
M.B.B.S., DCP, CRIAT (BARC)

DR. PANKAJ UPADHYAYA
Consultant Radiologist

Dr. Smita Rastogi
M.B.B.S., DCP

Results conforming to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

SAMPLE COLLECTION FACILITY AVAILABLE

Report needs clinicopathological correlation ♦ Not for Medico Legal Purpose

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Name Ashutosh Jaiswal

Age Yrs M/F

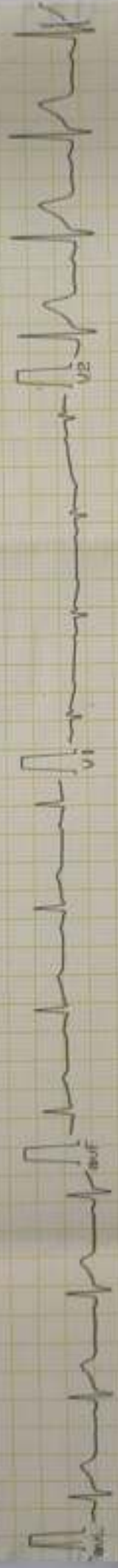
25mm/s

0.1-0.05 Hz

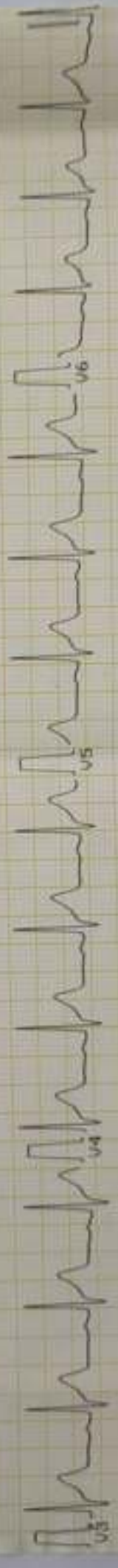
BLD



Dr.
Clacit Med. EC650-104



Dr.



Dr. AMIT KUMAR
MD
Reg. No. 44550



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Mob.: 7618884441, 9450389932, 8177063877

Date	: 14-Oct-2023		
Name	: Mr. ASHUTOSH JAISWAL	Age	: 33 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Male

Haemoglobin	15.1	gm%	14 - 17
-------------	------	-----	---------

Total Leucocyte Count	7400	Cells/cumm.	4000-11000
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Differential Leucocyte Count			
Polymorphs	55	%	45 - 70
Lymphocytes	37	%	20 - 45
Eosinophils	01	%	0 - 6
Monocytes	07	%	0 - 8
Basophils	00	%	0 - 1

Erythrocyte Sedimentation Rate (Wintrobe)			
ESR	06	mm in 1st Hr.	0 - 9
PCV	47.1	cc%	40 - 52
Corrected ESR	02	mm in 1st Hr.	0 - 9

Platelet Count	1.60	lakh/cumm.	1.5 - 4.0
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Red Cells Count	5.14	million/cmm	3.90 to 5.80
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Absolute values			
MCV	91.6	fL	77 - 97
MCH	29.4	pg	27 - 31
MCHC	32.1	gm /dl	31 - 34

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Dr. Smith Rastogi
M.B.B.S., DCP

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Mob.: 7618884441, 9450389932, 8177063877

Date : 14-Oct-2023

Name : **Mr. ASHUTOSH JAISWAL**

Age : 33 Yrs.

Ref.By : APOLLO HEALTH

Sex : Male

General Blood Picture

RBCs	RBCs are Normocytic & Normochromic. No Normoblasts are seen.
WBCs	TLC is within normal range. DLC shows normal counts. No immature cells of WBC seen.
PLATELETS	Platelets are adequate in number and morphology.
OTHERS	No haemoparasites are seen.
IMPRESSION	Normal GBP

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Dr. Smita Rastogi
M.B.B.S., DCP

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Date	: 14-Oct-2023		
Name	: Mr. ASHUTOSH JAISWAL	Age	: 33 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Male
Plasma Glucose - F GOD-POD Method	105	mg/dl	70 - 110
Plasma Glucose - PP GOD POD Method	130	mg/dl	110 - 170
Blood Group & Rh	"B" Positive		
KFT			
UREA	19.4	mg %	15 - 50
CREATININE	1.15	mg %	0.5 - 1.5
URIC ACID	5.3	mg %	2 - 7
CALCIUM	9.7	mg %	8.8 - 10.0
LFT T&D			
Total Bilirubin	0.85	mg%	0.2 - 1.0
Direct Bilirubin	0.32	mg%	0.0 to 0.40
Indirect Bilirubin	0.53	mg%	0.10 to 0.90
S.G.P.T	71	IU/L	5 - 40
S.G.O.T	56	IU/L	5 - 50
ALP	106	IU/L	40 to 129
Serum Gamma G.T.	38	IU/L	11 - 50
Urine Sugar (Fasting)	NIL		
Urine Sugar (PP)	NIL		

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Dr. Smita Rastogi
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Date	: 14-Oct-2023	Age	: 33 Yrs.
Name	: Mr. ASHUTOSH JAISWAL	Sex	: Male
Ref.By	: APOLLO HEALTH		

THYROID TEST

Tri-iodothyronine (T3)	1.82	nmol/L	0.50 to 2.50
Thyroxine (T4)	7.50	mcg/dL	5.0 to 12.5
Thyroid Stimulating Hormone (TSH)	1.93	mIU/ ml	0.3 to 6.0

=====

COMMENTS

=====

- 1) Primary hyperthyroidism is accompanied by elevated Serum T3 and T4 values along with depressed TSH levels.
- 2) Primary Hypothyroidism is accompanied by depressed serum T3 and T4 values and elevated serum TSH levels.
- 3) Normal T4 levels accompanied by high T3 levels are seen in patients with T3 thyrotoxicosis.
- 4) Slightly elevated T3 levels may be found in pregnancy and estrogen therapy, while depressed levels may be encountered in severe illness, malnutrition, renal failure and during therapy with drugs like propranolol and propylthiouracil.
- 5) Elevated TSH levels may also be indicative of TSH secreting Pituitary Tumour.

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Date	: 14-Oct-2023	Age	: 33 Yrs.
Name	: Mr. ASHUTOSH JAISWAL	Sex	: Male
Ref.By	: APOLLO HEALTH		

LIPID PROFILE

Triglycerids	120	mg%	70 - 190
S. Cholestrol S.	180	mg%	130 - 230
S. HDL Cholestrol	48.1	mg%	35 - 75
S. LDL Cholestrol	107.9	mg%	75 - 150
VLDL	24	mg%	0 - 34
Chol / HDL factor	3.74		
LDL / HDL Factor	2.24		

COMMENTS

- * Triglycerides (TG) are the main dietary lipids. Cholesterol constitutes a small part of the dietary lipids, it is mostly synthesised in the liver. Both TG and Chol. are transported through the plasma by lipoproteins (Chylomicrons, VLDL, LDL, IDL, HDL).
- * LDL is the major cholesterol particle in plasma and high levels are strongly implicated in the formation of atheroma. An increase in the LDL leads to hypercholesterolemia, and therefore a risk factor for IHD. LDL increases with age particularly in females. Oestrogen lower LDL and raise HDL. Raised chol. in females is mostly due to disturbed thyroid function.
- * Increase in VLDL leads to hyperglyceridaemia. Raised TGs are associated with increased risk of CHD. Very high TGs increase the risk of Pancreatitis. Cholesterol is often raised due to Diabetes, Renal disease, Diuretic or Betablocker therapy.

TYPES OF HYPERLIPOPROTEINEMIAS

TYPE 1: Normal cholesterol TG greatly raised	TYPE 3: Cholesterol increased TG increased
TYPE 2a: Cholesterol increased LDL increased TG normal	TYPE 4: Cholesterol normal /increased VLDL increased TG increased
TYPE 2b Chol. increased VLDL raised TG increased LDL increased	TYPE 5: Cholesterol increased LDL reduced VLDL increased TG greatly increased

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Date	: 14-Oct-2023	Age	: 33 Yrs.
Name	: Mr. ASHUTOSH JAISWAL	Sex	: Male
Ref.By	: APOLLO HEALTH		

Glycosylated Haemoglobin

Glycosylated Haemoglobin	5.8	%	4.5 TO 6.0
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INTERPRETATION AND COMMENTS

- NON DIABETIC : 4.5 to 6.0 %
- GOOD CONTROL: 6.0 to 7.0
- FAIR CONTROLLED 7.0 AND 8.0
- UNCONTROLLED 8.0 AND ABOVE

Glycosylated haemoglobin is the adducted glucose in the haemoglobin of the red blood cells, this adduction is stable for the life time of the RBC (i.e 120 days). There fore the measure of glycosylated haemoglobin reflects the average blood glucose concentration over the preseding several weeks. The sudden change in blood glucose level would not effect the glycosylated haemoglobin level ,which serves as a better marker of long term metabolic control and the efficacy of therapy.

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MODERN PATHOLOGY & DIAGNOSTIC CENTRE

Dr. R. P. Rastogi
M.B.B.S., M.D. (Path & Bact)



CLINIC :

1/4A, Vineet Khand, (Opp Jaipuria Management)
Gomti Nagar, Lucknow - 226 010
Ph.: 0522-4008184, 4308184 • 8112323230
Mob.: 7618884441, 9450389932, 8177063877

Date	: 14-Oct-2023		
Name	: Mr. ASHUTOSH JAISWAL	Age	: 33 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Male

Urine Examination

PHYSICAL			
Colour	Straw		
Turbidity	Nil		
Deposit	Nil		
Reaction	Acidic		
*Specific Gravity	1.010		
CHEMICAL			
Protein	Nil		
Sugar	Nil		
*Bile Salts	Nil		
*Bile Pigments	Nil		
Phosphate	Nil		
MICROSCOPIC			
Pus Cells	Nil	/hpf	
Epithelial Cells	Occasional	/hpf	
Red Blood Cells	Nil	/hpf	
Casts	Nil		
Crystals	Nil		
Others	Nil		

Dr. Sanjay Rastogi
Page 51 End Of Report
M.B.B.S., DCP, CRIAT (BARC)

Dr. Smita Rastogi
M.B.B.S., DCP

Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

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TEST REQUEST ID	:012310140014	SAMPLE DATE	:14/Oct/2023 08:56AM
NAME	:Mr. ASHUTOSH JAISWAL	SAMPLE REC. DATE	:14/Oct/2023 08:56AM
AGE/SEX	:33 YRS/MALE	REPORTED DATE	:14/Oct/2023 01:25PM
REFERRED BY	: Apollo Health and Lifestyle Limited,	BARCODE NO	:01140014

XRAY CHEST PA

- Trachea is central in position.
- Bilateral lung fields are normally aerated.
- Both hilar shadows are normal.
- Both C.P. angles are clear.
- Cardiac shadow is within normal limits.
- Bony cage appears normal.

OPINION: NORMAL STUDY.

Please correlate clinically.

*** End Of Report ***

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DR. PANKAJ UPADHYAYA

Dr. Smita Rastogi
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Ph.: 0522-4008184, 4308184 • 8112323230
Mob.: 7618884441, 9450389932, 8177063877

Registration Date 14/10/2023
Name : Mr Ashutosh jaiswal
Ref By: Apollo Health

Age : 33 Sex: M

Dr. H. S. Kholia
M.B.B.S., D.O.M.S.
Consultant Ophthalmologist
Registration No.: 34062 (M.C.I., U.P.)

EYES EXAMINATION REPORT

EYE SIGHT	DISTANT VISION		NEAR VISION	
	RIGHT	LEFT	RIGHT	LEFT
WITHOUT GLASSES	6/36	6/36	N-6	N-6
WITH GLASSES	6/6	6/6		
POWER OF GLASSES IF USED	-5.50	-6.25		
FUNDUS	NORMAL			
COLOR VISION	Present Normal according to ISHIHARA'S CHART			
PUPILS	Normally reacting to light and accommodation			



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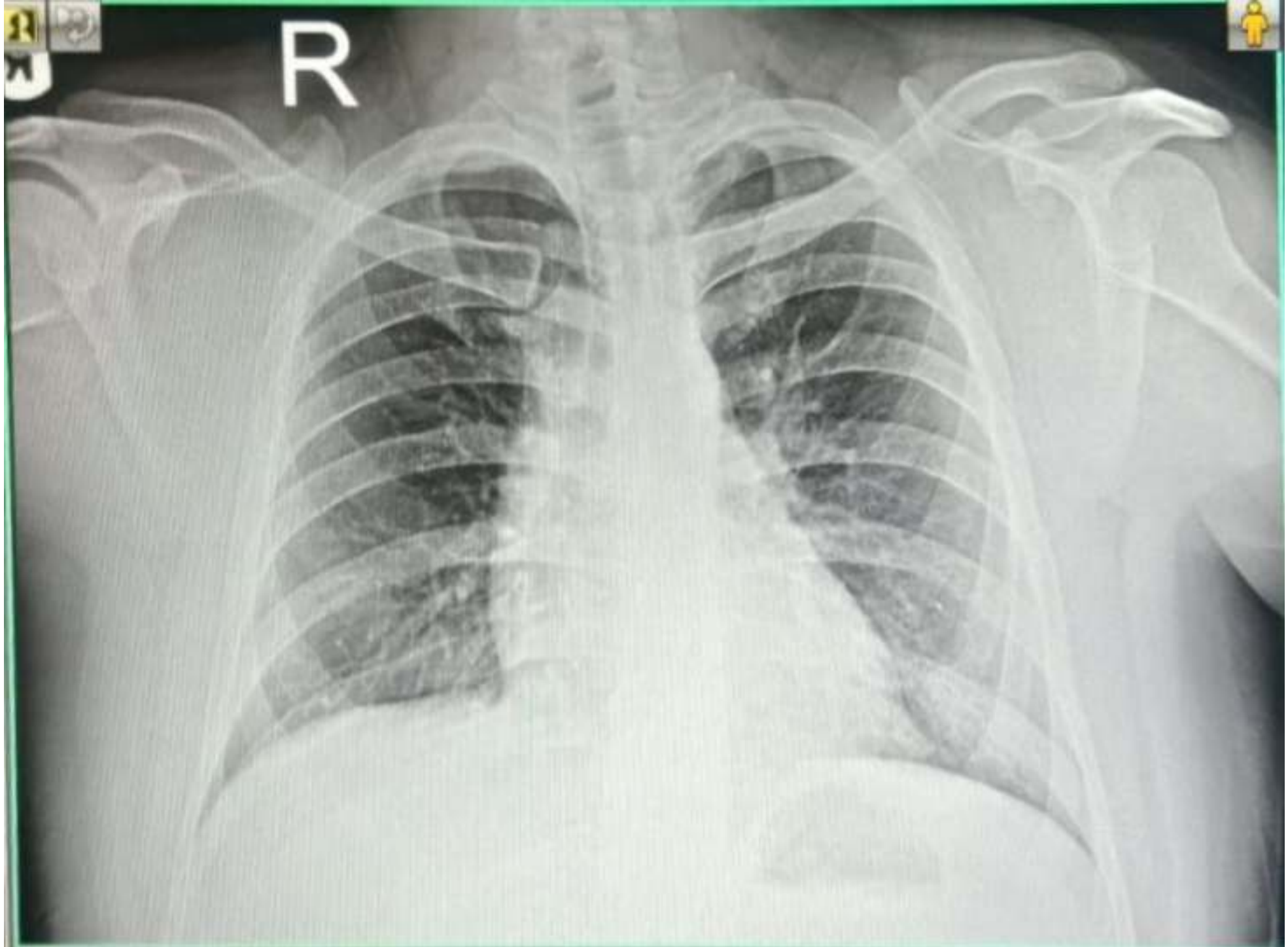
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