

Namaste Ms. NISHTHA VASHISTH,

Thank you for choosing Apollo ProHealth, India's first AI-powered health management program, curated to help you make positive health shifts. Being healthy is about making smart choices, and you have taken the first step with this program. We are privileged to be your healthcare partner. Your health is our priority.

We are with you on your path to wellness by:

Predicting your risk: Artificial Intelligence-powered predictive risk scores are generated, based on your personal, medical, and family history and detailed multi-organ evaluation of your body through diagnostic and imaging tests.

Preventing onset or progress of chronic lifestyle diseases: Your Health Mentor is available to help you understand your physician's recommendations and helping you handle any concerns (complimentary service up to one year)

Overcoming barriers to your wellbeing: Your Health Mentor will help you set your health goals and guide you with tips to stay on track. We will also, digitally remind you to proactively prioritize your health.

Through this report, you will be able to understand your overall health status, your health goals and the recommendations for your path to wellness. Your Health Report will include the following:

- Your medical history and physical examination reports
- Results from your diagnostic and imaging tests
- AI powered health risk scores
- Your physician's impression and recommendations regarding your overall health
- Your personalized path to wellness, including your follow-up assessments and vaccinations

We have reviewed the results of the tests and have identified some areas for you to act on. We believe that with focus and targeted interventions, you can be healthier and happier.

Scan the QR code to download the Apollo 247 App

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You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via www.apollo247.com or through the Apollo 24*7 mobile app. You can avail 30% discount on additional tests and follow-up tests at Apollo Hospitals within one week. You may call your Health Mentor on 04048492633 or email at prohealthcare@apollohospitals.com

Stay Healthy and happy! 😊
Apollo ProHealth Care team

Disclaimer: The services offered in the program may vary depending on any prior mutual agreements between guests and the facility/unit.

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Name : Ms. NISHTHA VASHISTH (30 /F)

Date : 30/03/2023



Address :

Organization is Accredited by Joint Commission International

UHID : AHIL.0000856688

AHC No : AHILAH202467

Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Chief Complaints

For Annual health checkup
No specific complaints



Systemic Review

- Cardiovascular system : - Nil Significant
- Respiratory system : - Nil Significant
- Oral and dental : - Nil Significant
- Gastrointestinal system : - Nil Significant
- Genitourinary system : - Nil Significant
- Gynaec history : - Nil Significant
- Central nervous system : - Nil Significant
- Eyes : - Nil Significant
- ENT : - Nil Significant
- Musculoskeletal system :
Spine and joints : - Nil Significant
- Skin : - Nil Significant
- General symptoms : - Nil Significant



Past medical history

- Do you have any allergies? - No
- Do you have any drug allergies? - No



Surgical history

- Caesarian section - 2019 & 2022
- Fracture - LEFT ELBOW



Personal history



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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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- Ethnicity** - Indian Asian
- Marital status** - Married
- No. of children** - 2
- Female** - 1
- Male** - 1
- Diet** - Vegetarian
- Alcohol** - does not consume alcohol
- Smoking** - No
- Chews tobacco** - No
- Physical activity** - Moderate



Family history

- Father** - alive
- Aged** - 55
- Mother** - alive
- Aged** - 52
- Brothers** - 2
- Diabetes** - mother
- Hypertension** - father,mother
- Coronary artery disease** - none
- Cancer** - None

Physical Examination



General

- General appearance** - normal
- Build** - normal
- Height** - 161
- Weight** - 60.5
- BMI** - 23.34
- Pallor** - No
- Oedema** - no



Cardiovascular system

- Heart rate (Per minute)** - 71





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System

- Regular
- B.P. Supine
- Systolic(mm of Hg) - 124
- Diastolic(mm of Hg) - 86
- Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds

 **Abdomen**

Organomegaly - No

Tenderness - No

Printed By : MUKTA S ADALTI

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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range
Volume	25	mL		
Specific Gravity	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	7			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occasional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	1-2 /h.p.f			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	11.5 *	gm%	●	12-16
Packed cell volume(Calculated)	34.9 *	%	●	36-46
RBC COUNT (Impedance)	3.83	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	91	fl	●	80-100
MCH(Calculated)	29.95	pg	●	27-32
MCHC(Calculated)	32.9	%	●	31-36
RDW(Calculated)	14	%	●	11.5-14.5
WBC Count (Impedance)	5296	/cu mm	●	4000-11000

● Within Normal Range ● Borderline High/Low ● Out of Range

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Neutrophils	49	%	●	40-75
Lymphocytes	43 *	%	●	20-40
Monocytes	6	%	●	2-10
Eosinophils	2	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	250500	/cu mm	●	150000-450000
MPV (Calculated)	8.9	fl	●	7-11
RBC:	Anemia			
WBC:	As mentioned.			
Platelets:	Adequate on the smear			
Parasite	No Parasites Seen			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	28 *	mm/1st hr	●	0-20

URINE GLUCOSE(FASTING)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

URINE GLUCOSE(POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	A Positive			

LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	16	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	74	U/L	●	Adult(Female): 35 - 104

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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AST (SGOT) - SERUM	16	U/L	●	>1 year Female : <32
Total Bilirubin	0.471	mg/dL	●	0.300-1.200
Direct Bilirubin	0.17	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.3	mg/dL	●	1 Day ≤5.1 mg/dL 2 Days ≤7.2 mg/dL 3-5 Days ≤10.3 mg/dL 6-7 Days ≤8.4 mg/dL 8-9 Days ≤6.5 mg/dL 10-11 Days ≤4.6 mg/dL 12-13 Days ≤2.7 mg/dL 14 Days - 9 Years 0.2-0.8 mg/dL 10-19 Years 0.2-1.1 mg/dL ≥20 Years 0.2-1.2 mg/dL

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.58	mg/dL	●	Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	11	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	98	mg/dL	●	70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance ≥= 126 : Diabetes Mellitus

GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	105	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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● Within Normal Range ● Borderline High/Low ● Out of Range



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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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glycosylated Hemoglobin (HbA1c)

5.2

%



Normal < 5.7

%Increased risk for Diabetes 5.7 - 6.4%

Diabetes >= 6.5%

Monitoring criteria for Diabetes Mellitus <7.0 : Well Controlled Diabetes 7.1 - 8.0 : Unsatisfactory Control > 8.0 : Poor Control & Needs Immediate Treatment

Estimated Average Glucose.

102

LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.19	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.19	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.3	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.3	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.9		●	2.20-4.20
Globulin-Serum/Plasma	2.9		●	2.20-4.20
A/G ratio	1.00		●	1.00-2.00
A/G ratio	1.00		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.9	nmol/L	●	Adults(20-120 Yrs): 1.2 - 3.1 Pregnant Female : First Trimester : 1.61 - 3.53 Second Trimester : 1.98 - 4.02 Third Trimester : 2.07 - 4.02
TOTAL T4: THYROXINE - SERUM	84	nmol/L	●	Adults(20-100 Yrs):66 - 181 Pregnant Female : First Trimester : 94.3 - 190 Second Trimester : 102 - 207 Third Trimester : 89 - 202
TSH: THYROID STIMULATING HORMONE - SERUM	1.01	µIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range





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URIC ACID - SERUM

Uric acid is a product of the metabolic breakdown of purine. High blood concentrations of uric acid can lead to gout. It is also associated with other medical conditions including diabetes and the formation of kidney stones.

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	5.0	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	6	mg/dL	●	6-20
UREA - SERUM / PLASMA	15	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	131	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	47	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	47 *	mg/dL	●	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	82	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	9		●	< 40 mg/dl
C/H RATIO	3		●	0-4.5

X-RAY CHEST PA

X-ray imaging creates pictures of the inside of your body. Chest X-ray can reveal abnormalities in the lungs, the heart, and bones that sometimes cannot be detected by examination.

NORMAL STUDY.

● Within Normal Range ● Borderline High/Low ● Out of Range





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Date : 30/03/2023

AHC No : AHILAH202467



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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

Histopathology

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

CARDIOLOGY

ECHO/TMT

ECG



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary



- .BODY WEIGHT 60.5 KG,DEAL BODY WEIGHT 49-59 KG
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 8:05 ,WORKLOAD 10.10 METS
- .USG ABDOMEN - RIGHT KIDNEY IS NOT SEEN IN RIGHT RENAL FOSSA BUT SEEN IN PERIUMBILICAL REGION ON RIGHT SIDE SUGGESTIVE OF ECTOPIC KIDNEY
- .CHEST X-RAY - NORMAL
- .EYE – NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET---
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-



- REGULAR WALK FOR 30 MINS FOR HEALTH,
- 60 MINS WALK FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 49-59 KG

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam
Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

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Note :- The Health Check-up examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the Consulting Physician. Additional tests, consultations and follow up may be required in some cases.



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RADIOLOGY

Patient Details : Ms. NISHTHA VASHISTH | Female | 30Yr 11Mth 12Days
UHID : AHIL.0000856688 **Patient Location:** AHC
Patient Identifier: AHILAH202467 
DRN : 223017943 **Completed on :** 30-MAR-2023 10:07
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform normal echotexture. No evidence of focal or diffuse pathology seen. Intra and extra hepatic biliary radicles are not dilated. Portal vein is normal in calibre. Intrahepatic portal radicles appear normal.

Gall bladder appears normal with no evidence of calculus. Wall thickness appears normal. No evidence of pericholecystic collection.

Visualized Head and body of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 10 cms and shows uniform echotexture.

Right kidney is not seen in right renal fossa but seen in periumbilical region on right side suggestive of ectopic kidney.

Right kidney measures 9.4 x 3.7 cm

Left kidney measures 10.1 x 5.2 cm

Both kidneys show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. No evidence of calculi. Pelvicalyceal system on both sides appear normal.

No evidence of ascites or lymphadenopathy.

Urinary bladder is normal in contour and outline. Wall thickness appears normal. No evidence of any intraluminal pathology seen.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal. Endometrial thickness is 13 mm.

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Reported By : 717876

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Ms. NISHTHA VASHISTH

AHIL.0000856688

AHILAH202467

USG WHOLE ABDOMEN

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

Right kidney is not seen in right renal fossa but seen in periumbilical region on right side suggestive of ectopic right kidney.

— END OF THE REPORT —

S.S. Parmar

SIDDHARTH S PARMAR

Medical Officer

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RADIOLOGY

Patient Details : Ms. NISHTHA VASHISTH | Female | 30Yr 11Mth 12Days
UHID : AHIL.0000856688 **Patient Location:** AHC
Patient Identifier: AHILAH202467 
DRN : 123041764 **Completed on :** 30-MAR-2023 09:37
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

FINDINGS :

Lung fields are clear.
 Cardio thoracic ratio is normal.
 Both costophrenic angles are clear.
 Domes of diaphragm are well delineated.
 Bony thorax shows no significant abnormality.

IMPRESSION

NORMAL STUDY.

— END OF THE REPORT —



AKSHAY SHARMA

Medical Officer

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Page 1 of 1

Place Label Here
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If label not available, write Pt. Name, IP No/UHID, Age, Sex, Date, Name of Treating Physician

DENTISTRY

Name : *N/A* Date : Unit No. :
 Occupation : Ref. Physician :
 Age : Sex : Male Female Copies to :

DENTAL RECORD

ALLERGIES : *N/A*
 PAIN : Score (0-10) *0* Location : Character :
 DENTAL CLEANING HABIT
 Once Twice Occasionally
 Brush Finger Stick Any other
 Tooth Paste Powder Any other
 DO THE GUMS BLEED WHEN YOU BRUSH YOUR TEETH? Yes No
 ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No
 ORAL HYGIENE Good Fair Poor

ORAL TISSUE EXAMINATION	PERIODONTAL EXAMINATION	OCCLUSION																																																																																
NORMAL FINDINGS IN DISEASE Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other :	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>MILD</th> <th>MOD</th> <th>SEV</th> </tr> </thead> <tbody> <tr> <td>Gingivitis</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Calculus</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Recession</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Periodontal Pockets</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Attrition</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Erosion</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Mobility</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		MILD	MOD	SEV	Gingivitis	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calculus	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Recession	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Periodontal Pockets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Erosion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mobility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>CLASS</th> <th>I</th> <th>II</th> <th>III</th> </tr> </thead> <tbody> <tr> <td>CROSSBITE</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Hypoplasia</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Impaction</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Non-vital</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Fracture</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Abcess</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Ulcers</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Caries</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Missing Teeth</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Supernumerary</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Others</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	CLASS	I	II	III	CROSSBITE				Hypoplasia				Impaction				Non-vital				Fracture				Abcess				Ulcers				Caries				Missing Teeth				Supernumerary				Others			
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PRESENT COMPLAINT : *Route cleaning*

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy
N/A



Place Label Here

If label not available, write Pt, Name, IP No/UHID, Age, Sex, Date, Name of Treating Physician

OBSTETRICS & GYNAECOLOGY - AHC

Name :	AHIL.0000856688	Date : 30/3/23	Unit No. :
Occupation	Ms. NISHTHA VASHISTH	Ref. Physician : Dr. Vandana Sinha	
Age :	30 Year(s) / Female	Copies to :	



GYNAEC CHECK UP

Chief Complaint:

None, P2+0

Children: 2, 2 ♀ 2 ♂

Weight:

Deliveries: 2 LSCS

BP:

Last Child: Fch / 10 months / LSCS

Abortions: None

Breasts: Normal (on breastfeeding)

Periods: Regular 4-5 days / 28

PAP Smear: Tuber

LMP: 11/03/23

Previous Medical H/O:

Menopause: -

None

G. Condition: Fit

P.H/O: HTN, DM.

P/A: Soft

Previous Surgical H/O:

S/E: -

Surgery for left elbow fracture

P/V: Uterus: Could not be assessed as Cervix: Very high.

25 years ago.

P/R: - felt heavy.

Impression:

Vandana Sinha

Doctor Signature

Date & Time

30/3/23

OPHTHALMIC EXAM

AHIL.0000856688

ORDS

Name :

Ms. NISHTHA
VASHISTH

Date :

30/3/23

UHID :

30 Year(s) / Female



Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

Right Eye :

NS

Left Eye :

NS

APLN.TN – Right Eye

R

Left Eye –

14

mmHg

Normal

Both Eye – Colour Vision

Normal

Both Eye – Anterior Segment Examinations –

Normal

Both Eye Posterior Segment Examinations –

Normal

Doctor's Signature



Ophthalmologist Name

Born 18-Apr-92 30 Years

Female

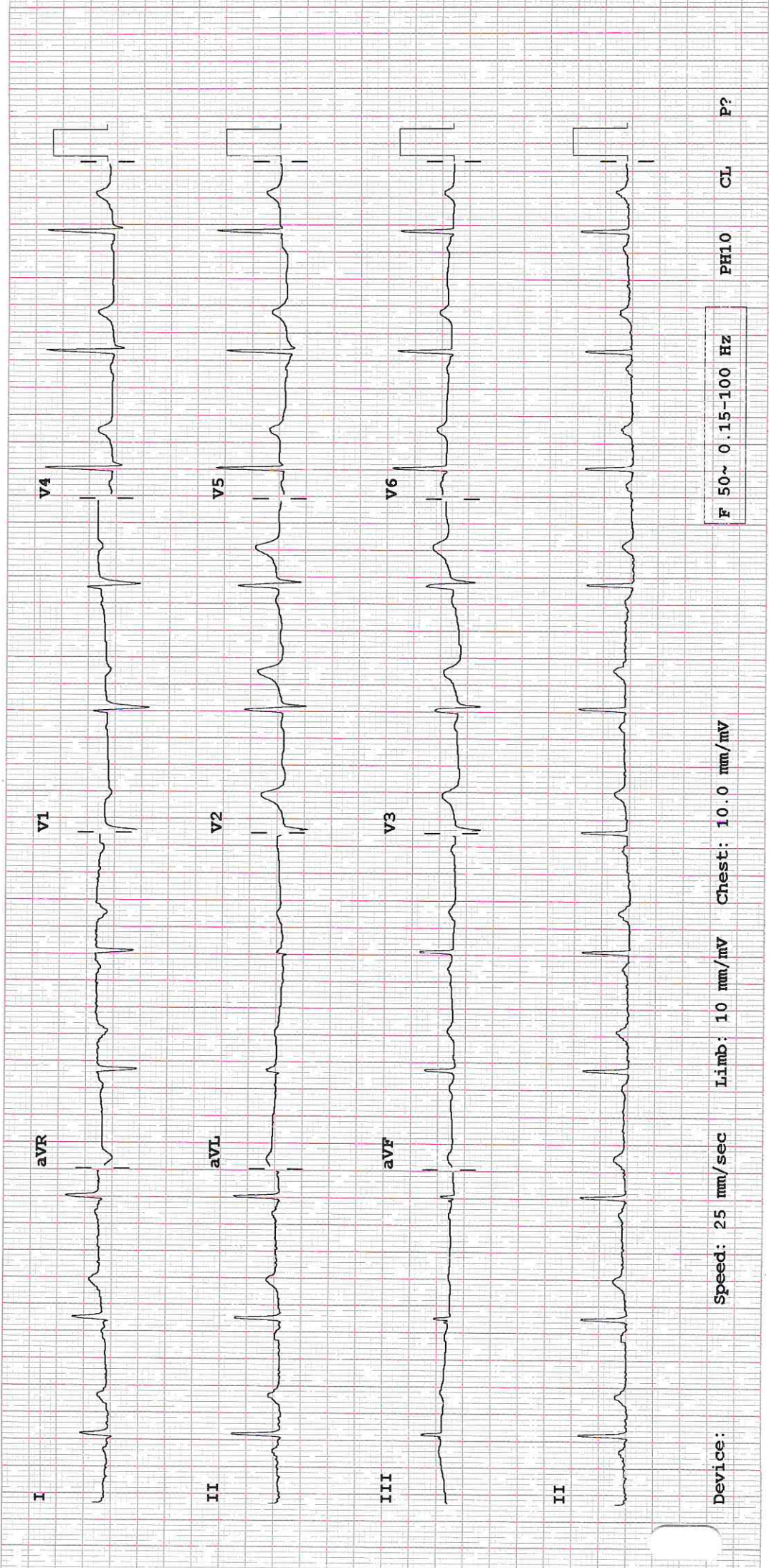
Rate 67

PR 136
QRSD 91
QT 399
QTc 422

--AXIS--

P 52
QRS 44
T 30

12 Lead; Standard Placement



Device: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

F 50~ 0.15-100 Hz

PH10 CL P?

APOLLO HOSPITAL
BHAT
AHMEDABAD

Station
Telephone:

EXERCISE STRESS TEST REPORT

Patient Name: VASHISTH, MS.NISHTA
Patient ID: 856688
Height: 161 cm
Weight: 60.5 kg

DOB: 18.04.1992
Age: 30 yrs
Gender: Female
Race: Asian

Study Date: 30.03.2023
Test Type: --
Protocol: BRUCE

Referring Physician: --
Attending Physician: --
Technician: MS. KHUSHALI. C. SUCHAK

Medications:
--

Medical History:
--

Reason for Exercise Test:
--

Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed [mph]	Grade [%]	HR [bpm]	BP [mmHg]	Comment
PRETEST	SUPINE	00:12	0.00	0.00	76		
	STANDING	00:53	1.00	0.00	83	120/80	
EXERCISE	STAGE 1	03:00	1.70	10.00	117	120/84	2:06 No symptoms
	STAGE 2	03:00	2.50	12.00	139	130/86	5:33 No symptoms
	STAGE 3	02:06	3.40	14.00	171	140/90	7:47 Fatigue
RECOVERY		04:14	0.00	0.00	96	120/86	3:42 No symptoms

The patient exercised according to the BRUCE for 8:05 min:s, achieving a work level of Max. METS: 10.10. The resting heart rate of 75 bpm rose to a maximal heart rate of 171 bpm. This value represents 90 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 140/90 mmHg. The exercise test was stopped due to Fatigue, Target heart rate achieved.

Interpretation

--

Conclusions

TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD.
NORMAL HR AND NORMAL BP RESPONSE.
NO ANGINA // ARRHYTHMIA DURING TEST.
NO SIGNIFICANT ST-T CHANGES SEEN DURING EXERCISE AND RECOVERY.
TEST TERMINATED DUE TO THR ACHIEVED & FATIGUE.
GOOD EFFORT TOLERANCE.

Physician _____

Technician _____