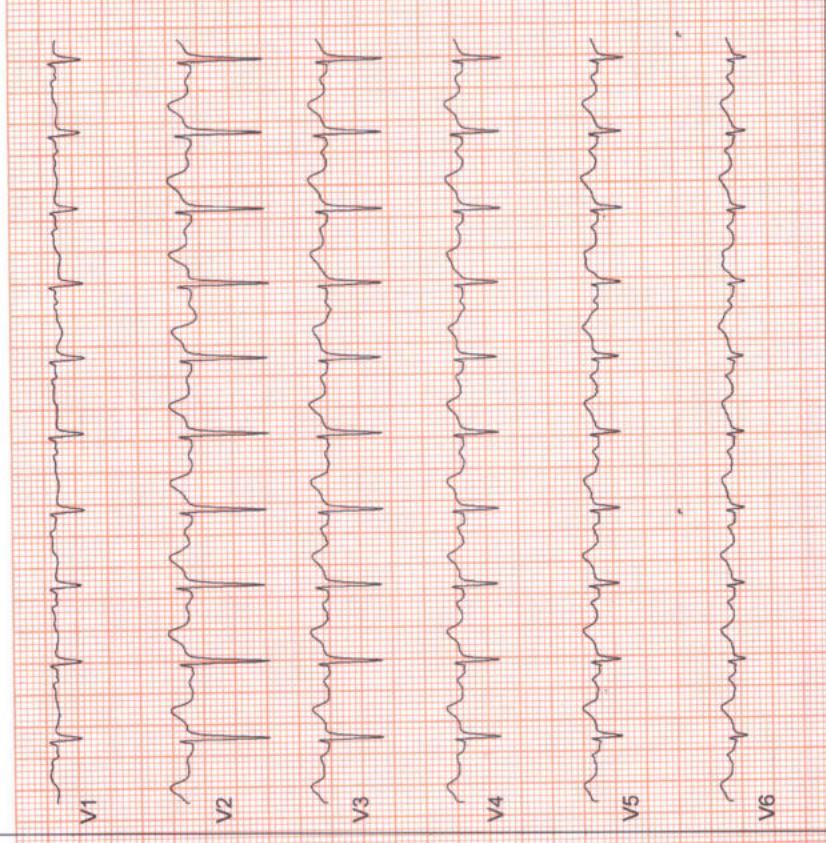
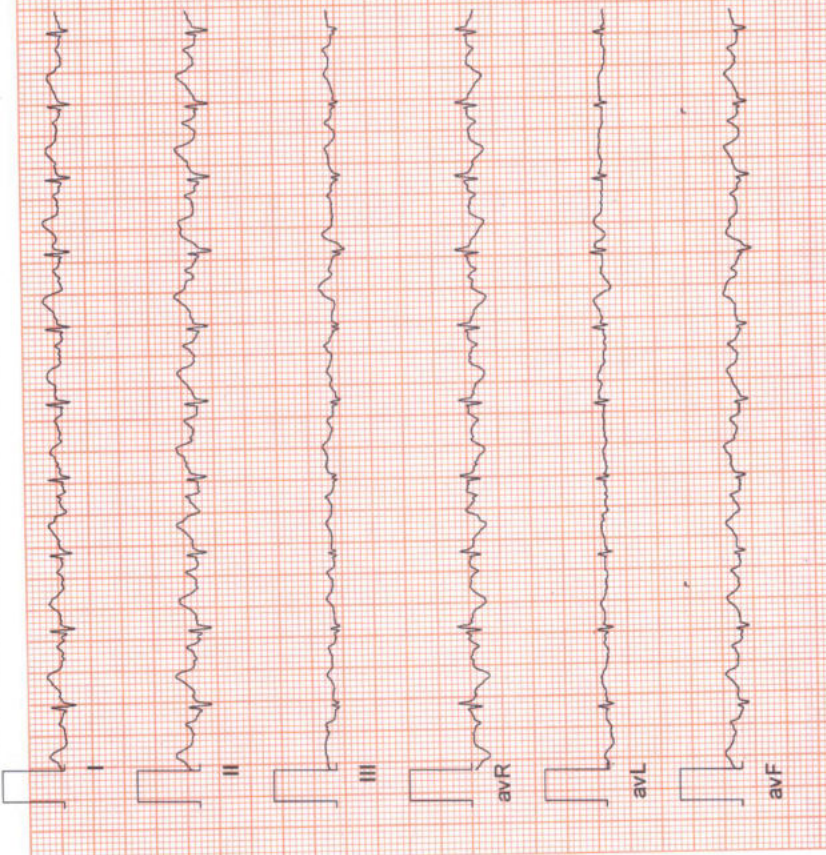




Date: 30-03-2023 12:26:24 PM METs : 1.0 HR : 109 Target HR : 58% of 189 BP : 114/74 ExTime : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

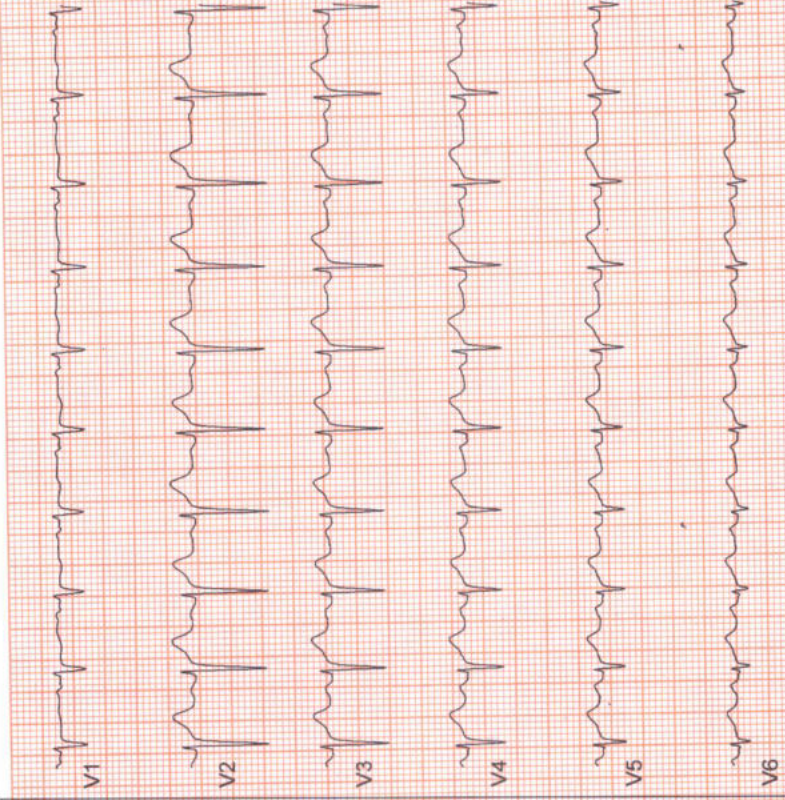
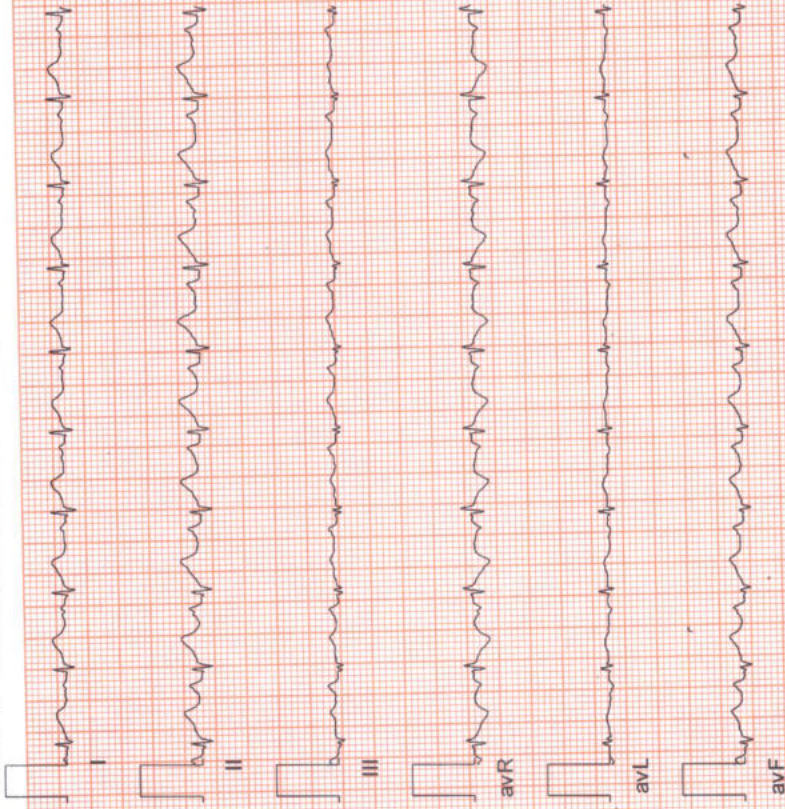
530 / ROSHAN KUMAR / 31 Yrs / Male / 162 Cm / 70 Kg

**6 x 2 + Rhythm**  
BRUCE: Standing(0:18)



Date: 30-03-2023 12:26:24 PM METs : 1.0 HR : 114 Target HR : 60% of 169 BP : 114/74

Ex Time : 00:00 0.0 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

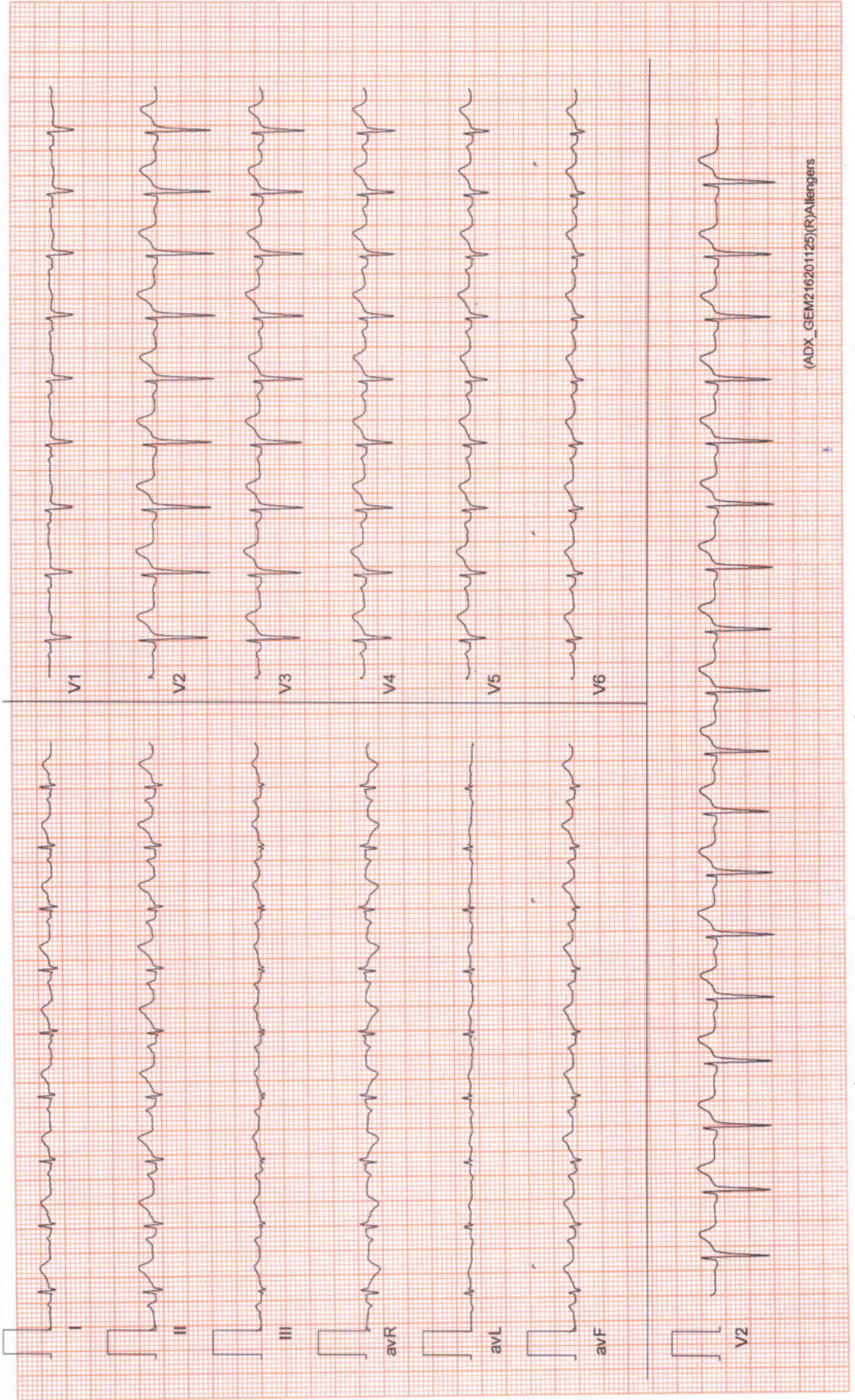
530 / ROSHAN KUMAR / 31 Yrs / Male / 162 Cm / 70 Kg

**6 x 2 + Rhythm**  
BRUCE:HV(0:17)



Date: 30-03-2023 12:26:24 PM METs : 1.0 HR : 109 Target HR : 58% of 189 BP : 114/74

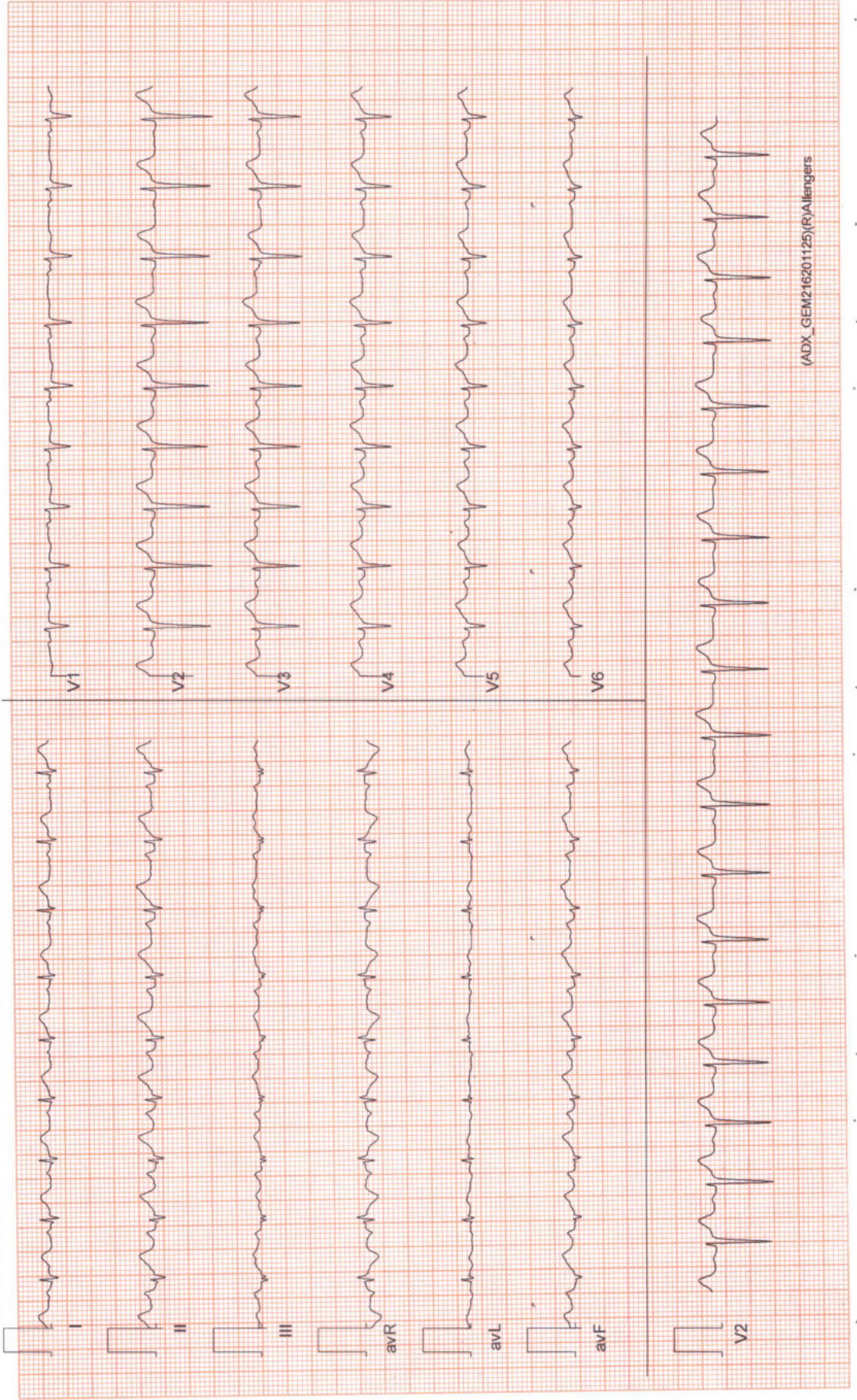
ExTime : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





Date: 30-03-2023 12:26:24 PM METs : 1.0 HR : 105 Target HR : 56% of 189 BP : 114/74

ExTime : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



**ZENA HEALTHCARE**

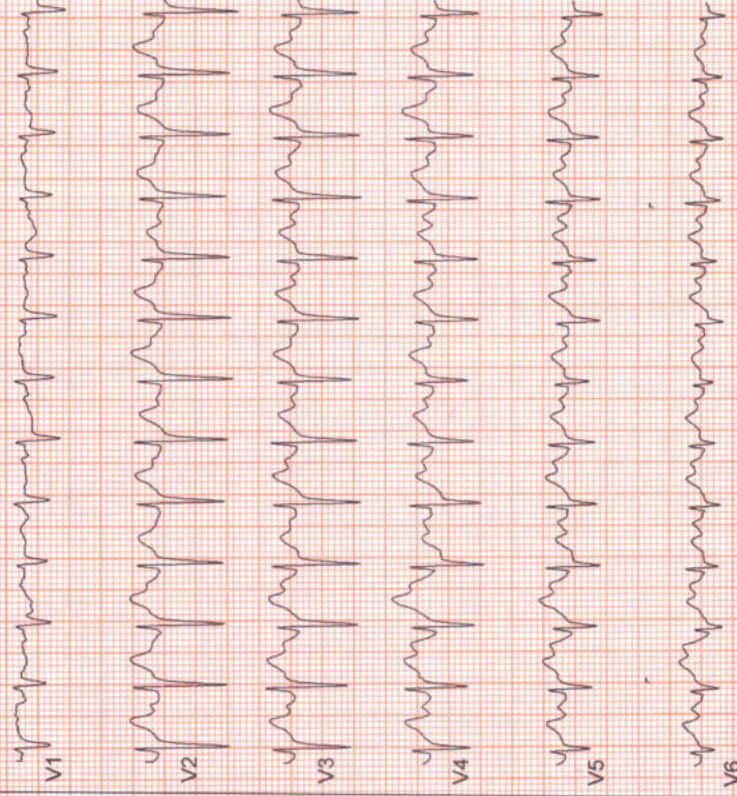
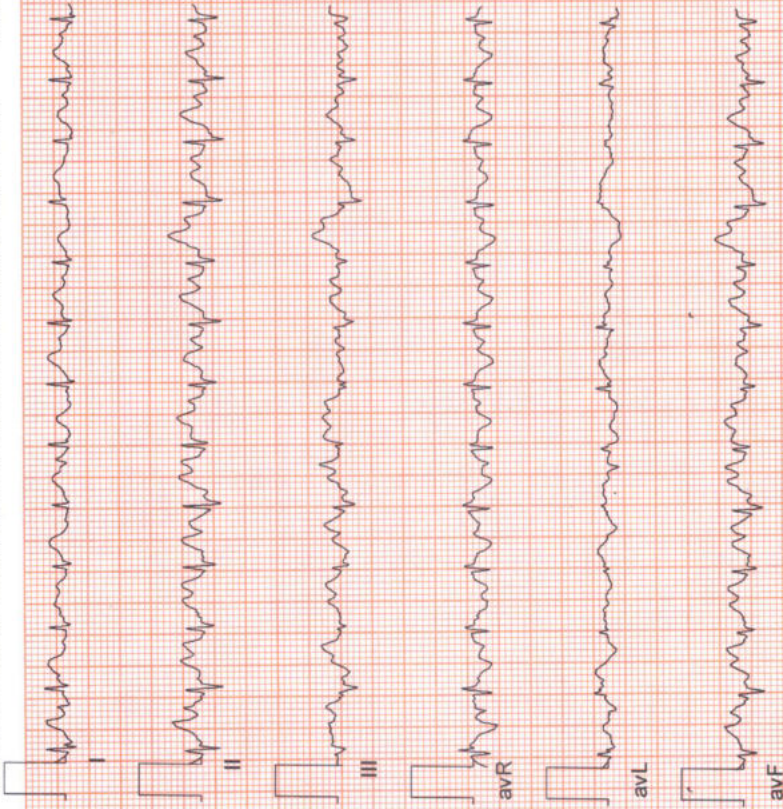
SAHIDNAGAR, BHUBANESWAR

530 / ROSHAN KUMAR / 31 Yrs / Male / 162 Cm / 70 Kg

**6 x 2 + Rhythm**  
BRUCE: Stage 1 (3:00)



Date: 30-03-2023 12:26:24 PM METs: 4.7 HR: 151 Target HR: 80% of 189 BP: 115/76 ExTime: 03:00 1.7 mph 10.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz LF 35 Hz



**ZENA HEALTHCARE**

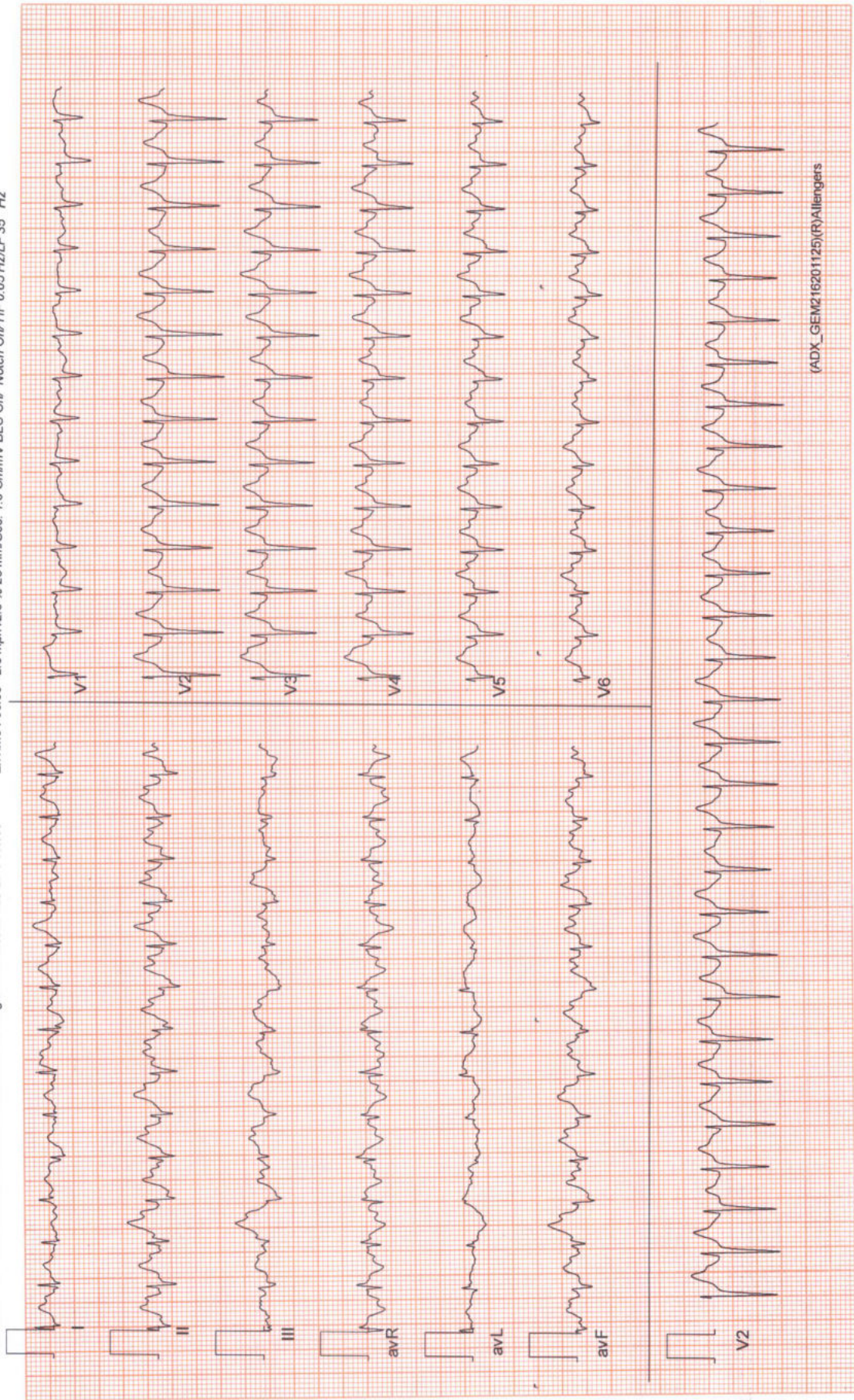
SAHIDNAGAR, BHUBANESWAR

530 / ROSHAN KUMAR / 31 Yrs / Male / 162 Cm / 70 Kg

**6 x 2 + Rhythm**  
BRUCE: Stage 2(3:00)



Date: 30-03-2023 12:26:24 PM METs : 7.1 HR : 167 Target HR : 88% of 189 BP : 117/77 ExTime : 06:00 2.5 mph 12.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



(ADX\_GEM216201125)(R)/Allengers

**ZENA HEALTHCARE**

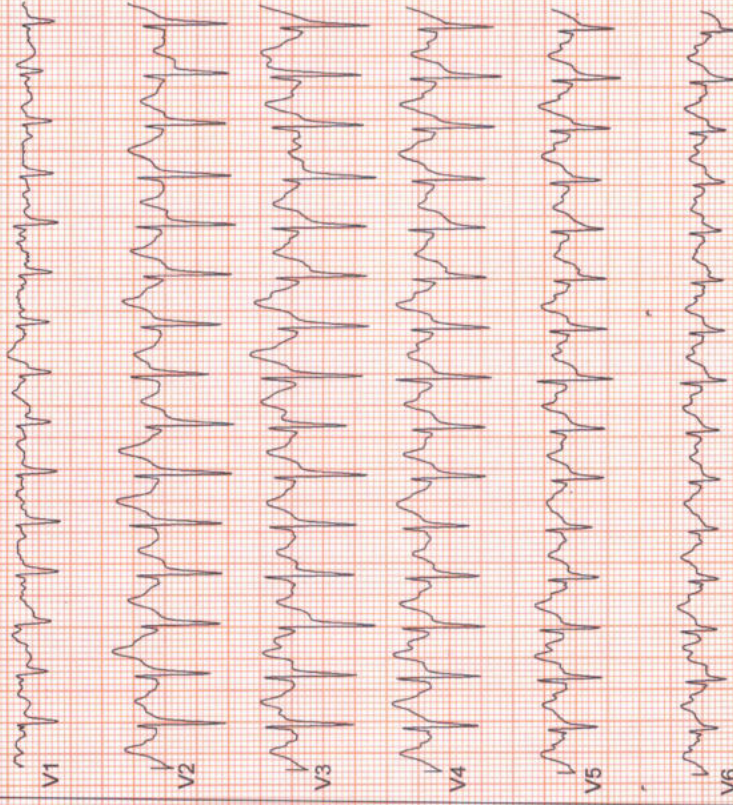
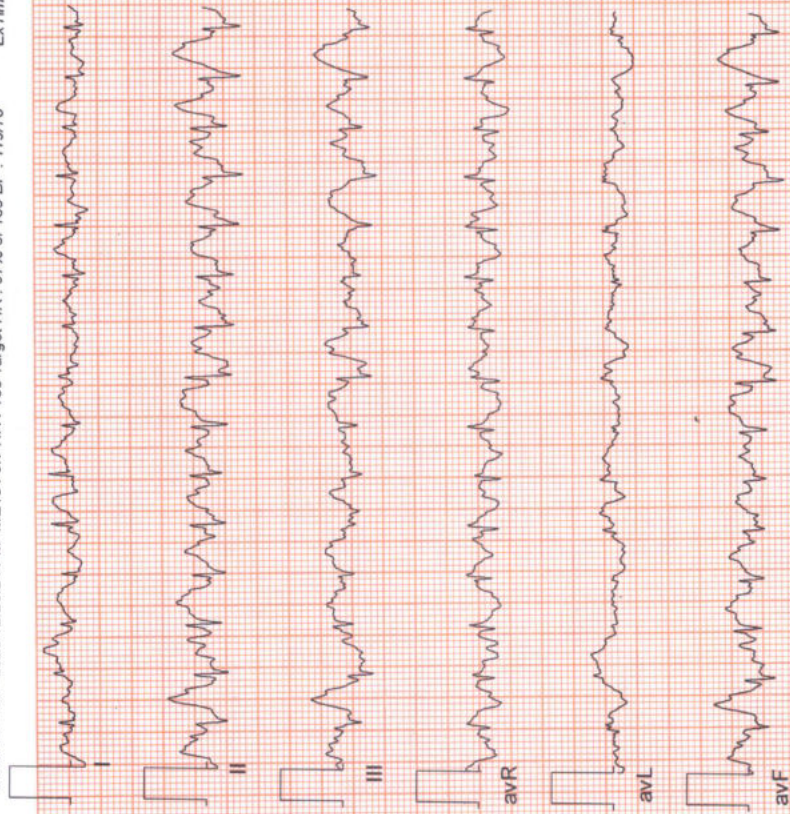
SAHIDNAGAR, BHUBANESWAR

530 / ROSHAN KUMAR / 31 Yrs / Male / 162 Cm / 70 Kg

**6 x 2 + Rhythm**  
PeakEX



Date: 30-03-2023 12:26:24 PM METs : 9.7 HR : 183 Target HR : 97% of 189 BP : 119/78 ExTime : 08:30 3.4 mph 14.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz LF 35 Hz



(ADX\_GEM216201125)(R)Allengers

**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

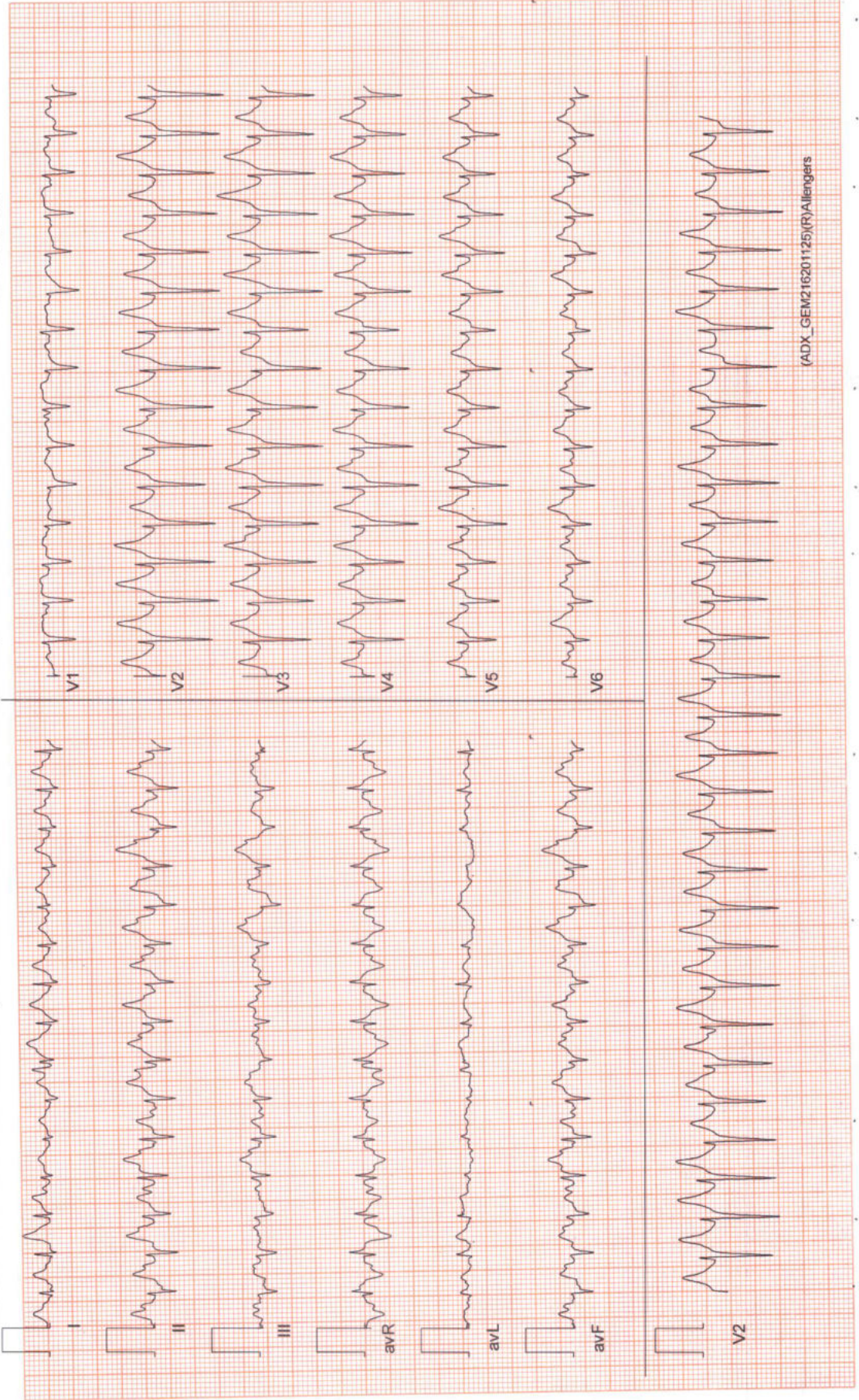
530 / ROSHAN KUMAR / 31 Yrs / Male / 162 Cm / 70 Kg

**6 x 2 + Rhythm  
Recovery(0:30)**



Date: 30 - 03 - 2023 12:26:24 PM METs : 4.2 HR : 182 Target HR : 96% of 189 BP : 119/78

ExTime : 08:30 1.1 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/HF 0.05 Hz/LF 35 Hz





**ZENA HEALTHCARE**

SAHIDNAGAR, BHUBANESWAR

530 / ROSHAN KUMAR / 31 Yrs / Male / 162 Cm / 70 Kg

**6 x 2 + Rhythm**  
Recovery(1:00)



Date: 30-03-2023 12:26:24 PM METs: 1.2 HR: 176 Target HR: 93% of 189 BP: 118/78 ExTime: 08:30 1.1 mph 0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

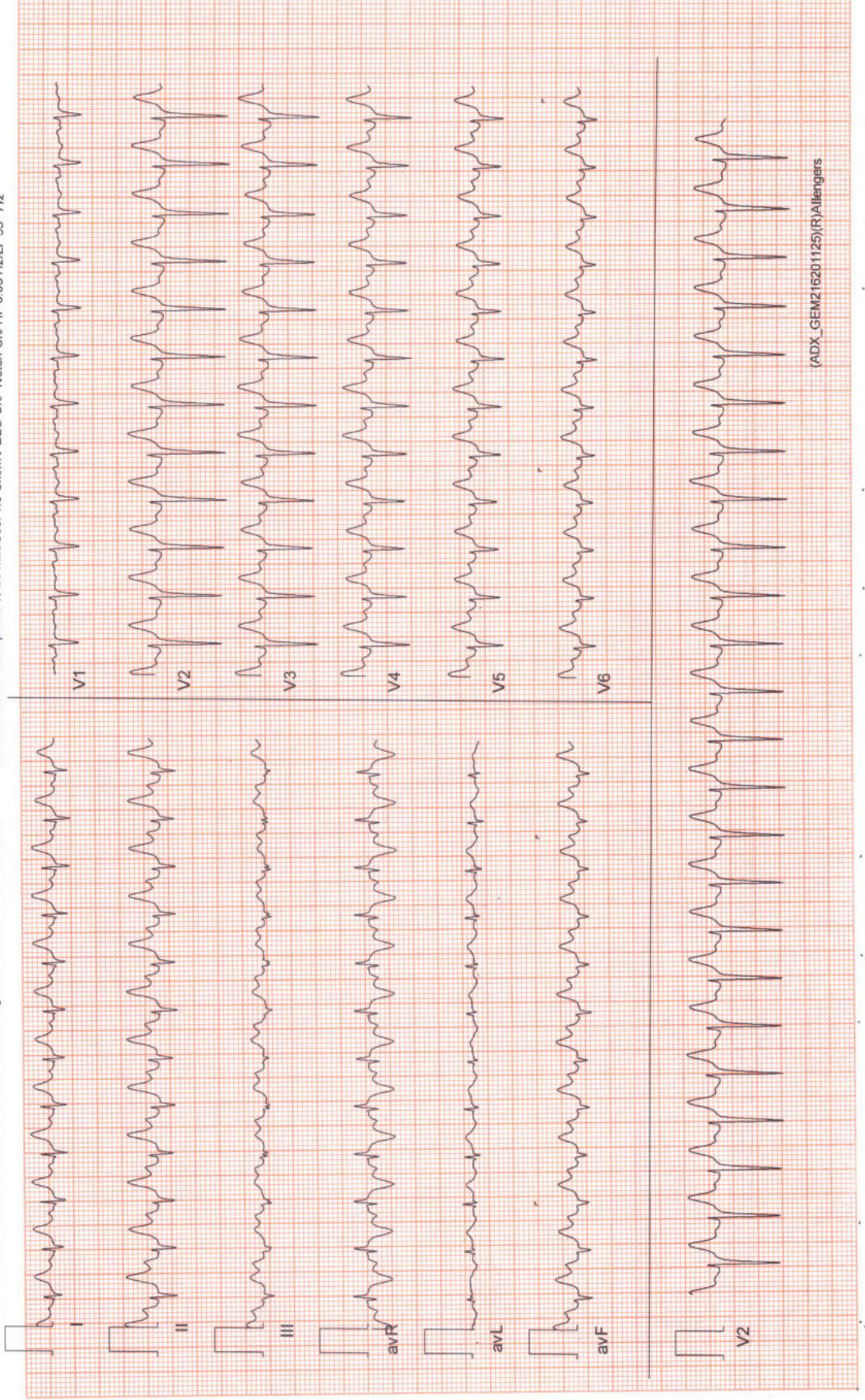


(ADX\_GEM216201125)(R)Allengers



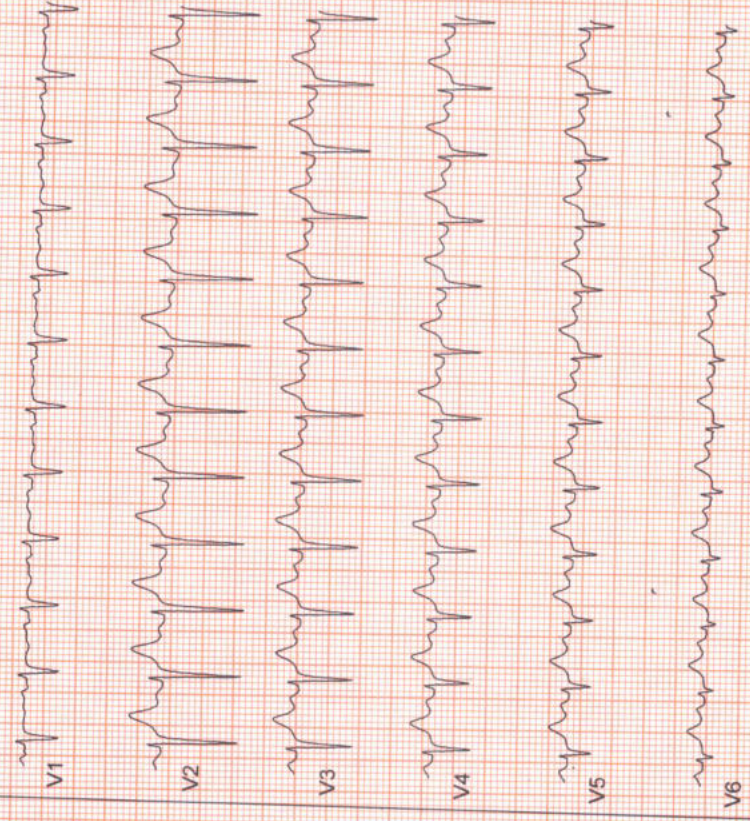
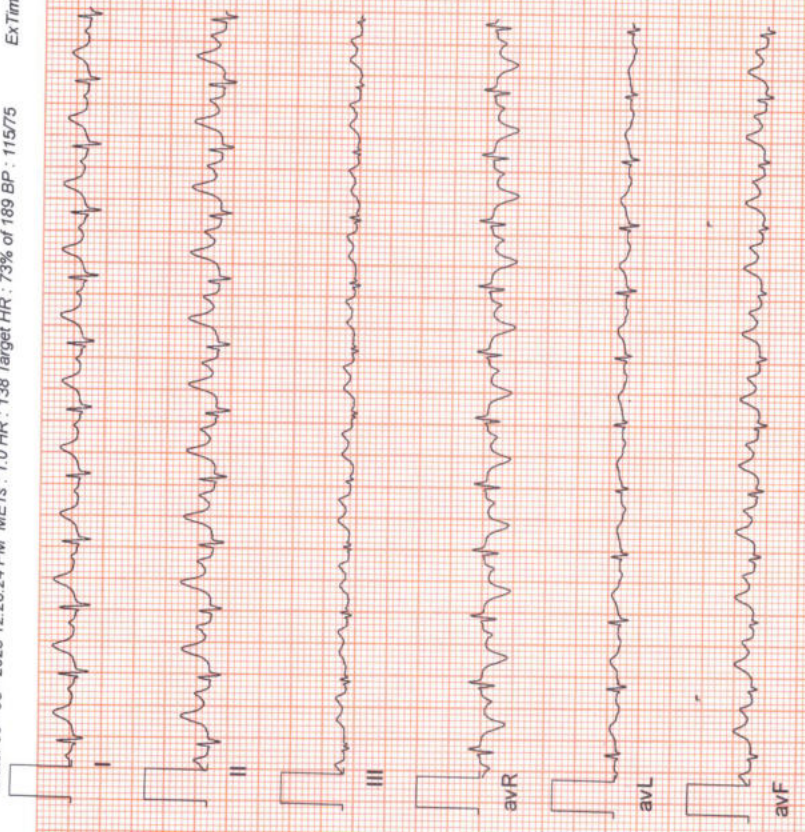
Date: 30 - 03 - 2023 12:26:24 PM METs : 1.0 HR : 147 Target HR : 78% of 189 BP : 116/77

ExTime : 08:30 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/HF 0.05 Hz/LF 35 Hz





Date: 30 - 03 - 2023 12:26:24 PM METs : 1.0 HR: 138 Target HR: 73% of 189 BP : 115/75  
Ex Time : 08:30 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cm/mV BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz





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Regd. No. : 1834

# ZENA HEALTHCARE SERVICES

(A Unit of Zena Enterprises)

NAME:- ROSHAN KUMAR  
AGE:- 31YRS  
Patient ID:-4

REFERRAL:-MEDI WHEEL  
DATE:-30.03.2023  
SEX:-MALE

CHEST X-RAY PA VEIW SHOWS.

- Both side lung fields are clear.
- Trachea within normal limit.
- Both costophrenic cardiophrenic angle are clear.
- Cardiac shadow within normal limit.
- Media stinum in position

IMPRESSION:-NORMAL STUDY.

  
Dr. Bhagaban Pradhan  
M.D. (Radio diagnosis)  
Consultant Radiologist

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Website : [www.zenacare.in](http://www.zenacare.in)

Wishing Good Health



**Patient Name :** MR. ROSHAN KUMAR

**Age / Gender :** 31 years / Male

**Patient ID :** 15756

**Referral :** MEDI WHEEL

**Collection Time :** 30/03/2023, 10:07 AM

**Reporting Time :** 30/03/2023, 01:05 PM

**Sample ID :**



18124

Test Description	Value(s)	Reference Range	Unit
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**HbA1c, Glycosylated Hemoglobin**

<b>HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD</b>	4.92		%
<small>Method : (HPLC, NGSP certified)</small>			
Estimated Average Glucose :	94.50	-	mg/dL

**Interpretation**

As per American Diabetes Association (ADA)	
Reference Group	HbA1c in %
Non diabetic adults >=18 years	<5.7
At risk (Prediabetes)	5.7 - 6.4
Diagnosing Diabetes	>= 6.5
Therapeutic goals for glycemic control	Age > 19 years Goal of therapy: < 7.0 Action suggested: > 8.0 Age < 19 years Goal of therapy: <7.5

**Note:**

1. Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled .
2. Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate.

**Comments**

HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemic control as compared to blood and urinary glucose determinations.

**ADA criteria for correlation between HbA1c & Mean plasma glucose levels.**

HbA1c(%)	Mean Plasma Glucose (mg/dL)
6	126
7	154
8	183
9	212

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Regd. No. : 1834

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**Patient Name :** MR. ROSHAN KUMAR

**Age / Gender :** 31 years / Male

**Patient ID :** 15756

**Referral :** MEDI WHEEL

**Collection Time :** 30/03/2023, 10:07 AM

**Reporting Time :** 30/03/2023, 01:05 PM

**Sample ID :**




18124

Test Description	Value(s)	Reference Range	Unit
10	240		
11	269		
12	298		

\*\*END OF REPORT\*\*

  
Lab technician

  
**Dr. Kundan Kumar Sahoo**  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

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**Wishing Good Health**



**Patient Name :** MR. ROSHAN KUMAR

**Age / Gender :** 31 years / Male

**Patient ID :** 15756

**Referral :** MEDI WHEEL

**Collection Time :** 30/03/2023, 10:07 AM

**Reporting Time :** 30/03/2023, 01:06 PM

**Sample ID :**



18124

Test Description	Value(s)	Reference Range	Unit
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**Thyroid Profile ( T3, T4, TSH )**

T3-Total Method : CLIA	1.22	0.87 - 2.73	ng/dL
T4-Total Method : CLIA	9.14	6.09 - 12.23	ug/dL
TSH-Ultrasensitive Method : CLIA	2.45	0.45 - 4.50	uIU/mL

**Interpretation**

TSH	T3	T4	Suggested Interpretation for the Thyroid Function Tests Pattern
Raised	Within range	Within range	Raised Within Range Within Range .Isolated High TSH especially in the range of 4.7 to 15 mIU/ml is commonly associated with Physiological & Biological TSH Variability. Subclinical Autoimmune Hypothyroidism. Intermittent 14 therapy for hypothyroidism .Recovery phase after Non-Thyroidal illness"
Raised	Decreased	Decreased	Chronic Autoimmune Thyroiditis Post thyroidectomy, Post radioiodine Hypothyroid phase of transient thyroiditis"
Raised or within range	Raised	Raised or within range	Interfering antibodies to thyroid hormones (anti-TPO antibodies) Intermittent 14 therapy or T4 overdose •Drug interference- Amiodarone, Heparin, Beta blockers, steroids, anti-epileptics.
Decreased	Raised or within range	Raised or within range	Isolated Low TSH -especially in the range of 0.1 to 0.4 often seen in elderly & Range Range associated with Non-Thyroidal illness .Subclinical Hyperthyroidism .Thyroxine ingestion"
Decreased	Decreased	Decreased	Central Hypothyroidism .Non-Thyroidal illness .Recent treatment for Hyperthyroidism (TSH remains suppressed)"
Decreased	Raised	Raised	Primary Hyperthyroidism (Graves' disease). Multinodular goitre, Toxic nodule •Transient thyroiditis: Postpartum, Silent (lymphocytic), Postviral (granulomatous, subacute, DeQuervain's), Gestational thyrotoxicosis with hyperemesis gravidarum"
Decreased Within Rang	Raised	Within range	T3 toxicosis •Non-Thyroidal illness
Within range	Decreased	Within range	Isolated Low T3 -often seen in elderly & associated Non-Thyroidal illness In elderly the drop in T3 level can be upto 25%.

\*\*END OF REPORT\*\*

Lab technician

Dr. Kundan Kumar Sahoo  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

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**Patient Name :** MR. ROSHAN KUMAR

**Age / Gender :** 31 years / Male

**Patient ID :** 15756

**Referral :** MEDI WHEEL

**Collection Time :** 30/03/2023, 10:07 AM

**Reporting Time :** 30/03/2023, 01:43 PM

**Sample ID :**



18124

Test Description	Value(s)	Reference Range	Unit
<b><u>LFT, Liver Function Test</u></b>			
Bilirubin - Total Method : Serum, Jendrassik Grof	0.72	0.00 - 1.00	mg/dL
Bilirubin - Direct Method : Serum, Diazotization	0.11	0.00 - 0.20	mg/dL
Bilirubin - Indirect Method : Serum, Calculated	0.61	0.10 - 0.80	mg/dL
SGOT Method : Serum, UV with P5P, IFCC 37 degree	13.54	8 - 33	U/L
SGPT Method : Serum, UV with P5P, IFCC 37 degree	19.62	3 - 35	U/L
GGT-Gamma Glutamyl Transpeptidase Method : Serum, G-glutamyl-carboxy-nitroanilide	6.08	< 55	U/L
Alkaline Phosphatase Method : PNPP-AMP Buffer/Kinetic	64.21	53-128	U/L
Total Protein Method : Serum, Biuret, reagent blank end point	7.04	6.60 - 8.70	g/dL
Albumin Method : Serum, Bromocresol green	4.13	3.50 - 5.30	g/dL
Globulin Method : Serum, EIA	2.91	2.00-3.50	g/dL
A/G Ratio Method : Serum, EIA	1.42	1.2 - 2.2	

\*\*END OF REPORT\*\*

Lab Technician

Dr. Kundan Kumar Sahoo  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

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# ZENA HEALTHCARE SERVICES

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**Patient Name :** MR. ROSHAN KUMAR

**Age / Gender :** 31 years / Male

**Patient ID :** 15756

**Referral :** MEDI WHEEL

**Collection Time :** 30/03/2023, 10:07 AM

**Reporting Time :** 30/03/2023, 01:03 PM

**Sample ID :**



18124

Test Description	Value(s)	Reference Range	Unit
<b>Complete Blood Count</b>			
Hemoglobin (Hb)	14.6	13.5 - 18.0	gm/dL
Erythrocyte (RBC) Count	4.95	4.7 - 6.0	mil/cu.mm
Packed Cell Volume (PCV)	45.4	42 - 52	%
Mean Cell Volume (MCV)	91.72	78 - 100	fL
Mean Cell Haemoglobin (MCH)	29.49	27 - 31	pg
Mean Corpuscular Hb Conc. (MCHC)	32.16	32 - 36	g/dL
Red Cell Distribution Width (RDW)	11.8	11.5 - 14.0	%
Total Leucocytes (WBC) Count	7500	4000-10000	cell/cu.mm
Neutrophils	48	40 - 80	%
Lymphocytes	47	20 - 40	%
Monocytes	04	2 - 10	%
Eosinophils	01	1 - 6	%
Basophils	00	1-2	%
Platelet Count	212	150 - 450	10 <sup>3</sup> /ul
Mean Platelet Volume (MPV)	10.7	7.2 - 11.7	fL
PCT	0.23	0.2 - 0.5	%
PDW	18.4	9.0 - 17.0	%

\*\*END OF REPORT\*\*

Lab Technician

**Dr. Kundan Kumar Sahoo**  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

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**Patient Name :** MR. ROSHAN KUMAR

**Age / Gender :** 31 years / Male

**Patient ID :** 15756

**Referral :** MEDI WHEEL

**Collection Time :** 30/03/2023, 10:07 AM

**Reporting Time :** 30/03/2023, 01:06 PM

**Sample ID :**



18124

Test Description	Value(s)	Reference Range	Unit
<b><u>BUN, Serum</u></b>			
BUN-Blood Urea Nitroge Method : Serum, Urease	14.06	10 - 50	mg/dL
<b><u>Creatinine</u></b>			
Creatinine Method : Serum, Jaffe	0.81	0.60 - 1.30	mg/dL
<b><u>Uric acid, Serum</u></b>			
Uric Acid Method : Uricase, Colorimetric	4.31	3.4 - 7.0	mg/dL

\*\*END OF REPORT\*\*

Lab technician

**Dr. Kundan Kumar Sahoo**  
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**Patient Name :** MR. ROSHAN KUMAR

**Age / Gender :** 31 years / Male

**Patient ID :** 15756

**Referral :** MEDI WHEEL

**Collection Time :** 30/03/2023, 10:07 AM

**Reporting Time :** 30/03/2023, 01:43 PM

**Sample ID :**



18124

Test Description	Value(s)	Reference Range	Unit
<b>Glucose, Fasting (FBS)</b>			
Glucose fasting Method : Fluoride Plasma-F, Hexokinase	106.94	75 - 115	mg/dL
<b>Glucose, Post Prandial (PP)</b>			
Blood Glucose-Post Prandial Method : Hexokinase	121.21	70 - 140	mg/dL
<b>Blood Group ABO &amp; Rh Typing, Blood</b>			
Blood Group (ABO typing) Method : Manual-Hemagglutination	"B"		
RhD Factor (Rh Typing) Method : Manual hemagglutination	Positive		
<b>ESR, Erythrocyte Sedimentation Rate</b>			
ESR - Erythrocyte Sedimentation Rate Method : EDTA Whole Blood, Manual Westergren	12	0 - 15	mm/hr

**Interpretation:**

- It indicates presence and intensity of an inflammatory process. It does not diagnose a specific disease. Changes in the ESR are more significant than the abnormal results of a single test.
- It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis and polymyalgia rheumatica.
- It is also increased in pregnancy, multiple myeloma, menstruation, and hypothyroidism.

\*\*END OF REPORT\*\*

Lab Technician

Dr. Kundan Kumar Sahoo  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

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Wishing Good Health

30/03/2023 12:09:19  
ZENA HEAL THCARE  
PLOT-119, SAHIDNAGAR, BHUBANESWAR

ID: 233 CASE: ROSHAN KUMAR  
AGE: 31 Y M D MALE  
Cms Kg

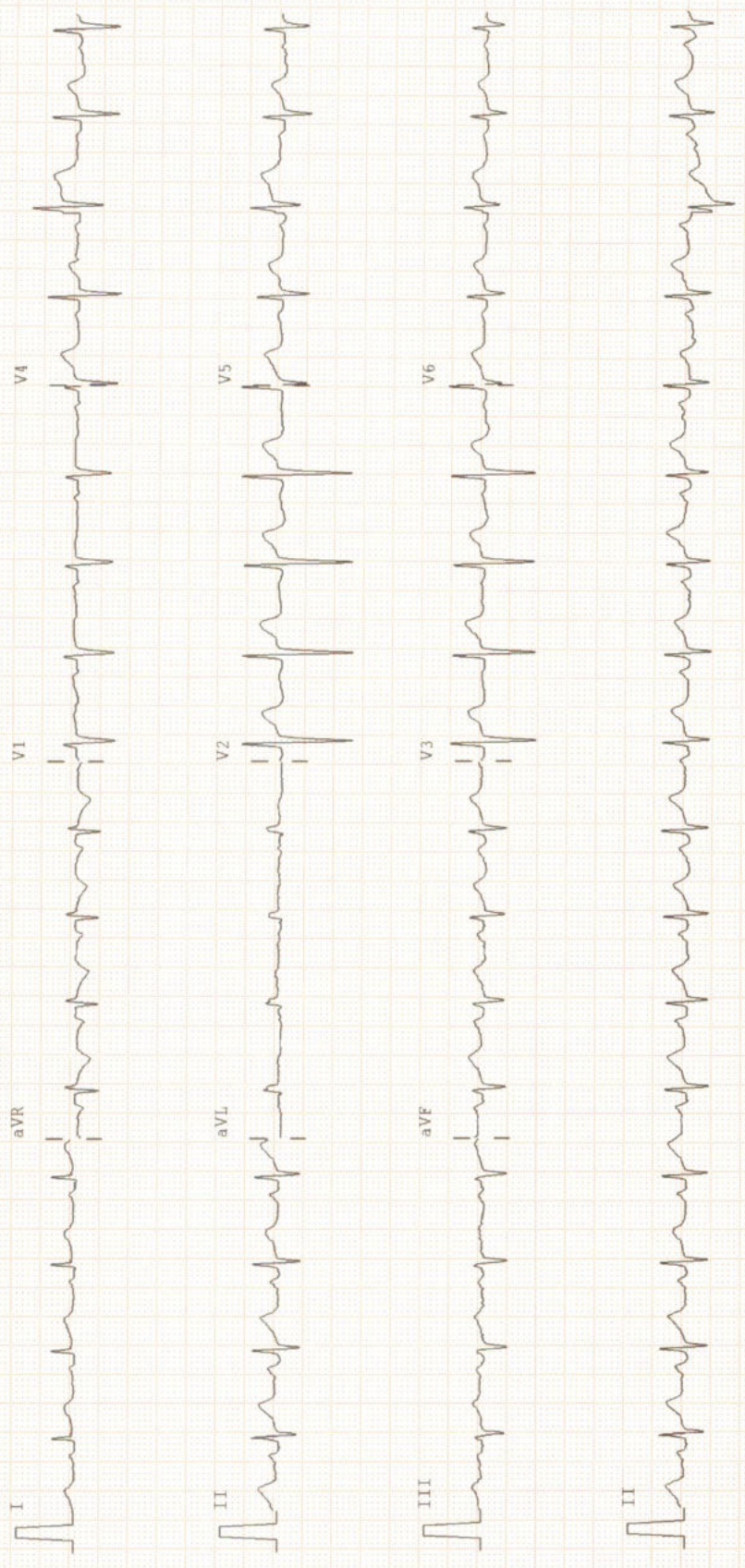
RATE : 102 bpm SINUS RHYTHM  
R-R : 586 ms  
P-R : 142 ms  
QRS : 74 ms  
QT : 320 ms  
QTc : 394 ms

--AXIS--  
P : 56°  
QRS : -18° NORMAL ECG  
T : 54°

12 SL: REPORT FORMAT: 3x4+1L SQ

REF:

Dr.





**Patient Name :** MR. ROSHAN KUMAR

**Age / Gender :** 31 years / Male

**Patient ID :** 15756

**Referral :** MEDI WHEEL

**Collection Time :** 30/03/2023, 10:07 AM

**Reporting Time :** 30/03/2023, 01:43 PM

**Sample ID :**



18124

Test Description	Value(s)	Reference Range	Unit
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**Urine(R/M) Routine Examination of Urine**

**General Examination**

Colour	PALE YELLOW	Pale Yellow	
Transparency (Appearance)	CLEAR	Clear	
Deposit	Absent	Absent	
Reaction (pH)	Acidic 6.0	4.5 - 7.0	
Specific gravity	1.015	1.005 - 1.030	

**Chemical Examination**

Urine Protein (Albumin)	Absent	Absent	
Urine Glucose (Sugar)	Absent	Absent	

**Microscopic Examination**

Red blood cells	Absent	0-4	/hpf
Pus cells (WBCs)	2 - 4 /HPF	0-9	/hpf
Epithelial cells	1 - 2 /HPF	0-4	/hpf
Crystals	Absent	Absent	
Cast	Absent	Absent	
Bacteria	Absent	Absent	

\*\*END OF REPORT\*\*

Lab technician

**Dr. Kundan Kumar Sahoo**  
CONSULTANT PATHOLOGIST /  
MICROBIOLOGIST

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**Wishing Good Health**

Page 1 of 1



MEDICAL REPORT

NAME

Date :- 30.03.2023

ROSHAN KUMAR

MEDICAL INFORMATION

Height:- 162cm

Age:- 31Yrs

Weight:- 70gm

Sex:- Male

Blood Pressure:- 114/74mmhg

Pulse:-84/min

Body Mass Index(BMI)

26.7

Physical Fitness certificate

This is to certify that Mr. ROSHAN KUMAR, aged 31 yrs,  
reports is Normal and I have found him FIT.

Dr.M.K.HOTA  
M.B.B.S.  
REGD No.6993

Signature \_\_\_\_\_

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Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07  
Ph. : 0674-2549902, 9692276908, 8337964922, E-mail : zenahealthcare@gmail.com

Website : [www.zenacare.in](http://www.zenacare.in)

**Wishing Good Health**

# MATERNITY CARE HOPITAL

NAME :ROSHAN KUMAR

DATE : 30-03-2023

AGE-31Y/M

SONOGRAPHER : DR.PARUL PATI

## USG OF WHOLE ABDOMEN

**LIVER:** Normal in size, shape and parenchymal echotexture. No. SOL seen. Intrahepatic biliary channels normal in caliber and contains no echogenic structure. Portal and hepatic vascular systems within normal limits. P. V. measures 6.3 mm,

**GALL BLADDER:** Normal shape and size sludge seen in gall bladder.

**SPLEEN :** Normal in size, shape and parenchymal echotexture.

**PANCREAS:** Normal in size, shape and parenchymal echotexture. Pancreatic duct not dilated.

**KIDNEYS:** Both the kidneys are normal in size, shape and position. Rental cortical echotexture is within normal limits. Cortico medullary differentiation maintained. No evidence of my calculus or hydronephrosis on both sides. Pelvi-calyceal systems appear normal. No focal lesion seen.

- Right kidney measures : 9.8 x 5.6cms.
- Left kidney measures: 9.9 x 4.7cms.

**URETERS:** Both ureters not visualized (normal).

**URINARY BLADDER:** Symmetrical and normal in outline. Lumen clear. Walls normal in thickness

**Prostrate**-normal in size shape and echosructure .

**Impression:**Normal study of abdomen

*Parul Pati*

DR. PARUL PATI (O&G MD)

Regd. No: 5569

MATERNITY CARE HOSPITAL & IVF CENTER

A-142/A-143, Sahid Nagar, Bhubaneswar

530 / ROSHAN KUMAR / 31 Yrs / M / 162 Cms / 70 Kg Date: 30-Mar-2023 Refd By : MEDI WHEEL Examined By:

Stage	Time	Duration	Speed(mph)	Elevation	METs	Rate	%THR	BP	RPP	PVC	Comments
Supine	00:19	0:19	00.0	00.0	01.0	109	58 %	114/74	124	00	
Standing	00:37	0:18	00.0	00.0	01.0	114	60 %	114/74	129	00	
HV	00:54	0:17	00.0	00.0	01.0	109	58 %	114/74	124	00	
ExStart	01:11	0:17	00.0	00.0	01.0	105	56 %	114/74	119	00	
BRUCE Stage 1	04:11	3:00	01.7	10.0	04.7	151	80 %	115/76	173	00	
BRUCE Stage 2	07:11	3:00	02.5	12.0	07.1	167	88 %	117/77	195	00	
PeakEx	09:41	2:30	03.4	14.0	09.7	183	97 %	119/78	217	00	
Recovery	10:11	0:30	01.1	00.0	04.2	182	96 %	119/78	216	00	
Recovery	10:41	1:00	01.1	00.0	01.2	176	93 %	118/78	207	00	
Recovery	12:41	3:00	00.0	00.0	01.0	147	78 %	116/77	170	00	
Recovery	14:49	5:08	00.0	00.0	01.0	138	73 %	115/75	158	00	

**FINDINGS :**

Exercise Time : 08:30  
 Max HR Attained : 183 bpm 97% of Target 189  
 Max BP Attained : 119/78  
 Max WorkLoad Attained : 9.7 Good response to induced stress  
 Test End Reasons : Test Complete

**REPORT :**

Dr. M. K. HOTA  
M.B.S.  
REGD No 6903