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Mr. PRATEEK RAJPUROHIT (26 /M)

UHID : AHIL_0000802654

AHC No : AHILAH165932

Date : 24/09/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Dear Mr. PRATEEK RAJPUROHIT

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health risk assessments curated just for you to guide targeted intervention, continuum of care and a path to wellness. Our holistic care continuum integrates clinical expertise and artificial intelligence to gauge and avert the risk, onset and progression of non-communicable diseases (NCDs).

In this personalized health report, you will find your

- Medical History and Physical examination results
- Investigations Results
- Artificial Intelligence powered risk scores
- Physician's Impressions on your Health
- Path to Wellness: A personalized management protocol, including follow-up assessments
- Vaccination counselling advice

Apollo ProHealth encompasses the following processes:

Personalized Health Risk Assessment (pHRA): Based on your online risk assessment, medical history, physical examination, and psychological evaluation, we recommended a health screening assessment for you, including diagnostic and imaging tests. Based on the results of these assessments, we have advised additional follow-up tests and consultations - details of which we have included in your report. Your physician will explain their relevance, and we strongly suggest you comply with the recommendations.

Health Mentor: We have assigned a dedicated health mentor to proactively work with you towards your health goals and ensure that you regularly adhere to the guidance and recommendations from clinical and nutrition consultants. Your health mentor will call you periodically to track your progress

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

Apollo Hospitals International Limited
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382429, India.
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E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (NON NASH-JC)
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Phone : +91 79 66305800 / 01 or +91 76988 15148
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Road Office
19, Bishop Gardens, R.A. Puram, Chennai - 600 026
CIN No. : U85110TN1957PLG038016 | GSTIN : 24AA8GA4150H225
For online appointment : www.askapollo.com

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Keep the records carefully and bring them along during your next visit to our Hospital



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ProHealth App: You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

Follow-Up Consultation:

For any follow-up consultations, you can visit your ProHealth physician in-person at the center or you can book a virtual consultation through <https://www.apollo247.com/specialties> or through the Apollo 247 app on your phone.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on
ANDROID IOS

Disclaimer: The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.

Note: You are entitled to one complimentary follow-up consultation with your ProHealth physician within a period of 1 year. Please contact your health mentor for the complimentary consult coupon code. This is available for ProHealth Super, Regal and Covid Recovery and Wellness programs

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Date : 24/09/2022

Name : Mr. PRATEEK RAJPUROHIT (26 /M)

Address :

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000802654

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

AHC No : AHILAH165932



Chief Complaints

For Annual health checkup
H/O ANXIETY -



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



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Skin : - Nil Significant

General symptoms : - Nil Significant



Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No

Covid 19 - Yes

Oxygen support - No



Personal history

Ethnicity - Indian Asian

Marital status - Single

Profession - corporate employed

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Moderate



Family history

Father - has expired

Aged - 63

Mother - alive

Aged - 62

Brothers - 1

Sisters - 2

Diabetes - father,mother

Hypertension - father,mother

Coronary artery disease - father

Cancer - None



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Physical Examination



General

General appearance - normal
 Build - normal
 Height - 165
 Weight - 82.2
 BMI - 30.19
 Pallor - No
 Oedema - no



Cardiovascular system

Heart rate (Per minute) - 88
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 130
 Diastolic(mm of Hg) - 84
 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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URINE FOR ROUTINE EXAMINATION

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	20	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Negative			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occasional			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occasional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	16.5	gm%	●	13.0-17.0
Packed cell volume(Calculated)	48.3	%	●	40-50
RBC COUNT (Impedance)	5.19	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	93.1	fl	●	80-100
MCH(Calculated)	31.88	pg	●	27-32
MCHC(Calculated)	34.3	%	●	31-36
RDW(Calculated)	13.9	%	●	11.5-14.5
WBC Count (Impedance)	7039	/cu mm	●	4000-11000

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



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Neutrophils	58	%	●	40-75
Lymphocytes	34	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	02	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	360500	/cu mm	●	150000-450000
MPV (Calculated)	8.3	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	02	mm/1st hr	●	0-15

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:	AB 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	70 *	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	59	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	31	U/L	●	> 1 year Male : <40
Total Bilirubin	0.673	mg/dL	●	0.300-1.200
Direct Bilirubin	0.237	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin	0.436	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
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CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.84	mg/dL	●	Adult Male: 0.6 - 1.3

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
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	34	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	91	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)	109	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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Glycosylated Hemoglobin (HbA1c)	5.4	%	●	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. 108.28

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	7.42	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.42	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.96	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.96	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.46		●	2.20-4.20
Globulin-Serum/Plasma	2.46		●	2.20-4.20
A/G ratio	2.02 *		●	1.00-2.00
A/G ratio	2.02 *		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.4	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	136	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	2.17	µIU/mL	●	14-120 years : 0.27 - 4.20

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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	6.1	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	210 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	101	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	40 *	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)	160 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	20		●	< 40 mg/dl
C/H RATIO	5 *		●	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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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG

DRAFT

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





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MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Executive Summary



- .BODY WEIGHT 65.2 KG,DEAL BODY WEIGHT 58-71 KG
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 9:50 ,WORKLOAD 10.1 METS
- .USG ABDOMEN - GRADE I FATTY LIVER
- B/L RENAL CALYCEAL CALCULII
- .CHEST X-RAY - NORMAL
- .EYE – NORMAL
- .ENT - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



BALANCED DIET---
LOW FAT DIET

Advice On Physical Activity :-



REGULAR WALK FOR30 MINS FOR HEALTH,
60 MINS WALK FOR WEIGHT REDUCTION
PRACTICE YOGA AND MEDITATION
MAINTAIN WEIGHT BETWEEN 58-71 KG

Follow-up and Review Plan



CHECK LIPID PROFILE E EVERY 6 MONTHS



Scan the QR code
in AskApollo App
to book your
follow-up
appointments and
investigations

Printed By : MUKTA S ADALTI

Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam
MBBS, MD (Gen. Med.)
Consultant Internal Medicine

Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382428, INDIA, Regd. No. : G-21961

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



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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. PRATEEK RAJPUROHIT | Male | 26Yr 1Mth 22Days
UHID : AHIL.0000802654 **Patient Location:** AHC
Patient Identifier: AHILAH165932 
DRN : 122108141 **Completed on :** 24-SEP-2022 11:32
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

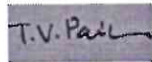
FINDINGS :

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 ---



TIRTH VINAYKUMAR PARIKH

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The Emergency Specialist



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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. PRATEEK RAJPUROHIT | Male | 26Yr 1Mth 22Days
UHID : AHIL.0000802654 **Patient Location:** AHC
Patient Identifier: AHILAH165932 
DRN : 222048869 **Completed on :** 24-SEP-2022 10:56
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform hyperechoic echotexture. No evidence of focal 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.

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

Spleen measures 9.5 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. Pelvicalyceal system on both sides appear normal.

Approximately 3 mm sized calculus is seen in mid calyx of right kidney.
 Approximately 4.5 mm sized calculus is seen in mid calyx of left kidney.

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.

Prostate measures 8 cc and is normal in size and echopattern.

IMPRESSION :

Grade I fatty liver.

Printed on : 24-Sep-2022 16:35

Printed By : 153182

Reported By : 717876

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 Keep the records carefully and bring them along during your next visit to our Hospital

24-Sep-22 12:49:00 PM

PRATEEK RAJPUROHIT

802654
Born 02-Aug-96 26 Years

Male

AHIL.0000802654

Mr. PRATEEK
RAJPUROHIT

26 Year(s) / Male

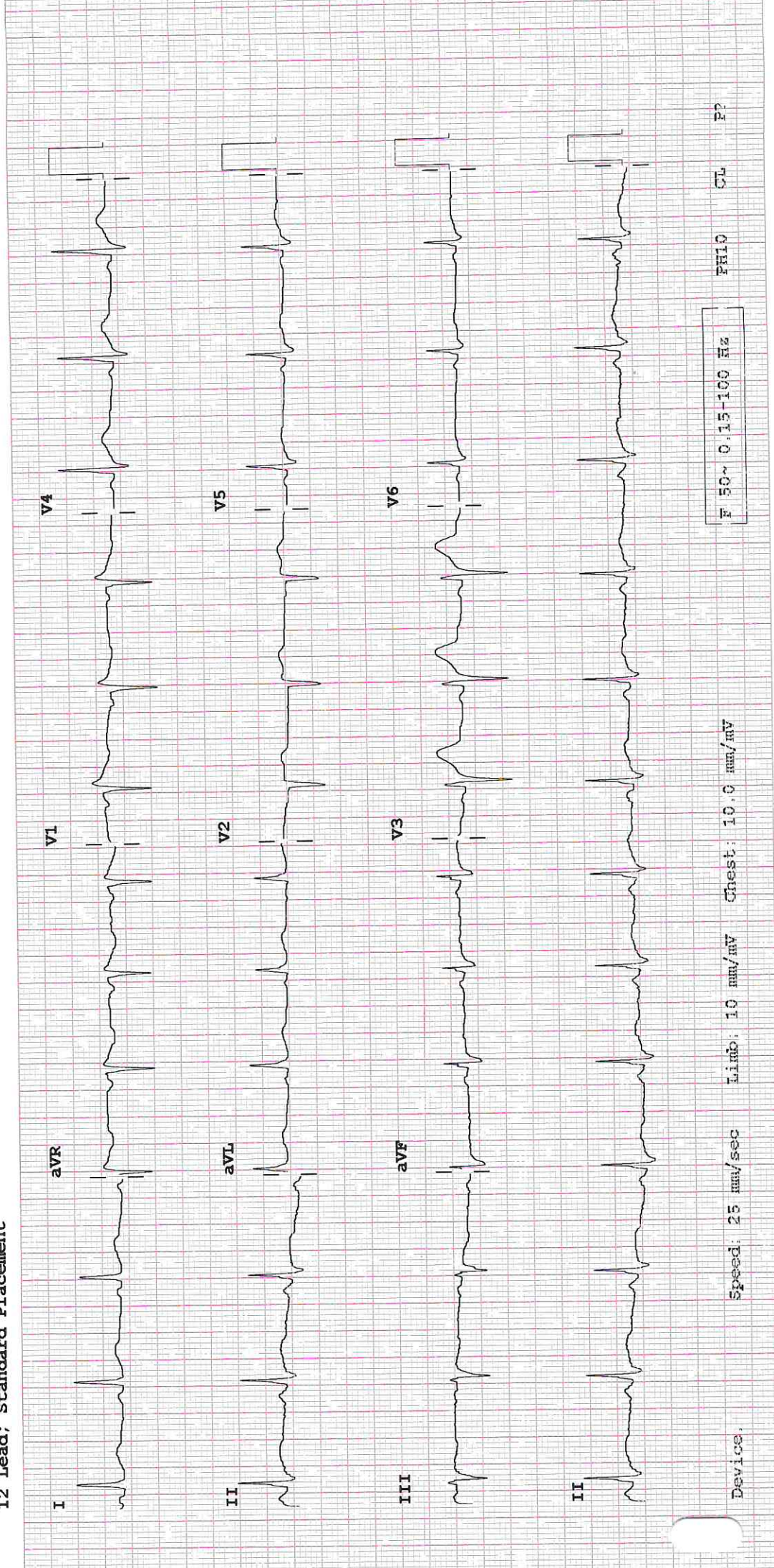


Rate 78

PR 133
QRSD 94
QT 366
QTc 417

--AXIS--
P 43
QRS 4
T 13

12 Lead; Standard Placement



F 50~ 0.15-100 Hz

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

Device:

PH10 CL P?



DENTISTRY

Name :
Occupation :
Age : Sex : Male Female

Date : 26/10/19 Unit No. :
Ref. Physician :
Copies to :

DENTAL RECORD

ALLERGIES : -NA

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 : <u>N/A</u> Cheeks : <u>N/A</u> Tongue : <u>N/A</u> Floor of the mouth : <u>N/A</u> Palate : <u>N/A</u> Tonsillar Area : <u>N/A</u> Any other : <u>N/A</u>	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"/>	CLASS I II III CROSSBITE Hypoplasia Impaction Non-vital Fracture Abcess Ulcers Caries <u>2/7</u> Missing Teeth Supernumerary Others

PRESENT COMPLAINT : - Route clearing

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

-N/A



OUT PA

AHIL.0000802654

Place Label Here
If label not available, write
Pt, Name, UHID, Age, Sex

Name:

Mr. PRATEEK
RAJPUROHIT

Age & Sex:

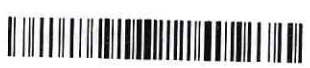
Date: 24/9/22

Nutritional History: Normal / Obese / Thin / Cachectic

26 Year(s) / Male

ed Assistance / Dependent

Psychological History: Normal / Anxious / Depressed



Tobacco / Alcohol [Social / Excess]

Clinical Notes:

Occupation: _____

24/9/22

ENR Complaint - Nil

H/o Recurrent Rhinitis

OLE Ear LTM - Intact / Scanty wax

Right Ear - wax

+ +

Nose - DNS to Right with BITM with Inf spur

Throat - Tonsils ⊕⊕, PPW - granular
TVC ⊕

Diagnosis/Provisional Diagnosis:

Clinically NAD

Allergies: No known allergies If Yes mention:

Patient's Management (Mention drug name, dose, frequency and specific instructions, if any):

Adv

R_e

① Steam Inhalation

① Soliwea Ear Drops (2-2-2) x 7 days

② warm saline gargles

③ Loblator Assisted Tonsillectomy ↓ GA (S.O.S.)

Follow-up Advice/Plan:

Dr. Rajesh V. Khwarkarma
M.S. ENT, D.L.O.
Cochlear Implant Surgeon
Professor, Sr. Consultant, Director & Head
Dept. Otorhinolaryngology & Head & Neck Surgery
Apollo Hospitals International Limited, Gandhinagar
Regd. No.: G-19486

Consultant Name & Signature

AHMROP025V2

OPHTHALMIC EXAMINATION RECORDS

Name : Mr Ruteek

Date : ~~26~~ 24/9/22

UHID : 802654

Distance Vision :

Right Eye - 6/6

Left Eye - 6/6

Near Vision :

Right Eye : N6

Left Eye : N6

APLN.TN – Right Eye 14 Left Eye-16 mmHg

Both Eye – Colour Vision Normal

Both Eye – Anterior Segment Examinations – *wm*

Both Eye Posterior Segment Examinations – *wm*

Doctor's Signature

Jagriti Sinha

Dr. Jagriti Sinha
MS (Ophthalmology)
Jr. Consultant
Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382428, INDIA. Regd. No.: G-68792

Ophthalmologist Name

MR. PRATEEK, RAJPUROHIT
 ID: 000802654
 24-Sep-2022 15:04:31
 26 years 165cm 82kg Asian Male
 Referred by: DR.SUBIR GHOSH, MHC
 Test ind:

Total Exercise time: 9:50
 Max HR: 165bpm 85% of max predicted 194bpm
 Max BP: 150/80
 Reason for Termination: THR ACHIEVED
 Comments: 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.
 GOOD EFFORT TOLERANCE.

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	WorkLoad (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
PRETEST	SUPINE	5:22	** *	** *	1.0	89	120/80	107
EXERCISE	STANDING	0:31	1.4	2.6	1.3	107	120/80	128
	STAGE 1	3:00	1.7	10.0	4.6	125	130/80	163
	STAGE 2	3:00	2.5	12.0	7.0	71	140/80	99
	STAGE 3	3:00	3.4	14.0	10.1	***		
RECOVERY	STAGE 4	0:50	** *	** *	6.4	129	150/80	194
	Post	3:45	** *	** *	1.0	120		

25.0 mm/s
 10.0 mm/mV
 100hz