



NAME	MR Lal RATNAKAR	STUDY DATE	09/12/2023 12:26PM
AGE / SEX	31 y / M	HOSPITAL NO.	MH010935402
ACCESSION NO.	R6523104	MODALITY	US
REPORTED ON	09/12/2023 3:34PM	REFERRED BY	Health Check MHD

USG WHOLE ABDOMEN

Results:

Liver is normal in size (~14.3 cm) and **shows grade I fatty changes**. No focal intra-hepatic lesion is detected. Intra-hepatic biliary radicals are not dilated. Portal vein is normal in calibre.

Gall bladder appears echofree with normal wall thickness.
Common bile duct is normal in calibre.

Pancreas is normal in size and echopattern.

Spleen is normal in size (~10.2 cm) and echopattern.

Both kidneys are normal in position, size and outline. Cortico-medullary differentiation of both kidneys is maintained. Central sinus echoes are compact. No focal lesion or calculus seen. Bilateral pelvicalyceal systems are not dilated.

Urinary bladder is normal in wall thickness with clear contents. No significant intra or extraluminal mass is seen.

Prostate is normal in shape and echopattern. It measures ~12.4 cc in volume.

No significant free fluid is detected.

Small subcutaneous echogenic nodules are seen in anterior abdominal wall, largest measuring ~17 x 8 mm - likely lipoma.

IMPRESSION:

- **Grade I fatty liver.**
- **Anterior abdominal wall lipoma.**

Kindly correlate clinically.

Dr. Abhinav Pratap Singh MBBS, DNB DMC No.58170

ASSOCIATE CONSULTANT

*****End Of Report*****



NABH Accredited Hospital
H-2019-0640/09/06/2019-08/06/2022



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MC/3228/04/09/2019-03/09/2021



Awarded Emergency Excellence Services
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N-2019-0113/27/07/2019-26/07/2021



Awarded Clean & Green Hospital
IND18.6278/05/12/2018- 04/12/2019

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NAME	MR Lal RATNAKAR	STUDY DATE	09/12/2023 9:55AM
AGE / SEX	31 y / M	HOSPITAL NO.	MH010935402
ACCESSION NO.	R6523105	MODALITY	CR
REPORTED ON	09/12/2023 2:34PM	REFERRED BY	Health Check MHD

X-RAY CHEST – PA VIEW

Cardia appears normal.

Lung fields appear normal on both sides.

Both costophrenic angles appear normal.

Both domes of the diaphragm appear normal.

Bony cage appear normal.

IMPRESSION: No significant abnormality noted.

Kindly correlate clinically.

Dr. Simran Singh DNB, FRCR(UK) DMC N0.36404

CONSULTANT RADIOLOGIST

*******End Of Report*******



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NABL Accredited Hospital
MC/3228/04/09/2019-03/09/2021



Awarded Emergency Excellence Services
E-2019-0026/27/07/2019-26/07/2021



Awarded Nursing Excellence Services
N-2019-0113/27/07/2019-26/07/2021



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IND18.6278/05/12/2018- 04/12/2019

10935402

mr lal ratnakar

12/9/2023 10:07:11 AM

31 Years

Male

Rate 70 . Sinus rhythm.....normal P axis, V-rate 50- 99
. ST elev, probable normal early repol pattern.....ST elevation, age<55

PR 155

QRSD 80

QT 351

QTc 379

--AXIS--

P 49

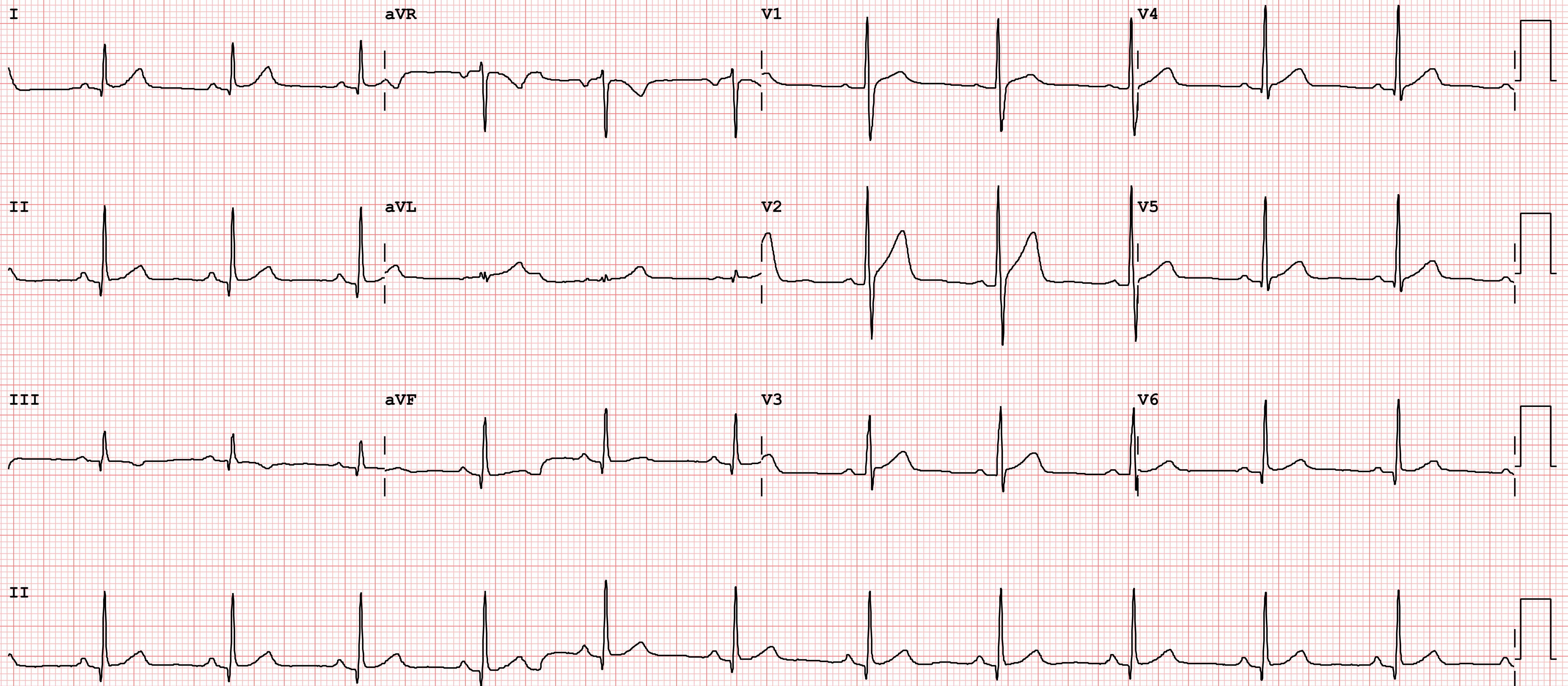
QRS 54

T 13

- NORMAL ECG -

12 Lead; Standard Placement

Unconfirmed Diagnosis



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 60~ 0.15-100 Hz

100B CL

P?

Human Care Medical Charitable Trust

Registered Office: Sector-6, Dwarka, New Delhi 110 075

Department Of Laboratory Medicine

Name : MR LAL RATNAKAR **Age** : 31 Yr(s) Sex :Male
Registration No : MH010935402 **Lab No** : 32231203986
Patient Episode : H03000058504 **Collection Date** : 09 Dec 2023 09:32
Referred By : HEALTH CHECK MHD **Reporting Date** : 09 Dec 2023 16:30
Receiving Date : 09 Dec 2023 11:02

BIOCHEMISTRY

THYROID PROFILE, Serum

Specimen Type : Serum

T3 - Triiodothyronine (ECLIA)	1.150	ng/ml	[0.800-2.040]
T4 - Thyroxine (ECLIA)	7.540	µg/dl	[4.600-10.500]
Thyroid Stimulating Hormone (ECLIA)	3.390	µIU/mL	[0.340-4.250]

Note : TSH levels are subject to circadian variation, reaching peak levels between 2-4.a.m.and at a minimum between 6-10 pm.Factors such as change of seasons hormonal fluctuations,Ca or Fe supplements,high fibre diet,stress and illness affect TSH results.

* References ranges recommended by the American Thyroid Association

1) Thyroid. 2011 Oct;21(10):1081-125.PMID .21787128

2) <http://www.thyroid-info.com/articles/tsh-fluctuating.html>

Lipid Profile (Serum)

TOTAL CHOLESTEROL (CHOD/POD)	223 #	mg/dl	[<200] Moderate risk:200-239 High risk:>240
TRIGLYCERIDES (GPO/POD)	171 #	mg/dl	[<150] Borderline high:151-199 High: 200 - 499 Very high:>500
HDL - CHOLESTEROL (Direct)	44	mg/dl	[30-60]
Methodology: Homogenous Enzymatic			
VLDL - Cholesterol (Calculated)	34	mg/dl	[10-40]
(CALCULATED) LDL- CHOLESTEROL	145 #	mg/dl	[<100] Near/Above optimal-100-129 Borderline High:130-159 High Risk:160-189

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Department Of Laboratory Medicine

Name : MR LAL RATNAKAR **Age** : 31 Yr(s) Sex :Male
Registration No : MH010935402 **Lab No** : 32231203986
Patient Episode : H03000058504 **Collection Date** : 09 Dec 2023 09:32
Referred By : HEALTH CHECK MHD **Reporting Date** : 09 Dec 2023 13:17
Receiving Date : 09 Dec 2023 11:02

BIOCHEMISTRY

T.Chol/HDL.Chol ratio 5.1 <4.0 Optimal
4.0-5.0 Borderline
>6 High Risk

LDL.CHOL/HDL.CHOL Ratio 3.3 <3 Optimal
3-4 Borderline
>6 High Risk

Note:
Reference ranges based on ATP III Classifications.
Recommended to do fasting Lipid Profile after a minimum of 8 hours of overnight fasting.

Technical Notes:
Lipid profile is a panel of blood tests that serves as initial broad medical screening tool for abnormalities in lipids, the results of these tests can identify certain genetic diseases and determine approximate risks for cardiovascular disease, certain forms of pancreatitis and other diseases.

Test Name	Result	Unit	Biological Ref. Interval
LIVER FUNCTION TEST (Serum)			
BILIRUBIN-TOTAL (Diazonium Ion)	0.50	mg/dl	[0.10-1.20]
BILIRUBIN - DIRECT (Diazotization)	0.18	mg/dl	[0.00-0.30]
BILIRUBIN - INDIRECT (Calculated)	0.32	mg/dl	[0.20-1.00]
SGOT/ AST (UV without P5P)	33.8	U/L	[10.0-50.0]
SGPT/ ALT (UV without P5P)	60.9 #	U/L	[0.0-41.0]
ALP (p-NPP,kinetic)*	98	U/L	[45-135]
TOTAL PROTEIN (Biuret)	8.0	g/dl	[6.0-8.2]
SERUM ALBUMIN (BCG-dye)	4.8	g/dl	[3.5-5.2]
SERUM GLOBULIN (Calculated)	3.2	g/dl	[1.8-3.4]
ALB/GLOB (A/G) Ratio(Calculated)	1.50		[1.10-1.80]

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Department Of Laboratory Medicine

Name : MR LAL RATNAKAR **Age** : 31 Yr(s) Sex :Male
Registration No : MH010935402 **Lab No** : 32231203986
Patient Episode : H03000058504 **Collection Date** : 09 Dec 2023 09:32
Referred By : HEALTH CHECK MHD **Reporting Date** : 09 Dec 2023 13:19
Receiving Date : 09 Dec 2023 11:02

BIOCHEMISTRY

Technical Notes:

Liver function test aids in diagnosis of various pre hepatic, hepatic and post hepatic causes of dysfunction like hemolytic anemia's, viral and alcoholic hepatitis and cholestasis of obstructive causes.

Test Name	Result	Unit	Biological Ref. Interval
KIDNEY PROFILE (Serum)			
BUN (Urease/GLDH)	10.00	mg/dl	[6.00-20.00]
SERUM CREATININE (Jaffe's method)	0.98	mg/dl	[0.80-1.60]
SERUM URIC ACID (Uricase)	5.5	mg/dl	[3.5-7.2]
SERUM CALCIUM (NM-BAPTA)	10.13	mg/dl	[8.00-10.50]
SERUM PHOSPHORUS (Molybdate, UV)	3.2	mg/dl	[2.5-4.5]
SERUM SODIUM (ISE)	140.0	mmol/l	[134.0-145.0]
SERUM POTASSIUM (ISE)	4.49	mmol/l	[3.50-5.20]
SERUM CHLORIDE (ISE Indirect)	103.7	mmol/L	[95.0-105.0]
eGFR	102.3	ml/min/1.73sq.m	[>60.0]

Technical Note

eGFR which is primarily based on Serum Creatinine is a derivation of CKD-EPI 2009 equation normalized to 1.73 sq.m BSA and is not applicable to individuals below 18 years. eGFR tends to be less accurate when Serum Creatinine estimation is indeterminate e.g. patients at extremes of muscle mass, on unusual diets etc. and samples with severe Hemolysis / Icterus / Lipemia.

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-----END OF REPORT-----

Dr.Himansha Pandey

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Department Of Laboratory Medicine

Name : MR LAL RATNAKAR **Age** : 31 Yr(s) Sex :Male
Registration No : MH010935402 **Lab No** : 32231203987
Patient Episode : H03000058504 **Collection Date** : 09 Dec 2023 14:22
Referred By : HEALTH CHECK MHD **Reporting Date** : 09 Dec 2023 17:27
Receiving Date : 09 Dec 2023 15:41

BIOCHEMISTRY

Specimen Type : Plasma

PLASMA GLUCOSE - PP

Plasma GLUCOSE - PP (Hexokinase) 102 mg/dl [70-140]

Note : Conditions which can lead to lower postprandial glucose levels as compared to fasting glucose are excessive insulin release, rapid gastric emptying, brisk glucose absorption , post exercise

Specimen Type : Serum/Plasma

Plasma GLUCOSE-Fasting (Hexokinase) 86 mg/dl [74-106]

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-----END OF REPORT-----

Dr.Himansha Pandey

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Department Of Laboratory Medicine

Name : MR LAL RATNAKAR **Age** : 31 Yr(s) Sex :Male
Registration No : MH010935402 **Lab No** : 33231202537
Patient Episode : H03000058504 **Collection Date** : 09 Dec 2023 09:32
Referred By : HEALTH CHECK MHD **Reporting Date** : 09 Dec 2023 12:58
Receiving Date : 09 Dec 2023 10:48

HAEMATOLOGY

ERYTHROCYTE SEDIMENTATION RATE (Automated) Specimen-Whole Blood

ESR 5.0 mm/1sthour [0.0-10.0]

Interpretation :

Erythrocyte sedimentation rate (ESR) is a non-specific phenomena and is clinically useful in the diagnosis and monitoring of disorders associated with an increased production of acute phase reactants (e.g. pyogenic infections, inflammation and malignancies). The ESR is increased in pregnancy from about the 3rd month and returns to normal by the 4th week postpartum.

ESR is influenced by age, sex, menstrual cycle and drugs (eg. corticosteroids, contraceptives).

It is especially low (0 -1mm) in polycythemia, hypofibrinogenemia or congestive cardiac failure and when there are abnormalities of the red cells such as poikilocytosis, spherocytosis or sickle cells.

Test Name	Result	Unit	Biological Ref. Interval
COMPLETE BLOOD COUNT (EDTA Blood)			
WBC Count (Flow cytometry)	4430	/cu.mm	[4000-10000]
RBC Count (Impedence)	4.55	million/cu.mm	[4.50-5.50]
Haemoglobin (SLS Method)	14.3	g/dL	[13.0-17.0]
Haematocrit (PCV) (RBC Pulse Height Detector Method)	43.4	%	[40.0-50.0]
MCV (Calculated)	95.4	fL	[83.0-101.0]
MCH (Calculated)	31.4	pg	[25.0-32.0]
MCHC (Calculated)	32.9	g/dL	[31.5-34.5]
Platelet Count (Impedence)	165000	/cu.mm	[150000-410000]
RDW-CV (Calculated)	13.1	%	[11.6-14.0]
DIFFERENTIAL COUNT			
Neutrophils (Flowcytometry)	60.4	%	[40.0-80.0]
Lymphocytes (Flowcytometry)	31.4	%	[20.0-40.0]

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Department Of Laboratory Medicine

Name : MR LAL RATNAKAR **Age** : 31 Yr(s) Sex :Male
Registration No : MH010935402 **Lab No** : 33231202537
Patient Episode : H03000058504 **Collection Date** : 09 Dec 2023 09:32
Referred By : HEALTH CHECK MHD **Reporting Date** : 09 Dec 2023 12:44
Receiving Date : 09 Dec 2023 10:48

HAEMATOLOGY

Monocytes (Flowcytometry)	5.9	%	[2.0-10.0]
Eosinophils (Flowcytometry)	1.8	%	[1.0-6.0]
Basophils (Flowcytometry)	0.5 #	%	[1.0-2.0]
IG	0.00	%	
Neutrophil Absolute(Flouorescence flow cytometry)	2.7	/cu mm	[2.0-7.0]x10 ³
Lymphocyte Absolute(Flouorescence flow cytometry)	1.4	/cu mm	[1.0-3.0]x10 ³
Monocyte Absolute(Flouorescence flow cytometry)	0.3	/cu mm	[0.2-1.2]x10 ³
Eosinophil Absolute(Flouorescence flow cytometry)	0.1	/cu mm	[0.0-0.5]x10 ³
Basophil Absolute(Flouorescence flow cytometry)	0.0	/cu mm	[0.0-0.1]x10 ³

Complete Blood Count is used to evaluate wide range of health disorders, including anemia, infection, and leukemia. Abnormal increase or decrease in cell counts as revealed may indicate that an underlying medical condition that calls for further evaluation.

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-----END OF REPORT-----

Dr.Himansha Pandey



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Department Of Laboratory Medicine

Name : MR LAL RATNAKAR **Age** : 31 Yr(s) Sex :Male
Registration No : MH010935402 **Lab No** : 38231200718
Patient Episode : H03000058504 **Collection Date** : 09 Dec 2023 09:32
Referred By : HEALTH CHECK MHD **Reporting Date** : 09 Dec 2023 15:35
Receiving Date : 09 Dec 2023 12:20

CLINICAL PATHOLOGY

Test Name	Result	Biological Ref. Interval
ROUTINE URINE ANALYSIS		
MACROSCOPIC DESCRIPTION		
Colour (Visual)	PALE YELLOW	(Pale Yellow - Yellow)
Appearance (Visual)	CLEAR	
CHEMICAL EXAMINATION		
Reaction[pH] (Reflectancephotometry (Indicator Method))	7.0	(5.0-9.0)
Specific Gravity (Reflectancephotometry (Indicator Method))	1.005	(1.003-1.035)
Bilirubin	Negative	NEGATIVE
Protein/Albumin (Reflectance photometry (Indicator Method)/Manual SSA)	Negative	(NEGATIVE-TRACE)
Glucose (Reflectance photometry (GOD-POD/Benedict Method))	NOT DETECTED	(NEGATIVE)
Ketone Bodies (Reflectance photometry (Legal's Test)/Manual Rotheras)	NOT DETECTED	(NEGATIVE)
Urobilinogen Reflectance photometry/Diazonium salt reaction	NORMAL	(NORMAL)
Nitrite Reflectance photometry/Griess test	NEGATIVE	NEGATIVE
Leukocytes Reflectance photometry/Action of Esterase	NIL	NEGATIVE
BLOOD (Reflectance photometry (peroxidase))	NIL	NEGATIVE
MICROSCOPIC EXAMINATION (Manual) Method: Light microscopy on centrifuged urine		
WBC/Pus Cells	1-2 /hpf	(4-6)
Red Blood Cells	NIL	(1-2)
Epithelial Cells	1-2 /hpf	(2-4)
Casts	NIL	(NIL)
Crystals	NIL	(NIL)
Bacteria	NIL	
Yeast cells	NIL	

Interpretation:

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Department Of Laboratory Medicine

Name : MR LAL RATNAKAR **Age** : 31 Yr(s) Sex :Male
Registration No : MH010935402 **Lab No** : 38231200718
Patient Episode : H03000058504 **Collection Date** : 09 Dec 2023 09:32
Referred By : HEALTH CHECK MHD **Reporting Date** : 09 Dec 2023 15:35
Receiving Date : 09 Dec 2023 12:20

CLINICAL PATHOLOGY

URINALYSIS--Routine urine analysis assists in screening and diagnosis of various metabolic , urological, kidney and liver disorders

Protein: Elevated proteins can be an early sign of kidney disease. Urinary protein excretion can also be temporarily elevated by strenuous exercise, orthostatic proteinuria, dehydration, urinary tract infections and acute illness with fever

Glucose: Uncontrolled diabetes mellitus can lead to presence of glucose in urine.

Other causes include pregnancy, hormonal disturbances, liver disease and certain medications.

Ketones: Uncontrolled diabetes mellitus can lead to presence of ketones in urine.

Ketones can also be seen in starvation, frequent vomiting, pregnancy and strenuous exercise.

Blood: Occult blood can occur in urine as intact erythrocytes or haemoglobin, which can occur in various urological, nephrological and bleeding disorders.

Leukocytes: An increase in leukocytes is an indication of inflammation in urinary tract or kidneys. Most Common cause is bacterial urinary tract infection.

Nitrite: Many bacteria give positive results when their number is high. Nitrite concentration during infection increases with length of time the urine specimen is retained in bladder prior to collection.

pH: The kidneys play an important role in maintaining acid base balance of the body. Conditions of the body producing acidosis/alkalosis or ingestion of certain type of food can affect the pH of urine.

Specific gravity: Specific gravity gives an indication of how concentrated the urine is. Increased Specific gravity is seen in conditions like dehydration, glycosuria and proteinuria while decreased Specific gravity is seen in excessive fluid intake, renal failure and diabetes insipidus.

Bilirubin: In certain liver diseases such as biliary obstruction or hepatitis, bilirubin gets excreted in urine.

Urobilinogen: Positive results are seen in liver diseases like hepatitis and cirrhosis and in case of hemolytic anemia.

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-----END OF REPORT-----

Dr.Himansha Pandey

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Department Of Laboratory Medicine

Name : MR LAL RATNAKAR **Age** : 31 Yr(s) Sex :Male
Registration No : MH010935402 **Lab No** : 31231200384
Patient Episode : H03000058504 **Collection Date** : 09 Dec 2023 09:32
Referred By : HEALTH CHECK MHD **Reporting Date** : 09 Dec 2023 11:21
Receiving Date : 09 Dec 2023 10:42

Department of Transfusion Medicine (Blood Bank)

BLOOD GROUPING, RH TYPING & ANTIBODY SCREEN (TYPE & SCREEN)
Specimen-Blood

Blood Group & Rh Typing (Agglutination by gel/tube technique)

Blood Group & Rh typing B Rh(D) Positive

Antibody Screening (Microtyping in gel cards using reagent red cells)

Cell Panel I NEGATIVE
Cell Panel II NEGATIVE
Cell Panel III NEGATIVE
Autocontrol NEGATIVE

Final Antibody Screen Result Negative

Technical Note:

ABO grouping and Rh typing is done by cell and serum grouping by microplate / gel technique. Antibody screening is done using a 3 cell panel of reagent red cells coated with Rh, Kell, Duffy, Kidd, Lewis, P, MNS, Lutheran and Xg antigens using gel technique.

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-----END OF REPORT-----



Dr Himanshu Lamba

Human Care Medical Charitable Trust

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Department Of Laboratory Medicine

Name : MR LAL RATNAKAR **Age** : 31 Yr(s) Sex :Male
Registration No : MH010935402 **Lab No** : 32231203986
Patient Episode : H03000058504 **Collection Date** : 09 Dec 2023 09:32
Referred By : HEALTH CHECK MHD **Reporting Date** : 09 Dec 2023 16:30
Receiving Date : 09 Dec 2023 10:59

BIOCHEMISTRY

Specimen: EDTA Whole blood

HbA1c (Glycosylated Hemoglobin) 4.8 % As per American Diabetes Association (ADA) 2010 [4.0-6.5]
HbA1c in %
Non diabetic adults : < 5.7 %
Prediabetes (At Risk) : 5.7 % - 6.4 %
Diabetic Range : > 6.5 %
Methodology High-Performance Liquid Chromatography (HPLC)
Estimated Average Glucose (eAG) 91 mg/dl

Use :

1. Monitoring compliance and long-term blood glucose level control in patients with diabetes.
2. Index of diabetic control (direct relationship between poor control and development of complications).
3. Predicting development and progression of diabetic microvascular complications.

Limitations :

1. A1C values may be falsely elevated or decreased in those with chronic kidney disease.
2. False elevations may be due in part to analytical interference from carbamylated hemoglobin formed in the presence of elevated concentrations of urea, with some assays.
3. False decreases in measured A1C may occur with hemodialysis and altered red cell turnover, especially in the setting of erythropoietin treatment

References : Rao.L.V.,Michael snyder.L.(2021).Wallach's Interpretation of Diagnostic Tests. 11th Edition. Wolterkluwer. NaderRifai,Andrea Rita Horvath,Carl T.wittwer. (2018)Teitz Text book of Clinical Chemistry and Molecular Diagnostics.First edition,Elsevier,South Asia.

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-----END OF REPORT-----

Dr.Himansha Pandey

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Managed by Manipal Hospitals (Dwarka) Private Limited

Name: **LAL RATNAKAR**

Hospital No: MH010935402

Age: 31 Sex: M

Episode No: H03000058504

Doctor: Health Check MHD

Result Date: 09 Dec 2023 12:44

Order: Tread Mill Test

EXERCISE STRESS TEST REPORT (TMT)

Findings:

Baseline ECG NSR
Premedications Nil

Protocol	Bruce	MPHR	188
Duration of exercise	10 minutes 30 sec	85% OF MPHR	159
Reason for termination	THR achieved	METS	13.40
Peak achieved	164	%of MPHR achieved	87 %

Stage	Time	Heart rate (bpm)	BP (mmHg)	ECG(ST/T changes/arrhythmia)	Symptoms
Control	0.00	83	110/80	No ST-T changes seen	Nil
Stage 1	3.00	105	110/80	No ST-T changes seen	Nil
Stage II	3.00	112	120/80	No ST-T changes seen	Nil
Stage III	3.00	139	130/80	No ST-T changes seen	Nil
Stage IV	1.30	164	140/80	No ST-T changes seen	Nil
Recovery	3.00	93	130/80	No ST-T changes seen	Nil

Result:

- Normal heart rate and BP response
- No significant ST-T changes were seen during exercise or recovery period.
- No symptomatic of angina/ chest pain during the test
- No significant arrhythmia during the test

FINAL IMPRESSION.

- Exercise stress test is **Negative** for reversible myocardial Ischemia.
- Good effort tolerance.

Name: **LAL RATNAKAR**

Hospital No: MH010935402

Age: 31 Sex: M

Episode No: H03000058504

Doctor: Health Check MHD

Result Date: 09 Dec 2023 12:44

Order: Tread Mill Test


DR. BIPIN KUMAR DUBEY
HEAD OF DEPARTMENT
CARDIOLOGY

Dr. Bipin Dubey
CONSULTANT