



Mr. MEHULKUMAR MACHHAR (38 /M)

UHID : AHIL.0000828208

AHC No : AHILAH183341

Date : 24/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Dear Mr. MEHULKUMAR MACHHAR

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

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Phone : +91 79 66385800 / 01 or +91 76988 15148
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For online appointment : www.askapollo.com
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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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Name : Mr. MEHULKUMAR MACHHAR (38 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 24/12/2022



UHID : AHIL.0000828208

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Chief Complaints

For Annual health checkup
No specific complaints

Present Known illness

No history of : - Diabetes mellitus, Hypertension, Dyslipidemia, Heart disease



Drug Allergy

NO KNOWN ALLERGY :24/12/2022



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



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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
- Allergies - Nil
- Past medical history - nil significant
- Covid 19 - No
- Post detection (3 Weeks) - No
- Hospitalization for Covid 19 - No



Surgical history

Surgical history - Nil



Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- Profession - corporate employed
- Diet - Vegetarian
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Active



Family history



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- Father - has expired
- Mother - alive
- Brothers - 1
- Sisters - 3
- Hypertension - mother
- Coronary artery disease - mother
- Cancer - father
- Type - Prostate

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 170
- Weight - 74.8
- BMI - 25.88
- Pallor - No
- Oedema - no



Cardiovascular system

- Heart rate (Per minute) - 56
- Rhythm - Regular
- B.P. Supine
- Systolic(mm of Hg) - 140
- Diastolic(mm of Hg) - 90
- 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 | 30 | mL | | |
| Specific Gravity | 1.015 | | | |
| Colour: | Pale-Yellow | | | |
| Transparency: | Clear | | | |
| pH | 5 | | | |
| Protein : | Nil | | | |
| Sugar: | Nil | | | |
| Blood: | Negative | | | |
| Ketone | Absent | | | |
| Bile Pigments: | Absent | | | |
| Urobilinogen | Nil | E.U./dL | | |
| Nitrite | Negative | | | |
| Pus Cells | Occassional | | | 0-5 |
| RBC | Nil | /hpf | | 0-5/hpf |
| Epithelial Cells | Occassional | | | |
| Casts: | Absent | | | |
| Crystals: | Absent | | | |

COMPLETE BLOOD COUNT WITH ESR

| Test Name | Result | Unit | Level | Range |
|--------------------------------------|--------|------------|-------|------------|
| Hemoglobin (Photometric Measurement) | 14.9 | gm% | ● | 13.0-17.0 |
| Packed cell volume(Calculated) | 45.7 | % | ● | 40-50 |
| RBC COUNT (Impedance) | 5.4 | Million/ul | ● | 4.5-5.9 |
| MCV (From RBC Histogram) | 84.6 | fl | ● | 80-100 |
| MCH(Calculated) | 27.56 | pg | ● | 27-32 |
| MCHC(Calculated) | 32.6 | % | ● | 31-36 |
| RDW(Calculated) | 14.6 * | % | ● | 11.5-14.5 |
| WBC Count (Impedance) | 9010 | /cu mm | ● | 4000-11000 |

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

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| | | | | |
|--|--------|-----------|---|---------------|
| Neutrophils | 54 | % | ● | 40-75 |
| Lymphocytes | 37 | % | ● | 20-40 |
| Monocytes | 07 | % | ● | 2-10 |
| Eosinophils | 02 | % | ● | 01-06 |
| Basophils | 00 | % | ● | 0-1 |
| Platelet Count (Impedance) | 180600 | /cu mm | ● | 150000-450000 |
| MPV (Calculated) | 10.3 | fl | ● | 7-11 |
| ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic) | 03 | 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: | O 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 | 24 | U/L | ● | 0-50 |
| ALKALINE PHOSPHATASE - SERUM/PLASMA | 106 | U/L | ● | Adult(Male): 40 - 129 |
| AST (SGOT) - SERUM | 19 | U/L | ● | > 1 year Male : <40 |
| Total Bilirubin | 0.723 | mg/dL | ● | 0.300-1.200 |
| Direct Bilirubin | 0.228 | mg/dL | ● | Upto 0.3 mg/dl |

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



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Indirect Bilirubin

0.495

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 | 0.82 | mg/dL | | Adult Male: 0.6 - 1.3 |

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| Test Name | Result | Unit | Level | Range |
|---|--------|------|-------|-----------------------------------|
| GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM | 28 | U/L | | Male : 10 - 71 Female : 6 - 42 |

GLUCOSE - SERUM / PLASMA (FASTING)

| Test Name | Result | Unit | Level | Range |
|----------------------------|--------|-------|-------|--|
| Glucose - Plasma (Fasting) | 103 * | 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) | 130 | mg/dL | | 70-140 |

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

| Test Name | Result | Unit | Level | Range |
|-----------|--------|------|-------|-------|
|-----------|--------|------|-------|-------|

Within Normal Range Borderline High/Low Out of 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.

108.00

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| Test Name | Result | Unit | Level | Range |
|--------------------------------|--------|------|-------|------------------------------|
| PROTEIN TOTAL - SERUM / PLASMA | 7.28 | g/dL | | 6.00-8.00 |
| PROTEIN TOTAL - SERUM / PLASMA | 7.28 | g/dL | | 6.00-8.00 |
| ALBUMIN - SERUM | 5.12 | g/dL | | Adult(18 - 60 Yr): 3.5 - 5.2 |
| ALBUMIN - SERUM | 5.12 | g/dL | | Adult(18 - 60 Yr): 3.5 - 5.2 |
| Globulin-Serum/Plasma | 2.16 * | | | 2.20-4.20 |
| Globulin-Serum/Plasma | 2.16 * | | | 2.20-4.20 |
| A/G ratio | 2.37 * | | | 1.00-2.00 |
| A/G ratio | 2.37 * | | | 1.00-2.00 |

THYROID PROFILE (T3,T4 AND TSH)

| Test Name | Result | Unit | Level | Range |
|--|--------|--------|-------|--|
| TOTAL T3: TRI IODOTHYRONINE - SERUM | 1.57 | 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 | 81.21 | 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 | 1.9 | 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 | 8.2 * | 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) | 10 | mg/dL | ● | 6-20 |
| UREA - SERUM / PLASMA | 21 | mg/dL | ● | 15 - 50 |

LIPID PROFILE - SERUM

| Test Name | Result | Unit | Level | Range |
|--|--------|-------|-------|--|
| Total Cholesterol | 160 | mg/dl | ● | 0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High |
| Triglycerides - Serum | 268 * | mg/dL | ● | 0-150 |
| HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric) | 36 * | 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) | 86 | mg/dL | ● | 100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High |
| VLDL CHOLESTEROL | 54 * | | ● | < 40 mg/dl |
| C/H RATIO | 4 | | ● | 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



Within Normal Range



Borderline High/Low



Out of Range





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Executive Summary



- .BODY WEIGHT 74.8 KG,DEAL BODY WEIGHT 54-66 KG
- .IMPAIRED GLUCOSE TOLERANCE
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 8:15 ,WORKLOAD 10.1 METS
- .USG ABDOMEN - GRADE I FATTY LIVER
- .CHEST X-RAY - NORMAL
- .EYE – NORMAL

Wellness Prescription

Advice On Diet :-



- BALANCED DIET
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-



- REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 54-66 KG

Follow-up and Review Plan



- CHECK FBS AND PPBS ONCE IN A MONTH
- CHECK HBA1C NOW AND ONCE IN 3 MONTHS
- CHECK LIPID PROFILE 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
Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

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

Apollo Hospitals International Ltd., Gandhinagar,
 Gujarat-382406, INDIA Regd. No. : G-21361


Note :- The Health Check-up examinations and routine investigations 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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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. MEHULKUMAR MACHHAR | Male | 38Yr 2Mth 4Days
UHID : AHIL.0000828208 **Patient Location:** AHC
Patient Identifier: AHILAH183341 
DRN : 222067008 **Completed on :** 24-DEC-2022 12:47
Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform bright 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.

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

Spleen measures 9.8 cms and shows uniform echotexture.

Both kidneys are normal in size and 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.

Prostate measures 18 cc , is normal in size and echopattern.

IMPRESSION :

Grade I fatty liver.

Rest normal study.

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USG WHOLE ABDOMEN

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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UHID : AHIL.0000828208 **Patient Location:** AHC
Patient Identifier: AHILAH183341 
DRN : 122148055 **Completed on :** 24-DEC-2022 12:16
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

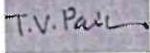
FINDINGS :

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 ---



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 CIN No. : U85110TN1997PLC0349016 | GSTIN : 24AABCA4150H2Z5
 For online appointment : www.askapollo.com



For online appointment : www.askapollo.com
 Keep the records carefully and bring them along during your next visit to our Hospital

24-Dec-22 11:15:44 AM

MR MEHULKUMAR MACHHAR

AHIL0000828208

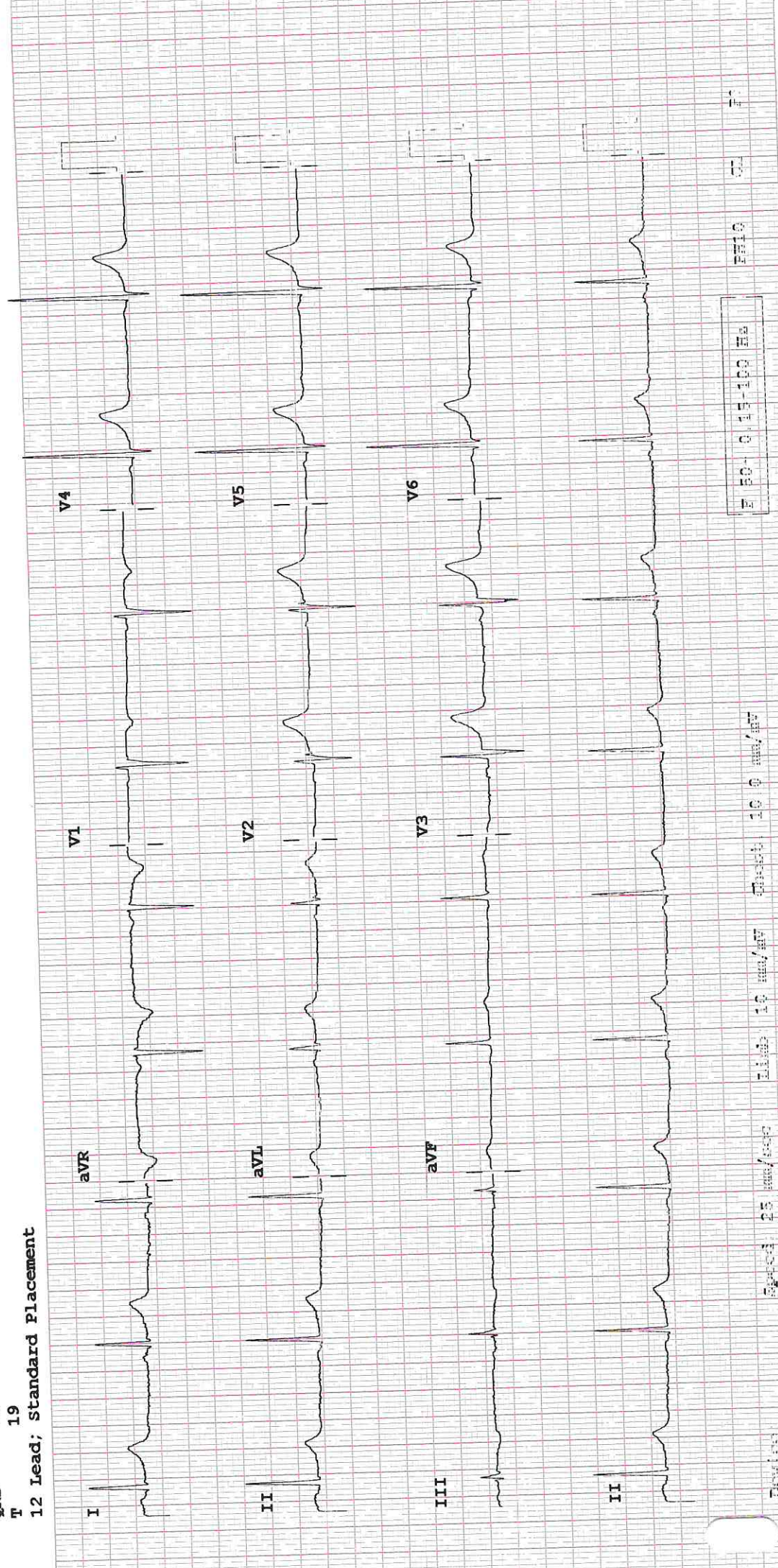
Rate 55

PR 140
QRSD 82
QT 435
QTc 416

--AXIS--

P 25
QRS 41
T 19

12 Lead; Standard Placement



F 50-0.15-100 Hz

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

Revised

PH10 02 10



AHIL.0000828208

Mr. MEHULKUMAR MACHHAR

38 Year(s) / Male

VISION RECORDS

Date: 24/12/22

Name :

UHID :

Distance Vision :

Right Eye - 6/9 (BE) 6/6 - 6.25 / - 2.25 @ 10 → 6/6 (P)

Left Eye - 6/9 (aided) 6/6 - 6.25 / - 2.25 @ 170 → 6/6 (P)
BE 6/6

Near Vision :

Right Eye: N6

Left Eye: N6

APLN.TN - Right Eye 14 Left Eye - 0 mmHg

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - WNL

Both Eye Posterior Segment Examinations - WNL

Handwritten signature

Doctor's Signature

Ophthalmologist Name

AHMROP028V1

Dr. Jagriti Sinha
 MS (Ophthalmology)
 Jr. Consultant
 Apollo Hospitals International Ltd., Gandhinagar,
 Gujarat-382428, INDIA. Regd. No.: G 66752

SELECTED MEDIAN REPORT

MR. MEHULKUMAR, MACHHAR

ID: 000828208

Visit: MEDIWHEEL

38years
170cm

Asian
74kg

Male

Referred by: DR.SUBIR GHOSH, MHC
Test ind:

Total Exercise time: 8.15

Max HR: 157bpm 86% of max predicted 182bpm

Max BP: 140/90 Maximum workload: 10.1METs

Reason for Termination: THR ACHIEVED.
Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD
NORMAL HEYMODYNAMIC RESPONSE AND BRADYCARDIA RESPONSE
NO ANGINA OCCURRED, NO ARRHYTHMIAS AT PROVOKED
NO GALLOP / MURMUR AT PEAK EXERCISE
TEST TERMINATED DUE TO THR ACHIEVED
GOOD EFFORT TOLERANCE.

TEST END RECOVERY
3:41
84bpm
BP: 130/80

PEAK EXERCISE
8:15
157bpm
BP: 140/90

MAX ST EXERCISE
7:35
151bpm

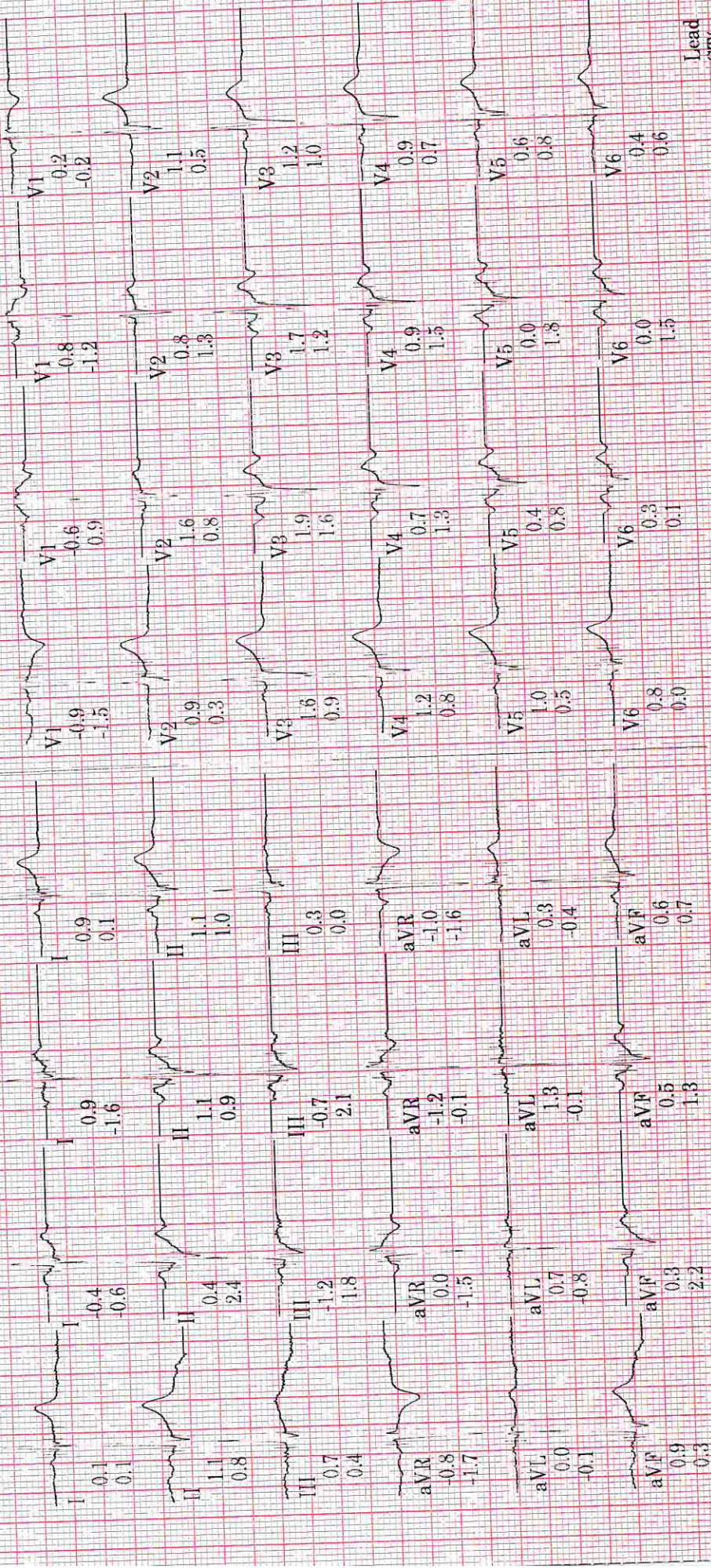
BASELINE EXERCISE
0:00
62bpm
BP: 130/80

TEST END RECOVERY
3:41
84bpm
BP: 130/80

PEAK EXERCISE
8:15
157bpm
BP: 140/90

MAX ST EXERCISE
7:35
151bpm
BP: 130/80

BASELINE EXERCISE
0:00
62bpm
BP: 130/80



25.0 mm/s
10.0 mm/mV
100hz

Lead
ST(mm)
Slope(mV/s)

Unconfirmed

MAC55 010B