



Mr. SHANT SAURABH (32 /M)

UHID : AHIL.0000872414

AHC No : AHILAH213284

Date : 13/05/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Namaste Mr. SHANT SAURABH,

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

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

Apollo Hospitals International Limited
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382429, India.
Phone : +91 79 66701800 | Fax No. : +91 79 66701843
E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

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1, Tulshibau Society, Nr. Parnal Garden, Ahmedabad.
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For online appointment : www.askapollo.com
Please consult and bring them along during your next visit to our Hospital

Regd. Office
19, Bishop Gardens, R.A. Puram, Chennai - 600 026
CIN No. : U85118TN1997PLC039016 | GSTIN : 24AAAC44150H225
For online appointment : www.askapollo.com



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



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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For online appointment : www.askapollo.com





Name : Mr. SHANT SAURABH
 MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

UHID : AHIL.0000872414

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Surgical history - Nil



Personal history

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



Family history

Father - alive
 Aged - 55
 Mother - alive
 Aged - 50
 Brothers - 2
 Hypertension - mother
 Coronary artery disease - none
 Cancer - None

Physical Examination



General

General appearance - normal
 Build - normal
 Height - 161
 Weight - 81.6
 BMI - 31.48
 Pallor - No
 Oedema - no





Name : Mr. SHANT SAURABH
 MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

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Cardiovascular system

Heart rate (Per minute) - 73
 Rhythm - Regular
 - B.P. Supine
 Systolic(mm of Hg) - 100
 Diastolic(mm of Hg) - 60
 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	1.004			
Colour:	L YELLOW			
Transparency:	Clear			
pH	5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Nil			
Ketone	Nil			
Bile Pigments:	Nil			
Urobilinogen	normal			
Nitrite	Nil			
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)	11.4 *	gm%	●	13.0-17.0
Packed cell volume(Calculated)	37.3 *	%	●	40-50
RBC COUNT (Impedance)	6.35 *	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	58.7 *	fl	●	80-100
MCH(Calculated)	17.94 *	pg	●	27-32
MCHC(Calculated)	30.6 *	%	●	31-36
RDW(Calculated)	16.9 *	%	●	11.5-14.5
WBC Count (Impedance)	4853	/cu mm	●	4000-11000

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



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Neutrophils	58	%	●	40-75
Lymphocytes	33	%	●	20-40
Monocytes	7	%	●	2-10
Eosinophils	2	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	187200	/cu mm	●	150000-450000
MPV (Calculated)	10.1	fl	●	7-11
RBC:	Erythrocytosis noted			
RBC::	Target cells (+)~Anisocytosis (+)~Hypochromia (+)~Microcytes (+)			
Platelets:	Adequate on the smear			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	03	mm/1st hr	●	0-15
SUGGEST :	Hb electrophoresis.			

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	40	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	77	U/L	●	Adult(Male): 40 - 129

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Test Name	Result	Unit	Level	Range
AST (SGOT) - SERUM	21	U/L	●	> 1 year Male : <40
Total Bilirubin	0.462	mg/dL	●	0.300-1.200
Direct Bilirubin	0.176	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.286	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	0.78	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	29	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)	116	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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Glycosylated Hemoglobin (HbA1c)

5.9 *

%

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.

122.63

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	7.25	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.25	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.55	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.55	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.7		●	2.20-4.20
Globulin-Serum/Plasma	2.7		●	2.20-4.20
A/G ratio	1.69		●	1.00-2.00
A/G ratio	1.69		●	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	102	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	1.75	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	6.2	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	209 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	97	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	42 *	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)	171 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	19		●	< 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.

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Lung fields are clear.

Cardio thoracic ratio is normal.

Both costophrenic angles are clear.

Elevated right dome of diaphragm noted.
 Domes of diaphragm are well delineated.

Bony thorax shows no significant abnormality.

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 71.6 KG,DEAL BODY WEIGHT 49-59 KG
- .PRE-DIABETIC
- .DYSLIPIDIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 10:34 ,WORKLOAD 12.6 METS
- .USG ABDOMEN - GRADE I FATTY LIVER
- .CHEST X-RAY - ELEVATED RIGHT DOME OF DIAPHRAGM
- .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

Follow-up and Review Plan



- FBS and PPBS ONCE IN 30 DAYS
- HBA1C (GLYCOSYLATED HAEMOGLOBIN) NOW AND ONCE IN 3 MONTHS
- CHECK LIPID PROFILE EVERY 6 MONTHS

Ask Hb Electrophoresis



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

Shashikant Nigam
Dr.SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Printed By : MUKTA S ADALTI


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 or signs should be brought to the attention of the Consulting Physician. Additional tests, investigations and referrals may be required in some cases.

Shashikant Nigam
Dr. Shashikant Nigam
MBBS, MD (Gen. Med.)
Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar,
Ahmedabad, Gujarat-382428, INDIA. Regd. No. JG-21901



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RADIOLOGY

Patient Details : Mr. SHANT SAURABH | Male | 32Yr 9Mth 16Days
UHID : AHIL.0000872414 **Patient Location:** AHC
Patient Identifier: AHILAH213284 
DRN : 123064218 **Completed on :** 13-MAY-2023 10:18
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

IMPRESSION

Lung fields are clear.

 Cardio thoracic ratio is normal.

 Both costophrenic angles are clear.

 Elevated right dome of diaphragm noted.
 Domes of diaphragm are well delineated.

 Bony thorax shows no significant abnormality.

— END OF THE REPORT —


AKSHAY SHARMA
 Medical Officer



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RADIOLOGY

Patient Details : Mr. SHANT SAURABH | Male | 32Yr 9Mth 16Days
UHID : AHIL.0000872414 **Patient Location:** AHC
Patient Identifier: AHILAH213284 
DRN : 223026256 **Completed on :** 13-MAY-2023 10:55
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 9.5 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 appears 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 (volume 22 cc) is normal in size and echopattern.

IMPRESSION :

Grade I fatty liver.

No any other significant abnormality.

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Printed By : 153182

Reported By : 717876

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AHILAH213284

USG WHOLE ABDOMEN

— END OF THE REPORT —

S. S. Parmar

SIDDHARTH S PARMAR

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Rate 76
 PR 146
 QRSD 92
 QT 334
 QTc 376
 --AXIS--
 P 56
 QRS 48
 T 23

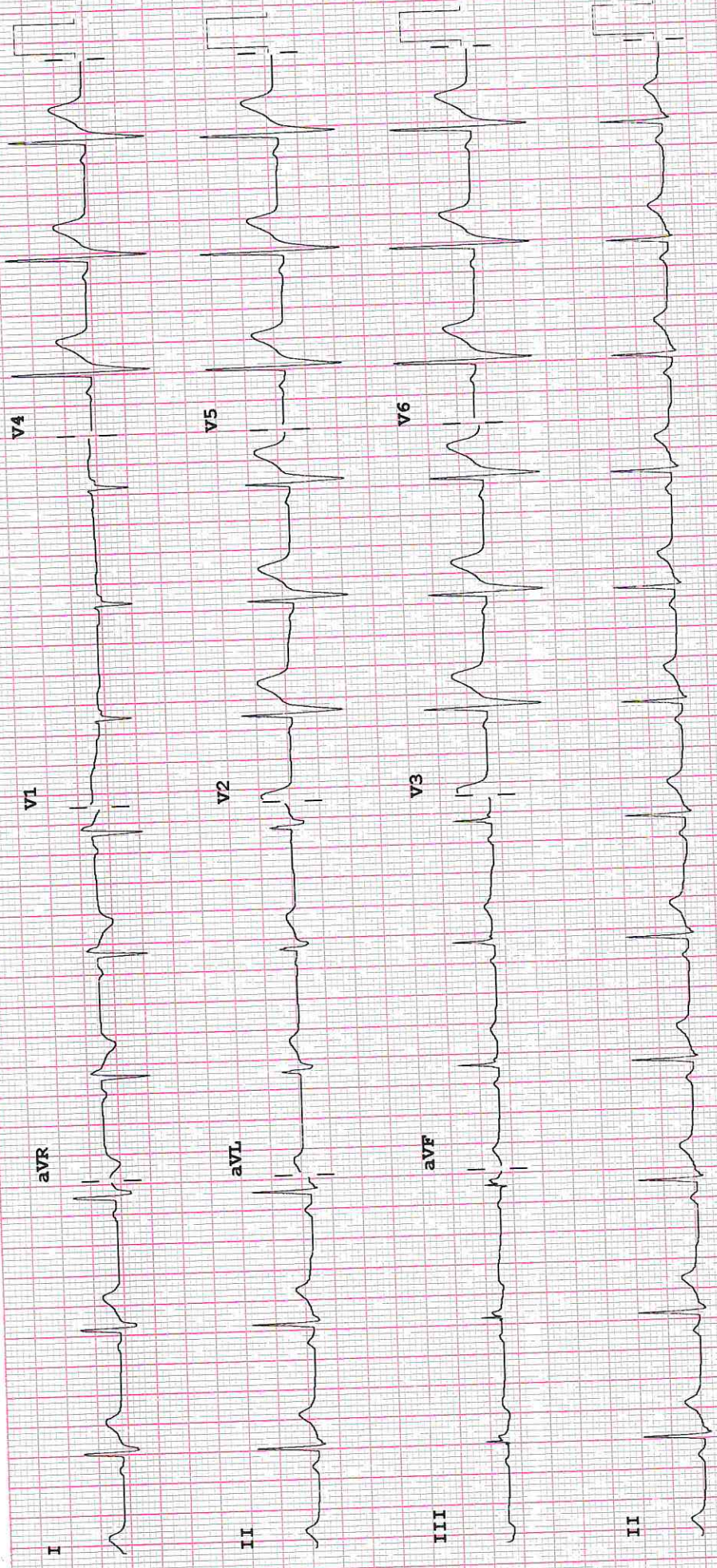
AHIL.0000872414

Mr. SHANT SAURABH

32 Year(s) / Male



12 Lead; Standard Placement



F 50~ 0.15-100 Hz
 PH10
 CL
 P?

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



OU*

AHIL.0000872414

Mr. SHANT SAURABH

32 Year(s) / Male

Age & Sex:

Date: 13/5/23

Place Label Here

If label not available, write Pt, Name, UHID, Age, Sex

Name:

Nutritional History: Normal / Obese / Thin / Cachectic / Need Assistance / Dependent

Psychological History: Normal / Anxious / Depressed

Clinical Notes:

Occupation: _____



Smoking / Tobacco / Alcohol [Social / Excess]

13/5/23

E.N.T. Complaints - Nil
 on Exam: Ear RTM intrafalom
 RTA
 ht →
 Nose DNS
 Throat true present -
 narrowed

Diagnosis/Provisional Diagnosis:

E.N.T. - normally NAD

Allergies: No known allergies If Yes mention:

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

Follow-up Advice/Plan:

Dr. Rajesh Vishwakarma
 M.S (ENT), D.L.O
 Cochlear Implant Surgeon
 Professor, Sr. Consultant, Director & Head
 Dept. of ENT and Head & Neck Surgery
 Apollo Hospitals International Limited., Gandhinagar
 Regd. No. : G-19406

Consultant Name & Signature



AHIL.0000872414

Mr. SHANT SAURABH

32 Year(s) / Male

IID, 1



DENTISTRY

Name :
 Occupation :
 Age : Sex : Male Female

Date : 13/11/23 Unit No. :
 Ref. Physician :
 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		
	MILD	MOD	SEV	CLASS I	II	III
NORMAL FINDINGS IN DISEASE				CROSSBITE		
Lips : <u>N/A</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<u>N/A</u>		
Cheeks : <u>N/A</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Tongue : <u>N/A</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Floor of the mouth : <u>N/A</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Palate : <u>N/A</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Tonsillar Area : <u>N/A</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Any other : <u>N/A</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
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"/>			
Hypoplasia						
Impaction						
Non-vital						
Fracture						
Abcess						
Ulcers						
Caries						
Missing Teeth						
Supernumerary						
Others						

PRESENT COMPLAINT : Poor oral health

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

Visit

32years

Asian

Male

Max HR 200bpm 106% of max predicted 188bpm

Maximum workload: 12.6METS

10.0 mm/mV

19-May-2023

161cm

81kg

Max BP 140/84

Reason for Termination: Patient fatigue

100hz

12:19:14

Referred by: DR SUBIR GHOSH
Test ind:

Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD WITH NORMAL HR WITH GOOD EFFORT TOLERANCE.
TEST TERMINATED DUE TO MAX HR ACHIEVED AND PATIENT FATIGUE.

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	Workload (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
EXERCISE	SUPINE	0:55	***	***	1.0	92		
	STANDING	0:25	0.3	0.0	1.1	96	110/70	106
	STAGE 1	3:00	1.7	10.0	4.6	142	110/70	156
	STAGE 2	3:00	2.5	12.0	7.0	161	132/80	213
EXERCISE	STAGE 3	3:00	3.4	14.0	10.1	190	140/84	252
	STAGE 4	1:34	4.2	16.0	12.6	200		
RECOVERY	RECOVERY	6:45	***	***	1.0	121		

Technician: SHAHBAZ ANSARI

APOLLO HOSPITALS INTERNATIONAL LIMITED Unconfirmed

MAC55 010B