



Mrs. SONAL GOYAL (33 /F)

UHID : AHIL.0000794629

AHC No : AHILAH203578

Date : 04/04/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



Namaste Mrs. SONAL GOYAL,

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

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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.



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You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via [www.apollo247.com](http://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](mailto: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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Date : 04/04/2023



Name : Mrs. SONAL GOYAL (33 /F)

Address : A 301 SHREEJI 78 MOTERA 380005, AHMEDABAD, AHMEDABAD, GUJARAT, INDIA

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000794629

AHC No : AHILAH203578

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE



### Chief Complaints

For Annual health checkup  
BREATHING DIFFICULTY  
GASTRIC PROBLEM



### 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

Skin : - Nil Significant

General symptoms : - Nil Significant



### Past medical history

Do you have any allergies? - Yes

Allergies - pollens

Do you have any drug allergies? - No

Others - COLD ITEMS



### Surgical history



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Caesarian section - 2020



Personal history

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



Family history

- Father - alive
- Aged - 62
- Mother - alive
- Aged - 58
- Brothers - 1
- Sisters - 3
- Diabetes - father
- Hypertension - father
- Coronary artery disease - none
- Cancer - None

Physical Examination



General

- General appearance - normal
- Build - normal
- Height - 164
- Weight - 72.3
- BMI - 26.88
- Pallor - No
- Oedema - no



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**Cardiovascular system**

- Heart rate (Per minute) - 86
- Rhythm - Regular
- B.P. Supine
- Systolic(mm of Hg) - 106
- Diastolic(mm of Hg) - 66
- Heart sounds - S1S2+

**Respiratory system**

- Breath sounds - Normal vesicular breath sounds



**Abdomen**

- Organomegaly - No
- Tenderness - No

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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	25	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Slightly Turbid			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	2-4 /h.p.f			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	1-2 /h.p.f			
Casts:	Absent			
Crystals:	Absent			

**COMPLETE BLOOD COUNT WITH ESR**

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	12.1	gm%	●	12-16
Packed cell volume(Calculated)	36.7	%	●	36-46
RBC COUNT (Impedance)	4.46	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	82.3	fl	●	80-100
MCH(Calculated)	27.15	pg	●	27-32
MCHC(Calculated)	33	%	●	31-36
RDW(Calculated)	14.1	%	●	11.5-14.5
WBC Count (Impedance)	6134	/cu mm	●	4000-11000

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

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**EYEGASSES PRESCRIPTION**

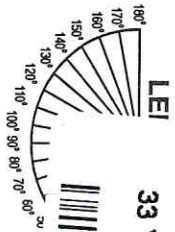
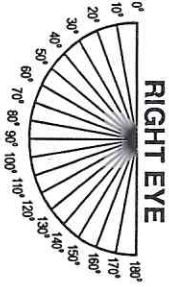
Patient Name : .....

UHD

AHIL.0000794629

Mrs. SONAL GOYAL

33 Year(s) / Female



	Sphere	Cylinder	Axis	Vision	Sphere	Cylinder	Axis	Vision
Distance	+0.75	-1.75	12	6/6	+0.75	-1.50	143	6/6
Near	_____	_____		NG	_____	_____		NG

Remark (if any) :

Signature  
Date & Time

*[Handwritten Signature]*

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AHM/ROP0016V1



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Neutrophils	52	%	●	40-75
Lymphocytes	35	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	05	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	285300	/cu mm	●	150000-450000
MPV (Calculated)	8.7	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	8	mm/1st hr	●	0-20

**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	14	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	68	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	22	U/L	●	>1 year Female : <32
Total Bilirubin	0.284 *	mg/dL	●	0.300-1.200
Direct Bilirubin	0.101	mg/dL	●	Upto 0.3 mg/dl

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

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Indirect Bilirubin

0.183

mg/dL



1 Day  $\leq$ 5.1 mg/dL  
 2 Days  $\leq$ 7.2 mg/dL  
 3-5 Days  $\leq$ 10.3 mg/dL  
 6-7 Days  $\leq$ 8.4 mg/dL  
 8-9 Days  $\leq$ 6.5 mg/dL  
 10-11 Days  $\leq$ 4.6 mg/dL  
 12-13 Days  $\leq$ 2.7 mg/dL  
 14 Days - 9 Years 0.2-0.8 mg/dL  
 10-19 Years 0.2-1.1 mg/dL  
 $\geq$ 20 Years 0.2-1.2 mg/dL

### CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.68	mg/dL		Adult Female: 0.5 - 1.2

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

### GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	84	mg/dL		70 - 100 : Normal 100 - 125 : Impaired Glucose Toleranc $\geq$ 126 : Diabetes Mellitus

### GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	75	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)

5.3

%



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.

105.41

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Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include PROTEIN TOTAL - SERUM / PLASMA, ALBUMIN - SERUM, Globulin-Serum/Plasma, and A/G ratio.

THYROID PROFILE (T3,T4 AND TSH)

Table with 5 columns: Test Name, Result, Unit, Level, Range. Rows include TOTAL T3: TRI IODOTHYRONINE - SERUM, TOTAL T4: THYROXINE - SERUM, and TSH: THYROID STIMULATING HORMONE - SERUM.

Legend: Green dot - Within Normal Range, Yellow dot - Borderline High/Low, Red dot - 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	3.8	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	22	mg/dL	●	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	150	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	100	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	54 *	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)	96	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	3		●	0-4.5

**CONVENTIONAL PAP SMEAR /CERVICAL SMEAR**

Cytology

Ref No:

CY 641/23

Brief Clinical History:

LMP: 13.3.2023

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

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**SPECIMEN TYPE:**

Conventional

Cervical smear

One wet fixed smear received, labeled as 'Sonal 794629'.

**SPECIMEN ADEQUACY:**

Satisfactory for evaluation with endocervical cells.

**INTERPRETATION/RESULT:**

Negative for intraepithelial lesion or malignancy.

**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.

Lung fields are clear.

Cardio thoracic ratio is normal.

Both costophrenic angles are clear.

Domes of diaphragm are well delineated.

Bilateral cervical ribs are seen.

Bony thorax otherwise 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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UHID : AHIL.0000794629

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MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

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### Executive Summary



- .BODY WEIGHT 72.3 KG,DEAL BODY WEIGHT 50-61 KG
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 9:31 ,WORKLOAD 11.70 METS
- .USG ABDOMEN - NO ABNORMALITIES DETECTED DIABETES
- .CHEST X-RAY - B/L CERVICAL RIBS SEEN
- .EYE – NORMAL
- .DENTAL - AS PER DOCTOR ADVICE
- .PAP - Negative for intraepithelial lesion or malignancy.

### 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 50-61 KG

Printed By : MUKTA S ADALTI

*Dr. Shashikant Nigam*  
**DR. SHASHIKANT NIGAM**  
 MBBS, (Gen. Med.)  
 Consultant Internal Medicine  
 Apollo Hospitals International Ltd., Gandhinagar,  
 Gujarat-382428, INDIA. Regd. No.: G-21351


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 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** : Mrs. SONAL GOYAL | Female | 33Yr 8Mth 7Days  
**UHID** : AHIL.0000794629 **Patient Location:** AHC  
**Patient Identifier:** AHILAH203578   
**DRN** : 223019039 **Completed on :** 04-APR-2023 13:04  
**Ref Doctor** : DR. SHASHIKANT NIGAM

### USG WHOLE ABDOMEN

#### FINDINGS :

Liver appears normal in size and shows uniform normal echotexture. No evidence of focal or diffuse 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 8.5 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 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.

Uterus appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal. Endometrial thickness is 6 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Mrs. SONAL GOYAL

AHIL.0000794629

AHILAH203578

**USG WHOLE ABDOMEN**

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION :

NO ABNORMALITY DETECTED.

— END OF THE REPORT —

DR. VAIBHAVI PATEL

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### RADIOLOGY

**Patient Details** : Mrs. SONAL GOYAL | Female | 33Yr 8Mth 7Days  
**UHID** : AHIL.0000794629 **Patient Location:** AHC  
**Patient Identifier:** AHILAH203578   
**DRN** : 123044564 **Completed on :** 04-APR-2023 11:34  
**Ref Doctor** : DR. SHASHIKANT NIGAM

### X-RAY CHEST PA

#### IMPRESSION

Lung fields are clear.  
  
 Cardio thoracic ratio is normal.  
  
 Both costophrenic angles are clear.  
  
 Domes of diaphragm are well delineated.  
  
 Bilateral cervical ribs are seen.  
 Bony thorax otherwise shows no significant abnormality.

— END OF THE REPORT —



AKSHAY SHARMA

Medical Officer

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**OPTH**

AHIL.0000794629

**VISION RECORDS**

Name : Mrs. SONAL GOYAL

Date : 4/4/23

UHID : 33 Year(s) / Female



Distance Vision :

Right Eye - 6/6 +0.75 / -1.75 @ 12'

Left Eye - 6/6 +0.75 / -1.50 @ 143'

Near Vision :

Right Eye : NG

Left Eye : NG

APLN.TN - Right Eye 12 Left Eye - 13 mmHg

Both Eye - Colour Vision Normal

Both Eye - Anterior Segment Examinations - Normal

Both Eye Posterior Segment Examinations - Normal

  
Doctor's Signature



**DENTISTRY**

Name : ..... Date : 06/04/23 Unit No. : .....

Occupation : ..... Ref. Physician : .....

Age : ..... Sex :  Male  Female Copies to : .....

**DENTAL RECORD**

ALLERGIES : N/A

PAIN : Score (0-10) 0 Location : ..... Character : .....

DENTAL CLEANING HABIT

<input checked="" type="checkbox"/> Once	<input checked="" type="checkbox"/> Twice	<input type="checkbox"/> Occasionally
<input checked="" type="checkbox"/> Brush	<input type="checkbox"/> Finger	<input type="checkbox"/> Stick
<input checked="" type="checkbox"/> Tooth Paste	<input type="checkbox"/> Powder	<input type="checkbox"/> Any other
		<input type="checkbox"/> 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																																																																																
<p>NORMAL FINDINGS IN DISEASE</p> <p>Lips : .....            Cheeks : .....            Tongue : .....            Floor of the mouth : <u>N/A</u>            Palate : .....            Tonsillar Area : .....            Any other : .....</p>	<table border="1"> <thead> <tr> <th></th> <th>MILD</th> <th>MOD</th> <th>SEV</th> </tr> </thead> <tbody> <tr> <td>Gingivitis</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Calculus</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Recession</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Periodontal Pockets</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Attrition</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Erosion</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Mobility</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		MILD	MOD	SEV	Gingivitis	<input 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"/>	<table border="1"> <thead> <tr> <th>CLASS</th> <th>I</th> <th>II</th> <th>III</th> </tr> </thead> <tbody> <tr> <td>CROSSBITE</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Hypoplasia</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Impaction</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Non-vital</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Fracture</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Abcess</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Ulcers</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Caries</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Missing Teeth</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Supernumerary</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Others</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	CLASS	I	II	III	CROSSBITE				Hypoplasia				Impaction				Non-vital				Fracture				Abcess				Ulcers				Caries				Missing Teeth				Supernumerary				Others			
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PRESENT COMPLAINT : Routine check up

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

Place Label Here

If label not available, write Pt, Name, IP No/UHID, Age, Sex, Date, Name of Treating Physician

**OBSTETRICS & GYNAECOLOGY - AHC**

N.	AHIL.0000794629	Date :	6/11/23	Unit No. :	
Oc	Mrs. SONAL GOYAL	Ref. Physician :	Dr. Keerthy Nagesh		
Age	33 Year(s) / Female	Copies to :			

**GYNAEC CHECK UP**

Chief Complaint:

None. P1+00

Children: 1 ♂  
 Deliveries: 1 LSCS  
 Last Child: MUM 13 years / LSCS  
 Abortions: None. 1 MTP  
 Periods: Regular  $\frac{4}{25-30}$  days  
 LMP: 13/03/23  
 Menopause: -  
 G. Condition: Fit

Weight:  
 BP:  
 Breasts: Normal  
 PAP Smear: Taken  
 Previous Medical H/O:  
 None  
 FH/O: HTN, DM

P/A: Soft

Previous Surgical H/O:

S/E: ✓

None  
 Uterus: Could not be felt due to abdominal rigidity  
 Cervix: felt healthy

P/V:

P/R:

Impression:

*Keerthy*  
 Doctor Signature  
 Date & Time  
 6/11/23  
 12:34 PM

APOLLO HOSPITAL  
BHAT  
AHMEDABAD

Station  
Telephone:

## EXERCISE STRESS TEST REPORT

Patient Name: GOYAL, MRS. SONAL  
Patient ID: 794629  
Height: 164 cm  
Weight: 72.3 kg

DOB: 28.07.1989  
Age: 33 yrs  
Gender: Female  
Race: Asian

Study Date: 04.04.2023  
Test Type: --  
Protocol: BRUCE

Referring Physician: --  
Attending Physician: --  
Technician: MS. KHUSHALI. C. SUCHAK

Medications:

--

Medical History:

--

Reason for Exercise Test:

--

### Exercise Test Summary

Phase Name	Stage Name	Time in Stage	Speed [ mph ]	Grade [ % ]	HR [ bpm ]	BP [ mmHg ]	Comment
PRETEST	SUPINE	00:08	0.00	0.00	82		
	STANDING	00:47	0.00	0.00	89	100/70	
EXERCISE	STAGE 1	03:00	1.70	10.00	123	110/70	2:32 No symptoms
	STAGE 2	03:00	2.50	12.00	137	120/80	5:17 No symptoms
	STAGE 3	03:00	3.40	14.00	153	140/80	
	STAGE 4	00:31	4.20	16.00	169	150/80	9:22 Fatigue
RECOVERY		03:55	0.00	0.00	100	120/80	2:36 No symptoms
							3:22 No symptoms

The patient exercised according to the BRUCE for 9:31 min:s, achieving a work level of Max. METS: 11.70. The resting heart rate of 82 bpm rose to a maximal heart rate of 171 bpm. This value represents 91 % of the maximal, age-predicted heart rate. The resting blood pressure of 100/70 mmHg, rose to a maximum blood pressure of 150/80 mmHg. The exercise test was stopped due to Fatigue, Target heart rate achieved.

### Interpretation

--

### Conclusions

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 FATIGUE & THR ACHIEVED.  
GOOD EFFORT TOLERANCE.

Physician

Technician