

# GAJANAN HOSPITAL & CRITICAL CARE CENTER

Sarang Society, Plot No 8, Gajanan Mandir Chowk, Near LIC Office, Opp Axis Bank, Garkheda Parisar

AURANGABAD

VIJAS B. KANTHEWAD

ID : 376

TREADMILL TEST REPORT

DATE : 03/04/2024  
 AGE/SEX : 34 / M  
 HT/WT : 164 / 72  
 REF. BY : SARDA CENTRE

PROTOCOL : Bruce  
 HISTORY : FOR PRE INSURANCE CHECK UP,  
 INDICATION : PRE INSURANCE CHECK UP  
 MEDICATION :

PHASE	TOTAL TIME	STAGE TIME	SPEED Km/Hr	GRADE %	H.R. bpm	B.P. mmHg	RPP x100	ST LEVEL (MM)			METS
								II	V1	V5	
SUPINE					84	120 / 84	100	2.3	0.6	3.1	
STANDING		0:19			82	120 / 84	98	2.3	0.6	3.1	
HYPERVENT					90	120 / 84	108	2.3	0.5	3.4	
Stage 1	2:55	2:55	2.7	10	117	120 / 84	140	2.5	-0.2	3	4.67
Stage 2	5:55	2:55	4	12	130	130 / 84	169	2.5	-0.1	2.9	7.04
Stage 3	8:55	2:55	5.4	14	159	140 / 90	222	1.9	0	2.9	9.92
PK-EXERCISE	9:14	0:14	6.7	16	163	150 / 100	244	2	-0.2	3.6	10.31
RECOVERY	10:3	0:29			136	150 / 100	204	2.1	0.2	3.1	
RECOVERY	12:29	2:55			109	140 / 90	152	1.4	0.2	2.2	
RECOVERY	15:29	5:55			108	124 / 80	133	1.5	0.5	2.3	

### RESULTS

EXERCISE DURATION : 9:14  
 MAX HEART RATE : 163 bpm 87 % of target heart rate 186 bpm  
 MAX BLOOD PRESSURE : 150 / 100 mm Hg  
 REASON OF TERMINATION : Fatigue, Dyspnea, Achieved THR, Exhaustion,  
 BP RESPONSE : Normal,  
 ARRHYTHMIA : None,  
 H.R. RESPONSE : Normal Chronotropic Response,  
 IMPRESSIONS :  
 Negative for Provocable myocardial ischemia,

MAX WORK LOAD : 10.31 METS



**Dr. Gitesh Dalvi**

M.B.B.S., DNB Medicine (Delhi)

F.G.P.S (Medicine) Mumbai

**Dr. Gitesh Dalvi** (C.L.L. Mumbai)

Reg. No 2003/03/0818

Technician : 44

# GAJANAN HOSPITAL & CRITICAL CARE CENTER

VILAS B. KANTHEMAD  
 I.D. 376  
 Age 34/M

RATE 84bpm  
 B.P. 120/84

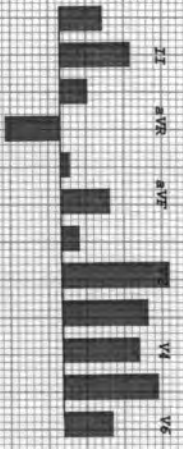
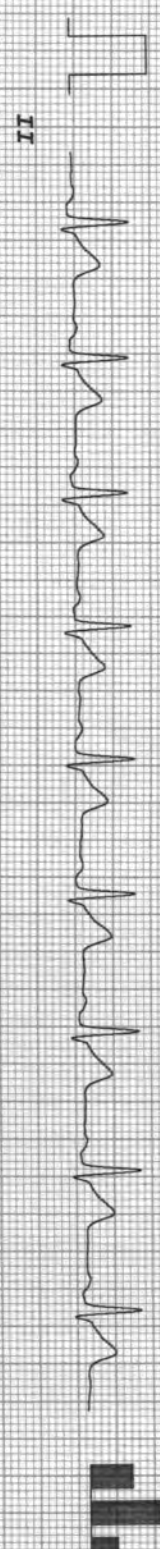
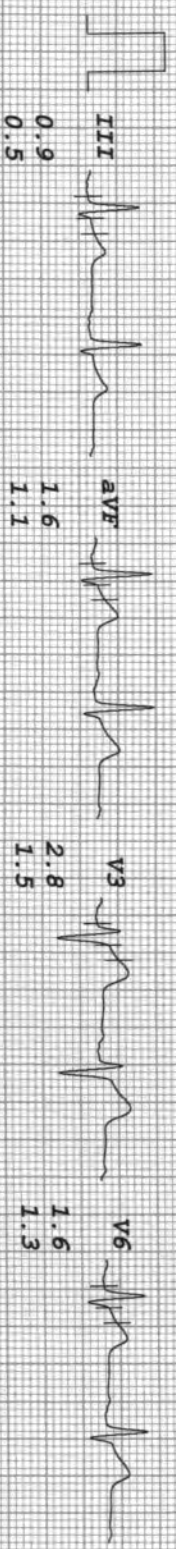
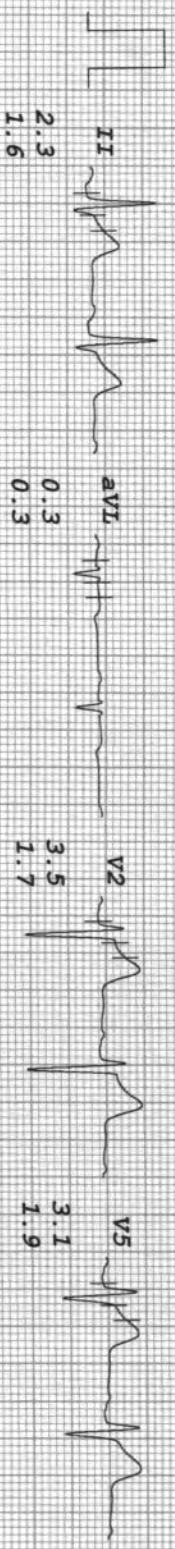
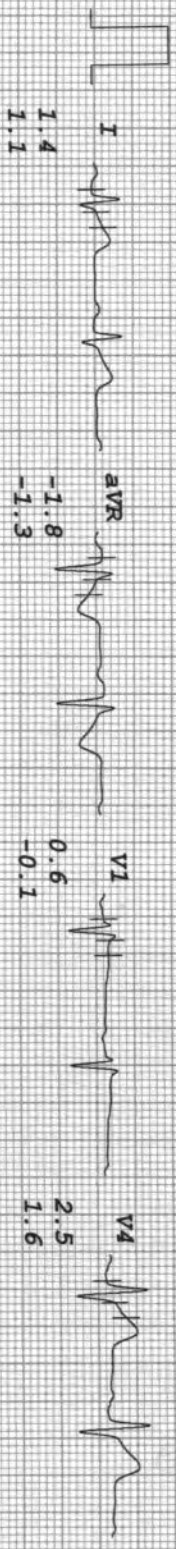
PRETEST  
 SUPINE

ST @ 10mm/mV  
 80ms PostJ

LINKED MEDIAN

Date 03/04/2024

Mag. X 2



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VILAS B. KANTHEWAD

I.D. 376

Age 34/M

Date 03/04/2024

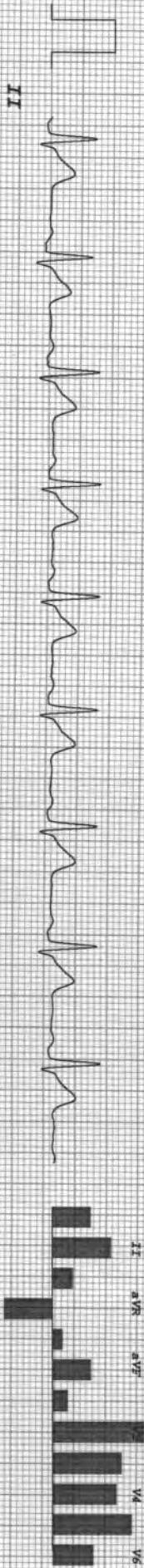
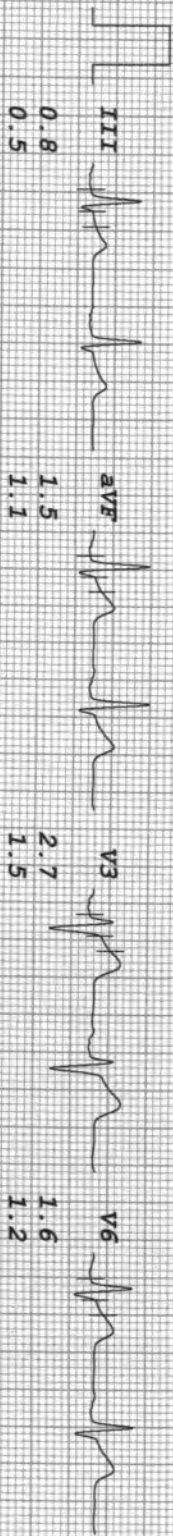
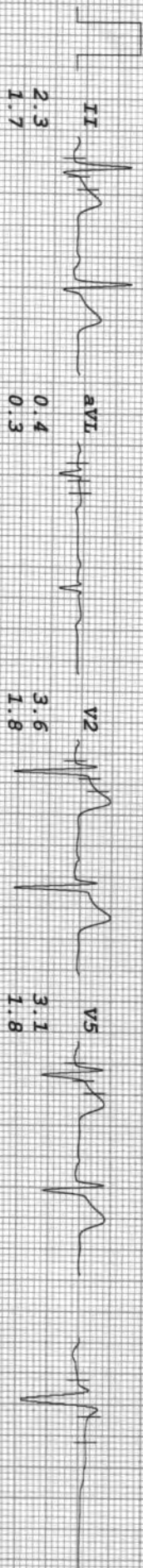
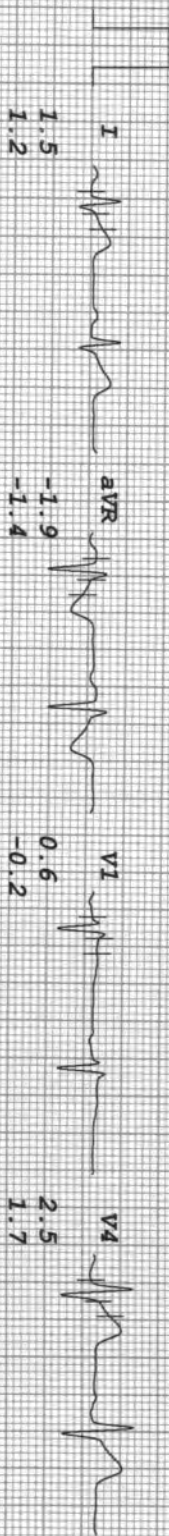
RATE 82bpm  
B.P. 120/84

PRETEST  
STANDING

ST @ 10mm/mV  
80ms PostJ

LINKED MEDIAN

Mag. X 2



I II III aVR aVL aVF V1 V2 V3 V4 V5 V6

# GAJANAN HOSPITAL & CRITICAL CARE CENTER

VILAS B. KANTHEWAD

I.D. 376

Age 34/M

Date 03/04/2024

RATE 90bpm  
B.P. 120/84

PRETEST  
HYPERVENT

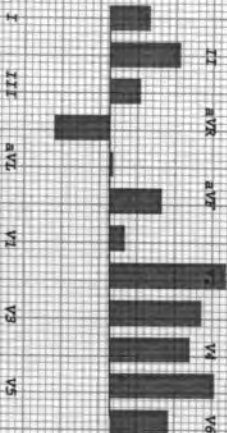
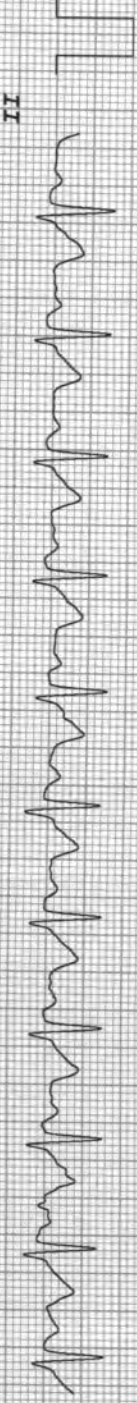
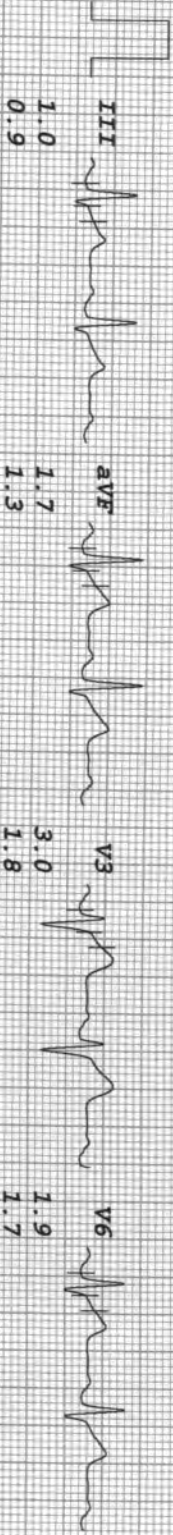
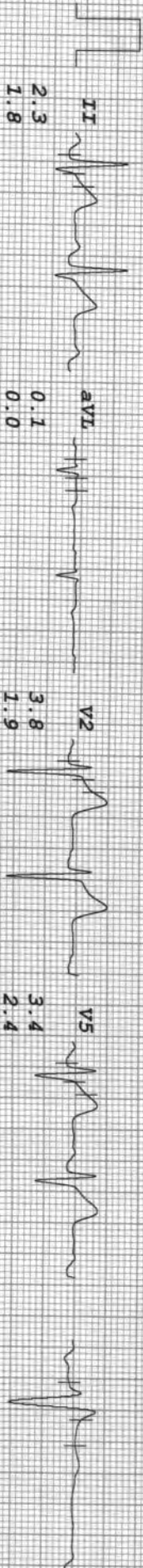
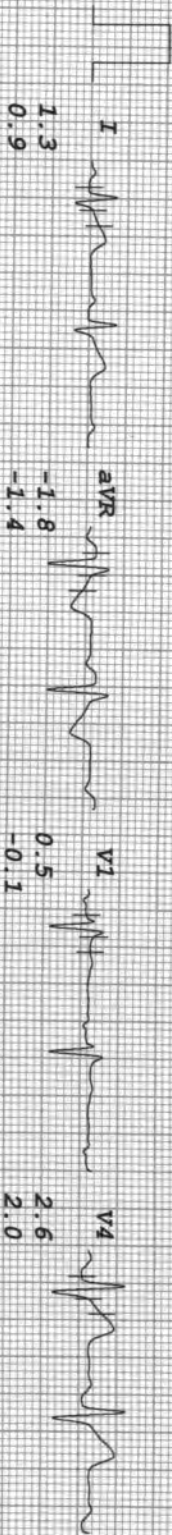
ST @ 10mm/mV  
80ms PostJ

PHASE TIME 0:19

LINKED MEDIAN

Mag. X 2

V1



# GAJANAN HOSPITAL & CRITICAL CARE CENTER

VILAS B. KANTHERWAD

I.D. 376

Age 34/M

Date 03/04/2024

RATE 117bpm

B.P. 120/84

Bruce

Stage 1

TOTAL TIME 2:55

PHASE TIME 2:55

ST @ 10mm/mV

80ms PostJ

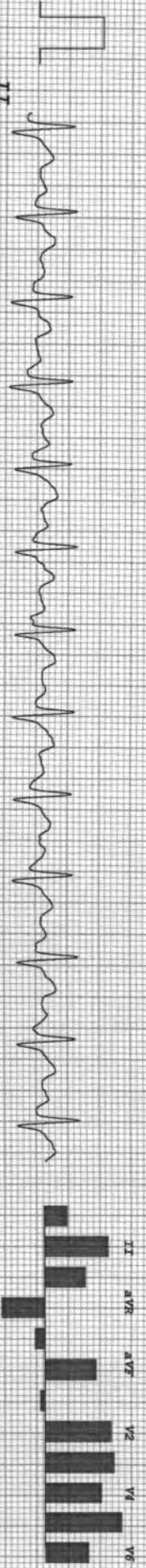
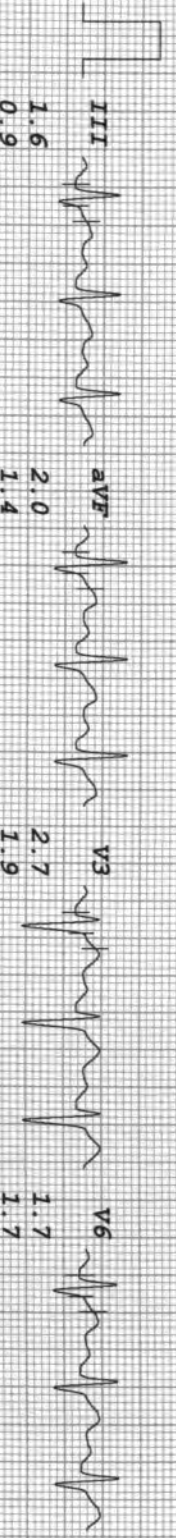
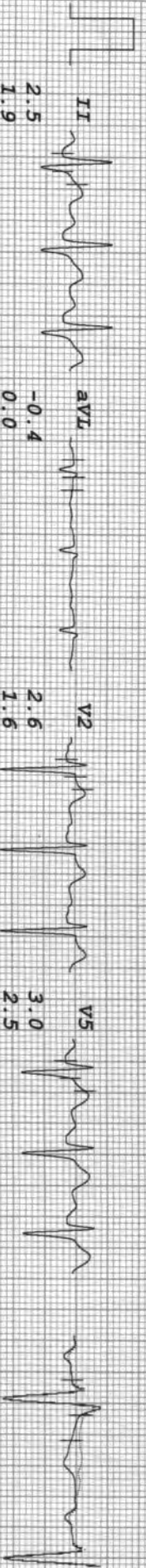
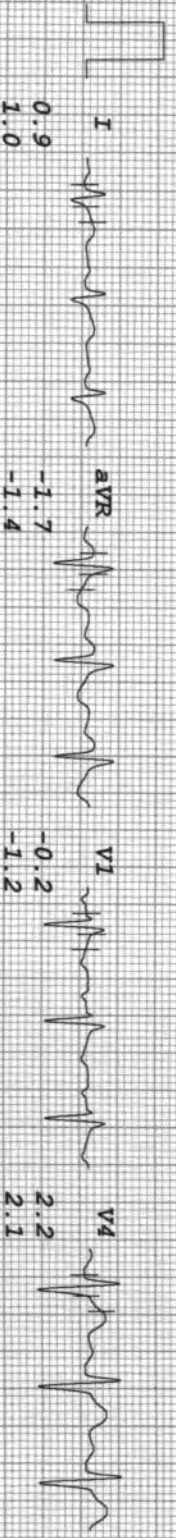
Speed 2.7 km/hr

SLOPE 10 %

LINKED MEDIAN

Mag. X 2

V1



# GAJANAN HOSPITAL & CRITICAL CARE CENTER

VILAS B. KANTHEWAD

I.D. 376

Age 34/M

Date 03/04/2024

RATE 130bpm

B.P. 130/84

Bruce

Stage 2

TOTAL TIME 5:55

PHASE TIME 2:55

ST @ 10mm/mV

80ms PostJ

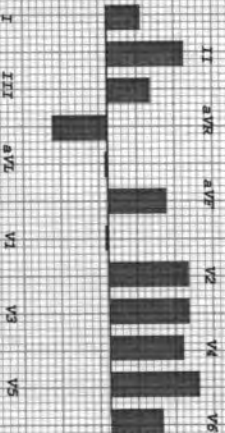
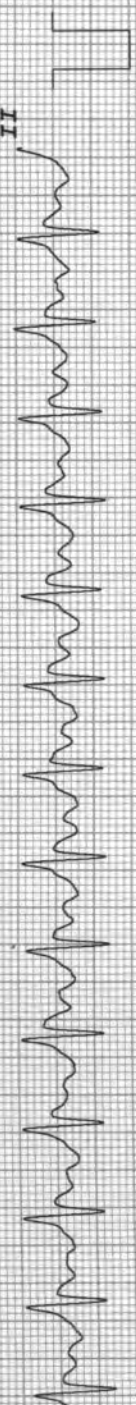
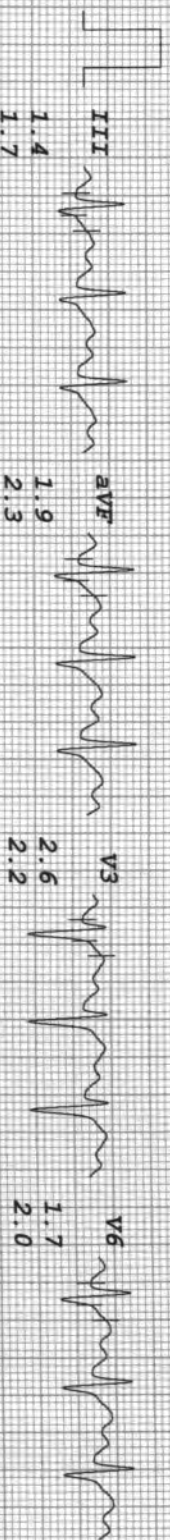
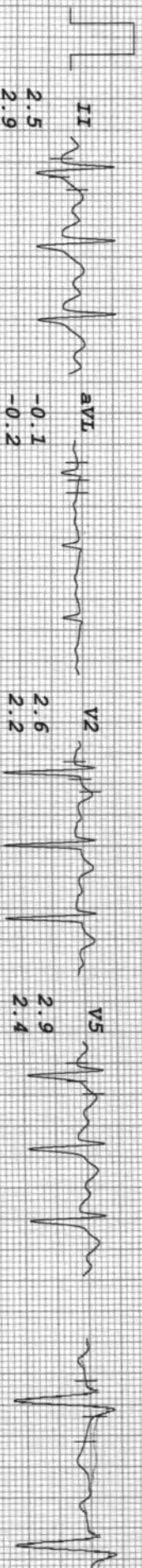
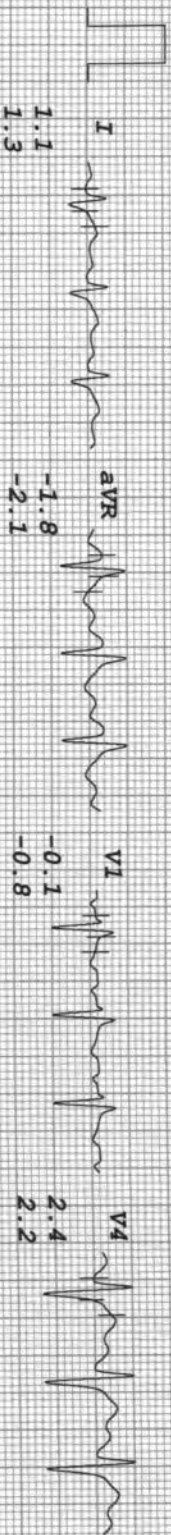
Speed 4 km/hr

SLOPE 12%

LINKED MEDIAN

Mag. X 2

V1



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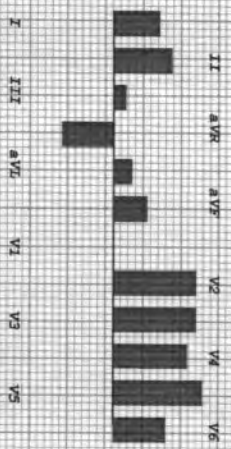
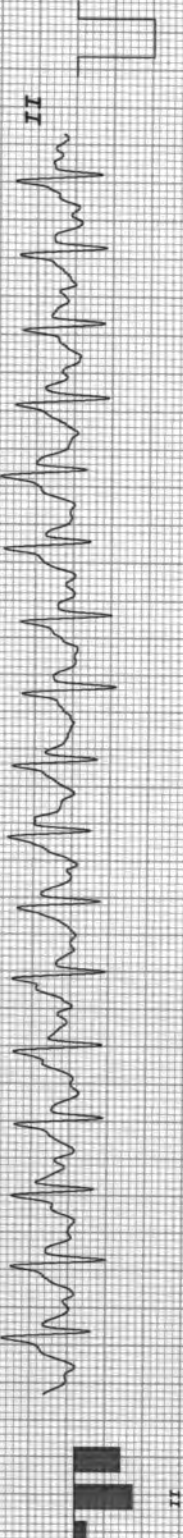
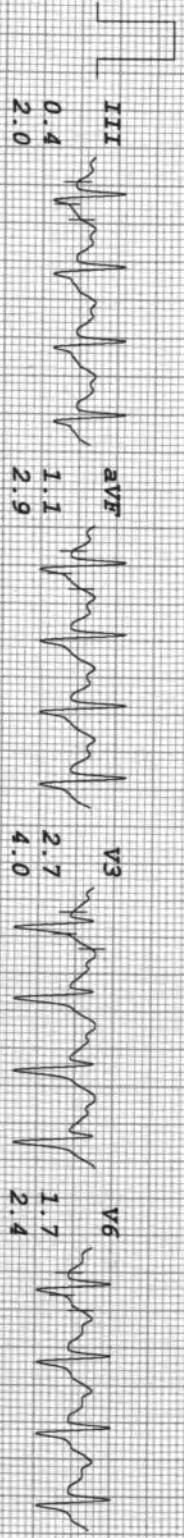
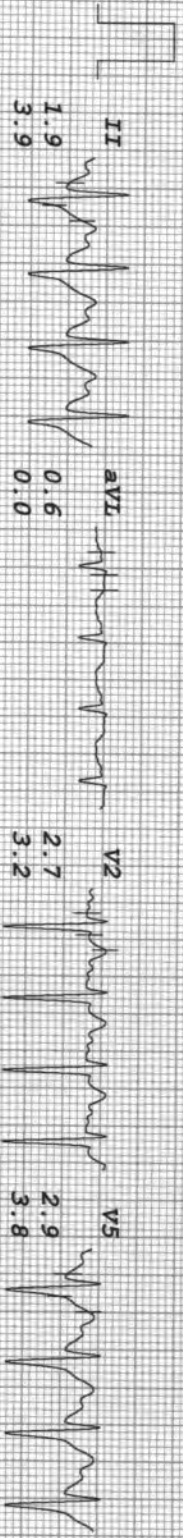
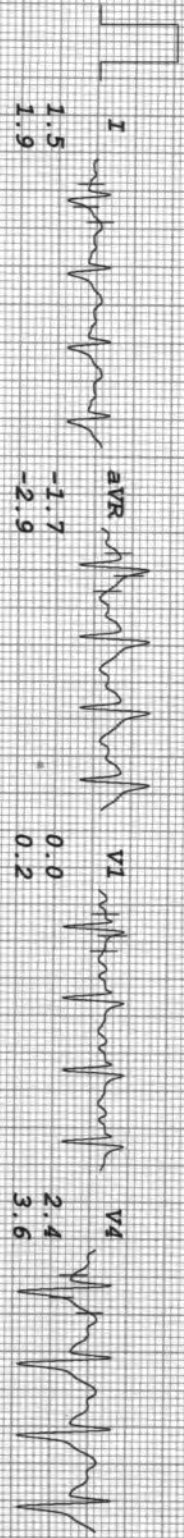
Rate 159bpm  
 B.P. 140/90

Brice  
 Stage 3  
 TOTAL TIME 8:55  
 PHASE TIME 2:55

ST @ 10mm/mV  
 80ms PostJ  
 Speed 5.4 km/hr  
 SLOPE 14 &

LINKED MEDIAN

Mag. X 2



# GAJANAN HOSPITAL & CRITICAL CARE CENTER

VILAS B. KANTHEWAD

I.D. 376

Age 34/M

Date 03/04/2024

RATE 163bpm

B.P. 150/100

Bruce

PK-EXERCISE

TOTAL TIME 9:14

PHASE TIME 0:14

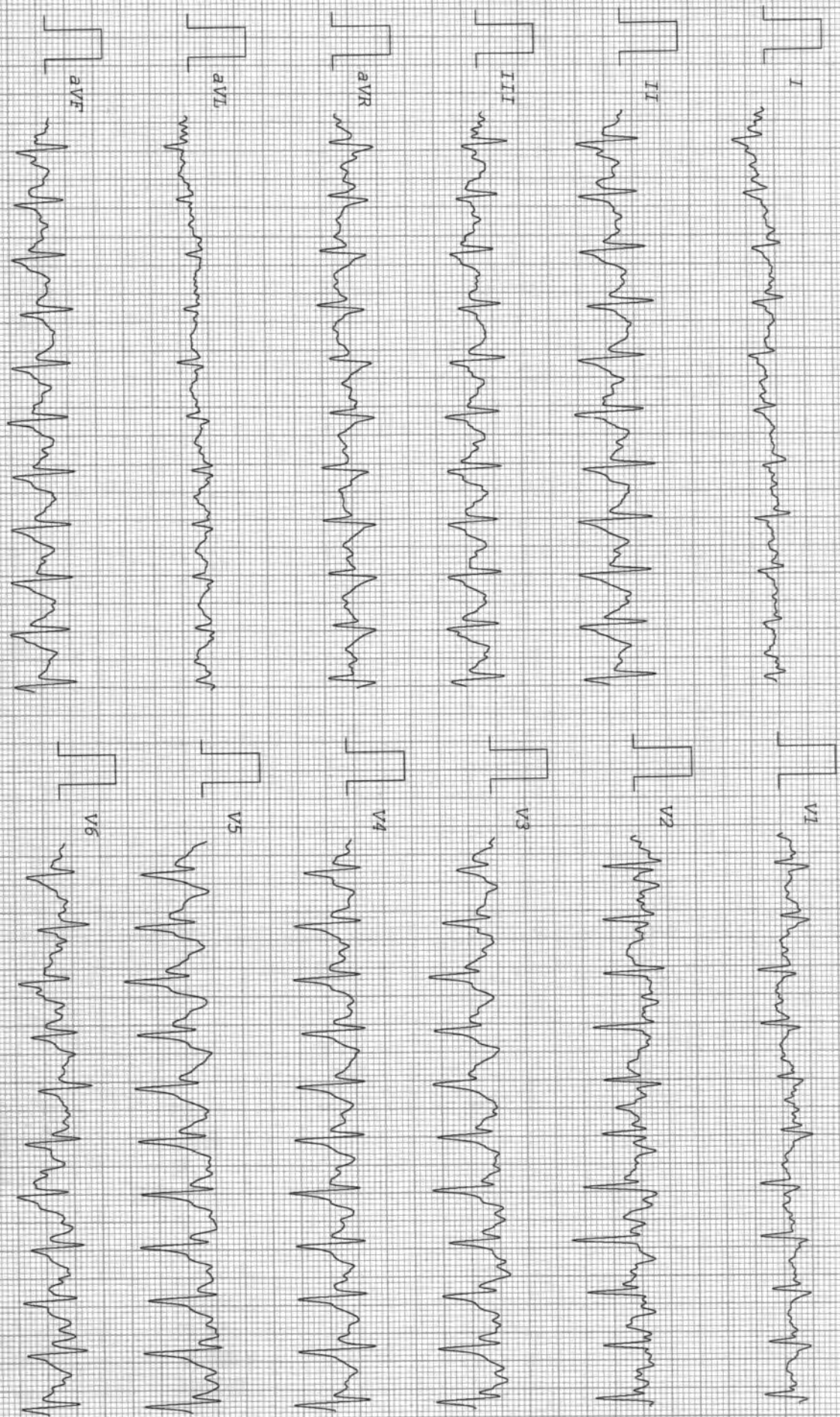
ST @ 10mm/mV

80ms PostJ

Speed 6.7 km/hr

SLOPE 16 %

**RUNNING**





# GAJANAN HOSPITAL & CRITICAL CARE CENTER

VILAS B. KANTHEWAD

I.D. 376

Age 34/M

Date 03/04/2024

RATE 109bpm  
B.P. 140/90

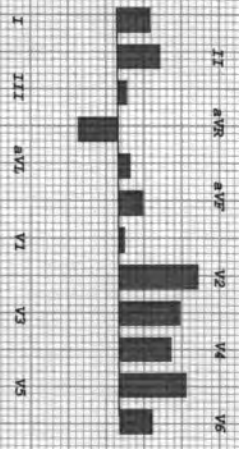
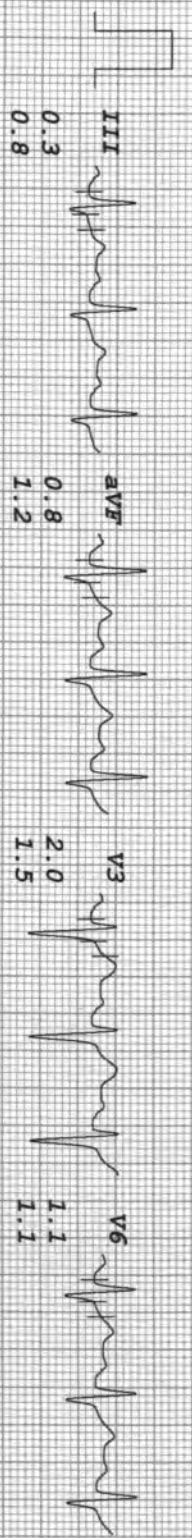
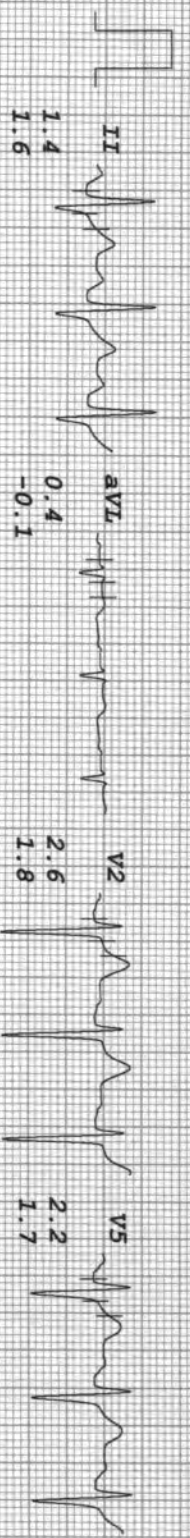
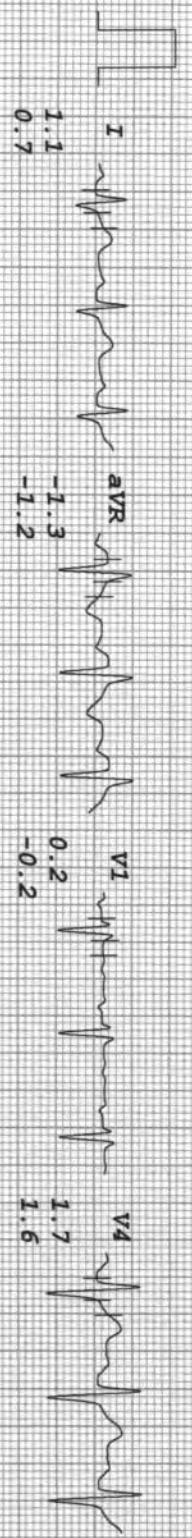
Brice  
RECOVERY  
TOTAL TIME 12:29  
PHASE TIME 2:55

ST @ 10mm/mV  
80ms PostJ

LINKED MEDIAN

Mag. X 2

III



# GAJANAN HOSPITAL & CRITICAL CARE CENTER

VILAS B. KANTHEWAD

I.D. 376

Age 34/M

Date 03/04/2024

RATE 136bpm

B.P. 150/100

Bruce

RECOVERY

TOTAL TIME 10:03

PHASE TIME 0:29

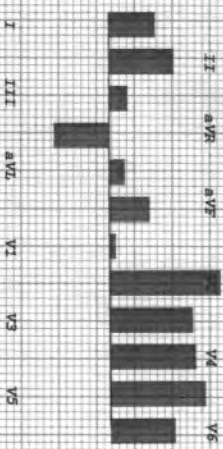
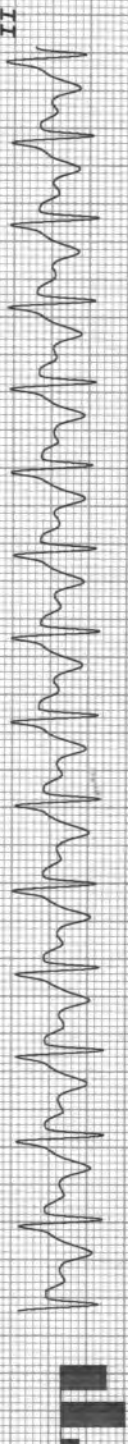
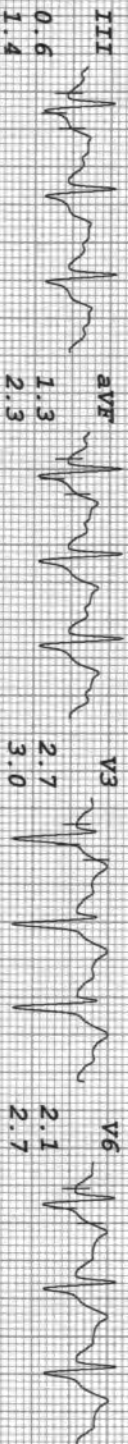
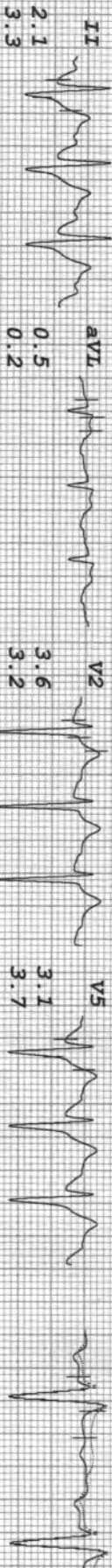
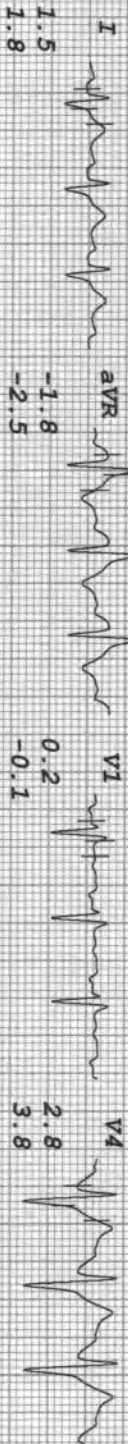
ST @ 10mm/mV

80ms PostJ

LINKED MEDIAN

MAG. X 2

V1



# GAJANAN HOSPITAL & CRITICAL CARE CENTER

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 Age 34/M  
 Date 03/04/2024

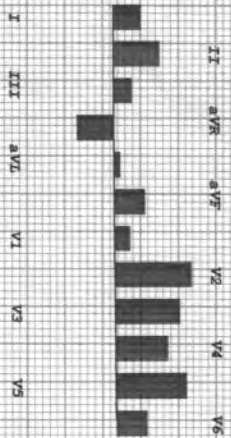
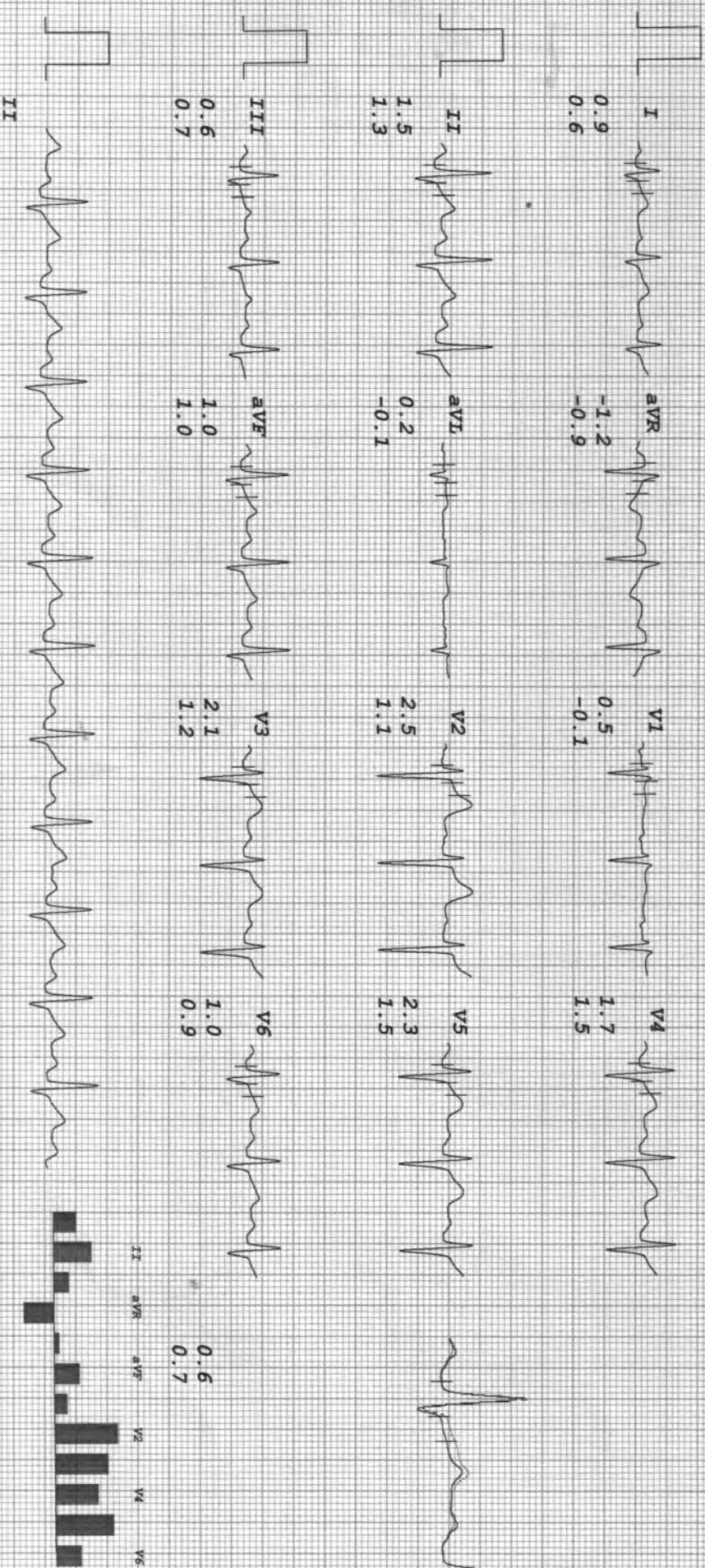
RATE 108bpm  
 B.P. 124/80

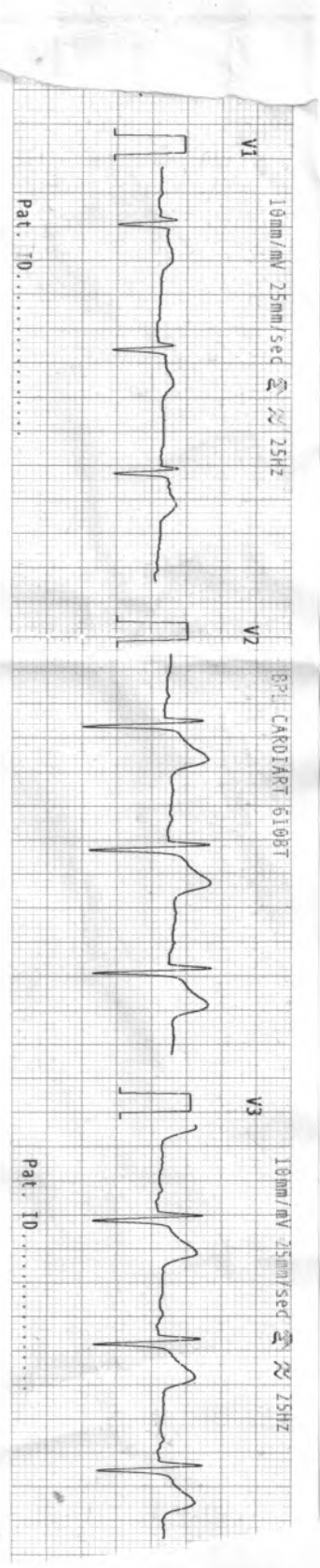
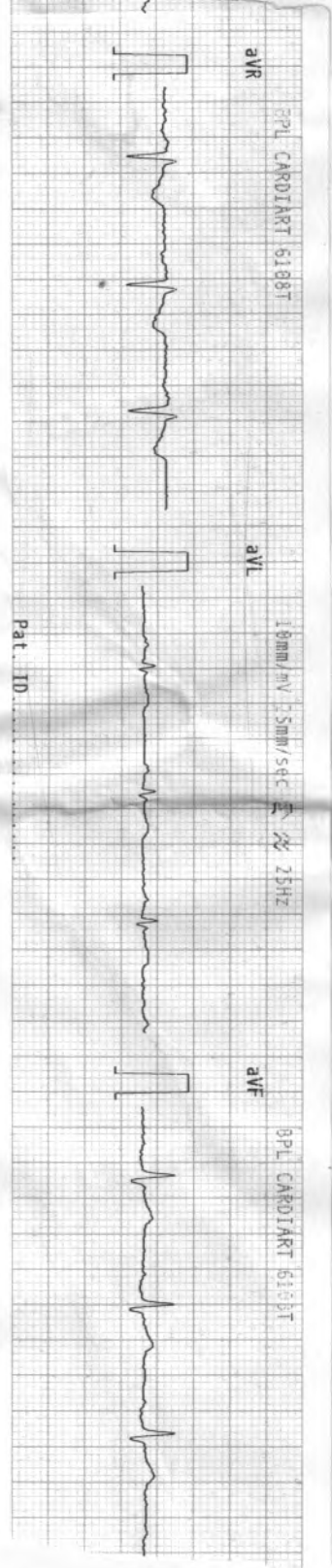
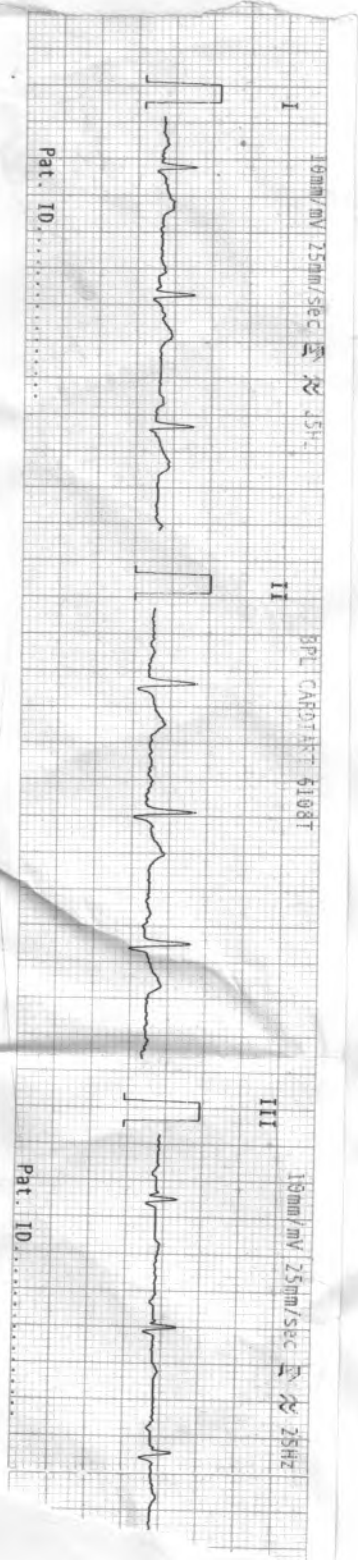
Bruce  
 RECOVERY  
 TOTAL TIME 15:29  
 PHASE TIME 5:55

ST @ 10mm/mV  
 80ms PostJ

LINKED MEDIAN

Mag. X 2





Mr. Vikas Karmore  
34 Wagon  
3573124

Dr. A. S. Sarda  
M.D. Reg. No. 7000  
SARDA CENTER FOR T...  
4, Wankateshnagar  
Phone No. ...  
SELF CARE  
Indgabad

**SARDA  
CENTRE FOR DIABETES & SELF CARE**

4, Vyankatesh Nagar, Jalna Road, Aurangabad. Ph. : (0240) 2333851, 2334868.

Name: Ms. Vikas Kanthwad Age: 34y/m  
BSRB

**CLINICAL SUMMARY:**

Weight: \_\_\_\_\_ Height (Cms): \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

**ECG FINDINGS:**

Rate: 84/min ORS. Complex: (R)

Rhythm: (R) ST Segment: (R)

Mechanism: (R) T. Wave: (R)

Axis: (R) QT Interval: (R)

P. Wave: (R) PR Interval: (R)

Recommendation: W

Date: 25/03/24  
Dr. A. S. SARDA  
M.D. Reg. No. 73570  
SARDA CENTER FOR DIABETES & SELF CARE  
4, Vyankateshnagar, Jalna Road, Aurangabad  
Phone No. 2333851, 2334868

Patient Name : MR VILAS KANTHEWAD

Age/Gender : 33 Yrs/Male

Ref. Dr. : MEDIWHEEL



SCD24/3024

Report Date

: 30/03/2024



### HAEMATOLOGY REPORT

Test Description	Result	Unit	Biological Reference Range
<b>BLOOD GROUP AND RH FACTOR</b>			
Blood Group	'B'		
Rh Factor	POSITIVE(+VE)		

**Dr.S R. SARDA**  
M.D. Reg. No. 65462  
SARDA CENTER FOR DIABETES & SELF CARE  
4, Vyankateshnagar, Jalna Road, Aurangabad  
Phone No. 2333851, 2334858

Patient Name : MR VILAS KANTHEWAD

Age/Gender : 33 Yrs/Male

Ref. Dr. : MEDIWHEEL



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### HBA1C/GLYCOCYLATED

HbA1c Glycosilated Haemoglobin 5.6 %

Method: HPLC, NGSP certified

Estimated Average Glucose : 114 mg/dL

#### As per American Diabetes Association (ADA)

Reference Group	HbA1c in %
Non diabetic adults >=18 years	<5.7
At risk (Prediabetes)	5.7 - 6.4
Diagnosing Diabetes	>= 6.5
Therapeutic goals for glycemc control	Age > 19 years Goal of therapy: < 7.0 Action suggested: > 8.0 Age < 19 years Goal of therapy: <7.5

#### ADA criteria for correlation

HbA1c(%)	Mean Plasma Glucose (mg/dL)
6	126
7	154
8	183
9	212
10	240
11	269
12	298

**Note:**1. Since HbA1c reflects long term fluctuations in the blood glucose concentration, a diabetic patient who is recently under good control may still have a high concentration of HbA1c. Converse is true for a diabetic previously under good control but now poorly controlled .  
2. Target goals of < 7.0 % may be beneficial in patients with short duration of diabetes, long life expectancy and no significant cardiovascular disease. In patients with significant complications of diabetes, limited life expectancy or extensive co-morbid conditions, targeting a goal of < 7.0 % may not be appropriate.

**Comments:**HbA1c provides an index of average blood glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycemc control as compared to blood and urinary glucose determinations.

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### BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Range
<b>LIPID PROFILE</b>			
Cholesterol-Total <i>Method: CHOD/PAP</i>	198	mg/dL	< 200 : Desirable 200-239 : Borderline risk > 240 : High risk
Triglycerides level <i>Method: Lipase / Glycerol Kinase)</i>	118	mg/dL	< 150 : Normal 150-199 : Borderline-High 200-499 : High > 500 : Very High
HDL Cholesterol <i>Method: CHOD/PAP</i>	40	mg/dL	< 40 : Low 40 - 60 : Optimal > 60 : Desirable
LDL Cholesterol <i>Method: Homogeneous enzymatic end point assay</i>	134.40	mg/dL	< 100 : Normal 100 - 129 : Desirable 130 - 159 : Borderline-High 160 - 189 : High > 190 : Very High
VLDL Cholesterol <i>Method: Calculation</i>	23.60	mg/dL	7 - 40
CHOL/HDL RATIO <i>Method: Calculation</i>	4.95	Ratio	3.5 - 5.0
LDL/HDL RATIO <i>Method: Calculation</i>	3.36	Ratio	0 - 3.5

### Interpretation

Lipid profile can measure the amount of Total cholesterol's and triglycerides in blood:

Test	Comment
Total cholesterol:	measures all the cholesterol in all the lipoprotein particles
High-density lipoprotein cholesterol (HDL-C):	measures the cholesterol in HDL particles; often called "good cholesterol" because HDL-C takes up excess cholesterol and carries it to the liver for removal.
Low-density lipoprotein cholesterol (LDL-C):	measures the cholesterol in LDL particles; often called "bad cholesterol" because it deposits excess cholesterol in walls of blood vessels, which can contribute to atherosclerosis
Triglycerides:	measures all the triglycerides in all the lipoprotein particles; most is in the very low-density lipoproteins (VLDL).

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Patient Name : MR VILAS KANTHEWAD

Age/Gender : 33 Yrs/Male

Ref. Dr. : MEDIWHEEL



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### BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Range
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#### BLOOD SUGAR FASTING & PP (BSF & PP)

BLOOD SUGAR FASTING 84 mg/dl

*Method: Hexokinase*

BLOOD SUGAR POST PRANDIAL 134 mg/dl

*Method: Hexokinase*

#### **ADA 2019 Guidelines for diagnosis of Diabetes Mellitus**

Fasting Plasma Glucose > 126 mg/dl

Postprandial Blood Glucose > 200 mg/dl

Random Blood Glucose > 200 mg/dl

HbA1c Level > 6.5%

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SCD24/3024

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### BIOCHEMISTRY REPORT

Test Description	Result	Unit	Biological Reference Range
UREA <i>Method: UV</i>	34	mg/dl	10 - 45
<b>Serum Creatinine</b> <i>Method: Modified Jaffe's</i>	1.0	mg/dL	0.70 - 1.40

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### LIVER FUNCTION TEST (LFT)

TOTAL BILIRUBIN	0.69	mg/dl	0.2 - 1.0
<i>Method: Serum, Jendrassik Grof</i>			
DIRECT BILIRUBIN	0.14	mg/dL	0.0 - 0.3
<i>Method: Serum, Diazotization</i>			
INDIRECT BILIRUBIN	0.55	mg/dl	0.3 - 0.7
<i>Method: Serum, Calculated</i>			
SGPT (ALT)	20	U/L	15 - 40
<i>Method: Serum, UV with P5P, IFCC 37 degree</i>			
SGOT (AST)	23	U/L	15 - 40
<i>Method: Serum, UV with P5P, IFCC 37 degree</i>			
ALKALINE PHOSPHATASE	80	U/L	30 - 120
<i>Method: DGKC</i>			
TOTAL PROTEIN	7.3	g/dl	6.0 - 8.3
<i>Method: Serum, Biuret, reagent blank end point</i>			
SERUM ALBUMIN	4.0	g/dl	3.5 - 5.2
<i>Method: Serum, Bromocresol green</i>			
SERUM GLOBULIN	3.30	g/dl	1.8 - 3.6
<i>Method: Serum, Calculated</i>			
A/G RATIO	1.21		1.2 - 2.2
<i>Method: Serum, Calculated</i>			
Gamma Glutamyl Transferase-Serum	19	IU/L	15 - 73
<i>Method: Kinetic</i>			

**NOTE :**  
In known cases of Chronic Liver disease due to Viral Hepatitis B & C, Alcoholic liver disease or Non alcoholic fatty liver disease, Enhanced liver fibrosis (ELF) test may be used to evaluate liver fibrosis.

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Phone No. 2333851, 2334858

Patient Name : MR VILAS KANTHEWAD



SCD24/3024

Age/Gender : 33 Yrs/Male

Report Date

: 30/03/2024

Ref. Dr. : MEDIWHEEL

**IMMUNOASSAY REPORT**

Test Description	Result	Unit	Biological Reference Range
<b>Thyroid Function Test (TFT)</b>			
T3	157.28	ng/dl	80-253 : 1 Yr-10 Yr, 76-199 : 11 Yr-15 Yr, 69-201 :16 Yr-18 Yr, 87-173 : > 18 years,
T4	8.92	ng/dl	5.9-21.5 :10-31 Days, 5.9-21.5 :0-1 Month, 6.4-13.9 :2-12 Months, 6.09-12.23 :>1 Yr
TSH(Serum)	2.01	ng/dl	0.52-16.0 :1 Day - 30 Days 0.55-7.10 :1 Mon-5 Years 0.37-6.00 :6 Yrs-18 Years 0.38-5.33 :18 Yrs-88 Years 0.50-8.90 :88 Years

Method : ECLIA

Clinical features of thyroid disease		
Hypothyroidism	Hyperthyroidism	Grave's disease
Lethargy	Tachycardia	Exophthalmos/proptosis
Weight gain	Palpitations (atrial fibrillation)	Chemosis
Cold intolerance	Hyperactivity	Diffuse symmetrical goitre
Constipation	Weight loss with increased appetite	Pretibial myxoedema (rare)
Hair loss	Heat intolerance	Other autoimmune conditions
Dry skin	Sweating	
Depression	Diarrhoea	
Bradycardia	Fine tremor	
Memory impairment	Hyper-reflexia	
Menorrhagia	Goitre	
	Palmar erythema	
	Onycholysis	
	Muscle weakness and wasting	
	Oligomenorrhoea/amenorrhoea	

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**URINE EXAMINATION REPORT**

Test Description	Result	Unit	Biological Reference Range
<b>URINE ROUTINE</b>			
<b>Physical Examination</b>			
Colour	Pale Yellow		Pale Yellow
Apperance	Clear		Clear
Reaction	Acidic		
Deposit	Absent		
<b>Chemical Examination</b>			
Specific Gravity	1.005		
Albumin	Absent		
Sugar	NIL		Absent
Acetone	Absent		
Bile Salt	Absent		Absent
Bile Pigment	Absent		Absent
<b>Microscopic Examination</b>			
RBC's	Not seen	/hpf	Nil
Pus cells	Occasional	/hpf	2-3/hpf
Epithelial Cells	NIL	/hpf	1-2/hpf
Crystals	Absent		Absent
Casts	NOT FOUND		Not Seen
Amorphous Deposit	Absent		Absent

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Test Description	Result	Unit	Biological Reference Range
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### COMPLETE BLOOD COUNT

Total WBC Count	7300	cell/cu.mm	4000 - 11000
Haemoglobin	15.1	g%	13 - 18
Platelet Count	261000	/cumm	150000 - 450000
RBC Count	5.07	/Mill/ul	4.20 - 6.00

### RBC INDICES

Mean Corp Volume MCV	91.7	fL	80 - 97
Mean Corp Hb MCH	29.8	pg	26 - 32
Mean Corp Hb Conc MCHC	32.5	gm/dL	31.0 - 36.0
Hematocrit HCT	46.5	%	36.0 - 48.0

### DIFFERENTIAL LEUCOCYTE COUNT

Neutrophils	57	%	40 - 75
Lymphocytes	35	%	20 - 45
Monocytes	05	%	02 - 10
Eosinophils	03	%	01 - 06
Basophils	00	%	00 - 01

### NOTE:

1. As per the recommendation of International council for Standardization in Hematology, the differential leukocyte counts are additionally being reported as absolute numbers of each cell in per unit volume of blood.
2. Test conducted on EDTA whole blood.

ESR	06	mm/hr	Male: 0-8 mm at 1 Hr. Female: 0-20 mm at 1 Hr.
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### INTERPRETATION :

1. It indicates presence and intensity of an inflammatory process, never diagnostic of a specific disease. Changes are more significant than a single abnormal test.
2. It is a prognostic test and used to monitor the course or response to treatment of diseases like tuberculosis, bacterial endocarditis, acute rheumatic fever, rheumatoid arthritis, SLE, Hodgkins disease, temporal arteritis, polymyalgia rheumatica.
3. It is also increased in pregnancy, multiple myeloma, menstruation, and hypothyroidism.

\*\*\*\* End of the report. \*\*\*\*

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