

MER- MEDICAL EXAMINATION REPORT

Date of Examination	10/2/24		
NAME	NAIKUL TEWARI		
AGE	34	Gender	m
HEIGHT(cm)	164	WEIGHT (kg)	64
B.P.	120/78		
ECG	normal		
X Ray	normal		
Vision Checkup	-		
Present Ailments	None		
Details of Past ailments (If Any)	No		
Comments / Advice : She /He is Physically Fit	Medicines Nil		

*Shubra*

Signature with Stamp of Medical Examiner

Dr. Shubra Kastogi  
MBBS, DCP  
Reg. No. 37370

भारत सरकार  
Government of India

सुरक्षा शीट  
Rajiv Tawari  
DOB: 28/12/1989  
SEX: MALE

आधार कार्ड नंबर: 28121989

आधार कार्ड का प्रयोग केवल पहचान के उद्देश्य के लिए है। इसमें कोई भी परिवार, सम्पत्ति, आय, बैंक खाते, शैक्षणिक या पेशेवर जानकारी शामिल नहीं है। आधार कार्ड का उपयोग केवल पहचान के उद्देश्य के लिए है। इसमें कोई भी परिवार, सम्पत्ति, आय, बैंक खाते, शैक्षणिक या पेशेवर जानकारी शामिल नहीं है।  
Aadhaar is proof of identity, not of citizenship or state of birth. It should be used with verification (online authentication, or scanning of QR code / e-KYC) only.

9933 5952 9703

मेरा आधार, मेरी पहचान

*Rajiv Tawari*

भारत सरकार  
Government of India

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9933 5952 9703

VOT: 9933 5952 9703



You have been informed that ent ,diet, ophthal consultation facility is not available at our centre. If you are ready then your test can be start

2D echo test facility is not available at our center, instead we do TMT test.

*Nakul  
Tewari*

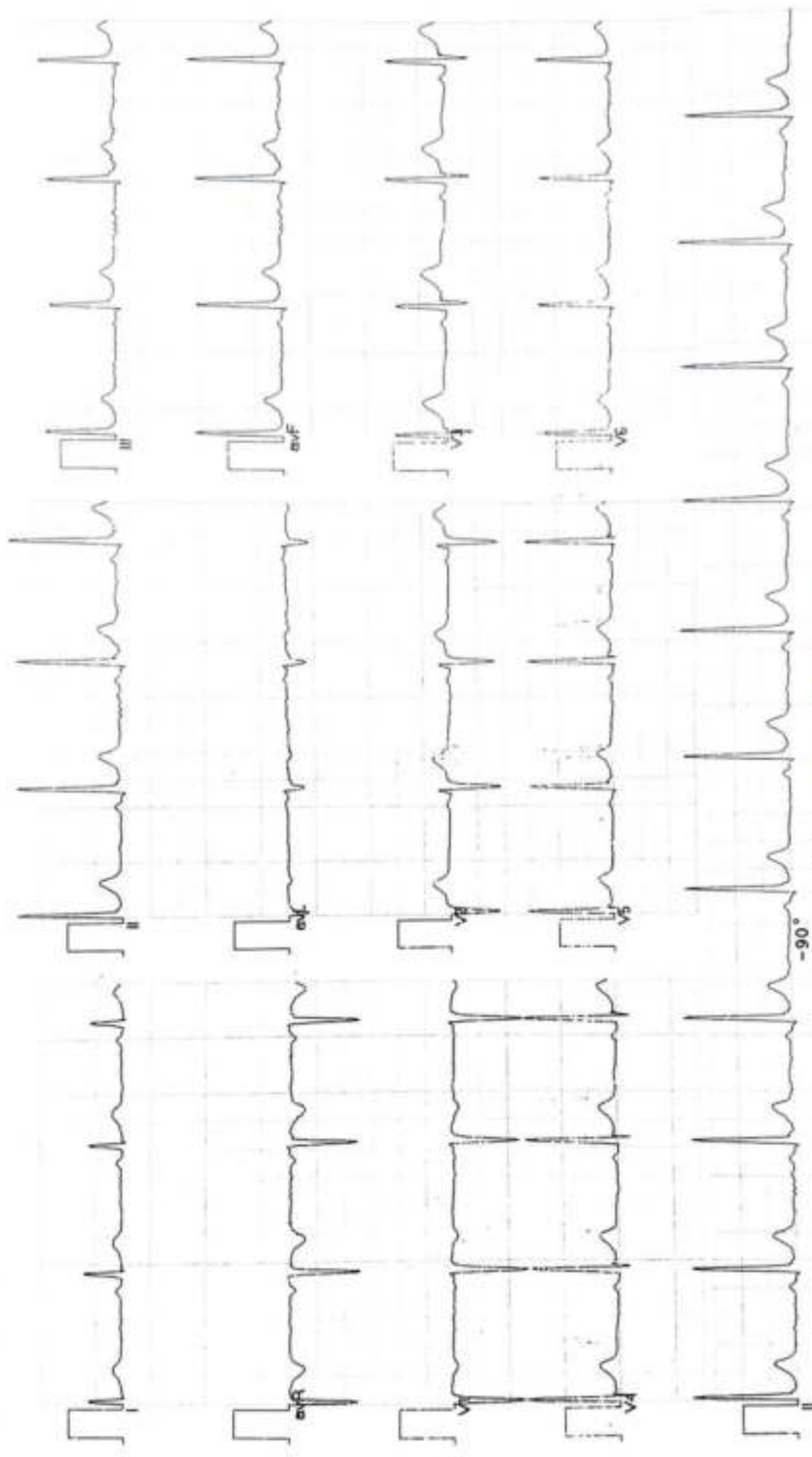


ECG



Modern Pathology And Diagnostic Centre

111 / NAKUL TIWARI / 34 Yrs / M / 164Cms. / 64Kgs. / Non Smoker  
Heart Rate : 65 bpm / Tested On : 10-Feb-24 10:47:24 / HF 0.05 Hz · LF 100 Hz / Notch 50 Hz / Sn 1.00 Cm/mV / Sw 25 mm/s  
/ Rehd By.: APOLLO HEALTH



Vent Rate : 65 bpm  
PR Interval : 124 ms  
QRS Duration: 100 ms  
QT/QTc Int : 358/367 ms  
P-QRS-T axis: 34.00° 71.00° 68.00°



Normal ECG

Axis

90° R 71° T 68° P 34°

Allengers ECG (Piscus)(PIS215191030)

Normal ECG

Dr. Anshuman



# MODERN PATHOLOGY & DIAGNOSTIC CENTRE

Dr. R. P. Rastogi  
M.B.B.S., M.D. (Path & Bact)



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1/4A, Vineet Khand, (Opp Jaipuria Management)  
Gomti Nagar, Lucknow - 226 010  
Ph.: 0522-4008184, 4308184 • 8112323230  
Mob.: 7618884441, 9450389932, 8177063877

Date	: 10-Feb-2024		
Name	: Mr. NAKUL TIWARI	Age	: 34 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Male
Haemoglobin	14.9	gm%	14 - 17
Total Leucocyte Count	7200	Cells/cumm.	4000-11000
<b>Differential Leucocyte Count</b>			
Polymorphs	53	%	45 - 70
Lymphocytes	38	%	20 - 45
Eosinophils	02	%	0 - 6
Monocytes	07	%	0 - 8
Basophils	00	%	0 - 1
<b>Erythrocyte Sedimentation Rate (Wintrobe)</b>			
ESR	04	mm in 1st Hr.	0 - 9
*PCV	45.6	cc%	40 - 52
Corrected ESR	02	mm in 1st Hr.	0 - 9
Platelet Count	2.49	lakh/cumm.	1.5 - 4.0
Red Cells Count	4.92	million/cmm	3.90 to 5.80
<b>Absolute values</b>			
MCV	92.5	fL	77 - 97
MCH	30.4	pg	27 - 31
MCHC	32.8	gm /dl	31 - 34

Dr. Sanjay Rastogi  
Page 1 (End of Report)  
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Dr. Smita Rastogi  
M.B.B.S., DCP

Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

SAMPLE COLLECTION FACILITY AVAILABLE

Report needs clinicopathological correlation ♦ Not for Medico Legal Purpose

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Date	: 10-Feb-2024		
Name	: Mr. NAKUL TIWARI	Age	: 34 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Male
Plasma Glucose - F GOD-POD Method	111	mg/dl	70 - 110
Plasma Glucose - PP GOD-POD Method	118	mg/dl	110 - 170
<b>KFT</b>			
UREA	25.1	mg %	15 - 50
CREATININE	1.17	mg %	0.5 - 1.5
URIC ACID	4.8	mg %	2 - 7
CALCIUM	9.9	mg %	8.8 - 10.0
Blood Group & Rh	"A" Positive		
Serum Gamma G.T.	20	IU/L	11 - 50
<b>LFT T&amp;D</b>			
Total Bilirubin	0.42	mg%	0.2 - 1.0
Direct Bilirubin	0.16	mg%	0.0 to 0.40
Indirect Bilirubin	0.26	mg%	0.10 to 0.90
S.G.P.T	24	IU/L	5 - 40
S.G.O.T	16	IU/L	5 - 50
ALP	78	IU/L	40 to 129
Urine Sugar (Fasting)	NIL		
Urine Sugar (PP)	NIL		

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**Dr. R. P. Rastogi**  
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Date : 10-Feb-2024

Name : **Mr. NAKUL TIWARI**

Age : 34 Yrs.

Ref.By : APOLLO HEALTH

Sex : Male

## LIPID PROFILE

Triglycerids	292	mg%	70 - 190
S. Cholestrol S.	248	mg%	130 - 230
S. HDL Cholestrol	46.2	mg%	35 - 75
S. LDL Cholestrol	143.4	mg%	75 - 150
VLDL	58.4	mg%	0 - 34
Chol / HDL factor	5.37		
LDL / HDL Factor	3.1		

### COMMENTS

\* Triglycerides (TG) are the main dietary lipids. Cholesterol constitutes a small part of the dietary lipids, it is mostly synthesised in the liver. Both TG and Chol. are transported through the plasma by lipoproteins (Chylomicrons, VLDL, LDL, IDL, HDL).

\* LDL is the major cholesterol particle in plasma and high levels are strongly implicated in the formation of atheroma. An increase in the LDL leads to hypercholesterolemia, and therefore a risk factor for IHD. LDL increases with age particularly in females. Oestrogen lowers LDL and raises HDL. Raised chol. in females is mostly due to disturbed thyroid function.

\* Increase in VLDL leads to hyperglyceridaemia. Raised TGs are associated with increased risk of CHD. Very high TGs increase the risk of Pancreatitis. Cholesterol is often raised due to Diabetes, Renal disease, Diuretic or Betablocker therapy.

#### TYPES OF HYPERLIPOPROTEINEMIAS

TYPE 1: Normal cholesterol TG greatly raised	TYPE 3: Cholesterol increased TG increased
TYPE 2a: Cholesterol increased LDL increased TG normal	TYPE 4: Cholesterol normal /increased VLDL increased TG increased
TYPE 2b Chol. increased VLDL raised TG increased LDL increased	TYPE 5: Cholesterol increased LDL reduced VLDL increased TG greatly increased

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Date : 10-Feb-2024

Name : **Mr. NAKUL TIWARI**

Age : 34 Yrs.

Ref.By : APOLLO HEALTH

Sex : Male

## THYROID TEST

Tri-iodothyronine (T3)	1.20	nmol/L	0.50 to 2.50
Thyroxine (T4)	6.32	mcg/dL	5.0 to 12.5
Thyroid Stimulating Hormone (TSH)	5.04	mIU/ml	0.3 to 6.0

## COMMENTS

- 1) Primary hyperthyroidism is accompanied by elevated Serum T3 and T4 values along with depressed TSH levels.
- 2) Primary Hypothyroidism is accompanied by depressed serum T3 and T4 values and elevated serum TSH levels.
- 3) Normal T4 levels accompanied by high T3 levels are seen in patients with T3 thyrotoxicosis.
- 4) Slightly elevated T3 levels may be found in pregnancy and estrogen therapy, while depressed levels maybe encountered in severe illness, malnutrition, renal failure and during therapy with drugs like propranolol and propylthiouracil.
- 5) Elevated TSH levels may also be indicative of TSH secreting Pituitary Tumour.

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Mob.: 7618884441, 9450389932, 8177063877

Date	: 10-Feb-2024	Age	: 34 Yrs.
Name	: Mr. NAKUL TIWARI	Sex	: Male
Ref.By	: APOLLO HEALTH		

## Glycosylated Haemoglobin

Glycosylated Haemoglobin	6.0	%	4.5 TO 6.0
--------------------------	-----	---	------------

### INTERPRETATION AND COMMENTS

- NON DIABETIC : 4.5 to 6.0 %
- GOOD CONTROL: 6.0 to 7.0
- FAIR CONTROLLED 7.0 AND 8.0
- UNCONTROLLED 8.0 AND ABOVE

Glycosylated haemoglobin is the adducted glucose in the haemoglobin of the red blood cells, this adduction is stable for the life time of the RBC (i.e 120 days). There fore the measure of glycosylated haemoglobin reflects the average blood glucose concentration over the preseding several weeks. The sudden change in blood glucose level would not effect the glycosylated haemoglobin level ,which serves as a better marker of long term metabolic control and the efficacy of therapy.

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Date : 10-Feb-2024

Name : **Mr. NAKUL TIWARI**

Age : 34 Yrs.

Ref.By : APOLLO HEALTH

Sex : Male

## Urine Examination

### PHYSICAL

Colour	Straw
Turbidity	Nil
Deposit	Nil
Reaction	Acidic
*Specific Gravity	1.025

### CHEMICAL

Protein	Nil
Sugar	Nil
*Bile Salts	Nil
*Bile Pigments	Nil
Phosphate	Nil

### MICROSCOPIC

Pus Cells	Nil	/hpf
Epithelial Cells	Few	/hpf
Red Blood Cells	Nil	/hpf
Casts	Nil	
Crystals	Nil	
Others	Nil	

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Dr. Smita Rastogi  
M.B.B.S., DCP

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Mob: 7618884441, 9450389932, 817706387

Dr. R. P. Rastogi  
M.B.B.S., M.D. (Path & Bact)



TEST REQUEST ID :012402100026	SAMPLE DATE	:10/Feb/2024 09:26AM
NAME :Mr. NAKUL TIWARI	SAMPLE REC. DATE	:10/Feb/2024 09:26AM
AGE/SEX :34 YRS/MALE	REPORTED DATE	:10/Feb/2024 12:51PM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01100026

## USG WHOLE ABDOMEN-MALE

**Liver:** is normal in size (140 mm). Parenchymal echogenicity is normal. No focal echovariant lesion is seen. Intrahepatic biliary radicles are not dilated.

**Gall Bladder:** is well distended. Lumen is anechoic. Wall is of normal thickness.

**CBD:** is normal in diameter. Portal vein is normal in diameter.

**Pancreas:** is normal in size, shape and echotexture. No focal echovariant lesion is seen. Pancreatic duct is not dilated.

**Spleen:** is normal in size (88 mm), shape and echotexture. No focal echovariant lesion is seen. Splenic vein is normal.

**Both Kidneys:** are normal in size (RK- 93 x 41 mm & LK – 98 x 45 mm), shape, position and excursion. Parenchymal echogenicity and echotexture is normal with maintained corticomedullary differentiation. No mass, cyst or calculi is seen. Pelvicalyceal systems are not dilated. Ureters are not dilated.

**Urinary bladder:** is well distended. Lumen is anechoic. Wall is of normal thickness. No mass or calculus is seen.

**Prostate:** is normal in size (32 x 30 x 29 mms, wt = 15.0 gms), shape and echotexture. No focal echovariant lesion is seen. Prostatic capsule appears to be intact. Median lobe is not projecting in UB lumen. Both seminal vesicles appear normal.

Both iliac fossae are clear. No obvious bowel pathology is noted.  
There is no free fluid in peritoneal cavity.

**OPINION: NORMAL STUDY.**

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

Dr. Sanjay Rastogi  
M.B.B.S., DCP, CRIAT (BARC)

DR. PANKAJ UPADHYAYA  
Consultant Radiologist

Dr. Smita Rastogi  
M.B.B.S., DCP

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DIAGNOSTIC CENTRE

Dr. R. P. Rastogi  
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Ph.: 0522-4008184, 4308184 • 8112323230  
Mob.: 7618884441, 9450389932, 817706887



TEST REQUEST ID :012402100026	SAMPLE DATE	:10/Feb/2024 09:26AM
NAME :Mr. NAKUL TIWARI	SAMPLE REC. DATE	:10/Feb/2024 09:58AM
AGE/SEX :34 YRS/MALE	REPORTED DATE	:10/Feb/2024 11:34AM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01100026

## XRAY CHEST PA

- Trachea is central in position.
- Bilateral lung fields are normally aerated.
- Both hilar shadows are normal.
- Both C.P. angles are clear.
- Cardiac shadow is within normal limits.
- Bony cage appears normal.

## OPINION: NORMAL STUDY.

Please correlate clinically.

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

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M.B.B.S., DCP, CRIAT (BARC)

Dr. Smita Rastogi  
M.B.B.S., DCP

Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

DR. PANKAJ UPADHYAYA

DMRD COLLECTION FACILITY AVAILABLE

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**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

Gomti Nagar Lucknow

Report



**NAKUL TIWARI / 34 Yrs / M / 164 Cms / 64 Kg**

**Date: 10 - 02 - 2024 Refd By : APOLLO HEALTH Examined By:**

Stage	Time	Duration	Speed(Kmph)	Elevation	METs	Rate	% THR	BP	RPP	PVC	Comments
Supine	00:03	0:03	00.0	00.0	01.0	069	37 %	120/78	082	00	
Standing	00:10	0:07	00.0	00.0	01.0	069	37 %	120/78	082	00	
HV	00:15	0:05	00.0	00.0	01.0	065	35 %	120/78	078	00	
ExStart	00:26	0:11	00.0	00.0	01.0	065	35 %	120/78	078	00	
BRUCE Stage 1	03:26	3:00	02.7	10.0	04.7	109	59 %	124/82	135	00	
BRUCE Stage 2	06:26	3:00	04.0	12.0	07.1	132	71 %	130/86	171	00	
PeakEx	08:48	2:22	05.5	14.0	09.6	164	88 %	138/90	226	00	
Recovery	09:48	1:00	00.0	00.0	01.2	121	65 %	136/86	164	00	
Recovery	10:48	2:00	00.0	00.0	01.0	101	54 %	130/84	131	00	
Recovery	11:48	3:00	00.0	00.0	01.0	096	52 %	126/80	120	00	
Recovery	11:54	3:06	00.0	00.0	01.0	096	52 %	124/80	119	00	

**FINDINGS :**

**Exercise Time** : 08:22  
**Max HR Attained** : 164 bpm 88% of Target 186  
**Max BP Attained** : 138/90 (mm/Hg)  
**Max WorkLoad Attained** : 9.6 Good response to induced stress  
**Test End Reasons** : Test Complete

**REPORT :**

**CONCLUSIONS:**

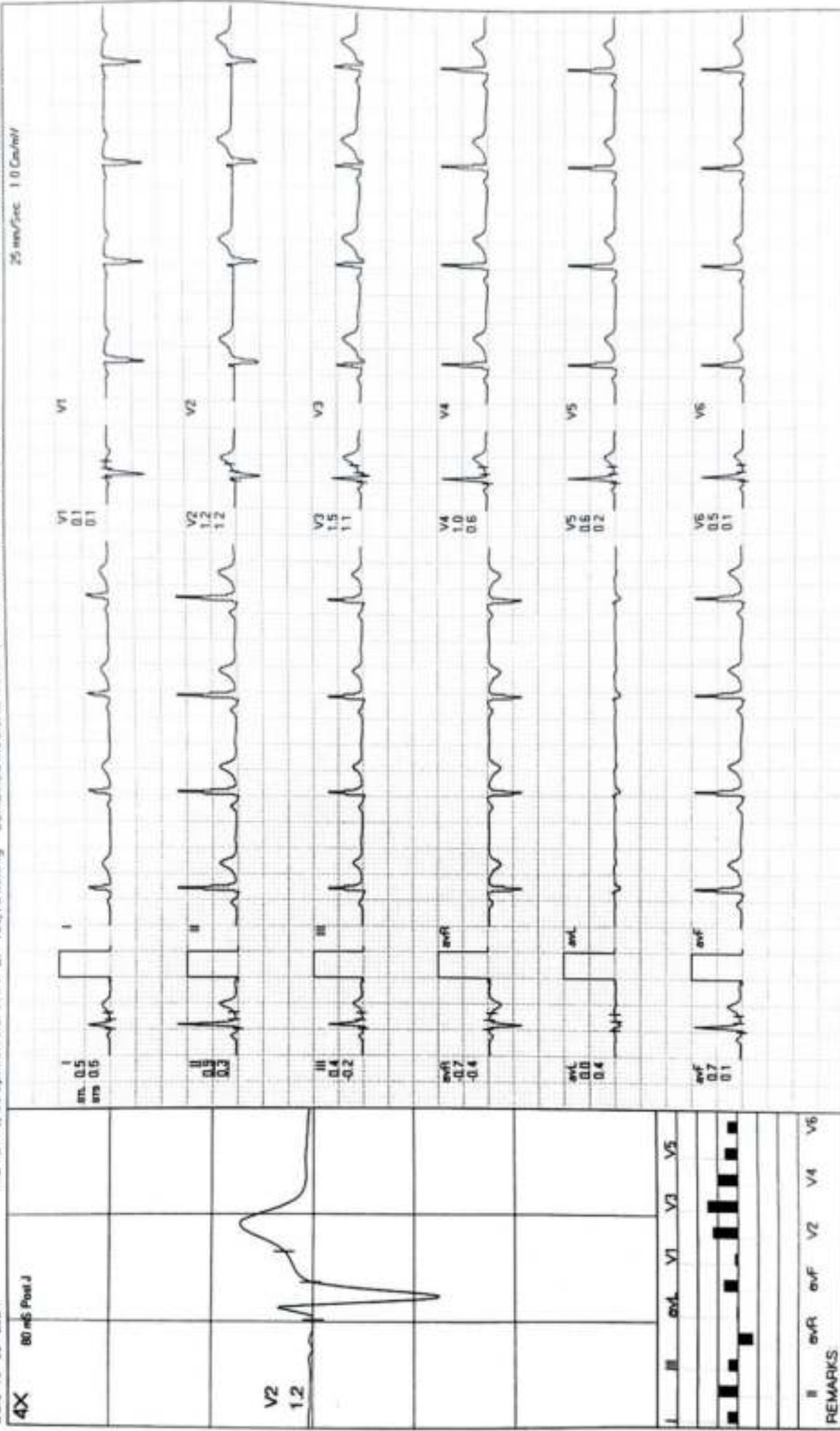
**1. STRESS TEST IS NEGATIVE FOR EXERCISE INDUCED ISCHAEMIC HEART DISEASE.**

  
**DR. AMIT NOHAN**  
 MD  
 Reg. No. 44559



NAKUL TIWARI / 34 Yrs / M / 164 Cms / 64 Kg / HR : 69

Date 10-02-2024 METS 1.0/69 bpm 37% of THR BP 120/78 mmHg Combined Medians/BLC On/Notch On/HF 0.05 Hz/LF 35 Hz Ex Time 00:06 0.0 Kmph 0.0%



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NAKUL TIWARI / 34 Yrs / M / 164 Cms / 64 Kg / HR : 69

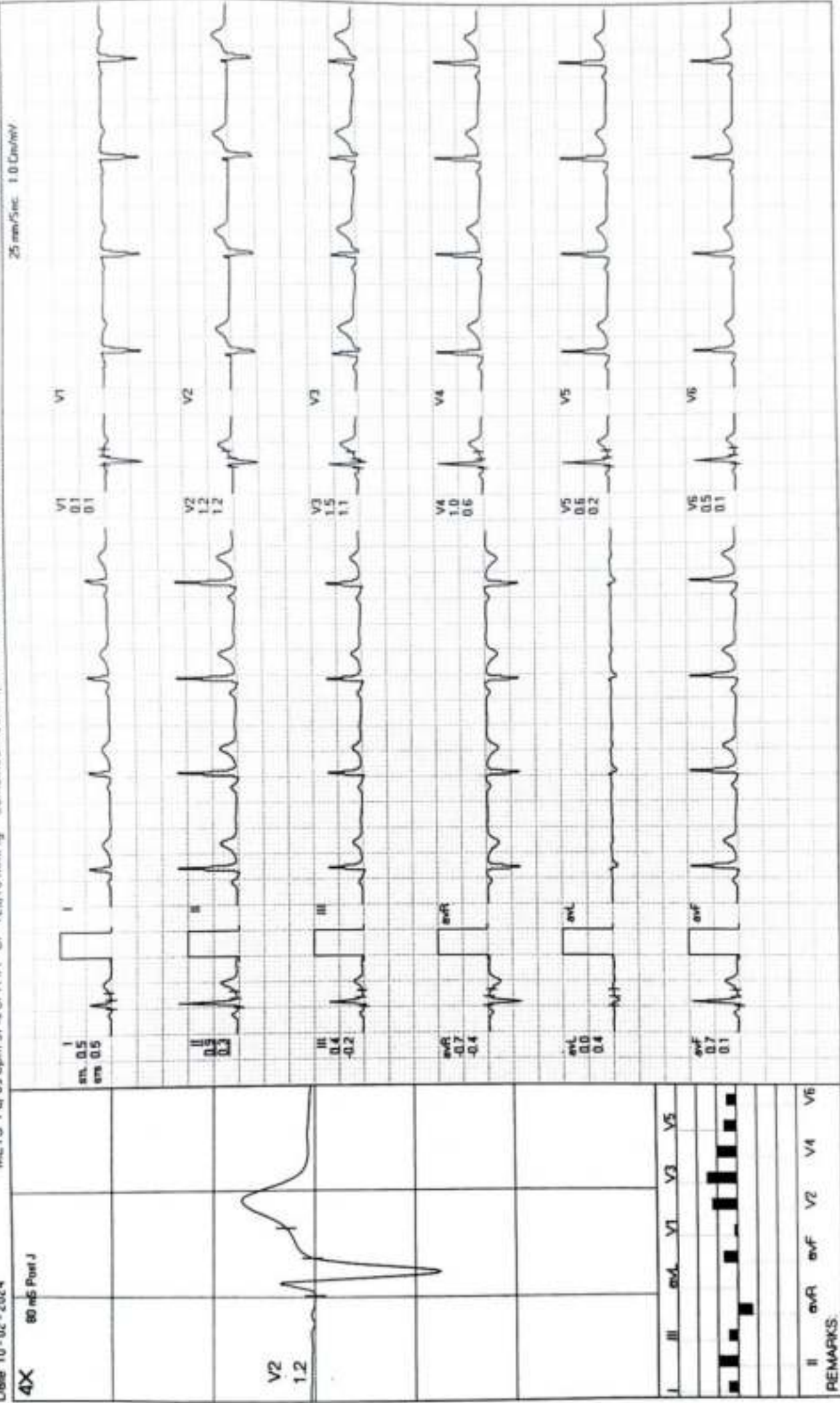
BRUCE: Standing(0:07)



ExTime 00:00 0.0 Km/h. 0.0%

METS 1.0/69 bpm 37% of THR BP 120/76 mmHg Combined Median/ BLC-On/ HF 0.05 Hz/AF 35 Hz

Date 10-02-2024





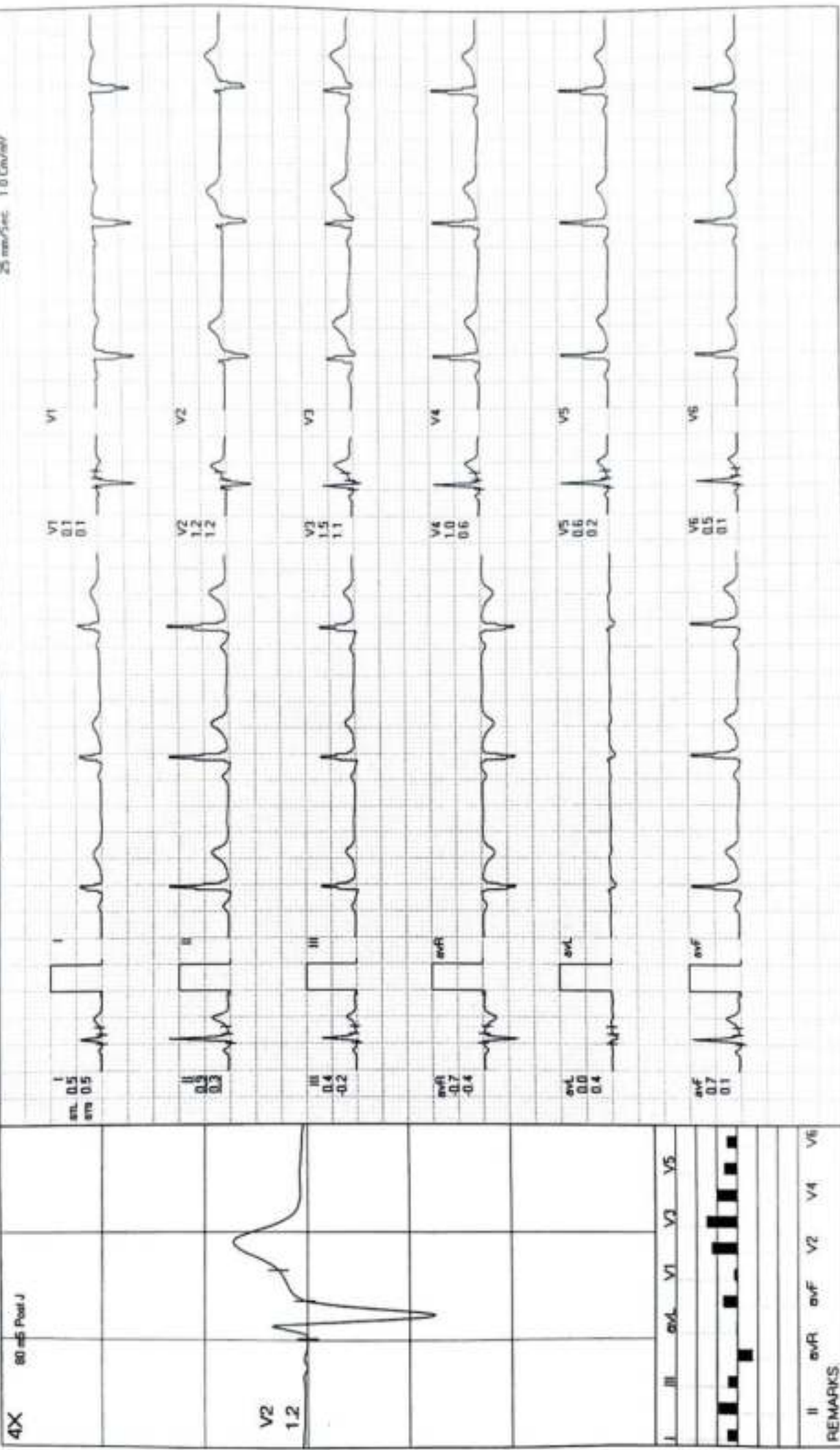
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NAKUL TIWARI / 34 Yrs / M / 164 Cms / 64 Kg / HR : 65

BRUCE:HV(0:06)



Date 10-02-2024 METS 1 @ 65 bpm 35% of THR BP 120/78 mmHg Combined Medications/ BLC On/ HF 0.05 Hz/LF .35 Hz  
 ExTime 00:00 0.0 Km/ph. 0.0%  
 25 mm/sec 1.0 Cm/mV



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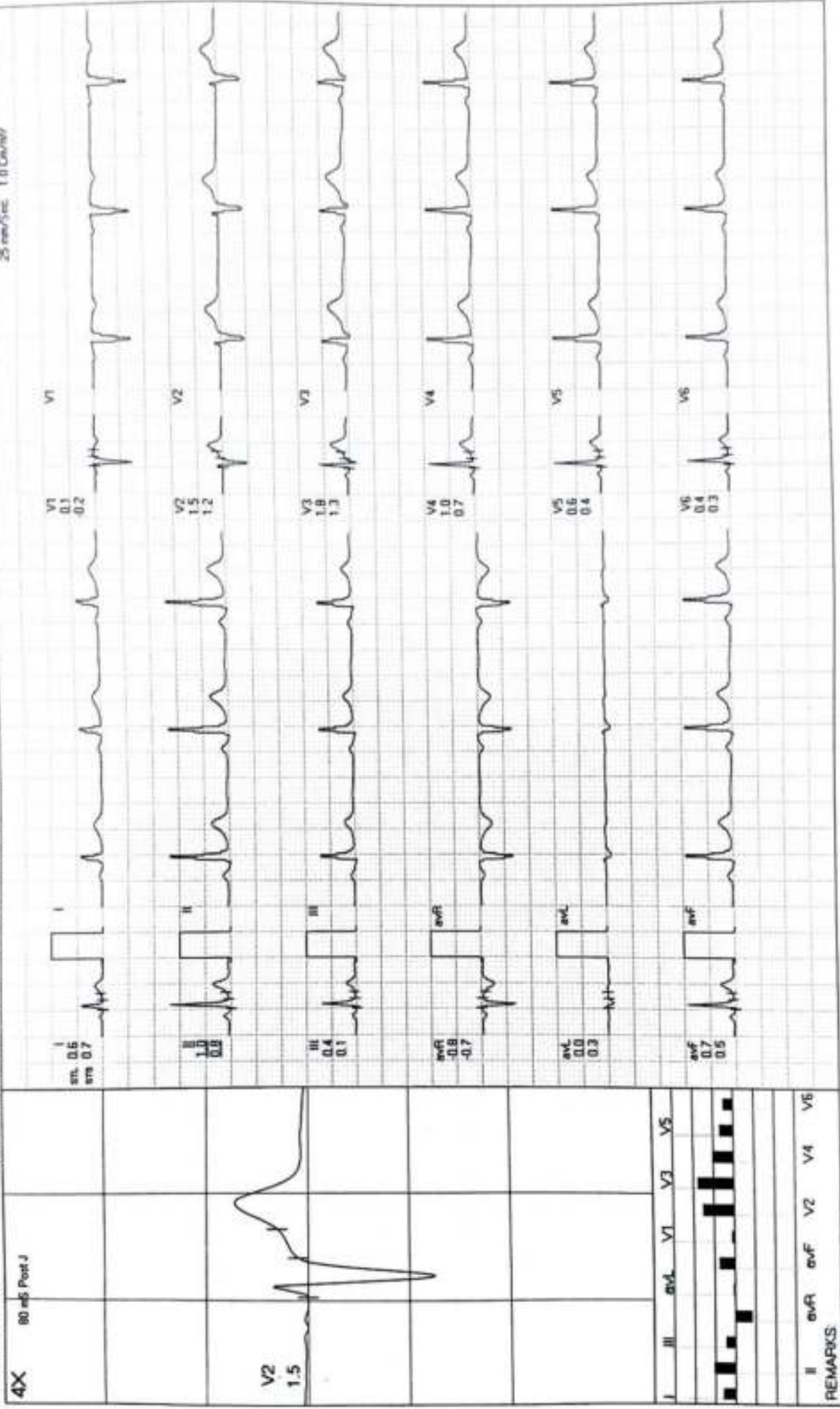
NAKUL TIWARI / 34 Yrs / M / 164 Cms / 64 Kg / HR : 65

ExStart



Date: 10-02-2024 METS 1.0/65 bpm 35% of THR BP 120/78 mmHg Combined Mediens/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime 00:00 0.0 Kmph 0.0%  
25 mm/Sec 1.0 Cm/mV



REMARKS

BRUCE: Stage 1 (3:00)

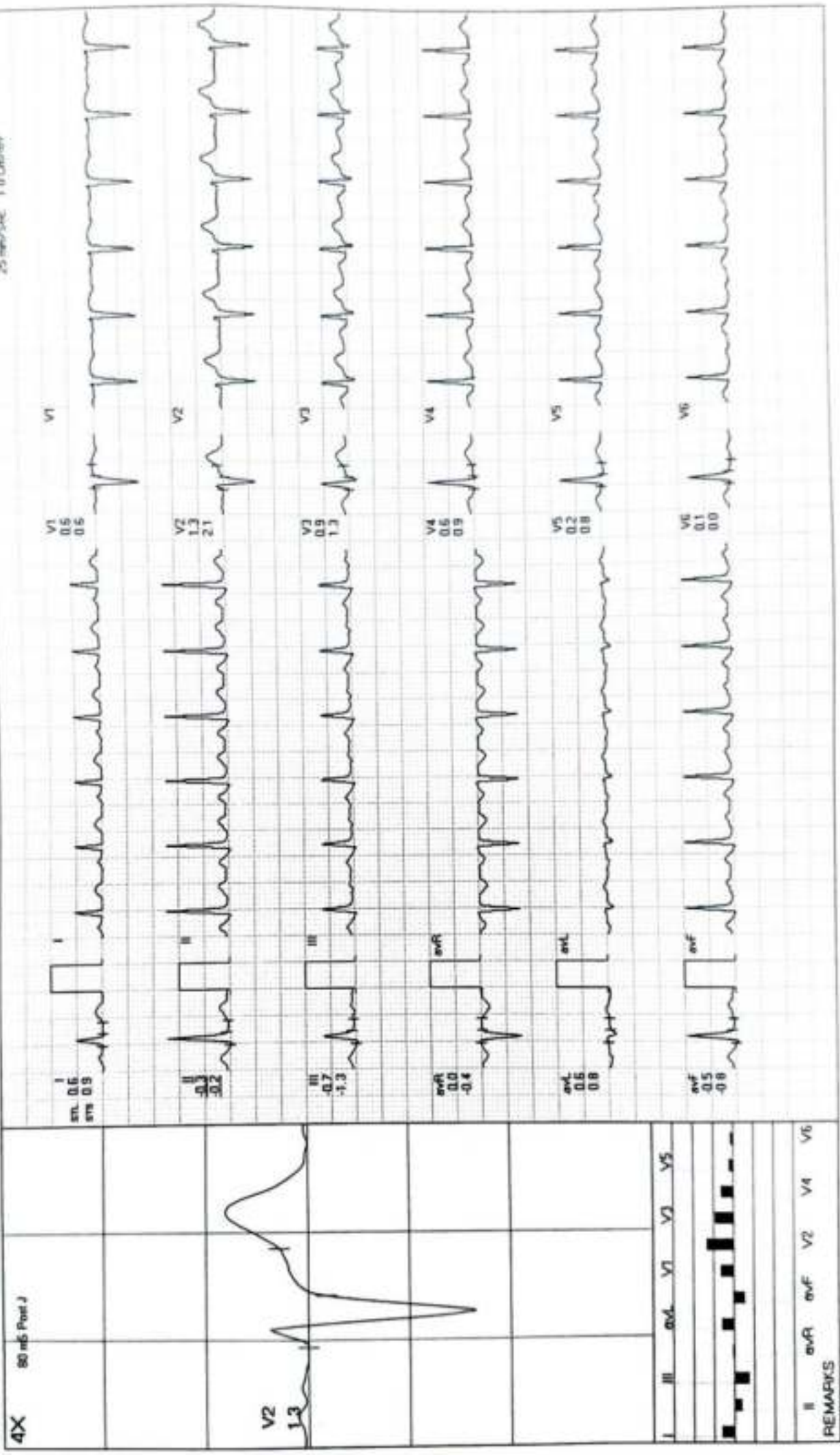


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NAKUL TIWARI / 34 Yrs / M / 164 Cms / 64 Kg / HR : 109

Ex Time 03:00 2.7 Kmph 10.0%  
25 min/Sec 1.0 Cm/Div

Date 10-02-2024 METS 4.7/109 bpm 53% of THR BP 12.4/82 mmHg Combined Medians/BLC On/ HF 0.05 Hz/LF 35 Hz



REMARKS

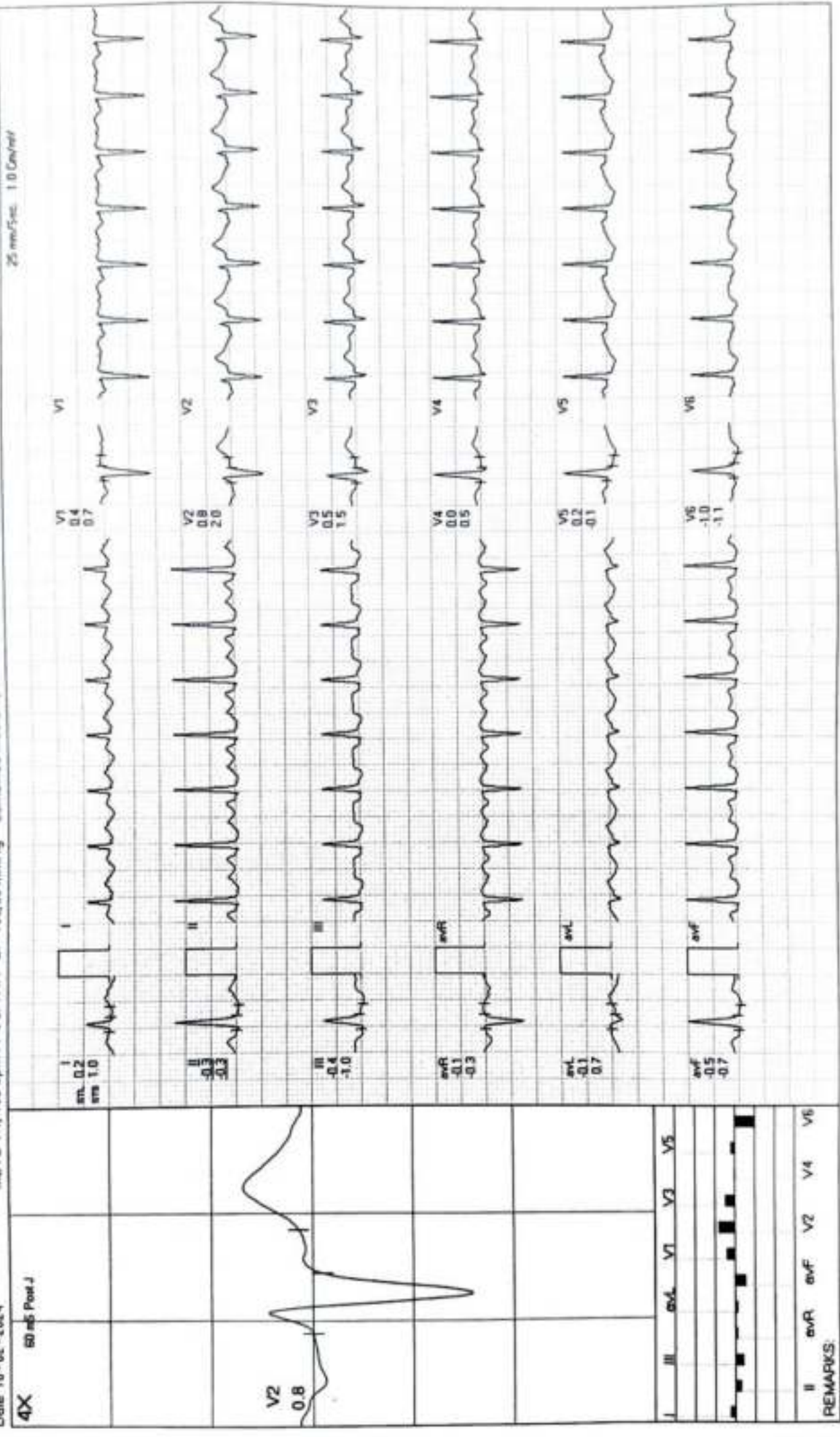
**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

**BRUCE: Stage 2(3:00)**



NAKUL TIWARI / 34 Yrs / M / 164 Cms / 64 Kg / HR : 132

Date: 10-02-2024 METS 7.1 / 132 bpm 71% of THR BP 130/86 mmHg Combined Meds: BLC On/ Nalox On/ HF 0.05 Hz/LF 35 Hz



**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

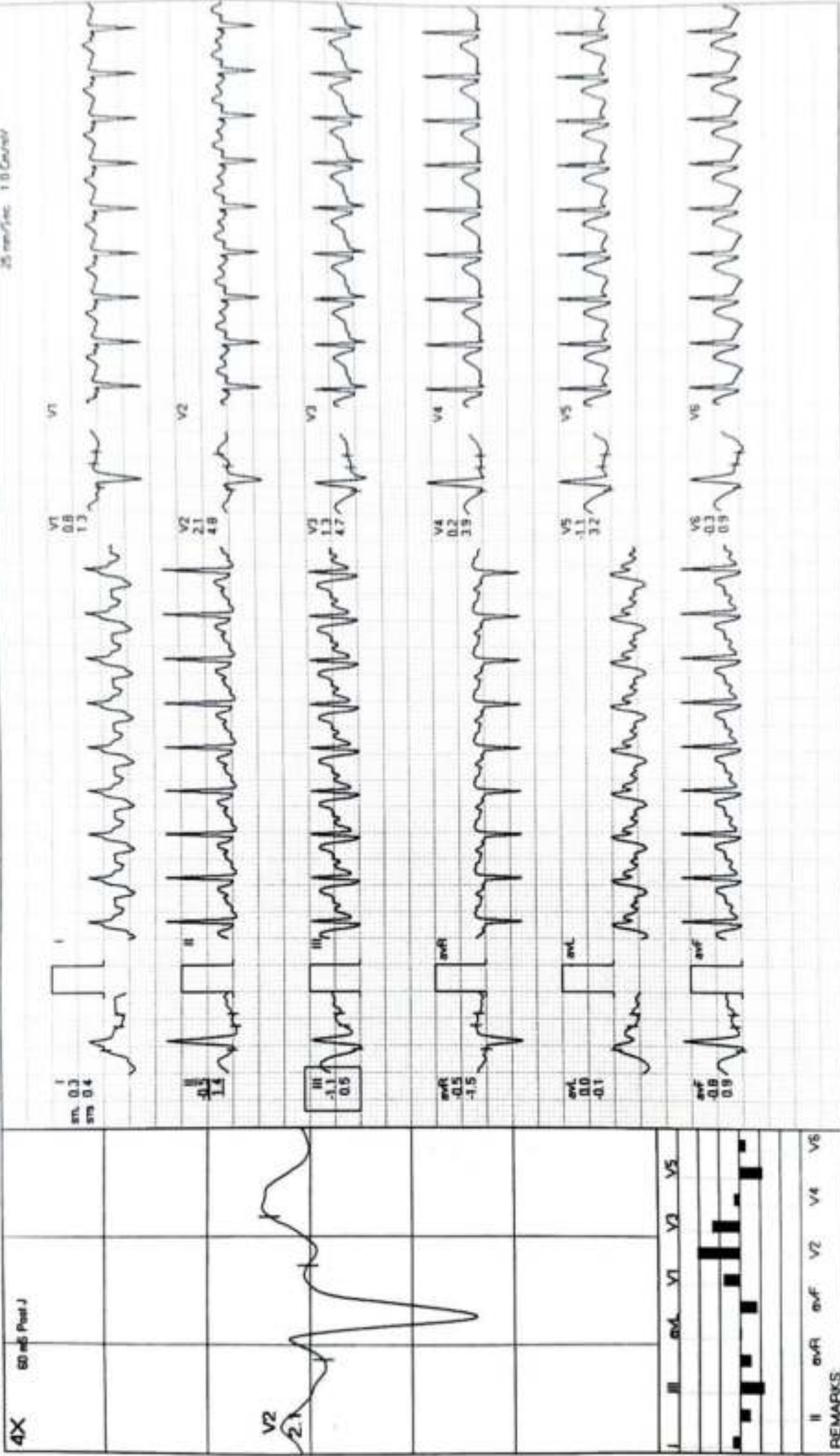
NAKUL TIWARI / 34 Yrs / M / 164 Cms / 64 Kg / HR : 164

PeakEx



ExT.mn 08 22 5.5 kV 14.0%  
25 mm/sec 1.0 Cal/cmV

Date: 10-02-2024 METS 9.6/164 bpm 88% of THR BP 138/90 mmHg Combined Mediants/ BLC On/ Match On/ HF 0.05 HULF 35 Hz



REMARKS: II aVR aVL V1 V2 V3 V4 V5 V6

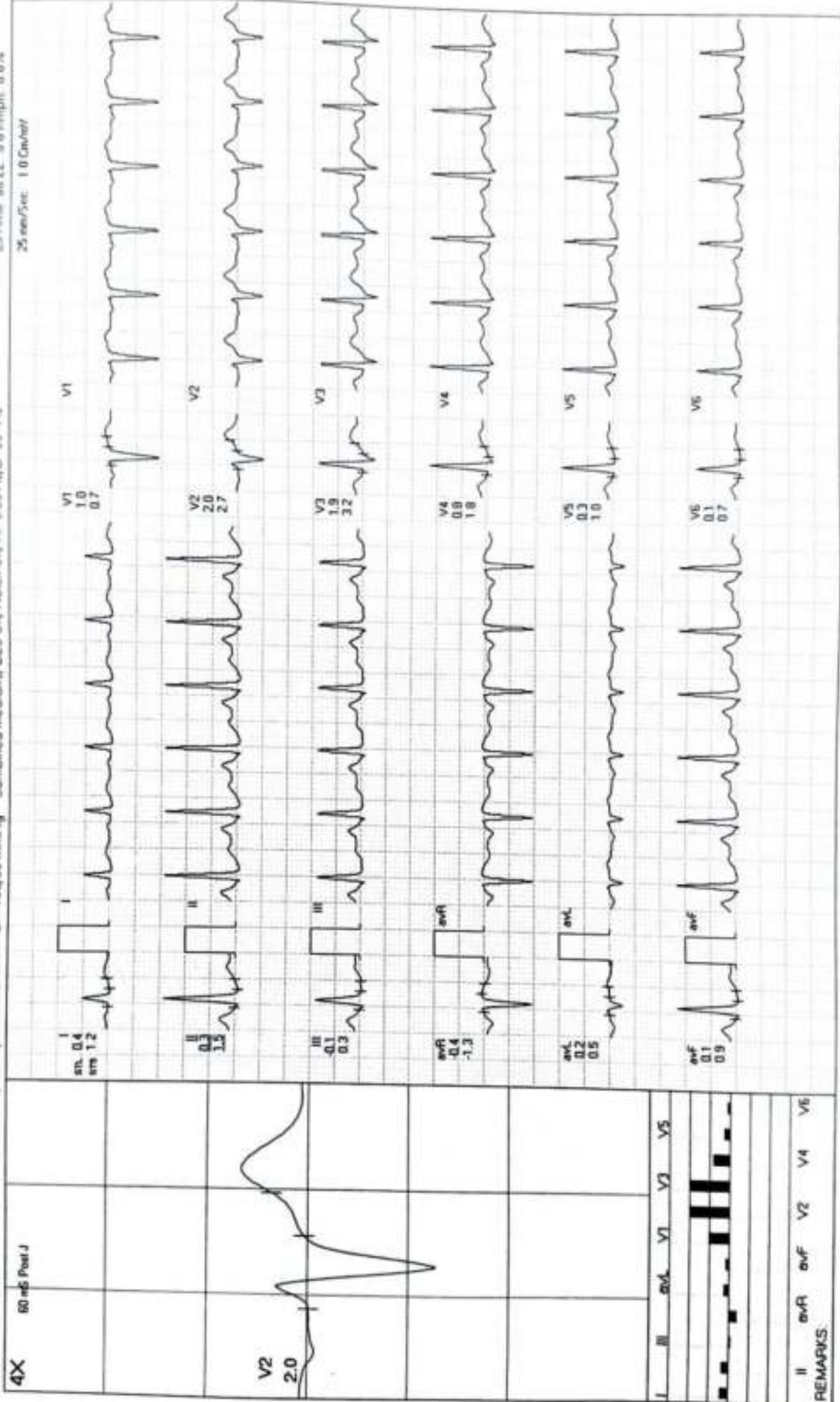
**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

NAKUL TIWARI / 34 Yrs / M / 164 Cms / 64 Kg / HR : 121

Recovery(1:00)



Date 10-02-2024 METS 1.2/121 bpm 65% at TH-R BP 136/86 mmHg Combined Medians/BLC On/Notch On/HF 0.05 Hz/F 35 Hz  
 ExTime 08:22 0.0 Km/Ph. 0.0%  
 25 mm/Sec. 1.0 Cm/Div



REMARKS

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Recovery(2:00)

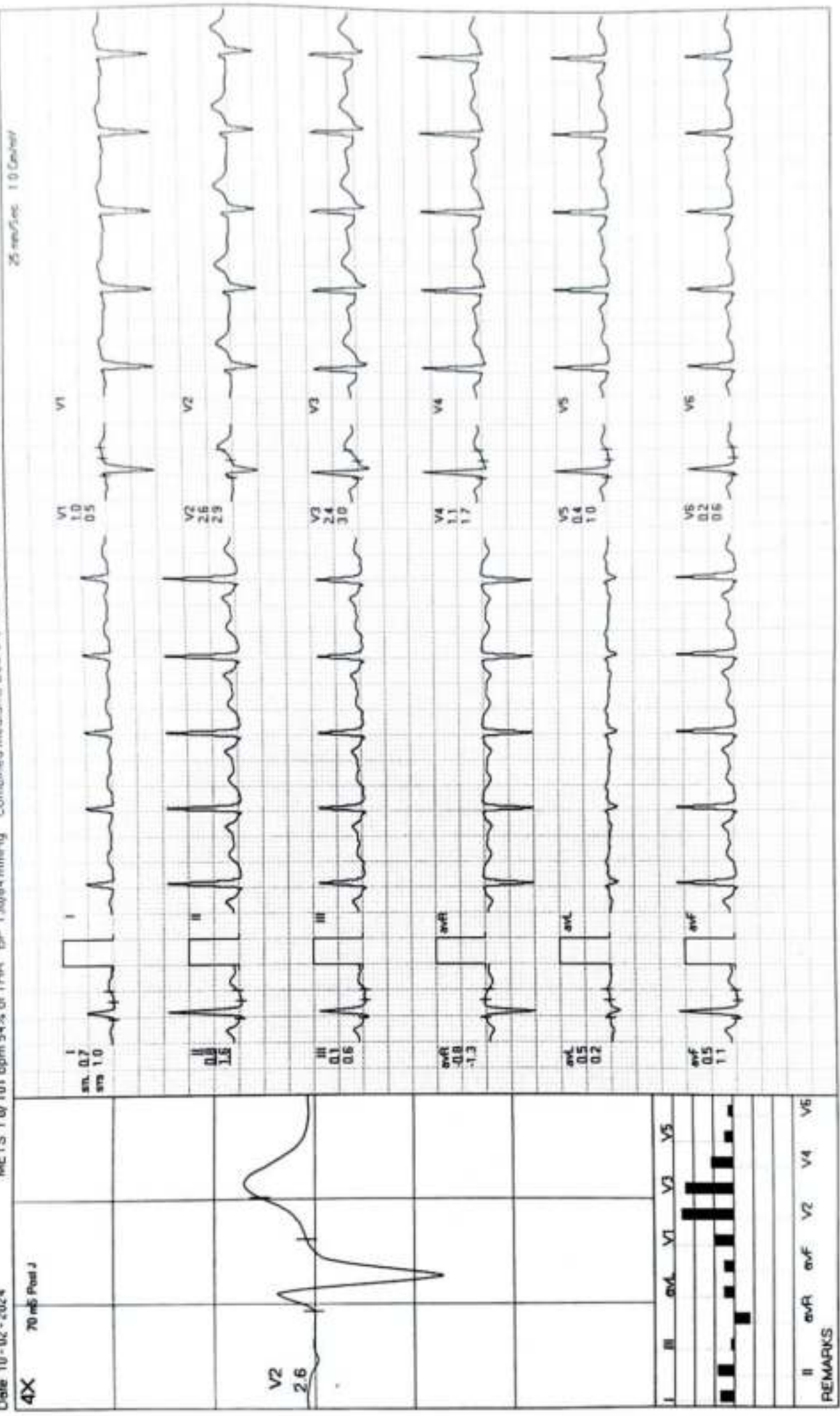


NAKUL TIWARI / 34 Yrs / M / 164 Cms / 64 Kg / HR : 101

ExTime 08:22 0.0 Km/Ph 0.0%

METS: 1.0/101 bpm 54% of THR BP: 130/84 mmHg Combined Median/BL/Cr/NI/Ch/DF/HF 0.05 Hz/LF 35 Hz

Date 10-02-2024



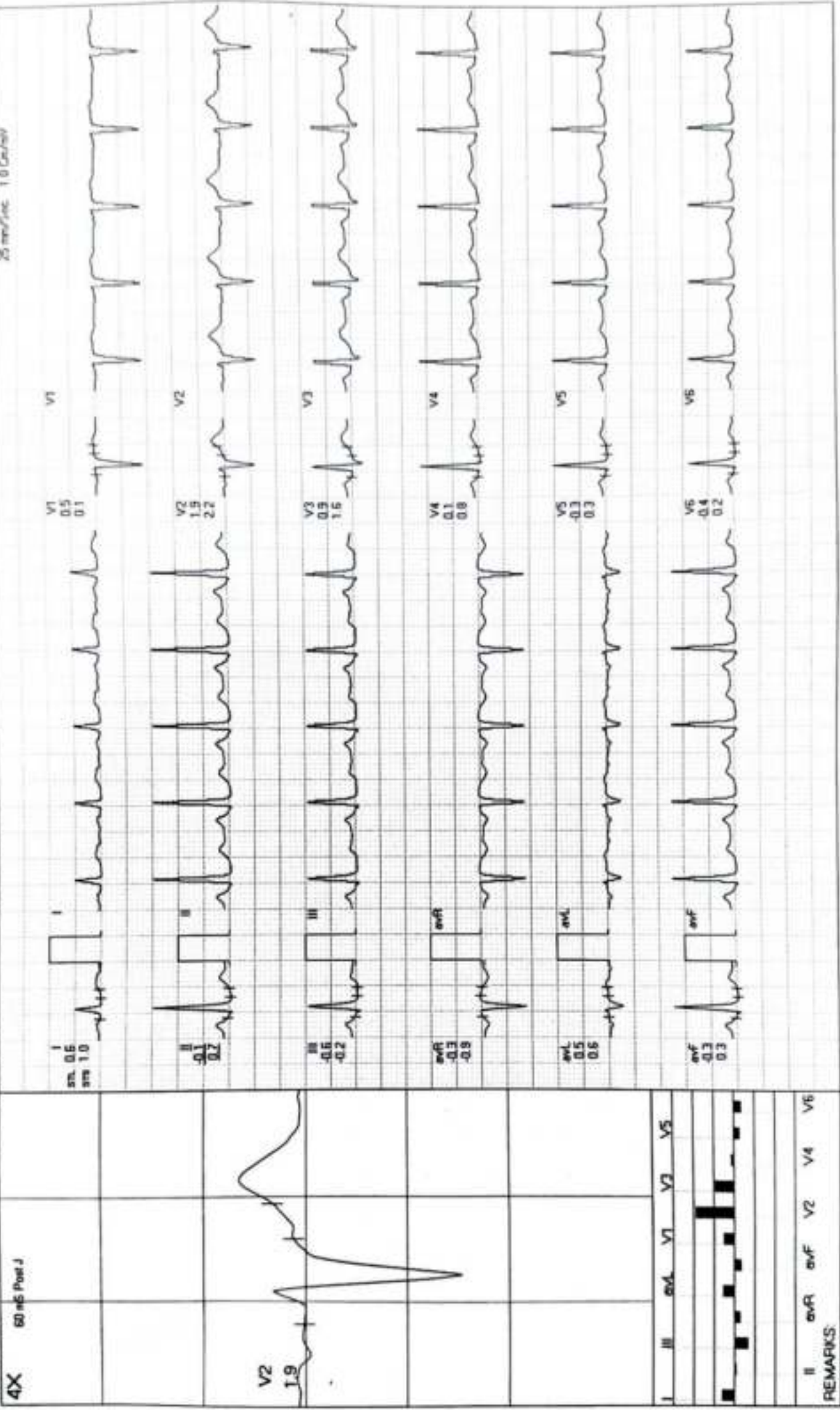
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NAKUL TIWARI / 34 Yrs / M / 164 Cms / 64 Kg / HR : 96

Recovery(3:00)



Date: 10-02-2024 METS 1 @ 96 bpm 52% of THR BP 126/80 mmHg Combined Median/BLC On/Notch On/HR 0.05 Hz/AF 35 Hz ExTime 08:22 0.0 Km/ph 0.0%



REMARKS



**MODERN PATHOLOGY AND DIAGNOSTIC CENTER**

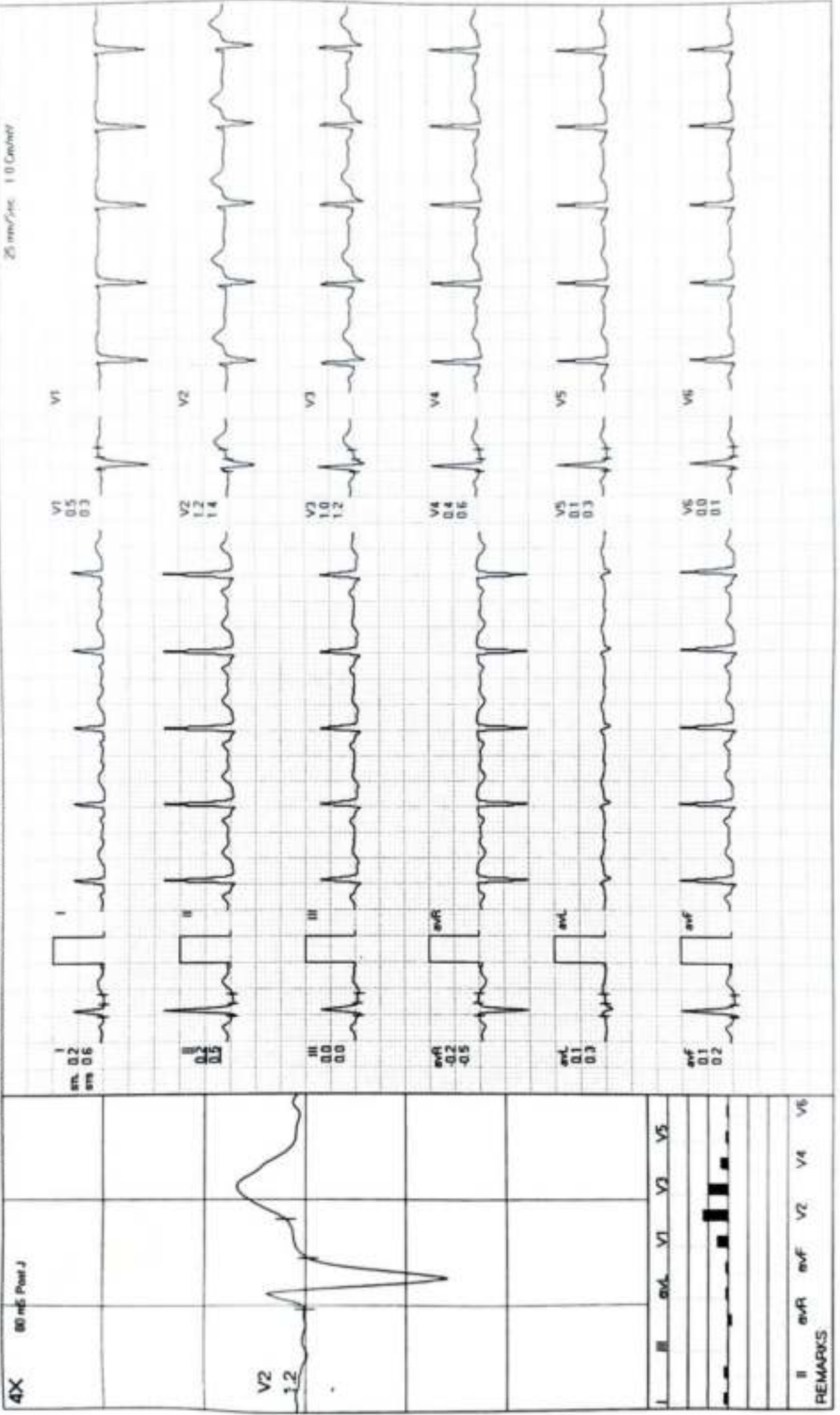
NAKUL THWARI / 34 Yrs / M / 164 Cms / 64 Kg / HR : 96

Recovery(3:06)

Date 10-02-2024

METS 1.0/96 bpm 52% of THR BP 124/80 mmHg Combined Medication/BLC On/Notch On/HF 0.05 Hz/AF 35 Hz

ExTime 00:22 0.0 Km/Ph. 0.0%

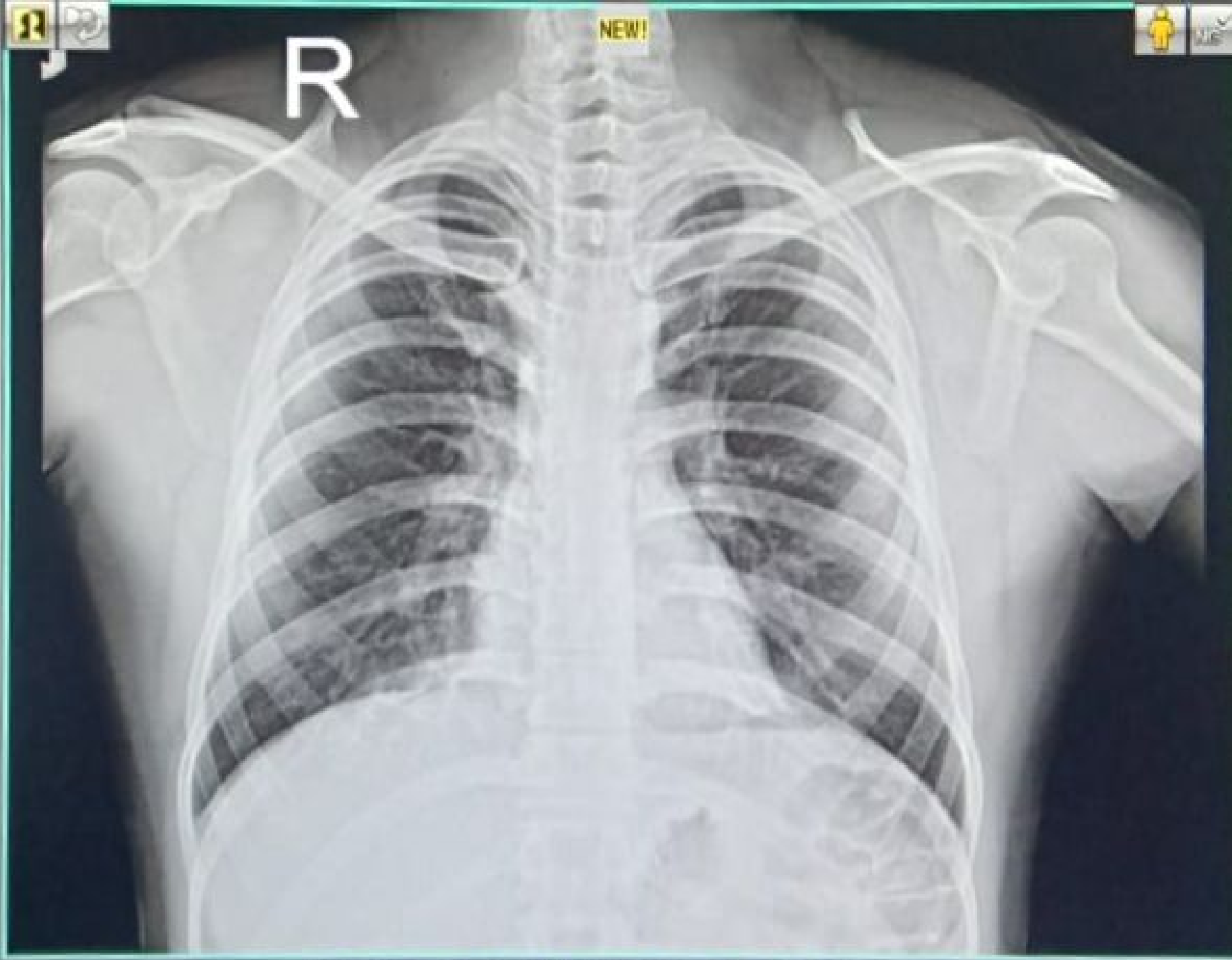




NEW!



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24021003381 MR NAKUL TIWARI 35 YRS M SELF CHEST PA  
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