

Mr. ANKIT VASHISTH (33 /M)

UHID : AHIL.0000856684

AHC No : AHILAH202463

Date : 30/03/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Namaste Mr. ANKIT VASHISTH,

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
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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 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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Name : Mr. ANKIT VASHISTH (33 /M)

Date : 30/03/2023



Address :
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Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000856684

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AHC No : AHILAH202463



Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

No history of - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease



Drug Allergy

NO KNOWN ALLERGY

:30/03/2023



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

Past medical history - nil significant



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Covid-19 - No

Post detection (3 Weeks) - No

 **Surgical history**

Surgical history - Nil

 **Personal history**

Ethnicity - Indian Asian

Marital status - Married

No. of children - 2

Female - 1

Male - 1

Profession - corporate employed

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Mild

 **Family history**

Father - alive

Mother - has expired

Sisters - 1

Coronary artery disease - none

Cancer - mother

Type - Ovarian

Physical Examination

 **General**

General appearance - normal

Build - normal

Height - 169

Weight - 84.3

BMI - 29.52



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Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 86

Rhythm - Regular

Systolic(mm of Hg) - 130

Diastolic(mm of Hg) - 70

- B.P. Sitting

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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APOLLO HOSPITALSOrganization is Accredited
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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	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	2+			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	Occassional			0-5
RBC	6-8 /h.p.f	/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)	15.4	gm%	●	13.0-17.0
Packed cell volume(Calculated)	46.1	%	●	40-50
RBC COUNT (Impedance)	5.21	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	88.4	fl	●	80-100
MCH(Calculated)	29.49	pg	●	27-32
MCHC(Calculated)	33.4	%	●	31-36
RDW(Calculated)	15 *	%	●	11.5-14.5
WBC Count (Impedance)	7719	/cu mm	●	4000-11000

● Within Normal Range

● Borderline High/Low

● Out of Range

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Neutrophils	63	%	●	40-75
Lymphocytes	26	%	●	20-40
Monocytes	8	%	●	2-10
Eosinophils	3	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	317700	/cu mm	●	150000-450000
MPV (Calculated)	9	fl	●	7-11
RBC:	Normochromic Normocytic RBCs			
RBC::	Anisocytosis (+)			
WBC:	As mentioned.			
Platelets:	Adequate on the smear			
Parasite	No Parasites Seen			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	09	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	60 *	U/L	●	0-50

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





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ALKALINE PHOSPHATASE - SERUM/PLASMA

140 *

U/L



Adult(Male): 40 - 129

AST (SGOT) - SERUM

34

U/L



> 1 year Male : <40

Total Bilirubin

0.815

mg/dL



0.300-1.200

Direct Bilirubin

0.3

mg/dL



Upto 0.3 mg/dl

Indirect Bilirubin

0.51

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

0.84

mg/dL



Adult Male: 0.6 - 1.3

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Test Name

Result

Unit

Level

Range

GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM

33

U/L



Male : 10 - 71
Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name

Result

Unit

Level

Range

Glucose - Plasma (Fasting)

94

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)

135

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) 4.8 % ● 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. 91.06

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.43	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.43	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.6	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.6	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.8		●	2.20-4.20
Globulin-Serum/Plasma	2.8		●	2.20-4.20
A/G ratio	2.00		●	1.00-2.00
A/G ratio	2.00		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	2.1	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	130	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	3.07	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	7.0	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)	13	mg/dL	●	6-20
UREA - SERUM / PLASMA	27	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	206 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	134	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	40 *	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)	155 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	27		●	< 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.

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

EKG



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary



- .BODY WEIGHT 84.3 KG, IDEAL BODY WEIGHT 54-66 KG
- .HEMATURIA
- .DYSLIPIDEMIA
- .ECG - NORMAL
- .TMT — TEST IS NEGATIVE , EXERCISE TIME 8:59 ,WORKLOAD 10.1 METS
- .USG ABDOMEN - GRADE II FATTY LIVER
- .CHEST X-RAY - NORMAL
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET
- LOW FAT 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

Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Printed By : MUKTA S ADALTI

Dr. Shashikant Nigam

MBBS, MD (Gen. Med.)

Consultant Internal Medicine

Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382428, INDIA, Regd. No. : G-21961


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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RADIOLOGY

Patient Details : Mr. ANKIT VASHISTH | Male | 33Yr 1Mth 19Days
UHID : AHIL.0000856684 **Patient Location:** AHC
Patient Identifier: AHILAH202463 
DRN : 123041762 **Completed on :** 30-MAR-2023 09:41
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 —



AKSHAY SHARMA

Medical Officer

Printed on : 30-Mar-2023 15:01

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Reported By : 717876

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RADIOLOGY

Patient Details : Mr. ANKIT VASHISTH | Male | 33Yr 1Mth 19Days
UHID : AHIL.0000856684 **Patient Location:** AHC
Patient Identifier: AHILAH202463 
DRN : 223017942 **Completed on :** 30-MAR-2023 10:02
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 10.0 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 15 cc , is normal in size and echopattern.

IMPRESSION :

Grade II fatty liver.

No any other significant abnormality.

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USG WHOLE ABDOMEN

— END OF THE REPORT —

S.S. Parmar

SIDDHARTH S PARMAR

Medical Officer

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E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

Apollo Hospitals - City Centre (NON NABH-JCI)
1, TulsiBaag Society, Nr. Parimal Garden, Ahmedabad.
Phone : +91 79 66305800 / 01 or +91 76988 15148
E-mail : infoahcc@apolloahd.com

Regd. Office
19, Bishop Gardens, R.A. Puram, Chennai - 600 028
CIN No. : U85110TN1997PLC039016 | GSTin : 24AARCA4150H225
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



Saving time. Saving lives.

DENTISTRY



Name :

Date : 20/03/23 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 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																																																																																
NORMAL FINDINGS IN DISEASE Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : <u>N/A</u> Any other :	<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 checked="" 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 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"/>	<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 : Pain for denture

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

For Allergy
SKIN

OPHTHALMIC EXAMINATION RECORDS

AHIL.0000856684

Name :

Mr. ANKIT
VASHISTH

Date :

30/3/23

UHID :

33 Year(s) / Male



Distance Vision :

Right Eye -

6/6

Left Eye -

6/6

Near Vision :

Right Eye :

NG

Left Eye :

NG

APLN.TN - Right Eye

14

Left Eye-15

mmHg

Normal

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations - Normal

Both Eye Posterior Segment Examinations - Normal

Doctor's Signature



Ophthalmologist Name

000004

Born 11-Apr-90 32 Years

MR ANKIT VASHISTH

Male

30-Mar-23 10:07:23 AM

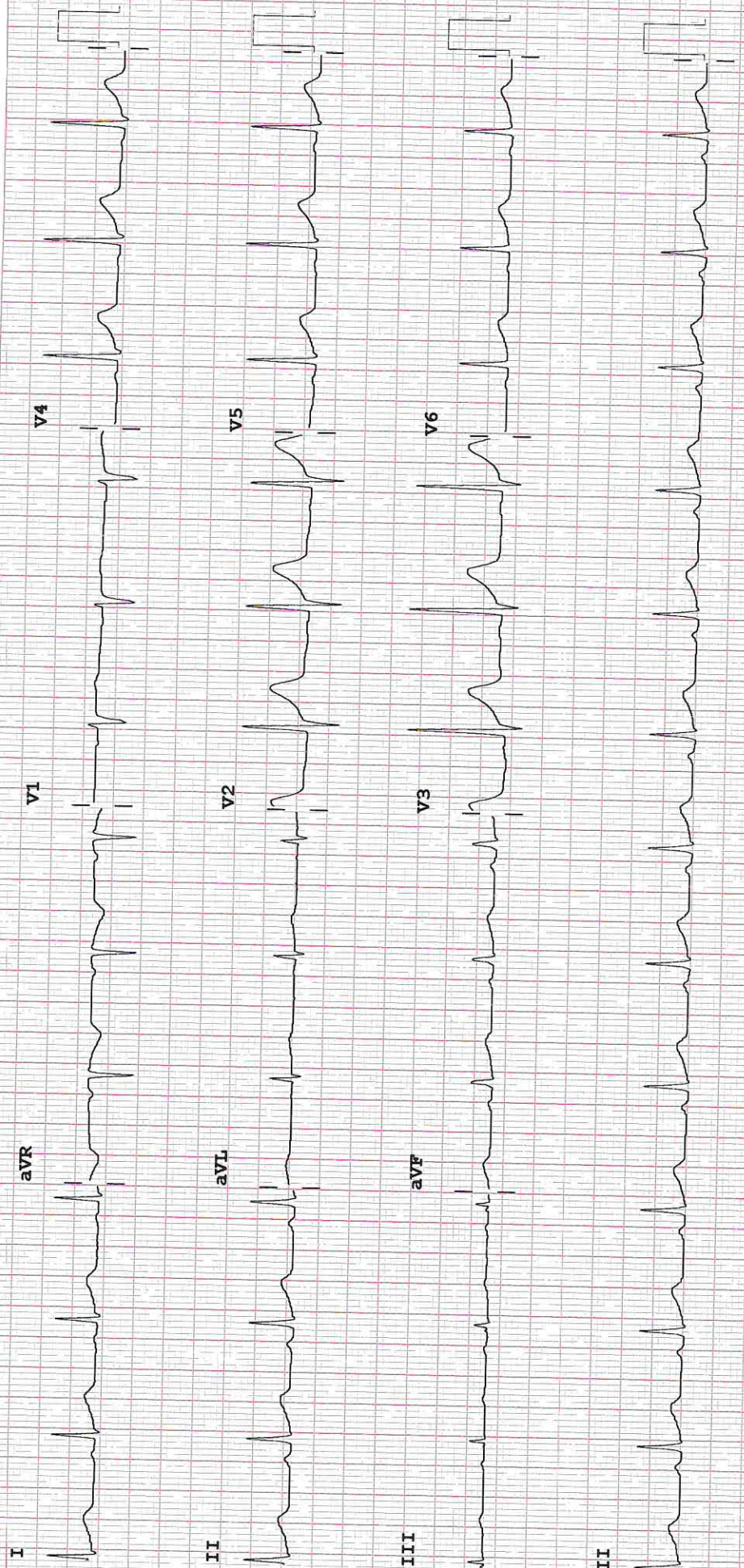
Rate 77

PR 159
 QRSD 82
 QT 390
 QTc 442

--AXIS--

P 56
 QRS 45
 T 36

12 Lead; Standard Placement



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

F 50~ 0.15-100 Hz

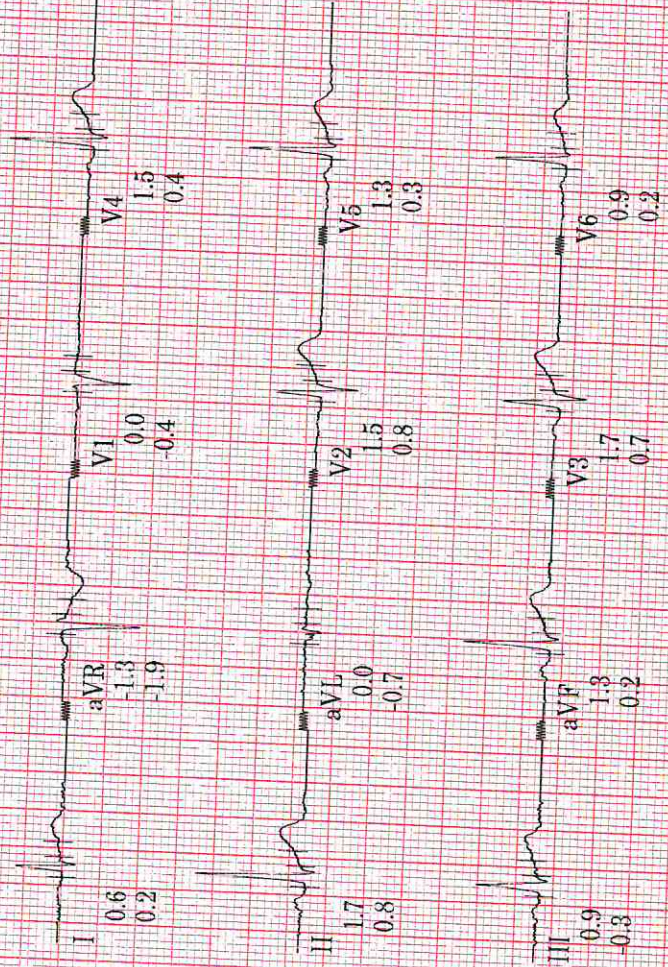
PH10 CL P?

Visit: 30-Mar-2023 11:03:53
 33years 169cm
 Asian 84kg
 Male
 Total exercise time: 8:59
 Max HR: 171bpm 91% of max predicted 187bpm
 Max BP: 170/80
 Maximum workload: 10.1METS
 Reason for Termination:
 TMT IS NEGATIVE FOR INDUCED ISCHEMIA AT HIGH WORKLOAD WITH NORMAL HEMODYNAMIC RESPONSE WITH GOOD EFFORT TOLERANCE.
 TEST TERMINATED DUE TO THR ACHIEVED
 Comments:

Referred by: DR SAMEER DANI
 Test ind:

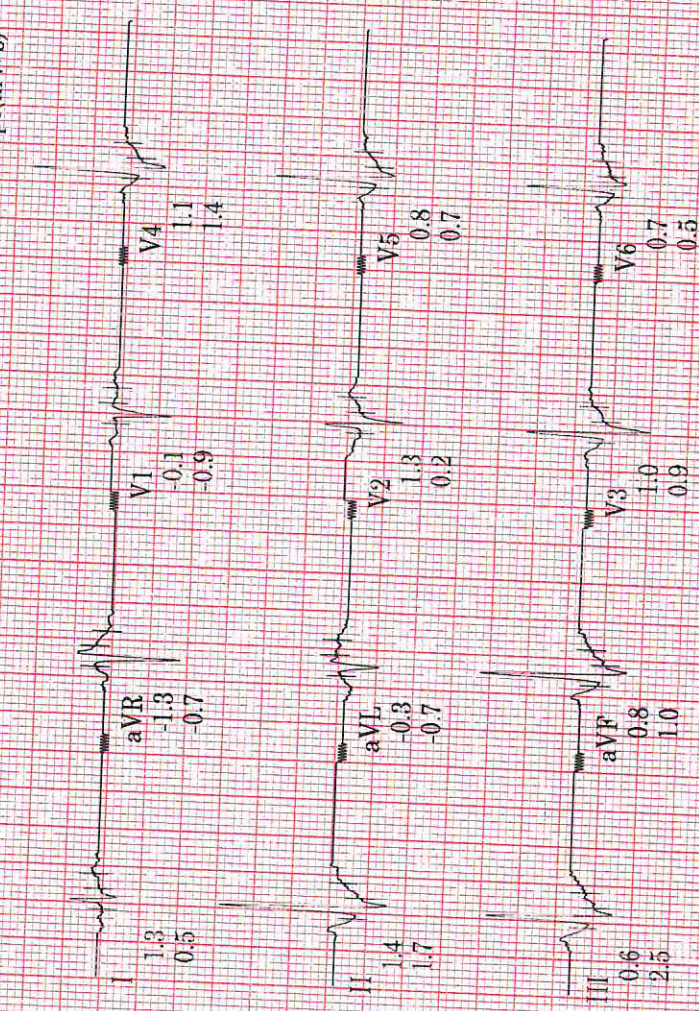
BASELINE

EXERCISE STAGE 1
 0:00 1.1METS
 96bpm
 BP: 130/70
 ST @ 10mm/mV
 80ms postJ
 Lead ST(mm) Slope(mV/s)



PEAK

EXERCISE STAGE 3
 9:00 10.1METS
 171bpm
 BP: 150/80
 ST @ 10mm/mV
 80ms postJ
 Lead ST(mm) Slope(mV/s)



Technician: CHIRAG THAJOR

Unconfirmed
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