



Mr. KUNAL KAMAL (34 /M)

UHID : AHIL.0000832574

AHC No : AHILAH185963

Date : 10/01/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Dear Mr. KUNAL KAMAL

Thank you for choosing Apollo ProHealth, India's first personalized, predictive health screening program with health risk assessments curated just for you to guide targeted intervention, continuum of care and a path to wellness. Our holistic care continuum integrates clinical expertise and artificial intelligence to gauge and avert the risk, onset and progression of non-communicable diseases (NCDs).

In this personalized health report, you will find your

- Medical History and Physical examination results
- Investigations Results
- Artificial Intelligence powered risk scores
- Physician's Impressions on your Health
- Path to Wellness: A personalized management protocol, including follow-up assessments
- Vaccination counselling advice

Apollo ProHealth encompasses the following processes:

**Personalized Health Risk Assessment (pHRA):** Based on your online risk assessment, medical history, physical examination, and psychological evaluation, we recommended a health screening assessment for you, including diagnostic and imaging tests. Based on the results of these assessments, we have advised additional follow-up tests and consultations - details of which we have included in your report. Your physician will explain their relevance, and we strongly suggest you comply with the recommendations.

**Health Mentor:** We have assigned a dedicated health mentor to proactively work with you towards your health goals and ensure that you regularly adhere to the guidance and recommendations from clinical and nutrition consultants. Your health mentor will call you periodically to track your progress

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

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**ProHealth App:** You will get access to the Apollo ProHealth App, which will facilitate easy navigation of personal health records, progress towards your health goals, appointment booking, customized tips and guidance for health and lifestyle management, and regularly connecting with your Health Mentor through the in-app chat. Until you return for your 2nd-year assessment, you will receive periodic updates and reminders to motivate you to keep up the momentum regarding health goal milestones.

**Follow- Up Consultation:**

For any follow-up consultations, you can visit your ProHealth physician in-person at the center or you can book a virtual consultation through <https://www.apollo247.com/specialties> or through the Apollo 247 app on your phone.

Scan the QR code to download the Apollo 247 App



You can also download the Apollo 247 app on  
ANDROID IOS

**Disclaimer:** The services offered in the program may vary as per the respective agreements made in the program or center or agreed mutual consent.

**Note:** You are entitled to one complimentary follow-up consultation with your ProHealth physician within a period of 1 year. Please contact your health mentor for the complimentary consult coupon code. This is available for ProHealth Super, Regal and Covid Recovery and Wellness programs

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Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE

Date : 10/01/2023



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### Chief Complaints

For Annual health checkup  
HEADACHE



### 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? - No
- Do you have any drug allergies? - No



### Surgical history

- Haemorrhoidectomy - 2022
- Accident history - 2019
- Accidental injury - FACIAL INJURY
- Accidental injury due to - road traffic accident



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### Personal history

- Ethnicity - Indian Asian
- Marital status - Married
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - consumes alcohol occasionally
- Frequency - occasional
- Consuming alcohol for - 2 YRS
- Smoking - Yes
- Duration of smoking(in years) - 2 YRS
- Type - Cigarette
- Frequency - occasional
- Chews tobacco - No
- Physical activity - Moderate



### Family history

- Father - alive
- Aged - 65
- Mother - alive
- Aged - 59
- Sisters - 2
- Coronary artery disease - none
- Cancer - None

## Physical Examination



### General

- General appearance - normal
- Build - normal
- Height - 162
- Weight - 80
- BMI - 30.48
- Pallor - No
- Oedema - no

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### Cardiovascular system

Heart rate (Per minute) - 69  
 Rhythm - Regular  
 - B.P. Supine  
 Systolic(mm of Hg) - 130  
 Diastolic(mm of Hg) - 74  
 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	1.005			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	5.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
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)	12.2 *	gm%	●	13.0-17.0
Packed cell volume(Calculated)	39.3 *	%	●	40-50
RBC COUNT (Impedance)	6.13 *	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	64 *	fl	●	80-100
MCH(Calculated)	19.88 *	pg	●	27-32
MCHC(Calculated)	31.1	%	●	31-36
RDW(Calculated)	16.4 *	%	●	11.5-14.5
WBC Count (Impedance)	7977	/cu mm	●	4000-11000

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

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Neutrophils	54	%	●	40-75
Lymphocytes	35	%	●	20-40
Monocytes	6	%	●	2-10
Eosinophils	5	%	●	01-06
Basophils	0	%	●	0-1
Platelet Count (Impedance)	249800	/cu mm	●	150000-450000
MPV (Calculated)	8.4	fl	●	7-11
RBC:	Erythrocytosis noted			
RBC::	Target cells (+)~Hypochromia (+)~Microcytes (+)			
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			

**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	20	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	78	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	21	U/L	●	> 1 year Male : <40
Total Bilirubin	0.73	mg/dL	●	0.300-1.200
Direct Bilirubin	0.236	mg/dL	●	Upto 0.3 mg/dl

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

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Indirect Bilirubin

0.494

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

HOSPITALS

### CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	0.81	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	12	U/L		Male : 10 - 71 Female : 6 - 42

### GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	106 *	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)	126	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

### LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.58	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.58	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.46	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.46	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.12		●	2.20-4.20
Globulin-Serum/Plasma	3.12		●	2.20-4.20
A/G ratio	1.43		●	1.00-2.00
A/G ratio	1.43		●	1.00-2.00

### THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.7	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	94	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	3.58	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	7.2 *	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)	8	mg/dL	●	6-20
UREA - SERUM / PLASMA	17	mg/dL	●	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	210 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	135	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	38 *	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)	178 *	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	6 *		●	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.

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**Investigations Not Done / Not Yet Reported**

**Haematology**

STOOL ROUTINE

**Blood Bank - 2 Services**

BLOOD GROUPING AND TYPING (ABO and Rh)

**CARDIOLOGY**

ECHO/TMT

ECG



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Borderline High/Low



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### Executive Summary



- .BODY WEIGHT 80 KG,DEAL BODY WEIGHT 49-60 KG
- IMPAIRED GLUCOSETOLERANCE
- DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST S NEGATIVE,EXERCISE TIME 8:02 ,WORKLOAD 10.1 METS
- .USG ABDOMEN - NORMAL STUDY
- .CHEST X-RAY - NORMAL
- .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 49-60 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

*Consult Phys*



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

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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.




The Emergency Specialist  
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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details :** Mr. KUNAL KAMAL | Male | 34Yr 10Mth 18Days  
**UHID :** AHIL.0000832574 **Patient Location:** AHC  
**Patient Identifier:** AHILAH185963   
**DRN :** 223001501 **Completed on :** 10-JAN-2023 09:36  
**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.

Head, body and tail of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 10.2 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.

Prostate (volume 20 cc) is normal in size and echopattern.

#### IMPRESSION:-

Normal study.

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Reported By : 717876

Page 1 of 2

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19, Bishop Gardens, R.A. Puram, Chennai - 600 028  
CIN No. : U85110IN1997PLC039016 | GSTin : 24AASCA4150H2Z5  
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Mr. KUNAL KAMAL

AHIL.0000832574

AHILAH185963

**USG WHOLE ABDOMEN**

— END OF THE REPORT —

T.V. Parikh

TIRTH VINAYKUMAR PARIKH

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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details :** Mr. KUNAL KAMAL | Male | 34Yr 10Mth 18Days  
**UHID :** AHIL.0000832574 **Patient Location:** AHC  
**Patient Identifier:** AHILAH185963   
**DRN :** 123004116 **Completed on :** 10-JAN-2023 09:01  
**Ref Doctor :** DR. SHASHIKANT NIGAM

### X-RAY CHEST PA

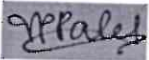
#### FINDINGS :

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 —



DR. VAIBHAVI PATEL

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**DENTISTRY**

Name : .....

Date : 10/1/23 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 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
NORMAL FINDINGS IN DISEASE	MILD MOD SEV	CLASS I II III CROSSBITE
Lips : <u>N/A</u>	Gingivitis <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hypoplasia <u>N/A</u>
Cheeks : <u>N/A</u>	Calculus <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Impaction
Tongue : <u>N/A</u>	Recession <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-vital
Floor of the mouth : <u>N/A</u>	Periodontal Pockets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fracture
Palate : <u>N/A</u>	Attrition <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Abcess
Tonsillar Area : <u>N/A</u>	Erosion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ulcers
Any other : <u>N/A</u>	Mobility <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Caries
		Missing Teeth
		Supernumerary
		Others

PRESENT COMPLAINT : Routily decay His original

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



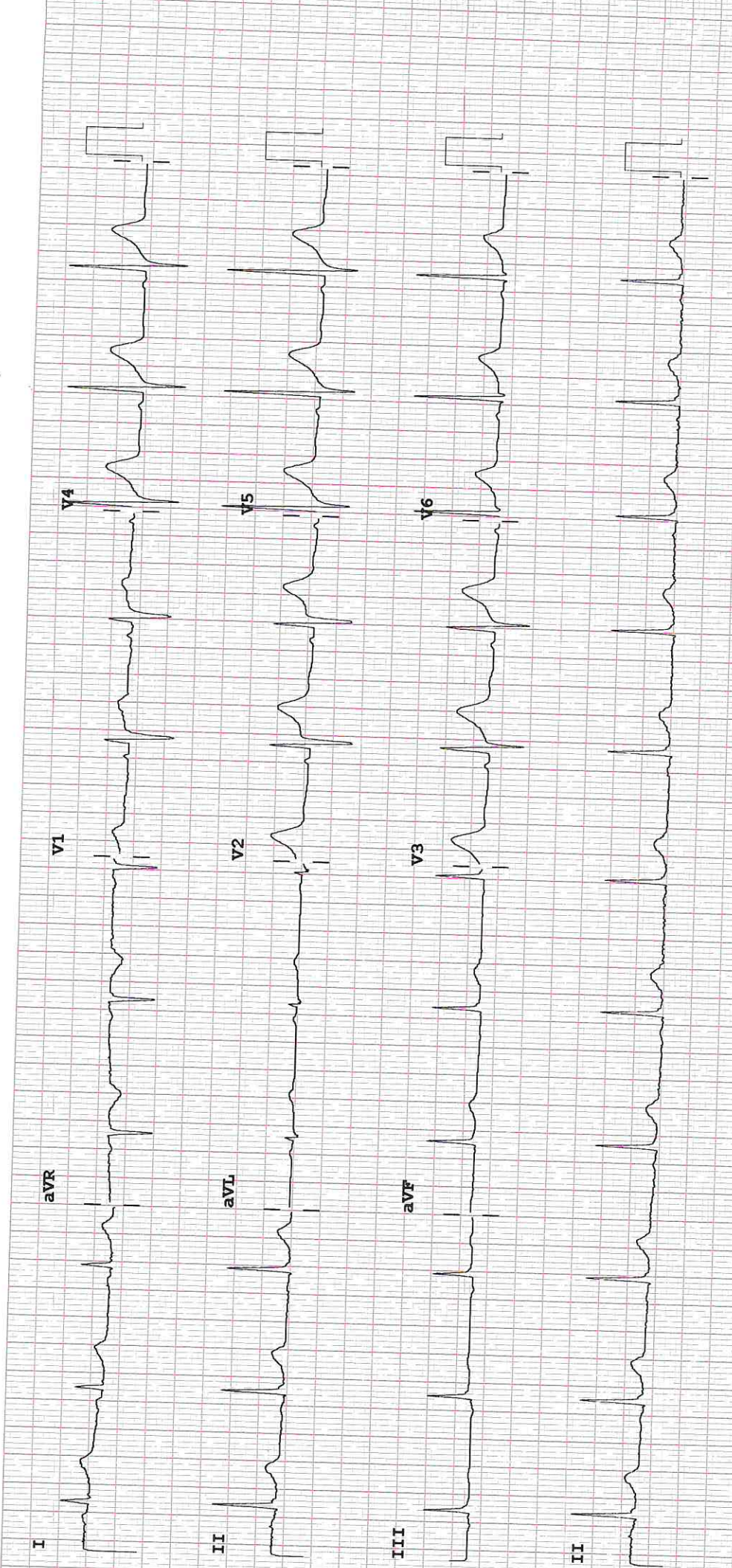
Rate 68

PR 125  
QRSD 89  
QT 408  
QTc 434

--AXIS--

P -5  
QRS 66  
T 40

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?

**OPHTH/**

AHIL.0000832574

**VISION RECORDS**

Name :

Mr. KUNAL  
KAMAL

Date :

10/1/23

UHID :

34 Year(s) / Male



Distance Vision :

Right Eye -

6/9 (BE) 6/6

Left Eye -

6/9  
(unaided)

Grantaal eye brush  
bd (BE)  
x 1 month

Near Vision :

Right Eye :

NG

Left Eye :

NG

(unaided)

↓  
o d

APLN.TN - Right Eye

14

Left Eye -

16

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

wn

Both Eye Posterior Segment Examinations -

wn

*M*  
Dr. Jagriti Sinha  
MS (Ophthalmology)  
Jr. Consultant

Doctor's Signature

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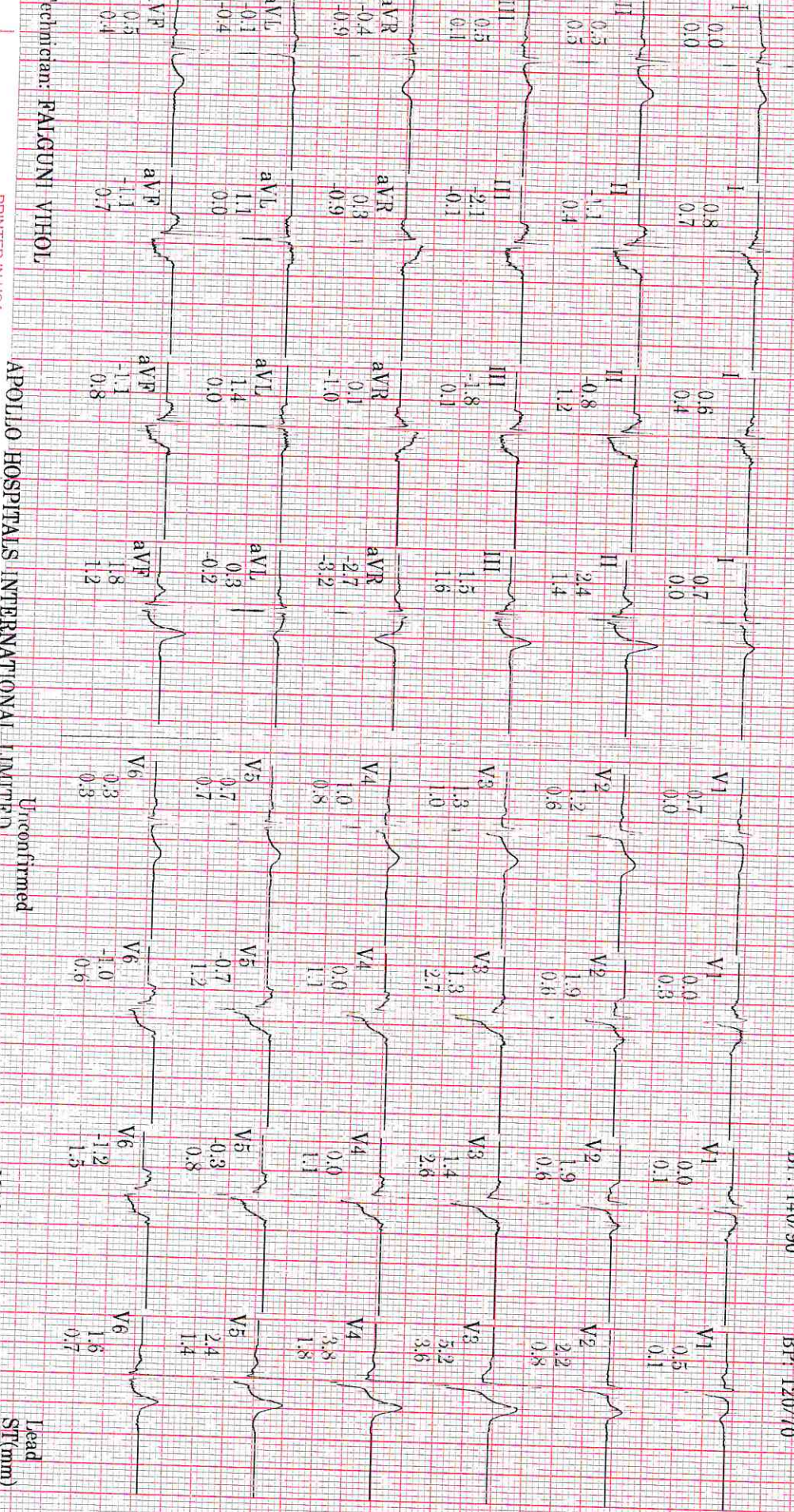
Ophthalmologist Name

Visit: MEDIWHEEL  
34 years  
10-Jan-2023  
162cm  
Asian  
80kg  
Male

Referred by: DR.SAMERR DANI, MHC  
Test Ind:

BRUCE  
Total Exercise time: 8:02  
Max HR: 196bpm (95% of max predicted 186bpm)  
Max BP: 140/90  
Maximum workload: 10.1 METS  
Reason for Termination: Max HR attained  
Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD  
NORMAL HEMODYNAMIC RESPONSE  
NO ANGINA OCCURRED, NO ARRHYTHMIAS AT PROVOKED  
NO GALLOP / MURMUR AT PEAK EXERCISE  
TEST TERMINATED DUE TO THIR ACHIEVED  
GOOD EFFORT TOLERANCE

BASELINE EXERCISE	MAX ST EXERCISE	PEAK EXERCISE	TEST END RECOVERY	BASELINE EXERCISE	MAX ST EXERCISE	PEAK EXERCISE	TEST END RECOVERY
0:00 93bpm BP: 120/70	7:55 197bpm	8:00 196bpm BP: 140/90	8:14 122bpm BP: 120/70	0:00 93bpm BP: 120/70	7:55 197bpm	8:00 196bpm BP: 140/90	8:14 122bpm BP: 120/70



Technician: FALGUNI VHOOL

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Unconfirmed

Lead  
ST(mm)