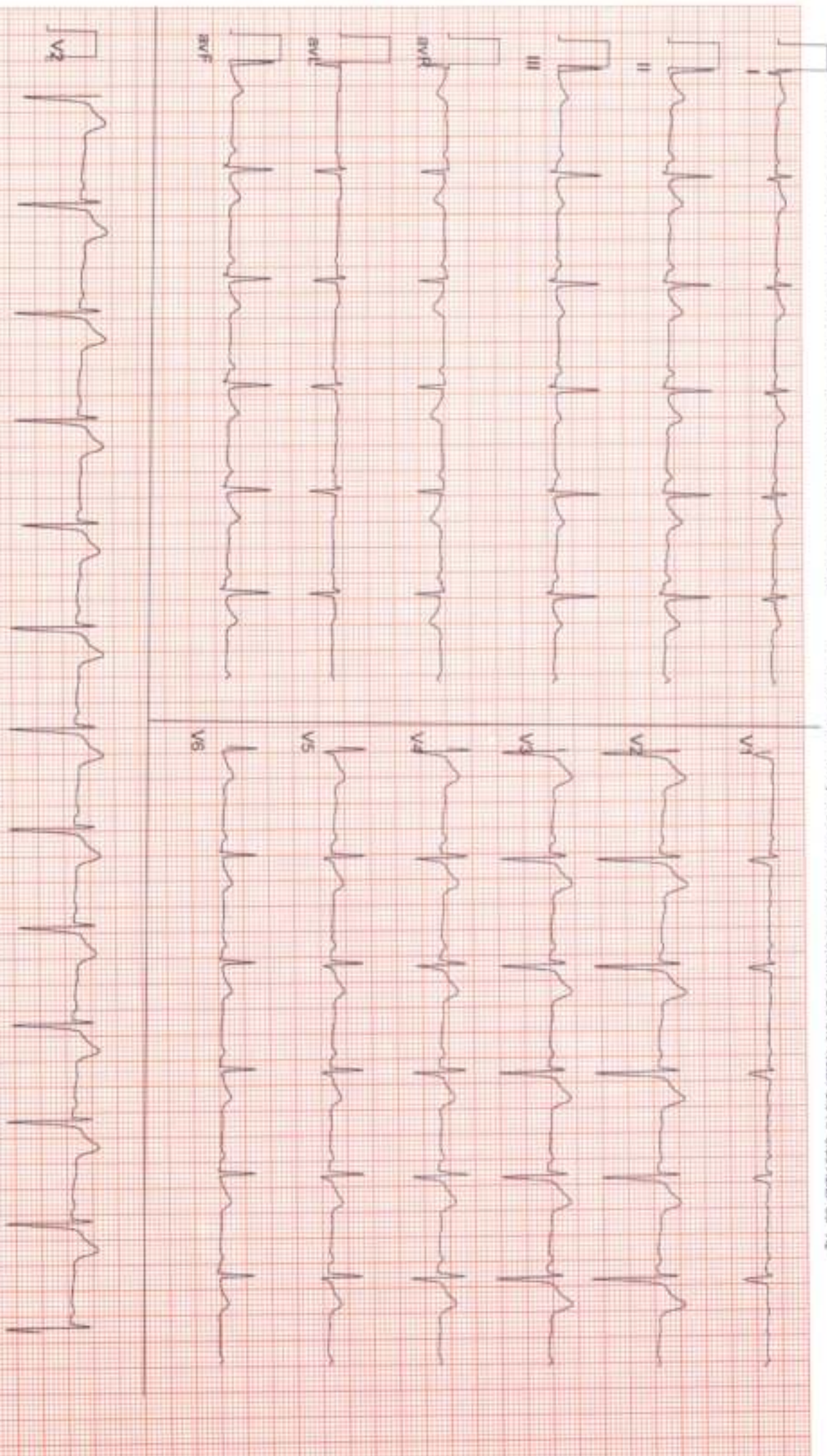




Date: 09-12-2023 01:24:08 PM METs : 1.0 HR : 72 Target HR : 40% of 178 BP : 113/82

Ex Time : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Channel BLC ON Nockn ON HR 0.05 HALF 35 Hz



ZENA HEALTHCARE

SAHIDNAGAR, BHUBANESWAR

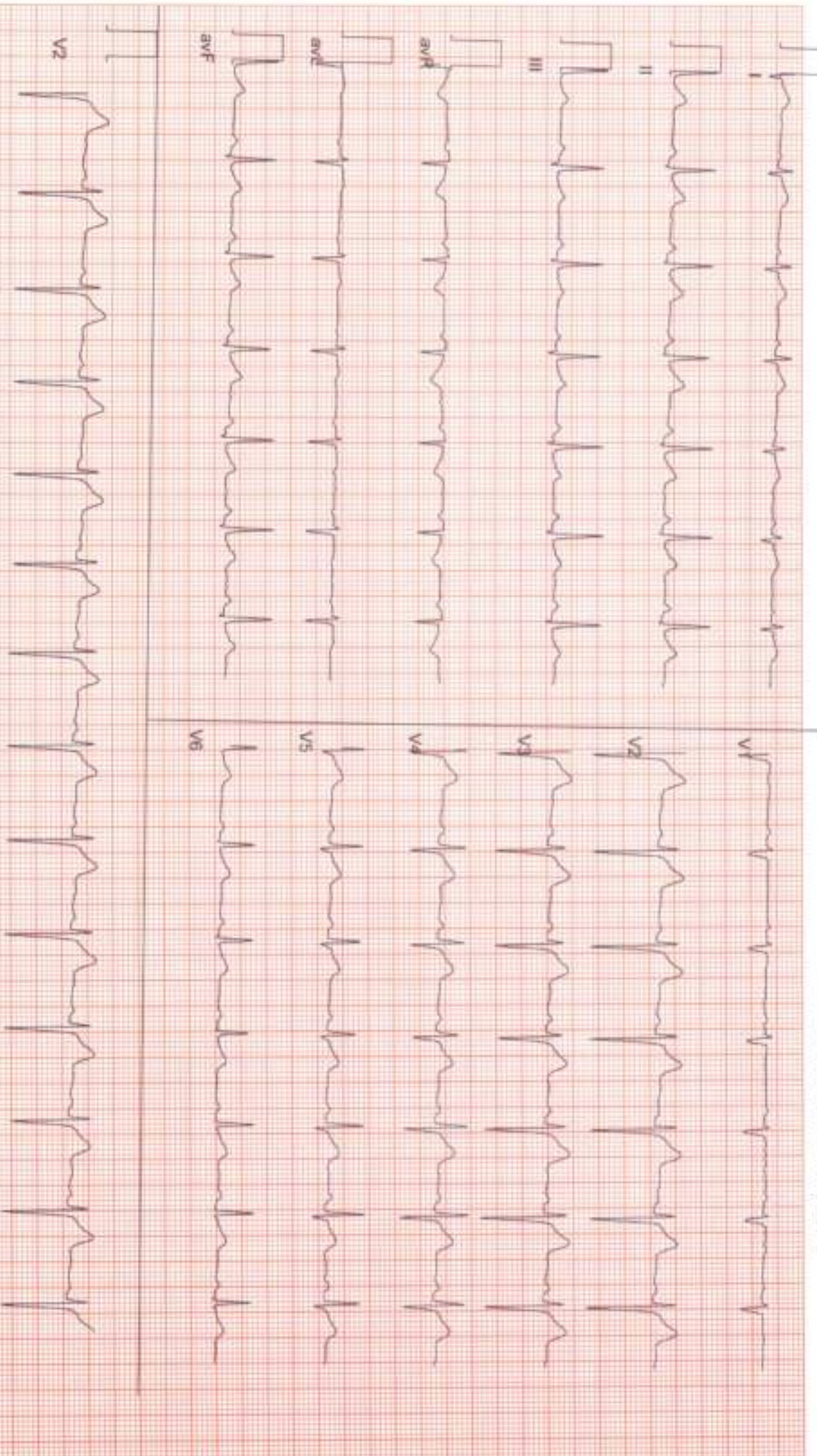
763 / MANNA / 42 Yrs / Male / 170 Cm / 75 Kg

6 x 2 + Rhythm
BRUCE:HV(0:18)



Date: 09 - 12 - 2023 01:24:08 PM MET3 : 1.0 HR5 : 79 Target HR : 44% of 178 BP : 113/82

Ex Time : 00:00 0.0 mph/0.0 % 25 mm/Sec. 1.0 Cal/IV BLC OV Match Div/HF 0.09 Hr/LP 3S Hz



ZENA HEALTHCARE

SAHIDNAGAR, BHUBANESWAR

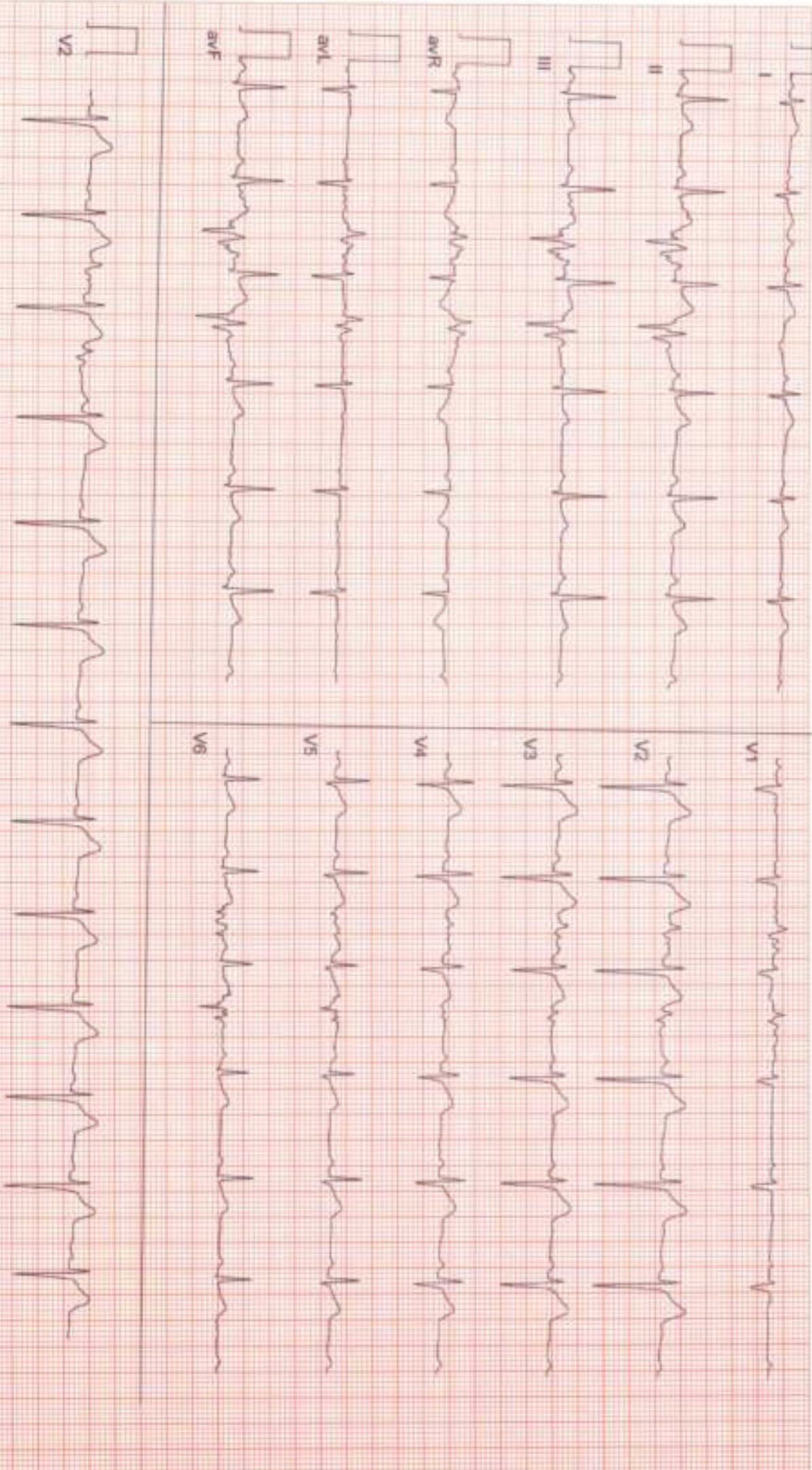
763 / MANNA / 42 YRS / Male / 170 Cm / 75 Kg

6 x 2 + Rhythm
ExStart



Date: 09 - 12 - 2023 01:24:08 PM METS : 1.0 HR : 84 Target HR : 47% of 178 BP : 113/82

ExTime : 00:00 0.0 mph/0.0 % 25 mm/Sec 1.0 Cm/mV BLC On/ Natch On/ HF 0.05 Hz/LF 35 Hz



ZENA HEALTHCARE

SAHIDNAGAR, BHUBANESWAR

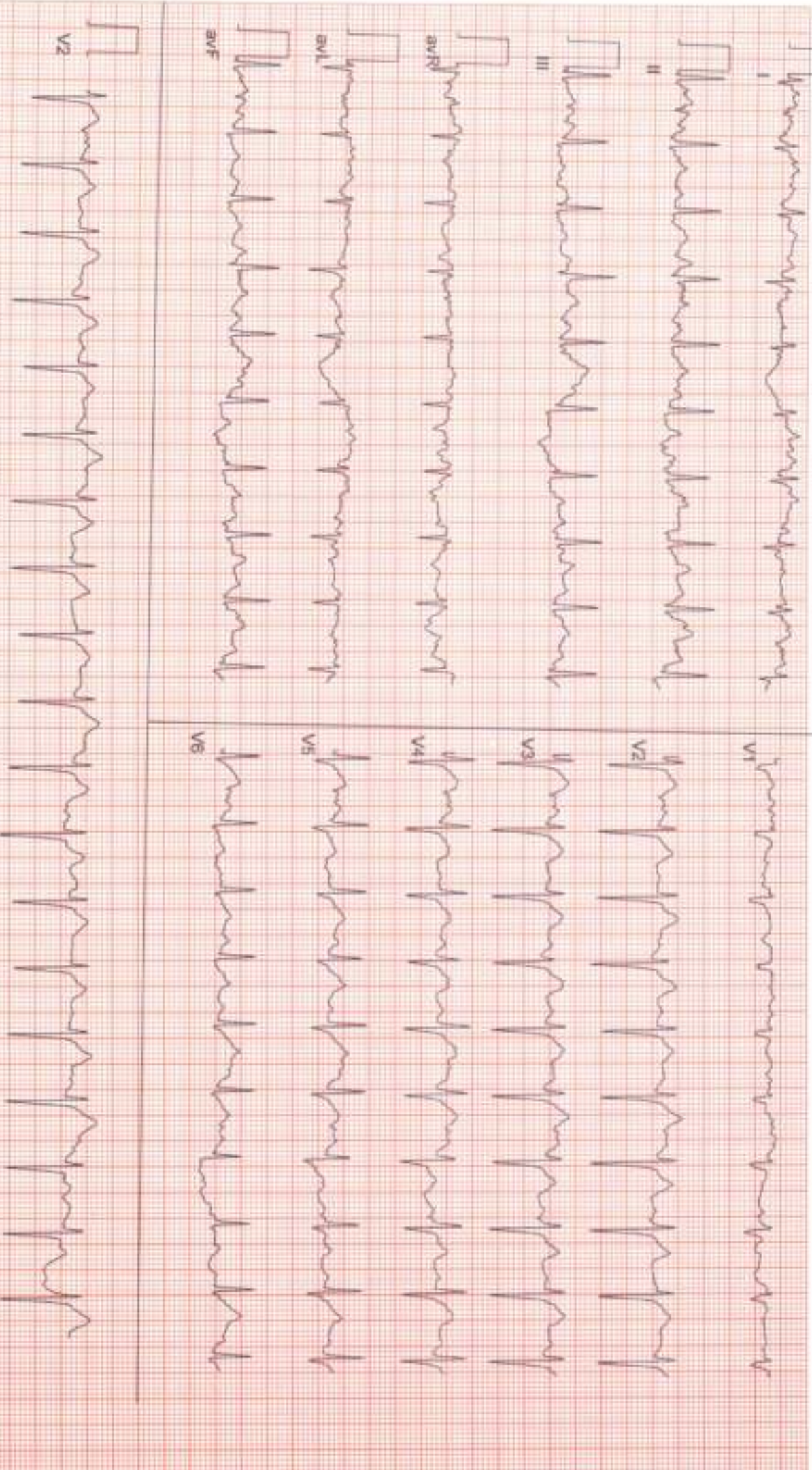
763 / MANNNA / 42 Yrs / Male / 170 Cm / 75 Kg

6 x 2 + Rhythm
BRUCE: Stage 1(3:00)



Date: 09 - 12 - 2023 01:24:08 PM METS : 4.7 HR : 114 Target HR : 64% of 178 BP : 115/83

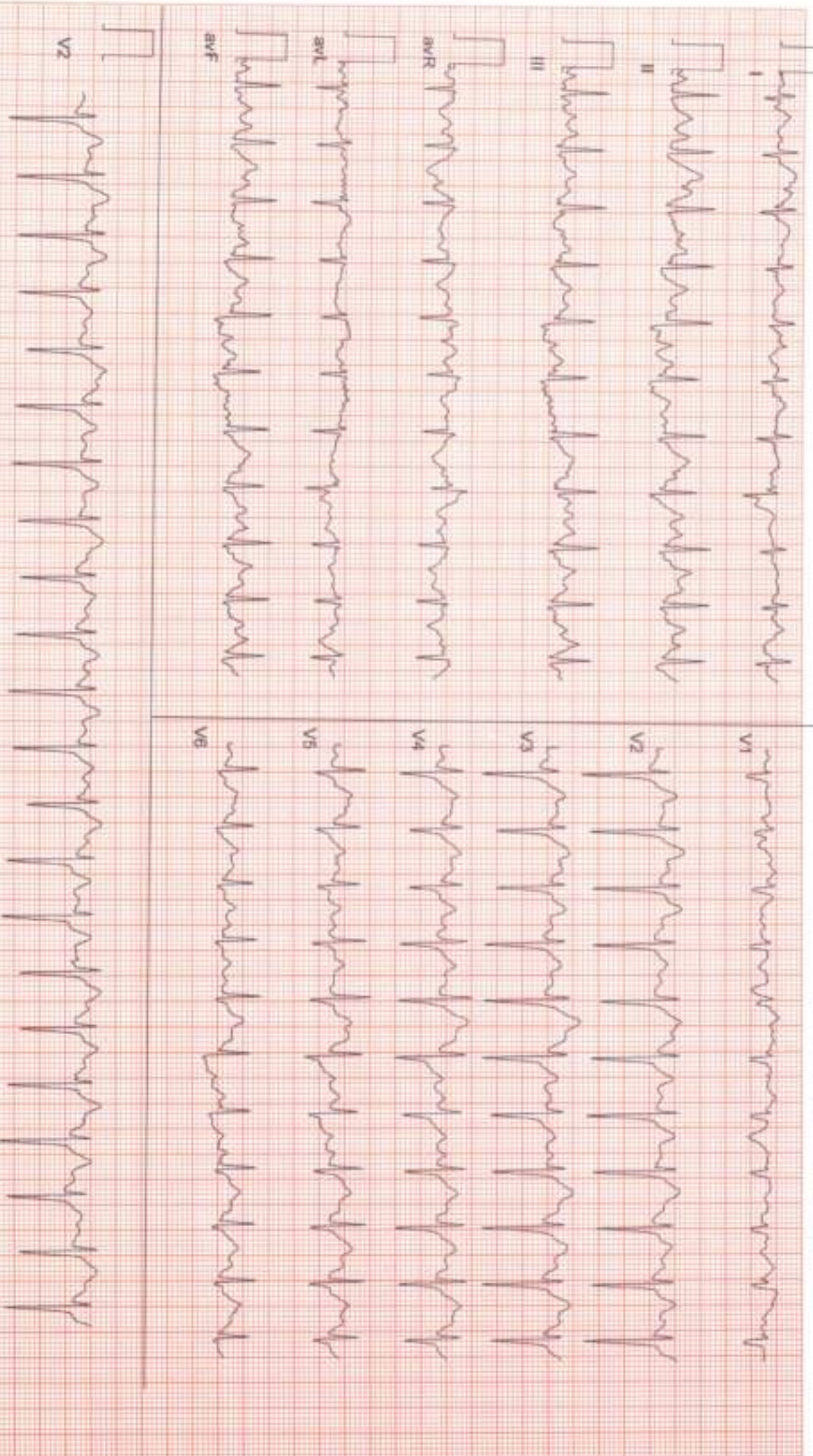
Ex Time : 03:00 1.7 mph 10.0 % 25 mm/Sec 1.0 Cm/mV SLC On Watch On HF 0.05 Hz LF 36 Hz





Date: 09-12-2023 01:24:08 PM METs : 7.1 HR : 132 Target HR : 74% of 178 BP : 116/84

Ex Time : 06:00 2.5 mph/2.0 % 25 min/Sec 1.0 Chmv/BLC Ovr Maxm Ovr HR 0.09 Hz/LF 35 Hz



ZENA HEALTHCARE

SAHIDNAGAR, BHUBANESWAR

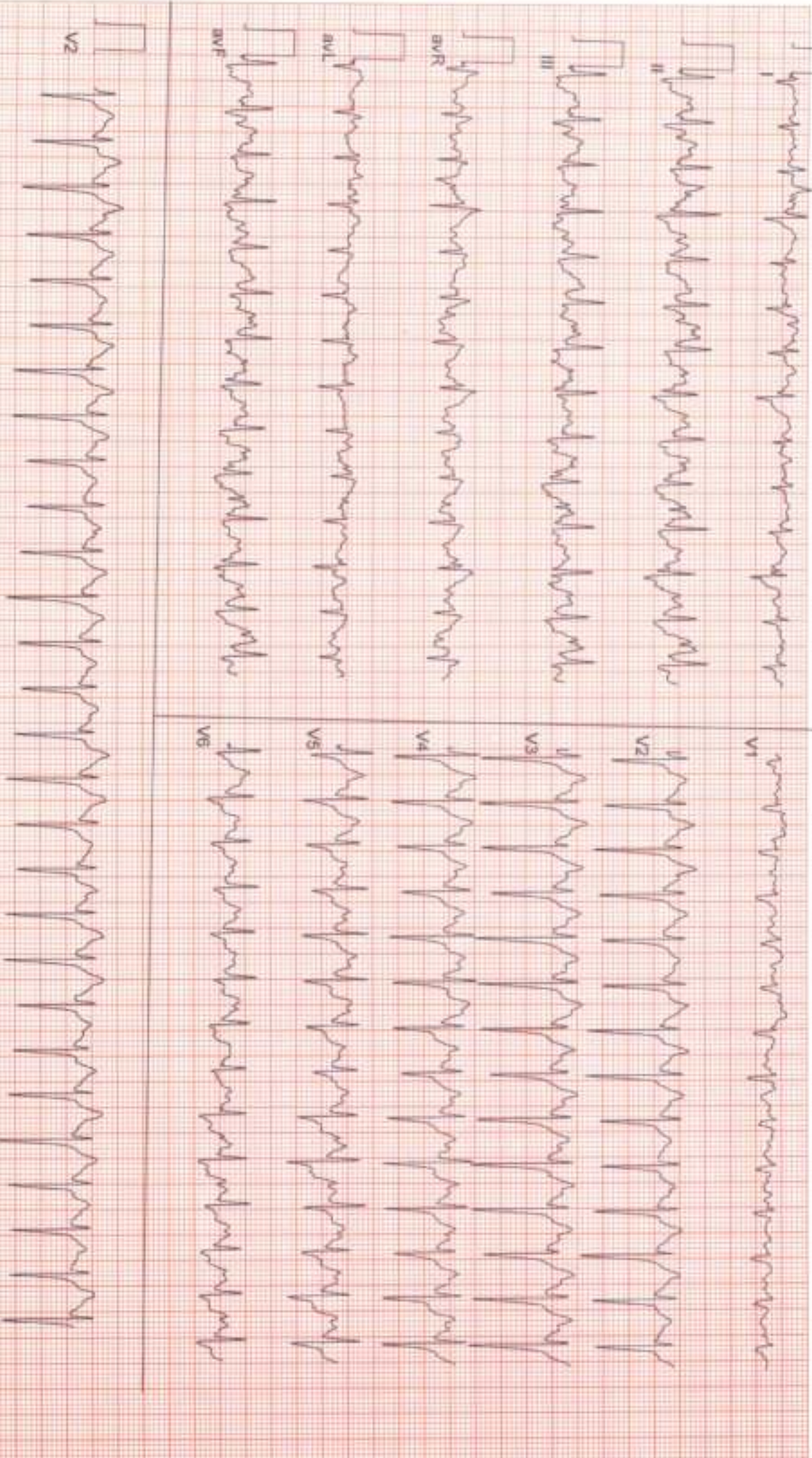
763 / MANNA / 42 Yrs / Male / 170 Cm / 75 Kg

6 x 2 + Rhythm
PeaKEX



Date: 09 - 12 - 2023 01:24:08 PM METs : 9.9 HR : 163 Target HR : 97% of 178 BP : 117/85

ExTime : 08:39 3.4 rpm/14.0 % 25 mm/Sec 1.0 ChrmV BLC Div Match Ch/HR 0.05 Hz/ALF 35 Hz

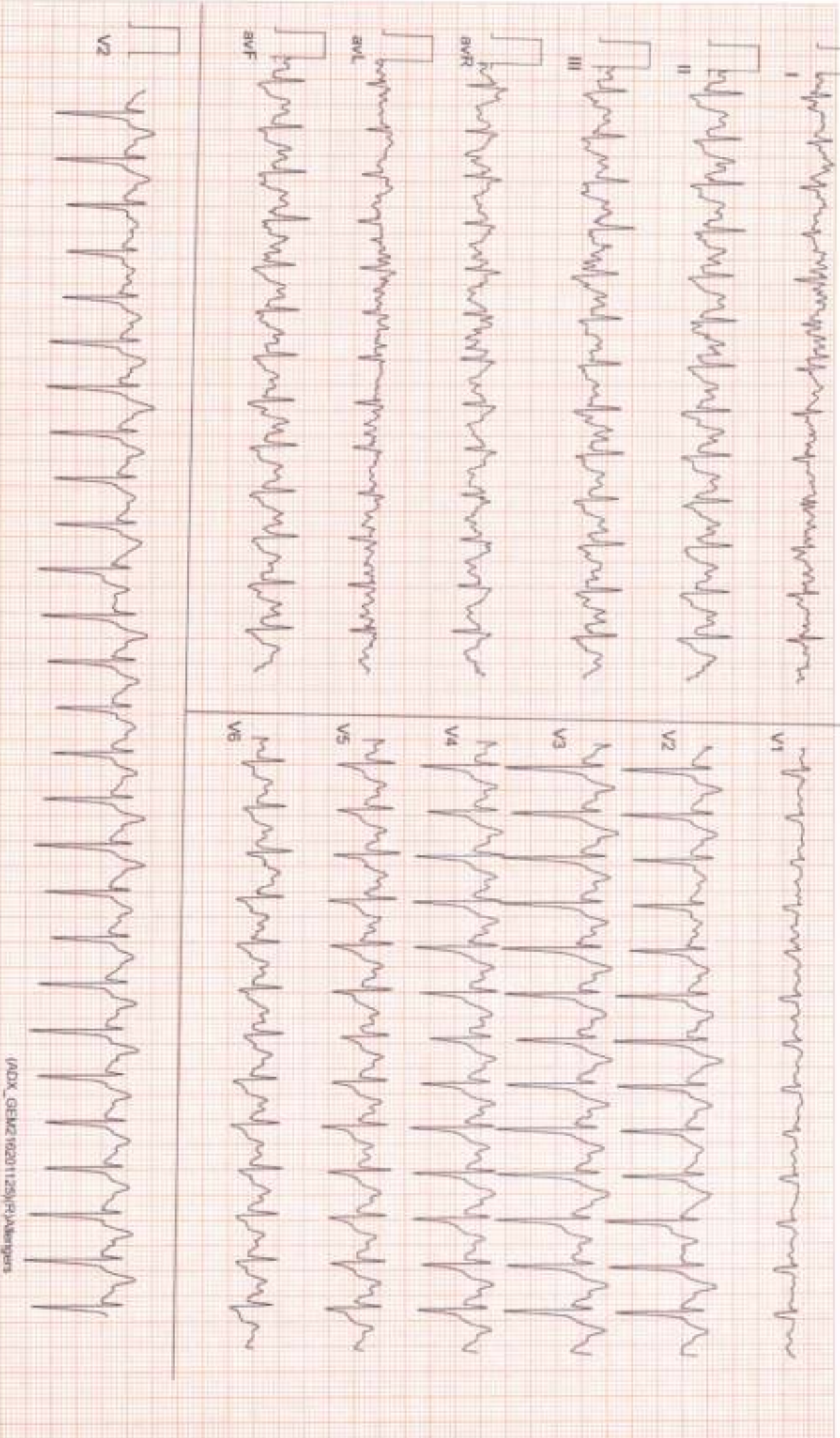


6 x 2 + Rhythm
Recovery(0:30)



Date: 09-12-2023 07:24 08 PM METS : 4.2 HR : 162 Target HR : 91% of 178 BP : 117/85

EX Time : 08:39 1.1 rpm/0.0 % 25 mm/Sec 1.0 Cm/IV BLC Div Watch Gy/HF 0.05 Hz/LF 35 Hz



ZENA HEALTHCARE

SAHJANAGAR, BHUBANESWAR

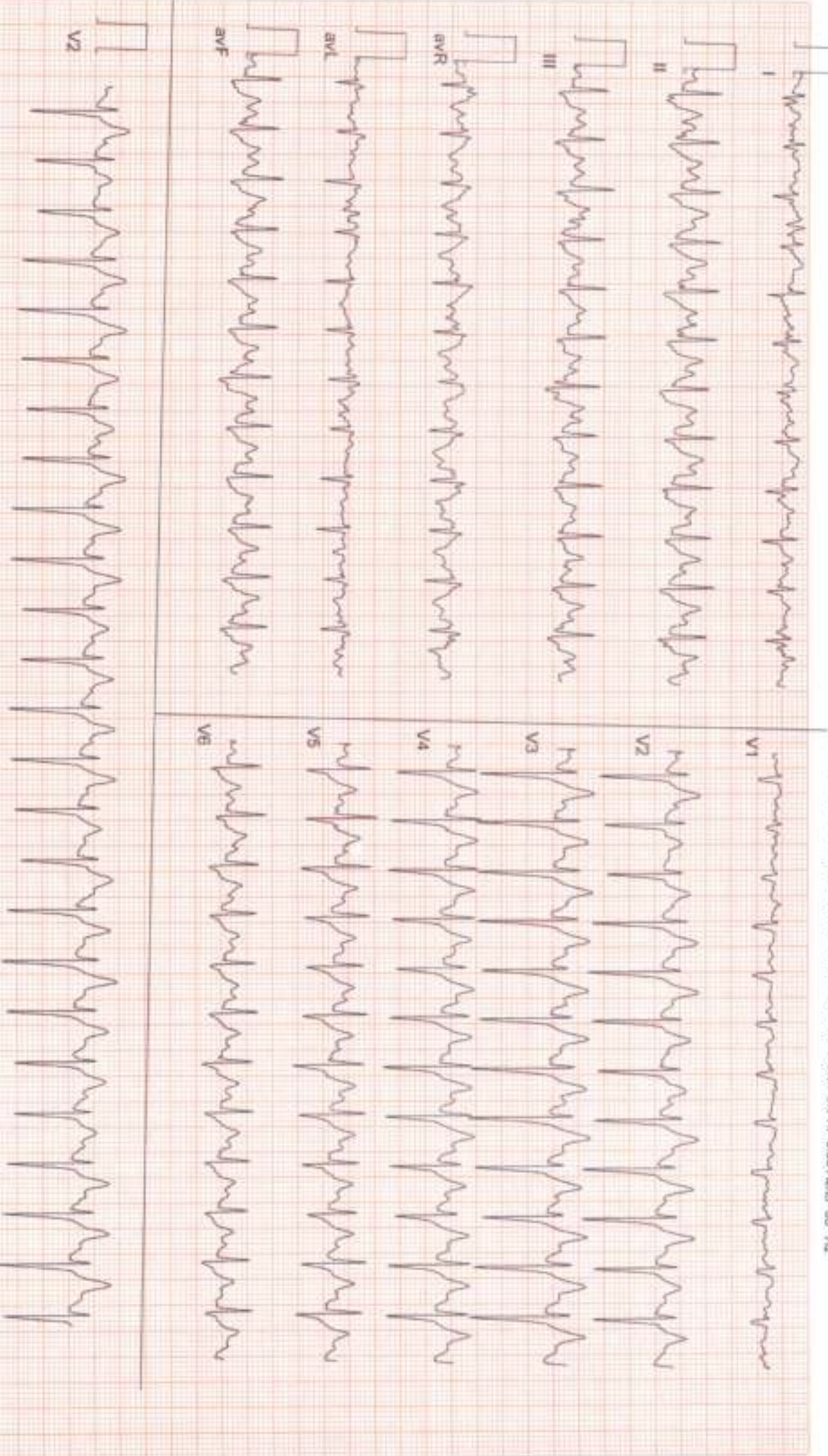
763 / MANNA / 42 Yrs / Male / 170 Cm / 75 Kg

6 x 2 + Rhythm
Recovery(1:00)



Date: 09 - 12 - 2023 01:24:08 PM METs : 1.2 HR : 150 Target HR : 84% of 178 BP : 116/85

ExTime : 08:39 I I mg/dl 0 % 25 mm/Sec 1.0 Cm/mV BLC Div Watch Div/HF 0.08 Hz/ALF 35 Hz

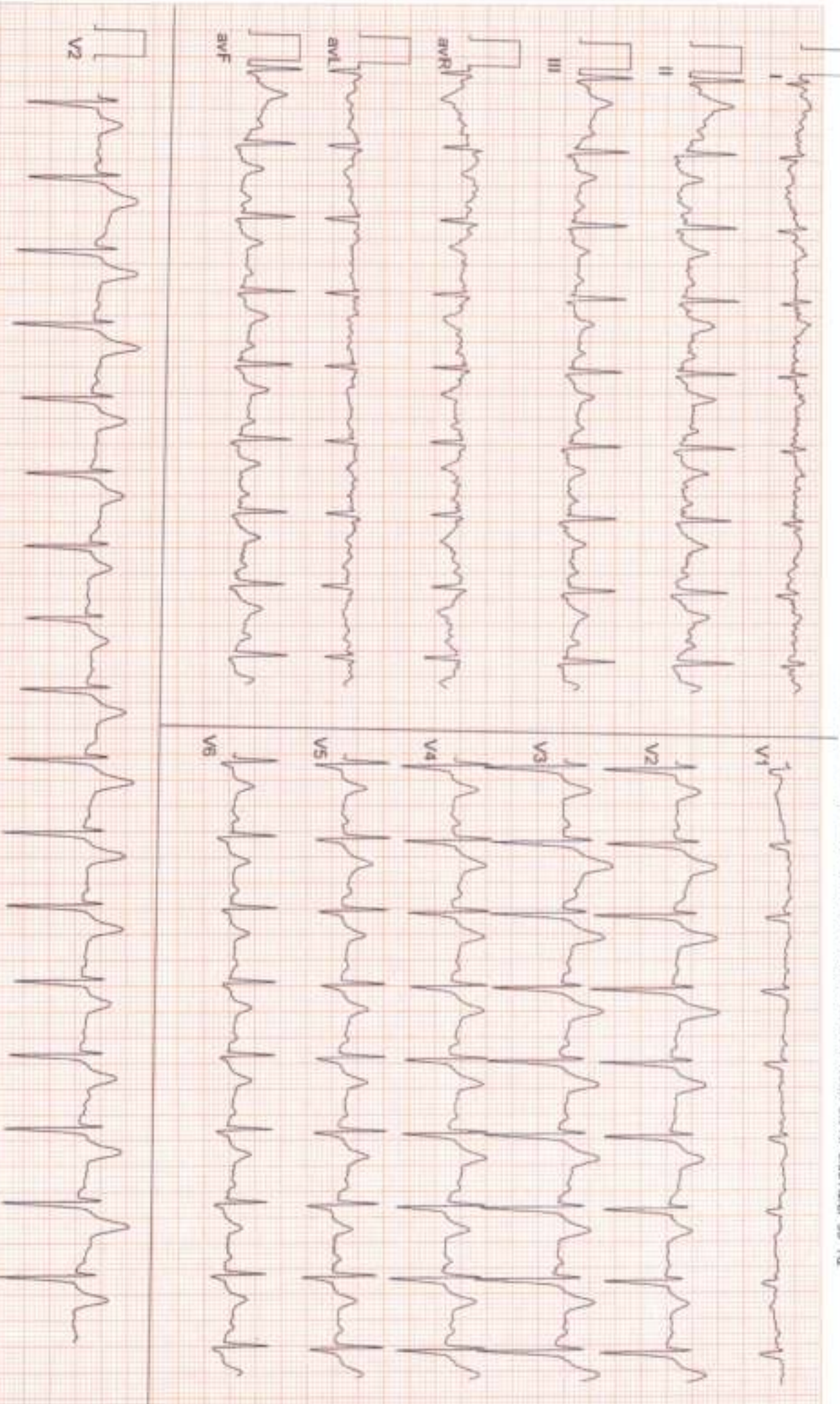


6 x 2 + Rhythm
Recovery(3:00)



Date: 09 - 12 - 2023 01:24:08 PM ME7s : 1.0 HR : 102 Target HR : 57% of 178 BPM : 116B4

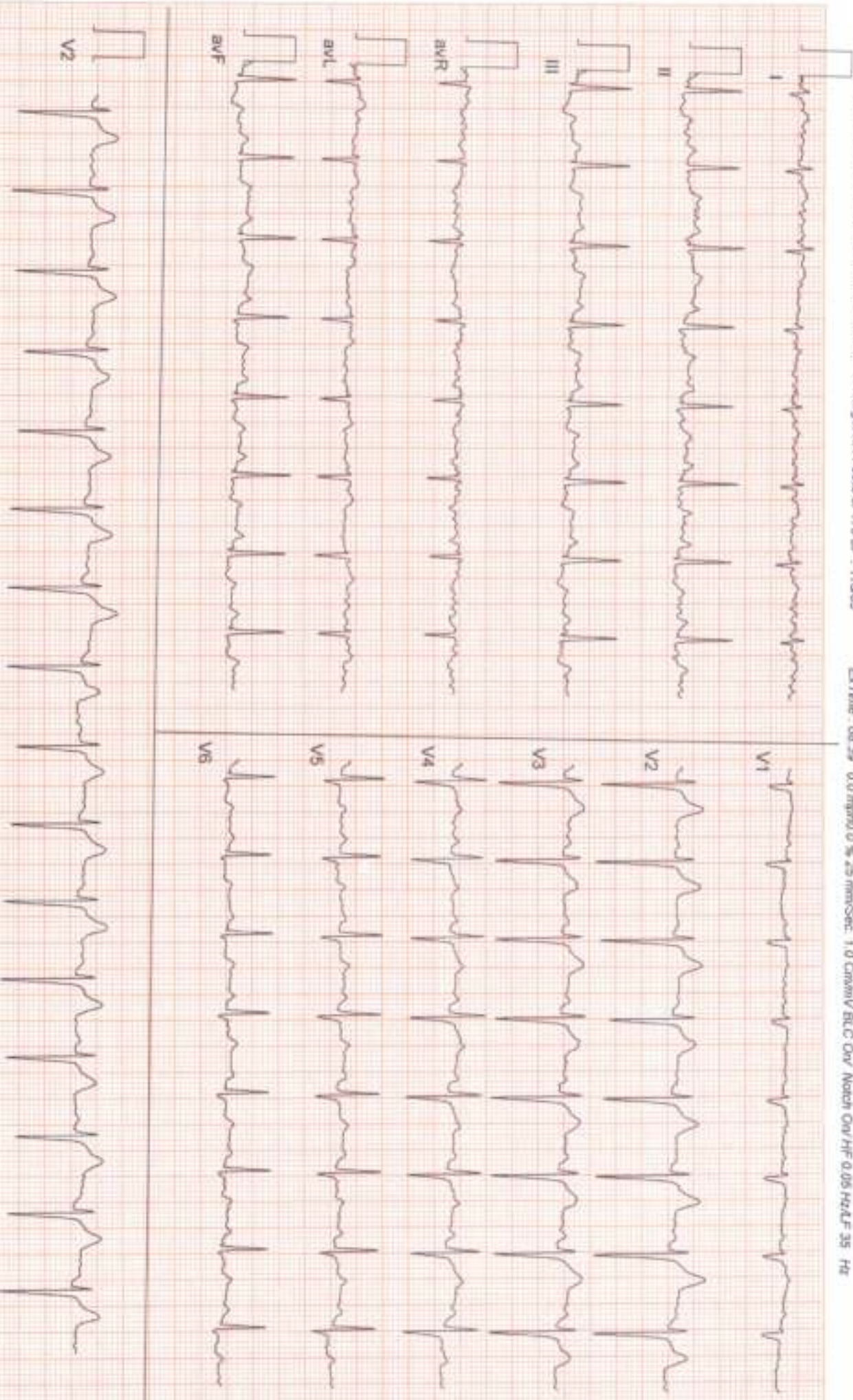
ExTime : 08:39 0.0 rpm 0 % 25 mm/Sec. 1.0 CrsmV BLC On/ Match On HF 0.05 Hz LFP 35 Hz





Date: 09 - 12 - 2023 01:34:08 PM METs : 1.0 HR : 98 Target HR : 55% of 178 BP : 115/83

EXTime : 08:39 0.0 mm/s 0.5 25 mm/Sec. 1.0 Cm/mV BLC On/ Noch On/ HF 0.05 Hz/LF 35 Hz





763 / MANNA / 42 Yrs / M / 170 Cms / 75 Kg Date: 09-Dec-2023 Refd By : MEDIWHEEL Examined By:

Stage	Time	Duration	Speed(mph)	Elevation	METs	Rate	%THR	BP	RPP	PVC	Comments
Supine	00:34	0:34	00.0	00.0	01.0	079	44 %	113/82	089	00	
Standing	00:52	0:18	00.0	00.0	01.0	072	40 %	113/82	081	00	
HV	01:10	0:18	00.0	00.0	01.0	079	44 %	113/82	089	00	
ExStart	01:28	0:18	00.0	00.0	01.0	084	47 %	113/82	094	00	
BRUCE Stage 1	04:28	3:00	01.7	10.0	04.7	114	64 %	115/83	131	00	
BRUCE Stage 2	07:28	3:00	02.5	12.0	07.1	132	74 %	116/84	153	00	
PeakEx	10:07	2:39	03.4	14.0	09.9	163	92 %	117/85	190	00	
Recovery	10:37	0:30	01.1	00.0	04.2	162	91 %	117/85	189	00	
Recovery	11:07	1:00	01.1	00.0	01.2	150	84 %	116/85	174	00	
Recovery	13:07	3:00	00.0	00.0	01.0	102	57 %	116/84	118	00	
Recovery	15:30	5:23	00.0	00.0	01.0	098	55 %	115/83	112	00	

FINDINGS :

Exercise Time : 06:35
 Max HR Attained : 163 bpm 92% of Target 178
 Max BP Attained : 117/85
 Max Workload Attained : 9.9 Good response to induced stress
 Test End Reasons : Test Complete

REPORT :

Patient Name : MR. MANNA
Age / Gender : 42 years / Male
Patient ID : 19250

Referral : MEDI WHEEL

Collection Time : 09/12/2023, 10:33 AM

Reporting Time : 09/12/2023, 03:19 PM

Sample ID :



Test Description	Value(s)	Reference Range	Unit
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Urine(R/M) Routine Examination of Urine

General Examination

Colour	PALE YELLOW	Pale Yellow	
Transparency (Appearance)	CLEAR	Clear	
Deposit	Absent	Absent	
Reaction (pH)	Acidic 5.5	4.5 - 7.0	
Specific gravity	1.010	1.005 - 1.030	

Chemical Examination

Urine Protein (Albumin)	Absent	Absent	
Urine Glucose (Sugar)	Absent	Absent	

Microscopic Examination

Red blood cells	Absent	0-4	/hpf
Pus cells (WBCs)	2 - 4 /HPF	0-9	/hpf
Epithelial cells	1 - 2 /HPF	0-4	/hpf
Crystals	Absent	Absent	
Cast	Absent	Absent	
Bacteria	Absent	Absent	

END OF REPORT

Lab Technician

M. Sahoo
Dr. Kundan Kumar Sahoo
CONSULTANT PATHOLOGIST /
MICROBIOLOGIST

For Home Collection Please Call at Number :

Zena Healthcare Services

Plot No. 119, Opp. Water tank Lane, Near Police Phandi, Saheed Nagar, Bhubaneswar-07
Phone : 9974221999, 9509978009, 8327064822. E-mail : zenahealthcare@gmail.com

Wishing Good Health

Patient Name : MR. MANNA
Age / Gender : 42 years / Male
Patient ID : 19250

Referral : MEDI WHEEL
Collection Time : 09/12/2023, 10:33 AM
Reporting Time : 09/12/2023, 03:18 PM
Sample ID :



Test Description	Value(s)	Reference Range	Unit
Complete Blood Count			
Hemoglobin (Hb)	14.6	13.5 - 18.0	gm/dL
Erythrocyte (RBC) Count	5.31	4.7 - 6.0	mil/cu.mm
Packed Cell Volume (PCV)	45.2	42 - 52	%
Mean Cell Volume (MCV)	85.12	78 - 100	fL
Mean Cell Haemoglobin (MCH)	27.50	27 - 31	pg
Mean Corpuscular Hb Conc. (MCHC)	32.30	32 - 36	g/dL
Red Cell Distribution Width (RDW)	13.7	11.5 - 14.0	%
Total Leucocytes (WBC) Count	5900	4000-10000	cell/cu.mm
Neutrophils	67	40 - 80	%
Lymphocytes	28	20 - 40	%
Monocytes	03	2 - 10	%
Eosinophils	02	1 - 6	%
Basophils	00	1-2	%
Platelet Count	279	150 - 450	10 ³ /ul
Mean Platelet Volume (MPV)	11.5	7.2 - 11.7	fL
PCT	0.32	0.2 - 0.5	%
PDW	16.5	9.0 - 17.0	%

END OF REPORT

Lab technician


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CONSULTANT PATHOLOGIST /
MICROBIOLOGIST

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Ph. : 0674-2549902, 9692276908, 8337964922, E-mail : zenahealthcare@gmail.com

Wishing Good Health

Patient Name : MR. MANNA
Age / Gender : 42 years / Male
Patient ID : 19250

Referral : MEDI WHEEL
Collection Time : 09/12/2023, 10:33 AM
Reporting Time : 09/12/2023, 03:17 PM
Sample ID :



Test Description	Value(s)	Reference Range	Unit
Lipid Profile			
Cholesterol-Total Method : Spectrophotometry	181.86	Desirable level < 200 Borderline High 200-239 High >or = 240	mg/dL
Triglycerides Method : Serum, Enzymatic, endpoint	109.78	Normal: < 150 Borderline High: 150-199 High: 200-499 Very High: >= 500	mg/dL
HDL Cholesterol Method : Serum, Direct measure-PEG	45.46	Normal: > 40 Major Risk for Heart: < 40	mg/dL
LDL Cholesterol Method : Enzymatic selective protection	114.44	Optimal < 100 Near / Above Optimal 100-129 Borderline High 130-159 High 160-189 Very High >or = 190	mg/dL
VLDL Cholesterol Method : Serum, Enzymatic	21.96	6 - 38	mg/dL
CHOL/HDL Ratio Method : Serum, Enzymatic	4.00	3.5 - 5.0	
LDL/HDL Ratio Method : Serum, Enzymatic	2.52	2.5 - 3.5	

Note:
8-10 hours fasting sample is required.

****END OF REPORT****

Lab technician

Dr. Kundan Kumar Sahoo
Dr. Kundan Kumar Sahoo
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Wishing Good Health

Patient Name : MR. MANNA
Age / Gender : 42 years / Male
Patient ID : 19250

Referral : MEDI WHEEL
Collection Time : 09/12/2023, 10:33 AM
Reporting Time : 09/12/2023, 03:20 PM
Sample ID :



Test Description	Value(s)	Reference Range	Unit
LFT, Liver Function Test			
Bilirubin - Total Method : Serum, Jendrassik Graf	0.81	0.00 - 1.00	mg/dL
Bilirubin - Direct Method : Serum, Diazoitization	0.17	0.00 - 0.20	mg/dL
Bilirubin - Indirect Method : Serum, Calculated	0.64	0.10 - 0.80	mg/dL
SGOT Method : Serum, UV with PSP, IPCC 37 degree	22.56	8 - 33	U/L
SGPT Method : Serum, UV with PSP, IPCC 37 degree	30.71	3 - 35	U/L
GGT-Gamma Glutamyl Transpeptidase Method : Serum, G-gutamyl-carboxy-nitroimidazole	8.15	< 55	U/L
Alkaline Phosphatase Method : PNPP-AMP Buffer/Kinetic	78.32	53-128	U/L
Total Protein Method : Serum, Buret, reagent blank end point	7.05	6.60 - 8.70	g/dL
Albumin Method : Serum, Bromocresol green	4.29	3.50 - 5.30	g/dL
Globulin Method : Serum, BSA	2.76	2.00-3.50	g/dL
A/G Ratio Method : Serum, EIA	1.55	1.2 - 2.2	

END OF REPORT

Lab technician


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Wishing Good Health



Patient Name : MR. MANNA
Age / Gender : 42 years / Male
Patient ID : 19250

Referral : MEDI WHEEL
Collection Time : 09/12/2023, 10:33 AM
Reporting Time : 09/12/2023, 03:17 PM
Sample ID :



Test Description	Value(s)	Reference Range	Unit
Glucose, Fasting (FBS)			
Glucose fasting Method : Fluoride Plasma-F, Hexokinase	91.54	75 - 115	mg/dL
Glucose, Post Prandial (PP)			
Blood Glucose-Post Prandial Method : Hexokinase	129.35	70 - 140	mg/dL
HbA1c, Glycosylated Hemoglobin			
HbA1c (GLYCOSYLATED HEMOGLOBIN), BLOOD Method : (HPLC, NGSP certified)	5.62		%
Estimated Average Glucose :	114.59	-	mg/dL

Interpretation

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 glycemic control	Age > 19 years Goal of therapy: < 7.0 Action suggested: > 8.0 Age < 19 years Goal of therapy: <7.5

- Note:**
- 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 .
 - 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 glycemic control as compared to blood and urinary glucose determinations.

ADA criteria for correlation between HbA1c & Mean plasma glucose levels.

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Wishing Good Health

Patient Name : MR. MANNA
Age / Gender : 42 years / Male
Patient ID : 19250

Referral : MEDI WHEEL
Collection Time : 09/12/2023, 10:33 AM
Reporting Time : 09/12/2023, 03:17 PM
Sample ID :



Test Description	Value(s)	Reference Range	Unit
------------------	----------	-----------------	------

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

ESR, Erythrocyte Sedimentation Rate

ESR - Erythrocyte Sedimentation Rate 13 0 - 15 mm/hr

Method : EDTA Whole Blood, Manual Westergren

Interpretation:

- It indicates presence and intensity of an inflammatory process. It does not diagnose a specific disease. Changes in the ESR are more significant than the abnormal results of a single test.
- 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 and polymyalgia rheumatica.
- It is also increased in pregnancy, multiple myeloma, menstruation, and hypothyroidism.

****END OF REPORT****

Lab technician


Dr. Kundan Kumar Sahoo
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Wishing Good Health

Patient Name : MR. MANNA
Age / Gender : 42 years / Male
Patient ID : 19250

Referral : MEDI WHEEL
Collection Time : 09/12/2023, 10:33 AM
Reporting Time : 09/12/2023, 03:18 PM
Sample ID :



Test Description	Value(s)	Reference Range	Unit
<u>Blood Group ABO & Rh Typing, Blood</u>			
Blood Group (ABO typing) Method : Manual-Hemagglutination	"AB"		
RhD Factor (Rh Typing) Method : Manual hemagglutination	Positive		
<u>Creatinine</u>			
Creatinine Method : Serum, Jaffe	0.86	0.60 - 1.30	mg/dL
<u>Uric acid, Serum</u>			
Uric Acid Method : Uricase, Colorimetric	5.68	3.4 - 7.0	mg/dL
<u>BUN, Serum</u>			
BUN-Blood Urea Nitroge Method : Serum, Urease	15	10 - 50	mg/dL

END OF REPORT

Lab technician


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Wishing Good Health

Patient Name : MR. MANNA
Age / Gender : 42 years / Male
Patient ID : 19250

Referral : MEDI WHEEL
Collection Time : 09/12/2023, 10:33 AM
Reporting Time : 09/12/2023, 03:16 PM
Sample ID :



Test Description	Value(s)	Reference Range	Unit
Thyroid Profile (T3, T4, TSH)			
T3-Total Method : CLIA	1.65	0.87 - 2.73	ng/dL
T4-Total Method : CLIA	9.21	6.09 - 12.23	ug/dL
TSH-Ultrasensitive Method : CLIA	2.87	0.45 - 4.50	uIU/mL

Interpretation

TSH	T3	T4	Suggested Interpretation for the Thyroid Function Tests Pattern
Raised	Within range	Within range	Raised Within Range Within Range -Isolated High TSH(especially in the range of 4.7 to 15 mIU/ml) is commonly associated with Physiological & Biological TSH Variability. Subclinical Autoimmune Hypothyroidism.Intermittent L4 therapy for hypothyroidism .Recovery phase after Non-Thyroidal illness*
Raised	Decreased	Decreased	Chronic Autoimmune Thyroiditis Post thyroidectomy,Post radioactive Hypothyroid phase of transient thyroiditis*
Raised or within range	Raised	Raised or within range	Interfering antibodies to thyroid hormones (anti-TPO antibodies)intermittent L4 therapy or T4 overdose *Drug interference- Amiodarone, Heparin,Beta blockers,steroids, anti-epileptics.
Decreased	Raised or within range	Raised or within range	Isolated Low TSH -especially in the range of 0.1 to 0.4 often seen in elderly & Range Range associated with Non-Thyroidal illness .Subclinical Hyperthyroidism .Thyroxine ingestion*
Decreased	Decreased	Decreased	Central Hypothyroidism .Non-Thyroidal illness .Recent treatment for Hyperthyroidism (TSH remains suppressed)*
Decreased	Raised	Raised	Primary Hyperthyroidism (Graves' disease),Multinodular goitre, Toxic nodule *(transient thyroiditis,Postpartum, Silent (lymphocytic), Postviral (granulomatous,subacute, DeQuervain's),Gestational thyrotoxicosis with hyperemesis gravidarum)*
Decreased Within Range	Raised	Within range	T3 toxicosis *Non-Thyroidal illness
Within range	Decreased	Within range	Isolated Low T3-often seen in elderly & associated Non-Thyroidal illness In elderly the drop in T3 level can be upto 25%.

****END OF REPORT****

Lab technician


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Wishing Good Health



NAME:- MANNA

AGE:- 42YRS

Patient ID:- 07

REFERRAL:-MEDI-WHEEL

DATE :-09.12.2023

SEX :-MALE

CHEST X-RAY PA VIEW SHOWS.

- Both side lung fields are clear.
- Trachea within normal limit.
- Both costophrenic cardiophrenic angle are clear.
- Cardiac shadow within normal limit.
- Media stinum in position

IMPRESSION:-NORMAL STUDY.

B. Pradhan

Dr.Bhagaban Pradhan
M.D.(Radio diagnosis)

ConsultantRadiologist

ZENA HEALTHCARE

SAHIDNAGAR, BHUBANESWAR

763 / MANNA / 42 Yrs / Male / 170 Cm / 75 Kg

6 x 2 + Rhythm
BRUCE:Supine(0.34)



Date: 09 - 12 - 2023 01:24:08 PM METs : 1.0 HR : 79 Target HR : 44% of 178 BP : 113/82

ExTime : 00:00 0.0 mph 0.0 % 25 mm/Sec 1.0 Cm/mV BLC On/ Watch On/ HF 0.00 Hz/LF 35 Hz

