



Apollo ProHealth SM

Mr. SANJEEV RANA (55 /M)

UHID : AHIL.0000858379

AHC No : AHILAH203556

Date : 04/04/2023

MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE



Namaste Mr. SANJEEV RANA,

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

Apollo Hospitals International Limited

Plot No.-1A, Bhat, GIOC, Gandhinagar, Gujarat - 382428, India.
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For Enquiry/Appointments Contact: +91 76988 15003 / +91 79 66701880

Apollo Hospitals - City Centre (INDIA) AHMEDABAD
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The Emergency Specialist

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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. SANJEEV RANA (55 /M)

Address :

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Examined by : Dr. SHASHIKANT NIGAM

MEDIWHEEL-FULL BODY CHK-ABOVE40-MALE

Date : 04/04/2023



UHID : AHIL.0000858371

AHC No : AHILAH203556



Chief Complaints

For Annual health checkup

No specific complaints



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 : - Nil Significant

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

Surgical history - Nil



Personal history

Ethnicity - Indian Asian



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- Marital status - Married
- No. of children - 1
- Male - 1
- Profession - corporate employed
- Diet - Mixed Diet
- Alcohol - does not consume alcohol
- Smoking - No
- Chews tobacco - No
- Physical activity - Moderate

Family history

- Father - has expired
- Aged - 79
- Mother - alive
- Aged - 75
- Brothers - 1
- Sisters - 2
- Coronary artery disease - none
- Cancer - None

Physical Examination

General

- General appearance - normal
- Build - normal
- Height - 174.5
- Weight - 87.4
- BMI - 28.7
- Pallor - No
- Oedema - no

Cardiovascular system

- Heart rate (Per minute) - 54
- Rhythm - Regular
- B.P. Supine



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Systolic(mm of Hg) - 120
Diastolic(mm of Hg) - 80
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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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			
RBC	Nil	/hpf		0-5
Epithelial Cells	Occasional			0-5/hpf
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	14.8	gm%	●	13.0-17.0
Packed cell volume(Calculated)	43.5	%	●	40-50
RBC COUNT (Impedance)	5.06	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	86	fl	●	80-100
MCH(Calculated)	29.19	pg	●	27-32
MCHC(Calculated)	33.9	%	●	31-36
RDW(Calculated)	13.5	%	●	11.5-14.5
WBC Count (Impedance)	9258	/cu mm	●	4000-11000

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Neutrophils	64	%	●	40-75
Lymphocytes	26	%	●	20-40
Monocytes	07	%	●	2-10
Eosinophils	03	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	150000	/cu mm	●	150000-450000
MPV (Calculated)	13 *	fl	●	7-11
RBC:	Normocytic Normochromic cells			
WBC:	As mentioned.			
Platelets:	Adequate on the smear~Few giant platelets noted.			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	05	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)	+			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	O Negative			

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	23	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	70	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	16	U/L	●	> 1 year Male : <40

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Total Bilirubin	0.548	mg/dL	●	0.300-1.200
Direct Bilirubin	0.187	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.361	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	0.8	mg/dL	●	Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	54	U/L	●	Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	168 *	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)	227 *	mg/dL	●	70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range

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Glycosylated Hemoglobin (HbA1c)

7.8 *

%



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.

177.16

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Test Name

Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.00	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.00	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.59	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.59	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.41		●	2.20-4.20
Globulin-Serum/Plasma	2.41		●	2.20-4.20
AVG ratio	1.9		●	1.00-2.00
AVG ratio	1.9		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name

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	104	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	2.15	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	4.2	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM

PSA is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or some prostate disorders. PSA is not a unique indicator of prostate cancer, it may also detect prostatitis or benign prostatic hyperplasia. Only about 30 percent of patients with high PSA have prostate cancer diagnosed after biopsy. It is recommended in men above 50 years of age.

Test Name	Result	Unit	Level	Range
PROSTATIC SPECIFIC ANTIGEN (PSA TOTAL) - SERUM	1.3	ng/mL	●	0.000-4.000

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	178	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	260 *	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)	122	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High ≥190 : Very High

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VLDL CHOLESTEROL

52 *



< 40 mg/dl

C/H RATIO

4



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.

Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG



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The Emergency Specialist

DIAL 1066

Saving time. Saving lives.



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Executive Summary



- .BODY WEIGHT 87.4 KG,DEAL BODY WEIGHT 56-68 KG
- .NEWLY DETECTED DIABETES
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 9:28 ,WORKLOAD 10.8 METS
- .USG ABDOMEN - GRADE I FATTY LIVER
 - RIGHT RENAL PARAPELVIC CYST
 - MILD PROSTATOMEGALY - 33 CC
 - POST VOID RESIDUAL VOLUME - 28 CC
- .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 56-68 KG

Recommended Follow-up Consultations

Speciality Name	Doctor Name	Schedule WithIn	Remarks
ENDOCRINOLOGY	RAMESH GOYAL	1 Week(s)	NEWLY DETECTED DIABETES

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



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

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Printed By : MUKTA S ADALTI

Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam

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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.

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. SANJEEV RANA | Male | 55Yr 11Mth 3Days
UHID : AHIL.0000858379 **Patient Location:** AHC
Patient Identifier: AHILAH203556 
DRN : 223018973 **Completed on :** 04-APR-2023 12:17
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 9.6 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.

Approximately 3.5 x 3.5 cm sized parapelvic cyst noted in right kidney.

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 33 cc , is enlarged in size and normal in echopattern.

Post void residual volume - 28 cc.

IMPRESSION :

Grade I fatty liver.

Right renal parapelvic cyst.

Mild prostatomegaly - 33 cc.

Printed on : 05-Apr-2023 10:56

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Reported By : 717876

Page 1 of 2

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Mr. SANJEEV RANA

AHIL.0000858379

AHILAH203556

USG WHOLE ABDOMEN

Post void residual volume - 28 cc.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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RADIOLOGY

Patient Details : Mr. SANJEEV RANA | Male | 55Yr 11Mth 3Days

UHID : AHIL.0000858379

Patient Location: AHC

Patient Identifier: AHILAH203556



DRN : 123044475

Completed on : 04-APR-2023 10:13

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

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AHIL.0000858379
Mr. SANJEEV
RANA
55 Year(s) / Male
ID,


DENTISTRY

Name :
Occupation :
Age : Sex : Male Female
Date : 4/4/23 Unit No. :
Ref. Physician :
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		
	MILD	MOD	SEV	CLASS I	II	III
NORMAL FINDINGS IN DISEASE				CROSSBITE		
Lips : <u>N/A</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<u>N/A</u>		
Cheeks : <u>N/A</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Tongue : <u>N/A</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Floor of the mouth : <u>N/A</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Palate : <u>N/A</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Tonsillar Area : <u>N/A</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Any other : <u>N/A</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Gingivitis	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hypoplasia		
Calculus	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Impaction		
Recession	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Non-vital		
Periodontal Pockets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fracture		
Attrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Abcess		
Erosion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ulcers		
Mobility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Caries		
				Missing Teeth		
				Supernumerary		
				Others		

PRESENT COMPLAINT : Routine check up. N/A

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

Rate 56

PR 141
QRSD 98
QT 441
QTc 426

--AXIS--
P 44
QRS -17
T 21

12 Lead; Standard Placement

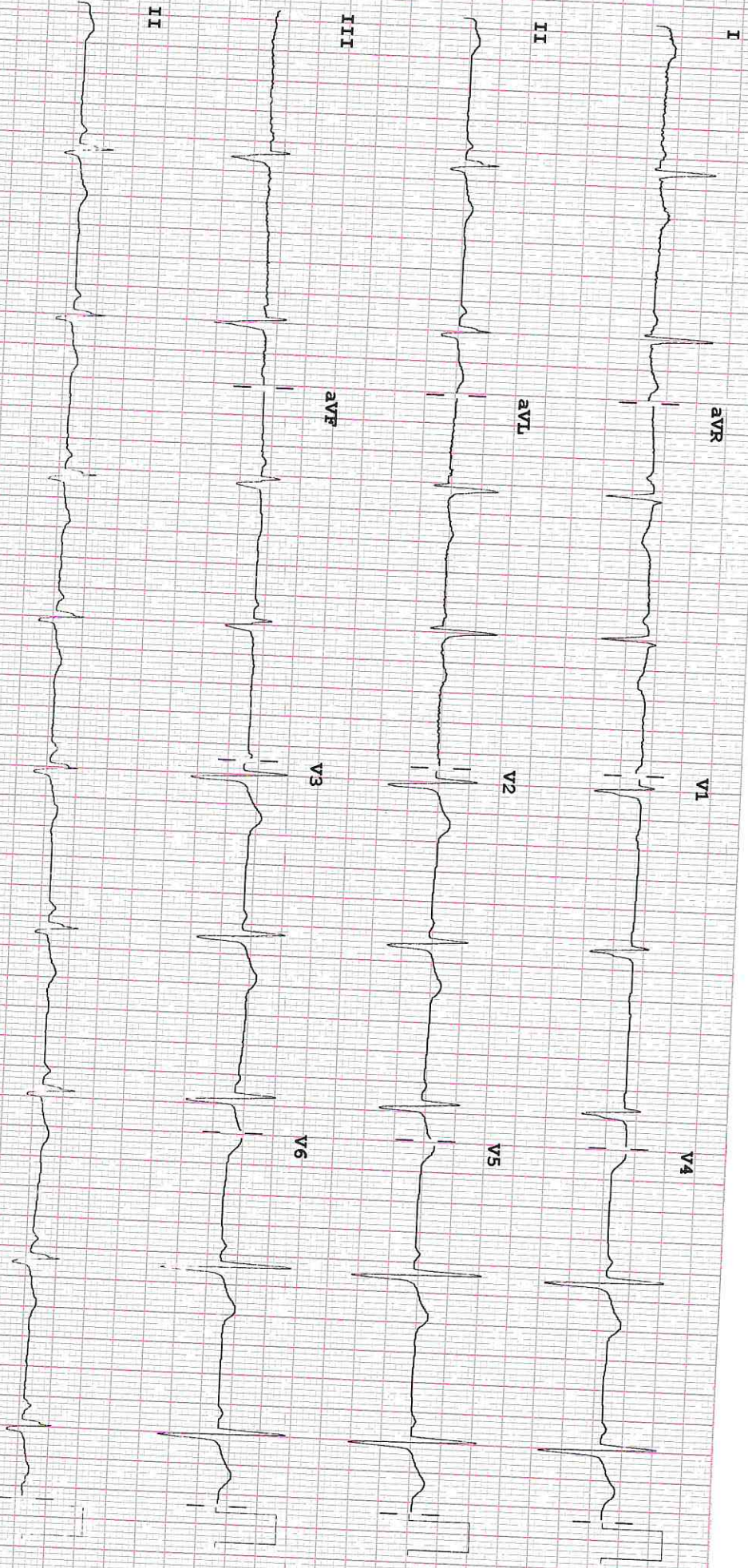
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Mr. SANJEEV
RANA

55 Year(s) / Male



04-Apr-23 10:16:22 AM



Device:

Speed: 25 mm/sec

Limb: 10 mm/mV

Chest: 10.0 mm/mV

F 50~0.15-100 Hz

PH10

CL

P2

ID: 000858879

Visit:

4-Apr-2023
11:55:57

55 years
174cm

Asian
87kg

Male

BRUCE
Max HR: 141bpm 85% of max predicted 165bpm
Max BP: 144/80
Maximum workload: 10.8METS
Reason for Termination: THR ACHIEVED

Total Exercise time: 9:28

25.0 mm/s
10.0 mm/mV
100hz

Comments: TMT IS NEGATIVE FOR INDUCED ISCHEMIA AT HIGH WORKLOAD WITH NORMAL HEMODYNAMIC RESPONSE WITH GOOD EFFORT TOLERANCE.
TEST TERMINATED DUE TO THR ACHIVED.

Referred by: DR. SAMEER DANI
Test Ind:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	WorkLoad (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
PRETEST	SUPINE	0:33	** * *	** * *	1.0	62		
EXERCISE	STANDING	0:18	0.8	0.0	1.0	67	120/80	80
	STAGE 1	3:00	1.7	10.0	4.6	96	120/80	115
	STAGE 2	3:00	2.5	12.0	7.0	113	130/80	147
	STAGE 3	3:00	3.4	14.0	10.1	134	144/80	193
RECOVERY	STAGE 4	0:28	4.2	16.0	10.8	140	144/80	202
	RECOVERY	3:01	** * *	** * *	1.0	83	130/80	108

Technician: CHIRAG THAKOR

GE Healthcare

Unconfirmed

APOLLO HOSPITALS INTERNATIONAL LIMITED

CC

MAC55 01HR