

## Ms. BHUMIKA PARMAR (35 /F)

UHID

AHIL.0000862079

AHC No

AHILAH206067

Date

14/04/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

## Namaste Ms. BHUMIKA PARMAR,

Thank you for choosing Apollo ProHealth, India's first Al-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
- Al 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

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.

Scan the QR code to download the Apollo 247 App



You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via <a href="www.apollo247.com">www.apollo247.com</a> 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! ① 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.

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





: Ms. BHUMIKA PARMAR (35 /F)

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Date

Address: NA, AHMADABAD, AHMADABAD, GUJARAT, INDIA

Examined by : Dr. SHASHIKANT NIGAM

UHID

AHIL.0000862079

AHC No : AHILAH206067



## **Chief Complaints**

For Annual health checkup Neck pain, Shoulder pain, SINCE 6 MONTHS

## Present Known illness

No history of

- Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke



#### Drug Allergy

NO KNOWN ALLERGY

:14/04/2023



## 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

- Nil Significant

General symptoms

- Nil Significant



Skin

### Past medical history

Do you have any

allergies? Allergies

Nil

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Date AHC No

# MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Organization is According by Joint Communication Pastramedical history - nil significant

Covid 19

Post detection (3

No

Weeks)

Hospitalization for

- No

Covid 19



# Surgical history

Caesarian section

2018



## Personal history

Ethnicity

Indian Asian

Marital status

Married

No. of children

Female

Diet

Vegetarian

Alcohol

does not consume alcohol

Smoking

Chews tobacco

No

Physical activity

- Mild



# Family history

Father - alive

Mother

alive

**Brothers** 

Sisters

Hypertension

father

Coronary artery

- father

disease

Cancer

- None

## **Physical Examination**



#### General

General appearance

- normal

Build

- normal

Height

- 159

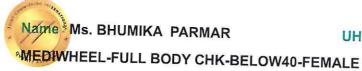
Weight

- 62.7

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Date AHC No

Organization is Accredited by Joint Commission 15 10 httional

- 24.8

Pallor

- No

Oedema

- no



## Cardiovascular system

Heart rate (Per minute)

- 69

Rhythm

- Regular

Systolic(mm of Hg)

- 110

Diastolic(mm of Hg)

- 70

- B.P. Sitting

Heart sounds

- S1S2+

## Respiratory system

Breath sounds

- Normal vesicular breath sounds

#### Abdomen

Organomegaly

- No

Tenderness

- No

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MUKTA S ADALTI

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Date AHC No

### 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	Occassional			0-5		
RBC	Nil	/hpf		0-5/hpf		
Epithelial Cells	Occassional			- Vaccos / Vaccos		
Casts:	Absent					
Crystals:	Absent					

### COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	11.8 *	gm%		12-16
Packed cell volume(Calculated)	36.7	%		36-46
RBC COUNT (Impedance)	4.85	Million/ul	•	3.8-5.2
MCV (From RBC Histogram)	75.7 *	fl		80-100
MCH(Calculated)	24.38 *	pg		27-32
MCHC(Calculated)	32.2	%		31-36
RDW(Calculated)	15.2 *	%		11.5-14.5
WBC Count (Impedance)	9768	/cu mm		4000-11000

Within Normal Range



Borderline High/Low



Out of Range

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Date 067

MEDIWHEEL-FULL BODY CH	HK-BELOW40-FEMAL	E		AH	IC No. AHICAH2060
by Joint Commission in International Neutrophils	62	%	•	40-75	HOSPITALS
Lymphocytes	26	%		20-40	

on International			
Neutrophils	62	%	40-75
Lymphocytes	26	%	20-40
Monocytes	06	%	2-10
Eosinophils	06	%	01-06
Basophils	00	%	0-1
Platelet Count (Impedance)	416300	/cu mm	150000-450000
MPV (Calculated)	8	fl	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic– electronic)	9	mm/1st hr	0-20

## **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)	ķi:i				

## **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	12	U/L	•	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	91	U/L	•	Adult(Female): 35 - 104
AST (SGOT) - SERUM	15	U/L		>1 year Female : <32
Total Bilirubin	0.311	mg/dL		0.300-1.200
Direct Bilirubin	0.133	mg/dL	•	Upto 0.3 mg/dl
Within Normal Range	Borderline	High/Low	Out of	of Range

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Date AHC No

Organization is Acceptant by Joint Commission International Indirect Bilirubin

0.178

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

0.67

mg/dL

Adult Female: 0.5 - 1.2

### LFT (LIVER FUNCTION TEST)

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Test Name

Result

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)

97

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)

94

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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Date AHC No

Organization is According by Joint Commission in Commissio

%

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.

122.63

## 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
PROTEIN TOTAL - SERUM / PLASMA	7.19	g/dL		6,00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.19	g/dL		6.00-8.00
ALBUMIN - SERUM	4.44	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.44	g/dL		Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.75			2.20-4.20
Globulin-Serum/Plasma	2.75			2.20-4.20
A/G ratio	1.61			1.00-2.00
A/G ratio	1.61			1.00-2.00
THYROID PROFILE (T3,T4 AND TS	<u>H)</u>			
Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.9	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	77	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	5.15 *	μIU/mL	•	14-120 years : 0.27 - 4.20
Within Normal Range	Borderline	High/Low	Out o	f 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	5.3	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	16	mg/dL		15 - 50
LIPID PROFILE - SERUM				
Test Name	Result	Unit	Level	Range
Total Cholesterol	124	mg/dl	•	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	74	mg/dL		0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	56 *	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)	72	mg/dL		100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	15			< 40 mg/dl
C/H RATIO	2			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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Date AHC No

## MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Organization is According
by Joint Commission Interpretations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

Histopathology

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

CARDIOLOGY

ECHO/TMT

**ECG** 

Within Normal Range



Borderline High/Low



Out of Range

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#### **Executive Summary**



.BODY WEIGHT 62.7 KG, IDEAL BODY WEIGHT 47-57 KG

.IMPAIRED GLUCOSE TOLERANCE

.SUBCLINICAL HYPOTHYRODISM

.ECG - NORMAL

.TMT — TEST IS INCONCLUSIVE , EXERCISE TIME 6:25 , WORKLOAD 7.6 METS

.USG ABDOMEN - NO SIGNIFICANT ABNORMALITY

.CHEST X-RAY - NORMAL

.VISION - NORMAL

.DENTAL - AS PER DOCTOR ADVICE

### Wellness Prescription

#### Advice On Diet :-



**BALANCED DIET** LOW CARBOHYDRATE DIET

## Advice On Physical Activity :-



REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION PRACTICE YOGA AND MEDITATION MAINTAIN WEIGHT BETWEEN 47-57 KG

## Follow-up and Review Plan



CHECK ANTI TPO ANTIBODIES

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

Printed By : MUKTA S ADALTI

AHC Physician Consultant Internal Medicine

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

Ms. BHUMIKA PARMAR | Female | 35Yr 9Mth 4Days

UHID

AHIL.0000862079

Patient Location:

AHC

Patient Identifier:

AHILAH206067

DRN

223020787

Completed on:

14-APR-2023 10:30

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.

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

Spleen measures 9.2 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.

Uterus is anteverted and appears normal in size and echotexture. No focal lesion is seen. Myometrial and endometrial echopattern appear normal. Endometrial thickness is 3 mm.

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

Printed on:

15-Apr-2023 13:06

Printed By: 153182

Reported By:

717876

Page 1 of 2









Ms. BHUMIKA PARMAR

AHIL.0000862079

AHILAH206067

USG WHOLE ABDOMEN

No definite evidence of adnexal/pelvic mass is seen.

IMPRESSION:

NO ABNORMALITY DETECTED.

- END OF THE REPORT -

8.8.0

SIDDHARTH S PARMAR

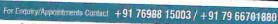
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15-Apr-2023 13:06

Printed By: 153182

Reported By: 717876

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### RADIOLOGY

Patient Details : Ms. BHUMIKA PARMAR | Female | 35Yr 9Mth 4Days

UHID AHIL.0000862079 **Patient Location:** 

Patient Identifier: AHILAH206067 

DRN 123049701 Completed on: 14-APR-2023 10:30 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 -

**AKSH**AY SHARMA

Medical Officer

Printed on:

15-Apr-2023 13:07

Printed By:

153182

Reported By:

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AHMROP028V1

Name: AHII 000	2. 1.1.3.
	Date: 14/4/28
PARMAR	* **
35 Year(s) / Female	*
Distar	
Distar	G/S
Left Eye0.75 1-0.75 DC @ 69'	616
	, 4. · · · · · · · · · · · · · · · · · ·
Near Vision :	* * * * * * * * * * * * * * * * * * *
Right Eye: NG	
Left Eye: NG	
	* * * * * * * * * * * * * * * * * * *
APLN.TN - Right Eye   Q Left Eye-     2 mmHa	
APLN.TN – Right Eye Left Eye– 13 mmHg	
	40
Both Eye - Colour Vision Normal	
1000 THE STATE OF	*
Both Eye – Anterior Segment Examinations – Normal	4
Poth Fue Destate O	
Both Eye Posterior Segment Examinations – Normal	
Pot if fet from ourside	Doctor's Signature.
	Junior Consultanti Oliusa Laimes, Junior Consultanti International Consultanti International Consultanti International Consultanti Consult
HMROP028V1	Ophthalmologist Name



AHIL.0000862079

Ms. BHUMIKA PARMAR

35 Year(s) / Female

# DENTISTRY

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	· ·			
Name : Occupation :			Unit No. :	
Age:Sex:Male	Female	Ref. Physician :		
	DENTAL	RECORD		
ALLERGIES: ← NA				
PAIN : Score (0-10)	_Location :	CI	haracter:	
DENTAL CLEANING HABIT	, Once Tv		casionally	
HATT-	- <u> </u>	nger Stic		
DO THE GUMS BLEED WHEN	OU BRUSH YOUR TEET!	-1?		
ARE YOUR TEETH SENSITIVE		Yes Yes	No	
ORAL HYGIENE	· .	Good	Fair Poor	
ORAL TISSUE EXAMINATION	N PERIODONTA	L EXAMINATION	OCCLUSION	
NORMAL FINDINGS IN DISEASE Lips		MILD MOD SEV	CLASS I II III CROSSBITE	
Cheeks :	Gingivitis		Hypoplasia	
Tongue :	Calculus		Impaction Non-vital	
Floor of the mouth:	Recession		Fracture	
Palate :	Periodontal Pockets		Abcess	
onsilar Area : MA	Attrition		Ulcers	
any other ;	Erosion		Caries Missing Teeth	
	Mobility		Supernumerary	
			Others	
PRESENT COMPLAINT:	Pour cach	'ny		
RE-MEDICAL HISTORY:	DM ☐ HTN ☐ Thyroid Anticoagulant ☐ Under [	Acidity Pregn	nancy	
MROP007V1	MATI -			

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Speed: 25 mm/sec         Limb: 10 mm/mv         Chest: 10.0 mm/mv         F 50~ 0.15-100 Hz         PH10         CL	Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV F 50~ 0.15-100 Hz PH10 CL				
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Place Label Here

Pt, Name, IP No/UHID, of Treating Physician

TOUCHI			If label not available, write
AHIL.0000862079  Ms. BHUMIKA PARMAR	YNAECOLO	GY - AHC	Age, Sex, Date, Name o
Name 35 Year(s) / Female Occu		ef. Physician :	. Usha B
Chief O	GYNAEC CH	HECK UP	
Chief Complaint:	Pla	+ )	
Children: 1 9		Weight:	
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P/V:	3		
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Impression:			

Doctor Signature
Date & Time

25.0 mm/mV 10.0 mm/mV 100hz LOAD.	MT.  Lead  nm/mV ST(mm)  stJ  Stope(mV/s)	V4 V4	V25 -0.8	9.0 0.7 0.7	
BRUCE Max HR. 159bpm 85% of max predicted 185bpm Max BP. 130 80 Reason for Termination. THR ACHIEVED Comments. TEST IS INCONCLUSIVE AT MODERATE WORK LOAD. NO ANGINA OR ARRHYTHMIA PROVOKED. NORMAL HEAMODYNAMIC RESPONSE. NO GALLOP OR MURMUR HEART AT PEAK EXERCISE.	148bpm ST @ 10mm/mV BP: 11874 80ms postJ	1.0 1.0 0.2 0.2	0.6	3 4	MACSSOUR
BRUCE  Max HR. 159bpm 85% of max predicted 185bpm  Max BP: 130/80  Reason for Termination: THR ACHIEVED  Comments: TEST IS INCONCLUSIVE AT MODER  NO ANGINA OR ARRHYTHMIA PROVOKED.  NO GALLOP OR MURMUR HEART AT PEAK EXTANDER  NO GALLOP OR MURM	MAX ST STAGE 2 14	aVR 0.1.0	aVI. 8.10	3AF	
BRUCE Max FIR. 159bpm 859 Max BP. 130-80 Reason for Terminatio Comments. TEST IS NO ANGINA OR ARR VORMAL HEAMODY NO GALLOP OR WUIL DVICE. 2 D RCHO	EXERCISE 5:10	7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	9:1		Unconfirmed
Female N	ST(mr Slopei	74 -0.4 -0.1	V5 V5 V5 V6.27	No. 0.4 8.0.0-10.4	ALS INTERNATIONAL
Asian 62kg 62kg DR.SAMEER DANI	11.3bpm ST @ 10mm/mV BP: 1110/70 80ms postJ	V1 V1 V1 V1 V1 V1 V1 V1 V1 V1 V1 V1 V1 V	V2 0.1	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	APOLLO HOSPITALS INTERNATIONAL LIMITED
WHERL 35 years 159cm Referred by:	BASELIN STACE 1 1.8METS	aVR 0.3	3.8	AVE. O.S. S.	JAYESH N SHAH
14.Apr-2023 16.49:12	EXERCISE 0:00	0.2	) 9:00 II	} > %16 = 76	Technician: JAYESH N