

Mrs. ALKABEN A KESUR (38 /F)

UHID : AHIL.0000479253

AHC No : AHILAH178741

Date : 02/12/2022

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

Dear Mrs. ALKABEN A KESUR

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

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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  
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**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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Name : Mrs. ALKABEN A KESUR (38 /F)

Date : 02/12/2022



Address : AMHC, AHMEDABAD, AHMEDABAD, GUJARAT, INDIA

Examined by : Dr. SHASHIKANT NIGAM

UHID : AHIL.0000479253

MEDIWHEEL-FULL BODY CHK-BELOW40-FEMALE

AHC No : AHILAH178741



### Chief Complaints

For Annual health checkup  
ACIDITY



### 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



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**General symptoms** : - Nil Significant



### Past medical history

Do you have any allergies? - No

Do you have any drug allergies? - No

Covid 19 - Yes

Hospitalization for Covid 19 - No



### Surgical history

Surgical history - Nil



### Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 1

Male - 1

Profession - corporate employed

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Moderate



### Family history

Father - alive

Aged - 72

Mother - alive

Aged - 68

Brothers - 1

Sisters - 1

Coronary artery disease - none



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**Cancer** - None

Thyroid/other  
endocrine disorder - sister

### Physical Examination



#### General

General appearance - normal

Build - normal

Height - 160

Weight - 43.6

BMI - 17.03

Pallor - No

Oedema - no



#### Cardiovascular system

Heart rate (Per minute) - 78

Rhythm - Regular

- B.P. Supine

Systolic(mm of Hg) - 110

Diastolic(mm of Hg) - 72

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	1-2 /h.p.f			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	1-2 /h.p.f			
Casts:	Absent			
Crystals:	Absent			

**COMPLETE BLOOD COUNT WITH ESR**

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	11.1 *	gm%	●	12-16
Packed cell volume(Calculated)	35.5 *	%	●	36-46
RBC COUNT (Impedance)	5.57 *	Million/ul	●	3.8-5.2
MCV (From RBC Histogram)	63.8 *	fl	●	80-100
MCH(Calculated)	19.82 *	pg	●	27-32
MCHC(Calculated)	31.1	%	●	31-36
RDW(Calculated)	19.5 *	%	●	11.5-14.5
WBC Count (Impedance)	5149	/cu mm	●	4000-11000

● Within Normal Range     
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APOLLO HOSPITALS

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Neutrophils	50	%	●	40-75
Lymphocytes	43 *	%	●	20-40
Monocytes	06	%	●	2-10
Eosinophils	01	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	253200	/cu mm	●	150000-450000
MPV (Calculated)	8.3	fl	●	7-11
RBC::	Eliptocytes (+)-Hypochromia (+)-Microcytes (+)			
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	10	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)	Nil			

**BLOOD GROUPING AND TYPING (ABO and Rh)**

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	A 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	23	U/L	●	0-35
ALKALINE PHOSPHATASE - SERUM/PLASMA	34 *	U/L	●	Adult(Female): 35 - 104
AST (SGOT) - SERUM	23	U/L	●	>1 year Female : <32
Total Bilirubin	0.429	mg/dL	●	0.300-1.200



Within Normal Range



Borderline High/Low



Out of Range



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Direct Bilirubin	0.158	mg/dL	●	Upto 0.3 mg/dl
Indirect Bilirubin	0.271	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	0.61	mg/dL	●	Adult Female: 0.5 - 1.2

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	19	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)	129	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) 5.7 % ● 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. 116.89

### LFT (LIVER FUNCTION TEST)

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	8.14 *	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	8.14 *	g/dL	●	6.00-8.00
ALBUMIN - SERUM	5.11	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	5.11	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	3.03		●	2.20-4.20
Globulin-Serum/Plasma	3.03		●	2.20-4.20
A/G ratio	1.69		●	1.00-2.00
A/G ratio	1.69		●	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	116	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	4.95 *	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	2.9	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)	6	mg/dL	●	6-20
UREA - SERUM / PLASMA	15	mg/dL	●	15 - 50

**LIPID PROFILE - SERUM**

Test Name	Result	Unit	Level	Range
Total Cholesterol	218 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	86	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	36 *	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)	179 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	17		●	< 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

**Histopathology**

CONVENTIONAL PAP SMEAR /CERVICAL SMEAR

**CARDIOLOGY**

ECHO/TMT

EKG



Within Normal Range



Borderline High/Low



Out of Range



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### Executive Summary



- .BODY WEIGHT 43.6 KG,DEAL BODY WEIGHT 48-58 KG
- .SUBCLINICAL HYPOTHYROIDISM (TSH = 4.95)
- .DYSLIPIDEMIA
- .ECG - NORMAL SINUS RHYTHM
- .TMT — TEST IS NEGATIVE,EXERCISE TIME 8:35 ,WORKLOAD 10.1 METS
- .USG ABDOMEN - GRADE I FATTY LIVER
- .CHEST X-RAY - NORMAL
- .EYE – NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

### Wellness Prescription

#### Advice On Diet :-



BALANCED DIET---  
LOW FAT 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 48-58 KG

### Follow-up and Review Plan



CHECK LIPID PROFILE EVERY 6 MONTHS  
CHECK ANTI-TPO ANTIBODY



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

*Concella Ponds*

*ferii*

Printed By : MUKTA S ADALTI

Dr.SHASHIKANT NIGAM

Dr. Shashikant Nigam  
AHC Physician - Consultant Internal Medicine  
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 been performed. We 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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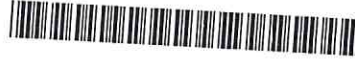
## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details** : Mrs. ALKABEN A KESUR | Female | 38Yr 11Mth 15Days

**UHID** : AHIL.0000479253

**Patient Location:** AHC

**Patient Identifier:** AHILAH178741



**DRN** : 222062146

**Completed on :** 02-DEC-2022 10:07

**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 7.1 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.

Endometrial thickness is 12 mm.

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

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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**USG WHOLE ABDOMEN**

No definite evidence of adnexal/pelvic mass is seen.

**IMPRESSION :**

Grade I fatty liver.

Rest normal study.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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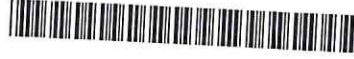
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**UHID** : AHIL.0000479253

**Patient Location:** AHC

**Patient Identifier:** AHILAH178741



**DRN** : 122138009

**Completed on :** 02-DEC-2022 09:48

**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 ---

T.V. Parikh

TIRTH VINAYKUMAR PARIKH

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## DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

**Patient Details** : Mrs. ALKABEN A KESUR | Female | 38Yr 11Mth 15Days  
**UHID** : AHIL.0000479253 **Patient Location:** AHC  
**Patient Identifier:** AHILAH178741   
**DRN** : 222062146 **Completed on :** 02-DEC-2022 10:07  
**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 7.1 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.

Endometrial thickness is 12 mm.

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

Both ovaries are normal in size and echopattern.

No free fluid is seen in Pouch Of Douglas.

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Page 1 of 2

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Mrs. ALKABEN A KESUR

AHIL.0000479253

AHILAH178741

**USG WHOLE ABDOMEN**

No definite evidence of adnexal/pelvic mass is seen.

**IMPRESSION :**

Grade I fatty liver.

Rest normal study.

--- END OF THE REPORT ---

DR. VAIBHAVI PATEL

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**DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES**

**Patient Details** : Mrs. ALKABEN A KESUR | Female | 38Yr 11Mth 15Days  
**UHID** : AHIL.0000479253 **Patient Location:** AHC  
**Patient Identifier:** AHILAH178741   
**DRN** : 122138009 **Completed on :** 02-DEC-2022 09:48  
**Ref Doctor** : DR. SHASHIKANT NIGAM

**X-RAY CHEST PA**

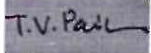
**FINDINGS :**

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 ---



TIRTH VINAYKUMAR PARIKH



Rate 74

PR 126

QRSD 105

QT 368

QTc 409

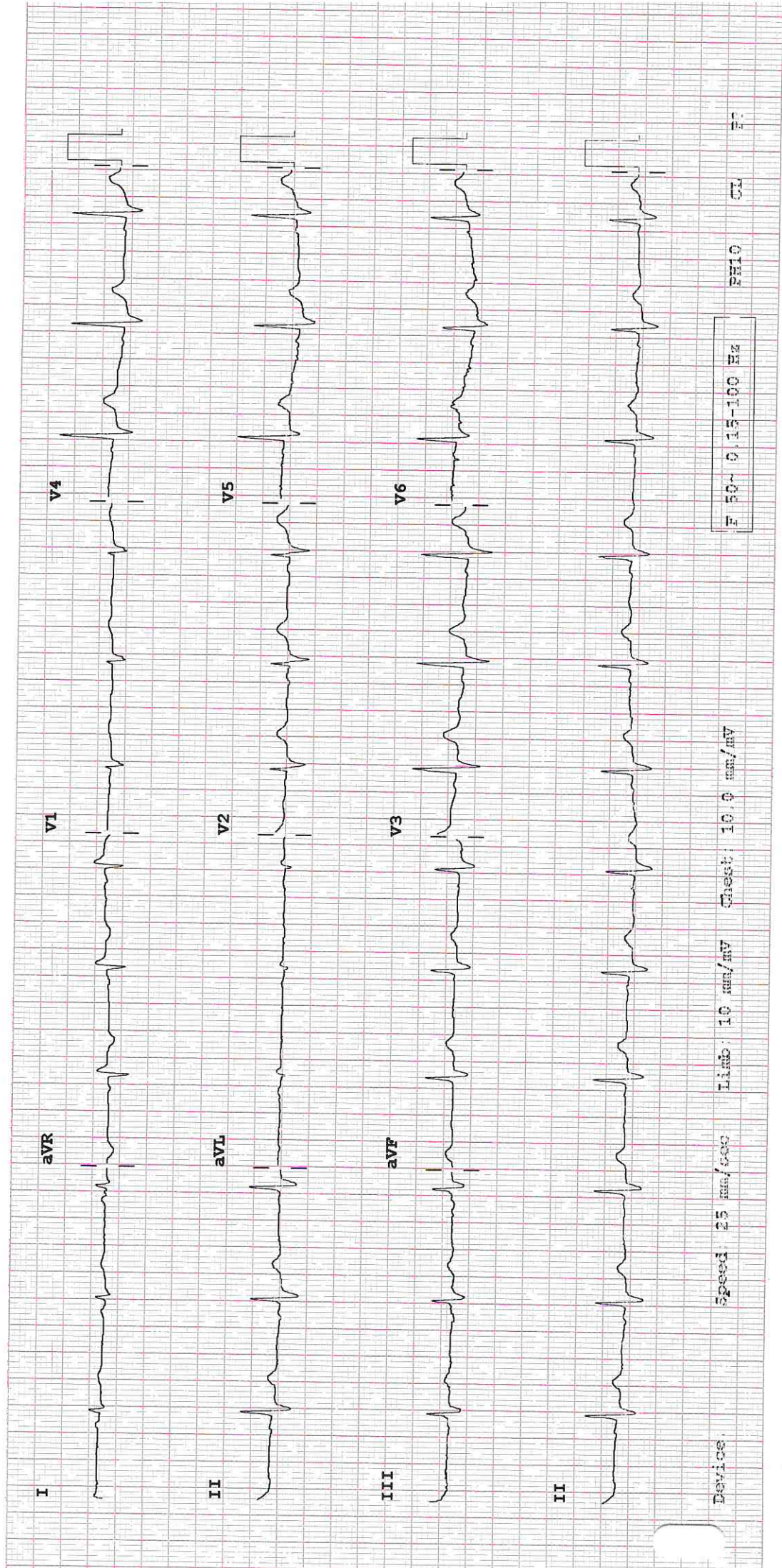
--AXIS--

P -14

QRS 8

T 57

12 Lead; Standard Placement



Place Label Here  
If label not available, write Pt, Name, IP No/UHID, Age, Sex, Date, Name of Treating Physician

**OBSTETRICS & GYNAECOLOGY - AHC**

AHIL.0000479253

Mrs. ALKABEN  
A KESUR

39 Year(s) / Female



Female

Date: 2/12/2022 Unit No. : .....

Ref. Physician : Dr. Usha Bohra

Copies to : .....

**GYNAEC CHECK UP**

Chief Complaint:

None. G.P.A.O.L.

Children: 1 ♂

Weight:

Deliveries: FTND

BP:

Last Child: Mch/9 years / FTND

Abortions: None

Breasts: Normal

Periods: regular  $\frac{7}{24}$  days

PAP Smear: Patent

LMP: 10/11/2022

Previous Medical H/O: None

Menopause: -

G. Condition: Fit

PH/O: None

P/A: Soft

Previous Surgical H/O: None

S/E: -

P/V: -

P/R: -

Impression: -

Usha Bohra

Doctor Signature  
Date & Time

2/12/2022  
11:59 AM

**DENTISTRY**



Name : .....

Date : 02/12/22 Unit No. : .....

Occupation : .....

Ref. Physician : .....

Age : ..... Sex :  Male  Female

Copies to : .....

**DENTAL RECORD**

ALLERGIES : -NA

PAIN : Score (0-10) 0 Location : 8 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>X/A</u> Any other :	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"/>	CLASS I II III CROSSBITE Hypoplasia Impaction Non-vital Fracture Abscess Ulcers Caries Missing Teeth Supernumerary Others

PRESENT COMPLAINT : Routine checkup

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

-NA-

## OPHTHALMIC EXAMINATION RECORDS

Name : Alkaben Kesur A/29 Date : 2.12.22  
 UHID : 479253

Distance Vision : Unaided

Right Eye - 6/18      BEVA < -2.5 6/6  
 Left Eye - 6/6P      -1.25 6/6

Near Vision :  
 Right Eye : } NB  
 Left Eye : } NB

No visual symps / disease  
< 40 yrs @ yrs.

APLN.TN – Right Eye — Left Eye — mmHg

Both Eye – Colour Vision Normal

Both Eye – Anterior Segment Examinations – COM

Both Eye Posterior Segment Examinations – BE Disc & CDR 0.5  
PLT (physiological)

Adv  
Perimetry SOS

Doctor's Signature

Ophthalmologist Name

**MRS-ALKABEN A, KESUR**  
 ID: 000479253  
 39years  
 160cm  
 2-Dec-2022  
 11:10:04

Asian  
 43kg  
 Female  
 Total Exercise time: 8:35  
 Max HR: 171bpm 94% of max predicted 181bpm  
 Max BP: 150/80  
 Maximum workload: 10.1METs  
 Reason for Termination: Patient fatigue  
 Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD.  
 NORMAL HR AND NORMAL BP RESPONSE.  
 NO ANGINA // ARRHYTHMIA DURING TEST.  
 NO SIGNIFICANT ST-T CHANGES SEEN DURING EXERCISE AND  
 RECOVERY. TEST TERMINATED DUE TO PATIENT FATIGUE AND  
 THR ACHIEVED. GOOD EFFORT TOLERANCE.

Referred by: DR.SAMEER DANI, MHC  
 Test ind:

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	WorkLoad (METs)	HR (bpm)	BP (mmHg)	RPP (x100)
PRETEST	SUPINE	0:47	** *	** *	1.0	119		
	STANDING	4:52	1.5	4.5	3.0	124	110/80	136
	STAGE 1	3:00	1.7	10.0	4.6	149	120/80	179
EXERCISE	STAGE 2	3:00	2.5	12.0	7.0	160	140/80	224
	STAGE 3	2:35	3.4	14.0	10.1	171	150/80	257
RECOVERY	Post	4:38	** *	** *	1.0	118	120/80	142