

MER- MEDICAL EXAMINATION REPORT

Date of Examination	29/2/24		
NAME	MOND. AFSAN		
AGE	32	Gender	M
HEIGHT(cm)	178	WEIGHT (kg)	79 BMA-24.9
B.P.	120/79		
ECG	Normal		
X Ray	Normal		
Vision Checkup	—		
Present Ailments	None		
Details of Past ailments (If Any)	No		
Comments / Advice : She /He is Physically Fit	MEDICALLY FIT		



Dr. SMITHA P. RAO
 MBBS, DCP
 Reg. No. 37370

[Handwritten Signature]

Signature with Stamp of Medical Examiner

You have been informed that ent ,diet, opthal consultation facility is not available at our centre. If you are ready then your test can be start

2D echo test facility is not available at our center, instead we do TMT test.


29/02/2024



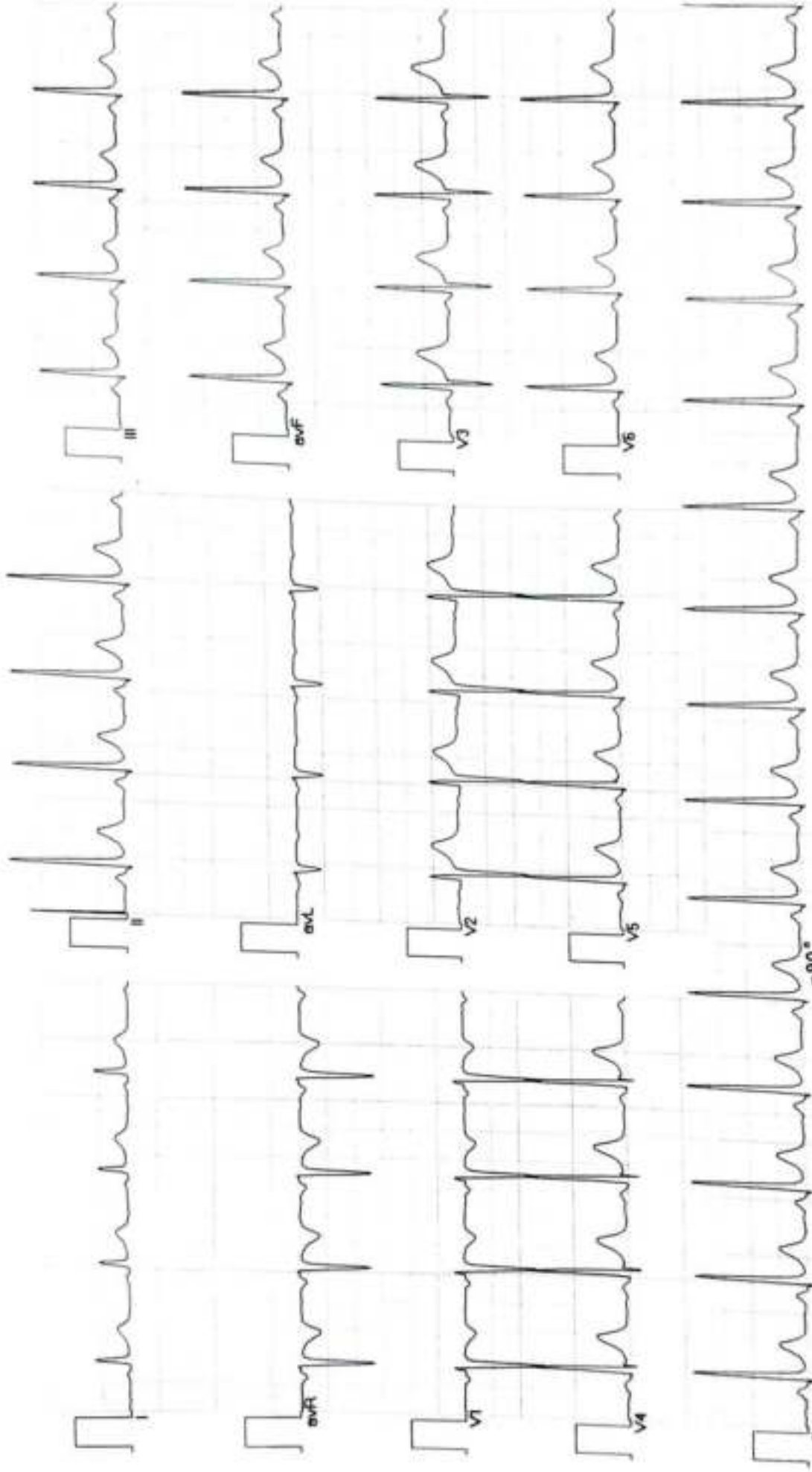
Modern Pathology And Diagnostic Centre

126 / MOHD AFSHAN / 35 Yrs / M / 178Cms. / 79Kgs / Non Smoker

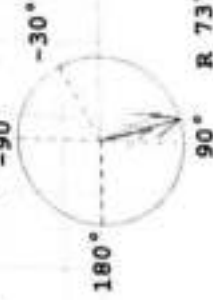
Heart Rate : 87 bpm / Tested On : 29-Feb-24 09:41:06 / HF 0.05 Hz - LF 100 Hz / Notch 50 Hz / Sn 1.00 Cm/mV / Sw 25 mm/s

/ Refd By : APOLLO HEALTH

ECG



Vent Rate : 87 bpm
 PR Interval : 120 ms
 QRS Duration: 82 ms
 QT/QTc Int : 346/393 ms
 P-QRS-T axis: 76.00° 73.00° 64.00°



Allergens ECG (Piscis)(PIS215191030)

Normal ECG

Axis

90° R 73° T 64° P 76°

DR. AMIT PRASAD MD

Reg. No. 44559



MODERN PATHOLOGY & DIAGNOSTIC CENTRE

Dr. R. P. Rastogi
M.B.B.S., M.D. (Path & Bact)



CLINIC :
1/4A, Vineet Khand, (Opp Jaipuria Management)
Gomti Nagar, Lucknow - 226 010
Ph.: 0522-4008184, 4308184 • 8112323230
Mob.: 7618884441, 9450389932, 8177063877



TEST REQUEST ID :012402290019	SAMPLE DATE	29/Feb/2024 09:05AM
NAME :Mr. MOHD AFSHAN	SAMPLE REC. DATE	29/Feb/2024 09:05AM
AGE/SEX :35 YRS/MALE	REPORTED DATE	29/Feb/2024 12:36PM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01290019

USG WHOLE ABDOMEN-MALE

Liver: is normal in size (139 mm). **Parenchymal echogenicity is increased.** No focal echovariant lesion is seen. Intrahepatic biliary radicles are not dilated.

Gall Bladder: is well distended. Lumen is anechoic. Wall is of normal thickness.

CBD: is normal in diameter. Portal vein is normal in diameter.

Pancreas: is normal in size, shape and echotexture. No focal echovariant lesion is seen. Pancreatic duct is not dilated.

Spleen: is normal in size (122 mm), shape and echotexture. No focal echovariant lesion is seen. Splenic vein is normal.

Both Kidneys: are normal in size (RK- 103 x 46 mm & LK -108 x 46 mm), shape, position and excursion. Parenchymal echogenicity and echotexture is normal with maintained corticomedullary differentiation. No mass, cyst or calculi is seen. Pelvicalyceal systems are not dilated. Ureters are not dilated.

Urinary bladder: is well distended. Lumen is anechoic. Wall is of normal thickness. No mass or calculus is seen.

Prostate: is normal in size (35 x 30 x 25 mms, wt = 14.6 gms), shape and echotexture. No focal echovariant lesion is seen. Prostatic capsule appears to be intact. Median lobe is not projecting in UB lumen. Both seminal vesicles appear normal.

Both iliac fossae are clear. No obvious bowel pathology is noted. There is no free fluid in peritoneal cavity.

OPINION: GRADE-I FATTY LIVER.

DR. PANKAJ UPADHYAYA

Consultant Radiologist

Dr. Sanjay Rastogi
M.B.B.S., DCP, CRIAT (BARC)

Dr. Smita Rastogi
M.B.B.S., DCP

Print Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

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MOHD AFSHAN / 35 Yrs / M / 178 Cms / 79 Kg

Date: 29 - 02 - 2024 Refd By : APOLLO HEALTH Examined By:

Stage	Time	Duration	Speed(Kmph)	Elevation	METs	Rate	% THR	BP	RPP	PVC	Comments
Supine	00:03	0:03	00.0	00.0	01.0	088	48 %	120/78	105	00	
Standing	00:07	0:04	00.0	00.0	01.0	088	48 %	120/78	105	00	
HV	00:11	0:04	00.0	00.0	01.0	088	48 %	120/78	105	00	
ExStart	00:16	0:05	02.7	10.0	01.1	088	48 %	120/78	105	00	
BRUCE Stage 1	03:16	3:00	02.7	10.0	04.7	128	69 %	132/84	168	00	
BRUCE Stage 2	06:16	3:00	04.0	12.0	07.1	167	90 %	140/88	233	00	
PeakEx	06:20	0:04	00.0	00.0	07.2	166	90 %	140/88	232	00	
Recovery	07:20	1:00	00.0	00.0	01.2	136	74 %	138/86	187	00	
Recovery	08:20	2:00	00.0	00.0	01.0	114	62 %	134/82	152	00	
Recovery	09:20	3:00	00.0	00.0	01.0	103	56 %	126/80	129	00	
Recovery	09:26	3:06	00.0	00.0	01.0	112	61 %	126/80	141	00	

FINDINGS :

Exercise Time : 06:04
Max HR Attained : 167 bpm 90% of Target 185
Max BP Attained : 140/88 (mm/Hg)
Max WorkLoad Attained : 7.2 Fair response to induced stress
Test End Reasons : Test Complete

REPORT :

CONCLUSIONS:

1. STRESS TEST IS NEGATIVE FOR EXERCISE INDUCED ISCHAEMIC HEART DISEASE.


 Dr. Anurag Mishra MD
 Reg. No. 44559

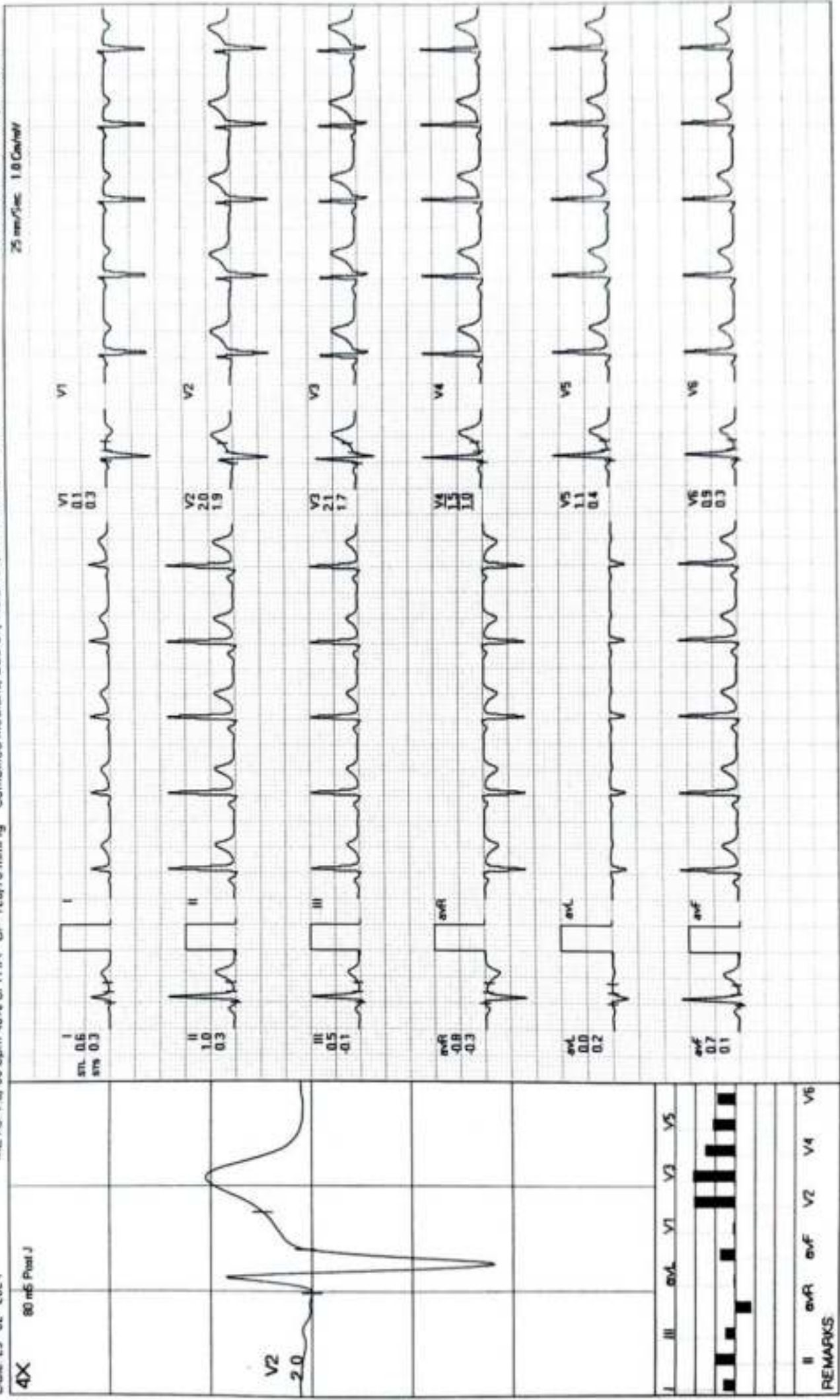
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MOHD AFSHAN / 35 Yrs / M / 178 Cms / 79 Kg / HR : 88

BRUCE: Standing (0:04)



Date: 29-02-2024 METS: 1.0/88 bpm 48% of THR BP: 120/78 mmHg Combined Mediants/BLC On/ HF 0.05 Hz/LF 35 Hz ExTime 00:00 0.0 Kmph 0.0%



MODERN PATHOLOGY AND DIAGNOSTIC CENTER

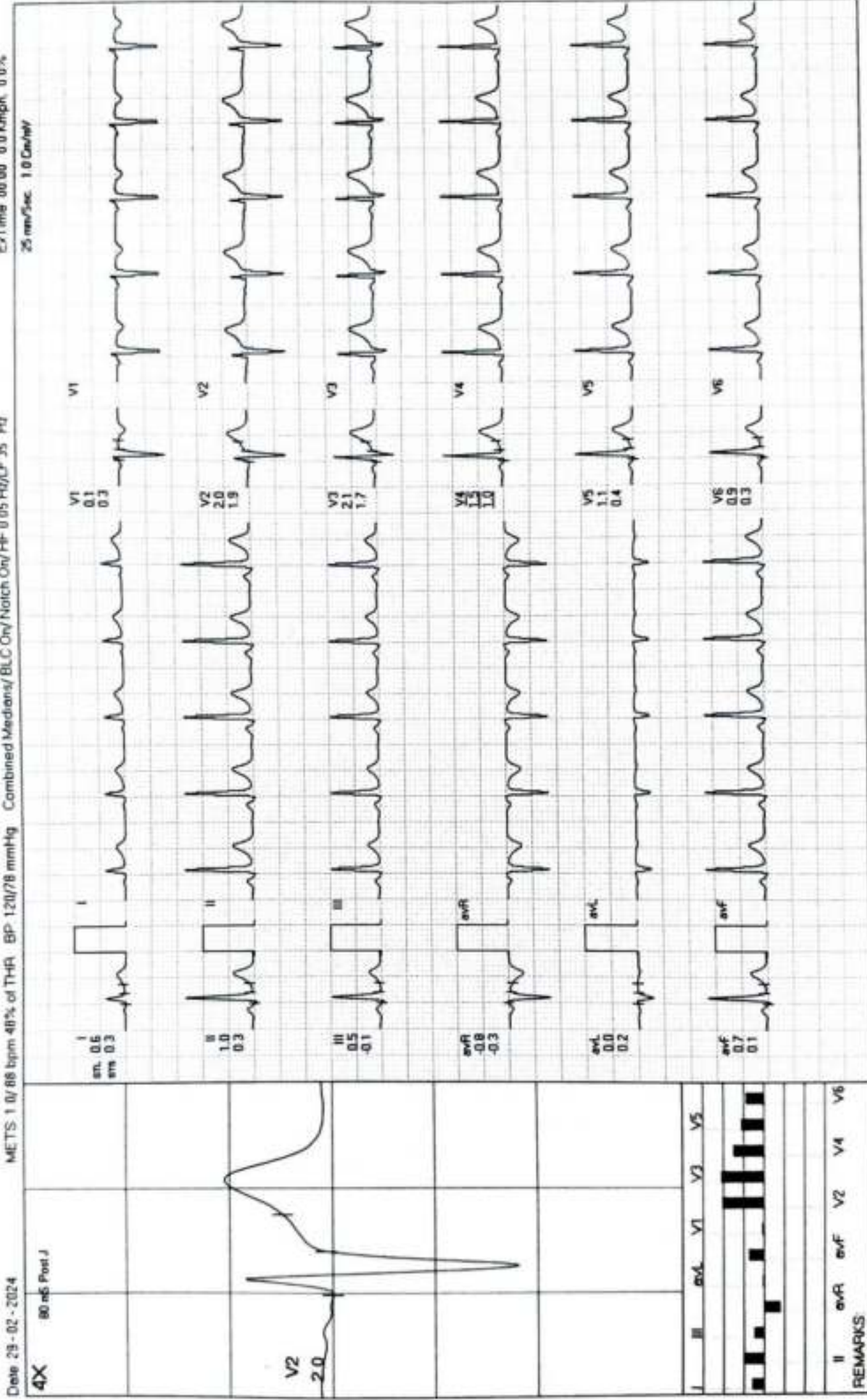
MOHD AFSHAN / 35 Yrs / M / 178 Cms / 79 Kg / HR : 88

BRUCE:HV(0:05)



ExTime 00:00 0.0 Kmph 0.0%

METS 1 (V) 88 bpm 48% of THIR BP 120/78 mmHg Combined Medians/BLC On/ HF 0.05 Hz/LF 35 Hz



REMARKS
II aVR aVL V1 V2 V3 V4 V5 V6

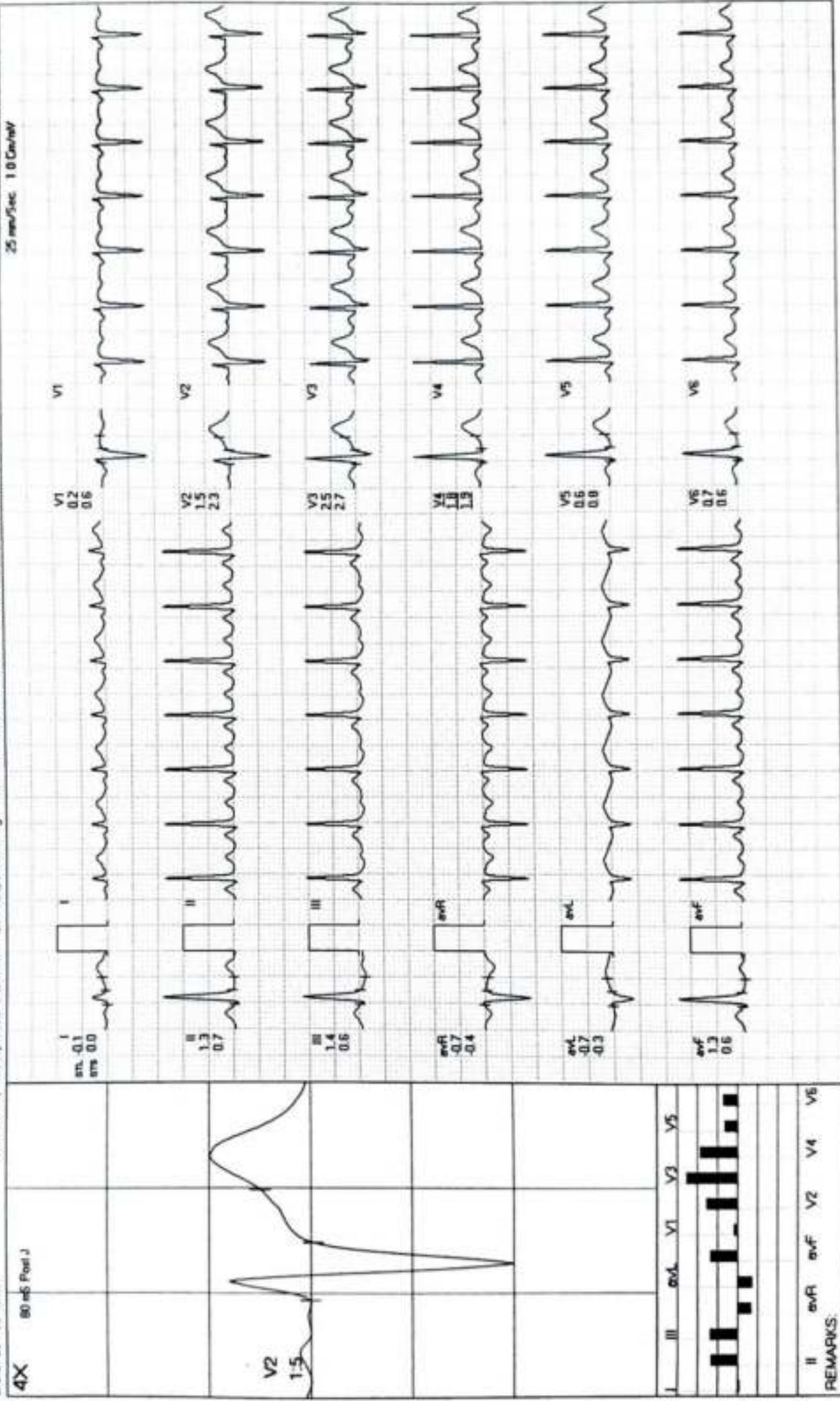
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MOHD AFSHAN / 35 Yrs / M / 178 Cms / 79 Kg / HR : 128

BRUCE: Stage 1(3:00)



Date: 29-02-2024 METS: 4.7/128 bpm 69% of THR BP: 132/84 mmHg Combined Medians/BLC On/Notch On/HF 0.05 Hz/LF 35 Hz
 ExTime 03:00 2.7 Kmph 10.0%
 25 mm/Sec 1.0 Cm/mV



REMARKS:
 II aVR aVL V2 V4 V5

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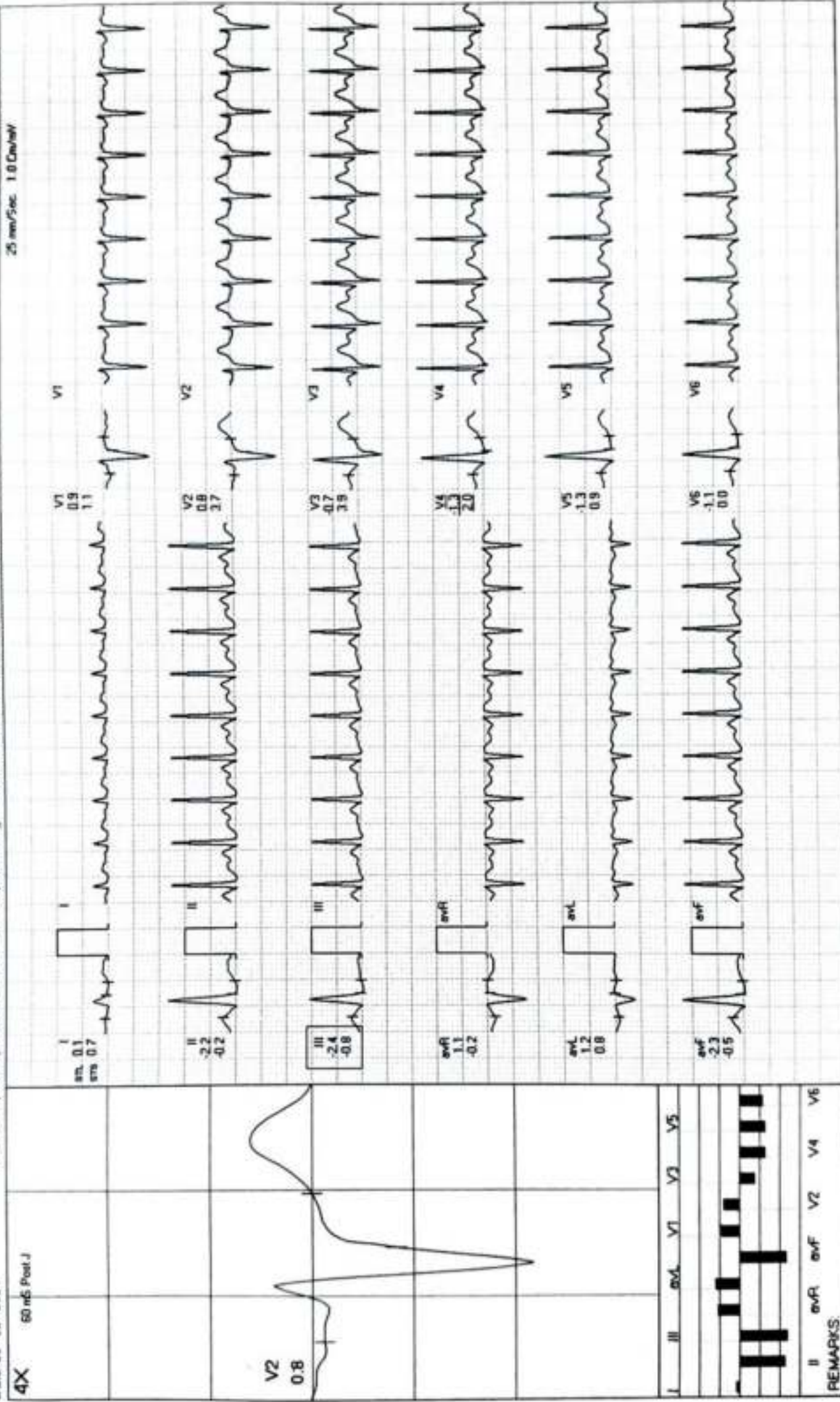
BRUCE: Stage 2(3:00)



MOHD AFSHAN / 35 Yrs / M / 178 Cms / 79 Kg / HR : 167

Date: 29-02-2024 METS 7.1 / 167 bpm 90% of THR BP 140/88 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

ExTime 06:00 4.0 Kmph 12.0%



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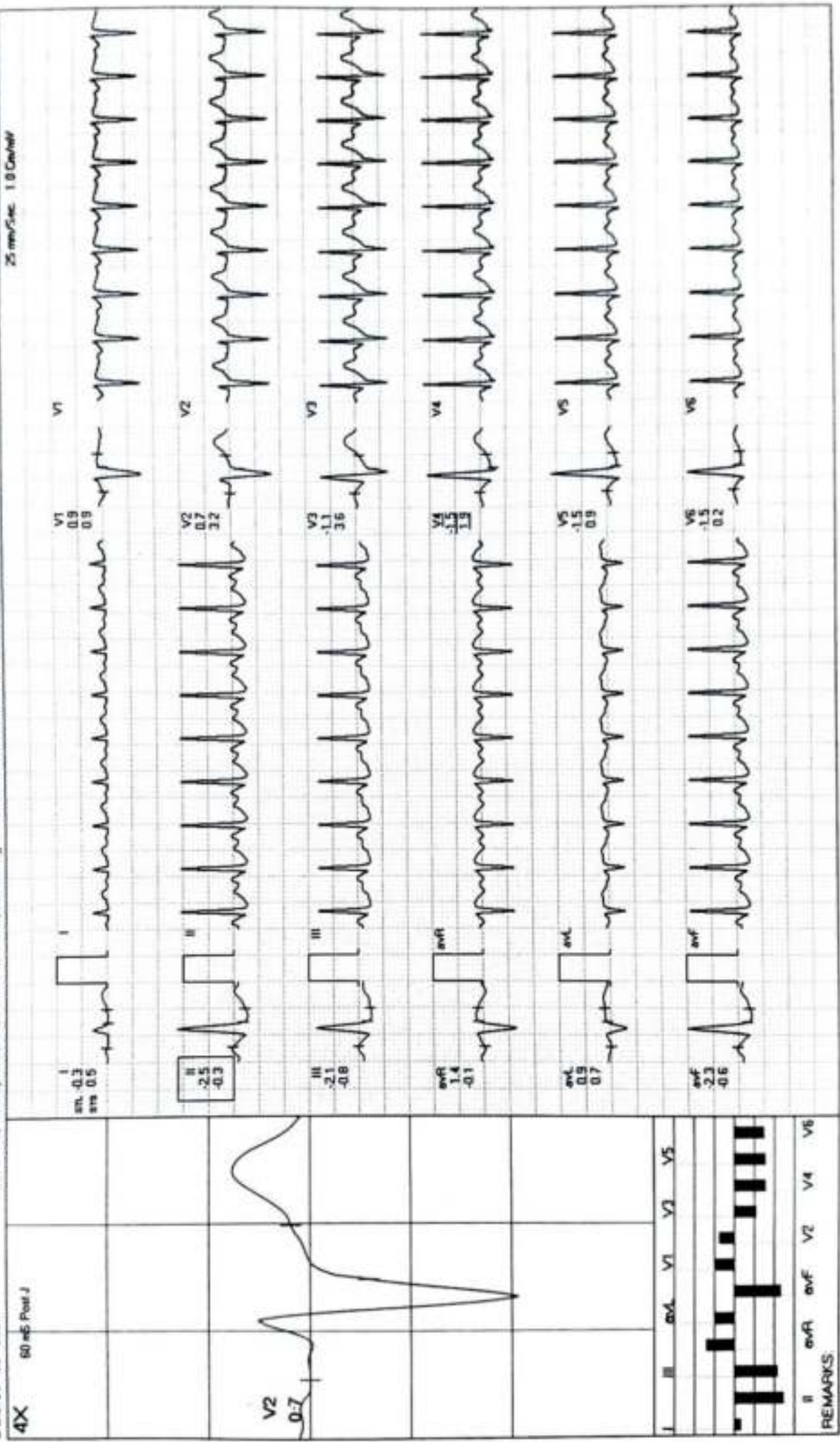
MOHD AFSHAN / 35 Yrs / M / 178 Cms / 79 Kg / HR : 166

PeakEx



ExTime 06:05 0.0 Kmph 0.0%
25 mm/Sec 1.0 Cm/Div

Date: 29-02-2024 METS: 7.2/166 bpm 90% of THR BP: 140/88 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz



MODERN PATHOLOGY AND DIAGNOSTIC CENTER

MOHD AFSHAN / 35 Yrs / M / 178 Cms / 79 Kg / HR : 136

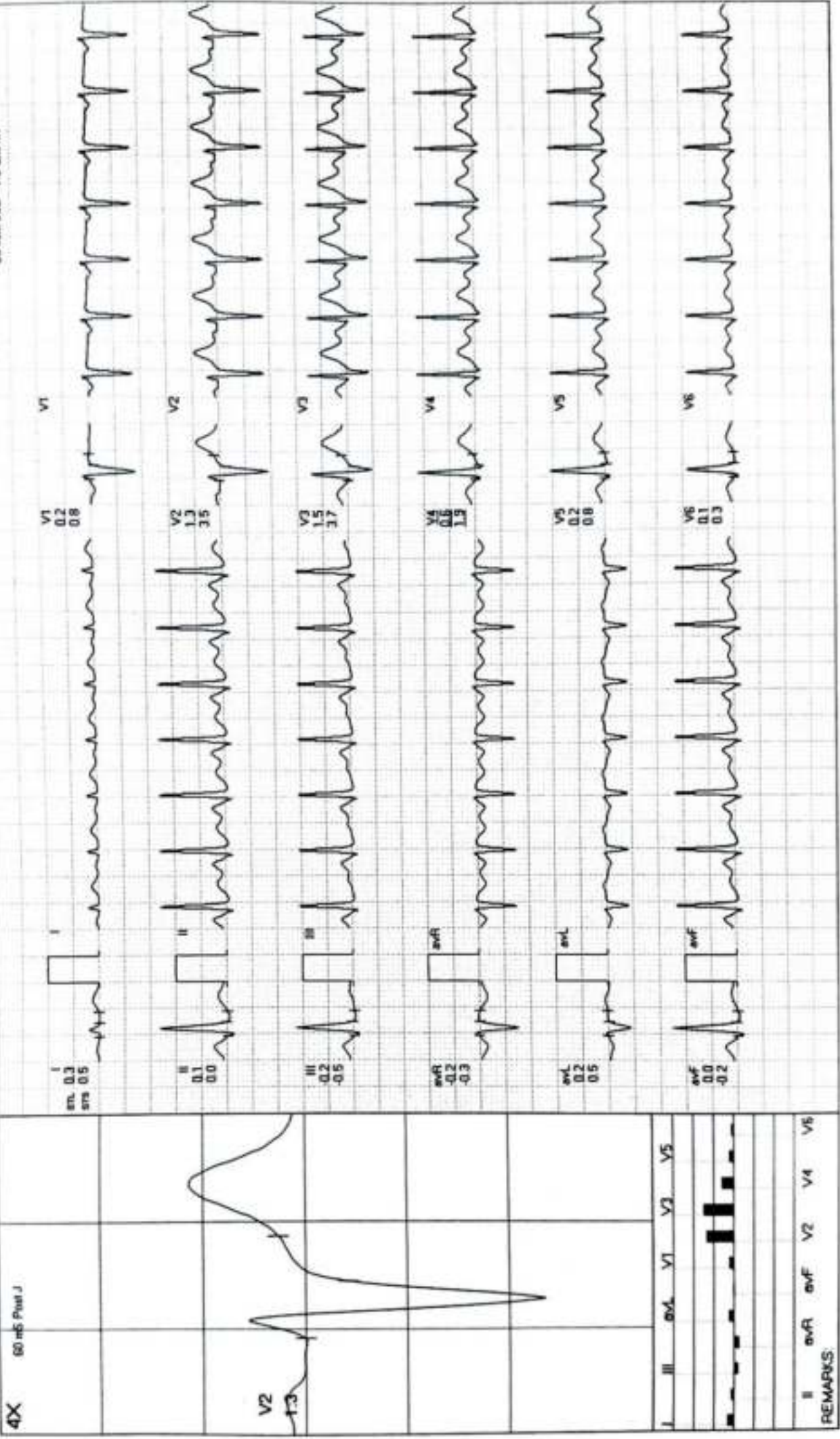
Recovery(1:00)



ExTime 06:04 0.0 Kmph 0.0%

Date: 29-02-2024 METS: 1.2/136 bpm 74% of THR BP: 138/86 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz

25 mm/Sec 1.0 Cm/mV



REMARKS:

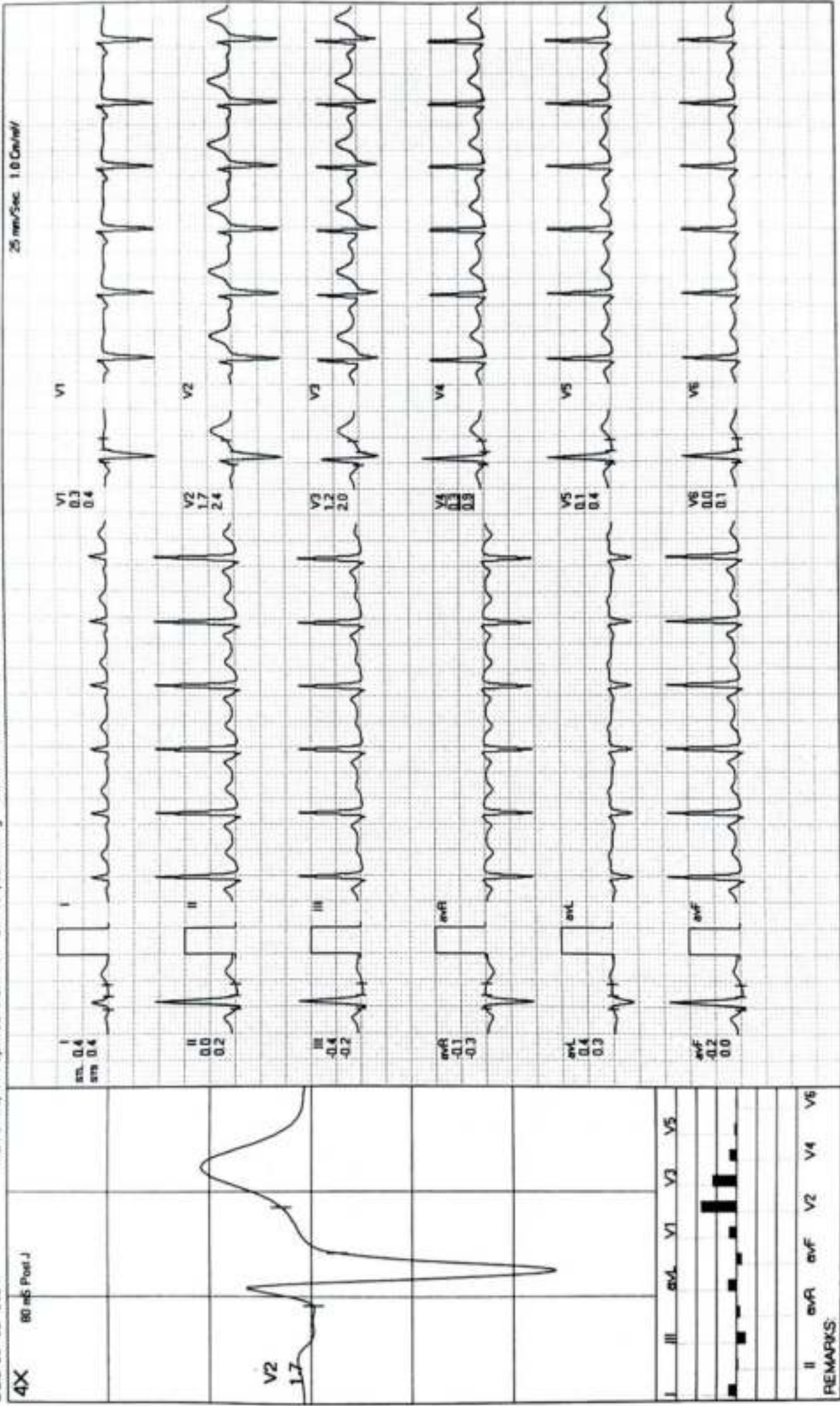
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MOHD AFSHAN / 35 Yrs / M / 178 Cms / 79 Kg / HR : 114

Recovery(2:00)



Date: 29-02-2024 METS 1.0/114 bpm 52% of THR BP 134/82 mmHg Combined Medians/BLC On/Notch On/HF 0.05 Hz/LF 35 Hz
 ExTime 06:04 0.0 Kmph 0.0%
 25 mm/Sec 1.0 Cm/mV



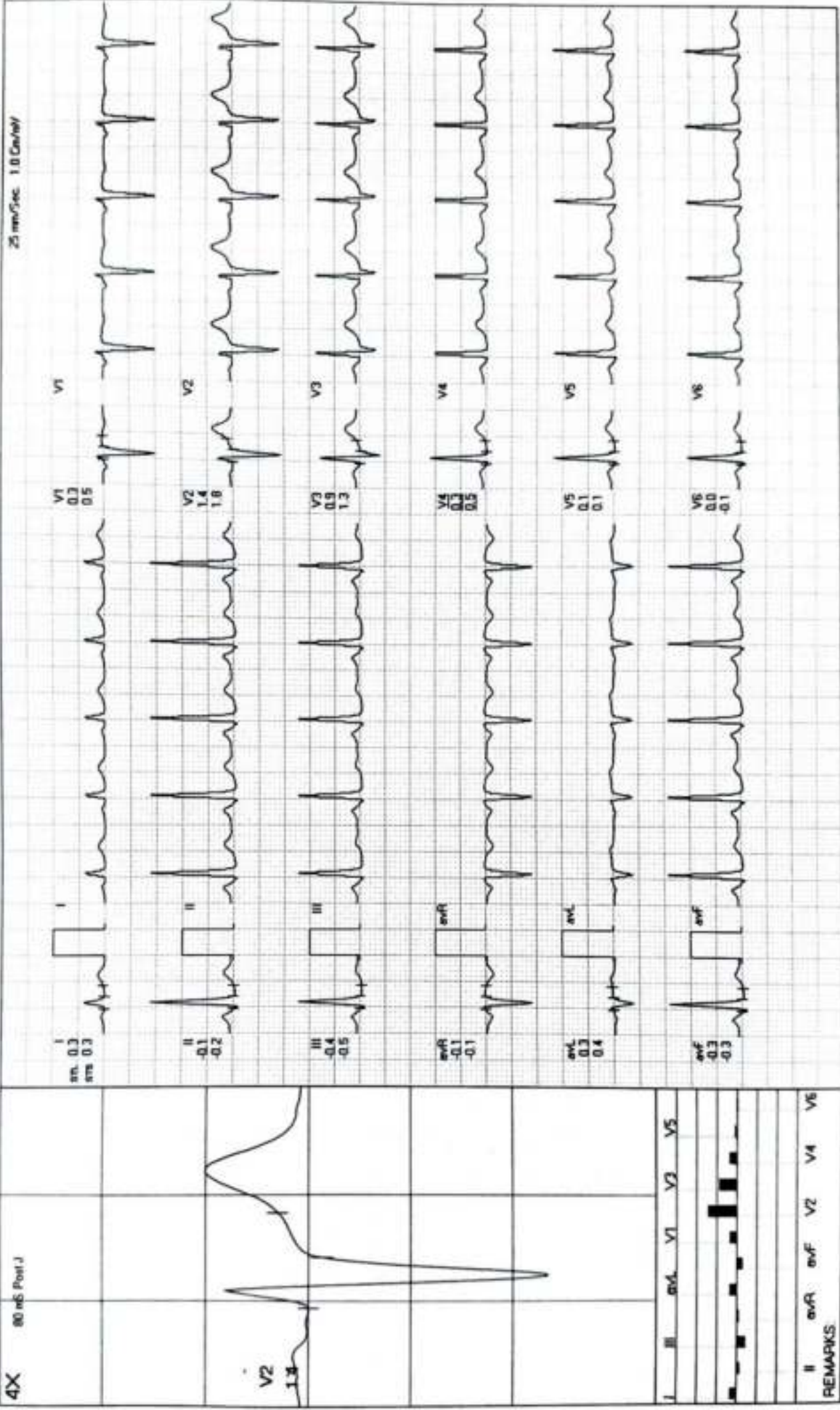
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MOHD AFSHAN / 35 Yrs / M / 178 Cms / 79 Kg / HR : 103

Recovery(3:00)



Date: 29-02-2024 METS: 1.0/103 bpm 56% of TH-R BP: 126/80 mmHg Combined Medians/ BLC On/ Notch On/ HF 0.05 Hz/LF 35 Hz E-Time: 06:04 0.0 Kmph 0.0%



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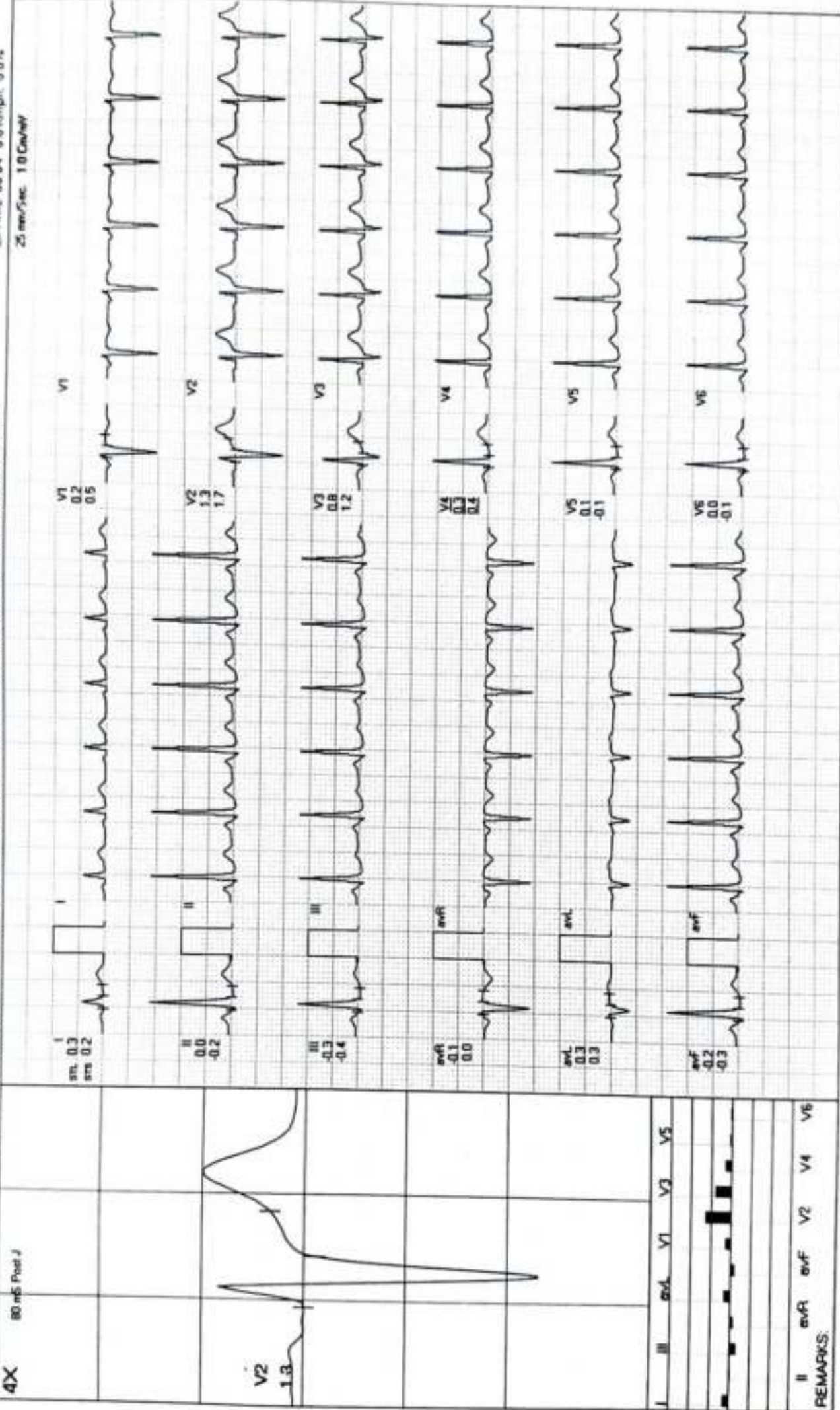
MOHD AFSHAN / 35 Yrs / M / 178 Cms / 79 Kg / HR : 112

Recovery(3:06)



Date: 29-02-2024 METS 1 0/112 bpm 61% at THR BP 126/80 mmHg Combined Medians/BLC Oxy/Notch Oxy HF 0.05 Hz/LF 35 Hz

ExTime 06:04 0.0 Kmph 0.0%
25 mm/Sec 1.0 Cm/Div





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Dr. R. P. Rastogi
M.B.B.S., M.D. (Path & Bact)



CLINIC :
1/4A, Vineet Khand, (Opp Jaipuria Management)
Gomti Nagar, Lucknow - 226 010
Ph. : 0522-4008184, 4308184 • 8112323230
Mob. : 7618884441, 9450389932, 8177063877



TEST REQUEST ID :012402290019	SAMPLE DATE	:29/Feb/2024 09:05AM
NAME :Mr. MOHD AFSHAN	SAMPLE REC. DATE	:29/Feb/2024 09:05AM
AGE/SEX :35 YRS/MALE	REPORTED DATE	:29/Feb/2024 10:49AM
REFERRED BY : Apollo Health and Lifestyle Limited,	BARCODE NO	:01290019

XRAY CHEST PA

- Trachea is central in position.
- Bilateral lung fields are normally aerated.
- Both hilar shadows are normal.
- Both C.P. angles are clear.
- Cardiac shadow is within normal limits.
- Bony cage appears normal.

OPINION: NORMAL STUDY.

Please correlate clinically.

*** End Of Report ***

Dr. Sanjay Rastogi
M.B.B.S., DCP, CRIAT (BARC)

DR. PANKAJ UPADHYAYA

Dr. Smita Rastogi
M.B.B.S., DCP

Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

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Date	: 29-Feb-2024			
Name	: Mr. MOHD AFSHAN		Age	: 35 Yrs.
Ref.By	: APOLLO HEALTH		Sex	: Male
Plasma Glucose - F GOD-POD Method	88	mg/dl	70 - 110	
Plasma Glucose - PP GOD POD Method	124	mg/dl	110 - 170	
Blood Group & Rh	"O" Positive			
LFT T&D				
Total Bilirubin	0.62	mg%	0.2 - 1.0	
Direct Bilirubin	0.21	mg%	0.0 to 0.40	
Indirect Bilirubin	0.41	mg%	0.10 to 0.90	
S.G.P.T	49	IU/L	5 - 40	
S.G.O.T	42	IU/L	5 - 50	
ALP	102	IU/L	40 to 129	
Serum Gamma G.T.	20	IU/L	11 - 50	
KFT				
UREA	22.1	mg %	15 - 50	
CREATININE	1.05	mg %	0.5 - 1.5	
URIC ACID	5.5	mg %	2 - 7	
CALCIUM	9.8	mg %	8.8 - 10.0	
Urine Sugar (PP)	NIL			
Urine Sugar (Fasting)	NIL			

Dr. Sanjay Rastogi
M.B.B.S., DCP, CRIAT (BARC)

Dr. Smita Rastogi
Contd... M.B.B.S., DCP

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Date	: 29-Feb-2024	Age	: 35 Yrs.
Name	: Mr. MOHD AFSHAN	Sex	: Male
Ref.By	: APOLLO HEALTH		

LIPID PROFILE

Triglycerids	108	mg%	70 - 190
S. Cholestrol S.	156	mg%	130 - 230
S. HDL Cholestrol	46.4	mg%	35 - 75
S. LDL Cholestrol	88	mg%	75 - 150
VLDL	21.6	mg%	0 - 34
Chol / HDL factor	3.36		
LDL / HDL Factor	1.9		

COMMENTS

- * Triglycerides (TG) are the main dietary lipids. Cholesterol constitutes a small part of the dietary lipids, it is mostly synthesised in the liver. Both TG and Chol. are transported through the plasma by lipoproteins (Chylomicrons, VLDL, LDL, IDL, HDL).
- * LDL is the major cholesterol particle in plasma and high levels are strongly implicated in the formation of atheroma. An increase in the LDL leads to hypercholesterolemia, and therefore a risk factor for IHD. LDL increases with age particularly in females. Oestrogen lower LDL and raise HDL. Raised chol. in females is mostly due to disturbed thyroid function.
- * Increase in VLDL leads to hyperglyceridaemia. Raised TGs are associated with increased risk of CHD. Very high TGs increase the risk of Pancreatitis. Cholesterol is often raised due to Diabetes, Renal disease, Diuretic or Betablocker therapy.

TYPES OF HYPERLIPOPROTEINEMIAS

TYPE 1: Normal cholesterol TG greatly raised	TYPE 3: Cholesterol increased TG increased
TYPE 2a: Cholesterol increased LDL increased TG normal	TYPE 4: Cholesterol normal /increased VLDL increased TG increased
TYPE 2b Chol. increased VLDL raised TG increased LDL increased	TYPE 5: Cholesterol increased LDL reduced VLDL increased TG greatly increased

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Date	: 29-Feb-2024	Age	: 35 Yrs.
Name	: Mr. MOHD AFSHAN	Sex	: Male
Ref.By	: APOLLO HEALTH		

Glycosylated Haemoglobin

Glycosylated Haemoglobin	5.5	%	4.5 TO 6.0
--------------------------	-----	---	------------

INTERPRETATION AND COMMENTS

NON DIABETIC : 4.5 to 6.0 %
GOOD CONTROL: 6.0 to 7.0
FAIR CONTROLLED 7.0 AND 8.0
UNCONTROLLED 8.0 AND ABOVE

Glycosylated haemoglobin is the adducted glucose in the haemoglobin of the red blood cells, this adduction is stable for the life time of the RBC (i.e 120 days). There fore the measure of glycosylated haemoglobin reflects the average blood glucose concentration over the preseding several weeks. The sudden change in blood glucose level would not effect the glycosylated haemoglobin level ,which serves as a better marker of long term metabolic control and the efficacy of therapy.

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Date	: 29-Feb-2024	Age	: 35 Yrs.
Name	: Mr. MOHD AFSHAN	Sex	: Male
Ref.By	: APOLLO HEALTH		

THYROID TEST

Tri-Iodothyronine (T3)	1.90	nmol/L	0.50 to 2.50
Thyroxine (T4)	6.15	mcg/dL	5.0 to 12.5
Thyroid Stimulating Hormone (TSH)	2.29	mIU/ ml	0.3 to 6.0

COMMENTS

- 1) Primary hyperthyroidism is accompanied by elevated Serum T3 and T4 values along with depressed TSH levels.
- 2) Primary Hypothyroidism is accompanied by depressed serum T3 and T4 values and elevated serum TSH levels.
- 3) Normal T4 levels accompanied by high T3 levels are seen in patients with T3 thyrotoxicosis.
- 4) Slightly elevated T3 levels may be found in pregnancy and estrogen therapy, while depressed levels may be encountered in severe illness, malnutrition, renal failure and during therapy with drugs like propranolol and propylthiouracil.
- 5) Elevated TSH levels may also be indicative of TSH secreting Pituitary Tumour.

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DIAGNOSTIC CENTRE

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Date : 29-Feb-2024	Age : 35 Yrs.
Name : Mr. MOHD AFSHAN	Sex : Male
Ref.By : APOLLO HEALTH	

Urine Examination

PHYSICAL		
Colour	Straw	
Turbidity	Nil	
Deposit	Nil	
Reaction	Acidic	
*Specific Gravity	1.015	
CHEMICAL		
Protein	Nil	
Sugar	Nil	
*Bile Salts	Nil	
*Bile Pigments	Nil	
Phosphate	Nil	
MICROSCOPIC		
Pus Cells	Nil	/hpf
Epithelial Cells	0-1	/hpf
Red Blood Cells	Nil	/hpf
Casts	Nil	
Crystals	Nil	
Others	Nil	

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Date : 29-Feb-2024

Name : **Mr. MOHD AFSHAN**

Age : 35 Yrs.

Ref.By : APOLLO HEALTH

Sex : Male

General Blood Picture

RBCs	RBCs are Normocytic & Normochromic. No Normoblasts are seen.
WBCs	TLC is within normal range. DLC shows normal counts. No immature cells of WBC seen.
PLATELETS	Platelets are adequate in number and morphology.
OTHERS	No haemoparasites are seen.
IMPRESSION	Normal GBP

Dr. Sanjay Rastogi
F.R.C.P. (C), DCP (BARC)

Dr. Smriti Rastogi
M.B.B.S., DCP

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Date	: 29-Feb-2024		
Name	: Mr. MOHD AFSHAN	Age	: 35 Yrs.
Ref.By	: APOLLO HEALTH	Sex	: Male
Haemoglobin	14.0	gm%	14 - 17
Total Leucocyte Count	7800	Cells/cumm.	4000-11000
Differential Leucocyte Count			
Polymorphs	50	%	45 - 70
Lymphocytes	40	%	20 - 45
Eosinophils	03	%	0 - 6
Monocytes	07	%	0 - 8
Basophils	00	%	0 - 1
Erythrocyte Sedimentation Rate (Wintrobe)			
ESR	06	mm in 1st Hr.	0 - 9
PCV	44.2	cc%	40 - 52
Corrected ESR	02	mm in 1st Hr.	0 - 9
Platelet Count	1.56	lakh/cumm.	1.5 - 4.0
Red Cells Count	4.76	million/cmm	3.90 to 5.80
Absolute values			
MCV	92.8	fL	77 - 97
MCH	29.3	pg	27 - 31
MCHC	31.6	gm /dl	31 - 34

Dr. Sanjay Rastogi
M.B.B.S., DCP, BARC

Dr. Smita Rastogi
M.B.B.S., DCP

Results, adhering to W.H.O. and International Federation of Clinical Chemists Quality Control Standards.

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