

COMPREHENSIVE PATIENT MEDICAL RECORD

PATIENT INFORMATION

Medical Record Number: MRN-23456789

Date Created: 01/15/2025

Last Updated: 03/01/2025

Personal Information

Full Name: John Robert Smith

Date of Birth: 05/12/1978 **Age:** 46 **Sex:** ☒ Male ☐ Female ☐ Other

Social Security Number: XXX-XX-4321

Address: 1234 Maple Avenue, Apt 5B, Springfield, IL 62701

Phone: (Home) 217-555-0178 (Cell) 217-555-0199

Email: jsmith78@email.com

Preferred Contact Method: ☒ Phone ☐ Email ☐ Mail

Preferred Language: English **Interpreter Needed:** ☐ Yes ☒ No

Emergency Contact Information

Primary Contact Name: Sarah Smith

Relationship: Wife **Phone:** 217-555-0200

Secondary Contact Name: Michael Smith

Relationship: Son **Phone:** 217-555-0201

Insurance Information

Primary Insurance: BlueCross HealthPlus **ID#:** BCP789456123

Group#: GRP4567 **Plan Type:** PPO

Policy Holder (if not patient): Self

Secondary Insurance: MediHelp Supplemental **ID#:** MH123789456

Group#: MHGRP789 **Plan Type:** Supplemental

Primary Care Provider

Name: Dr. Elizabeth Chen, MD

Practice/Clinic: Springfield Family Medicine Center

Phone: 217-555-6789 **Fax:** 217-555-6780

Date of Last Visit: 02/15/2025

Pharmacy Information

Preferred Pharmacy: Central Pharmacy

Address: 567 Oak Street, Springfield, IL 62704

Phone: 217-555-7890 **Fax:** 217-555-7891

ADVANCE DIRECTIVES

- ☒ Living Will
- ☒ Healthcare Power of Attorney
- ☐ DNR Order
- ☒ POLST/MOLST Form
- ☒ Organ Donor

Location of Documents: On file with primary care physician and attorney

Healthcare Proxy Name: Sarah Smith

Contact Information: 217-555-0200

ALLERGIES AND ADVERSE REACTIONS

Allergen	Reaction	Severity	Date Identified	Notes
Penicillin	Rash, Hives	Moderate	05/23/1995	Avoid all penicillin-based antibiotics
Shellfish	Anaphylaxis	Severe	08/12/2010	Carries EpiPen at all times
Latex	Contact dermatitis	Mild	11/30/2018	Latex-free gloves required
Ibuprofen	GI upset, nausea	Mild	02/17/2020	Can take acetaminophen instead

MEDICATIONS

Current Medications

Medication	Dosage	Frequency	Start Date	Prescribing Provider	Purpose
Lisinopril	10mg	Once daily	06/15/2022	Dr. Elizabeth Chen	Hypertension
Atorvastatin	20mg	Once daily at bedtime	06/15/2022	Dr. Elizabeth Chen	Hyperlipidemia
Metformin	500mg	Twice daily with meals	08/03/2023	Dr. Elizabeth Chen	Type 2 Diabetes
Levothyroxine	75mcg	Once daily, morning	12/10/2023	Dr. Elizabeth Chen	Hypothyroidism
Vitamin D3	2000 IU	Once daily	02/15/2024	Dr. Elizabeth Chen	Vitamin D deficiency

Medication History

Medication	Dosage	Date Range	Reason for Discontinuation
Metoprolol	50mg daily	03/2020 - 06/2022	Switched to Lisinopril due to side effects

Medication	Dosage	Date Range	Reason for Discontinuation
Simvastatin	40mg daily	09/2018 - 06/2022	Switched to Atorvastatin due to muscle pain
Glipizide	5mg daily	05/2022 - 08/2023	Switched to Metformin for better glycemic control

IMMUNIZATION RECORD

Vaccine	Date	Location	Lot Number	Notes
Influenza	10/05/2024	Springfield Family Medicine	FL2024-789	Annual
Influenza	10/10/2023	Springfield Family Medicine	FL2023-456	Annual
Tdap	03/15/2022	Springfield Family Medicine	TD22-1234	10-year booster
COVID-19 (Bivalent)	09/25/2024	County Health Department	CV24-7890	Latest booster
Pneumococcal (PPSV23)	05/12/2023	Springfield Family Medicine	PN23-4567	Age-appropriate
Shingrix (1 of 2)	01/10/2024	Central Pharmacy	SH24-1234	First dose
Shingrix (2 of 2)	07/15/2024	Central Pharmacy	SH24-5678	Series complete

MEDICAL HISTORY

Chronic Conditions

- **Hypertension**
 - Diagnosed: 2022
 - Controlled with medication
 - Average BP: 128/82
- **Type 2 Diabetes Mellitus**
 - Diagnosed: 2023
 - HbA1c: 7.1% (02/2025)
 - Managed with oral medication and diet
- **Hyperlipidemia**
 - Diagnosed: 2018
 - Latest lipid panel: TC 185, LDL 110, HDL 45, TG 150

- **Hypothyroidism**
 - Diagnosed: 2023
 - TSH: 3.2 (02/2025)
- **Obstructive Sleep Apnea**
 - Diagnosed: 2021
 - CPAP therapy initiated 03/2021, compliant
 - Settings: 10 cmH2O, humidity setting 3

Past Medical History

- **Appendectomy** - 1990, no complications
- **Fractured right tibia** - 2005, healed completely
- **Kidney stones** - 2015, passed spontaneously
- **Skin basal cell carcinoma** - 2019, excised, no recurrence

Surgical History

Procedure	Date	Surgeon	Hospital/Facility	Notes
Appendectomy	05/1990	Dr. James Wilson	Springfield Memorial	Uncomplicated
Arthroscopic knee surgery	07/2006	Dr. Laura Johnson	Springfield Ortho Center	Right knee meniscus repair
Basal cell carcinoma excision	09/2019	Dr. Peter Davis	Springfield Dermatology	Left shoulder, clear margins
Colonoscopy	06/2023	Dr. Maria Gonzalez	Springfield GI Center	Screening, 2 benign polyps removed

FAMILY HISTORY

Relation	Age	Health Status/Cause of Death	Medical Conditions
Father	72	Living	Hypertension, Coronary artery disease, Type 2 diabetes
Mother	68	Living	Breast cancer (age 60, in remission), Osteoporosis
Brother	49	Living	Hypertension

Relation	Age	Health Status/Cause of Death	Medical Conditions
Sister	43	Living	Migraines, Anxiety
Paternal Grandfather	75	Deceased	Myocardial infarction
Paternal Grandmother	82	Deceased	Stroke
Maternal Grandfather	79	Deceased	Lung cancer (smoker)
Maternal Grandmother	88	Deceased	Alzheimer's disease

Hereditary Conditions of Note:

- Cardiovascular disease
- Type 2 diabetes
- Breast cancer (maternal side)
- Alzheimer's disease (maternal side)

SOCIAL HISTORY

Substance Use

- **Tobacco:** Former smoker, 1 pack/day for 15 years (1995-2010), quit 01/2010
- **Alcohol:** Social drinker, approx. 3-4 drinks per week
- **Recreational drugs:** Denies use
- **Caffeine:** 2-3 cups of coffee daily

Occupational History

- **Current occupation:** Accounting Manager at Springfield Financial Group
- **Previous occupations:** Accountant (2000-2015), Bookkeeper (1998-2000)
- **Exposures:** Prolonged sitting, computer use
- **Disability status:** None

Exercise and Diet

- **Exercise:** Walks 30 minutes, 3-4 times weekly; light weightlifting twice weekly
- **Diet:** Follows diabetic diet with moderate carbohydrate restriction

- **Sleep:** 6-7 hours nightly, uses CPAP machine

Living Situation

- **Housing:** Single-family home, owns
- **Household members:** Lives with wife and adult son
- **Pets:** One dog
- **Stairs/accessibility:** Two-story home with bedroom on first floor
- **Support system:** Wife, two adult children nearby, active in community church

Psychosocial History

- **Education level:** Bachelor's degree in Accounting
 - **Marital status:** Married, 25 years
 - **Children:** Son (24), Daughter (22)
 - **Recent life changes/stressors:** None reported
 - **Mental health history:** Brief period of situational depression following father's heart attack in 2021, resolved with short-term counseling
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REVIEW OF SYSTEMS (Latest: 02/15/2025)

General

- Weight stable, no unexplained fatigue, occasional night sweats

Cardiovascular

- No chest pain, occasional palpitations with caffeine, no edema

Respiratory

- No shortness of breath, occasional dry cough in mornings

Gastrointestinal

- Occasional heartburn after large meals, normal bowel habits, no blood in stool

Genitourinary

- Mild nocturia (1-2 times nightly), no dysuria or hematuria

Musculoskeletal

- Intermittent lower back pain, mild right knee pain with extended activity

Neurological

- No headaches, dizziness, or paresthesias

Psychiatric

- No depression or anxiety, normal sleep with CPAP

Endocrine

- Reports improved energy since starting thyroid medication, no excessive thirst or hunger

Skin

- No new lesions, annual skin checks with dermatologist

Eyes

- Wears reading glasses, last eye exam 11/2024, mild cataracts noted

ENT

- Seasonal allergies, no hearing difficulties

PHYSICAL EXAMINATION (Latest: 02/15/2025)

Vital Signs

- **BP:** 132/84 mmHg
- **HR:** 72 bpm, regular
- **RR:** 16/min
- **Temp:** 98.2°F
- **SpO2:** 97% on room air
- **Weight:** 198 lbs
- **Height:** 5'10"
- **BMI:** 28.4

General Appearance

- Well-appearing middle-aged male in no acute distress

HEENT

- **Head:** Normocephalic, atraumatic
- **Eyes:** PERRLA, EOMI, no AV nicking, mild cataracts bilaterally
- **Ears:** TMs intact bilaterally, EACs clear
- **Nose:** Patent nares, no discharge
- **Throat:** Oropharynx clear, no erythema, tonsils 1+/4

Neck

- Supple, no lymphadenopathy, thyroid not enlarged

Cardiovascular

- Regular rate and rhythm, normal S1/S2, no murmurs, rubs, or gallops
- No carotid bruits
- No JVD or peripheral edema

Respiratory

- Clear to auscultation bilaterally, no wheezes, rales, or rhonchi
- Normal respiratory effort

Abdominal

- Soft, non-tender, non-distended
- Bowel sounds present
- No hepatosplenomegaly
- Surgical scar RLQ from appendectomy, well-healed

Musculoskeletal

- Normal gait
- Full ROM in all joints
- Mild tenderness to palpation in lumbar spine
- Right knee with mild crepitus, no effusion

Neurological

- Alert and oriented x3
- CN II-XII intact
- Motor strength 5/5 throughout
- DTRs 2+ and symmetric
- Sensation intact to light touch
- Negative Romberg

Skin

- Well-healed surgical scar on left shoulder (BCC excision)
- No rashes, lesions, or areas of concern
- Normal turgor

Psychiatric

- Appropriate affect and demeanor

- Normal speech and thought processes

LABORATORY DATA

Recent Laboratory Results (02/15/2025)

Complete Blood Count

- WBC: 7.2 (4.5-11.0 K/uL)
- RBC: 4.8 (4.2-5.8 M/uL)
- Hgb: 14.2 (13.5-17.5 g/dL)
- Hct: 42 (41-50%)
- Platelets: 245 (150-450 K/uL)

Comprehensive Metabolic Panel

- Sodium: 139 (135-145 mmol/L)
- Potassium: 4.1 (3.5-5.0 mmol/L)
- Chloride: 101 (98-107 mmol/L)
- CO2: 24 (22-29 mmol/L)
- BUN: 18 (7-20 mg/dL)
- Creatinine: 1.0 (0.6-1.2 mg/dL)
- Glucose (fasting): 126 (70-99 mg/dL)
- Calcium: 9.4 (8.5-10.2 mg/dL)
- AST: 28 (10-40 U/L)
- ALT: 32 (7-56 U/L)
- Alk Phos: 75 (44-147 U/L)
- Total Protein: 7.2 (6.0-8.3 g/dL)
- Albumin: 4.3 (3.5-5.0 g/dL)
- Total Bilirubin: 0.8 (0.1-1.2 mg/dL)

Lipid Panel

- Total Cholesterol: 185 (<200 mg/dL)
- Triglycerides: 150 (<150 mg/dL)
- HDL: 45 (>40 mg/dL)
- LDL (calculated): 110 (<100 mg/dL)

Diabetes Management

- HbA1c: 7.1% (<7.0%)
- eAG: 154 mg/dL

Thyroid Function

- TSH: 3.2 (0.5-4.5 mIU/L)
- Free T4: 1.1 (0.8-1.8 ng/dL)

Urinalysis

- Color: Yellow, clear
- Specific gravity: 1.015
- pH: 6.0
- Glucose: Negative
- Protein: Negative
- Ketones: Negative
- Blood: Negative
- Nitrites: Negative
- Leukocyte esterase: Negative
- WBC: 0-2/hpf
- RBC: 0-2/hpf
- Epithelial cells: Few
- Bacteria: None
- Casts: None

Laboratory Trend Data

HbA1c Trend

- 02/15/2025: 7.1%
- 11/10/2024: 7.3%
- 08/03/2024: 7.8%
- 05/15/2024: 8.2%
- 02/10/2024: 8.5%

Lipid Panel Trend (Total Cholesterol/LDL/HDL/Triglycerides)

- 02/15/2025: 185/110/45/150
- 08/10/2024: 190/115/43/160

- 02/15/2024: 205/128/42/175
- 08/10/2023: 220/135/40/225
- 02/12/2023: 240/152/38/250

DIAGNOSTIC IMAGING AND PROCEDURES

Study	Date	Ordering Provider	Facility	Results
Chest X-ray	02/15/2025	Dr. Elizabeth Chen	Springfield Imaging	Normal cardiac silhouette, clear lung fields, no active disease
DEXA Scan	01/20/2025	Dr. Elizabeth Chen	Springfield Imaging	L-spine T-score: -0.5, Femoral neck T-score: -0.8, Normal bone density
Echocardiogram	06/12/2024	Dr. Nathan Lee (Cardiology)	Springfield Heart Center	EF 55%, No wall motion abnormalities, Mild LVH, No significant valvular disease
Sleep Study	03/05/2021	Dr. Rachel Wong (Pulmonology)	Springfield Sleep Center	AHI 22, Moderate OSA, CPAP recommended at 10 cmH2O
Colonoscopy	06/20/2023	Dr. Maria Gonzalez (GI)	Springfield GI Center	Two 5mm polyps removed from sigmoid colon, benign tubular adenomas, Recommendation: repeat in 5 years
CT Abdomen	11/15/2015	Dr. James Peterson (ED)	Springfield Memorial Hospital	5mm right renal calculus, otherwise normal
Abdominal Ultrasound	02/15/2024	Dr. Elizabeth Chen	Springfield Imaging	Mild hepatic steatosis, no masses, normal gallbladder, kidneys, pancreas, and spleen
Carotid Doppler	06/12/2024	Dr. Nathan Lee (Cardiology)	Springfield Heart Center	<30% bilateral stenosis, No hemodynamically significant disease

PROBLEM LIST

Problem	Date Identified	Status	Plan	Last Updated
Essential Hypertension (I10)	06/2022	Active, Controlled	Lisinopril 10mg daily, diet modification, regular exercise, BP checks twice weekly	02/15/2025
Type 2 Diabetes (E11.9)	08/2023	Active, Improving	Metformin 500mg BID, diabetic diet, daily glucose monitoring, quarterly HbA1c	02/15/2025
Hyperlipidemia (E78.5)	09/2018	Active, Controlled	Atorvastatin 20mg daily, diet modification, regular exercise	02/15/2025
Obstructive Sleep Apnea (G47.33)	03/2021	Active, Controlled	CPAP therapy, weight management, annual follow-up	03/10/2024
Hypothyroidism (E03.9)	12/2023	Active, Controlled	Levothyroxine 75mcg daily, annual TSH monitoring	02/15/2025
Vitamin D Deficiency (E55.9)	02/2024	Active, Treating	Vitamin D3 2000 IU daily, recheck in 6 months	02/15/2025
Chronic Low Back Pain (M54.5)	05/2023	Active, Intermittent	Physical therapy completed 08/2023, home exercise program, as-needed acetaminophen	02/15/2025
History of Basal Cell Carcinoma (Z85.828)	09/2019	Resolved	Annual skin checks with dermatology, sun protection counseling	09/15/2024
Mild Bilateral Cataracts (H25.9)	11/2024	Active, Non-surgical	Annual monitoring with ophthalmology	11/20/2024
Seasonal Allergic Rhinitis (J30.2)	05/2020	Active, Seasonal	OTC antihistamines as needed	02/15/2025

SPECIALIST CARE

Specialty	Provider	Practice	Last Visit	Next Appt	Reason for Care
Cardiology	Dr. Nathan Lee	Springfield Heart Center	06/12/2024	06/2025	Hypertension, cardiovascular risk assessment
Endocrinology	Dr. Susan Taylor	Springfield Diabetes Center	11/15/2024	05/15/2025	Diabetes management, hypothyroidism

Specialty	Provider	Practice	Last Visit	Next Appt	Reason for Care
Ophthalmology	Dr. Robert Kim	Springfield Eye Associates	11/20/2024	11/2025	Annual exam, cataract monitoring
Dermatology	Dr. Peter Davis	Springfield Dermatology	09/15/2024	09/2025	Annual skin check, history of BCC
Sleep Medicine	Dr. Rachel Wong	Springfield Pulmonary & Sleep	03/10/2024	03/2025	OSA management, CPAP compliance
Gastroenterology	Dr. Maria Gonzalez	Springfield GI Center	06/20/2023	06/2028	Screening colonoscopy, follow-up in 5 years

CARE PLAN

Current Treatment Plan

Hypertension Management

- Continue Lisinopril 10mg daily
- Home BP monitoring twice weekly, target <130/80
- Dietary sodium restriction (<2300mg/day)
- Regular exercise program
- Follow-up with cardiology annually

Diabetes Management

- Continue Metformin 500mg twice daily
- Daily blood glucose monitoring, fasting and 2hr post-dinner
- Target fasting glucose 80-130mg/dL
- Target HbA1c <7.0%
- Diabetic diet (carbohydrate counting)
- Foot exam at each PCP visit
- Annual eye exam

Hyperlipidemia Management

- Continue Atorvastatin 20mg daily
- Mediterranean diet encouraged
- Target LDL <100mg/dL

- Lipid panel every 6 months

Sleep Apnea Management

- Continue CPAP therapy nightly, 10 cmH2O
- Annual follow-up with sleep medicine
- Weight management goal

Hypothyroidism Management

- Continue Levothyroxine 75mcg daily
- Take on empty stomach, 30-60 minutes before breakfast
- Annual TSH monitoring

Preventive Care

- Annual influenza vaccination
- Annual physical examination
- Annual skin check with dermatology
- Colonoscopy follow-up in 2028
- Annual eye examination
- Pneumococcal vaccination as recommended
- COVID-19 vaccination as recommended
- Monitor bone density every 2-3 years

Health Maintenance Schedule

Preventive Service	Last Completed	Next Due	Frequency	Notes
Annual Physical	02/15/2025	02/2026	Annual	
Lipid Panel	02/15/2025	08/2025	Every 6 months	
HbA1c	02/15/2025	05/2025	Every 3 months	Until target achieved
Comprehensive Eye Exam	11/20/2024	11/2025	Annual	Due to diabetes and cataracts
Colonoscopy	06/20/2023	06/2028	Every 5 years	Due to finding of adenomatous polyps
Dermatology Skin Check	09/15/2024	09/2025	Annual	History of skin cancer
Dental Examination	12/10/2024	06/2025	Every 6 months	

Preventive Service	Last Completed	Next Due	Frequency	Notes
Influenza Vaccine	10/05/2024	10/2025	Annual	
Tdap Vaccine	03/15/2022	03/2032	Every 10 years	
Pneumococcal Vaccine	05/12/2023	Complete	As recommended	PPSV23 complete
Shingrix Vaccine	07/15/2024	Complete	Series of 2	Series complete
DEXA Scan	01/20/2025	01/2027	Every 2 years	Monitoring for osteopenia
Echocardiogram	06/12/2024	06/2026	Every 2 years	Monitoring for LVH
Sleep Study Reassessment	03/10/2024	03/2026	Every 2 years	Monitoring CPAP effectiveness
AAA Screening	05/15/2023	Complete	Once	Negative

VISIT NOTES

Visit: 02/15/2025 - Primary Care Follow-up

Provider: Dr. Elizabeth Chen, MD **Chief Complaint:** Routine follow-up for chronic conditions

Subjective: Patient reports overall feeling well. Home BP readings averaging 130-135/80-85. Reports good adherence to medication regimen. Fasting glucose readings range 110-140 mg/dL. Notes occasional lower back discomfort after prolonged sitting at work. Denies chest pain, shortness of breath, or new symptoms. Reports CPAP use 6-7 nights weekly with improved sleep quality.

Objective: Vital signs as noted in physical examination section. Physical exam unremarkable except for mild lumbar tenderness. Labs indicate HbA1c improved from 7.3% to 7.1%. Chest X-ray normal.

Assessment:

1. Essential Hypertension - Fairly well controlled on current regimen
2. Type 2 Diabetes Mellitus - Improving control with current therapy
3. Hyperlipidemia - Well controlled on statin therapy
4. Hypothyroidism - Stable on current dose
5. Obstructive Sleep Apnea - Well controlled with CPAP
6. Chronic Low Back Pain - Stable, intermittent symptoms

Plan:

1. Continue all current medications without changes

2. Encouraged continued dietary modifications and regular exercise
3. Provided referral for physical therapy reassessment for back pain
4. HbA1c recheck in 3 months
5. Lipid panel in 6 months
6. Reviewed sick-day management plan for diabetes
7. Return visit in 3 months

Visit: 11/10/2024 - Primary Care Follow-up

Provider: Dr. Elizabeth Chen, MD **Chief Complaint:** Routine follow-up for chronic conditions

Subjective: Patient reports adherence to medication regimen but notes occasional missed doses of evening metformin due to late dinners. Home glucose readings averaging 130-160 mg/dL. Reports increased stress at work affecting sleep quality despite CPAP use.

Objective: Vital signs: BP 138/88, HR 75, RR 16, Temp 98.6°F, Weight 201 lbs (up 3 lbs from previous) Physical exam unremarkable. HbA1c 7.3% (down from 7.8%)

Assessment:

1. Essential Hypertension - Slightly elevated, likely due to recent stress
2. Type 2 Diabetes Mellitus - Improving but not at goal
3. Hyperlipidemia - Stable on current therapy
4. Hypothyroidism - Stable on current dose
5. Obstructive Sleep Apnea - Using CPAP but reporting suboptimal sleep

Plan:

1. Continue current medication regimen
2. Discussed stress management techniques
3. Reinforced importance of medication adherence
4. Recommended morning and evening walks
5. HbA1c recheck in 3 months
6. Return visit in 3 months

Visit: 08/03/2024 - Primary Care Follow-up

Provider: Dr. Elizabeth Chen, MD **Chief Complaint:** Routine follow-up for diabetes management

Subjective: Patient reports starting a walking routine 3 times weekly. Home glucose readings improved, averaging 120-150 mg/dL. Reports good medication adherence.

Objective: Vital signs: BP 132/84, HR 72, RR 16, Temp 98.4°F, Weight 200 lbs (down 2 lbs) Physical exam unremarkable. HbA1c 7.8% (down from 8.2%) Lipid panel: TC 190, LDL 115, HDL 43, TG 160

Assessment:

1. Essential Hypertension - Well controlled
2. Type 2 Diabetes Mellitus - Improving with lifestyle modifications
3. Hyperlipidemia - Improving with statin therapy
4. Hypothyroidism - Stable on current dose
5. Obstructive Sleep Apnea - Well controlled with CPAP

Plan:

1. Continue current medication regimen
2. Praised progress with exercise routine
3. Recommended further dietary adjustments
4. HbA1c recheck in 3 months
5. Return visit in 3 months

CONTINUITY OF CARE DOCUMENT

Summary for Referrals/Transitions

Patient: John Robert Smith

DOB: 05/12/1978

MRN: MRN-23456789

Primary Provider: Dr. Elizabeth Chen, MD

Contact: 217-555-6789

Active Problems:

1. Essential Hypertension (I10)
2. Type 2 Diabetes Mellitus (E11.9)
3. Hyperlipidemia (E78.5)
4. Obstructive Sleep Apnea (G47.33)
5. Hypothyroidism (E03.9)
6. Vitamin D Deficiency (E55.9)
7. Chronic Low Back Pain (M54.5)
8. Mild Bilateral Cataracts (H25.9)

9. Seasonal Allergic Rhinitis (J30.2)

Current Medications:

1. Lisinopril 10mg PO daily
2. Atorvastatin 20mg PO daily at bedtime
3. Metformin 500mg PO BID with meals
4. Levothyroxine 75mcg PO daily in morning
5. Vitamin D3 2000 IU PO daily

Allergies:

1. Penicillin - Moderate (rash, hives)
2. Shellfish - Severe (anaphylaxis)
3. Latex - Mild (contact dermatitis)
4. Ibuprofen - Mild (GI upset, nausea)

Recent Vital Signs (02/15/2025): BP 132/84, HR 72, RR 16, Temp 98.2°F, Weight 198 lbs, Height 5'10"

Recent Labs (02/15/2025): HbA1c: 7.1% Lipids: TC 185, LDL 110, HDL