

## PATIENT INFORMATION

- **Medical Record Number:** MRN-IND000005
- **Date Created:** 12/01/2024
- **Last Updated:** 04/01/2025
- **Full Name:** Ramesh Iyer
- **Date of Birth:** 01/15/1960
- **Age:** 65
- **Sex:** Male
- **Address:** 4, Nungambakkam High Road, Chennai, Tamil Nadu 600034
- **Phone:** (Cell) 95XXXXXX41
- **Email:** r.iyer60@email.com
- **Preferred Contact Method:** Email
- **Preferred Language:** Tamil, English
- **Emergency Contact:** Geetha Iyer (Wife), 95XXXXXX42
- **Insurance:** New India Assurance Senior Citizen Mediclaim
- **Primary Care Provider:** Dr. Shankar Narayan, MD, Apollo Hospital Chennai

## ALLERGIES AND ADVERSE REACTIONS

- Codeine: Nausea, Vomiting, Mild (Identified 2015)
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## MEDICATIONS

- Telmisartan/Hydrochlorothiazide: 40/12.5 mg Once daily (Started 2018, Dr. Narayan, Hypertension)
- Metformin XR: 1000 mg Once daily (Started 2010, Dr. Narayan, Type 2 Diabetes)
- Gliclazide MR: 60 mg Once daily (Started 2021, Dr. Narayan, Type 2 Diabetes)
- Rosuvastatin: 10 mg Once daily (Started 2018, Dr. Narayan, Hyperlipidemia)
- Allopurinol: 100 mg Once daily (Started 2023, Dr. Narayan, Gout)

## IMMUNIZATION RECORD

- Influenza: 10/2024
- Tdap: 2016
- COVID-19 (Booster): 12/2024
- Pneumococcal (PPSV23): 01/2020
- Shingrix: Completed series 2023

## MEDICAL HISTORY

- **Chronic Conditions:** Type 2 Diabetes Mellitus (Diagnosed 2010), Hypertension (Diagnosed 2008), Hyperlipidemia (Diagnosed 2018), Gout (Diagnosed 2023)
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- **Past Medical History:** Kidney Stone (Calcium oxalate) (2015), Occasional Gout Flares (last one 08/2024).
- **Surgical History:** Cataract Surgery (Right eye 2022, Left eye 2023)

## FAMILY HISTORY

- Father: Deceased at 80 (Complications of Diabetes)
- Mother: Deceased at 78 (Natural Causes)
- Brother: 62, Living (Hypertension)
- Sister: 60, Living (Healthy)

## SOCIAL HISTORY

- **Substance Use:** Never smoker. Occasional alcohol (1-2 drinks/month). Drinks filter coffee 2 times daily.
- **Occupation:** Retired Bank Manager
- **Exercise:** Morning walks 30-40 mins daily, Yoga twice weekly.
- **Diet:** Vegetarian, South Indian diet. Tries to limit sweets and fried food. Aware of purine-rich foods.
- **Living Situation:** Lives with wife.

## REVIEW OF SYSTEMS (Latest: 03/15/2025)

- Reports generally stable health. Blood sugars reasonably controlled, checks fasting glucose weekly (range 110-140 mg/dL). No recent gout flares. Denies chest pain, SOB. Vision good post-cataract surgery.

## PHYSICAL EXAMINATION (Latest: 03/15/2025)

- **Vital Signs:** BP 138/84 mmHg, HR 72 bpm, RR 16/min, Temp 98.2°F, Wt 72 kg, Ht 170 cm, BMI 24.9
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- **General:** Alert, comfortable.
- **Exam:** Eyes: Clear lens implants bilat. Heart, Lungs normal. Abdomen soft. Feet: Sensation intact to monofilament, DP pulses 2+. No tophi noted.

## LABORATORY DATA (Latest: 03/15/2025)

- CBC: WNL
- CMP: Creatinine 1.1 mg/dL, eGFR 65 mL/min/1.73m<sup>2</sup>, Uric Acid 6.5 mg/dL
- HbA1c: 7.2%
- Lipid Panel: TC 170, LDL 95, HDL 45, TG 150
- Urinalysis: Microalbuminuria - Trace

## DIAGNOSTIC IMAGING AND PROCEDURES

- Renal Ultrasound (2015 - during kidney stone): Mild hydronephrosis, resolved post-stone.



- ECG (03/15/2025): Normal Sinus Rhythm, No acute changes.

#### PROBLEM LIST

1. Type 2 Diabetes Mellitus (E11.9) with mild nephropathy - Active, Suboptimally Controlled (HbA1c goal <7%)
2. Hypertension (I10) - Active, Controlled
3. Hyperlipidemia (E78.5) - Active, Controlled
4. Gout (M10.9) - Active, Controlled on medication
5. History of Nephrolithiasis (N20.0) - Resolved