

Patient Name: John Doe

Age: 45

Gender: Male

Date: 2025-07-30

Chief Complaint:

Patient reports persistent headaches and elevated blood pressure.

Vital Signs:

Blood Pressure: 150/95 mmHg

Heart Rate: 88 bpm

Temperature: 98.6 F

Lab Results:

Cholesterol: 250 mg/dL (High)

Blood Sugar: 110 mg/dL (Normal)

Diagnosis:

- Hypertension

Recommendation:

- Begin antihypertensive medication
- Follow a low-sodium diet
- Exercise regularly

Physician: Dr. Smith