

# Medical Report

Patient Name:	John D. Carter
Age:	54
Gender:	Male
Date of Examination:	2025-08-05

## Vitals:

Height:	178 cm
Weight:	91 kg
BMI:	28.7 (Overweight)
Blood Pressure:	148/92 mmHg (Hypertension Stage 1)
Heart Rate:	84 bpm

## Lab Test Results:

Fasting Blood Glucose:	142 mg/dL (High – possible diabetes)
HbA1c:	6.8% (Pre-diabetic range)
Total Cholesterol:	240 mg/dL (High)
LDL Cholesterol:	165 mg/dL (High)
HDL Cholesterol:	39 mg/dL (Low)
Triglycerides:	210 mg/dL (High)
Creatinine:	1.1 mg/dL (Normal)
Liver Function (ALT/AST):	Mildly elevated

## ECG Findings:

Mild left ventricular hypertrophy (LVH). No arrhythmia detected.

## Doctor's Notes:

- Family history of Type 2 Diabetes and heart disease.
- Sedentary lifestyle with minimal exercise.
- Diet high in processed foods and saturated fats.
- Patient reports mild fatigue and occasional headaches.

## Recommendations:

- Reduce sugar and refined carbs.
- Increase intake of vegetables and lean protein.
- Begin light exercise (walking 30 mins/day).

- Schedule follow-up in 3 months for re-evaluation.