

Medical Report - Hypertension Management

Comprehensive health assessment and monitoring

Patient Information

Name:	Robert Mitchell	Height:	5'10"
Age:	65 years	Weight:	195 lbs
Gender:	Male	BMI:	28.0 (Overweight)
Patient ID:	PT-2024-5678		
Blood Type:	A+		
Allergies:	Sulfa drugs		
Current Medications:	Lisinopril 10mg (daily), Atorvastatin 20mg (daily), Aspirin 81mg (daily)		
Chronic Conditions:	Hypertension, Hyperlipidemia		

Risk Assessment High Risk


Risk Factors:

- Uncontrolled hypertension (BP 158/98 mmHg)
- Age over 65 years
- Overweight (BMI 28.0)
- Sedentary lifestyle
- Family history of cardiovascular disease


Recommendations:

- Increase Lisinopril dosage to 20mg or add second antihypertensive
- Daily blood pressure monitoring at home
- Reduce sodium intake to less than 1,500mg per day
- Increase physical activity to 30 minutes, 5 days per week
- Follow-up appointment in 2 weeks to reassess medication effectiveness
- Consider referral to cardiologist if BP remains uncontrolled


Symptoms & Alerts

-  **Elevated Blood Pressure**

Oct 23, 2025

Blood pressure reading of 158/98 mmHg. Significantly above target range despite current medication. Medication adjustment recommended.
-  **Mild Headaches**

Oct 22, 2025

Patient reports occasional frontal headaches, particularly in the morning. May be related to elevated blood pressure.
-  **Slight Dizziness**

Oct 20, 2025

Reported occasional dizziness when standing up quickly. Orthostatic hypotension should be monitored.

Patient Questionnaire Responses

Completed: Oct 25, 2025

- Are you taking your blood pressure medications as prescribed?

Yes, I take them every morning with breakfast.

high
- How many times per week do you check your blood pressure at home?

3-4 times per week, usually in the morning.

high
- Rate your overall stress level on a scale of 1-10:

6 - Moderate stress from work and family responsibilities.

medium
- How many days per week do you exercise?

2-3 days, mostly walking for 20-30 minutes.

medium
- Have you experienced any chest pain or shortness of breath?

No chest pain. Mild shortness of breath when climbing stairs.

high
- How would you describe your diet?

Trying to reduce salt intake. Eating more vegetables, but still enjoy red meat 2-3 times per week.

medium