

Header

Eleanor Beaumont Medical Report
Grandview Health Center
123 Wellness Ave
Meadowgrove, MG 10234

Date: October 15, 2023

Attending Physician: Dr. Leonard Phillips

Patient Information

Patient Name: Eleanor Beaumont
Date of Birth: January 14, 1985
Medical Record Number: MRN645873

This section provides the patient's personal and contact information. Eleanor Beaumont, born on January 14, 1985, is a returning patient at Grandview Health Center, with Medical Record Number MRN645873. Current health data and history are recorded within our secure medical files.

Diagnostics and Primary Diagnosis

Primary Diagnosis: Type II Diabetes Mellitus

During the visit on October 15, 2023, Ms. Eleanor Beaumont presented concerns related to persistent high blood sugar levels. Comprehensive diagnostic tests, including a fasting glucose

test and HbA1c evaluation, confirmed the presence of Type II Diabetes Mellitus. MS. Beaumont's medical history and current health status revealed indicators aligning with this diagnosis, enabling us to prepare a thorough management plan.

Treatment Plan

Our primary approach for managing Eleanor Beaumont's Type II Diabetes Mellitus revolves around lifestyle modifications, dietary adjustments, and medical intervention as necessary.

Lifestyle Modifications:

- Encourage regular physical activity, aiming for at least 150 minutes of moderate aerobic exercise weekly.
- Implementation of stress management techniques such as yoga and meditation.

Dietary Adjustments:

- Initiate a low carbohydrate, high fiber diet to stabilize blood glucose levels.
- Gradual reduction of processed sugars and an increase in whole grains, vegetables, and lean proteins.

Medical Interventions:

- Initiate metformin therapy, starting with a standard dose, ensuring close monitoring to adjust as necessary.

Prescriptions and Medication

Prescriptions for Eleanor Beaumont include Metformin, which should be administered as one tablet twice daily with meals. This medication is imperative for managing insulin resistance and aiding glucose regulation. Due to Eleanor's known allergies, alternative antibiotics must be

considered to replace Penicillin in case of acute infection treatment needs.

Follow-up Recommendations

Regular follow-up appointments are essential for monitoring Eleanor's response to the treatment regimen. A follow-up appointment is scheduled for November 20, 2023, wherein fasting blood glucose levels will be re-evaluated. Additional consultations may be necessary to assess nutritional status and any potential adjustments to her medication plan. Continuous education on diabetes management will be provided during these sessions.

Footer

References:

1. American Diabetes Association, "Standards of Medical Care in Diabetes-2023."
2. Health Link, "Managing Type II Diabetes: A Comprehensive Guide."

For more information and resources, visit our website at www.grandviewhealthcenter.org or contact our office at (888) 555-0101.