

Patient Name: John Anderson **DOB:** 08/22/1975 **Date of Visit:** October 26, 2023

Provider: Dr. Sarah Jenkins, MD

Chief Complaint: Routine 6-month follow-up for Type 2 Diabetes Mellitus.

Vitals:

- Blood Pressure: 138/88 mmHg
- Heart Rate: 76 bpm
- Weight: 210 lbs

Recent Laboratory Results (Drawn Oct 24, 2023):

- HbA1c: 7.8% (Target < 7.0%)
- Fasting Blood Glucose: 154 mg/dL
- Lipid Panel: LDL 115 mg/dL, HDL 42 mg/dL, Triglycerides 180 mg/dL

Clinical Observations: Patient reports adherence to current medication regimen but admits to struggling with recent dietary changes due to a stressful work schedule. He notes occasional mild tingling in his fingertips but denies any changes in vision, chest pain, or shortness of breath. Foot exam reveals normal sensation and intact pulses bilaterally.

Current Medications:

- Metformin 1000mg, twice daily

Plan:

1. Increase physical activity to 30 minutes, 4 times a week.
2. Schedule a consultation with a registered dietitian.
3. Follow up in 3 months with a repeat HbA1c.