

Medical Reports of Patients

Patient Information:

Name: Emily Johnson

Date of Birth: 01/15/1989

Patient ID: 987654321

Date of Report: 03/10/2024

Referring Physician: Dr. Alan Green, MD

Cardiology

Introduction:

This medical report is prepared for Emily Johnson, following her consultation and comprehensive evaluation in our cardiology department on 03/08/2024. The purpose of this report is to document Ms. Johnson's current cardiac health status and outline the management plan recommended based on our findings.

Medical History:

Ms. Johnson has a history of hypertension, diagnosed three years ago, which she has been managing with medication. She has no known drug allergies. Family history reveals her father had coronary artery disease. She is a non-smoker and maintains a generally active lifestyle.

Presenting Complaints:

Ms. Johnson presented with intermittent chest pain, primarily on exertion, and occasional episodes of palpitations over the last two months. She also reported shortness of breath during her regular jogging sessions, which was previously well-tolerated.

Diagnostic Tests Conducted:

1. Electrocardiogram (ECG): Showed slight ST-segment depressions in leads II, III, and aVF.
2. Echocardiogram: Revealed a normal left ventricular ejection fraction with no significant valvular abnormalities.
3. Treadmill Stress Test: Demonstrated decreased exercise tolerance with reproducible chest discomfort and corresponding ECG changes.
4. Coronary Angiography: Indicated moderate stenosis in the proximal left anterior descending (LAD) artery.

Diagnosis:

The findings suggest a diagnosis of stable angina pectoris, likely secondary to coronary artery disease affecting the LAD artery.

Treatment Plan:

1. Medication Adjustment: Introduction of a beta-blocker to manage angina symptoms and continue antihypertensive medication.
2. Lifestyle Modifications: Advise on a low-cholesterol diet, continued physical activity within comfort limits, and stress management techniques.
3. Follow-Up: Scheduled for a review in 6 weeks to evaluate symptom control and medication tolerance. Further evaluation with repeat stress testing planned in 3 months.
4. Cardiac Rehabilitation: Recommended enrollment in a cardiac rehabilitation program to facilitate safe exercise training and education on heart-healthy living.

Recommendations:

Given Ms. Johnson's diagnosis and current symptoms, it is crucial to closely monitor her cardiac status and adjust the treatment plan as necessary. Adherence to medications, lifestyle changes, and regular follow-up appointments are essential components of managing her condition and preventing potential complications.

Conclusion:

Ms. Johnson's case of stable angina requires careful management to improve her

quality of life and prevent the progression of coronary artery disease. The outlined treatment and follow-up plan aim to achieve optimal control of her symptoms and address the underlying risk factors for coronary artery disease.

Physician's Signature:

Dr. Alan Green, MD