

## **Patient Note 4**

**Patient Name:** Linda Carter

**Age:** 68

**Gender:** Female

### **Current Problem List:**

- Type 2 Diabetes (20 years, with retinopathy)
- Hypertension (15 years)
- Osteoporosis

### **Past Medical History:**

- Type 2 Diabetes
- Hypertension
- Cataract surgery (1 year ago)
- Osteoporosis with vertebral fracture (3 years ago)

### **Allergy:**

- None

### **Family History:**

- Father: Diabetes, Hypertension
- Mother: Osteoporosis

### **Social History:**

- Non-smoker
- Alcohol: Rarely drinks
- Diet: Balanced with adequate calcium intake

**History of Present Illness:** Complains of blurred vision and difficulty reading fine print. Recent eye exam confirms worsening retinopathy. Denies headaches or other visual disturbances. Admits to inconsistent calcium and vitamin D supplementation.

### **Physical Examination:**

- Vital Signs: BP 134/82 mmHg, HR 80 bpm, BMI 27 kg/m<sup>2</sup>
- HEENT: Mild cataract residual changes
- Cardiovascular: Normal S1, S2; no murmurs
- Musculoskeletal: Mild tenderness in thoracic spine
- Neurological: Intact reflexes

**Assessment:**

1. Type 2 Diabetes with worsening retinopathy
2. Hypertension, well controlled
3. Osteoporosis with poor adherence to supplementation

**Diagnosis:**

- Diabetic retinopathy, worsening
- Osteoporosis
- Hypertension (controlled)

**Plan:**

- Continue Insulin Glargine 20 units QHS
- Increase Calcium and Vitamin D supplementation
- Refer to ophthalmologist for laser therapy
- Start Bisphosphonate: Alendronate 70 mg weekly
- Monitor A1c in 3 months

**Follow-Up:** Return in 4 weeks for ophthalmology referral update and osteoporosis management.

**Medications:**

- Insulin Glargine 20 units QHS
- Calcium 1200 mg daily
- Vitamin D 2000 IU daily
- Alendronate 70 mg weekly
- Lisinopril 20 mg daily

**Recurring Questions for Monitoring:**

1. Have you noticed any changes in your vision?
2. Are you taking your calcium and vitamin D supplements?
3. Have you missed any insulin doses?
4. Any new or worsening back pain?
5. Are you experiencing any side effects from medications?