

Patient Name: Mary Johnson

Date of visit: September 23, 2018

Medical Record Number: 987-654-321

Examination and Diagnosis:

- Diagnosed with type 2 diabetes mellitus and hypertension
- Presented with increased thirst, frequent urination, and elevated blood pressure readings

Treatment:

- Started on a combination of metformin and glipizide for blood sugar management
- Prescribed an angiotensin-converting enzyme (ACE) inhibitor for hypertension
- Advised on lifestyle modifications including a balanced diet, regular exercise, and home blood glucose monitoring

Progress Notes:

- Blood glucose levels improved with medication and dietary changes
- Hypertension under control with medication regimen
- Reports feeling more energetic and reduction in symptoms

Plan:

- Continue current medication regimen and reinforce treatment plan adherence
- Schedule regular follow-up appointments for monitoring
- Provide education on diabetes management and encourage a healthy lifestyle

Attending Physician: Dr. Michael Davis, MBBS.