

**Doctor's Note:**

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**Patient Information:** Name: John Doe

Date of Birth: 02/14/1985

Gender: Male

Patient ID: 123456

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**Visit Information:** Date of Visit: 05/31/2024

Time of Visit: 10:15 AM

Visit Type: Follow-up

Primary Care Physician: Dr. Jane Smith

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**Reason for Visit:** Patient is experiencing persistent headaches and dizziness. The symptoms have been ongoing for the past two weeks.

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**Medical History:**

- Hypertension
  - Type 2 Diabetes
  - Asthma
  - Previous surgeries: Appendectomy (2010)
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**Medications:**

- Metformin 500mg, twice daily
  - Lisinopril 10mg, once daily
  - Albuterol inhaler, as needed
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**Allergies:**

- Penicillin
  - Peanuts
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### Examination Findings:

- Blood Pressure: 145/90 mmHg
  - Heart Rate: 82 bpm
  - Respiratory Rate: 16 breaths per minute
  - Temperature: 98.6°F
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### Physical Examination:

- General: Well-nourished, well-developed male in no acute distress.
  - Head: Normocephalic, atraumatic.
  - Eyes: PERRLA, EOMI.
  - Ears: Tympanic membranes clear.
  - Nose: No discharge.
  - Throat: No erythema or exudates.
  - Neck: Supple, no lymphadenopathy.
  - Lungs: Clear to auscultation bilaterally.
  - Heart: Regular rate and rhythm, no murmurs, rubs, or gallops.
  - Abdomen: Soft, non-tender, no masses.
  - Extremities: No edema, cyanosis, or clubbing.
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### Diagnostic Tests Ordered:

- Complete Blood Count (CBC)
  - Comprehensive Metabolic Panel (CMP)
  - MRI of the brain
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### Assessment and Plan:

1. Headaches and Dizziness:
  - Differential diagnoses include tension headaches, migraines, and possible neurological causes.
  - Plan: Await MRI results, continue current medications, recommend over-the-counter acetaminophen for headache relief, follow-up in 2 weeks.
2. Hypertension:
  - Continue Lisinopril, monitor blood pressure at home, dietary modifications, follow-up in 4 weeks for blood pressure check.
3. Type 2 Diabetes:
  - Continue Metformin, recommend dietary consultation, monitor blood glucose levels, follow-up in 3 months for HbA1c test.

4. Asthma:

- Continue Albuterol inhaler as needed, review inhaler technique, follow-up in 6 months.

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**Referrals:**

- Referred to Neurology for further evaluation of headaches and dizziness.

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**Instructions to Patient:**

- Take medications as prescribed.
- Monitor blood pressure and blood glucose levels.
- Follow-up appointments as scheduled.
- Seek immediate medical attention if symptoms worsen.

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**Physician Signature:** Dr. Jane Smith, MD  
License No: 987654321

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**Next Appointment:** Date: 06/14/2024  
Time: 10:00 AM

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**Notes:** Patient expressed concerns about stress at work contributing to symptoms. Advised on stress management techniques and potential counseling services.