

I am a 21-year-old male named Gael Garcia, and I am currently being monitored for several ongoing health concerns including asthma, prediabetes, and mild depressive symptoms. I have a known peanut allergy, which has been present since childhood. My primary care provider is aware of my history and has encouraged consistent follow-ups to ensure all conditions remain well controlled. I live an active but moderately stressful lifestyle balancing work, school, and physical activity.

My asthma has been present since I was a child, and while it is generally mild, it can worsen during periods of stress, physical exertion, or exposure to allergens such as dust and pollen. I use an albuterol inhaler as needed to control symptoms such as wheezing or shortness of breath. I have not had any recent hospitalizations or emergency room visits related to asthma. The last notable episode occurred about eight months ago and was managed effectively with my inhaler at home.

In addition to asthma, I was diagnosed with prediabetes about one year ago after routine lab work showed slightly elevated blood glucose levels. My doctor prescribed Metformin to help manage my blood sugar, and I take it regularly as directed. I have been advised to maintain a balanced diet, focus on portion control, and exercise at least three times a week. I currently exercise about once or twice per week, usually light cardio or resistance training. My doctor encouraged increasing physical activity to improve glucose control and overall cardiovascular health.

I underwent ACL repair surgery in 2015 after a sports injury. The surgery and rehabilitation were successful, and I have not experienced major complications since then. Occasionally, I notice minor stiffness in my right knee during cold weather or after long periods of sitting, but it does not significantly interfere with my daily activities. My physician recommended regular stretching and low-impact exercise to maintain flexibility and prevent discomfort.

In 2014, I visited the emergency room for a brief evaluation due to an asthma flare-up triggered by seasonal allergies. No hospitalization was required at the time, and symptoms resolved with medication. Since then, I have kept my rescue inhaler with me at all times and have avoided major triggers like smoke and pet dander. My breathing has remained stable with occasional mild flare-ups.

I currently take two main medications: Metformin for blood sugar control and Albuterol as a rescue inhaler for asthma management. I occasionally use over-the-counter allergy medication during spring and fall when pollen levels are high. I do not take any other prescription drugs. I am careful to avoid foods containing peanuts due to my allergy, and I carry an epinephrine auto-injector in case of accidental exposure, though I have never had to use it.

My family history is notable for my father having diabetes, which has influenced my focus on managing prediabetes and maintaining a healthier diet. My mother and siblings do not have significant chronic health issues. Because of this family history, my physician continues to monitor my blood sugar and metabolic health closely. I receive routine blood work every six months to track glucose and lipid levels.

In terms of mental health, I have experienced mild depression and anxiety, particularly during periods of high academic or personal stress. I have spoken to a mental health counselor in the past and was provided with coping strategies including journaling, regular exercise, and mindfulness practices. I have not been prescribed any psychiatric medication. I generally feel well but occasionally experience fatigue and lack of motivation when under heavy workload or life pressure. My doctor has encouraged me to seek therapy again if symptoms become more frequent.

I smoke occasionally, typically during social events, and consume alcohol in moderation, usually one to two drinks on weekends. My doctor has advised me to reduce both habits due to their potential impact on respiratory and metabolic health. I am actively working to cut back, and my goal is to completely stop smoking by the end of this year. My doctor has emphasized that even minimal smoking can worsen asthma control and contribute to long-term complications.

My immunization history is up to date, including receiving the full COVID-19 vaccination series and booster. I have also received the annual influenza vaccine and the Tdap booster. My healthcare provider recommends continuing to stay current with all immunizations, especially given my asthma, to reduce the risk of respiratory infections. I have no known adverse reactions to vaccines.

My most recent check-up was six months ago, during which my doctor noted that my overall health was stable. My blood sugar had improved slightly compared to previous results, and my asthma remained well-controlled. The doctor advised maintaining consistent medication use, staying physically active, and continuing to monitor my diet. My next scheduled follow-up is in three months. I was also encouraged to schedule a dental exam and maintain regular eye checkups given the mild risk of diabetic complications.

My typical daily routine includes attending university classes, working part-time, and managing my studies. I sleep around six to seven hours per night, though stress can occasionally affect my sleep quality. I have been advised to improve my sleep habits and aim for at least eight hours nightly to support metabolic health and emotional balance. I eat three main meals a day but sometimes skip breakfast due to early morning classes. My doctor encouraged small dietary adjustments such as eating high-fiber snacks and drinking more water throughout the day.

Physically, I feel capable of performing most activities without limitations. Occasionally, I experience fatigue, but it usually resolves after rest. My weight has remained around 185 pounds, and my height is 70 inches, resulting in a BMI that places me slightly above the normal range. I plan to work on gradual weight reduction through better nutrition and consistent exercise.

Overall, I would describe my health as stable with a few manageable conditions. I take my prescribed medications consistently, stay aware of my allergies, and make efforts to maintain a healthy balance between work, school, and physical well-being. My main goals moving forward are to achieve better fitness, maintain emotional balance, and keep my prediabetes from progressing. I intend to keep following up with my healthcare team to monitor any changes in my health and adjust my care plan as needed.