

HEALTHTECH MEDICAL CENTER

Dr. Robert Chen Cardiologist License No: CMD39567 Date: November 18, 2024

PRESCRIPTION

Patient Name: [Patient Name] Patient ID: HTH2024112 Age: 45 years

MEDICATIONS

1. Amlodipine 5mg Take 1 tablet once daily in the morning Quantity: 30 tablets Refills: 2
2. Lisinopril 10mg Take 1 tablet once daily in the morning Quantity: 30 tablets Refills: 2

BLOOD PRESSURE MONITORING

- Monitor BP twice daily (morning and evening)
- Maintain BP diary
- Target BP: Below 130/80 mmHg
- Report if BP exceeds 180/110 mmHg

DIETARY RECOMMENDATIONS

1. Sodium Restriction:

- Limit salt intake to less than 2,300mg per day
- Avoid processed and packaged foods
- Use herbs and spices for flavoring instead of salt

2. DASH Diet Guidelines:

- Increase intake of fruits and vegetables (8-10 servings/day)
- Choose low-fat dairy products
- Include whole grains
- Limit red meat consumption
- Include lean proteins (fish, poultry, legumes)

3. Foods to Include:

- Leafy greens (spinach, kale)
- Berries
- Bananas

- Greek yogurt
- Oatmeal
- Fatty fish (salmon, mackerel)
- Nuts and seeds

4. Foods to Limit:

- Processed foods
- Canned soups
- Pickled items
- Salty snacks
- Caffeine
- Alcohol

LIFESTYLE MODIFICATIONS

1. Exercise Recommendations:

- 30 minutes of moderate exercise 5 days/week
- Start with brisk walking
- Gradually increase intensity
- Avoid heavy lifting

2. Stress Management:

- Practice deep breathing exercises
- Consider meditation or yoga
- Ensure 7-8 hours of sleep
- Take regular breaks during work

FOLLOW-UP

- Schedule follow-up appointment in 2 weeks
- Bring BP readings diary
- Report any side effects or concerns
- Emergency contact: [Clinic Emergency Number]

Next Appointment: December 2, 2024 Time: 11:00 AM

Signature: [Electronic Signature] Dr. Robert Chen Cardiologist

IMPORTANT: Take medications regularly. Don't stop medications without consulting. Contact immediately if experiencing severe headache, chest pain, or shortness of breath.