

Patient Information:

- **Name:** Emily Brown
- **Date of Birth:** 1975-10-03
- **Gender:** Female
- **Address:** 789 Oak Lane, Citytown, CA, USA
- **Phone:** (555) 123-4567
- **Email:** emily.brown@example.com

Medical History:

- **Primary Diagnosis:** Type 2 Diabetes Mellitus diagnosed on 2010-05-15 during a routine check-up. The patient presented with elevated fasting blood glucose levels of 180 mg/dL and HbA1c of 7.5%.
- **Secondary Diagnoses:** Hypertension diagnosed on 2013-08-20, managed with Lisinopril 20 mg once daily. Hyperlipidemia diagnosed on 2015-06-10, managed with Atorvastatin 40 mg once daily.
- **Allergies:** None reported.

Current Visit:

- **Date:** 2024-07-10
- **Reason for Visit:** Follow-up for diabetes management and blood pressure check. Patient reports occasional episodes of fatigue and mild dizziness.

Diagnosis:

- **Active Issues:** Type 2 Diabetes Mellitus (E11.9), Hypertension (I10), Hyperlipidemia (E78.5)
- **Stable Conditions:** None

Medications Prescribed:

- Metformin 1000 mg twice daily for diabetes mellitus.
- Lisinopril 20 mg once daily for hypertension.
- Atorvastatin 40 mg once daily for hyperlipidemia.

Treatment Plan:

- **Diabetes Management:** Continue Metformin. Monitor blood glucose levels regularly. Aim to achieve HbA1c < 7%. Educate on carbohydrate counting and insulin sensitivity.
- **Hypertension Management:** Continue Lisinopril. Monitor blood pressure regularly. Encourage low-sodium diet and regular aerobic exercise.
- **Hyperlipidemia Management:** Continue Atorvastatin. Monitor lipid profile regularly. Discuss dietary modifications and adherence to statin therapy.

Lifestyle Recommendations:

- Encourage patient to maintain a heart-healthy diet rich in fruits, vegetables, and whole grains. Discuss the importance of regular physical activity and weight management.
- Advise smoking cessation and limit alcohol intake to moderate levels.

Next Steps:

- **Follow-Up:** Schedule next endocrinology appointment in 3 months for comprehensive review of diabetes, hypertension, and hyperlipidemia management.
- **Lab Tests:** Order HbA1c, lipid panel, and renal function tests in 6 months to assess treatment efficacy and monitor for potential complications.

Additional Notes:

- Patient expresses satisfaction with current treatment plan. No adverse reactions or significant changes in health status reported. Patient is compliant with prescribed medications and lifestyle modifications.