**Date:** 2025-06-05  
**Patient Name:** Remo   
**Patient ID:** 789012  
**Physician:** Dr. Michael Thompson, Cardiologist

**Subject:** Follow-Up Medical Report and Progress Update

**Dear Ms. Johnson,**

I am pleased to share the results of your follow-up medical evaluation conducted on **2025-06-05**. The latest test results indicate significant improvements in your health status, reflecting your dedication to treatment and lifestyle changes.

**Updated Test Results:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Test** | **Previous Result (03/2025)** | **Current Result (06/2025)** | **Normal Range** |
| **Hemoglobin A1c** | 7.2% | 6.3% | < 5.7% (normal), 5.7-6.4% (prediabetes) |
| **Fasting Blood Glucose** | 140 mg/dL | 110 mg/dL | 70 - 99 mg/dL |
| **Total Cholesterol** | 190 mg/dL | 175 mg/dL | < 200 mg/dL |
| **LDL (Low-Density Lipoprotein)** | 110 mg/dL | 90 mg/dL | < 100 mg/dL |
| **HDL (High-Density Lipoprotein)** | 42 mg/dL | 50 mg/dL | > 40 mg/dL |
| **Triglycerides** | 160 mg/dL | 140 mg/dL | < 150 mg/dL |
| **Vitamin D** | 18 ng/mL | 35 ng/mL | 30 - 100 ng/mL |

**Interpretation:** Your blood sugar and cholesterol levels have improved, and your vitamin D levels have reached a healthy range. These improvements significantly reduce your cardiovascular risk and improve metabolic health.

**ECG Findings:**

* **Heart Rate:** 70 bpm (Stable)
* **Rhythm:** Sinus rhythm
* **QT Interval:** 405 ms (Normal)
* **ST-T Changes:** Normal

**Conclusion:** ECG remains stable with no abnormalities. No further cardiac concerns at this time.

**Abdominal Ultrasound:**

* **Liver, Gallbladder, Kidneys:** Normal, no new findings.

**Physician’s Recommendations:**

* **Continue current medications:**
  + Metformin 500 mg twice daily
  + Vitamin D supplementation (1000 IU/day, reduced dose)
* **Lifestyle:** Maintain a balanced diet and regular exercise routine.
* **Next Steps:**
  + Recheck HbA1c and lipid profile in 6 months.
  + Routine primary care visit in 6 months.

**Physician Signature:**

Dr. Emily Carter, MD  
Endocrinologist