

## Later Consultation Report - John Doe (Three Year Follow-up)

**Date of Consultation:** 2028-04-24

This follow-up appointment marks three years since we last saw Mr. John Doe on April 24th, 2025. It's an excellent opportunity to assess his long-term progress following his initial diagnosis of acute, uncomplicated diverticulitis in April 2024. Thankfully, the course of antibiotics and dietary modifications implemented back then proved successful in treating the inflammation and preventing recurrence.

Let's revisit Mr. Doe's medical journey. In April 2024, he presented with persistent right lower abdominal pain that had lasted for two weeks. Investigations revealed a small protrusion, a diverticulum, in his sigmoid colon along with surrounding inflammation, consistent with acute, uncomplicated diverticulitis. The treatment plan included a ten-day course of antibiotics to address the inflammation and a shift towards a high-fiber diet with increased fluid intake for long-term gut health. Subsequent follow-up appointments in May 2024, October 2024, and April 2025 confirmed a positive response to the treatment and no recurrence of symptoms.

Today, Mr. Doe continues to report excellent health. He remains free of any recent abdominal pain, bloating, or digestive problems. Most importantly, he has consistently adhered to the recommended dietary changes. His commitment to a high-fiber diet and increased water intake has been exemplary, contributing significantly to his continued well-being. A physical examination once again revealed a normal abdomen with no tenderness or discomfort, further solidifying his healthy status.

Mr. Doe's unwavering dedication to a healthy lifestyle is truly commendable. By prioritizing a high-fiber diet and staying hydrated, he has minimized the risk of future diverticulitis flare-ups. Considering his ongoing good health and the absence of concerning symptoms, we are confident Mr. Doe can continue with his current dietary regimen and lifestyle modifications. This approach has proven to be highly effective in managing his condition and promoting overall digestive health. While a follow-up appointment is recommended in two years, as always, he should not hesitate to seek medical attention sooner if he experiences any new symptoms suggestive of diverticulitis.

In conclusion, Mr. Doe has made a full and sustained recovery from his episode of diverticulitis. He has remained symptom-free for the past three years, demonstrating the effectiveness of the initial treatment and his commitment to preventative measures. We are thrilled with his progress and will continue to monitor his health in the coming years to ensure his continued well-being.