

Later Consultation Report - John Doe (One Year Follow-up)

Date of Consultation: 2025-04-24

A year has passed since we last saw Mr. John Doe on October 24th, 2024. This follow-up appointment provides a valuable opportunity to assess his progress following a bout of acute, uncomplicated diverticulitis diagnosed in April 2024. Back then, a course of antibiotics combined with a focus on dietary modifications proved successful in treating the inflammation.

Recapping Mr. Doe's medical journey, it began in April 2024 with persistent right lower abdominal pain that had been bothering him for two weeks. A thorough investigation ruled out appendicitis and inflammatory bowel disease. However, a small protrusion in his sigmoid colon, called a diverticulum, along with some surrounding inflammation, pointed towards acute, uncomplicated diverticulitis. Following this diagnosis, the treatment plan included a ten-day course of oral antibiotics to address the inflammation. Additionally, a shift towards a high-fiber diet with increased fluid intake was recommended to promote gut health and prevent future issues. A follow-up appointment in May 2024 confirmed a positive response to the treatment, and in October 2024, Mr. Doe reported feeling generally well with no recurrence of symptoms.

Today, Mr. Doe continues to maintain a positive outlook on his health. He remains free of any recent abdominal pain, bloating, or digestive problems. Encouragingly, he has demonstrably adhered to the recommended dietary changes. He has incorporated a high-fiber diet into his routine and has increased his water intake as advised. A physical examination revealed a normal abdomen with no tenderness or discomfort in the lower quadrants, further indicating a healthy recovery.

Mr. Doe's commitment to the recommended lifestyle changes is commendable. By prioritizing a high-fiber diet and staying hydrated, he has significantly reduced the risk of future diverticulitis flare-ups. Considering his ongoing good health and the absence of concerning symptoms, we recommend Mr. Doe continue with his current dietary regimen and lifestyle modifications. This approach has proven effective in managing his condition and promoting overall gut health. While a follow-up appointment is scheduled in two years from now, he should not hesitate to seek medical attention

sooner if he experiences any new symptoms suggestive of diverticulitis, such as abdominal pain, bloating, or changes in bowel habits.

In conclusion, Mr. Doe has made a full recovery from his episode of diverticulitis and has remained symptom-free for the past year. His dedication to preventative measures positions him well to minimize the risk of future occurrences. We are pleased with his progress and will continue to monitor his health in the coming years to ensure his continued well-being.