

PATIENT DISCHARGE SUMMARY - ARCHIVE (2010)

Patient Name: Mr. Suresh (Father of Rohan)

Date of Admission: 12-Nov-2010

Diagnosis: Essential Hypertension (Grade 2), Early Onset.

CLINICAL NOTES:

Patient presented with dizziness and headaches.

BP upon admission: 160/100 mmHg.

Family History: Strong genetic predisposition to cardiovascular issues.

KEY OBSERVATIONS:

- Patient showed elevated Resting Heart Rate (RHR) averaging 85-90 bpm during sleep prior to hypertensive episode.
- Lipid profile indicates sensitivity to saturated fats.
- Warning signs were ignored in early 30s; condition is now chronic.

RECOMMENDATIONS FOR IMMEDIATE FAMILY:

- Male offspring have a 60% probability of inheriting "Early Onset Hypertension."
- Monitor Resting Heart Rate (RHR) closely. If RHR exceeds 75 bpm during sleep, immediate intervention is required to prevent early onset.