

# Medical Report

## Patient Details:

Name: John Doe

Age: 35

Gender: Male

Patient ID: JD202503

Date: March 27, 2025

## Diagnosis:

Stage 1 Essential Hypertension with Hyperlipidemia

Symptoms: Occipital Cephalalgia, Episodic Vertigo, Generalized Lethargy

Doctor: Dr. Emily Carter

## Test Results:

BP: 140/90 mmHg (Prehypertensive)

FPG: 98 mg/dL (Euglycemic)

Cholesterol: 220 mg/dL (Borderline Hypercholesterolemia)

LDL-C: 140 mg/dL (Moderately Elevated)

HDL-C: 45 mg/dL (Suboptimal)

Triglycerides: 175 mg/dL (Mild Hypertriglyceridemia)

## Prescription:

- Amlodipine 5mg PO QD (BP control)
- Atorvastatin 10mg PO QHS (Lipid control)
- Sodium restriction (<2g/day), DASH diet
- Aerobic exercise: 30 min/day, 5 days/week
- Follow-up in 4 weeks for lipid/BP reassessment

Doctor's Signature:

Dr. Emily Carter