

## PATIENT MEDICAL REPORT

Patient Name: John Doe

Date of Birth: 01/15/1980

Date of Visit: 03/15/2024

MRN: 12345678

### CHIEF COMPLAINT:

Patient presents with fatigue, occasional chest pain, and concerns about recent blood work results.

### HISTORY OF PRESENT ILLNESS:

Patient reports increasing fatigue over the past 3 months. Denies significant weight changes. Reports occa

### PHYSICAL EXAMINATION:

Vital Signs:

- Blood Pressure: 135/85 mmHg (Elevated)
- Heart Rate: 82 bpm
- Temperature: 98.6°F
- Respiratory Rate: 16/min
- Weight: 185 lbs (↑5 lbs from last visit)
- Height: 5'10"
- BMI: 26.5 (Overweight)

General: Well-appearing, mild distress

Cardiovascular: Regular rate and rhythm, no murmurs

Respiratory: Clear to auscultation bilaterally

Abdomen: Soft, non-tender, no masses

### LABORATORY RESULTS:

Complete Blood Count (CBC):

- WBC:  $11.5 \times 10^9/L$  (High)
- RBC:  $4.2 \times 10^{12}/L$
- Hemoglobin: 13.2 g/dL
- Hematocrit: 39%
- Platelets:  $385 \times 10^9/L$  (High)
- Neutrophils: 75% (High)
- Lymphocytes: 15% (Low)

Comprehensive Metabolic Panel:

- Glucose: 126 mg/dL (High)
- HbA1c: 6.4% (Pre-diabetic)
- Sodium: 142 mEq/L
- Potassium: 3.3 mEq/L (Low)
- Chloride: 98 mEq/L
- CO2: 24 mEq/L
- BUN: 22 mg/dL (High)
- Creatinine: 1.3 mg/dL (High)

- eGFR: 75 mL/min
- ALT: 45 U/L (High)
- AST: 42 U/L (High)
- Alkaline Phosphatase: 115 U/L

Lipid Panel:

- Total Cholesterol: 245 mg/dL (High)
- HDL: 38 mg/dL (Low)
- LDL: 165 mg/dL (High)
- Triglycerides: 210 mg/dL (High)
- Cholesterol/HDL Ratio: 6.4 (High)

Thyroid Function:

- TSH: 4.8 mIU/L (High)
- Free T4: 0.9 ng/dL (Low Normal)
- Free T3: 2.8 pg/mL

Inflammatory Markers:

- CRP: 3.8 mg/L (High)
- ESR: 28 mm/hr (High)

IMPRESSION:

1. Pre-diabetes with elevated fasting glucose
2. Dyslipidemia with elevated cholesterol and triglycerides
3. Subclinical hypothyroidism
4. Mild hypertension
5. Elevated liver enzymes
6. Inflammatory markers elevation

RECOMMENDATIONS:

1. Initiate lifestyle modifications:
  - Mediterranean diet
  - 150 minutes/week moderate exercise
  - Weight loss goal: 10-15 lbs
2. Start Metformin 500mg daily for pre-diabetes
3. Begin Atorvastatin 20mg daily for dyslipidemia
4. Recheck thyroid function in 6 weeks
5. Blood pressure monitoring twice weekly
6. Follow-up in 3 months with repeat labs
7. Referral to nutritionist

Physician: Dr. Sarah Smith, MD

Signature: \_\_\_\_\_

Date: 03/15/2024