

Medical Report

Patient Details

Name: Vishnu Priya

Age: 35

Gender: Female

Date: 28 September 2024

Medical History

- Hypertension: Patient has a 3-year history of high blood pressure, currently managed with medication.
- Type 2 Diabetes: Diagnosed 5 years ago, controlled with metformin.
- Asthma: Mild asthma with occasional use of inhalers.
- Hyperlipidemia: Elevated cholesterol levels, managed with statins.
- Osteoarthritis: Diagnosed in the knees, experiencing joint pain.

Current Complaints

- Complains of increased joint pain in the knees over the last month.
- Occasional chest tightness, especially during physical exertion.
- Fatigue and weakness.

Examination Findings

- Blood Pressure: 150/90 mmHg.
- Blood Sugar: Fasting - 140 mg/dL, Postprandial - 190 mg/dL.
- Cholesterol: Total cholesterol - 250 mg/dL, LDL - 160 mg/dL, HDL - 40 mg/dL.
- BMI: 28.5 kg/m² (overweight).
- Knee X-ray: Signs of osteoarthritis with joint space narrowing.

Diagnosis

- Hypertension (I10)
- Type 2 Diabetes Mellitus (E11)

3. Asthma (J45)
4. Hyperlipidemia (E78)
5. Osteoarthritis of knee (M17)

Treatment Plan

1. Continue antihypertensive medications.
2. Increase dosage of metformin for diabetes control.
3. Use of statins for cholesterol management.
4. Regular use of inhalers for asthma control.
5. Physical therapy and weight management for osteoarthritis.