

Comprehensive Medical Report

Patient Name: Nithya

Age: 30

Gender: Female

Date: 28th September 2024

Doctor: Dr. Anil Kumar

Hospital: City Health Care Hospital

Diagnosis:

- Type 2 Diabetes Mellitus
- Hypertension
- Hyperlipidemia
- Vitamin D Deficiency
- Chronic Sinusitis

Medications Prescribed:

- Metformin: 500 mg, twice a day
- Amlodipine: 5 mg, once daily
- Atorvastatin: 20 mg, once daily
- Vitamin D supplements: 2000 IU, once daily
- Nasal spray: As directed, twice daily

Doctor's Recommendations:

- Maintain a balanced diet with low sugar and salt intake
- Regular exercise (at least 30 minutes daily)
- Monitor blood sugar levels regularly

- Follow up with the endocrinologist in 3 months
- Blood pressure monitoring at home
- Adequate hydration and sun exposure for Vitamin D levels
- Use nasal spray as prescribed for sinus relief

Tests Recommended:

- HbA1c test
- Lipid profile
- Serum Vitamin D levels
- Renal function test
- Sinus CT scan