

Patient Name: Sarah Connor
Date: 2025-05-10
Doctor: Dr. James Miller
Hospital: Green Valley Clinic

Diagnosis:

- Hypertension
- Obesity

Prescribed Medications:

- Amlodipine 10mg, once daily
- Hydrochlorothiazide 25mg, once daily

Dietary Restrictions:

- Avoid high-sodium foods such as processed snacks and canned soups.
- Limit intake of saturated fats and trans fats.
- Include more potassium-rich foods like bananas, spinach, and sweet potatoes.

Additional Notes:

- Regular exercise (minimum 30 minutes of brisk walking daily).
- Monitor blood pressure weekly.
- Schedule a follow-up visit in 6 weeks to assess progress.