

StayHealthy

Your Health, Our Responsibility

Medical Report

Date: October 17, 2025

Patient Information

Patient Name

John Michael Smith

Patient ID

SH-2025-001234

Age / Gender

42 Years / Male

Date of Visit

October 15, 2025

Blood Group

O+ Positive

Contact

+1 (555) 123-4567

Consulting Physician

Doctor Name

Dr. John Doe, MD

Specialization

Cardiology

License Number

MD-45678-CA

Contact

doctor@stayhealthy.com

Vital Signs

Blood Pressure

120/80 mmHg

Heart Rate

72 bpm

Temperature

98.6°F

Respiratory Rate

16 breaths/min

Oxygen Saturation

98%

Weight

175 lbs

Chief Complaint

Patient presents with intermittent chest discomfort and mild shortness of breath during physical activity. Symptoms have been occurring for approximately 2 weeks.

Diagnosis

Primary Diagnosis: Stable Angina Pectoris (ICD-10: I20.8)

Secondary Diagnosis: Hypertension, Essential (ICD-10: I10)

Laboratory Results

Test	Result	Normal Range	Status
Total Cholesterol	220	< 200 mg/dL	High

	mg/dL		
LDL Cholesterol	150 mg/dL	< 100 mg/dL	High
HDL Cholesterol	45 mg/dL	> 40 mg/dL	Normal
Triglycerides	165 mg/dL	< 150 mg/dL	Borderline High
Blood Glucose (Fasting)	95 mg/dL	70-100 mg/dL	Normal

Prescription & Treatment Plan

1. Atorvastatin 20mg

One tablet daily at bedtime
Duration: 3 months (with follow-up)

2. Aspirin 81mg (Low-dose)

One tablet daily with food
Duration: Ongoing

3. Nitroglycerin 0.4mg Sublingual

As needed for chest pain (up to 3 doses, 5 minutes apart)
Duration: Keep on hand

Recommendations

- Follow a heart-healthy diet low in saturated fats and cholesterol
- Engage in moderate aerobic exercise for 30 minutes, 5 days per week (after cardiology clearance)
- Monitor blood pressure daily and maintain a log
- Reduce sodium intake to less than 2,300mg per day
- Avoid smoking and limit alcohol consumption
- Schedule stress test and echocardiogram within 2 weeks

Follow-up

Next Appointment: November 15, 2025 (4 weeks)

Purpose: Review lab results, assess medication effectiveness, and discuss stress test results

Emergency Instructions: If you experience severe chest pain lasting more than 5 minutes, call 911 immediately

Dr. John Doe

Dr. John Doe, MD

Board Certified Cardiologist

License: MD-45678-CA

Report Generated:

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StayHealthy Medical Center

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