

## Hypertension Health Report

### Information:

Name: Mukesh

Date of Birth: March 22, 1975

Gender: Female

Address: 456 Oak Avenue, Townsville, State, Zip Code

Contact Number: (555) 987-6543

Medical History:

Diagnosis: Hypertension (High Blood Pressure)

Date of Diagnosis: June 10, 2019

Family History: Mother has a history of hypertension

Other Medical Conditions: None

Recent Laboratory Results:

### Blood Pressure Readings:

Average Systolic Blood Pressure: 140 mmHg (Normal range: <120 mmHg)

Average Diastolic Blood Pressure: 90 mmHg (Normal range: <80 mmHg)

### Lipid Profile:

Total Cholesterol: 200 mg/dL (Normal range: <200 mg/dL)

LDL Cholesterol: 120 mg/dL (Optimal range: <100 mg/dL)

HDL Cholesterol: 50 mg/dL (Desirable range: >50 mg/dL for women)

Triglycerides: 130 mg/dL (Normal range: <150 mg/dL)

### Current Medications:

Amlodipine 5 mg once daily

Hydrochlorothiazide 25 mg once daily

### Recommendations and Follow-up:

The patient is advised to adhere to the prescribed medication regimen, maintain a low-sodium diet, engage in regular physical activity, and monitor blood pressure regularly. Follow-up appointments are scheduled every three months for further assessment and adjustments to the treatment plan if necessary.

### Lifestyle Recommendations:

Adopt a heart-healthy, low-sodium diet with an emphasis on fruits, vegetables, and whole grains.

Aim for at least 150 minutes of moderate-intensity aerobic exercise per week.

Monitor blood pressure regularly at home, as instructed by the healthcare provider.

### Additional Notes:

The patient is encouraged to report any adverse effects of medication, lifestyle changes, or concerns to the healthcare team. This report is based on the information available as of [Date of Report]. For personalized medical advice, please consult with your healthcare provider.