**Week 4 – Discovery, Surprise, and Growing Engagement**

* **Medical Findings**
  + Comprehensive **blood tests** revealed **prediabetes (HbA1c 6.1%)**.
  + Aarav was initially surprised but listened carefully to the explanation.
  + Follow-up tests and regular monitoring were scheduled.
* **Nutrition & Glucose Care**
  + Carla designed a **low-glycemic, travel-friendly diet** focusing on stabilizing blood sugar.
  + Hydration strategies were emphasized to support energy and balance.
  + Aarav asked **practical, detailed questions** and showed willingness to follow the guidance.
* **Mental Health Support**
  + **Escitalopram** was introduced to support both **mood regulation and sleep quality**.
  + Dr. Isha shared **relaxation exercises and guided audios** to help reduce anxiety and promote rest.
  + Aarav remained cautious about new medication but expressed **appreciation** and gradually opened up.
* **Physiotherapy & Recovery**
  + Rachel reinforced strategies of **mobility, gentle exercises, and structured rest**.
  + Ongoing monitoring continued to prevent overexertion.
* **Engagement & Mindset**
  + Aarav’s **messages became longer and more reflective**.
  + He expressed **gratitude**, asked more thoughtful questions, and even initiated **casual conversations** with the team.
* **Overall Progress**
  + The discovery of **prediabetes reframed Aarav’s care plan**.
  + He transitioned from being reserved to **actively engaged**, showing **greater trust and stronger involvement** in the multidisciplinary process.

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| **Week 4 Key Tests** | **Value** | **Normal Range** | **Comments** |
| Ferritin | 23 ng/mL | 30–400 ng/mL | Improving |
| Vitamin D (25-OH) | 18 ng/mL | >30 ng/mL | Improving |
| Fasting Glucose | 118 mg/dL | 70–99 mg/dL | Mildly elevated |
| HbA1c | 6.1% | <5.7% | Prediabetes |
| Pulse Rate | 80 bpm | 50–70 bpm (resting athlete) | Slightly elevated |
| PHQ-9 (Depression) | 10 | 0–4 minimal | Moderate depression |
| Sleep Efficiency | 71% | >85% | Mild improvement |
| Medicine Compliance | Good | — | Starting escitalopram |