

## Patient Information

- Name: **John Doe**
  - Age: **42 years**
  - Gender: **Male**
  - Date of Visit: **16/10/2024**
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## Medical History

- Hypertension (diagnosed in 2018)
  - Type 2 Diabetes (diagnosed in 2020)
  - No known allergies
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## Current Medications

- **Metformin 500mg** (twice daily)
  - **Lisinopril 10mg** (once daily, in the morning)
  - **Aspirin 81mg** (once daily)
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## Chief Complaint

- **Headache**, lasting for 3 days, not relieved by over-the-counter medications.
  - **Dizziness**, especially when standing up quickly.
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## Physical Examination

- Blood Pressure: **145/90 mmHg**
  - Pulse: **82 bpm**
  - Respiratory Rate: **16 breaths per minute**
  - Temperature: **98.7°F**
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## Diagnosis

1. **Hypertension (uncontrolled)**

2. **Tension-type headache**
  3. **Dizziness, possibly related to blood pressure**
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### **Treatment Plan**

- **Increase Lisinopril to 20mg** once daily.
  - Continue **Metformin** and **Aspirin** as prescribed.
  - Prescribe **Ibuprofen 400mg**, take 1 tablet every 6 hours as needed for headache.
  - Advise patient to monitor blood pressure at home, twice daily.
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### **Doctor's Notes**

- Follow-up appointment in **2 weeks** to reassess blood pressure and headache.
  - If dizziness worsens or new symptoms develop, return to the clinic immediately.
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### **Signature**

Dr. Jane Smith  
Physician, General Medicine  
Hospital XYZ