



# Apollo Hospital

No. 154, Poonamallee High Road, Kilpauk, Chennai-600 010

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## Patient Information

Name John Doe  
Age 40  
Gender male  
Phone Number 9876543210  
Wiegth 78  
Height 175  
Blood Group O+  
BMI 25.47

## Doctor Information

Name Dr. John Doe  
Phone Number 456 Elm Street  
Address 9876543210

## Tablets

Name	Timing	When	Frequency
Paracetamol	breakfast	after	once a day
Glucosamine	lunch	after	once a day
Melatonin	bedtime	before	once a day
Cetirizine	bedtime	before	once a day

Re--Visit 6 weeks

Signature





## Diet Plan

### Breakfast

Oatmeal with fruits, almonds  
None  
Eat with a glass of fresh orange juice  
once a day

### Afternoon

Grilled chicken, quinoa, leafy greens  
None  
None  
once a day

### Dinner

Grilled salmon, roasted sweet potatoes, steamed broccoli  
None  
Avoid consuming heavy carbs late at night  
once a day

## Care Management

The doctor recommends a combination of medications and lifestyle changes to address the patient's symptoms. The patient is advised to take Paracetamol 500 mg after breakfast to address inflammation and discomfort in the joints, Glucosamine 1000 mg after lunch for cartilage repair, and Melatonin 5 mg 30 minutes before bedtime to regulate sleep. Additionally, the patient should take Cetirizine 10 mg at night, Vitamin D3 1000 IU in the morning, and Losartan 50 mg before breakfast to manage blood pressure and improve cardiovascular health. The patient is also recommended to get a B12 injection once a month to improve energy levels. In terms of diet, the patient should start the day with oatmeal, fruits, and nuts, have lean protein and leafy greens for lunch, and grilled salmon with sweet potatoes and broccoli for dinner. The patient should avoid heavy carbs at night, drink at least 2 to 3 liters of water per day, and engage in low-impact activities like swimming or walking for 30 minutes daily. It is essential to establish a consistent sleep routine of 7 to 8 hours per night in a cool, dark sleeping environment. The patient should apply a cold compress to the knee area in the evening for relief and add regular stretching exercises to improve flexibility. A follow-up appointment is scheduled in 6 weeks to assess the patient's progress.