



Apollo Hospital

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

123-456-7890
hello@reallygreatsite.com
www.reallygreatsite.com

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	night	None	once a day
Cetirizine	night	None	once a day

Re--Visit 6 weeks

Signature



Diet Plan

Breakfast

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

Afternoon

Grilled chicken, quinoa, and leafy greens (such as spinach or kale)
None
None
once a day

Dinner

Grilled salmon, roasted sweet potatoes, and 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 joint inflammation and discomfort, Glucosamine 1000 mg after lunch to support joint repair, and 5 mg of Melatonin 30 minutes before bedtime to regulate sleep. Additionally, the patient should take 10 mg of Cetirizine at night, Vitamin D3 1000 IU in the morning, and Losartan 50 mg before breakfast to manage blood pressure and improve cardiovascular health. To alleviate knee pain and stiffness, the patient can apply a cold compress in the evening and incorporate regular stretching exercises into their routine. The doctor also suggests a corticosteroid injection once a month to improve energy levels. In terms of diet, the patient is recommended to start the day with oatmeal, fruits, and nuts, have lean protein and leafy greens for lunch, and grilled salmon with roasted sweet potatoes and steamed 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 exercises like swimming or walking for 30 minutes daily. The doctor emphasizes the importance of 7 to 8 hours of sleep every night in a conducive sleep environment and schedules a follow-up appointment in 6 weeks to assess the patient's progress.