

HORIZON FAMILY MEDICAL CENTER
1245 Westbrook Avenue, Kansas City, MO 64110
Phone: (816) 555-2849 • Fax: (816) 555-1973

Patient Information

Name	Ethan Michael Carter
Age	28
Gender	Male
Date of Visit	January 12, 2025
Primary Physician	Dr. Melissa R. Thompson, MD

Chief Complaints

Routine wellness examination. Mild fatigue during the last two weeks, especially after long working hours.

Physical Examination

Parameter	Value
Height	5'10" (178 cm)
Weight	176 lbs (79.8 kg)
BMI	24.9
Blood Pressure	118/76 mmHg
Heart Rate	74 bpm
Temperature	98.2°F
Oxygen Saturation	98%

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Diagnostic Investigations

Test	Result	Reference	Status
Hemoglobin	14.8 g/dL	13.5–17.5	Normal
WBC	6.4 K/ μ L	4.0–11.0	Normal
Platelets	248 K/ μ L	150–450	Normal
Hematocrit	44.1%	40–52%	Normal

Chest X-Ray (PA View)

Lungs clear, no consolidation; heart size normal; no pleural effusion or pneumothorax.

Parameter	Result
Color	Pale Yellow
pH	6.0
Protein	Negative
Glucose	Negative
Ketones	Negative

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Doctor's Assessment & Plan

All clinical and diagnostic findings are normal. Fatigue is likely lifestyle-related.

Treatment Recommendations

- Maintain regular exercise 3–4 times/week.
- Improve sleep schedule; aim for 7–8 hours/day.
- Reduce stress and long work sessions.
- Increase water intake to 2.5–3 liters/day.
- Reduce fried and processed foods.

Follow-Up

Return for annual checkup or if symptoms worsen (breathlessness, chest pain, prolonged fatigue).

Physician: Dr. Melissa R. Thompson, MD
Board Certified in Internal Medicine