

**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/ $\mu$ L | 4.0–11.0  | Normal |
| Platelets  | 248 K/ $\mu$ 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