

Cardiology Medical History

Patient: Sarah Johnson

Date: 10/26/2024

Age: 58

Gender: Female

Chief Complaint

"Shortness of breath and chest discomfort when climbing stairs for the past 3 months"

History of Present Illness

Progressive dyspnea on exertion for 3 months

Chest discomfort described as "pressure-like"

Symptoms worsen with physical activity, improve with rest

Can walk 1 block before needing to stop

Occasional palpitations

No radiation of pain to arms/jaw

Mild ankle swelling at end of day

No orthopnea or PND

Past Medical History

Hypertension (diagnosed 5 years ago)

Type 2 Diabetes (diagnosed 8 years ago)

Hyperlipidemia

Previous ankle fracture (2015)

Cardiovascular Risk Factors

Hypertension

Diabetes

Family history of CAD (father - MI at 62)

Former smoker (quit 10 years ago, 20 pack-year history)

BMI 28

Medications

Metformin 1000mg BID

Lisinopril 20mg daily

Atorvastatin 40mg daily

Aspirin 81mg daily

Social History

Retired teacher

Lives with spouse

Moderate alcohol use (2-3 glasses of wine/week)
No current tobacco use
Limited exercise due to symptoms

Review of Systems

Cardiovascular

(+) Exertional chest pressure
(+) Dyspnea on exertion
(+) Ankle edema
(+) Palpitations
(-) Syncope
(-) Orthopnea
(-) PND

Vital Signs

BP: 142/88
HR: 82 regular
RR: 18
O2 Sat: 96% on RA
Weight: 158 lbs

Physical Exam

Mild JVD at 45 degrees
Regular rate and rhythm
S1, S2 normal
S4 present
No murmurs
Trace bilateral ankle edema
Peripheral pulses intact