

Dr. Ramesh Kumar
MD (Internal Medicine)
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Patient Information:

Name: Mr. Amit Verma
Age: 70 years
Weight: 78 kg
Medical Conditions: Hypertension, Type 2 Diabetes
Date: 06 March 2025

Diagnosis:

- Essential Hypertension
 - Type 2 Diabetes Mellitus
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Prescription:

Drug Name	Dosage	Route	Frequency	Duration
Glucose	300mg	Oral	Twice daily	6 months
Lamivudine	150mg	Oral	Twice daily	6 months
Potassium chloride	25mg	Oral	Once daily	3 months
Irbesartan	150mg	Oral	Once daily	3 months

Instructions & Warnings:

- Take medications with water after food.
 - Avoid alcohol and smoking.
 - Monitor blood pressure and blood sugar levels regularly.
 - Hydrochlorothiazide may cause dehydration; increase water intake.
 - Irbesartan may cause dizziness; avoid sudden standing.
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Signature & Stamp:

Dr. Ramesh Kumar
Apollo Hospital