

MEDICAL REPORT

Patient Information:

Name: John Doe

Age: 45

Date: 2026-01-13

Diagnosis:

The patient presents with symptoms indicating hypertension and early-stage diabetes. Recent lab results show elevated blood pressure readings and increased glucose levels.

Treatment Plan:

Medication prescribed includes Lisinopril for blood pressure management and Metformin for glucose control. Lifestyle modifications recommended include dietary changes and regular exercise.

Recommendations:

Regular monitoring of blood pressure and glucose levels. Follow-up appointment scheduled in 3 months. Cardiology consultation recommended for persistent chest discomfort.

Additional Notes:

Patient advised to reduce sodium intake, increase physical activity, and maintain a healthy weight. Watch for potential side effects of prescribed medications including dizziness and gastrointestinal issues.