

**Westbrook Medical Associates**

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**MEDICAL REPORT**

**Date:** August 1, 2025

**Patient Name:** Ms. Emily Carter

**Date of Birth:** November 8, 1997

**Clinical Findings:**

The patient presented with symptoms including nasal congestion, rhinorrhea, sore throat, mild headache, and occasional dry cough. Physical examination revealed erythematous oropharynx, clear nasal discharge, and no signs of lower respiratory involvement. Lung auscultation was clear bilaterally, and vital signs were within normal limits.

**Diagnosis:**

**Acute Viral Nasopharyngitis (ICD-10 Code: J00)**

Commonly referred to as the **common cold**, this condition is caused by a viral infection of the upper respiratory tract, most often rhinovirus or coronavirus. The illness is typically self-limiting and managed symptomatically.

**Recommendations:**

Supportive care including adequate hydration, rest, and over-the-counter medications as needed for symptom relief (e.g., decongestants, analgesics). No antibiotics indicated.

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**Attending Physician:**

Dr. Marcus R. Delaney, M.D.

Internal Medicine

Massachusetts Medical License #M-2048831