



Teleconsult Summary

2023-10-04 Patient: **ZACHARY GO** Consult Date:

ASHLEY FLORES Doctor:

Patient Information

1972-12-28 **Birthday**

Maxicare Card Number: 1168 0110 5240 9342

WESERV SYSTEMS INTERNATIONAL INC. Company:

Height: 180 cm **Blood Pressure: 135/80** Weight: 95 kg BMI: 29.32 (Overweight)

Diagnosis: 110: Essential (Primary) Hypertension: Essential (Primary) Hypertension

E11: Type 2 diabetes mellitus

Treatment Plan

Patient well advised.

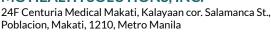
- -Low salt, low fat, low sugar intake diet
- -Continue other medications as prescribed
- -Moderate to vigorous intensity exercises at least 30 minutes 2-3x a week
- -Advised BP monitoring, AM and PM.
- -Advised diet and lifestyle modifications. Avoid oily, fatty foods, fast food, limit white rice, switch to healthier oils (olive oil- extra virgin, canola oil)
- -Kindly comply with the scheduled consult of your specialist (Endocrinologist)
- -FOR REPEAT LABORATORY TESTING AFTER 3 MONTHS:

Fasting blood sugar (FBS), Fasting Lipid Profile, Blood Uric Acid (BUA), SGPT, Creatinine, HbA1C, Complete Blood Count (CBC), Potassium (K), Sodium (Na), Urinalysis, BUN, SGOT, Urine Albumin/Creatinine Ratio

- -To request repeat laboratory tests, send us an email at mgbestlife@maxicare.com.ph or visit the nearest Maxicare Primary Care Clinic.
- -Once with the result, please send it to our team at mg-bestlife@maxicare.com.ph to schedule an appointment with our doctors. For scheduling of home service for laboratory tests and/or follow up consults once with repeat laboratory test results, or if with other concerns, please send an e-mail to

Disclaimer: This summary does not serve as a medical certificate. This teleconsult summary is based on our doctor's understanding of the information you provided during the teleconsult. The summary may be changed when new information is provided. Please consult with a doctor if your symptoms persist.











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