

Comprehensive Health Evaluation Report

Patient Information:

- **Name:** Johnathan A. Doe
- **Date of Birth:** 07/10/1986
- **Gender:** Male
- **Patient ID:** 4783962
- **Address:** 1234 Pleasant Lane, Healthsville, HE 98765
- **Phone:** (555) 123-4567
- **Email:** john.doe@example.com
- **Emergency Contact:** Jane Doe (Spouse)
- **Emergency Contact Phone:** (555) 987-6543

Date of Evaluation: 04/10/2023

Medical Evaluation Conducted by:

- **Physician:** Dr. Samantha K. Smith, MD
- **Medical License Number:** D456789-S
- **Clinic/Hospital:** Healthbridge General Hospital
- **Clinic/Hospital Address:** 5678 Wellness Drive, Healthsville, HE 98765
- **Clinic/Hospital Phone:** (555) 678-1234

Medical History

Past Medical History:

- **Chronic Conditions:** Hypertension
- **Surgeries:** Appendectomy (2005), ACL reconstruction (left knee, 2015)
- **Significant Hospitalizations:** None
- **Allergies:** Penicillin (rash), Latex (hives)
- **Medications:** Lisinopril 10mg daily, Multivitamin daily

Family Medical History:

- **Father:** Passed away at age 67, Myocardial infarction
- **Mother:** Living, age 64, Type 2 Diabetes Mellitus, Hypothyroidism
- **Siblings:** None
- **Children:** One daughter, age 5, healthy

Social History:

- **Tobacco Use:** No
- **Alcohol Consumption:** Occasionally, 1-2 drinks per week
- **Recreational Drug Use:** No
- **Occupation:** Software Developer
- **Exercise:** Moderate, 3 times per week (jogging, cycling)

Review of Systems:

1. **General:** No recent weight loss, fever, or fatigue.
2. **Cardiovascular:** No chest pain, palpitations, or edema.
3. **Respiratory:** No shortness of breath, cough, or wheezing.
4. **Gastrointestinal:** No abdominal pain, nausea, vomiting, or changes in bowel habits.
5. **Musculoskeletal:** Full range of motion, no joint pain or muscle weakness.
6. **Neurological:** No headaches, dizziness, or syncope.
7. **Endocrine:** No polyuria, polydipsia, or heat/cold intolerance.
8. **Dermatological:** No rashes or lesions.
9. **Psychiatric:** No anxiety, depression, or sleep disturbances.

Physical Examination

Vital Signs:

| | Measurement | Result | Normal Range |
|--|-------------|--------|--------------|
|--|-------------|--------|--------------|

| | Measurement | Result | Normal Range |
|------------------|-------------|----------------|---------------------------|
| Blood Pressure | | 132/86 mmHg | <120/80 mmHg |
| Heart Rate | | 74 bpm | 60-100 bpm |
| Respiratory Rate | | 16 breaths/min | 12-20 breaths/min |
| Temperature | | 98.6°F (37°C) | 97.8-99.1°F (36.5-37.3°C) |
| BMI | | 24.3 | 18.5-24.9 |

General Appearance:

- The patient is an alert, well-nourished male in no acute distress.

Cardiovascular:

- Heart sounds are regular without murmurs, rubs, or gallops.
- Peripheral pulses are 2+ in all extremities.

Respiratory:

- Chest is clear to auscultation bilaterally without wheezes, rhonchi, or rales.

Gastrointestinal:

- Abdomen is soft, non-distended, non-tender, with no palpable masses or hepatosplenomegaly. Bowel sounds are normoactive.

Musculoskeletal:

- Normal gait and posture. No deformities or tenderness.

Neurological:

- Cranial nerves II-XII are intact. Sensation is intact to light touch. Motor strength 5/5 in all four extremities.

Skin:

- No significant rashes, lesions, or bruises.

Psychiatric:

- The patient is oriented to time, place, and person. Mood and affect appropriate.

Diagnostic Test Results

- **Complete Blood Count (CBC):** Within normal limits.
- **Basic Metabolic Panel (BMP):** Within normal limits.
- **Lipid Panel:** Borderline high LDL cholesterol.
- **EKG Reading:** Normal sinus rhythm, no evidence of ischemia.
- **Urinalysis:** Clear, no abnormalities detected.

Assessment and Plan

Primary Diagnosis:

1. Controlled essential hypertension.
2. Borderline high LDL cholesterol levels.

Recommendations:

1. Continue current antihypertensive medication (Lisinopril 10mg daily).
2. Initiate lifestyle modifications for cholesterol management, including a diet low in saturated fats and regular exercise.
3. Recheck lipid panel in 3 months.
4. Encouraged to continue regular cardio exercise regimen and dietary discretion.
5. Annual flu vaccine recommended.

Follow-up:

- Follow-up visit recommended in 3 months for blood pressure and cholesterol reassessment.
- Patient education provided on hypertension and hyperlipidemia management.
- Signs and symptoms of potential complications discussed; patient instructed to seek immediate care if experiencing chest pain, severe headache, or any other concerning symptoms.

Physician's Signature: Dr. Samantha K. Smith, MD

Date: 04/10/2023

Next Appointment Date: 07/10/2023

DISCLAIMER

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