

Patient History: Robert Johnson

Patient Information:

- **Age:** 75
 - **Gender:** Male
 - **Occupation:** Retired Teacher
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Genetic History:

- **Father:** Heart disease (deceased at 70)
 - **Mother:** Hypertension, stroke (deceased at 78)
 - **Sibling:** Brother with coronary artery disease (alive, 78)
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Annual Health Checkups (Last 5 Years)

Year 1 (2019)

- **Date:** February 20, 2019
 - **Weight:** 180 lbs
 - **Blood Pressure:** 140/90 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 240 mg/dL
 - LDL: 150 mg/dL
 - HDL: 35 mg/dL
 - Glucose: 110 mg/dL
 - **Doctor's Notes:**
 - Diagnosis: Hyperlipidemia, hypertension; lifestyle changes needed.
 - **Medications Prescribed:** Atorvastatin 40 mg daily; Lisinopril 10 mg daily.
 - **Abdomen Ultrasound:** No abnormalities detected.
 - **ECG Results:** Atrial fibrillation noted.
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Year 2 (2020)

- **Date:** February 18, 2020
- **Weight:** 182 lbs
- **Blood Pressure:** 138/88 mmHg

- **Blood Tests:**
 - Total Cholesterol: 230 mg/dL
 - LDL: 140 mg/dL
 - HDL: 40 mg/dL
 - Glucose: 115 mg/dL
 - **Doctor's Notes:**
 - Continued elevated cholesterol and blood pressure; medication adjustment required.
 - **Medications Prescribed:** Atorvastatin 80 mg daily; Lisinopril 20 mg daily.
 - **Abdomen Ultrasound:** No significant changes.
 - **ECG Results:** Persistent atrial fibrillation.
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Year 3 (2021)

- **Date:** February 16, 2021
 - **Weight:** 185 lbs
 - **Blood Pressure:** 145/92 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 220 mg/dL
 - LDL: 130 mg/dL
 - HDL: 45 mg/dL
 - Glucose: 120 mg/dL
 - **Doctor's Notes:**
 - Improvement in cholesterol but hypertension persists; advised on diet and exercise.
 - **Medications Prescribed:** Atorvastatin 80 mg daily; Lisinopril 20 mg daily; added Metoprolol 25 mg daily.
 - **Abdomen Ultrasound:** Normal findings.
 - **ECG Results:** Atrial fibrillation continues, increased monitoring recommended.
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Year 4 (2022)

- **Date:** February 14, 2022
- **Weight:** 180 lbs
- **Blood Pressure:** 130/85 mmHg
- **Blood Tests:**
 - Total Cholesterol: 210 mg/dL
 - LDL: 120 mg/dL
 - HDL: 50 mg/dL
 - Glucose: 115 mg/dL

- **Doctor's Notes:**
 - Stabilization in blood pressure; continue current medications.
 - **Medications Prescribed:** Atorvastatin 80 mg daily; Lisinopril 20 mg daily; Metoprolol 25 mg daily.
 - **Abdomen Ultrasound:** No abnormalities detected.
 - **ECG Results:** Atrial fibrillation; rhythm control assessed.
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Year 5 (2023)

- **Date:** February 12, 2023
 - **Weight:** 178 lbs
 - **Blood Pressure:** 128/80 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 205 mg/dL
 - LDL: 115 mg/dL
 - HDL: 55 mg/dL
 - Glucose: 110 mg/dL
 - **Doctor's Notes:**
 - Improved cardiovascular profile; maintain current regimen and monitor regularly.
 - **Medications Prescribed:** Atorvastatin 80 mg daily; Lisinopril 20 mg daily; Metoprolol 25 mg daily.
 - **Abdomen Ultrasound:** Normal.
 - **ECG Results:** Atrial fibrillation managed; continue with cardiology follow-up.
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Health Tracking (Last 2 Years)

Year 1 (2022)

- **Heart Rate:** Average 80 bpm (resting)
- **Blood Oxygen Level:** Average 95%
- **Exercise:**
 - 3 days/week, averaging 20 minutes of light walking.
- **Sleep:**
 - Average 6 hours/night with occasional disturbances.
- **Body Temperature:** Average 98.5°F.

Year 2 (2023)

- **Heart Rate:** Average 78 bpm (resting)
- **Blood Oxygen Level:** Average 96%

- **Exercise:**
 - 4 days/week, averaging 30 minutes of walking and light stretching.
- **Sleep:**
 - Average 6.5 hours/night with improved sleep quality.
- **Body Temperature:** Average 98.6°F.