

Patient History: David Anderson

Patient Information:

- **Age:** 45
 - **Gender:** Male
 - **Occupation:** Software Engineer
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Genetic History:

- **Father:** Hypertension, coronary artery disease (deceased at 68).
 - **Mother:** Type 2 diabetes (alive, 70), history of depression.
 - **Sibling:** Sister with no significant medical history.
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Family History:

- **Father:** Deceased due to heart complications.
 - **Mother:** Alive, managing diabetes.
 - **Brother:** Healthy, no chronic conditions.
 - **Sister:** Healthy, no chronic conditions.
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Social History:

- **Marital Status:** Married
 - **Children:** 2 (ages 12 and 8)
 - **Lifestyle:** Sedentary job; moderate exercise (walking 2-3 times a week); non-smoker; occasional alcohol consumption.
 - **Diet:** Mostly balanced, with occasional high-fat meals.
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Allergies:

- **None reported.**
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Past Surgical History:

- **Appendectomy:** 2010 (laparoscopic).
 - **Knee Surgery:** 2018 (arthroscopy for meniscus tear).
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Past Hospitalizations:

- **None reported.**
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Immunizations:

- **Flu Vaccine:** Annually.
 - **Tetanus/Diphtheria:** Last received in 2021.
 - **COVID-19 Vaccine:** Completed series in 2021.
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Annual Health Checkups (Last 5 Years)

Year 1 (2019)

- **Date:** March 15, 2019
 - **Weight:** 210 lbs
 - **Blood Pressure:** 135/85 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 220 mg/dL
 - LDL: 130 mg/dL
 - HDL: 45 mg/dL
 - Glucose: 95 mg/dL (fasting)
 - **Doctor's Notes:**
 - Elevated cholesterol; lifestyle modifications recommended.
 - **Medications Prescribed:** Atorvastatin 20 mg daily.
 - **Abdomen Ultrasound:** No abnormalities detected.
 - **ECG Results:** Normal sinus rhythm.
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Year 2 (2020)

- **Date:** March 10, 2020

- **Weight:** 215 lbs
 - **Blood Pressure:** 140/90 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 240 mg/dL
 - LDL: 150 mg/dL
 - HDL: 40 mg/dL
 - Glucose: 100 mg/dL (fasting)
 - **Doctor's Notes:**
 - Cholesterol levels worsening; recommend dietary changes and increased physical activity.
 - **Medications Prescribed:** Atorvastatin 40 mg daily; added Lisinopril 10 mg daily.
 - **Abdomen Ultrasound:** Normal findings.
 - **ECG Results:** Normal.
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Year 3 (2021)

- **Date:** March 8, 2021
 - **Weight:** 220 lbs
 - **Blood Pressure:** 145/92 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 230 mg/dL
 - LDL: 140 mg/dL
 - HDL: 42 mg/dL
 - Glucose: 110 mg/dL (fasting)
 - **Doctor's Notes:**
 - Persistent hypertension and high cholesterol; consider additional lifestyle modifications.
 - **Medications Prescribed:** Atorvastatin 40 mg daily; Lisinopril 20 mg daily; added Metformin 500 mg daily.
 - **Abdomen Ultrasound:** No abnormalities detected.
 - **ECG Results:** Normal; mild left ventricular hypertrophy noted.
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Year 4 (2022)

- **Date:** March 6, 2022
- **Weight:** 215 lbs
- **Blood Pressure:** 130/80 mmHg
- **Blood Tests:**
 - Total Cholesterol: 210 mg/dL
 - LDL: 120 mg/dL

- HDL: 50 mg/dL
 - Glucose: 105 mg/dL (fasting)
 - **Doctor's Notes:**
 - Improvement in cholesterol and blood pressure; continue current treatment plan.
 - **Medications Prescribed:** Atorvastatin 40 mg daily; Lisinopril 20 mg daily; Metformin 500 mg daily.
 - **Abdomen Ultrasound:** Normal findings.
 - **ECG Results:** Normal.
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Year 5 (2023)

- **Date:** March 4, 2023
 - **Weight:** 210 lbs
 - **Blood Pressure:** 128/76 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 195 mg/dL
 - LDL: 100 mg/dL
 - HDL: 55 mg/dL
 - Glucose: 95 mg/dL (fasting)
 - **Doctor's Notes:**
 - Significant improvement in diabetes management and cholesterol levels; continue lifestyle modifications.
 - **Medications Prescribed:** Atorvastatin 40 mg daily; Lisinopril 20 mg daily; Metformin 500 mg daily.
 - **Abdomen Ultrasound:** No abnormalities detected.
 - **ECG Results:** Normal.
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Past and Current Medications:

- **Atorvastatin:** 40 mg daily (for hyperlipidemia).
 - **Lisinopril:** 20 mg daily (for hypertension).
 - **Metformin:** 500 mg daily (for type 2 diabetes).
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