

## Patient History: Michael Thompson

### Patient Information:

- **Age:** 55
  - **Gender:** Male
  - **Occupation:** Sales Manager
- 

### Genetic History:

- **Father:** Type 2 Diabetes, heart disease (deceased at 70)
  - **Mother:** Hypertension (alive, 80)
  - **Sibling:** Brother with Type 2 Diabetes (alive, 58)
- 

## Annual Health Checkups (Last 5 Years)

### Year 1 (2019)

- **Date:** January 15, 2019
  - **Weight:** 210 lbs
  - **Blood Pressure:** 140/85 mmHg
  - **Blood Tests:**
    - Hemoglobin A1c: 7.5%
    - Total Cholesterol: 220 mg/dL
    - LDL: 130 mg/dL
    - HDL: 40 mg/dL
    - Glucose: 160 mg/dL (fasting)
  - **Doctor's Notes:**
    - Diagnosis: Uncontrolled Type 2 Diabetes; lifestyle changes needed.
    - **Medications Prescribed:** Metformin 1000 mg twice daily; Atorvastatin 20 mg daily.
  - **Abdomen Ultrasound:** No abnormalities detected.
  - **ECG Results:** Normal.
- 

### Year 2 (2020)

- **Date:** January 14, 2020

- **Weight:** 215 lbs
  - **Blood Pressure:** 145/90 mmHg
  - **Blood Tests:**
    - Hemoglobin A1c: 8.0%
    - Total Cholesterol: 230 mg/dL
    - LDL: 140 mg/dL
    - HDL: 38 mg/dL
    - Glucose: 170 mg/dL (fasting)
  - **Doctor's Notes:**
    - Increased A1c and cholesterol; medication adjustments needed.
    - **Medications Prescribed:** Metformin 1000 mg twice daily; Glipizide 5 mg daily; Atorvastatin 40 mg daily.
  - **Abdomen Ultrasound:** Normal findings.
  - **ECG Results:** Normal.
- 

#### Year 3 (2021)

- **Date:** January 12, 2021
  - **Weight:** 210 lbs
  - **Blood Pressure:** 135/80 mmHg
  - **Blood Tests:**
    - Hemoglobin A1c: 7.2%
    - Total Cholesterol: 210 mg/dL
    - LDL: 120 mg/dL
    - HDL: 45 mg/dL
    - Glucose: 150 mg/dL (fasting)
  - **Doctor's Notes:**
    - Improvement in A1c; continue current regimen and focus on diet.
    - **Medications Prescribed:** Metformin 1000 mg twice daily; Glipizide 5 mg daily; Atorvastatin 40 mg daily.
  - **Abdomen Ultrasound:** No abnormalities detected.
  - **ECG Results:** Normal.
- 

#### Year 4 (2022)

- **Date:** January 10, 2022
- **Weight:** 205 lbs
- **Blood Pressure:** 130/78 mmHg
- **Blood Tests:**
  - Hemoglobin A1c: 6.8%

- Total Cholesterol: 200 mg/dL
    - LDL: 110 mg/dL
    - HDL: 50 mg/dL
    - Glucose: 140 mg/dL (fasting)
  - **Doctor's Notes:**
    - Good progress with diabetes management; continue current medications.
    - **Medications Prescribed:** Metformin 1000 mg twice daily; Glipizide 5 mg daily; Atorvastatin 40 mg daily.
  - **Abdomen Ultrasound:** Normal findings.
  - **ECG Results:** Normal.
- 

### Year 5 (2023)

- **Date:** January 9, 2023
  - **Weight:** 200 lbs
  - **Blood Pressure:** 128/76 mmHg
  - **Blood Tests:**
    - Hemoglobin A1c: 6.5%
    - Total Cholesterol: 190 mg/dL
    - LDL: 100 mg/dL
    - HDL: 55 mg/dL
    - Glucose: 130 mg/dL (fasting)
  - **Doctor's Notes:**
    - Excellent control of diabetes and cholesterol; maintain lifestyle changes.
    - **Medications Prescribed:** Metformin 1000 mg twice daily; Glipizide 5 mg daily; Atorvastatin 40 mg daily.
  - **Abdomen Ultrasound:** No abnormalities detected.
  - **ECG Results:** Normal.
- 

## Health Tracking (Last 2 Years)

### Year 1 (2022)

- **Heart Rate:** Average 72 bpm (resting)
- **Blood Oxygen Level:** Average 96%
- **Exercise:**
  - 4 days/week, averaging 30 minutes of moderate exercise (walking, cycling).
- **Sleep:**
  - Average 7 hours/night with few disturbances.
- **Body Temperature:** Average 98.6°F.

## Year 2 (2023)

- **Heart Rate:** Average 70 bpm (resting)
- **Blood Oxygen Level:** Average 97%
- **Exercise:**
  - 5 days/week, averaging 40 minutes of a mix of cardio and strength training.
- **Sleep:**
  - Average 7.5 hours/night with improved sleep quality.
- **Body Temperature:** Average 98.7°F.