

Patient History: Sarah Williams

Patient Information:

- **Age:** 40
 - **Gender:** Female
 - **Occupation:** Marketing Director
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Genetic History:

- **Father:** No significant medical history.
 - **Mother:** Hypertension (alive, 68), history of breast cancer (survivor).
 - **Sibling:** Sister with no significant medical history.
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Annual Health Checkups (Last 5 Years)

Year 1 (2019)

- **Date:** June 5, 2019
 - **Weight:** 150 lbs
 - **Blood Pressure:** 120/75 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 190 mg/dL
 - LDL: 110 mg/dL
 - HDL: 60 mg/dL
 - Glucose: 85 mg/dL (fasting)
 - **Doctor's Notes:**
 - All lab results within normal limits; encouraged to maintain healthy lifestyle.
 - **Medications Prescribed:** None.
 - **Abdomen Ultrasound:** No abnormalities detected.
 - **ECG Results:** Normal.
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Year 2 (2020)

- **Date:** June 4, 2020
- **Weight:** 155 lbs
- **Blood Pressure:** 125/80 mmHg

- **Blood Tests:**
 - Total Cholesterol: 200 mg/dL
 - LDL: 120 mg/dL
 - HDL: 55 mg/dL
 - Glucose: 90 mg/dL (fasting)
 - **Doctor's Notes:**
 - Slight increase in cholesterol; advised on dietary modifications.
 - **Medications Prescribed:** None.
 - **Abdomen Ultrasound:** No significant changes.
 - **ECG Results:** Normal.
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Year 3 (2021)

- **Date:** June 3, 2021
 - **Weight:** 160 lbs
 - **Blood Pressure:** 130/85 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 210 mg/dL
 - LDL: 130 mg/dL
 - HDL: 52 mg/dL
 - Glucose: 95 mg/dL (fasting)
 - **Doctor's Notes:**
 - Increased cholesterol; recommended more exercise and a heart-healthy diet.
 - **Medications Prescribed:** None.
 - **Abdomen Ultrasound:** Normal findings.
 - **ECG Results:** Normal.
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Year 4 (2022)

- **Date:** June 2, 2022
- **Weight:** 158 lbs
- **Blood Pressure:** 128/80 mmHg
- **Blood Tests:**
 - Total Cholesterol: 205 mg/dL
 - LDL: 115 mg/dL
 - HDL: 56 mg/dL
 - Glucose: 92 mg/dL (fasting)
- **Doctor's Notes:**
 - Stabilization in cholesterol levels; continue with dietary and exercise recommendations.

- **Medications Prescribed:** None.
 - **Abdomen Ultrasound:** No abnormalities detected.
 - **ECG Results:** Normal.
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Year 5 (2023)

- **Date:** June 1, 2023
 - **Weight:** 155 lbs
 - **Blood Pressure:** 120/75 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 195 mg/dL
 - LDL: 105 mg/dL
 - HDL: 62 mg/dL
 - Glucose: 88 mg/dL (fasting)
 - **Doctor's Notes:**
 - Improvement in cholesterol levels; maintain current lifestyle and continue regular check-ups.
 - **Medications Prescribed:** None.
 - **Abdomen Ultrasound:** Normal.
 - **ECG Results:** Normal.
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Health Tracking (Last 2 Years)

Year 1 (2022)

- **Heart Rate:** Average 72 bpm (resting)
- **Blood Oxygen Level:** Average 97%
- **Exercise:**
 - 4 days/week, averaging 30 minutes of moderate exercise (walking, cycling).
- **Sleep:**
 - Average 7 hours/night with occasional disturbances.
- **Body Temperature:** Average 98.6°F.

Year 2 (2023)

- **Heart Rate:** Average 70 bpm (resting)
- **Blood Oxygen Level:** Average 98%
- **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.