

Patient History: Jane Smith

Patient Information:

- **Age:** 30
 - **Gender:** Female
 - **Occupation:** Physicist
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Genetic History:

- **Father:** No significant medical history.
 - **Mother:** Hypothyroidism, breast cancer (survivor, age 58).
 - **Sibling:** Brother with no significant medical history.
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Annual Health Checkups (Last 5 Years)

Year 1 (2019)

- **Date:** April 10, 2019
 - **Weight:** 150 lbs
 - **Blood Pressure:** 110/70 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 180 mg/dL
 - LDL: 100 mg/dL
 - HDL: 70 mg/dL
 - Glucose: 88 mg/dL
 - **Doctor's Notes:**
 - All lab results within normal limits; continue healthy lifestyle.
 - **Medications Prescribed:** None.
 - **Abdomen Ultrasound:** No abnormalities detected.
 - **ECG Results:** Normal sinus rhythm.
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Year 2 (2020)

- **Date:** April 8, 2020
- **Weight:** 155 lbs
- **Blood Pressure:** 112/72 mmHg

- **Blood Tests:**
 - Total Cholesterol: 185 mg/dL
 - LDL: 102 mg/dL
 - HDL: 68 mg/dL
 - Glucose: 90 mg/dL
 - **Doctor's Notes:**
 - Slight increase in cholesterol; recommended dietary adjustments.
 - **Medications Prescribed:** None.
 - **Abdomen Ultrasound:** No significant changes.
 - **ECG Results:** Normal.
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Year 3 (2021)

- **Date:** April 5, 2021
 - **Weight:** 158 lbs
 - **Blood Pressure:** 115/75 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 190 mg/dL
 - LDL: 105 mg/dL
 - HDL: 69 mg/dL
 - Glucose: 92 mg/dL
 - **Doctor's Notes:**
 - Cholesterol levels still elevated; lifestyle modifications encouraged.
 - **Medications Prescribed:** None.
 - **Abdomen Ultrasound:** Normal findings.
 - **ECG Results:** Normal.
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Year 4 (2022)

- **Date:** April 3, 2022
- **Weight:** 160 lbs
- **Blood Pressure:** 118/76 mmHg
- **Blood Tests:**
 - Total Cholesterol: 200 mg/dL
 - LDL: 110 mg/dL
 - HDL: 70 mg/dL
 - Glucose: 95 mg/dL
- **Doctor's Notes:**
 - Slight increase in cholesterol; advised to increase physical activity.
 - **Medications Prescribed:** None.

- **Abdomen Ultrasound:** No abnormalities detected.
 - **ECG Results:** Normal.
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Year 5 (2023)

- **Date:** April 10, 2023
 - **Weight:** 155 lbs
 - **Blood Pressure:** 112/70 mmHg
 - **Blood Tests:**
 - Total Cholesterol: 185 mg/dL
 - LDL: 100 mg/dL
 - HDL: 75 mg/dL
 - Glucose: 89 mg/dL
 - **Doctor's Notes:**
 - Improvement in cholesterol levels; maintain current lifestyle.
 - **Medications Prescribed:** None.
 - **Abdomen Ultrasound:** No changes noted.
 - **ECG Results:** Normal.
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Health Tracking (Last 2 Years)

Year 1 (2022)

- **Heart Rate:** Average 68 bpm (resting)
- **Blood Oxygen Level:** Average 98%
- **Exercise:**
 - 4 days/week, averaging 30 minutes of cardio and strength training.
- **Sleep:**
 - Average 6.5 hours/night with occasional disturbances.
- **Body Temperature:** Average 98.6°F.

Year 2 (2023)

- **Heart Rate:** Average 65 bpm (resting)
- **Blood Oxygen Level:** Average 98%
- **Exercise:**
 - 5 days/week, averaging 45 minutes of a mix of cardio and high-intensity workouts.
- **Sleep:**
 - Average 7 hours/night with improved sleep quality.

- **Body Temperature:** Average 98.7°F.