**Patient Name: John Carter - Type 2 Diabetes**

**Overview:**  
John Carter is a 50-year-old high school teacher. He is a male, born on September 9, 1973, residing at 890 River Road, Oakville, OV, 34567. His contact number is (555) 987-6543. John has been diagnosed with Type 2 diabetes, a chronic condition that affects the way the body processes blood sugar (glucose).

**Medical History:**

* **Past Medical History:** High blood pressure controlled with medication.
* **Surgical History:** None.
* **Family Medical History:** Father with Type 2 diabetes, sister with hypertension.
* **Allergies:** N/A.
* **Medications:** Metformin for diabetes management, lisinopril for high blood pressure.
* **Lifestyle:** Minimal physical activity due to time constraints, trying to improve diet, non-smoker, occasional alcohol.

**Previous Doctors:**  
Dr. Angela Richardson, his primary care physician, noticed elevated blood sugar levels during an annual check-up and referred John to an endocrinologist for further evaluation. Dr. Susan Lee, an endocrinologist, confirmed the Type 2 diabetes diagnosis and initiated his treatment plan.

**John Carter - Symptoms:**  
Increased thirst, frequent urination, fatigue, and blurred vision were symptoms that led to seeking medical advice.

**Diagnosis:**  
John's Type 2 diabetes was diagnosed following a series of tests including fasting blood sugar levels, HbA1c tests showing elevated long-term glucose levels, and an oral glucose tolerance test.

**Treatment:**  
John’s treatment includes daily oral medication (Metformin) to help control blood sugar levels and lisinopril for his high blood pressure. He has been advised to incorporate regular physical activity into his routine and follow a diabetes-friendly diet to manage his condition better. Dr. Lee has also emphasized the importance of regular monitoring of his blood sugar levels and scheduled follow-up appointments every three months to adjust his treatment plan as needed.