**Maria Gonzalez – Hypertension**

**Overview:**  
Maria Gonzalez is a 62-year-old retired nurse managing hypertension. She experiences elevated blood pressure and follows a treatment plan to reduce cardiovascular risk. She lives at 789 Pine Avenue, Springfield, NJ, 07081. Contact number: (555) 234-5678.

**Medical History:**

* **Past Medical History:** Diagnosed with hypertension at age 50. Developed mild heart failure 2 years ago.
* **Surgical History:** None.
* **Family Medical History:** Mother had hypertension; father had stroke.
* **Allergies:** Allergic to penicillin.
* **Medications:** Takes ACE inhibitors and diuretics.
* **Lifestyle:** Adheres to a low-sodium diet, exercises regularly, and is a non-smoker.

**Previous Doctors:**  
Dr. Mark Johnson, a cardiologist, manages her hypertension and heart failure. Dr. Patricia Lee, her primary care physician, oversees her general health.

**Symptoms:**  
Maria experiences headaches, dizziness, and occasional shortness of breath. Symptoms are controlled with medication and lifestyle changes.

**Diagnosis:**  
Hypertension was diagnosed through repeated blood pressure measurements and evaluation of symptoms.

**Treatment:**  
Treatment includes daily use of ACE inhibitors and diuretics, regular blood pressure monitoring, and lifestyle modifications.