

Medical Record 5:

Current Status:

A 50-year-old male presents with increased thirst, frequent urination, and fatigue for the past month. Vitals: BP 140/95 mmHg, HR 80 bpm, BMI 31.

History:

Obese with a family history of type 2 diabetes. No prior diagnosis of diabetes. No known allergies. Patient reports sedentary lifestyle and unhealthy diet.

Initial Diagnosis:

New onset type 2 diabetes mellitus.

Suggested Steps:

- Fasting blood glucose and HbA1c testing.
- Start lifestyle modification: diet, exercise.
- Initiate oral hypoglycemic agents (e.g., metformin).
- Patient education on diabetes management.
- Schedule regular follow-up for monitoring and complications screening.