

## MEDICAL SUMMARY REPORT

**Subject:** You

**Date:** [Today's Date]

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### 1. Hypertension (High Blood Pressure)

**Condition Overview:** Blood pressure readings consistently above 130/80 mmHg. Often asymptomatic but may include headaches, dizziness, or blurred vision.

**Treatment Plan:**

- **Lifestyle Modifications:** Reduce sodium intake (<1500 mg/day), increase physical activity (150 minutes/week), and maintain a healthy weight.
  - **Medications:**
    - Lisinopril 10 mg once daily (ACE inhibitor)
    - Amlodipine 5 mg once daily (Calcium channel blocker)
    - Monitor blood pressure at home bi-weekly.
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### 2. Type 2 Diabetes Mellitus

**Condition Overview:** Elevated fasting blood glucose >126 mg/dL or HbA1c >6.5%. Symptoms may include polyuria, polydipsia, fatigue, and slow wound healing.

**Treatment Plan:**

- **Diet & Exercise:** Low-carb diet, regular aerobic and resistance exercise.
  - **Medications:**
    - Metformin 500 mg twice daily with meals
    - Consider GLP-1 agonist (e.g., Semaglutide) if weight loss or cardiovascular benefit is desired.
    - Monitor fasting glucose and HbA1c every 3 months.
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### 3. Gastroesophageal Reflux Disease (GERD)

**Condition Overview:** Acid reflux causing heartburn, chest discomfort, and regurgitation, often after meals or lying down.

**Treatment Plan:**

- **Lifestyle Modifications:** Avoid spicy/fatty foods, eat smaller meals, elevate head of bed.
  - **Medications:**
    - Omeprazole 20 mg once daily before breakfast
    - Antacids (e.g., calcium carbonate) as needed for breakthrough symptoms
    - Re-evaluate after 8 weeks of therapy.
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#### 4. Generalized Anxiety Disorder (GAD)

**Condition Overview:** Excessive, uncontrollable worry most days for  $\geq 6$  months, with symptoms such as restlessness, fatigue, difficulty concentrating, or insomnia.

**Treatment Plan:**

- **Psychotherapy:** Cognitive Behavioral Therapy (CBT)
  - **Medications:**
    - Sertraline 50 mg daily (SSRI)
    - Hydroxyzine 25 mg as needed (non-addictive, for acute anxiety)
    - Consider referral to psychiatry if symptoms persist.
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#### 5. Iron Deficiency Anemia

**Condition Overview:** Fatigue, pallor, brittle nails, and possibly pica due to low hemoglobin/hematocrit. Labs show low ferritin, iron, and transferrin saturation.

**Treatment Plan:**

- **Iron Supplementation:**
  - Ferrous sulfate 325 mg orally once or twice daily with vitamin C to aid absorption

- Avoid taking with calcium or dairy
  - **Dietary Advice:** Increase intake of red meat, legumes, spinach.
  - **Recheck CBC and ferritin in 6–8 weeks.**
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## 6. Seasonal Allergic Rhinitis

**Condition Overview:** Sneezing, nasal congestion, and watery eyes during pollen seasons.

### Treatment Plan:

- **Environmental Control:** Keep windows closed, use HEPA filters, shower after being outdoors.
  - **Medications:**
    - Loratadine 10 mg once daily or Fexofenadine 180 mg once daily (non-drowsy antihistamines)
    - Fluticasone nasal spray 1 spray per nostril once daily
    - Saline nasal irrigation as needed.
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## 7. Chronic Low Back Pain (Non-Radicular)

**Condition Overview:** Persistent pain >12 weeks without radiating symptoms. May be muscular, mechanical, or degenerative in origin.

### Treatment Plan:

- **Physical Therapy:** Core strengthening, posture training
  - **Medications:**
    - Acetaminophen 500–1000 mg every 6 hours as needed (max 3g/day)
    - Topical NSAIDs (e.g., Diclofenac gel)
    - Consider short course of oral NSAIDs if no contraindications
  - **Red Flag Review:** Evaluate for red flags like incontinence, fever, or neurological deficits.
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## 8. Hypothyroidism

**Condition Overview:** Fatigue, cold intolerance, constipation, dry skin, and weight gain; confirmed by elevated TSH and low free T4.

### Treatment Plan:

- **Medication:** Levothyroxine 50 mcg once daily, taken on empty stomach in the morning
  - **Monitoring:** Recheck TSH in 6–8 weeks and adjust dosage accordingly
  - **Education:** Avoid iron/calcium supplements within 4 hours of taking levothyroxine.
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## 9. Mild Acne Vulgaris

**Condition Overview:** Comedones, papules, and occasional pustules mostly on face and back.

### Treatment Plan:

- **Topical Treatments:**
    - Benzoyl peroxide 2.5–5% gel once daily
    - Clindamycin 1% topical solution in morning, adapalene 0.1% gel at night
  - **Hygiene:** Gentle cleansing, avoid scrubbing, non-comedogenic products
  - **Reassess in 8–12 weeks.**
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## 10. Insomnia (Initial/Intermediate)

**Condition Overview:** Difficulty falling asleep or waking during the night more than 3 times/week for over a month.

### Treatment Plan:

- **Sleep Hygiene:** Consistent bedtime, no screen use before sleep, avoid caffeine/alcohol in evening
- **Medications:**
  - Melatonin 3–5 mg 30 minutes before bed

- Consider Trazodone 25–50 mg as needed if melatonin fails
  - **Behavioral:** Consider referral for Cognitive Behavioral Therapy for Insomnia (CBT-I).
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**RECOMMENDATIONS:**

You are advised to follow up with your primary care provider for continued management of these conditions, periodic labs, and adjustments to treatment as needed. Medication compliance, lifestyle modifications, and routine health screening are critical to long-term well-being.