

Medical Report

Patient Name: John Doe

Age: 45 years

Gender: Male

Date of Examination: January 24, 2025

Clinical Observations:

- Pregnancy History:**
Not applicable for male patients.
 - Blood Glucose Level:**
Fasting glucose level is recorded at **155 mg/dL**. This value will be further evaluated in the context of other health markers.
 - Blood Pressure:**
Blood pressure is measured at **80 mmHg**, which is within the normal range.
 - Skinfold Thickness:**
Triceps skinfold thickness is noted at **32 mm**. This value is consistent with the patient's age and BMI category.
 - Insulin Levels:**
Insulin levels are recorded at **120 µU/mL**. This value will be assessed further in the context of metabolic health.
 - Body Mass Index (BMI):**
The calculated BMI is **28.5**, which is categorized as overweight based on standard guidelines.
 - Diabetes Pedigree Function:**
A genetic risk factor score of **0.672** is noted, indicating a moderate familial predisposition.
-

Additional Notes:

- Fasting glucose, BMI, and insulin levels indicate the need for further monitoring to ensure optimal health.
 - Clinical parameters will be re-evaluated with follow-up tests and additional lifestyle assessments.
 - Patient's blood pressure is within a healthy range, reducing immediate cardiovascular concerns.
-

Recommendations:

- Maintain a balanced diet rich in whole grains, lean proteins, and fresh vegetables.
 - Engage in regular physical activity, such as walking, swimming, or light aerobic exercises, for at least 30 minutes daily.
 - Schedule follow-up tests, including:
 - HbA1c for long-term glucose monitoring.
 - Lipid profile to assess cholesterol levels.
 - Kidney function tests to ensure renal health.
 - Keep a record of blood glucose levels with a home glucose monitor and consult with a healthcare provider regularly.
-

Physician's Notes:

The patient's overall health parameters will be reviewed in subsequent follow-ups. Any adjustments to the patient's lifestyle or treatment plan will be guided by further laboratory results and observations.

Physician's Name: Dr. Jane Smith**Medical License No.:** 12345XYZ**Clinic:** ABC Wellness Center