

****Patient Medical Record****

****Patient Information:****

- ****Full Name:**** John A. Thompson
- ****Date of Birth:**** March 15, 1980
- ****Gender:**** Male
- ****Blood Type:**** O+
- ****Height:**** 5'11" (180 cm)
- ****Weight:**** 185 lbs (84 kg)
- ****Allergies:**** Penicillin, Peanuts
- ****Emergency Contact:**** Mary Thompson (Wife) - (555) 123-4567

****Medical History:****

- ****Chronic Conditions:****
 - Type 2 Diabetes (Diagnosed in 2015)
 - Hypertension (Diagnosed in 2018)
 - Hyperlipidemia (Diagnosed in 2020)
- ****Past Surgeries:****
 - Appendectomy (2005)
 - Left Knee Arthroscopy (2019)
- ****Family History:****
 - Father: Hypertension, Heart Disease
 - Mother: Type 2 Diabetes
 - Sibling: No known medical conditions

****Current Medications:****

- Metformin (500mg, twice daily) - For Diabetes
- Lisinopril (10mg, once daily) - For Hypertension
- Atorvastatin (20mg, once daily) - For High Cholesterol
- Aspirin (81mg, once daily) - For Cardiovascular Health

****Recent Medical Visits:****

- ****January 10, 2024 - Annual Checkup:****
 - Blood Pressure: 135/85 mmHg
 - HbA1c Level: 7.2%
 - Cholesterol Levels: LDL - 120 mg/dL, HDL - 50 mg/dL
 - Notes: Advised dietary modifications and regular exercise
- ****March 5, 2024 - Follow-up Appointment:****
 - Blood Pressure: 130/82 mmHg
 - HbA1c Level: 6.8% (Improved)
 - Notes: Lifestyle changes showing positive results; continue medications

****Lifestyle & Habits:****

- ****Diet:**** Low-carb, high-protein diet with reduced sodium intake
- ****Exercise:**** Walks 30 minutes daily, strength training twice a week
- ****Alcohol Consumption:**** Occasional (1-2 drinks per week)
- ****Smoking Status:**** Non-smoker

****Doctor's Notes & Recommendations:****

- Maintain current medication regimen
- Increase fiber intake and hydration
- Monitor blood glucose levels regularly
- Follow up in 6 months or sooner if symptoms arise
- Routine eye and foot exams recommended for diabetes management

****Physician's Signature:****

Dr. Emily Carter, MD

General Physician, ABC Medical Center

Contact: (555) 987-6543

****Next Scheduled Appointment:****

- September 15, 2024, at 10:00 AM

- Purpose: Routine Diabetes and Hypertension Management