

Medical Institution: State Polyclinic No. 123

Last Name: Ivanov

First Name: Sergey

Patronymic: Nikolaevich

Date of Birth: 15.03.1970

Gender: Male

Address: Moscow, Pushkina St., 25

#### Section: Complaints

The patient complains of periodic chest pain, headaches, and shortness of breath when climbing stairs. Complaints have been present for the past 3 months.

#### Section: Medical History

The illness began with headaches and fatigue. Gradually, chest pain during physical exertion developed.

#### Section: Personal History

Smokes since age 20, smoked a pack a day for 10 years, currently up to 10 cigarettes a day. Rarely consumes alcohol. Underwent appendectomy in 2005.

#### Section: Physical Examination

BP 150/95 mmHg, pulse 84 bpm. Heart sounds are muffled, no murmurs. Lungs are clear. Tongue is coated. Abdominal palpation is non-tender.

#### Section: Laboratory and Instrumental Studies

Complete blood count: Hemoglobin 142 g/L, leukocytes  $6.2 \times 10^9/L$

Cholesterol: 6.5 mmol/L

ECG: Signs of left ventricular hypertrophy

Echocardiogram: Ejection fraction 55%

#### Section: Diagnosis

Primary: Ischemic heart disease, exertional angina class II

Concomitant: Arterial hypertension stage II

#### Section: Prescriptions

Atorvastatin 20 mg - once daily

Bisoprolol 5 mg - once daily

Recommended Mediterranean diet, smoking cessation, BP control

#### Section: Conclusion

Patient is advised to follow up with a cardiologist, monitor cholesterol and BP, repeat ECG in 6 months.

Date: 15.04.2025

Doctor's signature: Therapist Sidorova I.A.