

## Patient Medical Chart

### Patient Information:

- Name: Sarah Thompson
- Date of Birth: June 15, 1988
- Gender: Female
- Contact Information: sarah.thompson@example.com, (555) 369-2584
- Address: 987 Maple Lane, Villagetown, USA

### Medical History:

- Known Medical Conditions: Hypothyroidism, Polycystic Ovary Syndrome (PCOS)
- Allergies: None
- Medications:
  - Levothyroxine 75mcg, once daily
  - Metformin 1000mg, twice daily

### Presenting Complaint:

- The patient presents for a routine check-up and to discuss menstrual irregularities.

### Physical Examination:

- General Appearance: The patient appears well-groomed and in no acute distress.
- Vital Signs:
  - Blood Pressure: 118/72 mmHg
  - Heart Rate: 80 beats per minute
  - Respiratory Rate: 16 breaths per minute
  - Temperature: 98.4°F (36.9°C)
- Examination Findings: No significant abnormalities detected during the physical examination.

### Assessment and Plan:

- Diagnosis: Chronic hypothyroidism and PCOS.
- Treatment Plan:
  - Continue current dosage of levothyroxine for thyroid hormone replacement.
  - Discuss lifestyle modifications, weight management strategies, and the potential benefits of combined oral contraceptives for menstrual regulation in PCOS.
- Follow-up: Schedule a follow-up visit in three months to monitor thyroid function and evaluate the effectiveness of lifestyle modifications and PCOS management.
- Patient Education: Provide information on the importance of medication adherence, regular exercise, and healthy dietary habits to manage hypothyroidism and PCOS.

### Notes:

- The patient reports persistent menstrual irregularities, which may be related to the underlying PCOS diagnosis.
- Thyroid function tests conducted six months ago indicated stable thyroid hormone levels while on the current levothyroxine dosage.