

CONFIDENTIAL MEDICAL RECORD

Patient Name: Doe, Jane

Date of Birth: February 10, 1964

Date of Record Generation: September 16, 2025

1. Patient Demographics & Contact Information

- **Address:** 456 Maple Drive, Port Coquitlam, BC, V3B 7K9, Canada
 - **Phone Number:** (604) 555-0199
 - **Emergency Contact:** Dr. Evelyn Reed (Spouse), (604) 555-0198
 - **Primary Care Physician (PCP):** Dr. Susan Albright, MD
 - **Sex:** Male
 - **Blood Type:** A+
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2. Vital Signs (as of last visit on Sep 12, 2025)

- **Height:** 178 cm (5' 10")
 - **Weight:** 93 kg (205 lbs)
 - **Body Mass Index (BMI):** 29.4 (Overweight)
 - **Blood Pressure:** 135/85 mmHg
 - **Heart Rate (Resting):** 72 bpm
 - **Respiratory Rate:** 16 breaths/minute
 - **Body Temperature:** 37.0°C (98.6°F)
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3. Medical History

- **Chronic Conditions:**
 - Hypertension (diagnosed 2019, managed with medication)
 - Gastroesophageal Reflux Disease (GERD) (diagnosed 2021)
- **Past Surgeries:**
 - Appendectomy (2005)
 - Arthroscopic Knee Surgery, Right Knee (2014)
- **Allergies:**
 - Penicillin (Causes rash/hives)
- **Immunization Status:**
 - Tetanus (Tdap): Last dose 2022 (Up to date)

- Influenza: Annually (Last dose Oct 2024)
- COVID-19 Series + Boosters: Complete
- Shingrix (Shingles): Pending (Recommended at age 50)

4. Current Medications

Medication	Dosage	Frequency	Indication
Lisinopril	10 mg	Once daily	Hypertension
Omeprazole	20 mg	Once daily, before breakfast	GERD
Multivitamin	1 tablet	Once daily	General Health
Ibuprofen	200 mg	As needed	Minor aches/pains

5. Recent Laboratory Results (Fasting Panel - Sep 12, 2025)

- **Lipid Panel**
 - **Total Cholesterol:** 210 mg/dL (Borderline High)
 - **HDL ("Good") Cholesterol:** 45 mg/dL
 - **LDL ("Bad") Cholesterol:** 135 mg/dL (Borderline High)
 - **Triglycerides:** 160 mg/dL (Borderline High)
- **Basic Metabolic Panel (BMP)**
 - **Glucose (Fasting):** 105 mg/dL (Pre-diabetes range)
 - **Sodium:** 140 mEq/L (Normal)
 - **Potassium:** 4.1 mEq/L (Normal)
 - **Creatinine:** 0.9 mg/dL (Normal)
 - **eGFR:** >90 mL/min/1.73m² (Normal kidney function)
- **Complete Blood Count (CBC)**
 - **White Blood Cell (WBC) Count:** 6.5 x 10⁹/L (Normal)
 - **Red Blood Cell (RBC) Count:** 5.1 x 10¹²/L (Normal)
 - **Hemoglobin (Hgb):** 15.2 g/dL (Normal)
 - **Hematocrit (Hct):** 45% (Normal)
 - **Platelets:** 250 x 10⁹/L (Normal)

6. Lifestyle & Social History

- **Occupation:** Software Developer (Primarily sedentary work)

- **Exercise:** Moderate activity (brisk walking, light jogging) 1-2 times per week.
 - **Diet:** Reports a typical North American diet, eats out 3-4 times per week.
 - **Alcohol Use:** Socially, 2-3 standard drinks per week.
 - **Tobacco Use:** Non-smoker, never smoked.
 - **Caffeine Use:** 2 cups of coffee per day.
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