

Patient Name: John Doe

Age/Sex: 55 years / Male

Date: 22-Sep-2025

Chief Complaints:

- Shortness of breath on exertion
- Occasional chest pain
- Fatigue for the last 2 months

Medical History:

- Hypertension for 5 years
- Type 2 Diabetes Mellitus for 3 years
- Hyperlipidemia

Medications:

- Metformin 500 mg twice daily
- Amlodipine 5 mg once daily
- Atorvastatin 20 mg once daily

Physical Examination:

- Blood Pressure: 150/90 mmHg
- Pulse: 88 bpm
- BMI: 28 kg/m<sup>2</sup>
- No edema or cyanosis

Investigations:

- ECG: Normal sinus rhythm
- Echocardiography: Mild left ventricular hypertrophy
- Fasting Blood Sugar: 140 mg/dL
- HbA1c: 7.2%
- Lipid Profile: LDL 160 mg/dL, HDL 40 mg/dL, Triglycerides 180 mg/dL

Assessment:

- Hypertension, Type 2 Diabetes Mellitus, Hyperlipidemia
- Mild left ventricular hypertrophy

Plan / Recommendations:

- Continue current medications
- Lifestyle modifications: Low-salt diet, regular exercise
- Follow-up in 3 months
- Monitor blood pressure and blood sugar regularly