

Patient Medical Record

Patient Information:

- Full Name: John Doe
- Date of Birth: March 5, 1985
- Gender: Male
- Blood Type: O+
- Contact Number: (555) 123-4567
- Emergency Contact: Jane Doe (Spouse) - (555) 987-6543
- Address: 123 Main Street, Springfield, USA

Medical History:

- Chronic Conditions: Hypertension, Type 2 Diabetes
- Past Surgeries: Appendectomy (2010), Knee Surgery (2018)
- Allergies: Penicillin, Nuts
- Family History:
 - Father: Heart Disease
 - Mother: Type 2 Diabetes
 - Sibling(s): No known hereditary conditions

Current Medications:

- Metformin 500mg (twice daily)
- Lisinopril 10mg (once daily)
- Aspirin 81mg (once daily)

Recent Consultations & Diagnoses:

- Last Visit: February 15, 2025
- Primary Physician: Dr. Emily Carter
- Reason for Visit: Routine check-up, blood sugar monitoring
- Diagnosis: Blood pressure slightly elevated; advised dietary adjustments

Lab Test Results:

- Blood Pressure: 140/90 mmHg
- Blood Sugar (Fasting): 130 mg/dL
- Cholesterol Levels:
 - LDL: 110 mg/dL
 - HDL: 50 mg/dL
 - Triglycerides: 150 mg/dL

Treatment Plan & Recommendations:

- Continue prescribed medications
- Engage in moderate physical activity (30 mins/day)
- Follow a low-sodium, high-fiber diet
- Monitor blood sugar levels daily
- Schedule next follow-up in 3 months

Doctor's Notes:

- Patient advised to maintain a healthier diet and increase physical activity.
- Discussed stress management techniques.
- No immediate concerns but continued monitoring required.

Physician Signature: _____

Date: February 15, 2025