

Patient Medical Summary

Patient Name: Priya Sharma

Age: 58

Gender: Female

Date of Last Visit: July 28, 2025

Clinical Summary & Doctor's Notes

Priya is a 58-year-old female with a long-standing history of **Type 2 Diabetes Mellitus** (diagnosed 10 years ago) and **Hypertension** (diagnosed 8 years ago). She presented today for a routine quarterly follow-up.

Her blood pressure today was slightly elevated at **145/90 mmHg**, which is above her target of <130/80 mmHg. She reports general compliance with her medications but admits to occasionally forgetting her evening dose of Metformin, especially when eating late. She has also been experiencing increased stress at work, which she feels contributes to her elevated BP readings.

The patient denies any symptoms of hypoglycemia, chest pain, shortness of breath, or new vision changes. Her primary complaints are mild fatigue and occasional tingling in her feet (peripheral neuropathy), which is stable.

Assessment & Plan:

- Hypertension:** Her current regimen is not providing optimal control. We will add Amlodipine to her existing medication to better manage her blood pressure. Advised her on the importance of consistent medication timing and recommended stress-reduction techniques like daily walks and mindfulness exercises.
- Type 2 Diabetes:** Her recent HbA1c is 7.2%, slightly above the target of <7.0%. Reinforced the importance of diet, regular exercise, and consistent Metformin use. We will continue to monitor.
- Peripheral Neuropathy:** Continue with Gabapentin. Advised daily foot checks.

Current Medications

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| Medication | Dosage | Frequency | Notes |
| Metformin | 1000 mg | Twice a day | For Diabetes |

Telmisartan	40 mg	Once a day	For Hypertension
Atorvastatin	20 mg	Once a day	For Cholesterol Management
Gabapentin	300 mg	Three times a day	For Neuropathic Pain
Amlodipine (New)	5 mg	Once a day	For Hypertension (New Add)

Recent Laboratory Results (July 15, 2025)

Test	Result	Reference Range	Notes
Hemoglobin A1c (HbA1c)	7.2%	4.0% - 5.6%	Elevated
Fasting Blood Glucose	135 mg/dL	70 - 99 mg/dL	Elevated
Serum Creatinine	0.9 mg/dL	0.6 - 1.2 mg/dL	Normal
eGFR	>60 mL/min	>60 mL/min	Normal
LDL Cholesterol	95 mg/dL	<100 mg/dL	At Target
HDL Cholesterol	45 mg/dL	>40 mg/dL	Normal
Triglycerides	150 mg/dL	<150 mg/dL	At Target

Follow-up: Scheduled for 3 months from now. Patient to monitor blood pressure at home weekly and bring the log to the next visit.