

Diabetic Reports for Patients in India

Compiled on June 11, 2025

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1 Patient 1: Arjun Sharma

1.1 Patient Information

- **Name:** Arjun Sharma
- **Age:** 52 years
- **Gender:** Male
- **Address:** 123, Vasant Vihar, New Delhi, India
- **Contact:** +91-98765-43210
- **Medical Record Number:** DS2025-09876
- **Date of Report:** June 11, 2025

1.2 Medical History

- **Diagnosis:** Type 2 Diabetes Mellitus (diagnosed 2018)
- **Family History:** Positive for Type 2 Diabetes (mother diagnosed at age 60)
- **Other Conditions:** Hypertension (controlled), obesity (BMI: 28.5 kg/m²)
- **Medications:** Metformin 1000 mg twice daily, Amlodipine 5 mg once daily
- **Lifestyle:** Sedentary, high-carb diet, non-smoker, occasional alcohol
- **Previous Complications:** Occasional numbness in feet (possible early neuropathy)

1.3 Clinical Findings

- **Date of Examination:** June 5, 2025
- **Blood Glucose Levels:**
 - Fasting Blood Glucose: 145 mg/dL (Target: <126 mg/dL)
 - Postprandial Blood Glucose: 210 mg/dL (Target: <180 mg/dL)
 - HbA1c: 7.8% (Target: <7.0%)
- **Lipid Profile:**
 - Total Cholesterol: 190 mg/dL (Desirable: <200 mg/dL)
 - LDL Cholesterol: 110 mg/dL (Desirable: <100 mg/dL)
 - HDL Cholesterol: 45 mg/dL (Desirable: >40 mg/dL)
 - Triglycerides: 160 mg/dL (Desirable: <150 mg/dL)
- **Blood Pressure:** 130/85 mmHg (Target: <130/80 mmHg)
- **Kidney Function:** Serum Creatinine: 1.0 mg/dL, eGFR: 85 mL/min/1.73 m²
- **Eye Examination:** No diabetic retinopathy (May 2025)

- **Foot Examination:** Mild numbness, no ulcers
- **BMI:** 28.5 kg/m²
- **Waist Circumference:** 102 cm (Target: <90 cm for males)

1.4 Assessment

- **Diabetes Control:** Suboptimal (HbA1c >7.0%)
- **Risk Factors:** Overweight, high waist circumference, early neuropathy
- **Complications:** No microvascular/macrovascular complications yet

1.5 Recommendations

1. **Medication:** Increase Metformin to 1000 mg thrice daily, consider DPP-4 inhibitor.
2. **Lifestyle:** Low-carb, high-fiber diet; 150 min/week aerobic exercise.
3. **Screening:** Repeat HbA1c in 3 months, annual retinopathy/nephropathy checks.
4. **Education:** Enroll in diabetes education program.
5. **Follow-Up:** Endocrinologist visit in 3 months.

2 Patient 2: Priya Reddy

2.1 Patient Information

- **Name:** Priya Reddy
- **Age:** 35 years
- **Gender:** Female
- **Address:** 45, Banjara Hills, Hyderabad, India
- **Contact:** +91-91234-56789
- **Medical Record Number:** DS2025-09877
- **Date of Report:** June 11, 2025

2.2 Medical History

- **Diagnosis:** Type 1 Diabetes Mellitus (diagnosed 2010)
- **Family History:** Negative for diabetes
- **Other Conditions:** None
- **Medications:** Insulin glargine 20 units daily, insulin aspart 6–8 units before meals
- **Lifestyle:** Moderately active, balanced diet, non-smoker, no alcohol
- **Previous Complications:** Mild retinopathy detected 2024

2.3 Clinical Findings

- **Date of Examination:** June 4, 2025
- **Blood Glucose Levels:**
 - Fasting Blood Glucose: 110 mg/dL (Target: <126 mg/dL)
 - Postprandial Blood Glucose: 160 mg/dL (Target: <180 mg/dL)
 - HbA1c: 6.8% (Target: <7.0%)
- **Lipid Profile:**
 - Total Cholesterol: 170 mg/dL (Desirable: <200 mg/dL)
 - LDL Cholesterol: 90 mg/dL (Desirable: <100 mg/dL)
 - HDL Cholesterol: 50 mg/dL (Desirable: >50 mg/dL)
 - Triglycerides: 120 mg/dL (Desirable: <150 mg/dL)
- **Blood Pressure:** 120/75 mmHg (Target: <130/80 mmHg)
- **Kidney Function:** Serum Creatinine: 0.8 mg/dL, eGFR: 95 mL/min/1.73 m²
- **Eye Examination:** Mild non-proliferative retinopathy (stable, May 2025)
- **Foot Examination:** Normal
- **BMI:** 23.5 kg/m²
- **Waist Circumference:** 85 cm (Target: <80 cm for females)

2.4 Assessment

- **Diabetes Control:** Well-controlled (HbA1c 6.8%)
- **Risk Factors:** Mild retinopathy requires monitoring
- **Complications:** Stable mild retinopathy, no other complications

2.5 Recommendations

1. **Medication:** Continue current insulin regimen, monitor for hypoglycemia.
2. **Lifestyle:** Maintain balanced diet and physical activity.
3. **Screening:** Biannual retinopathy screening, annual nephropathy/neuropathy checks.
4. **Education:** Reinforce hypoglycemia management education.
5. **Follow-Up:** Endocrinologist visit in 6 months.

Note

To include additional patient reports, duplicate the patient section template (from \section{Patient X: Name} to the end of the recommendations) and modify

the patient details (name, age, medical history, etc.). Ensure each report has unique data reflecting realistic variations in diabetes profiles.

Disclaimer

This is a fictional document created for illustrative purposes based on general diabetes statistics and trends in India. For real diabetic reports, consult a health-care provider with access to patient medical history and test results.