

Medical Report

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| Patient Name: | John D. Carter |
| Age: | 54 |
| Gender: | Male |
| Date of Examination: | 2025-08-05 |

Vitals:

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|-----------------|------------------------------------|
| Height: | 178 cm |
| Weight: | 91 kg |
| BMI: | 28.7 (Overweight) |
| Blood Pressure: | 148/92 mmHg (Hypertension Stage 1) |
| Heart Rate: | 84 bpm |

Lab Test Results:

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|---------------------------|--------------------------------------|
| Fasting Blood Glucose: | 142 mg/dL (High – possible diabetes) |
| HbA1c: | 6.8% (Pre-diabetic range) |
| Total Cholesterol: | 240 mg/dL (High) |
| LDL Cholesterol: | 165 mg/dL (High) |
| HDL Cholesterol: | 39 mg/dL (Low) |
| Triglycerides: | 210 mg/dL (High) |
| Creatinine: | 1.1 mg/dL (Normal) |
| Liver Function (ALT/AST): | Mildly elevated |

ECG Findings:

Mild left ventricular hypertrophy (LVH). No arrhythmia detected.

Doctor's Notes:

- Family history of Type 2 Diabetes and heart disease.
- Sedentary lifestyle with minimal exercise.
- Diet high in processed foods and saturated fats.
- Patient reports mild fatigue and occasional headaches.

Recommendations:

- Reduce sugar and refined carbs.
- Increase intake of vegetables and lean protein.
- Begin light exercise (walking 30 mins/day).

- Schedule follow-up in 3 months for re-evaluation.