

Patient Note 2

Patient Name: Mary Johnson

Age: 72

Gender: Female

Current Problem List:

- Type 2 Diabetes (15 years, with peripheral neuropathy)
- Hypertension (20 years, well controlled)
- Obesity (BMI 33 kg/m²)
- Osteoarthritis

Past Medical History:

- Type 2 Diabetes
- Hypertension
- Obesity
- Total knee replacement (2 years ago)

Allergy:

- Sulfa drugs (rash)

Family History:

- Father: Obesity, Osteoarthritis
- Mother: Hypertension, Stroke

Social History:

- Non-smoker
- Alcohol: Rarely drinks
- Diet: High-calorie diet with frequent fast food consumption

History of Present Illness: The patient reports worsening numbness and tingling in her feet, especially at night. Denies chest pain, shortness of breath, or dizziness. Blood pressure and glucose levels have been stable. Difficulty adhering to weight loss recommendations.

Physical Examination:

- Vital Signs: BP 132/80 mmHg, HR 78 bpm, BMI 33 kg/m²
- HEENT: No abnormalities
- Cardiovascular: Normal S1, S2; no murmurs
- Neurological: Diminished sensation in bilateral feet
- Musculoskeletal: Mild bilateral knee crepitus

Assessment:

1. Type 2 Diabetes with peripheral neuropathy
2. Well-controlled Hypertension
3. Obesity impacting mobility and glucose control

Diagnosis:

- Type 2 Diabetes with peripheral neuropathy
- Obesity
- Hypertension (controlled)

Plan:

- Continue Metformin 1000 mg BID
- Add Pregabalin 50 mg TID for neuropathy
- Increase physical activity with physical therapy
- Start GLP-1 receptor agonist: Semaglutide 0.25 mg weekly
- Dietitian referral for weight management

Follow-Up: Return in 6 weeks to monitor neuropathy symptoms and weight loss progress.

Medications:

- Metformin 1000 mg BID
- Pregabalin 50 mg TID
- Semaglutide 0.25 mg weekly
- Lisinopril 20 mg daily
- Hydrochlorothiazide 25 mg daily

Recurring Questions for Monitoring:

1. Any new or worsening symptoms of neuropathy?
2. Have you been able to follow the dietary recommendations?
3. What is your average blood glucose reading?
4. Any side effects from the new medication?
5. How is your activity level and weight change?