

## Clinic Letter 2

**Patient Name:** John Doe

**Date of Birth:** 12/03/1979

**Date:** 15/11/2024

**Referring Physician:** Dr. Sarah Evans, GP

**Clinic:** Cardiology Clinic

**Reason for Visit:** Chest discomfort and shortness of breath on exertion.

### History of Present Illness:

Mr. Doe reports intermittent chest tightness over the past 3 weeks, especially during moderate physical activity such as climbing stairs. The discomfort is not associated with radiation to the arms but is sometimes accompanied by mild nausea. He also reports a reduction in exercise tolerance and occasional shortness of breath during routine activities.

### Other Symptoms:

- Persistent fatigue.
- Occasional heart palpitations.

### Clinical Findings:

- Blood Pressure: 145/90 mmHg.
- ECG: Evidence of left ventricular hypertrophy.
- Lipid Profile: Total Cholesterol 250 mg/dL, LDL 160 mg/dL, HDL 35 mg/dL.

### Impression:

1. Stable angina.
2. Hypertension.

### Plan:

- Start Atenolol 50 mg once daily.
- Prescribe Aspirin 81 mg daily for secondary prevention.
- Recommend a low-fat, low-sodium diet.
- Refer for a stress test and echocardiography.
- Schedule follow-up in 2 weeks.