**Basic Information**

* **Name**: Rachel Kim
* **Age**: 52
* **Gender**: Female
* **Medical Condition**: Type 2 Diabetes, Mild Hypertension
* **Primary Goal**: Stabilize blood sugar levels, improve overall health metrics, reduce reliance on medication.

**Previous Medical Records**

* **Doctor Visits**:
  + **2024-10-01**: Annual check-up; HbA1c at 8.2%, blood pressure at 135/90 mmHg. Adjusted diabetes medication (added Metformin 500mg twice daily).
  + **2024-07-15**: Podiatrist appointment for early signs of diabetic neuropathy; recommended custom orthotics.
  + **2024-04-10**: Nutritionist consultation; advised reducing processed carbs and increasing lean protein intake.
  + **2023-12-01**: ER visit for hypoglycemia episode; blood glucose dropped to 55 mg/dL after missed lunch and high insulin dose.
* **Medications**:
  + Metformin 500mg (twice daily).
  + Amlodipine 5mg (once daily for hypertension).
  + Atorvastatin 20mg (for cholesterol management).
* **Lab Results**:
  + **2024-10-01**:
    - HbA1c: 8.2% (elevated).
    - Fasting Blood Glucose: 165 mg/dL.
    - LDL: 130 mg/dL (elevated).
    - HDL: 40 mg/dL (low).

**Wearable Data (from Fitness Tracker):**

* **Blood Glucose Monitoring (CGM)**:
  + Daily Averages:
    - Fasting: 165 mg/dL.
    - Post-meal: Peaks at 220 mg/dL, often drops to 70-80 mg/dL after 3 hours.
* **Heart Rate**:
  + Resting: 78 bpm.
  + During Activity: Peaks at 150 bpm during brisk walking.
* **Activity Levels**:
  + Steps: 6,000 daily average.
  + Active Minutes: 40 minutes/day (below goal of 60 minutes).
  + Sedentary Time: 12 hours/day (work and leisure).
* **Sleep Patterns**:
  + Average Sleep Duration: 6.5 hours.
  + Sleep Quality: Poor (frequent waking due to nocturia).
  + REM Sleep: 1.5 hours/night.

**Health Trends:**

* Frequent energy dips mid-afternoon (2-3 PM).
* Weight gain of 5 lbs over the last 6 months.
* High fasting glucose spikes after carb-heavy dinners.

**Emergency Indicators:**

* Hypoglycemia episodes: Reported 2 instances in the last 3 months.
* High-risk scenarios: Skipping meals or missing medication doses.

 **Additional Medical History:**

* **Ongoing Therapies:** Attends monthly physiotherapy sessions to improve foot strength due to mild diabetic neuropathy.
* **Family History:** Both parents had diabetes; father had a history of cardiovascular disease.
* **Past Surgeries:** Appendectomy (age 25), cataract surgery (age 48).

 **Wearable Data (Detailed):**

* **Sleep Monitoring:** Wakes up 2-3 times per night, primarily due to nocturia. Uses a smart light system to minimize sleep disruption.
* **Heart Rate Zones:**
  + Light Activity: 95-115 bpm.
  + Fat Burn: 120-135 bpm.
  + Peak Activity: 150-160 bpm during intense brisk walks.
* **Blood Glucose Analysis:**
  + Rare nocturnal hypoglycemia detected between 3-4 AM.

 **Nutrition Trends:**

* Observes better fasting glucose control when dinner includes high-fiber foods like lentils.
* Avoids bananas and grapes as they lead to rapid glucose spikes.

 **Emergency Scenarios:**

* Documented response plan for hypoglycemia: Consumes a 4 oz glass of orange juice and monitors blood glucose every 15 minutes until stable.

 **Health Goals Updates:**

* Reduce HbA1c to <7.0% in the next 6 months.
* Improve LDL cholesterol to <100 mg/dL by introducing more omega-3-rich foods.