

Medical Report Patient Name: John Doe

Age: 35

Gender: Male

Date: 2025-02-16

Diagnosis: John Doe has been diagnosed with High Blood Pressure (Hypertension). Regular monitoring and lifestyle changes are recommended.

Recommendations: 1. Regular exercise (30 mins/day) 2. Low sodium diet 3. Regular blood pressure monitoring 4. Reduce stress through meditation or yoga 5. Follow-up appointment in 3 month