

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 months