

## Patient Details

- **Name:** Mr. John Doe (Synthetic)
  - **DOB:** 12/05/1978 (Age: 47)
  - **Medicare No:** 1234 56789 0
  - **Address:** 101 Example St, Sydney NSW 2000
  - **Date of Report:** 20/02/2026
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### 1. Reason for Referral / Insurance Application

Assessment for Life and Income Protection insurance.

### 2. Medical History

- **Hypertension:** Diagnosed 2018, managed with medication. No end-organ damage reported.
- **Hypercholesterolemia:** Diagnosed 2019, diet and medication managed.
- **Previous Surgery:** Appendectomy (2005).

### 3. Family History

- **Father:** Stroke at 70.
- **Mother:** Alive, Hypertension.

### 4. Lifestyle Factors

- **Smoking:** Never smoker.
- **Alcohol:** 5-7 standard drinks per week.
- **Exercise:** Walks 30 mins, 3 times a week.

### 5. Physical Examination Results (Current)

- **BP:**

(Stable).

- **BMI:**

(Overweight).

- **Cardiac/Chest:** Normal sinus rhythm, chest clear.

### 6. Relevant Investigations

- **Blood Profile (Feb 2026):** Total Cholesterol

(Controlled), HbA1c

(Normal range).

- **ECG (Feb 2026):** Normal sinus rhythm, no ischemic changes.

#### 7. Treatment Plan

- **Medication:** Lisinopril

daily; Atorvastatin

daily.

- **Recommendation:** Continue routine GP monitoring every 6 months.

#### 8. Opinion

Mr. Doe has well-controlled cardiovascular risk factors. He is currently stable with no acute functional impairment.

**Signed:** Dr. Jane Smith, MBBS (Generic Medical Center)

**Date:** 20/02/2026