

Patient Medical History

Patient Information:

- Name: John Deez
 - Date of Birth: July 15, 1980
 - Gender: Male
 - Height: 5'10"
 - Weight: 185 lbs
 - Blood Type: O+
 - Marital Status: Married
 - Occupation: Software Engineer
 - Address: 123 Main Street, Anytown, USA
 - Phone: (555) 123-4567
 - Email: john.doe@example.com
 - Emergency Contact: Jane Doe (Wife) - (555) 987-6543
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Chief Complaint:

- Persistent chest pain and shortness of breath for the past two weeks.
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Medical History:

Chronic Conditions:

- 1. Hypertension (High Blood Pressure)**
 - Diagnosed: January 2015
 - Current Treatment: Lisinopril 10 mg daily
- 2. Type 2 Diabetes Mellitus**
 - Diagnosed: June 2018
 - Current Treatment: Metformin 500 mg twice daily
- 3. Hyperlipidemia (High Cholesterol)**
 - Diagnosed: March 2017
 - Current Treatment: Atorvastatin 20 mg daily
- 4. Gastroesophageal Reflux Disease (GERD)**
 - Diagnosed: May 2016
 - Current Treatment: Omeprazole 20 mg daily
- 5. Asthma**
 - Diagnosed: Childhood
 - Current Treatment: Albuterol Inhaler as needed, Fluticasone/Salmeterol (Advair) 250/50 mcg daily

Acute Conditions:

1. **Pneumonia**
 - Diagnosed: February 2023
 - Treatment: Azithromycin 500 mg on day 1, then 250 mg daily for 4 days
 2. **Urinary Tract Infection (UTI)**
 - Diagnosed: August 2021
 - Treatment: Ciprofloxacin 500 mg twice daily for 7 days
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Surgeries:

1. **Appendectomy**
 - Date: March 1998
 - Outcome: Successful, no complications
 2. **Knee Arthroscopy (Right Knee)**
 - Date: June 2010
 - Outcome: Successful, minor complications (infection, treated with antibiotics)
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Allergies:

- Penicillin: Causes rash and itching
 - Peanuts: Causes anaphylaxis
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Medications:

1. Lisinopril 10 mg daily
 2. Metformin 500 mg twice daily
 3. Atorvastatin 20 mg daily
 4. Omeprazole 20 mg daily
 5. Albuterol Inhaler as needed
 6. Fluticasone/Salmeterol (Advair) 250/50 mcg daily
 7. Multivitamin daily
 8. Vitamin D 1000 IU daily
 9. Sertraline 50 mg daily (for depression)
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Immunizations:

1. Influenza Vaccine: Annually

2. Tetanus, Diphtheria, Pertussis (Tdap): Last received 2020
 3. Hepatitis B: Completed series
 4. COVID-19 Vaccine: Completed series and booster
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Family Medical History:

- Father: Hypertension, Type 2 Diabetes, Deceased (heart attack at age 70)
 - Mother: Breast Cancer (in remission), Hypertension
 - Siblings: One brother with Hyperlipidemia, one sister with Asthma
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Social History:

- **Smoking:** Former smoker, quit in 2015, smoked 1 pack per day for 15 years
 - **Alcohol:** Consumes alcohol socially, approximately 2-3 drinks per week
 - **Recreational Drugs:** History of marijuana use in college, no current use
 - **Exercise:** Exercises 3 times a week (cardio and weight training)
 - **Diet:** Balanced diet, includes vegetables, fruits, lean proteins, and whole grains
 - **Sexual History:** Heterosexual, monogamous relationship, no history of sexually transmitted infections (STIs)
 - **Living Situation:** Lives with wife and two children, stable home environment
 - **Mental Health:** History of depression, currently managed with medication and therapy
 - **Occupation Stress:** High stress levels at work, particularly during project deadlines
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Recent Tests and Results:

1. **Blood Pressure:**
 - Last Reading: 130/85 mmHg (May 2024)
2. **Hemoglobin A1c:**
 - Last Reading: 7.2% (April 2024)
3. **Lipid Panel:**
 - Total Cholesterol: 190 mg/dL
 - LDL: 120 mg/dL
 - HDL: 50 mg/dL
 - Triglycerides: 150 mg/dL (March 2024)
4. **Chest X-Ray:**
 - Date: June 2023
 - Result: Normal
5. **Electrocardiogram (EKG):**
 - Date: January 2024
 - Result: Normal sinus rhythm

6. **Pulmonary Function Test:**
 - Date: November 2023
 - Result: Mild obstructive lung disease
 7. **Colonoscopy:**
 - Date: September 2022
 - Result: Normal
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Review of Systems:

- **Constitutional:** No fever, weight stable
 - **Eyes:** No changes in vision
 - **ENT:** Occasional nasal congestion
 - **Cardiovascular:** Chest pain, shortness of breath
 - **Respiratory:** Wheezing, occasional cough
 - **Gastrointestinal:** Heartburn, no abdominal pain
 - **Genitourinary:** No dysuria, no hematuria
 - **Musculoskeletal:** Knee pain, occasional back pain
 - **Neurological:** No headaches, no dizziness
 - **Psychiatric:** History of depression, managed with medication and therapy
 - **Endocrine:** No polydipsia, no polyuria
 - **Hematologic/Lymphatic:** No easy bruising, no lymphadenopathy
 - **Allergic/Immunologic:** No new allergies
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Plan:

1. **Chest Pain Evaluation:**
 - Order stress test and echocardiogram
 - Continue monitoring blood pressure and cholesterol levels
2. **Diabetes Management:**
 - Continue current medications
 - Schedule follow-up in 3 months to reassess HbA1c
3. **Asthma Management:**
 - Review inhaler technique
 - Schedule follow-up with pulmonologist
4. **Depression Management:**
 - Continue current medication (Sertraline 50 mg daily)
 - Regular follow-ups with mental health professional
 - Consider cognitive behavioral therapy (CBT) sessions
5. **Lifestyle Modifications:**
 - Encourage smoking cessation strategies for former smoker
 - Discuss benefits of reducing alcohol intake

- Reinforce the importance of regular exercise and a balanced diet

6. Routine Health Maintenance:

- Annual flu shot
- Regular dental and vision check-ups
- Update vaccinations as needed