
Patient Medical History

Patient Information:

- Name: Jane Smith
- Date of Birth: February 25, 1975
- Gender: Female
- Height: 5'6"
- Weight: 150 lbs
- Blood Type: A-
- Marital Status: Divorced
- Occupation: Teacher
- Address: 456 Oak Avenue, Anytown, USA
- Phone: (555) 234-5678
- Email: jane.smith@example.com
- Emergency Contact: Emily Smith (Daughter) - (555) 876-5432

Chief Complaint:

- Chronic fatigue and frequent headaches for the past month.

Medical History:

Chronic Conditions:

1. **Hypothyroidism**
 - Diagnosed: April 2010
 - Current Treatment: Levothyroxine 75 mcg daily
2. **Migraine Headaches**
 - Diagnosed: October 2005
 - Current Treatment: Sumatriptan 50 mg as needed
3. **Generalized Anxiety Disorder**
 - Diagnosed: January 2018
 - Current Treatment: Escitalopram 10 mg daily, Cognitive Behavioral Therapy (CBT)
4. **Irritable Bowel Syndrome (IBS)**
 - Diagnosed: July 2012

- Current Treatment: Dietary management, occasional use of loperamide for diarrhea

Acute Conditions:**1. Bronchitis**

- Diagnosed: December 2022
- Treatment: Amoxicillin 500 mg three times daily for 7 days

2. Sinus Infection

- Diagnosed: September 2021
 - Treatment: Augmentin 875 mg twice daily for 10 days
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Surgeries:**1. Cholecystectomy (Gallbladder Removal)**

- Date: May 2003
- Outcome: Successful, no complications

2. Cesarean Section

- Date: August 1999
 - Outcome: Successful, no complications
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Allergies:

- Sulfa drugs: Causes hives
 - Shellfish: Causes swelling and difficulty breathing
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Medications:

1. Levothyroxine 75 mcg daily
 2. Sumatriptan 50 mg as needed
 3. Escitalopram 10 mg daily
 4. Loperamide as needed
 5. Ibuprofen 200 mg as needed for pain
 6. Calcium with Vitamin D 600 mg daily
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Immunizations:

1. Influenza Vaccine: Annually
2. Tetanus, Diphtheria, Pertussis (Tdap): Last received 2018

3. Hepatitis B: Completed series
 4. COVID-19 Vaccine: Completed series and booster
 5. HPV Vaccine: Completed series
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Family Medical History:

- Father: Hypertension, Chronic Kidney Disease, Deceased (stroke at age 75)
 - Mother: Osteoporosis, Rheumatoid Arthritis, Alive
 - Siblings: One sister with Multiple Sclerosis, one brother with Type 1 Diabetes
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Social History:

- **Smoking:** Never smoked
 - **Alcohol:** Drinks wine socially, 1-2 glasses per week
 - **Recreational Drugs:** No history of use
 - **Exercise:** Yoga and walking 4 times a week
 - **Diet:** Vegetarian, focuses on high-fiber and low-fat foods
 - **Sexual History:** Heterosexual, currently single, sexually active with use of barrier protection, no history of sexually transmitted infections (STIs)
 - **Living Situation:** Lives alone, two children (one adult daughter living independently, one teenage son living at home)
 - **Mental Health:** History of anxiety, managed with medication and therapy, history of postpartum depression
 - **Occupation Stress:** Moderate stress levels due to teaching responsibilities and class size
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Recent Tests and Results:

1. **Thyroid Function Test:**
 - Last Reading: TSH 2.5 mIU/L (April 2024)
2. **Complete Blood Count (CBC):**
 - Last Reading: Normal (March 2024)
3. **Lipid Panel:**
 - Total Cholesterol: 180 mg/dL
 - LDL: 100 mg/dL
 - HDL: 60 mg/dL
 - Triglycerides: 110 mg/dL (February 2024)
4. **Abdominal Ultrasound:**
 - Date: October 2023
 - Result: Normal

5. **Electrocardiogram (EKG):**
 - Date: January 2024
 - Result: Normal sinus rhythm
 6. **Upper Endoscopy:**
 - Date: June 2022
 - Result: Mild gastritis, no H. pylori
 7. **Mammogram:**
 - Date: December 2023
 - Result: Normal
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Review of Systems:

- **Constitutional:** No fever, weight stable, chronic fatigue
 - **Eyes:** No changes in vision
 - **ENT:** Frequent sinus congestion, occasional sore throat
 - **Cardiovascular:** No chest pain, no palpitations
 - **Respiratory:** No shortness of breath, occasional cough
 - **Gastrointestinal:** Frequent bloating, alternating constipation and diarrhea
 - **Genitourinary:** No dysuria, no hematuria
 - **Musculoskeletal:** Joint pain, particularly in knees and hands
 - **Neurological:** Frequent headaches, no dizziness
 - **Psychiatric:** History of anxiety and depression, currently managed with medication and therapy
 - **Endocrine:** Stable on thyroid medication
 - **Hematologic/Lymphatic:** No easy bruising, no lymphadenopathy
 - **Allergic/Immunologic:** No new allergies
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Plan:

1. **Chronic Fatigue and Headache Evaluation:**
 - Check for anemia, thyroid function, and sleep disorders
 - Consider referral to a neurologist for headache management
2. **Anxiety Management:**
 - Continue current medication (Escitalopram 10 mg daily)
 - Regular follow-ups with mental health professional
 - Consider increasing frequency of CBT sessions
3. **IBS Management:**
 - Review and adjust dietary plan
 - Consider probiotics and fiber supplements
4. **Lifestyle Modifications:**
 - Encourage maintaining regular yoga and walking routine

- Discuss potential benefits of mindfulness and stress reduction techniques

5. Routine Health Maintenance:

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

6. Follow-Up Appointments:

- Schedule follow-up in 3 months to reassess symptoms and review test results