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**Office Visit Report**

**Date of Visit:** August 5, 2024

**Patient Information:**

* **Name:** John Doe
* **Date of Birth:** January 15, 1985
* **Gender:** Male
* **Contact Information:** 123-456-7890

**Visit Details:**

* **Appointment Time:** 10:00 AM
* **Physician:** Dr. Jane Smith
* **Nurse/Assistant:** Mary Johnson

**Reason for Visit:**

* Routine annual check-up

**Medical History:**

* **Current Medications:** Lisinopril 10mg daily, Atorvastatin 20mg daily
* **Allergies:** Penicillin
* **Past Medical History:** Hypertension, Hyperlipidemia
* **Family Medical History:** Father with coronary artery disease, mother with type 2 diabetes

**Vital Signs:**

* **Blood Pressure:** 130/85 mmHg
* **Heart Rate:** 72 bpm
* **Respiratory Rate:** 16 breaths/min
* **Temperature:** 98.6°F
* **Weight:** 180 lbs
* **Height:** 5'10"
* **BMI:** 25.8

**Physical Examination:**

* **General Appearance:** Well-nourished, no acute distress
* **Head and Neck:** No lymphadenopathy, thyroid normal
* **Cardiovascular:** Regular rate and rhythm, no murmurs
* **Respiratory:** Clear to auscultation bilaterally
* **Abdomen:** Soft, non-tender, no hepatosplenomegaly
* **Musculoskeletal:** Full range of motion, no swelling or tenderness
* **Neurological:** Alert and oriented, cranial nerves intact
* **Skin:** No rashes or lesions

**Laboratory and Diagnostic Tests:**

* **Tests Ordered:** CBC, Lipid panel, HbA1c
* **Results:** Pending

**Assessment and Plan:**

* **Assessment:**
  + Hypertension, controlled
  + Hyperlipidemia, controlled
* **Plan:**
  + Continue Lisinopril 10mg daily
  + Continue Atorvastatin 20mg daily
  + Follow-up in 6 months for blood pressure and lipid panel recheck
  + Referral to dietitian for dietary counseling
  + Patient education on lifestyle modifications (diet, exercise)

**Notes:**

* Patient advised to monitor blood pressure at home and keep a log
* Discussed importance of regular exercise and a heart-healthy diet

**Physician’s Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Patient’s Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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