

Patient Medical Report: Diabetes Management

Patient Name: John Doe

Date of Birth: 1970-08-15

Medical Record #: 12345678

Date of Report: 2024-05-27

1. Diagnosis

Type 2 Diabetes Mellitus

2. Summary of Present Condition

The patient presents for routine diabetes management. Reports occasional fatigue, no blurred vision or neuropathy. Monitoring blood glucose at home.

3. Recent Laboratory Results

Test	Date	Result	Reference Range
HbA1c	2024-05-20	7.1%	4.0 – 5.6%
Fasting Glucose	2024-05-20	145 mg/dL	70 – 99 mg/dL
Creatinine	2024-05-20	1.0 mg/dL	0.7 – 1.3 mg/dL
Lipid Panel (Total Cholesterol)	2024-05-20	185 mg/dL	< 200 mg/dL

4. Current Medications

- Metformin 1000 mg, orally, twice daily
- Glipizide 5 mg, orally, once daily
- Lisinopril 10 mg, orally, once daily (for hypertension)
- Atorvastatin 20 mg, orally, once daily (for hyperlipidemia)

5. Lifestyle and Self-Management

- Diet: Following a carbohydrate-controlled meal plan
- Exercise: Brisk walking, 30 minutes/day, 5 days/week
- Blood glucose monitoring: 2–3 times daily
- No tobacco use, occasional alcohol

6. Recommendations & Plan

- Continue current medication regimen
- Monitor blood glucose as instructed
- Schedule follow-up in 3 months
- Consider referral to diabetes educator for further support
- Repeat HbA1c at next visit
- Encourage ongoing physical activity and healthy eating

7. Provider Information

Provider: Dr. Jane Smith, MD

Clinic: City Health Medical Center

Contact: (555) 123-4567