Female Annual Physical Exam

Personal Information:

- Name: Sia Molina
- Date of Birth: 07/14/1984
- Date of Exam: 11/21/2023
- Healthcare Provider: Dr. Laura Hernandez
- Next Appointment: 11/21/2024

Medical History Update:

- Current health issues: None
- New diagnoses or hospitalizations: None
- Recent surgeries or procedures: None
- Current medications and doses: Multivitamin daily
- Allergies (medication/food/others): Penicillin
- Family medical history changes: No changes

Vital Signs:

- Blood Pressure: 120/80 mmHg
- Heart Rate: 72 bpm
- Respiration Rate: 16 per minute
- Temperature: 98.6°F
- Weight: 145 lbs
- Height: 5'6"
- Body Mass Index (BMI): 23.4

Physical Examination:

- General Appearance:
  - ☑ Normal
  - ☐ Abnormal
- Heart Exam: Normal rhythm and rate
- Lung Exam: Clear to auscultation
- Abdominal Exam: Soft, non-tender

- Skin Exam: No rashes or lesions
- Head and Neck Exam: Unremarkable
- Neurological Exam: Normal
- Musculoskeletal Exam: Full range of motion

Breast and Pelvic Exam:

- Breast Exam:
  - ☑ Normal
  - ☐ Abnormal Findings
- Self-Breast Exam Instructions Received:
  - ☑ Yes
  - ☐ No
- Pelvic Exam:
  - ☐ Scheduled
  - ☑ Completed
- Pap Smear:
  - ☐ Scheduled
  - ☑ Completed
  - ☐ Results: Negative
- HPV Test:
  - ☐ Scheduled
  - ☑ Completed
  - ☐ Results: Negative

Laboratory Tests and Screenings:

- Blood Glucose: 90 mg/dL
- Cholesterol Profile: 190 mg/dL, HDL 55 mg/dL, LDL 120 mg/dL
- Thyroid Function Test: Normal
- Liver Function Tests: Normal
- Kidney Function Tests: Normal
- Hemoglobin/Hematocrit: 13.5 g/dL / 40%

- Vitamin D Level: 45 ng/mL
- STI Screening:
  - ☐ Needed
  - ☑ Completed
- Other tests as recommended: None

Immunizations:

- Flu Vaccine:
  - ☑ Received
  - ☐ Scheduled
- Tetanus/Diphtheria/Pertussis (Tdap):
  - ☑ Up-to-Date
  - ☐ Scheduled
- Human Papillomavirus (HPV):
  - ☑ Up-to-Date
  - ☐ Scheduled
- Others: None

Cancer Screenings:

- Mammogram:
  - ☐ Scheduled
  - ☑ Completed
  - ☐ Results: Normal
- Colonoscopy:
  - ☐ Scheduled
  - ☑ Completed
  - ☐ Results: No polyps found
- Lung Cancer Screening (if applicable):
  - ☑ Scheduled
  - ☐ Completed
  - ☐ Results: _____

- Skin Cancer Screening:
  - ☐ Scheduled
  - ☑ Completed
  - ☐ Results: No abnormal findings

Bone Density Screening:

- DEXA Scan:
  - ☑ Scheduled
  - ☐ Completed
  - ☐ Results: _____

Vision and Hearing:

- Vision Test:
  - ☐ Scheduled
  - ☑ Completed
  - ☐ Results: Normal
- Hearing Test:
  - ☐ Scheduled
  - ☑ Completed
  - ☐ Results: Normal

Lifestyle and Mental Health:

- Nutrition and Diet Consultation:
  - ☐ Needed
  - ☑ Completed
- Physical Activity: 3 times a week _____
- Smoking Status:
  - ☑ Never
  - ☐ Former
  - ☐ Current
- Alcohol Use: Socially
- Drug Use: None

- Mental Health Screening:
  - [ ] Needed
  - [x] Completed
- Stress Level:
  - [ ] Low
  - [x] Moderate
  - [ ] High
- Sleep Quality:
  - [x] Good
  - [ ] Fair
  - [ ] Poor

Menopausal Symptoms and Management:

1. Menopause Status:
   - [ ] Pre
   - [x] Peri
   - [ ] Post
2. Symptoms: Mild hot flashes
3. Treatment/Management: Lifestyle modifications

Notes and Recommendations:

- Continue current lifestyle and dietary habits.
- Schedule a colonoscopy as a preventative measure.
- Monitor menopausal symptoms and discuss options in the next visit.

Signatures:

- Patient: Sia Molina
- Healthcare Provider: Dr. Laura Hernandez
- Date: 11/21/2023