# Male Wellness Exam

| Patient Information | |
|---|---|
| Name: | John Smith |
| Date of Birth: | 01/15/1980 |
| Date of Exam: | 03/25/2024 |
| Physician/Healthcare Provider: | Dr. Emily Johnson |
| **Medical History** | |
| Current Medications: | Lisinopril 10mg daily |
| Past Medical History: | Hypertension |
| Family Medical History: | Father with type 2 diabetes, mother with hypertension |
| Allergies (if any): | Penicillin |
| **Lifestyle Assessment** | |
| Diet: | Balanced diet with high vegetable intake |
| Exercise: | Jogging 30 minutes, 3 times a week |
| Tobacco Use: | ◯ Yes ◉ No |
| Alcohol Consumption: | ◉ Yes ◯ No |
| Stress Levels: | ◯ Low ◉ Moderate ◯ High |
| **Physical Examination** | |
| Height: | 6 feet |
| Weight: | 180 lbs |
| BMI: | 24.4 |
| Blood Pressure: | 130/85 mmHg |
| Pulse: | 72 bpm |
| Respiratory Rate: | 16 breaths/min |
| General Appearance: | Well-nourished, well-kept |
| Heart Examination: | Regular rate and rhythm, no murmurs |
| Lung Examination: | Clear to auscultation bilaterally |
| Abdominal Examination: | Soft, non-tender, no masses |
| **Screening Tests** | |
| Cholesterol Levels: | Total cholesterol 190 mg/dL |

| | |
|---|---|
| Blood Glucose Levels: | Fasting glucose 98 mg/dL |
| Prostate-Specific Antigen (PSA) Test: | (●) Yes ( ) No |
| Testicular Exam: | (●) Yes ( ) No |
| Skin Cancer Screening: | (●) Yes ( ) No |
| Colorectal Cancer Screening: | ( ) Yes (●) No |
| Other Relevant Screenings: | N/A |
| **Laboratory Tests** | |
| Complete Blood Count (CBC): | Normal |
| Liver Function Tests: | Normal |
| Kidney Function Tests: | Normal |
| Thyroid Function Tests: | Normal |
| **Mental Health Screening** | |
| Depression Screening: | (●) Yes ( ) No |
| Anxiety Screening: | ( ) Yes (●) No |
| Other Mental Health Concerns: | Occasional work-related stress |
| **Discussion and Recommendations** | |
| Physician's Notes: | |
| Patient in generally good health. Monitor blood pressure and stress levels. Encourage continued healthy lifestyle and regular exercise. | |
| Lifestyle Recommendations: | |
| Consider stress management techniques, such as mindfulness or yoga. Maintain a healthy diet and exercise routine. | |
| Follow-up Appointments: | |
| Annual wellness exam scheduled for next year. Blood pressure follow-up in 6 months. | |
| Referrals (if any): | |
| Referral to a dietitian for nutritional counseling. | |

| **Patient Acknowledgment** |
| --- |
| Patient's Signature: |
| |
| Date: 03/25/2024 |
| **Physician/Healthcare Provider's Signature** |
| |
| Name: Dr. Emily Johnson |
| Date: 03/25/2024 |