Women's Wellness Exam

Patient Information

- **Name:** Emily Smith
- **Date of Birth:** March 15, 1985
- **Home Address:** 123 Main Street, Anytown, USA
- **Phone**: (555) 555-1234
- **Emergency Contact:** Sarah Smith (Sister) | (555) 555-5678

Medical History

- **Current Medications:** Multivitamin daily; Levothyroxine 50 mcg for hypothyroidism
- **Allergies:** None reported
- **Past Surgeries:** Appendectomy at age 21
- **Chronic Conditions:** Hypothyroidism diagnosed at age 28

Reproductive Health

- **Menstrual History**
  - Age of Menarche: 12
  - Regularity of Menstrual Cycles: Generally regular, occasional irregularity
- **Contraceptive History**
  - Current Contraceptive Method: Oral contraceptive pills
  - Satisfaction and Side Effects: Generally satisfied, occasional nausea reported

Lifestyle Factors

- **Dietary Habits:** A balanced diet with a focus on fruits and vegetables. No specific nutritional supplements.
- **Physical Activity:** Regular exercise - 30 minutes of brisk walking 5 times weekly. No recent changes in exercise routine.
- **Substance Use:** Non-smoker, occasional social drinker

Physical Examination

- **Vital Signs**
  - Blood Pressure: 120/80 mmHg
  - Heart Rate: 72 bpm

- Respiratory Rate: 16 breaths per minute
- Body Mass Index (BMI): 24 (within normal range)

- **Breast Examination:**
  No palpable lumps or abnormalities. Advised monthly breast self-exams.

- **Pelvic Examination:**
  Unremarkable speculum exam, Pap smear obtained. Bimanual exam reveals no abnormalities.

Screenings

- **Mammogram:**
  Recommend scheduling a baseline mammogram at age 40.

- **Bone Density Test:**
  Discuss considering a bone density test at age 50 due to hormonal changes

- **Cervical Cancer Screening:**
  Schedule a Pap smear every three years as per current guidelines.

- **Cholesterol Levels:** Recommend cholesterol check at the next routine visit.

Mental Health

- **Stress Levels:**
  Moderate stress was reported due to work demands. Advised stress management techniques.

- **Mood and Emotional Well-being:**
  No signs of anxiety or depression were reported.

Education and Counseling

- **Preventive Measures:**
  Emphasized the importance of a balanced diet and regular exercise.

- **Family Planning:**
  Discussed family planning options and birth control methods.

- **Follow-Up Recommendations:**
  Schedule a follow-up visit in one year for routine assessment.