

MEDICAL CONDITION REPORT

Ref ID: #MD-99201-X
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Primary Condition Chronic Hypertension (Stage II)
ICD-10 Code I10

CLINICAL PRESENTATION

Category	Clinical Details & Observations
Common Symptoms	Frequent headaches, occasional shortness of breath, epistaxis, and fatigue during physical exertion.
Known Triggers	High sodium intake, acute psychological stress, sleep deprivation.
Comorbidities	Type 2 Diabetes Mellitus (E11.9), Hyperlipidemia (E78.5).

MANAGEMENT & TREATMENT PLAN

Intervention Type	Specific Protocol	Frequency
Pharmacological	Lisinopril 20mg / Amlodipine 5mg	Once Daily (AM)
Dietary	DASH Diet (Sodium < 1,500mg/day)	Continuous
Monitoring	Manual BP Tracking	Twice Daily

CRITICAL CONTRAINDICATIONS

Medications to Avoid NSAIDs (Ibuprofen, Naproxen), Decongestants containing Pseudoephedrine.
Allergies Sulfa Drugs, Contrast Dye (Iodine).

EMERGENCY CONTACT & PROVIDER

Attending Physician Dr. Julianne Sterling, MD (Cardiology)
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