

# Patient Diagnosis and Treatment Plan

**Patient Name:** John Doe

**Date:** October 10, 2023

**Patient ID:** 123456

## Diagnosis:

The patient has been diagnosed with Hypertension, Stage 2.

## Treatment Plan:

- Medication: Prescribe Lisinopril 10 mg once daily.
- Lifestyle Modifications:
  - Reduce sodium intake.
  - Engage in at least 30 minutes of moderate exercise most days of the week.
  - Implement stress management techniques.
- Follow-up appointment: Schedule for 4 weeks from today to evaluate blood pressure levels and medication adherence.

**Doctor's Name:** Dr. Jane Smith

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