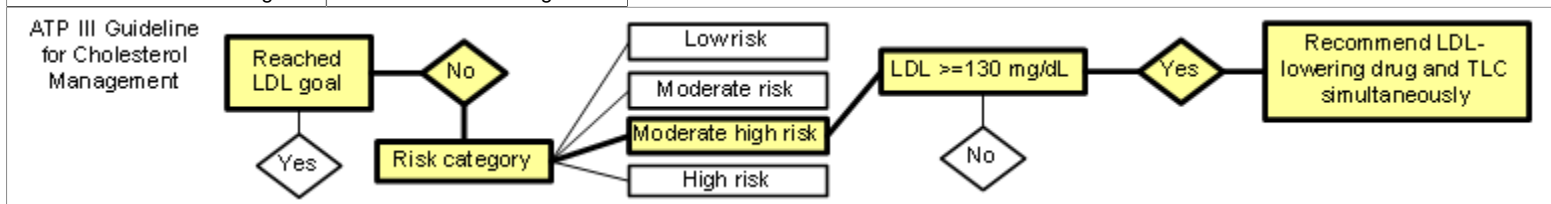


# Treatment/Action Plan Report

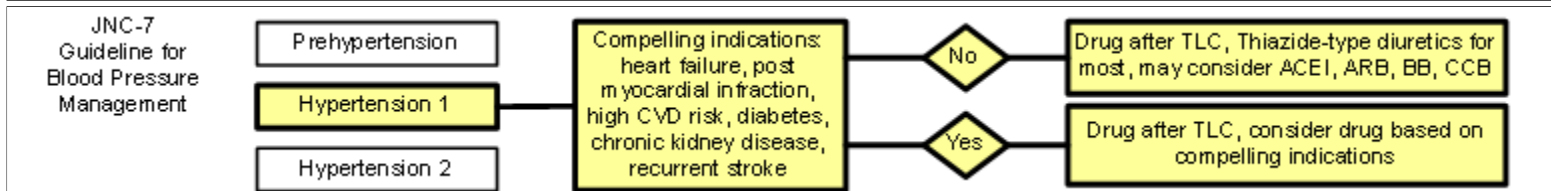


Name:	John Doe	DOB:	01/21/1956
Age:	51	Gender:	Male
Ethnicity:	White	Date:	08/03/2007

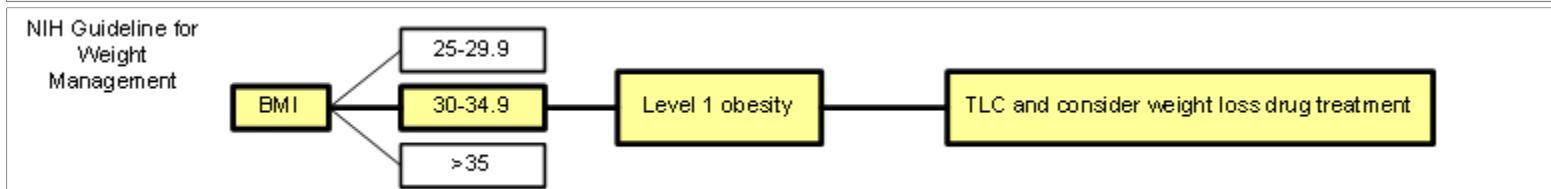
LDL Cholesterol: 180 mg/dL	LDL Goal: 100 mg/dL
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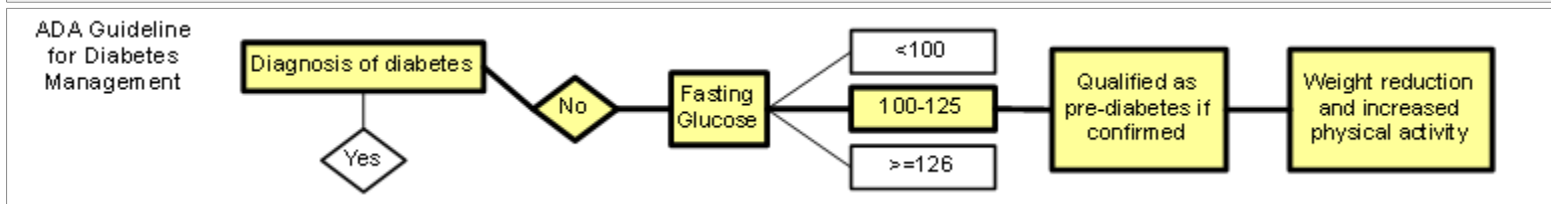
Therapeutic Lifestyle Changes (TLC) include: reduced intake of saturated fats (<7% of total calories) and cholesterol (<200 mg per day), therapeutic options such as plant stanols/sterols (2g/day) and increased viscous (soluble) fiber (10-25 g/day), weight management according to NIH guideline, and increased physical activity; check LDL in 6 weeks.



Therapeutic Lifestyle Changes (TLC) include: maintain normal body weight (BMI 18.5-24.9) (5-20 mmHg BP reduction/10 kg weight loss); adopt a diet rich in fruits, vegetables, and low fat dairy products with reduced content of saturated and total fat (8-14 mmHg); reduce dietary sodium intake to less than 2.4 g sodium or 6 g sodium chloride (1 teaspoon salt) per day (2-8 mmHg); undertake regular aerobic physical activity (e.g. brisk walking) at least 30 minutes per day, most days of the week (4-9 mmHg); limit drinks to <=2 per day (e.g. 24 oz beer, 10 oz wine, 3 oz 80-proof whiskey) (2-4 mmHg).



Therapeutic Lifestyle Changes (TLC) include: (1) Set up initial weight loss goal of approximately 10% in 6 months, about 1-2 lbs/week; (2) Initiate a dietary therapy to create a deficit of 500 to 1000 kcal/day, fat <30% calories, reduced saturated fat; (3) Undertake physical activity: 30 minutes or more of moderate-intensity physical activity on most, and preferable all days of the week.



## Recommended Preventive Screening

Procedure	Frequency	Done	Need
Health maintenance exam (including exams for cancer of thyroid, mouth, skin, testicles, lymph nodes, and screening for depression, smoking, alcohol or drug use)	Every 1-2 years		
Height, weight, BMI, BP	Every 1-2 years		
Self exam (testicles)	Monthly		
Prostate cancer/DRE	Annually		
Colon Cancer Screen option 1: Sigmoidoscopy or double contrast BaE and annual Fecal Occult Blood	Every 5 years		
Colon Cancer Screen option 2: Colonoscopy	Every 10 years		
Lipid screen	Every 5 years		
Glucose	Every 3 years		
Vaccine: Tetanus-diphtheria	Booster every 10 years		
Vaccine: Influenza	Annually		