

## Medical History & Longevity Optimization Profile

Patient: Sample Patient Age: 47 years Sex: Not specified Prepared May 2026

*Overall status — Generally healthy by report; no chronic illness history, no surgical history, no known allergies; known G6PD deficiency.*

### 1 · CLINICAL SNAPSHOT

- Primary goal: optimize healthspan, longevity, function, and prevention rather than treat an active illness.
- No reported chronic medical illness, prior surgery, or hospitalization.
- Known G6PD deficiency should remain visible in the medical chart.
- No known drug, food, environmental, or latex allergies reported.

### 2 · MEDICAL HISTORY

#### General health

**Reported:** Healthy adult by report.

**Chart note:** Longevity-focused preventive care.

#### G6PD deficiency

**Reported:** Known history of glucose-6-phosphate dehydrogenase deficiency.

**Chart note:** Medication and exposure flag; not an allergy.

#### Cardiovascular / metabolic

**Reported:** No known history reported.

**Chart note:** No known coronary disease, stroke, heart failure, hypertension, diabetes, thyroid disease, or metabolic disorder reported.

#### Cancer

**Reported:** No known history reported.

**Chart note:** No malignancy history reported.

#### Pulmonary / renal / hepatic / neurologic

**Reported:** No known history reported.

**Chart note:** No chronic lung, kidney, liver, seizure, stroke, or neurodegenerative disorder reported.

#### Autoimmune / inflammatory

**Reported:** No known history reported.

**Chart note:** No autoimmune diagnosis reported.

### 3 · SURGICAL HISTORY, ALLERGIES & MEDICATIONS

**Surgical history** None reported.

**Hospitalizations** None reported.

**Drug allergies** No known drug allergies reported.

**Food / environmental / latex allergies** None reported.

**Prescription medications** None listed in this summary; verify at clinical intake.

**OTC medications / supplements**

None listed; document product, dose, frequency, start date, reason for use, and adverse effects if used.

**4 · SAFETY FLAG — G6PD DEFICIENCY****G6PD deficiency — Medication / exposure flag — not an allergy**

G6PD deficiency is not an allergy, but it can matter when selecting medications or evaluating symptoms such as sudden fatigue, jaundice, dark urine, pallor, shortness of breath, or unexplained anemia. The patient should tell clinicians, dentists, urgent-care clinicians, and pharmacists about G6PD deficiency before starting new medications. Medication-avoidance lists and severity interpretation should be confirmed by a licensed clinician.

**5 · FAMILY, SOCIAL & LIFESTYLE HISTORY****Family history**

**Status:** Not provided.

**At visit:** Document premature cardiovascular disease, diabetes, cancer, dementia, autoimmune disease, kidney disease, and inherited blood/enzyme disorders.

**Nutrition / exercise**

**Status:** Not specified.

**At visit:** Track dietary pattern, protein, fiber, aerobic fitness, strength, mobility, balance, injury history, and recovery.

**Sleep / stress**

**Status:** Not specified.

**At visit:** Track sleep duration, consistency, snoring, daytime sleepiness, chronic stress load, and recovery practices.

**Substances / exposures**

**Status:** Not specified.

**At visit:** Document tobacco/nicotine, alcohol, cannabis/recreational substances, occupational exposures, and environmental exposures if relevant.

**6 · LONGEVITY OPTIMIZATION FRAMEWORK****Cardiometabolic**

**Objective:** Reduce long-term cardiovascular and metabolic risk.

**Track:** Blood pressure, body composition, lipid profile, glucose markers, liver/kidney markers; ApoB/Lp(a) if appropriate.

**Cancer prevention**

**Objective:** Stay current on age-appropriate screening.

**Track:** Colorectal screening, skin exam, oral/dental care, and sex-specific screening as appropriate.

**Brain & sleep health**

**Objective:** Preserve cognition, mood, sleep quality, and vascular brain health.

**Track:** Sleep, hearing/vision, exercise, mood, cognitive baseline if clinically useful.

## Musculoskeletal

**Objective:** Maintain strength, mobility, bone health, and injury resilience.

**Track:** Resistance training, mobility, balance, pain/injury review, and bone-health risk review.

## Medication & supplement safety

**Objective:** Avoid preventable interactions and G6PD-relevant risks.

**Track:** Maintain a reconciled list of prescriptions, OTC drugs, supplements, hormones, peptides, and nootropics.

## 7 · ACTIVE PROBLEM LIST & SUMMARY

1. G6PD deficiency — known chart flag; no complications reported in this history.
2. No chronic illness reported — healthy adult, longevity-focused.

This 47-year-old adult reports being generally healthy and is optimizing for longevity and healthspan. Medical history is notable for known G6PD deficiency only. The patient reports no chronic illnesses, no prior surgeries, and no known allergies. Preventive care should focus on risk-factor monitoring, age-appropriate screening, functional health, and careful medication/supplement reconciliation with attention to G6PD-related precautions.

### CLINICAL DISCLAIMER

This report is generated by an AI clinical decision support system to assist qualified healthcare professionals. It does not constitute medical advice, diagnosis, or treatment. All content must be reviewed and validated by a licensed clinician before clinical use.

*Patient-reported summary for clinical discussion; clinician verification required. Not a substitute for a clinician-verified medical record.*