

PHYSICIAN TO THE PRESIDENT

THE WHITE HOUSE

June 12, 2014

MEMORANDUM FOR JAY CARNEY
ASSISTANT TO THE PRESIDENT AND
WHITE HOUSE PRESS SECRETARY

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SUBJECT: The President's Periodic Physical Exam

President Barack Obama has completed his third periodic physical examination as President of the United States. I performed and supervised the examination with appropriate specialty consultations and diagnostic testing. The exam was conducted during the month of May 2014, as the President's schedule allowed. The President's previous physical examination was completed in October 2011.

This examination focused on evidence-based health screening and disease prevention. The purpose of this exam was to provide the public with an update of the President's current health status and to ensure the President continues to enjoy all the benefits of good health.

With President Obama's consent, I release the following health information:

Vital Statistics

Age: 52 years, 10 months
Height: 6'1" (73 inches)
Weight: 180 pounds
Body Mass Index: 23.7 kg/m²
Resting heart rate: 62 bpm
Blood pressure: 112/70 mm Hg
Pulse-oximetry: 100%
Temperature: 98.0 degrees F

Physical Examination by System

Eyes: Visual fields were normal. Uncorrected bilateral visual acuity was 20/20. Fundoscopic exam was normal bilaterally. No ocular pathology was discovered.

Head/Ears/Nose/Throat: Normal exam of the head, ears, nose, and pharynx.

Neck: Normal thyroid exam. No noted lymphadenopathy. Auscultation of the carotid arteries normal.

Pulmonary: Lungs clear to auscultation.

Cardiology: Heart with normal rate and regular rhythm. No murmurs or other abnormal heart sounds noted.

Gastrointestinal: Normal exam. No masses, hepatomegaly or splenomegaly noted.

Genitourinary System: Normal exam.

Musculoskeletal: Mild tenderness to palpation of the plantar surface of the right foot (consistent with recurrent right plantar fasciitis). Remainder of musculoskeletal exam was unremarkable.

Neurological: Examination of cranial nerves, cerebellar function, motor function, and sensory system all normal.

Dermatology: Several small benign skin tags identified on neck. No evidence of skin cancer, acute or chronic skin disorders or disease. Remainder of skin normal.

Laboratory Results

Lipid Panel:

Total cholesterol	213 (mg/dL)
Triglycerides	47 (mg/dL)
HDL cholesterol	72 (mg/dL)
LDL cholesterol	137 (mg/dL)
VLDL cholesterol	9 (mg/dL)
Cholesterol to HDL ratio	3.0

Fasting Blood Glucose: 95 (mg/dL)

Vitamin D: 22.9 (ng/ml)

PSA: 1.15 (ng/ml)

Other Studies

Updated baseline ECG, normal sinus rhythm and otherwise unremarkable.

The President is current on all age-appropriate screening tests.

Past Medical History

No significant past medical history

Past Surgical History

None

Social History

The President continues to focus on healthy lifestyle choices. He eats a healthy diet, exercises daily, remains tobacco free, and only drinks alcohol occasionally and in moderation.

Medications

Ibuprofen. Occasional use to treat intermittent plantar fasciitis.

Malarone. Malaria chemoprophylaxis, as indicated during periods of global travel to malaria endemic areas.

Nicotine Gum. Occasional use.

Vitamin D. Daily to treat mild Vitamin D deficiency.

Immunizations

Routine vaccinations, to include seasonal influenza, all up to date.

All travel vaccinations up to date.

Summary

The President's overall health is excellent. All clinical data indicates that the President is currently healthy and that he will remain so for the duration of his Presidency.