



# Medical Report:



## Santa's Post Delivery Physical Examination

**Date:** December 28, 2011

**From:** Dr. Harold Twinklestein, DES Chief Physician and North Pole Medical Unit Director

With Santa's consent I, Dr. Harold Twinklestein, DES Chief Physician and North Pole Medical Unit Director, release the following medical report:

### **Summary:**

Santa had his routine post delivery medical examination today at North Pole Medical Center. Examination and diagnostic testing was performed to provide a medical assessment of Santa's overall health and ability to carry out his duties.

Santa reported a final count for his cookie consumption for his trip as ending up eating 186,478 complete cookies and 315,437 partial cookies (1 bite to a half of a cookie). This cookie consumption coupled with the adrenaline incurred during the trip due to stress allowed him to complete his journey, but is continuing to cause concern for his overall health.

He is; however; showing remarkable good health for his age and remains "Fit for Continued Duty" as Executive Director of the DES and all other duties.

### **Recommendations:**

The lengthy trip on a yearly basis causes concern. He should consider breaking the trip up.

He should ingest fewer cookies and other sweets in effort to reduce his weight, girth, and risk of diabetes and other pulmonary disorders.

### **Past Medical History:**

High blood Pressure

**Past Surgical History:**

Ankle surgery due to reindeer antler accident in 1893.

**Medications:**

Candy Canes

**Immunizations:**

Needs a tetanus booster before next season's trip. All others are up to date

**Vital Statistics:**

Age: 1731 years

Height: 5'7"

Weight: 250 lbs.

Heart Rate: 70 bpm

Blood Pressure: 140/90 mmHg

Temperature: 99.8°F

BMI- 39.2 (BMI Categories: Underweight = <18.5; Normal weight = 18.5–24.9; Overweight = 25–29.9; Obesity = BMI of 30 or greater)

**System Specific Examination Summaries:**

ENT (Ears, Nose, Throat): Exam shows all tests within normal range

Vision: Full optometric examination completed. No appearance of colorblindness though continues to be nearsighted (20/40) and in need of bifocals.

Pulmonary: Pulmonary Function Testing shows 95% of predicted values. ( Normal PFT Outcomes - > 85 % of predicted values ; Mild Disease - > 65 % but < 85 % of predicted values ; Moderate Disease - > 50 % but < 65 % of predicted values ; Severe Disease - < 50 % of predicted values )

Gastrointestinal: The esophagus, stomach, small intestine, large intestine, and colon are normal in size, shape, and movement.

Cardiology:

EKG Normal

Cholesterol 220mg/dL

(Desirable: Below 200 mg/dL; Borderline high 200-239 mg/dL; High 240 mg/dL+)

Triglycerides 305 mg/dL

[Desirable: Less than 150 mg/dL (1.7 mmol/L) ; Borderline high: 150 to 199 mg/dL (1.7-2.2 mmol/L); High:

200 to 499 mg/dL (2.3-5.6 mmol/L) ; Very high: Greater than 500 mg/dL (5.6 mmol/L) ]

Integumentary: Rosacea continues on cheeks.

Musculoskeletal: Elbow flexion and extension showed signs of irritation on his right arm. All other areas appeared normal.

Neurological: No apparent deficits.

Genitourinary: Normal with no evidence of prostrate enlargement.

Signed: Dr. Harold Twinklestein

Dr. Harold Twinklestein

DES Chief Physician and North Pole Medical Unit Director