

PHYSICIAN TO THE PRESIDENT

THE WHITE HOUSE

October 31, 2011

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

SUBJECT: The President's Periodic Physical Exam

President Barack Obama has completed his second periodic physical examination as President of the United States. I performed and supervised the examination with appropriate specialty consultations and diagnostic testing. The purposes of this exam were:

- to provide the public with a candid medical assessment of the President's ability to carry out the duties of his office, now and for the duration of his tenure.
- to provide the President every opportunity to enjoy the benefits of good health, now and for decades to come.

The President's previous physical examination was completed in February 2010. This examination focused on evidence-based screening prevention and primary care, targeted to the President as an individual and his unique occupation.

With the consent of President Obama, I release the following health information.

Daily Steps to Good Health

- ✓ Tobacco free
- ✓ Physically active
- ✓ Eats a healthy diet
- ✓ Stays at a healthy weight
- ✓ On occasion drinks alcohol in moderation

Screening Tests

Blood pressure is normal at 107/71 mm Hg

Cholesterol is "ideal" with a calculated ten-year coronary heart disease risk of low (2%)

	OCT 2011	DEC 2010	FEB 2010
Total cholesterol (mg/dL)	193	193	209
Triglycerides	68	48	46
HDL cholesterol	69	75	62
LDL cholesterol	110	108	138
VLDL cholesterol	14	10	9
Cholesterol to HDL ratio	2.8	2.6	3.4

Diabetes screen is normal with blood glucose of 85 mg/dL

Colorectal cancer screen was negative, completed on 2/28/2010 (CT colonography)

Prostate cancer screen (informed patient request), PSA 0.80 ng/mL

Past Medical and Surgical History

None

Medications

Rare use of non-steroidal anti-inflammatory medication, associated with episodes of strenuous physical activity

Malaria chemoprophylaxis associated with travel to areas with malaria

Recommended routine, global travel, and influenza immunizations are up-to-date

Vital Statistics

Age: 50 years, 2+ months

Height: 73 inches

Weight: 181.3 pounds

Body Mass Index: 23.9 kg/m²

Heart rate: 67 bpm

Blood pressure: 107/71 mm Hg

Pulse-oximetry: 100%

Temperature: 97.7 degrees F

System-specific Examination

ENT (ears, nose, throat): Normal exam of the head, ears, nose, pharynx, neck, and thyroid.

Well-healed lower lip laceration

Eyes: Full optometric exam was completed, no ocular pathology was discovered. Visual fields were normal. Uncorrected visual acuity (distant and near) was 20/20 bilaterally. Glaucoma screening was completed. Very mild myopia, astigmatism, and presbyopia were noted, however correction was not warranted

Pulmonary: Lungs clear

Cardiology: Normal rate and regular rhythm, without murmur

Gastrointestinal: Normal exam

Genitourinary System: Normal exam

Musculoskeletal: Recurrent right trapezius myofascial discomfort, resolves with periodic physical therapy, otherwise normal, full range of motion

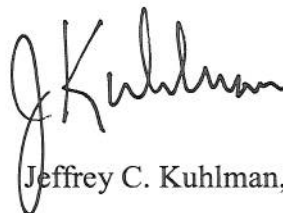
Neurological: No focal deficits

Dermatology: Benign skin tags removed from neck

Summary

The President is in excellent health and “fit for duty”. All clinical data indicate he will remain so for the duration of his Presidency.

The President is current on all age-appropriate screening tests. He is “fit at fifty” and “staying healthy at 50+”.



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