



Rafael Cabo-Chan Martires MD

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MEDICAL CERTIFICATE

May 16, 2024

To Whom it may concern:

This is to certify the following patient: **Rene Samuel Tanguangco 53y**

Is currently diagnosed as having/being:

- J06.9 Acute upper respiratory infection, unspecified
- I10 Hypertension, controlled
- to consider Impaired fasting glucose

Reported signs/symptom(s): Fever 38.2°C, colds/nasal congestion, cough, body pain, headache

Reported onset of symptoms: May 14, 2024

Date(s) of consultation: May 16, 2024

Notes and Recommendations:

- Complete rest for 3-4 days, or depending on progression of condition
- Patient is medically excused from work until adequately recovered
- Adherence to prescribed medication regimen is advised
- Emergency room consultation if symptoms persist or worsen, or if severe symptoms occur
- **For strict daily blood pressure monitoring and recording 3x/day (Blood pressure diary)**

Signed:

May 16, 2024


Rafael Martires, MD

Lic. #139517

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