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%)

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

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+”.

Jeffrey C. Kuhlman, MD, MPH