

PHYSICIAN TO THE PRESIDENT

THE WHITE HOUSE

March 8, 2016

MEMORANDUM FOR JOSH EARNEST
ASSISTANT TO THE PRESIDENT AND
WHITE HOUSE PRESS SECRETARY

FROM: RONNY L. JACKSON, MD, FAAEM
PHYSICIAN TO THE PRESIDENT

SUBJECT: The President's Periodic Physical Exam

President Barack Obama has completed his fourth 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 February 2016, as the President's schedule allowed. The President's previous physical examination was completed in June 2014.

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. This examination focused on evidence-based health screening and disease prevention.

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

Vital Statistics

Age: 54 years, 6 months
Height: 73.5 inches
Weight: 175 pounds
Body Mass Index: 22.8 kg/m²
Resting heart rate: 56 bpm
Blood pressure: 110/68 mm Hg
Pulse-oximetry: 98% room air
Temperature: 97.8 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.

Cardiac: Heart exam normal. Regular rhythm. No murmurs or other abnormal heart sounds noted.

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

Genitourinary System: Normal exam.

Musculoskeletal: Normal and unremarkable musculoskeletal exam.

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

Dermatology: Skin exam normal. No evidence of skin cancer, acute or chronic skin disorders or disease.

Laboratory Results

Lipid Panel:

Total cholesterol	188 (mg/dL)
Triglycerides	42 (mg/dL)
HDL cholesterol	68 (mg/dL)
LDL cholesterol	125 (mg/dL)
Cholesterol to HDL ratio	2.8

Fasting Blood Glucose:	83 (mg/dL)
Vitamin D:	25.5 (ng/ml)
PSA:	0.84 (ng/ml)

Other Studies

Updated baseline ECG, normal sinus rhythm with a rate of 64, 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, remains tobacco free, and only drinks alcohol occasionally and in moderation. He continues to exercise daily with a focus on aerobic fitness and resistance weight training.

Medications

Vitamin D. Daily to maintain normal Vitamin D levels.

Nexium. As needed for occasional acid reflux symptoms.

Nicotine Gum. Occasional use.

Malarone. Chemoprophylaxis, as indicated during global travel to malaria endemic areas.

Immunizations

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

All travel vaccinations up to date.

Summary

The President's overall health remains excellent and is improved from his last formal assessment. His adherence to a healthy diet and a consistent exercise program has resulted in an improved lean body mass and lower cholesterol level.

All clinical data indicates that the President is currently very healthy and that he will remain so for the duration of his Presidency.