

Case: Metabolic Balance — Prediabetes & BP Optimization

Patient Name: Sam X.

Sex: Female

Age: 50 Years Old

Case source: Bioscope.AI

Context: Annual preventive visit

Summary:

Older male with abdominal adiposity and rising HbA1c presents for cardiometabolic risk reduction; BP well-controlled on therapy, ApoB mildly elevated.

Report:



Plan:

12-week plan: Mediterranean meals with soluble fiber ≥ 10 g/day; shift carbs earlier; 10–15 min walks after lunch and dinner; 2 resistance sessions/week; review statin adherence and home BP logs. Reassess at week 8.

Recheck Week: 8

Outcome Summary:

By week 8, HbA1c trending toward 5.7%, ApoB modestly lower, steps more consistent; weight slightly reduced with stable BP and better post-meal energy.