

February 28, 2010

MEMORANDUM FOR

ROBERT GIBBS
ASSISTANT TO THE PRESIDENT AND
WHITE HOUSE PRESS SECRETARY

FROM:

CAPT JEFFREY KUHLMAN, MC, FS, USN
PHYSICIAN TO THE PRESIDENT,
CHIEF WHITE HOUSE PHYSICIAN AND
DIRECTOR, WHITE HOUSE MEDICAL UNIT



SUBJECT:

The President's First Periodic Physical Exam as President

President Barack Obama completed his first routine periodic physical examination as President of the United States today, at the National Naval Medical Center in Bethesda, Maryland. I performed and supervised the examination with appropriate specialty consultations and diagnostic testing. The purposes of this year's exam were:

- to provide the President every opportunity to enjoy the benefits of good health, now and for years to come, and
- 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.

The President's previous physical examination was completed in July 2008, under the supervision of the Attending Physician to Congress. This year's examination focused on evidence-based screening prevention and primary care, targeted to the President as an individual and his occupation.

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

Summary

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

The President completed all age-appropriate screening tests, to include colorectal cancer screening. A CT-colonography was performed with normal results.

Recommendations

Follow-up colorectal cancer screening is recommended in 5 years for routine colon cancer screening.

Continue smoking cessation efforts, a daily exercise program, healthy diet, moderation in alcohol intake, periodic dental care, and remain up-to-date with recommended immunizations.

Continue modified exercise regimen, and lower extremity muscle strengthening program, for occasional left patella-femoral pain secondary to chronic tendonitis.

Recommend dietary modification to reduce LDL cholesterol below 130.

Past Medical History

No significant illnesses

Past Surgical History

None

Medications

Occasional use of non-steroidal anti-inflammatory medication, associated with physical activity

Malaria chemoprophylaxis associated with travel to areas with malaria

Nicotine replacement therapy, self-use

Jet lag/time zone management, direct physician prescribed program, occasional medication use

Immunizations

Up-to-date for recommended routine, global travel, and influenza (seasonal and 2009 H1N1) immunizations

Physical Examination

Vital Statistics

Age: 48 years old

Height: 73 inches

Weight: 179.9 pounds (with shoes and workout attire)

Body Mass Index: 23.7

Resting heart rate (seated): 56

Resting blood pressure (seated): 105/62

Pulse-oximetry: 98% (room air)

Temperature: 97.8 degrees F

System-specific Examination Summary

ENT (ears, nose, throat): Normal exam of the head, ears, pharynx, neck, and thyroid. Thyroid function tests were normal.

Eyes: Full optometric exam was completed, no ocular pathology was discovered. Visual fields were normal. Uncorrected visual acuity (distant and near) was 20/20 in both eyes. Glaucoma screening was completed. Mild myopia, astigmatism, and presbyopia were noted, but did not warrant correction.

Pulmonary: Lungs were clear to auscultation.

Gastrointestinal: Normal, to include CT-colonography.

Cardiology: Normal, to include EKG and EBCT. Lipid profile with Total Cholesterol 209, Triglyceride 46, HDL 62, LDL 138, VLDL 9 and Total Cholesterol to HDL ratio of 3.4. Homocysteine 11.6 and CRP ultrasensitive 0.015, FBS 87

Dermatology: Benign

Musculoskeletal: Normal, except for left knee with mild patella crepitus and grind, some weakness of hip external rotation on left side with minimal weakness on "step down" bilaterally.

Neurological: No focal deficits

Genitourinary System: Exam was normal without evidence of prostate nodularity or hypertrophy. PSA was 0.70 (normal < 4.0).

Laboratory Data

A standard battery of routine screening laboratory tests was performed and were within the normal range.

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+”.



Jeffrey C. Kuhlman, MD, MPH

PHYSICIAN TO THE PRESIDENT

THE WHITE HOUSE

June 12, 2014

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

FROM: RONNY L. JACKSON, MD, FAAEM
PHYSICIAN TO THE PRESIDENT AND
DIRECTOR, WHITE HOUSE MEDICAL UNIT

SUBJECT: The President's Periodic Physical Exam

President Barack Obama has completed his third 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 May 2014, as the President's schedule allowed. The President's previous physical examination was completed in October 2011.

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

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

Vital Statistics

Age: 52 years, 10 months
Height: 6'1" (73 inches)
Weight: 180 pounds
Body Mass Index: 23.7 kg/m²
Resting heart rate: 62 bpm
Blood pressure: 112/70 mm Hg
Pulse-oximetry: 100%
Temperature: 98.0 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.

Cardiology: Heart with normal rate and regular rhythm. No murmurs or other abnormal heart sounds noted.

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

Genitourinary System: Normal exam.

Musculoskeletal: Mild tenderness to palpation of the plantar surface of the right foot (consistent with recurrent right plantar fasciitis). Remainder of musculoskeletal exam was unremarkable.

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

Dermatology: Several small benign skin tags identified on neck. No evidence of skin cancer, acute or chronic skin disorders or disease. Remainder of skin normal.

Laboratory Results

Lipid Panel:

Total cholesterol	213 (mg/dL)
Triglycerides	47 (mg/dL)
HDL cholesterol	72 (mg/dL)
LDL cholesterol	137 (mg/dL)
VLDL cholesterol	9 (mg/dL)
Cholesterol to HDL ratio	3.0

Fasting Blood Glucose: 95 (mg/dL)

Vitamin D: 22.9 (ng/ml)

PSA: 1.15 (ng/ml)

Other Studies

Updated baseline ECG, normal sinus rhythm 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, exercises daily, remains tobacco free, and only drinks alcohol occasionally and in moderation.

Medications

Ibuprofen. Occasional use to treat intermittent plantar fasciitis.

Malarone. Malaria chemoprophylaxis, as indicated during periods of global travel to malaria endemic areas.

Nicotine Gum. Occasional use.

Vitamin D. Daily to treat mild Vitamin D deficiency.

Immunizations

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

All travel vaccinations up to date.

Summary

The President's overall health is excellent. All clinical data indicates that the President is currently healthy and that he will remain so for the duration of his Presidency.

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.