



DEPARTMENT OF MEDICINE

at The GW Medical Faculty Associates

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As requested by the patient, the following is a summary of the medical and surgical history of Vice President Joseph R. Biden. I have been his primary care physician since being assigned as Physician to the Vice President in 2009, while I was serving in the Army at the White House, and subsequently in my current capacity as Director of Executive Medicine at The GW Medical Faculty Associates.

Current Health:

Vice President Biden is an active 77-year-old white male who is currently being treated for the following:

1. Non-Valvular Atrial Fibrillation (A-fib)
 - When we met in 2009, this patient had a history of paroxysmal (episodic) a-fib. This was first discovered during a routine pre-operative EKG, as an incidental finding, when he had his gallbladder removed in 2003. I would now describe his rhythm as persistent (more constant) a-fib, with a normal ventricular response. He remains completely asymptomatic.
 - This patient has never required any medication or electrical treatments to address either his rate or his rhythm. Recent echocardiogram confirms that he has normal ventricular contractility, with no signs of heart failure. He takes apixaban (Eliquis) for standard anticoagulation.
2. Hyperlipidemia
 - This patient carried the diagnosis of hyperlipidemia when I first assumed his care. His lipid levels remain low on his current regimen of rosuvastatin (Crestor).
 - Recent labs are cited below, to include normal cardiac C-Reactive Protein and homocysteine levels.
3. Gastroesophageal Reflux
 - Vice President Biden experiences occasional symptoms of gastroesophageal reflux, primarily having to clear his throat more often. This may also contribute to occasional cough and sinus congestion. He has received endoscopy to rule out any more significant disease. He uses over-the-counter esomeprazole (Nexium) for this.
4. Seasonal Allergies
 - This patient has dealt with seasonal allergies and sinus congestion for most of his life.
 - His sinus symptoms have improved after several sinus and nasal passage surgeries, but he still uses fluticasone/azelastine (Dymista) and over-the-counter fexofenadine (Allegra) for these symptoms.

In summary, this patient's current medical considerations are detailed as above. They include a-fib with normal ventricular response, hyperlipidemia, mild gastroesophageal reflux and seasonal allergies. For these, he takes three common prescription medications and two common over-the-counter medications

He has no known medication allergies.

He does not use any tobacco products, does not drink alcohol at all, and he works out at least five days per week.

Medical and Surgical History:

Pertinent negatives of this patient's history include the following:

He has no history of diabetes, thyroid disease, hypertension, tobacco use, angina, myocardial infarction, Chronic Obstructive Pulmonary Disease (COPD), ulcer disease, inflammatory bowel disease, any neurologic disorder, or cancer of any kind other than localized, non-melanoma skin cancers.

Pertinent positives of this patient's history include the following:

The most note-worthy health incident that Vice President Biden has experienced was his intracranial hemorrhage from a cerebral aneurysm in 1988. His aneurysm was repaired surgically. During this workup, his team discovered a second aneurysm, which had not bled. This was also treated. He has never had any recurrences of any aneurysms. A 2014 CT angiogram showed no recurrence of disease.

His 1988 post-operative hospitalization was complicated by deep vein thrombosis and a pulmonary embolism. As a safety precaution against further lung embolism, an inferior vena caval filter was placed, as was typical practice at the time. He was treated with an oral anti-coagulant for several months. An extensive workup was completed, and no underlying clotting disorder was identified. The clots were attributed to his immobilization from the intracranial hemorrhage and surgeries. Anticoagulation was stopped.

As is often seen in patients who have significant allergies, this patient experienced exercise-induced asthma as a teenager and young adult. This has resulted in no sequelae, other than perhaps experiencing bronchospasm with the occasional upper respiratory infections that all of us experience. He has no lung disease at all now. Chest x-ray this year was normal.

This patient has been treated for Benign Prostatic Hyperplasia (BPH). This was initially treated with medication and was then definitively treated with surgery. He has never had prostate cancer.

This patient's gallbladder was removed in 2003. Additionally, he has received multiple physical therapy treatments and surgeries, for various sports medicine and orthopedic injuries. Obstructive Sleep Apnea (OSA) has been considered, but his symptoms have improved significantly after his sinus and nasal passage surgeries.

During routine screening colonoscopy, he was found to have mild diverticulosis. Similarly, he was found to have a single, non-cancerous tubular adenoma in 2008. Subsequent colonoscopies have demonstrated no recurrence. He has never had colon cancer.

Vice President Biden did spend a good deal of time in the sun in his youth. He has had several localized, non-melanoma skin cancers removed with Mohs surgery. These lesions were completely excised, with clear margins. He continues to receive close dermatologic surveillance.

Physical Exam:

Height: 5 feet, 11.65 inches, Weight: 178 lbs, Body Mass Index (BMI): 24.38
Blood Pressure: 128/84, Pulse: 72, Respiratory Rate: 14, Temperature: 98.6 F

Physical exam is unchanged from baseline. Head, ears, eyes, nose and throat are normal. He has no enlarged lymph nodes or goiter. Lungs are clear. Heart demonstrates a regular pulse rate and characteristically "irregularly irregular" rhythm. I heard no murmurs, gallops or rubs. Abdomen is soft, non-distended. Liver and spleen are normal size. Patient has no hernias. Extremities have a full range of motion. Strength and reflexes are all normal and symmetrical. Cranial nerves and vestibular function are normal. Patient does have several areas of lentigo and actinic changes.

Labs:

Comprehensive metabolic panel (CMP) was normal, to include electrolytes, creatinine, blood urea nitrogen, protein, estimated glomerular filtration rate and liver enzymes. Fasting blood glucose: 81 mg/dL, Hemoglobin A1C: 5.1%, Thyroid Panel was normal. Urinalysis was normal, no glucose, protein or blood. Complete blood count (CBC) normal. B12 and folate normal. Vitamin D normal.

Lipid Panel: Total Cholesterol 126/mg.dL, Triglycerides 106 mg/dL, High Density Lipoprotein (HDL) 36 mg/dL, Low Density Lipoprotein (LDL) 69 mg/dL, Very Low Density Lipoprotein (VLDL) 21 mgm/dL. Cardiac C-Reactive Protein: 0.29 mg/L, Homocysteine: 12.1 umol/L

EKG: Atrial fibrillation with normal ventricular response, no acute ST or T wave changes.

Chest X-ray: Normal

Summary

Vice President Biden is a healthy, vigorous, 77-year-old male, who is fit to successfully execute the duties of the Presidency, to include those as Chief Executive, Head of State and Commander in Chief.

Respectfully submitted,



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